

Ohio Race Walker
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VAIL BRAVES THUNDER AND LIGHTNING TO CAPTURE NATIONAL 5 KM CROWN

Overland Park, Kan., May 15--A torrid early pace by Teresa Vaill had discouraged by the 1 Mile mark, and she was able to move onto an easy win and an American record in the National 5 Km Championship.

The course, located in the Corporate Woods Park of this Kansas City suburb, is a 2½ Km loop of asphalt roadway, which was kept free of vehicles by the local police. The first half of the loop has a slight upgrade, with the second half fairly level. The course record for 5 Km was 24:06 until today.

At 8:30 am on this overcast Sunday morning, the racewalkers were introduced while the drops of rain became more frequent. A typical mid-western thunderstorm seemed to be cued to start with the start of competition. In a very short time, the course was covered with puddles of water making some of the asphalt roads slippery for the competitors, as well as the many spectators in attendance. Heavy thunder and lightning kept everyone very attentive.

At the sound of the starter's horn, Teresa Vaill, Maryanne Torrellas, and Debbi Lawrence (the local favorite) set an immediate blistering pace, with Wendy Sharp and Victoria Herazo a few seconds back. Approaching the mile mark, in the solid downpour of rain, Vaill continued to accelerate her torrid pace, passing through in 6:50 and rapidly moving away from the pack. Holding onto second place was Lawrence with a 6:57, followed by Torrellas in 7:02. Sharp and Herazo were together in 7:19, 22 seconds ahead of the rest of the field. The continued hot pace being set by Vaill was too much for Lawrence and Torrellas, and both began to lose contact and sight of the leader. Near the 2-mile mark, with two "calls" and an aching ankle, Torrellas dropped out of the competition. By about 2½ miles Teresa had extended her lead over a struggling Lawrence by almost a full minute, with the two California girls, Sharp and Herazo, 28 seconds back.

Looking very relaxed, but soaked, Teresa Vaill finished in 22:31.71 for a new American record. Considering the previous course record and the accompanying rain, thunder, and lightning conditions, the times for the complete field seemed satisfying to all competitors.

Local press coverage of the event by the Kansas City Star and local radio-TV news coverage was exceptional. The results:

1. Teresa Vaill, Pine Plains, New York 22:31.71
 2. Debbi Lawrence, Kansas City Walkers 23:31.94
 3. Wendy Sharp, Soda Springs, Cal. 24:05.98
 4. Victoria Herazo, Valley Walkers 24:28.18
 5. Karen Rezac, Shore AC 25:41.10
 6. Susan Travellin, New York 26:03.23
 7. Vicki Raitman, Kansas City Walkers 26:21.92
 8. Heidi Epp, Texas 27:28.69
 9. Lisa Sherman, Oregon 28:12.38
 10. Anita Hermach, un. 29:59.95
 11. Barbara Ayers, Texas 35:28.91
- DNF: Maryanne Torrellas, Connecticut

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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STAUCH BREAKS OWN RECORD IN WINNING NAIA 10 KM

Azuza, Cal., May 27--Mike Stauch led Wisconsin-Parkside's domination of the NAIA (National Association of Intercollegiate Athletics) 10 Km walk with a brilliant 41:56.4 effort. It was the third win in row for Stauch in the event and the sixth in row for Parkside athletes. As a matter of fact, they have won it 9 of the 12 years it has been held. Stauch broke his own record of 43:22.2, set last year. Before that, Ray Sharp held the record at 43:31.83. Parkside took four of the first six spots in this year's race. Dave Cummings, now at Central Washington, stopped a Parkside sweep of the first three places with his second place finish in 43:24.4.

Parkside coach, Mike DeWitt, spent a good deal of his time at the meet lobbying for retention of this event as a scoring part of the track meet. Meet officials have been disappointed in the small number of athletes and of schools in the event. This year there were only 10 athletes from six schools (of 150 schools entered in the meet).

The results (from Gene Dix): 1. Mike Stauch, U. of Wisconsin-Parkside 41:56.4 2. Dave Cummings, Central Washington 43:24.4 3. Doug Fournier, U. of Wis.-Parkside 43:34.6 4. Jon Jorgenson, U.W.P 46:02.4 5. Tony Englehardt, Western Washington 47:14.2 6. John Marten, UWP 47:31.3 7. Dominic Urbano, Cen. Wash. 47:42.1 8. Vance Godfrey, George Fox Col. 53:00.5 9. Mike Roberts, Berea College 56:18.4 DQ--Elmer Becker, Park College

Other Results

10 Km (track), Stony Brook, N.Y., May 1--1. Curtis Fisher, SUNY Stony Brook 43:23.7 2. Reggi Davenport, Lehman Col. 51:40.0 3. Susan Travellin, New York 53:15.8 4. Mark Barber, Stony Brook 53:41.1 5. Nora Comans, SUNY Stony Brook 54:59.1 6. Bill Omeltchenko, NY Pioneer Club 61:51.5 (ist Master) DQ--Ed O'Rourke 43:08.2 (10 finishers) 3 Km, Syracuse, NY (Niagara Indoor Championships), March 20--1. Dave Lawrence 14:01 2. Dave Talcott 14:34 3. Jim Miner 15:20 4. Dan Talcott 15:59 5. Dick Bales 16:48 6. Greg Wittig 17:40 Women: 1. Cheryl Rellinger 16:15.07 2. Lynette Dzierzanowski 17:48 3. Rebecca Solderholm 18:59 Niagara Masters Indoor 3 Km, Syracuse, March 27--1. Dave Lawrence 13:40 (1st over 30) 2. Dick Bales 16:31.8 (1st over 45) 3. Nelson Fisher 16:32.4 (2nd over 45) 4. Frank Fina 17:23.1 (1st over 55) 5. Greg Wittig 17:41.6 (1st 50-55) New Jersey Waterfront Marathon, April 24--1. Gary Null, New York (age 43) 4:06:15 2. John Alfonso, New Jersey (37) 4:10:32 3. Ray Funkhouser, New Jersey (37) 4:18:07 4. Lon Wilson, New York (40) 4:18:42 5. Stanley Schecter, New York (55) 4:47:35 6. Michael Cooper, New York (45) 4:52:48 7. Bob Valciola, N.H. (44) 4:59:58 8. Patrick B'vona, New Jersey (47) 5:01:40 9. Paul Robertson, Maryland (48) 5:01:56. . 12. Harry Drazin, New Jersey (74) 6:01:01 Women: 1. Robin Meyers, New Jersey (31) 5:19:40 2. Marsha Hartz, Maryland (48) 5:22:09 5 Km, Union Point, Ga., April 30--1. Bill Farrell 31:17 2. Caroline LaBorde 31:42 (20 plus finishers) Pi Mile (i.e., 3.14159 miles), Atlanta, Ga., May 7--1. Bill Farrell 33:07 (8 finishers) 5 Km, Pompano Beach, Fla., April 24--1. John Frederick

2. Bob Fine 28:40 3. Bill Halford 30:10 4. Jorge Alzamora 30:22 (9 finishers) Women: 1. Tina Koenig 31:51 (6 finishers) 5 Km, Palm Beach, Fl., April 17--1. John Fredericks 24:14.24 2. Dan Stanek 26:45.14 (1st over 45) 3. Lee Duffner 27:17.50 (1st over 50) 4. Bob Fine 27:34.50 (1st over 55) 5. Bill Halford 29:24.31 (2nd over 45) 6. Al Christiansen 30:12.0 (1st over 60) (16 finishers) 3 Km, Mayfield, Ohio, April 30--1. Charlie Hall 16:55 (1st over 50) 2. Alfred Friedl 17:02 (2nd over 50) 3. Neil Iverson 18:28 4. Cathi Sullivan 18:29 5. Allan Jackson 19:31 (1st over 60) (8 finishers) Howard Wood Relays 5 Km, Sioux Falls, SD--1. Brad Knutson, Spearfish, SD 24:48 2. Joel Nelson, Belton, Missouri (1st 50-54) 28:15 3. Joe Fiala, Hot Springs, SD (15-19) 28:56 4. Elwood Vetos, Sioux Falls (1st 45-49) 30:25 (17 finishers, two disqualifications) 12 Km, Denver, March 19--1. Viisha Sedlak 67:39 2. Bob Carlson 75:57 (15 finishers) 5 Km, Denver, May 9--1. Dennis Crock 28:36 2. Bob Carlson 28:59 3. Peter Pereira 30:43 Women: 1. Laura Melvin 29:07 2. Joyce Frakes 29:35 5 Km, Denver, April 16--1. Dennis Crock 28:30 2. Randolph Pasko 29:18 3. Harold Wright 30:57 (25 finishers) 10 Km, same place--1. Carl Schueler 45:16 2. Mark Fenton 47:10 3. Leonard Jansen 50:05 4. Brad Knutson 50:05 5. Bob Carlson 58:33 Women: 1. Martha Iverson 55:29 2. Debby VanOrden 58:27 3. Barbara Hilger 61:33 10 Km, Albuquerque, N.M., March 12--1. Bruce Salisbury 50:49 2. Lawrence Martinez 51:39 3. Bentley Lyon 57:25 4. Joe Mauderly 58:53 5. Maurice Sheehan 61:05 (32 finishers) 5 Km, Albuquerque, April 2--1. Larry Martinez 25:16 2. Jim Sowards 27:15 3. Joe Oliaro 28:13 4. Bentley Lyon 28:14 5. Maurice Sheehan 29:51 6. Art Fuldauer 30:18 7. Gene Dix 31:04 (17 finishers) 3 Km, Northridge, Cal., May 22 (Temperature in high 90s)--1. Jesus Orendain, Jr. 16:14 Women: 1. Victoria Herazo 14:01 2. Paula Kash 15:50 3. Mary Hopf 16:32 4. Jill Latham 17:50 1500 meters, same place--1. Victoria Herazo 6:43 2. Jill Latham 8:34 5 Km, Santa Barbara, Cal., April 9: Men under 40--1. Andrew Hecker 24:17 Men over 50--1. Lee Miller 28:36 Women under 40--1. Victoria Herazo 24:18 (100 finishers) 5 Km, Fontana, Cal., April 16 (downhill) 1. D. Greiner 22:26 2. Tomasulo 25:06 3. Orendain 25:22 3. Carl Warrell 25:23 5. Orendain, Jr. 25:58 6. Snyder 26:01 7. T. Greiner 26:57 8. Grantham 27:01 9. Hampton 27:57 10. O'Hara 28:17 (23 finishers) Women: 1. Sara Standley 22:32 2. Victoria Harazo 22:33 3. Sepulveda 24:48 4. Chris Sakelarios 27:05 5. Rodriguez 27:53 (25 finishers) Mt. SAC Relays 10 Km, Walnut, Cal., April 24: Men 19-39--1. Rene Haapaintner 43:45 2. Ari Cortez 46:50 3. Keith Ward 46:57 4. Enrique Flores 51:12 5. Brian LaBounty 51:55 6. Stuart Boden 53:09 7. Richard Nester 56:36 8. Tim Aarringer 58:07 Men 40-49--1. Larry Walker 44:54 2. Jim Coots 51:20 3. Dave Snyder 56:22 4. Jesus Orendain 57:16 5. Don Richmond 58:29 Men 50-59--1. Richard Oliver 55:08 2. Carl Acosta 57:18 3. Ted Greiner 58:40 4. Allen Brumer 59:20 5. Allen Havens 61:30 Men over 60--1. John Burns 62:32 Women 19-39--1. Maria Colin, Mex. 48:10 2. Sara Standley 49:00 3. Maricela Chavez, Mex. 50:57 4. Lupe Colin, Mex. 51:07 5. Victoria Herazo 52:20 6. Chris Sakelarios 56:24 7. Carmen Jacinsky 59:24 Women 40-49--1. Lynne Marsh 61:14 Women 50-59--1. Sheila Smith 61:02 2. Jill Latham 53:03 5 Km, Redlands, Cal., March 27--1. Carl Warrell 26:37 2. Brian LaBounty 26:40 3. Michael Tomasulo 28:17 (that was men under 40) Men 40-54--1. Jim Coots 25:45 2. Bob Meador 27:56 3. Dave Snyder 28:19 Men over 55--1. Ted Greiner 29:13 2. Mel Grantham 30:29 3. Richard O'Hara 30:34 Women under 39--1. Chris Sakelarios 30:34 Women 40-54--1. Virginia Scales 29:15 2. Lynne Marsh 30:42 Long Beach Marathon, May 1--1. Dale Sutton 4:19:00 2. Jim Coots 4:22:01 3. Clyde Hatfield 4:31:26 4. Jim Hagin 4:41:28 5. Dave Thorpe 4:43:11 6. Edgar Ricci 4:49:43 7. Jill Latham 4:50:56 (52 finishers of 77 starters)

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Julie Partridge Memorial 10 Km, San Francisco, April 30--1. Ray Sharp 41:45 2. Marco Evoniuk 42:21 3. Bob Edwards 49:20 4. Wendy (Mrs. Ray) Sharp 49:30 (Her second race ever!) 5. Chuck Marut 52:24 (1st Master) 6. Kim Wilkinson 52:56 also Jack Bray 52:56 8. Fred Dunn 55:33 9. Bob Craig 55:47 (personal record at age 56) 10. Lance Wright 56:10 11. Jo Ann Nedelco 57:19 12. Cindy Paffumi 60:02 (personal records for these last two; the race, incidentally, was on the track) 13. Jeanine Swift 60:17 14. Brierly Reybina 61:49 5 Km, San Francisco: Women 20-29--1. Kim Wilkinson 26:46 2. Denise Dunbar 29:18 Men 20-29--1. Bob Edwards 23:06 Women 30-34--1. Laura Cribbins 29:32 2. Mary Baribeau 30:02 Men 30-34--1. Mark Green 22:40 Men 35-39--1. Lance Wright 28:27 Women 40-44--1. JoAnn Nedelco 27:50 Men 40-44--1. Ed Cardonick 26:22 Women 45-49--1. Brierly Reybina 29:31 Men 45-49--1. Ron Daniel 28:55 Men 50-54--1. Charles Marut 25:26 Men 55-59--1. Jack Bray 25:46 2. Fred Dunn 27:04 3. Bob Craig 27:14 Men 60-64--1. Vic Crosetti 29:45 10 Km, Newburg, Ore., April 8--1. Vance Godfrey 53:09 2. Bill Boyd 55:17 3. Troy O'Donnell 55:50 4. Steve Tyrer 56:38 5. Lisa Sherman 60:18 1 Mile, Monmouth, Oregon, April 10--1. Randy Jacobs 6:22.5 2. Bob Korn 6:54.8 3. Steve Tyrer 7:50.2 4. Bill Boyd 8:04.1 Women: 1. Lisa Sherman 8:40.7 1 Hour, Salem, Oregon, April 16--1. Randy Jacobs 12:49.9 m. 2. Bob Korn 12:19.7 3. Dane Jaconetti 10:20.3 4. John Hanan 10:20.2 Women: 1. Lisa Sherman 10:41.6 2. Karla Snyder 10:01.8 20 Km, Seattle, May 6--1. Tim Lewis 1:24:50 (track) (Breaks American record; lost about a minute on a pit stop) 2. Dave Cummings 1:31:03 (The Olympic Trials qualifying mark he just missed in Columbus two weeks earlier) 3. Dominic Urbano 1:35:16 4. Randy Jacobs 1:46:59 10 Km, sameplace--1. Allen James 45:53 2. Colin Peters 49:56 5 Km, Western Washington, April 9--1. Dave Cummings 20:37.5 2. Herm Nelson 20:57.4 3. Alan James 21:50 4. Dominic Urbano 21:59 2.8 Miles, Seattle, April 7--1. Allen James 19:55 2. John Frost 24:30 3. Bob Novak 24:30 10 Km, Lakewood, Wash., May 14--1. Allen James 45:56 2. Jim Bryan 54:43 (1st over 40) 3. Glen Tachiyama 56:51 4. John Frost 57:06 (2nd over 40) 5. Bob Novak 57:15 6. Stan Chrasminski 59:01 (3rd over 40) 7. Danny Sanromani 60:43 8. Bev LaVeck 60:46 9. Daniella Hairabodian 61:16

FROM HEEL TO TOE

One of the problems of including walking divisions in running races is suggested in the following letter to the editor of a local paper from the president of the Monterey Walk Walk Club. (The letter was reprinted in the Walk Walk Walk Club newsletter): "In your list of competitors at the Big Sur Marathon (April 18), are people listed under 'race walkers' who, to my knowledge, have never race walked before. Moreover, their times are too fast to be realistic. Had the men's division winner finished in 3:12:15, as written, he would have beaten the fastest race walker in the world (ORW editor: Not quite. A 50 Km walker doing in the low 3:40s would go through the marathon distance somewhere in the vicinity of 3:05; a 3:12 at the marathon would mean a 50 in around 3:50. Nonetheless, it's far better than an inexperienced walker is going to manage. Don't you love these long parenthetical expressions in the middle of a sentence; now try to pick up the thought again) and would have established a world record for the distance. One must believe, therefore, that almost all the race walkers--men and women--were running or jogging most of the time. I saw only two real race walkers during the race, but I couldn't find their names among those printed in your paper. This situation was made possible because there was no monitoring for race walkers on the course. There were no race walking judges, and there was no way to visually distinguish race walkers from runners. This was not the case in the first Big Sur Marathon, and I hope it will not happen again. If the next Big Sur Marathon has a race walker's division, race walking judges should be present, as there are at all important national marathons."

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Bob Bowman, commenting on style following the Olympic 50 Km trial in Indianapolis (reported last month): "Schueler is another guy who knows the technique. He gets a tremendous extension in his stride, not too many of our walkers have mastered this. They walk short and choppy and are not getting the maximum out of themselves. A couple of centimeters on each step can make a huge difference in a 50 Km race. It can mean a mile or so. Outside of Carl, Marco, and Tim, the rest of the guys really have some work to do. This is Carl's last year. He supposedly is going to retire at the end of the year. Fortunately, we have some talented young walkers and are getting more depth." . . . Bob, in an interview in the Southern California Race Walking News, also commented on judging masters walkers, there being some ongoing flak, particularly regarding bent knees: "In my experience, the only one's we get complaints from are the masters. There are some really good athletes in the Masters program. But there are also a lot of people who are on an ego trip and it is too bad. Some of them just can't compete in the event. They can't maintain their technique. I don't know if it is because they don't train properly, but if they can't maintain technique, they probably shouldn't compete. Sometimes masters use their age as an excuse, and that is nonsense. There are people in their 60s and 70s who can walk beautifully. It is just not for everybody to do serious competition. That doesn't mean you can't go out and get benefit from walking for fitness, but if you compete, you have to maintain form that complies with the rules. If you don't, it is unfair to those who do. So what is fair for Open and Age Group competition ought to be fair for masters. But somehow, we get a certain element in the Masters who think we should look the other way. I usually try to explain the importance of fair and equal judging and many realize they are acting silly." . . . I had best correct a mistake in last month's coverage of the 50 Km Trial. I said Wisconsin-Parkside athletes occupied 5 of the top 11 spots, but included Paul Wick in that number. As Larry Larson reminds me, Paul attended Wisconsin-Whitewater, and although he lives about 50 miles west of Kenosha, does not train with the Parkside crew. Larry also mentions that Mike's wife, Michelle Marter-Rohl is close to Olympic Trials qualifying as a runner at 1500 and 3000 meters. . . . Bob Bowman (he seems to keep popping in this column) received the following letter from Australia, and wonders if anyone out there can help. "My name is Mark Nipperess and I am 18 years old. My brothers and I do race walking and since moving to North Queensland (15 months ago) have started a race walking club. We have 45 members between the ages of 5 and 40. My brother Dean is 15 and holds an Australian under 15 record for the 1500 meter walk. My younger brother Glen is 12 and is the current Queensland in his age group. We walk up to 30 Km in races and next year I am hoping to do a 50 Km race. We were writing to you to find out if we can organize an exchange for 6 weeks between an American walker and a walker from our club. A host family would be arranged for your member. If you can arrange something please let me know. Anytime of the year is suitable, as we walk all year around. Yours in walking, Mark Nipperess, 97 Leopold St., Aitkenvale, Townsville, Queensland, Australia 4814." Anyone who is interested might drop him a line. . . . Another fortune cookie gem, provided by Ned Stone of Alexandria, Virginia: "He who hurries can not walk with dignity." Race walkers, do not heed. . . . Three-time Olympic race walker, Henry Laskau, is among this year's 11 candidates for the Track and Field Hall of Fame. Henry, now living in Coconut Creek, Florida, won 42 national titles during his career. Ron Laird is presently the only walker in the Hall. . . . Frederick Klein covered the 50 Km Trial for the Wall Street Journal and had a reasonably nice column in that august publication 2 days later. Of course, I was disappointed not to see my name after spending 15 or 20 minutes with him on the phone, prepping him, a couple of weeks later and

Data analysis showed significant intersubject differences in ICKE, MKE, PGCMKE, stance time, cadence, and stride length. Analysis of intra-subject responses to greater heel height showed a significant increase in MKE and stance time for subject 1. In subject 2, MKE, ICKE, stance and stride length were significantly increased, and stance/swing ratio and cadence were significantly decreased. Comparison of these results to those of published studies indicated some kinematic differences between intermediate and elite-level racewalkers.

Results of this study have some implications for larger-scale kinematic and kinetic studies to further investigate the relationship between heel height and knee injury.

LOOKING BACK

25 Years Ago (From the May 1963 Race Walker edited by Chris McCarthy, which actually came out in late June)--Ron Zinn won the National 10 Km on the track in Chicago with an American record of 46:35.4, leaving Ron Laird a distant second in 47:46. Laird led the New York AC to a one-point team victory over the Ohio Track Club, who had Jack Blackburn (48:00) and Jack Mortland (48:07) in third and fourth. . . Zinn also won the National 2 Mile in St. Louis with 14:03.2 ahead of Akos Szekely and a honeymooning Jack Mortland. (That's right, a silver anniversary in mid-June). Laird edged Matt Rutyna for fourth. . . The British 50 Km went to Ray Middleton in 4:16:43.

20 Years Ago (From the May 1968 ORW)--Larry Young captured the National 35 Km title in Pittsburgh with a 2:53:16, ahead of Canadian Karl Merschenz and Dave Romansky, who were about 4 minutes back. . . Bob Kitchen turned in a good track 50 Km on Long Island with 4:26:56, just 2 minutes ahead of Ron Daniel. . . In New York, Dave Romansky recorded 1:30:04 for 20 Km, just 1:21 ahead of newcomer Ray Somers. John Knifton had 1:32:46 and Daniel 1:33:08. . . The Zinn Memorial 10 Km in Chicago went to Gerry Bocci in 48:38. . . Your editor captured the Ohio 20 Km on a track in Ahsland in 1:42:00. . . Jack Blackburn was an easy winner in the Ohio 2 Mile in Dayton in 14:59 with Mortland trailing in 15:13.

15 Years Ago (From the May 1973 ORW)--Mr. Consistency we called him. Bill Weigle won the National 50 Km in Des Moines with a 4:22:37. That marked his fourth 50 in 11 months with times ranging from 4:20:09 to 4:22:53. John Knifton was second in 4:30:20 and Ron Daniel third in 4:37:51. . . England's Roger Mills captured our 1 Hour title, covering 8 mi. 252 yds., some 72 yards ahead of John Knifton. Todd Scully and Ron Daniel followed, with the first seven bettering $7\frac{1}{2}$ miles.

10 Years Ago (From the May 1978 ORW)--Marcel Jobin (Canada) moved away from Todd Scully in the second half of the race to win the National 15 Km race at Nassau, N.Y. in 1:06:49. Scully (1:08:07) finished well ahead of Dave Romansky (1:11:29). . . The NAIA 10 Km went to Parkside's Chris Hansen in 46:20. John VanDenBrandt (Parkside) and Carl Schueler (Frostburg) followed. . . Susan Liers had a world best for 1 Mile with 7:00.6 and 4

days later broke the American record for 5 Km with a 23:41.3. . . The Zinn Memorial 10 Km went to Jim Heiring in 46:59, with an 18-year-old newcomer, Ray Sharp, finishing fifth in 51:58. . . In Mexico, Raul Gonzalez did 50 Km in 3:45:52, nearly 7 minutes better than the previous best on record. He needed only 1:28:20 for the first 20 Km, and then accelerated with 43: for the next 10, before slowing to 1:33:35 over the final 20.

5 Years Ago (From the May 1983 ORW)--Mexico invaded the U.S. and Martin Bermudez led the field home in the National 50 Km. His 3:50:43 was nearly 10 minutes ahead of countryman Felix Gomez in the Monterey, Cal. race. Marco Evoniuk won the U.S. title in 4:01:43, with Jim Heiring second in 4:07:28, just behind a third Mexican, Marcelino Colin. Dan O'Connor and Tom Edwards followed, with 8 under 4:30. . . Two weeks earlier, Colin came home first in the National 15 Km in Santa Monica, his 1:02:58 edging Canada's Marcel Jobin (1:03:07). Heiring was the National champion in 1:03:26, a minute ahead of Sam Shick. Larry Walker, Pete Timmons, and Dave Cummings followed. . . Also at Santa Monica, Susan Liers-Westerfield won the women's National 15 Km in 1:17:17, 50 seconds ahead of Teresa Vaill. Carol Brown and Vicki Jones were third and fourth.

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SOURCES AND RESOURCES

The following bibliography and list of contacts throughout the country were compiled by Bob Carlson in Colorado. I personally would not recommend the book by Weinstein and Finley, having glanced at it in a bookstore several weeks ago, at least not for those interested in serious race walking. The authors do not appear to have a very good concept of what is involved in competitive walking, but try to present themselves as experts. One man's opinion.

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- Weinstein, Marion and Finley, William, *Recreational Walking*, Steven Greene Press, \$9.95, pb.
- Winkler, Simon, *Walk, Run & Live*, Windward Publishers, 1981, \$4.95, pb.
- Yenker, Gary, *The Complete Book of Exercise Walking*, Contemporary Books Inc., 1983, 8.95, pb.

USA WALKING CLUBS AND PROMINENT PROMOTERS OF WALKING

(As of 1988)

(IAAF Judge = International Judge--the top recreational officials in the USA)

ALABAMA

Ann Bibber, 2301 Airport Boulevard, Mobile, AL 36606.

ALASKA

Lyle Pettigrew, 1921 Congress Cir #B, Anchorage, AK 99507.

ARIZONA

Joe Kennedy, c/o AZAC Office, 8436 E. Hubbell, Scottsdale, AZ 85257.

Prescott Walkers, 1150 Smokie Prescott, AZ 86301.

Gordon Wallace, 102 Artes St., Prescott, AZ 86301.

ARKANSAS

W. Randy Taylor, Worthen Bank, Box 1681, Little Rock, AR 72203.

CALIFORNIA

Bonnet Street Walkers c/o Ed Boudin, 9506 Pico Vista Road, Downey, CA 90240.

Bob Bowman, (IAAF Judge), 51 Chatsworth Ct., Oakland, CA 94611.

Brewer's Bullets c/o Bob Brewer, 6011 Tahitian Circle, Yorba Linda, CA 92606.

California Walkers c/o John Kelly, 1024 3rd St., Santa Monica, CA 90403.

Don Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086.

Easy Striders Walking Club c/o Jim Coats, 2718 Monogram Ave., Long Beach, CA 90815.

Wayne Glusker, 20351 Bollinger Road, Cupertino, CA 95014.

Golden Gate Walkers c/o Harry Siltanen, 106 Sanchez St. #117, San Francisco, CA 94114.

Hyron "Ted" Goewin Jr., 1811 Nevada Blvd #25, Nevada, CA 94947.

Robert A. Hickey (IAAF Judge), 9353 England Ave., Westminster, CA 92683.

Inland Empire Recreational Walkers, 11078 Holly St., Grand Terrace, CA 92324.

Dr. Perle Kosh, 1124 1/2 Corning St., Los Angeles, CA 90033.

Lizzy Kemp, 4350 Moraga Ave. #17, San Diego, CA 92117.

Bill Longan, 1472 Sierra Creek Way, San Jose, CA 95132.

Lori Heynard, 2021 Kensington Road, Redwood City, CA 94061.

Monterrey Walk, Walk, Walk c/o Gladis de Pietra, PO Box 2927, Carmel, CA 93921.

North American Recreational Walking Foundation, c/o Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106.

Orange County Walkers c/o Chris Root, 110 S Fritchard #4, Fullerton, CA 92633.

Saddleback Striders c/o Barbara Sloote, 24516 Sand Piper Lane, Dana Point, CA 92629.

San Fernando Valley Walkers (Women), c/o Jim Bentley, PO Box 8120, Van Nuys, CA 91409.

Santa Barbara Sport Walkers Club c/o Carol Jantzen, 3791 Center Ave., Santa Barbara, CA 93195.

Teams (NAC/Coast Athletics)--See Robert A. Hickey.

Roland Veen, 120 Gold Canyon Drive, Ridgecrest, CA 93555.

Walkers Club of Los Angeles c/o Richard Oliver, 11431 Sunshine Terrace, Studio City, CA 91604.

Westlake Walkers c/o Jim Henley, 3346 S. Allingham Court, Westlake Village, CA 91361.

Southern Cal Walkers c/o Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106.

COLORADO

Jacques Adair, 4515 Diamondback Drive, Colorado Springs, CO 80900.

Chris Amaro, 1015 Third Ave., Longmont, CO 80501.

Joe L. Burrow Jr., 675 Marion St., Denver, CO 80209.

Front Range Walkers c/o Bob Carlson, 2261 Glenwood St., Denver, CO 80207.

Lorraine Green, 1015 Hedden, Lakewood, CO 80226.

Pamela Kahler, Gates Rubber Recreation, 990 S Broadway, Denver, CO 80209.

Leonard Jansen c/o Olympic Training Center, (walking biomechanics), 1776 E. Boulder, Colorado Springs, CO 80909.

Anne Keshiva c/o Oxford Athletic Club, 1616 17th St., Denver, CO 80202.

Tim Lewis, (Olympic Competitor), 326 1/2 E. Concha in Poudre, Colorado Springs, CO 80903.

Paul Lightsey, 2400 E. 16th St., Greeley, CO 80631.

Randy Himm, 1357 N. Tejon Colorado Springs, CO 80903.

Carl Schuster (Olympic Competitor) 326 1/2 E. Concha in Poudre, Colorado Springs, CO 80903.

Vlacha Sedlak, PO Box 10323, Boulder, CO 80300.

CONNECTICUT

Abruzzo TC c/o Nick and Maryanne Torrellas, 20 Marion Lane, Clinton, CT 06413.

Bruce L. Bonglass, 36 Canterbury Lane, Hyattsville, CT 06355.

Bill Houghton, 12 Buxting Road, Greenwich, CT 06830.

New York Masters Club c/o Dr. Jack Beitans, c/o Fairfield College, Fairfield, CT 06430-7534.

DELAWARE

Bob Sweetgall, 175 Elkhart Road, Newark, DE 19711.

FLORIDA

Brx Cleveland, 310 Hurst St., Tallahassee, FL 32304.

Florida Walkers c/o Bob Fine, 4223 Palm Forest Drive, North Drey Beach, FL 33445.

Dr. Terry O. Harville, 279-10 Curry Village, Gainesville, FL 32603.

Henry H. Larkson, (IAAF Judge Emeritus), 3232 Carambola Circle South, Coconut Creek, FL 33066.

John MacLachlan, (Recreational walker), 1530 Sable Palm Drive, Boca Raton, FL 33432.

Don Stanek, 12123 Arco, Wellington, FL 33414.

Tampa Bay Walkers c/o James McCarthy, 12300 N 27th St., Tampa Bay, FL 33612.

GEORGIA

Walkers Club of Georgia c/o Dr. Bill Farrell, 810 Peach Tree Center South, Atlanta, GA 30303.

HAWAII

Debra Cottoy, 700 Houna St., Honolulu, HI 96826.

Jim Heberly, 415B Haleolea Place, Honolulu, HI 96821.

IDaho

George Beall, 2410 Elmcrest, Boise, ID 83705.

ILLINOIS

Chicago Walker's Club c/o Angie Hirt, 767 Bluff, Carol Stream, IL 60188.

Chuck Klehm, 1218 N. Route 47, Woodstock, IL 60090

INDIANA

Sam Bell, Assembly Hall, Indiana University, Bloomington, IN 47401

Lee Rind, 309 N. 25th Ave., Beach Grove, IN 46107.

IOWA

Ben Corey, 133 West 3rd., Tama, IA 52359.

Paul Schneider, Siouxland YMCA, 722 Nebraska St., Sioux City, IA 51101.

KANSAS

Beri L. Garner-Holman, 5728 Riley, Shawnee Mission, KS 66202.

KC Walkers c/o Ben & Bobbi Lawrence, 4500 W 107th St., Overland Park, KS 66207.

KENTUCKY

Willie Lewis, 1304 Fairland Place, Louisville, KY 40211.

LOUISIANA

New Orleans Walkers c/o Richard Charles, 4236 S Roman St., New Orleans, LA, 70125.

MAINE

Larry Pelletier, 19 Juniper St., Bangor, ME 04401.

Martha Hyerowitz, 1570 Broadway, Bangor, ME 04401.

MASSACHUSETTS

Betty Jenewin, Rec Office Channing St., Worcester, MA 01605.

Tom Knott, 83 Riverside Ave., Concord, MA 01742.

Brian Sevilonis, 243 Hiram St., Princeton, MA 02154.

Steve Vaitonas, 90 Summit Street, Waltham, MA 02154.

MICHIGAN

Fabian Knizecki, Box 367, Ludington, MI 49431.

MCS c/o Jeannie Boon, 1353 Grayton Grosse Point, MI 48230.

Wolverine Pacers c/o Frank Alongi, (IAAF Judge), 26530 Woodshire Ave., Dearborn Heights, MI 48127.

Frank Soby, 3820 Harvard, Detroit, MI 48224.

MINNESOTA

Craig Hargood, Box 2013, Hutchinson, MN 55350.

Bob Kitchen, 917 5th St., International Falls, MN 56649.

MISSOURI

Columbia Track Club c/o Joe Duncan, 2900 Maple Bluff Drive, Columbia, MO 65201.

Mark Young, 6452 Smiley, St. Louis, MO 63139.

NEBRASKA

Beth White, 3333 B Street, Lincoln, NE 68510.

Harold Wright, Box 525, Blair, NE 68000.

NEVADA

Las Vegas Walkers c/o Fraser Bond, Box 623, Mercury NV 89023

NEW JERSEY

Ray Funkhouser, 3 Ewingville Road, Trenton, NJ 08638.

Don Henry, 24 Fairview Ave., Bricktown, NJ, 08724.

Don Kudik, 10 Cleveland Ave., Hightstown, NJ 07110.

Harbor Walker c/o Alan Wood, Regency House, Rm 254, Pompton Plains, NJ 07444.

New Jersey Striders c/o Ed Koch, PO Box 742, Madison, NJ 07940.

Shore AC c/o Elliott Benman, (IAAF Judge), 20 N Locust Ave., West Long Branch, NJ 07764.

NEW MEXICO

Las Cruces Walkers, 2025 Jordan, Las Cruces, NM 88001.

New Mexico Racewalkers c/o Gene Bix, 2301 El Mirador Ct., Albuquerque, NM 87104.

NEW YORK

Tom Edwards, 67 Highland Ave., Central Valley, NY 10917.

Bill Gorman, 1371 Kings Road, Schoharie, NY 12303.

Island TC c/o Gary Werterfield, (IAAF Judge & Olympic RV Coach), Box 440, Smithtown, NY 11787.

Bow Lawrence, 90 Fairfield Ave., Buffalo, NY 14223.

Sue Liers, 31 Cross St., Smithtown, NY 11787.

Bruce MacDonald, (IAAF Judge), 39 Fairview Ave., Port Washington, NY, 11050.

Metropolitan Walkers, 36 W 20th St., New York, NY 10011.

New York Walkers Club c/o Howie Jacobson, Box H, Livingston Manor, NY 12750.

Dan O'Connor, 2490 Woodland Ave., Van Hook, NY 11793.

Hollis Rios, Box 1504 Ansonia Station, New York, NY 10023.

Walkers Club of America c/o Howie Jacobson, Box H, Livingston Manor, NY 12750.

Don Vinocchi, 161 Stewart St., Buffalo, NY 14211.

NORTH CAROLINA

Eric Bigham, 2511 Foxwood Drive, Chapel Hill, NC 27514.

Southwestern Harriers, PO Box 590, Raleigh, NC 27602.

NORTH DAKOTA

Shirley J. Olgerson, PO Box 473, Bismark, ND 58502.

OHIO

Edith Barrett, 3001 Shannon Road, Cleveland Heights, OH 44118.

Don Laird, c/o 4706 Blane Drive, Ashland, OH 44804.

Tim Mehl, PO Box 44, Dayton, OH 45428.

Ohio Racewalkers c/o Jack Mortland, 3104 Summit St., Columbus, OH, 43202.

John White, 4065 Arthur Place, Columbus, OH 43220.

OKLAHOMA

Loretta Hinkle, 5312 N Vermont, Oklahoma City, OK 73112

Oklahoma Fitness Walkers, c/o Ron Harlett, 2712 NW 40, Oklahoma City, OK, 73112.

Tulsa Walkers, 6764 S 90th East Ave., Tulsa, OK 74133.

OREGON

Jim Dean, 4935 Oak Park Drive NE, Salem, OR, 97305.

Oregon TC Harriers, Box 10005, Eugene, OR 97440.

PENNSYLVANIA

Frank Greenberg, 1414 PFFS Building, Philadelphia, PA 19107.

Pat Hangan, 570 Briarwood Ave., Pittsburgh, PA 15220.

William Horton, RD 1, Box 360A, Freemansville Road, Reading, PA 19607.

Dr Howard Palamarchuk, 310 Middleton Blvd #203, Langhorne, PA 19047.

Reading Track Club, 112 S Sterley St., Shillington, PA 19607.

Bow Voddie, 2327 Redfield Drive, Hershey, PA 17033.

SOUTH CAROLINA

Steve Sparrow, 216 S Edisto Ave., Columbia, SC 29205.

SOUTH DAKOTA

Bred Kamsen, 811 University, Spearfish, SD 57703.

TENNESSEE

Hal Cantfield, 502 Alondale Road, Knoxville, TN 37920.

Moore Town, Box 59, Cookeville, TN 38503.

TEXAS

Barbara Ayers, The Hills Fitness Center, 4615 Bee Cove Road, Austin, TX 78746.

Tony Del Campo, 3707 N. Stanton, El Paso, TX 79902.

John Evans, 5440 N Broadwood #945, Houston, TX 77096.

Bow Gwyn, 6502 S Brier Bayou, Houston, TX, 77072.

John Knifton, 12900 Cotaskill Trail, Austin, TX 78750.

Tom Lowry, 4925 Hotador, Amarillo, TX 79109.

River City Walkers, 2705 McCullough, Austin, TX 78703.

UTAH

Glen Wells, 1963 Leisure Circle, Salt Lake City, UT 84118.

VIRGINIA

Potomac Valley Walkers c/o Sal Corrallo, 3466 Roberts Lane N., North Arlington, VA 22207.

Joan Wood, 5302 Eastern Drive, Springfield, VA 22131.

WASHINGTON

Berlene Hickman, (IAAF Judge), 1960 Ninth Ave W., Seattle, WA 98119.

Dean Ingram, 507 Cobb Building, Seattle, WA 98101.

Pacific Pacers c/o Bev LeVeck, 6633 NE Windemere RD, Seattle, WA 98115.

Levie and Gwen Robertson, 14503 NE 65th, Redmond, WA 98053.

Martin Radow, (IAAF Judge and RV Coach), 4831 NE 44th, Seattle, WA 98105.

Marge Snipes, E. 2012 Harrison, Spokane, WA 99202.

Ralph Varnocoe, Western Washington University, 316 High St., Bellingham, WA 98225.

WASHINGTON DC

Bill Hillman, 700 7th St., Washington, DC 20024.

WEST VIRGINIA

Nicholas Vinovich, 2005 Huber Road, Charleston, WV 25314.

WISCONSIN

Bodger Walkers c/o Ruth Loff, 6509 N Crestwood Drive, Milwaukee, WI 53209.

Mary Byers, 6946 N Shrew Ave, Milwaukee, WI 53209.

Mike Bewitt, 814 40th St., Kenosha, WI 53140.

Larry K Larson, (IAAF Judge), 909 Gotsdard Ave., Racine, WI 53406.

VTOMING

Bernie Finch, Box 35, Newcastle, VT 02701.

From the Danish magazine Gangsport. Apparently some kind of all-time ranking at the time of the IAAF's 75th anniversary. But does it say anything about how the points were assigned? Who can tell me?

Fejrede i 1987 75 års jubilæum (1912-1987), og man gjorde det bl.a. ved at votere de 10 største atleter gennem tiderne (1000 int. navne gennemførte denne afstemning) og Kappgang var også med som kårede alle tiders 10 bedste over 20 km henh. 50 km distancerne.

Jeg deltog også og nedennævnte 20 navne og placeringer havde jeg selv fundet ud af for ikke mindre end 16 af disse 20 fremragende kappængere. Mexicos store navn: Speedy Gonzalez dominerede selvsagt over 50 km og Vladimir Golubnichi fra Sovjet klarede en fin førsteplads over 20 km, men han havde dog hård kamp med Mexicos 20 km specialist: Daniel Bautista.

Her følger IAAF off. ranglister over alle tiders kappængere gennem 75 år. Afstemningspointene fortæller om den kamp som fandt sted, da man skulle vælge mellem ens favoritter.

20 km =

1) Vladimir Golubnichi, SU	1527 p
2) Daniel Bautista, MEX	1426 p
3) Ernesto Canto, MEX	1290 p
4) Peter Frenkel, GDR	1015 p
5) Maurizio Damilano, ITA	924 p
6) Josef Pribilinec, CS	708 p
7) Kenneth Matthews, GBR	520 p
8) Leonid Spirin, SU	357 p
9) John Mikaelsson, SWE	314 p
10) Jose Marin, ESP	311 p

Her havde jeg (foruden topplac.) Pribilinec som nr. 2, John Mikaelsson som nr. 3 og nr. 4 Maurizio Damilano.

50 km:

1) Raul Gonzalez, MEX	1489 p
2) Christoph Höhne, GDR	1172 p
3) Abdon Pamich, ITA	1130 p
4) Bernd Kannenberg, FRG	895 p
5) Hartwig Gauder, GDR	888 p
6) John Ljunggren, SWE	773 p
7) Ronald Weigel, GDR	744 p
8) Veniamin Soldatenko, SU	485 p
9) Giuseppe Dordoni, ITA	420 p
10) Harold Whitlock, GBR	329 p

Jeg havde Hartwig Gauder som nr. 2, Ronald Weigel nr. 3 og Bernd Kannenberg nr. 4.

Maximum points 2000 p

Canadian All-Time Top 10

20 kmW

1:21:13	Guillaume Leblanc	62St. Leonard	1	Oct 5 86
1:24:49	Marcel Jobin	42St. Louis de Terrebonne		Jun 19 82
1:26:39.3	Francois Lapointe	61 Ottawa	2	Jul 31 82
1:28:06	Michel LaFortune	65St. Leonard	11	Oct 5 86
1:28:18	Daniel Levesque	63 Pasadena	4	Nov 1 86
1:28:19	Paul Turpin	64St. Leonard	12	Oct 5 86
1:30:28	Gilbert Daoust	66 New York	70	May 3 87
1:30:51	Helmut Boeck	52 Etobicoke		Mar 6 83
1:32:37.1	Martin Archambault	61 Ottawa	2	Jul 31 87
1:33:48	Karl Marschenz	36 Downsview	4	May 07 66

50 kmW

3:47:48	Marcel Jobin	42St. Louis de Terrebonne	2	Jun 20 81
3:51:38	Francois Lapointe	61 Montreal-Nord	1	Oct 24 82
3:58:33	Guillaume Leblanc	62 Montreal	1	Oct 23 83
4:08:56	Martin Archambault	61 New York	31	May 2 87
4:19:41	Glenn Sweazey	54 Etobicoke	3	May 4 80
4:22:29	Felix Capella	30 Downsview		Jun 16 68
4:25:23	Helmut Boeck	52 Etobicoke	4	May 4 80
4:26:59	Alex Oakley	26 Borden		Sep 28 63
4:27:23	Karl Marschenz	36 Downsview		Jun 16 68
4:28:15	Patrick Farrelly	35 North York	1	Apr 9 78

10000mW

45:06	Ann Peel	61 New York City		May 3 87
46:41	Janice McCaffery	61 Rome	14	Sep 1 87
47:26	Deborah Powell	58 New York City		May 3 87
47:35	Alison Baker	64 Vancouver		Mar 28 87
48:01	Laura Rigutto	68 New York City		May 3 87
49:15	Joan Bender	63 Lonello, Italy	12	May 26 84
49:22	Louise Aubin	66 Vancouver		Mar 28 87
49:49	Pascale Grand	67 Campbellford, NB		Oct 4 87
50:01	Micheline Daneau	60St. Leonard	13	Oct 5 86
50:46	Gillian Grant	63 Islington	2	May 3 81