

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202

# OHIO RACEWALKER



VOLUME XXIV, NUMBER 6

COLUMBUS, OHIO

AUGUST 1988

## WALKING RESULTS

No biggies to report on this month, so we will just get right into the general results from around and about.

**TAC National Masters Championships, Orlando, Florida:** **Women's 5 Km:** Age 30-34—1. Kathy Nelson, South Dakota 32:29 35-39—1. Viisha Sedlak, Col. 26:00.9 2. Lorraine Green, Texas 29:07.4 40-44—1. Linda Kroesen, Cal. 32:20 45-49—1. Jeanne Bocci, Mich. 30:03 50-54—1. Shiela Smith, Cal. 29:47 2. Alpha Bennett 31:08 55-59—1. Helen Peare, Ind. 35:08 60-64—1. Ruth Leff, Wis. 32:11 2. Marie Henry, NJ 34:25 65-69—1. Lavonne Hottensmith, Ohio 35:07 70-74—Velma Jacobs, Col. 35:07 **Men's 5 Km:** 30-34—1. Jim Heiring, Wis. 21:43 2. Terry Harville, Fla. 27:23 3. Alvia Gaskill, NC 27:27 4. Tim Saiter, Ill. 27:31 35-39—1. Ray Funkhouser, NJ 22:19 2. Jozef Barbuzynski, France 23:29 40-44—1. John Fredericks, Fla. 23:43 2. Gildardo Amezcua, Mex. 25:20 3. Gary Null, NY 25:47 4. Neal Schuster, Wis. 27:15 5. Geroge Lattarulo, Mass. 28:50 6. Paul Alvord, Ind. 29:53 45-49—1. Sam Skinner, NY 26:08 2. John Knifton, Tex. 26:11 3. Bernard Finch, Wyo. 26:47 4. Robert Brzenk, Wis. 27:48 5. Dale Arthur, Mont. 28:25 6. Walter Lubzik, Mich. 28:53 7. Bill Halford, Fla. 29:24 8. Rex Cleveland, Fla. 29:34 50-54—1. Gerry Bocci 26:56 2. Richard Oliver, Cal. 26:58 55-59—1. Tom White, Fla. 27:12 2. Max Green, Mich. 27:12 3. Bob Fine, Fla. 28:27 4. Robert Moore, Ariz. 28:57 5. Jim Bryan 29:11 6. Wayne Nichols, Georgia 29:12 60-64—1. Bob Mimm, NJ 27:22 2. Joe Vitucci, Ohio 31:23 65-59—1. Harold Wright, Co. 30:31 2. George Heller, NJ 30:32 70-74—1. Max Gould, Can. 29:46 2. Don Johnson, NJ 32:53 75-79—1. Al Nellis, Cal. 38:03 **Women's 20 Km:** 30-34—1. Kathy Nelson 2:21:41 35-39—1. Viisha Sedlak, Col. 1:55:21 2. Lorraine Green 2:15:12 40-44—1. Linda Kroesen 2:24:52 45-49—1. Jeanne Bocci 2:05:33 50-54—1. Shiela Smith 2:10:29 2. Jill Latham, Cal. 2:18:20 60-64—1. Marie Henry 2:33:19 2. Martha Vitucci, Ohio 2:44:20 65-59—1. Lavonne Hottensmith 2:36:55 **Men's 20 Km:** 30-34—1. Jim Heiring 1:38:20 2. Alvia Gaskill 1:55:00 35-39—1. Ray Funkhouser 1:43:17 2. Josef Barbuzynski 1:54:44 3. John Alfonso, NJ 1:55:54 40-44—1. John Fredericks 1:50:10 2. Gildardo Amezcua 1:51:11 3. Gary Null 1:51:47 4. George Lattarulo 2:04:43 45-49—1. John Knifton 1:52:51 2. Victor Sipes, Mich. 1:53:36 3. Bernard Finch 2:03:54 4. Robert Brzenk 2:04:35 50-54—1. Richard Oliver 1:55:45 2. Gerald Bocci 1:57:25 3. Lee Duffner 2:01:54 55-59—1. Max Green 1:57:12 2. Tom White 1:58:49 3. Robert Moore 2:06:37 4. Jim Bryan 2:10:12 5. Bob Fine 2:13:17 6. Wayne Nicoll 2:14:26 60-64—1. Bob Mimm 1:59:35 2. Joe Vitucci 2:16:06 65-59—1. Harold Wright 2:14:45 2. George Heller 2:15:15 3. Tim Dyas, NJ 2:17:21 4. John Evans 2:25:42 **Metropolitan 5 Km, New York City, June 12—**1. Ed O'Rourke 21:27 2. Dave McGovern 21:42 3. Nick Bdera 22:40 4. Curt Clausen 22:46 5. Marc Bagan 22:56 6. Gary Null 22:59 (1st Master) 7. Mark Barber 23:25 8. Reynaldo Hernandez 23:29 9. Neil Farley 23:44 10. Michael Heitozman 24:20 11. David Mendoza 24:34 12. Gregory Dawson 24:35 13. Tony Guzawicz 24:44 14. Deirdre Collier 24:56 (1st woman)

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



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Upper left: Start of the National 5 Km in Kansas City. Front row left to right: Don Lawrence, Jim Mann, Ray Sharp, Paul Malek, Doug Fournier, Mike Rohl. Upper right: Ray Sharp leads Doug Fournier during the race. (Kipp Price photos) Lower left: Maryanne Torrellas accepts her award from Jack Mortland following Mortland Invitational 10 Km win last spring. Lower right: Gary Morgan took the loot in the Mortland 20 Km. John White, race director is in the background in both photos. (Ben Freudenreich photos)

15. Tony Morales 25:23 16. Franco Fantoni 25:36 17. Tom Gustafson 26:41 18. Juan Crespo 27:16 19. Sam Skinner 27:17 20. Thomas Krasnoff 27:19 21. Jack Tannachion 28:05 22. Efrain Condez 28:16 23. Bruce Logan 28:38 24. Kaisa Ajaye 28:43 (2nd woman) 25. Frank Lamorte 28:43 (age 66) 26. Nelson Lees 28:55 27. Robin Meyers 28:59 (3rd woman) 28. Gustave Davis 29:05 29. Chris Amacker 29:28 30. Robert Spillman 29:30 31. Wallace Cutler 29:38 (65) 32. Andrew Crane 29:39 33. Mort Malkin 29:44 34. Stella Cashman 30:03 35. Raymond Green 30:04 (171 finishers) 5 Km, Miami, July 16—1. Susan Frantz 29:22 5 Km, Boca Raton, Florida, July 16—1. Bob Fine 28:52 2. Bill Halford 29:52 3. Susan Frantz 30:36 5 Km, West Palm Beach, July 22—1. Bob Fine 29:37 5 Km, Columbus, Ohio, July 31—1. Gayle Johnson 25:38 Men: 1. Jack Blackburn (52) 26:33 2. Nate Blackburn (17) 28:18 3. Jim Oliver 35:41 4. Hugh Yeomans (72) 35:51 5.4 km, Longmont, Col., June 25—1. Bill Hutchinson 26:07 2. Chris Amorosa 32:28 Women: 1. Viisha Sedlak 30:02 2. Lorraine Green 36:25 5 Km, Colorado, July 2—1. Ray Franks 26:18 2. John Tarin 28:33 3. Bob Carlson 29:03 Women: 1. Laura Melvin 30:31 2. Monica Shaw 30:56 Colorado TAC 5Km, Evergreen, July 4—1. Bill Hutchinson 23:31 2. Leonard Jansen 23:31 3. Bob DiCarlo (54) 28:11 4. John Tarin 28:28 5. Mo Coleman (53) 29:24 Women: 1. Martha Iverson 26:34 2. Viisha Sedlak 26:50 3. Barbara Hilger (53) 29:36 4. Laura Melvin 29:45 5 Km, Denver, July 9—1. Ray Franks 24:44 5 Km, Lakeside, Col., July 16—1. Bob Carlson 29:14 1 Mile, Texas Southern Relays, March 19—1. Tor Guttusroed 6:58:81 2. Mike Kleinhenz 7:50:11 3. Dave Gwyn 7:54.96 5 Km, Austin, Tex., April 9—1. John Knifton 23:56 2. Al Cruzado 27:02 3. Heidi Epp 27:24 4. Robert Rhode 27:27 Gulf 10 Km, Houston, April 14—1. Mike Kleinhenz 58:45 2. Rick Kent 59:51 3. Marlin Moore 60:55 1500 meters, Houston, May 28—1. Mike Kelinehnz 7:26:17 2. Dave Gwyn 7:33:05 3. Craig Bunch 7:37 1 Mile, Houston, June 17—1. Mike Kleinhenz 8:02.9 2. Dave Gwyn 8:35.7 3. Mark Chapman 9:05 1 Mile, Houston, June 24—1. Mike Kleinhenz 8:01.1 2. Dave Gwyn 8:09.4 5 Km, Houston, July 8—1. Dave Gwyn 27:52 2. Mike Kleinhenz 28:06 3. Ed Skulski 30:20 2 Mile, Albuquerque, June 18—1. Rick Wadleigh 14:39 (course nearly a quarter mile short) 2. Bentley Lyon 15:07 3. Joe Sutton 16:52 4. William Orzen 17:38 5. Pat Turrietta 17:49 5 Km, Zuni Pueblo, NM, July 16—1. Joe Cameron 25:48 2. Randy Burden 26:48 3. Holly Roberts 27:04 4. Art Fuldauer 27:11 5. Troy Ladine 27:20 6. Andrew Smith 28:16 7. Mataji Graham 28:36 8. Joe McDermott 28:55 1600 meters, Van Nuys, Cal., Aug. 3—1. Ray Parker 6:51.26 2. Victoria Herazo 6:54.25 3. Enrique Camarena 7:15.67 4. Joe Hampton 8:06.70 1600 meters, Santa Monica, Aug. 6—1. Larry Walker 6:26.9 2. Ray Parker 6:49.6 3. Victoria Herazo 6:53.5 4. Enrique Camarena 6:55.4 5. Carl Warrell 7:49.5 6. Joe Hampton 7:53.0 7. Jesus Orendain 8:00.7 8. Carlos Santin 8:03.4 800 meters, same place—1. Carlos Santin (15) 3:57.8 2. Danelle Kirk (14) 4:43.9 3. Michelle Santin (11) 4:56.5 Triathlon, San Francisco, July 31—1. Bob Briggs 1:05:23 ((24:05 for 5 km walk, 23:09 for 6.5 mile bike ride, 18:19 for 5 Km run) 2. Dan Frank 1:23:00 (27:19, 29:08, 26:33) 5 Km, San Francisco, July 4—1. Fred Dunn 28:23 2. Bob Craig 29:32 5 Km, San Francisco, July 9—1. Jack Bray 27:45 2. Huey Johnson 27:46 3. Denise Dunbar 29:37 5 Km, San Francisco, July 23—1. Jack Bray 27:59 2. Huey Johnson 27:59 3. Bob Craig 28:43 4. Denise Dunbar 28:50 Oregon State 5 Km, Gresham, July 9—1. Bob Korn 24:06.1 2. John Kerfoot 25:33 3. Philip Dunn 26:55 4. Lisa Sherman 28:52 5. John Hanan 29:36 1 Mile, Portland, Ore., July 13—1. Colin Peters 6:59.5 2. John Hanan 8:09.1 3. Dan Deakins 8:18 3 Km, Portland, July 16—1. Bob Korn 13:36.07 2. John Hanan 16:38 3. Bob Brewer 18:00 4. Julie Gebron 18:22 Northwest Masters 2 Km, Gresham, Ore., July 22—1. Bob Korn 8:45.4 2. Dave McNayr 10:31.3 (both 35-39) 3. John Hanan 10:32.8 (1st 45-49) 4. Paul Kaald 10:40.5 (1st 55-59) Women: 1. Julie Gebron 10:58.8 (30-34) 5 Km, Salem, Ore., July 31—1. Jozef Barbuzyński 22:43 2. Bob Korn 22:58 3. John Hanan 26:20 4. Jim Bray 28:55 5. Lisa Sherman 29:05 6. Julie Gebron 29:11 7. Denise Dunbar 29:16 8. Bob Korn 29:20 9. John Hanan 29:25 10. Lisa Sherman 29:30 11. Denise Dunbar 29:35 12. Bob Korn 29:40 13. John Hanan 29:45 14. Lisa Sherman 29:50 15. Denise Dunbar 29:55 16. Bob Korn 30:00 17. John Hanan 30:05 18. Lisa Sherman 30:10 19. Denise Dunbar 30:15 20. Bob Korn 30:20 21. John Hanan 30:25 22. Lisa Sherman 30:30 23. Denise Dunbar 30:35 24. Bob Korn 30:40 25. John Hanan 30:45 26. Lisa Sherman 30:50 27. Denise Dunbar 30:55 28. Bob Korn 31:00 29. John Hanan 31:05 30. Lisa Sherman 31:10 31. Denise Dunbar 31:15 32. Bob Korn 31:20 33. John Hanan 31:25 34. Lisa Sherman 31:30 35. Denise Dunbar 31:35 36. Bob Korn 31:40 37. John Hanan 31:45 38. Lisa Sherman 31:50 39. Denise Dunbar 31:55 40. Bob Korn 32:00 41. John Hanan 32:05 42. Lisa Sherman 32:10 43. Denise Dunbar 32:15 44. Bob Korn 32:20 45. John Hanan 32:25 46. Lisa Sherman 32:30 47. Denise Dunbar 32:35 48. Bob Korn 32:40 49. John Hanan 32:45 50. Lisa Sherman 32:50 51. Denise Dunbar 32:55 52. Bob Korn 33:00 53. John Hanan 33:05 54. Lisa Sherman 33:10 55. Denise Dunbar 33:15 56. Bob Korn 33:20 57. John Hanan 33:25 58. Lisa Sherman 33:30 59. Denise Dunbar 33:35 60. Bob Korn 33:40 61. John Hanan 33:45 62. Lisa Sherman 33:50 63. Denise Dunbar 33:55 64. Bob Korn 34:00 65. John Hanan 34:05 66. Lisa Sherman 34:10 67. Denise Dunbar 34:15 68. Bob Korn 34:20 69. John Hanan 34:25 70. Lisa Sherman 34:30 71. Denise Dunbar 34:35 72. Bob Korn 34:40 73. John Hanan 34:45 74. Lisa Sherman 34:50 75. Denise Dunbar 34:55 76. Bob Korn 35:00 77. John Hanan 35:05 78. Lisa Sherman 35:10 79. Denise Dunbar 35:15 80. Bob Korn 35:20 81. John Hanan 35:25 82. Lisa Sherman 35:30 83. Denise Dunbar 35:35 84. Bob Korn 35:40 85. John Hanan 35:45 86. Lisa Sherman 35:50 87. Denise Dunbar 35:55 88. Bob Korn 36:00 89. John Hanan 36:05 90. Lisa Sherman 36:10 91. Denise Dunbar 36:15 92. Bob Korn 36:20 93. John Hanan 36:25 94. Lisa Sherman 36:30 95. Denise Dunbar 36:35 96. Bob Korn 36:40 97. John Hanan 36:45 98. Lisa Sherman 36:50 99. Denise Dunbar 36:55 100. Bob Korn 37:00 101. John Hanan 37:05 102. Lisa Sherman 37:10 103. Denise Dunbar 37:15 104. Bob Korn 37:20 105. John Hanan 37:25 106. Lisa Sherman 37:30 107. Denise Dunbar 37:35 108. Bob Korn 37:40 109. John Hanan 37:45 110. Lisa Sherman 37:50 111. Denise Dunbar 37:55 112. Bob Korn 38:00 113. John Hanan 38:05 114. Lisa Sherman 38:10 115. Denise Dunbar 38:15 116. Bob Korn 38:20 117. John Hanan 38:25 118. Lisa Sherman 38:30 119. Denise Dunbar 38:35 120. Bob Korn 38:40 121. John Hanan 38:45 122. Lisa Sherman 38:50 123. Denise Dunbar 38:55 124. Bob Korn 39:00 125. John Hanan 39:05 126. Lisa Sherman 39:10 127. Denise Dunbar 39:15 128. Bob Korn 39:20 129. John Hanan 39:25 130. Lisa Sherman 39:30 131. Denise Dunbar 39:35 132. Bob Korn 39:40 133. John Hanan 39:45 134. Lisa Sherman 39:50 135. Denise Dunbar 39:55 136. Bob Korn 40:00 137. John Hanan 40:05 138. Lisa Sherman 40:10 139. Denise Dunbar 40:15 140. Bob Korn 40:20 141. John Hanan 40:25 142. Lisa Sherman 40:30 1



Ore., May 28--1. Stan Chraminski 56:46 2. Lisa Sherman 57:11 3. John Hanan 57:54  
 4. Karla Snyder 59:00 5. David McNayr 59:01 5 Km, Salem, Ore., July 3--1. Steve  
 Renard 27:24 2. Karla Snyder 27:31 3. Charles Monismith 30:00 1 Mile, Seattle, June  
 29--1. Herm Nelson 6:43.1 2. Allen James 6:57.6 3. Paul Kaals (55) 8:26 4. Bev  
 LaVeck (52) 8:39.2 5. Marty Stitsel 8:47 20 Km, Bellingham, Wash., July 3--1. Jim  
 Bryan 1:58:25 2. Bev LaVeck 1:59:01 10 Km, Longview, Wash., July 4--1. Stan  
 Chraminski 55:25 2. Daniela Hairabedian 57:24 5 Km, Bellingham, July 1--1. Allen  
 James 23:09 2. Jim Bryan 27:07 3. Lisa Sherman 27:12 4. Bob Novak 27:15 5. Bev  
 LaVeck 27:46 6. Randy Pasco 28:49 7. Paul Kaald 29:12 1 Mile, Seattle, July 6--1.  
 Herm Nelson 6:45.3 2. Glenn Tachiyama 7:22.8 2.8 Mile, Seattle, July 7--1. Glenn  
 Tachiyama 22:02 2. Stan Chraminski 23:24 3. Judy Mosher 26:36 1 Mile, Seattle, July  
 13--1. Herm Nelson 6:58.1 2. Bob Novak 8:12.1 3. Paul Kaald 8:18.8 4. Bev LaVeck  
 8:38.9 1 Mile, Seattle, July 27--1. Allen James 6:57.6 2. Curth Sheller 7:19.9 3.  
 Glenn Tachiyama 7:29.1 4. Bob Novak 8:04.7 5. Paul Kaald 8:05.2 6. Doug Ermini  
 8:31.3 7. Bev LaVeck 8:34.2 Marathon, Washington, July 24--1. Stan Chraminski  
 4:39:24 2. Daniela Hairabedian 4:50:58

## FROM OVERSEAS

Women: 5 Km, Vilnius, USSR, March 11--1. Natalia Serbinenko 22:17 10 Km,  
 Novopolotsk, USSR, April 23--1. D. Baranaukaite 47:09 10 Km, Maikop, USSR, April  
 24--1. N. Ryashkina 46:10 2. J. Michayeva 46:28 10 Km, Novopolotsk, USSR, May 2--  
 1. M. Popkova 46:23 2. P. Losseva 46:45 5 Km, Simferopol, USSR, June 4--1. A.  
 Ivanova 21:48.4 10 Km, Alytus, USSR, May 11--1. Albina Lesnikova 46:01 10 Km,  
 Moscow, May 2--1. Valentina Makoleva 46:08 GDR vs Italy 10 Km, Neubrandenburg,  
 July 10--1. Beata Anders, GDR 45:16 2. Erika Alfridi, Italy 47:19 3. Dagmar  
 Grimmenstein, GDR 47:21 15 Km, Stockholm, April 24--1. Margareta Olsson 1:13:48 2.  
 Magdelan Petersson 1:14:43 10 Km, Gimo, Swed., May 7--1. Monica Gunnarsson 47:19  
 2. Anne Jansson 47:33 10 Km, Malarhojden, Swed., June 6--1. Anne Jansson 48:23 2.  
 Margareta Olsson 48:25 10 Km, Atran, Swed., May 15--1. Kerry Saxby, Australia 44:15  
 2. Monica Gunnarsson 46:56 5 Km, Sazjo, Swed., May 29--1. Kerry Saxby 21:14 2.  
 Monica Gunnarsson 23:04 10 Km, Jarna, Swed., June 4--1. Kerry Saxby 43:44 3 Km,  
 Vaitimo, Fin., June 13--Sari Essayah 12:56.2 3 Km, Lapinlahti, Fin., June 26--1. Sari  
 Essayah 12:35.6 5 Km, Mezidon, France, May 8--1. Kerry Saxby, Australia 21:02.77 2.  
 Dan Vavracova, Czech. 22:55 3. Li Panue, China 22:59 5 Km, Sipoo, Fin., June 4--1.  
 Sari Essayah 22:01.09 2. Mirva Hamalainen 22:31 10 m, Stalowa Wola, Pol., April 30--  
 1. Ewa Musur 47:21 2. Anna Bak 48:17 3. Beata Betlej 48:21 4. Beata Zgarda 48:30  
 5 Km, Mielec, Pol., May 21--1. Kasmiera Mosio-Mroz 22:53 2. Anna Bak 22:54 5 Km,  
 Spittal, Drau, Austria, May 14--1. Ilyes Ildiko, Hung. 22:48 5 Km, same place, May  
 15--1. Ildiko 22:47 5 Km, La Coruna, Spain, June 4--1. Maria Cruz Diaz 22:11 2.  
 Eva Cruz 22:36 10 Km, La Coruna, Spain, June 5--1. Beate Anders, GDR 45:35 2.  
 Reyes Sobrino 45:52 3. Monica Gunnarsson, Swed. 46:07 4. Antonella Marangoni, Italy  
 47:27 5. Anne Jansson, Swed. 47:39 5 Km, Karl Marx Stadt, GDR, May 30--1. Kathrin  
 Born 22:38 5 Km, Jena, GDR, June 4--1. Kathrin Born 22:45 10 Km, Borsky Mikulas,  
 Czech., May 14--1. Andrea Alföldi, Hung. 47:34 2. Sada Eidikite, USSR 47:42 5 Km,  
 Portsmouth, Eng., June 19--1. Nikolayeva, USSR 21:08.65 (European record) 2.  
 Rodionova, USSR 22:28.1 Japanese 10 Km, Championship, Wajima, April 24--1. Hideko  
 Hirayama 48:49 10 Km Dusseldorf, WG, June 19--1. Beate Anders, GDR 47:21 2.  
 Dagmar Grimmenstein, GDR  
 48:09 Soviet 10 Km, Championship, Vilnius, May 28--1. Yelena Rodionova 45:40 2.  
 Nadeshda Ryakshina 45:45 3. Vera Molokova 46:12 4. Tamara Kovalenko 46:19 5.  
 Sada Eidikite 46:25 6. Yelena Wefeminchuk 46:32 7. Natalya Yermolenko 46:34 8.  
 Leonarde Yukhnevick 46:54 9. Natalya Storoyenko 47:00 10. Olga Osiko 47:12  
 (28 under 50:00) 10 Km, Leningrad, June 11--1. Natalya Spiridonova 43:53 2.

Nadezhda Ryashkina 44:13 3. Sada Eidikite 44:20 4. Ludmila Lyubomirova 44:57 5.  
 Valentina Shmer 45:01 6. Yelena Rodionova 45:18 7. Yelena Saiko 45:19 8. Saliya  
 Sinilayeva 45:24 9. Olga Kardopolitseva 45:27 10. Natalya Serebinenko 45:28 11. Olga  
 Osiko 45:29 12. Lyubov Kolesnikova 45:31 13. Rimma Makarova 45:50 14. Marina  
 Smislova 45:50 15. Larisa Voronskova 45:54 16. Irina Prasova 48:29 Junior 5 Km,  
 Simferopol, USSR, May 27--1. Alina Ivanova 21:49 2. Tatyana Titova 21:59 3.  
 Yevgeniya Mikheyevna 22:14 4. Larisa Polevshikova 22:47 5. Svetlana Golubeva 22:48  
 6. Olga Leomenko 22:58 7. Olimpiada Ivanova 23:00 Junior 5 Km, Karl-Marx Stadt,  
 GDR, April 15--1. Kathrin Born 21:44 2. Thust 22:59 10 Km, Bucharest, June 19--1.  
 S. Kaburkina, USSR 43:26 2. T. Kovalenko, USSR 44:10 3. M. Papuc, Romania 46:05  
 4. V. Oprea, Rom. 47:10  
 Men  
 20 Km, Moscow, May 2--1. Vitali Popovits 1:22:06 2. Yevgeniy Zaikin 1:22:13 3.  
 Mikhail Schennikov 1:22:36 20 Km, Novopolotsk, USSR, May 2--1. Nikolai Matveyev  
 1:23:33 2. P. Kachnovits 1:23:33 3. Sergei Abiralo 1:23:33 20 Km, Herson, USSR, May  
 8--1. Anatoly Solimin 1:22:32 2. O. Zukov 1:23:43 3. A. Stepanenko 1:24:25 20 Km,  
 Vilnius, USSR, May 26--1. Carlos Mercenario, Mexico 1:23:53 20 Km, Vilnius, USSR,  
 May 26--1. Aleksei Pershin 1:20:39 2. Valdas Kazlauskas 1:20:48 3. Franz  
 Kostyukevits 1:21:30 4. Mikola Vinniteschenko 1:21:32 5. Mikhail Schennikov 1:22:06  
 6. Vitali Popovits 1:22:06 7. Yevgeniy Saikin 1:22:13 8. Vladimir Soiko 1:22:36 9.  
 Ernesto Canto, Mexico 1:22:59 10. Biliulfo Andablo, Mexico 1:23:00 11. Sergei  
 Abiralo, Mexico 1:23:05 12. Vitali Mazko 1:23:14 13. Vyatcheslav Tsherepanov 1:23:47  
 30 Km, Novopolotsk, USSR, May 2--1. A. Sumak 2:08:49 2. S. Vezel 2:10:30 3. V.  
 Ginko 2:12:20 10 Km, Neubrandenburg, GDR, July 10--1. Axel Noack 39:47 2.  
 Maruzio Damilano, Italy 39:47 3. DeBenedictis, Italy 40:14 4. Dietmar Meisch 40:24  
 25 Km, Firenze, Italy, March 13--1. Carol Mattioli 1:46:36 2. Villa 1:47:07 3. Sandro  
 Bellucci 1:47:13 4. Fizialetti 1:47:23 5. S. Spagnulo 1:49:26 6. Artesi 1:50:03 7.  
 Redolfi 1:51:19 8. Penocchio 1:51:45 (16 under 1:55) Italian 50 Km Championship,  
 Molfetta, April 17--1. Raffaello Ducceschi 3:44:27 (23:55, 46:50, 1:08:07, 1:31:45, 1:52:06,  
 2:13:43, 2:36:29, 3:00:43, 3:22:44) 2. Perricelli 3:47:27 3. Sandro Bellucci 3:48:08 4.  
 DeGaetano 3:54:56 5. Quiricomi 3:59:35 6. Paresepe 4:01:13 20 Km, Curitiba-Parana,  
 Brazil, May 28--1. Marcelo Moreira Palma 1:26:38 (South American record) 20 Km,  
 same place, April 30--1. Marcelo Moreira Palma 1:31:46 30 Km, Atran, Sweden, May  
 15--1. Simon Baker, Australia 2:12:50 2. Joel Sanches, Mex. 2:15:21 3. Stefan  
 Johansson 2:15:32 4. Francisco Vargas, Columbia 2:17:31 20 Km, Sdr Omme, Denmark,  
 May 25--1. Marcelo Moreira Palma, Brazil 1:24:00 15 Km, Mezidon, France, May 8--1.  
 Pavol Blazek, Czech. 1:02:15 2. Martial Fesselier, France 1:03:19 3. M. Lemerrier,  
 France 1:03:30 French 50 Km Championship, Houdain, May 7--1. Thierry Toutain  
 4:02:08 2. Jose Pinto, Portugal 4:03:18 20 Km, Heericourt, France, March 13--1. Mean  
 Marie Neff 1:25:24 24 Hours, Rouen, France, May 8--1. Sterpin, Italy 200,770 meters  
 20 Km, Hoddesdon, Eng., May 21--1. Ian McCombie 1:23:31 1. Stone 1:27:02 Dutch 50  
 Km Championship, Rotterdam, June 5--1. Godfried de Jonckheere, Belgium 3:57:58 2.  
 Jan Cortenbach 3:58:23 3. Ton van Andel 4:03:53 4. Martin Archimbault, Canada  
 4:07:59 Polish 50 Km championship, Gydnia, April 16--1. Jerzy Wroblewicz 4:03:13 2.  
 Adam Urbanowski 4:04:48 20 Km, Stalowa Wola, Pol., April 30--1. Zbigniew Sadlej  
 1:24:30 2. Zbigniew Zapacz 1:26:52 10 Km, Sopot, Poland, May 22--1. Ernesto Canto,  
 Mex. 40:13.4 2. Maurizio Fillegas, Mex. 40:20 3. Carlos Mercenario, Mex. 41:17  
 Swiss 20 Km Championship, Lugano, June 4--1. Aldo Bertoldi 1:30:39 (Swiss record) 35  
 Km, La Coruna, Spain, June 4--1. Bernd Gummelt, GDR 2:33:06 2. Ronald Weigel, GDR  
 2:33:06 3. Raffaello Ducceschi, Italy 2:34:26 4. Alain Lemerrier, France 2:34:49 5.  
 Hartwig Gauder, GDR 2:35:49 6. Giovanni Perricelli, Italy 2:36:04 7. Sandro



Bellucci, Italy 2:36:40 8. Manuel Alcade, Spain 2:37:31 9. Eric Neisse, France 2:37:58  
 10. Andres Marin, Spain 2:38:14 . . . 16. Bo Gustafsson, Sweden 2:45:20 17. Jorge  
 Llopart, Spain 2:46:18 20 Km, La Coruna, June 5—1. Giovanni De Benedictis, Italy  
 1:22:37 2. Jose Marin 1:22:42 3. Ricard Pueyo 1:22:47 4. Walter Arena, Italy 1:23:36  
 5. Daniel Plaza 1:23:57 6. Miguel Prieto 1:24:40 7. Andre Rubarth, GDR 1:24:46 8.  
 Martinal Fesselier, France 1:24:47 . . . 15. Axel Noack, GDR 1:28:19 GDR 20 Km  
Championship, Rostock, June 24—1. Ronald Weigel 1:20:57 2. Bernd Gummelt 1:21:45  
 3. Dietmar Meisch 1:22:15 4. Hartwig Gauder 1:23:15 20 Km, Banska Bystrica, Czech.,  
May 29—1. Roman Mrazek 1:25:36 2. Zahoncik 1:26:27 3. Kollar 1:26:47 50 Km,  
Dudince, Czech., April 10—1. Zajoncik 3:58:20 2. Parolek 4:03:40 10 Km, Bratislava,  
Czech., June 8—1. Josef Pribilinec 39:53 2. Pavol Blazek 40:22 10 Km, Portsmouth,  
Eng., June 19—1. Mikhail Schennikov, USSR 39:28 2. Valdas Kazlauskas, USSR 40:36  
Japanes 50 Km Championship, Wajima, April 24—1. Tadahiro Kosaka 4:03:14 20 Km,  
same place—1. Joel Sanchez, Mex. 1:22:51 2. Hirofumi Sakai 1:23:24 (Japanese record)  
20 Km, Dusseldorf, WG, June 19—1. Axel Noack, GDR 1:23:24 2. Ronald Weigel, GDR  
 1:23:24 3. Bernd Gummelt, GDR 1:25:36 4. Alfons Schwarz 1:25:40 Soviet 50 Km  
Championship, Vilnius, May 29—1. Vyatcheslav Ivanenko 3:44:01 2. Aleksandr  
 Potaschov 3:45:11 3. Vitaliy Popovich 3:46:30 4. Nikolai Frolov 3:48:39 5. Valeri  
 Suntsov 3:48:53 6. Andrei Perlov 3:49:14 7. Grigoriy Korneyev 3:50:15 8. Vitaliy  
 Matsko 3:50:44 9. Martin Bermudez, Mex. 3:51:23 10. Alekesi Volgin 3:51:24 11.  
 Sergei Tsimbalyuk 3:53:20 12. Vladimir Soika 3:53:58 13. Valeriy Yarets 3:54:39 14.  
 Sergei Shildkret 3:57:21 15. Anatoliy Tikhonov 3:57:45 16. Sergei Titov 3:57:58 17.  
 Anatoliy Grigartsev 3:58:57 18. Robert Illin 4:01:44 20 Km, Vilnius, May 28—1. Carlos  
 Mercenario, Mex. 1:23:54 2. Petr Kakhanovich 1:25:42 3. Mikhail Schennikov 1:27:07  
 4. Sergei Abiralo 1:27:40 20 Km, Leningrad, June 11—1. Franz Kostyukevich 1:19:39  
 2. Igor Lyubomirov 1:20:10 3. Vyatcheslav Smirnov 1:20:19 4. Anatoliy Solomin  
 1:20:43 5. Sergei Protsichin 1:20:47 6. Valeriy Borisov 1:20:58 7. Oleg Plastun  
 1:21:11 8. Andrei Popov 1:21:58 9. Igor Plotnikov 1:22:07 10. German Skurigin  
 1:22:12 11. Aleksandr Turov 1:22:22 12. Aleksei Rodionov 1:22:38 13. Andrei  
 Gnusarov 1:24:33 14. Mikhail Kurushin 1:24:35 15. Dmitriy Osipov 1:24:43 20 Km,  
Constanta, Rom., March 26—1. Firica 1:27:56 20 Km, Bucharest, Rom., June 19—1. C.  
 Safran 1:25:36 2. J. Zahoncik 1:25:47 3. Paun 1:26:24 20 Km, Sofia, Rom., June 26—  
 1. L. Ivanov, Bulgaria 1:20:43 2. Josef Hudak, Czech 1:24:36 20 Km, Goirle, Belgium,  
April 16—1. Jos Martens 1:23:13 1 Hour, Haubourdin, France, March 20—1. Cousin  
 Christophe 14,057 meters 50 Km, Caen, France, April 17—1. Jean Marie Neff 3:50:40  
 2. Alain Lemerrier 3:53:16 3. Eric Neisse 3:53:16 4. Rene Piller 3:54:07 5. Philippe  
 Lefleur 3:58:39 6. Denis Terraz 3:59:04 200 Km, Salies-de-Bearn, France, April 9 and  
10—1. Roger Quemener 21:40:47 2. Claude Gouvenaux 22:20:17 3. Roger Pietquin,  
 Belg. 22:23:15 200 Km, Bar-de-luc, France, April 23 and 24—1. Jacky Laval 21:29:23  
 2. Roger Quemener 21:35:40 3. J. Claude Gouvenaux 21:57:09 4. Dominique Matheirry  
 22:07:21 200 Km, Osny, France, May 4 and 5—1. Roger Pietquin, Belg. 22:41:58 20  
Km, Bystriva, Czech. May 29—1. Roman Mrazek 1:25:36 2. J. Zahoncik 1:26:27 3. I.  
 Kollar 1:26:48

## BACK TO THE U.S.

"20 Km", Taunton, Mass. (An annual race of about 11.7 miles, in reality. Temperature  
 at 97 F and very humid.) 1. Dick Ruquist 1:50:41 2. Dennis Childs 1:51:38 3. Bob  
 Hersey 1:53:13 4. Tom Knatt 1:58:07 5. Pierre deVilliers 1:58:27 6. Justin Kuo 1:58:47  
 7. Phil McGaw 2:05:22 8. Paul Schell 2:07:20 9. Bob Falciola 2:09:53 (18 finished) 15  
Km, Dearborn, Mich., Aug. 20—1. Gary Morgan 1:03:57 2. Dan O'Brien 1:13:49  
Masters; 1. Max Green 1:21:15 2. Wally Lubzik 1:26:24 3. Bob Campbell 1:32:41  
Masters 5 Km, same place—1. Victor Sipes 24:21

2. John Elwarner 24:34 3. Terry McHoskey 25:27 Women's 5 Km, same place—1.  
 Roberta Boyle 29:02 (Also first master) 2. Andrea Nradian 30:27

## FROM HEEL TO TOE

With TAC funding, National Men's Coach, Martin Rudow, has prepared an excellent  
 race walking technique video. The 20-minute video is now available through  
 Technique Productions (see order form later in this issue). A strong point of the  
 video is an emphasis on the naturalness of race walking—reinforced by a sequence on  
 a treadmill in which the walker gradually goes from a stroll to a racing pace. My  
 only complaint with the production is with the shots of competitive walkers,  
 interspersed throughout. They are great shots, but there is never any indication of  
 who is in them, or comment on the technique shown, some of which deserves  
 comment. But that is a small point; the video should be very helpful to anyone trying  
 to learn to racewalk or anyone already into the sport but struggling with technique.  
 Well worth the \$19.95 it will cost you. . . Another video Fitness Walking, has been  
 developed by Henry Laskau, Olympian and winner of 42 U.S. racewalking titles. I  
 haven't seen this one, so can't comment. It is available, also for \$19.95, plus \$3  
 postage, from New Orleans Walkers, 4236 S. Roman St., New Orleans, LA 70125. .  
 .Omitted from the list of racewalking clubs and race promoters that we published last  
 month was the North Medford Club, which can be contacted through Phil McGaw, 156  
 Blue Hill Avenue, Milton, MA 02186. North Medford must be nearly as old as the  
 sport itself. As noted, the list was developed by Bob Carlson, not the ORW, so we  
 put the blame at his doorstep. . . Another correction to the list: the contact for  
 Walking (not Walkers) Club of Georgia should be David Waddle, 2327 Redfield Dr.,  
 Norcross, GA 30071. Add the Georgia Race Walkers, c/o Bill Farrell, 225 Peachtree  
 St. NE, #818, Atlanta, GA 30303. He was listed as the Walking Club of Georgia  
 contact. . . The 5 Km walk in New Haven in Oct. 9 (see schedule) is part of the S.  
 Kinder/Quinnipiac College First Family Walk-A-Thon, which also includes 1, 3, and 5  
 mile fun/health walks. The affair will benefit the American Heart Association.  
 Maryanne Torrellas will conduct an accompanying clinic. . . The Casimiro Alongi  
 Memorial Racewalk (see schedule) on September 25 in Dearborn is again offering \$500  
 scholarships to the best U.S. Junior athlete competing in the 10 Km Men's and 5 Km  
 Women's Divisions. The recipients must have a minimum 3.2 GPA and apply before  
 September 15. See address in list of contacts

## TICKLE YOUR HEELS AND TOES IN THESE RACES

Sat. Sep. 10—5 Km, Milano, Texas, 8 am (DD)  
 5 Km, Dearborn, Mich., 9 am (L)  
 5 Km, Palm Beach, Florida (S)  
 5 Km, Atlanta (T)  
 5 and 30 Km, Santa Barbara, Cal., 8 am (D)  
 10 Km, Salem, Oregon (P)  
 5 and 10 Km, Albuquerque (Q)  
 Sun. Sep. 11—NATIONAL TAC 40 km, MONMOUTH, NJ (N)  
 2 Hour, Worthington, Ohio, 8 am (H)  
 10 Km, Atlantic City, NJ (J)  
 5 Km, Denver, 9 am (E)  
 Sat. Sep. 17—50 and 100 Miles. Billings, Montana 1 pm (X)



Sun. Sep. 18--5 Km, Los Angeles, 7:30 am (D)

*Nothing is missing - computer error.*

10 Km, Seattle (F)

10 Km, Bellevue, Wash. (F)

1 Hour, Denver, 9 am (E)

Fri. Sep. 23--**OLYMPIC 20 KM, SEOUL**

Sat. Sep. 24--5 Mile, Stone Mountain, Georgia (T)

Sun. Sep. 25--Portland, Oregon Marathon (F)

Alongi Memorial 20 Km, Women's 5 Km, Master's 10 Km, Dearborn, Mich. (L)

15 Km, Houston, 8 am (K)

Marathon, 1/2 Marathon, and 5 Km, Albuquerque (Q)

Thu. Sep. 29--5 and 10 Km, Palm Beach, Florida (S)

Fri. Sep. 30--**OLYMPIC 50 KM, SEOUL**

Sat. Oct. 1--10 Km, Atlanta (T)

Sun. Oct. 2--3 Mile, Boston, 12 noon (A)

Thu. Oct. 6--2.8 Mile, Seattle (F)

Sat. Oct. 8--5 Km, Dearborn, Mich. (L)

Ohio TAC 10 Km and 4 Mile Recreational Walk, Columbus, 9 am (your editor)

5 Mile, Coconut Grove, Florida (S)

8 Km, San Diego, 7 am (AA)

Sun. Oct. 9--15 Km, Los Angeles, 8 am (D)

5 Km, Cicero, Illinois (W)

5 Km, New Haven, Conn. (Z)

Sat. Oct. 15--5 Km, Houston (K)

5 Km, Davie, Florida (S)

Sun. Oct. 16--5 Km, Buffalo (B)

**NATIONAL TAC 20 KM WOMEN AND 30 KM MEN, LONG ISLAND (G)**

Sat. Oct. 22--5 Km, Dearborn, Michigan, 9 am (L)

10 Km, Cartersville, Georgia (T)

Sat. Oct. 29--5 Mile, Tacoma, Wash. (F)

5 and 10 Km, Albuquerque (Q)

Northeast 15 Km, Sterling, Mass., 10 am (V)

Sun. Oct. 30--25 Km, Houston (K)

5 Km, Hollywood, Florida (S)

5, 20, and 50 Km, Columbus, 8 am (H)

Sun. Nov. 6--10 Km, Austin (R)

15 Km, Atlanta (T)

Sat. Nov. 12--10 Km, Miami (S)

Sun. Nov. 13--15 Km, Schenectady, N.Y., 10:30 am (O)

#### Contacts

A--Jodie Portman, Exec. Office of Elder Affairs, 38 Chauncy St., Boston, MA 02111

D--Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106

E--Bob Carlson, 2261 Glencoe St., Denver, CO 80207

F--Bev LaVeck, 6633 Windermere, Seattle, WA 98115

G--Gary Westerfield, PO Box 440, Smithtown, NY 11787

H--John White, 4865 Arthur Place, Columbus, OH 43220

J--Frank Greenberg, 1414 PSFC Building, Philadelphia, PA 19107

K--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072

L--Frank Alongi, 26530 Woodshire, Dearborn, MI 48127

N--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764

O--Jim Mann, 1605 Union St., Schenectady, NY 12308

P--Jim Bean, 4658 Fuhrer St. NE, Salem, OR 97305

Q--New Mexico Racewalkers, 2818 Solano NE, Albuquerque, NM 87110

S--Florida Racewalkers, 4223 Palm Forest Drive, Delray Beach, FL 33445

T--Bill Farrell, 225 Peachtree St., Suite 818, Atlanta, GA 30303

V--Brian Savilonis, 243 Mirick Rd., Princeton, MA 01591

W--Walking Circuit, 259 Nicholson St., Joliet, IL 60435

X--Carl McCoun, Box 576, Columbus, MT 59019

Z--Jim Brochin, 82 Oliver Rd., New Haven, CT 06515

AA--Doug Greiner, 1206 Merritt Dr., El Cajon, CA 92020

DD--Timothy Doss, 3300 Parker Lane, Apt. 254, Austin, TX 78741

#### A MESSAGE TO THE RACE WALK COMMUNITY

From National Chairman, Sal Corrallo

It has been a while since I have reported to you on TAC Racewalking. This is, as you all know, the last year in the Olympic Quadrennium. It also marks the end to my term as Chairman of the TAC Race Walk Committee. So its time to think of the future. But first, a look at where we have been.

Over the past 4 years, the primary goal of the TAC Race Walk Committee has been the design and development of a program that would provide maximum support for our competitive athletes. The program was designed to assist them in their training so that they might compete to the best of their ability and desire. To that end, a National Team was created, team members were encouraged to be under coaching, a very modest amount of financial support was provided and the team was activated. By most measures, we have a better and deeper group of walkers now than 4 years ago, but still, we have a way to compete as effectively as we would like at the international level.

In addition to the National Team Program, a great deal of attention has been given to the development of activities to identify and encourage future National Team walkers. Starting with the youth, moving on to juniors, and continuing with the developing seniors, we have provided training camps and coaching assistance programs. We have also recognized the need for the improvement of the supporting functions. A fair amount of attention the enhancement of international and national judging, creation of coaching aids, the scheduling and conduct of championships, communications, sports medicine, and fund raising. Progress has been slower than I, as Chairman, would have liked, but perhaps greater than could be expected given the voluntary nature of TAC and the level of resources available. For example, I had hoped for greater progress in our drive to enlarge our high school and college programs. However, not enough people were available to help, nor did we have the coaching and judging aids to pass on. In addition, there is need to enlarge the number of judges that can be used to judge at the national championship level. Too many of our IAAF and national class judges are coaches and officials, which sometimes rules out their participation in championship and team selection meets. These are two high priority activities for the next quadrennium.

Coincidentally with the development of the program for the competitive walkers, and increase in the popularity of walking for fitness has brought us attention and



sponsors. I need not tell you about the growth in fitness walking, since many of you have in fact participated in this movement by sponsoring clinics and fitness walks. The great marching herd of walkers continues to move quietly but doggedly. All in all, it is an exciting time to be involved in the sport of racewalking.

But, from TAC perspective, the bottom line is international competition, both in the Olympics and in World Championships. As I write this, we have just finished the Olympic Team selection (Ed. see July ORW) races. The top three finishers in each event (20 and 50 Km) qualified to represent our nation in Seoul. This is what our athletes have been training for over the past months. It is the ultimate competition for athlete and nation. However, only six of the 30 athletes on the U.S. National Team qualified. What happens to the rest? As I suggested, the TAC is also concerned with World Championship competitions. Over the next year, we have two very important team races; the Pan American Team Championships, to be held this November in Argentina, and the World Team Championships scheduled for late May 1989 in Barcelona, Spain. Thus, it is important that all National Team members, once the Olympics are over, direct their attention to these very important team competitions. Twelve athletes will qualify for each of these teams (four each in men's 20 and 50 Km and women's 10 Km races), so it is vital that we provide the incentives for them to stay in shape and keep their competitive edge. We cannot afford to lose any of these athletes. To keep the non-Olympians sharp, a European trip has been planned. The team will include eight men and the top five women. In addition, other team members will be encouraged (and partially financed) to compete in the major national class meets this fall scheduled around the nation. Thus, the work goes on.

And what of the Committee? This is not a single person's effort. Many have contributed at all levels. And we need them all, from the youth to the masters. However, over the past three and one half years, there have been times when a few appear to have forgotten what this program is all about. In short, the Committee is here to help our national class athletes gain the confidence and experience they need to compete with the world's best in the international arena. The sport is for the athlete, not the Committee Chairman or members, not the judges, not the race official, not the sponsors, not the coaches. All too often, some have forgotten that our purpose is to aid the athlete, to the general detriment of the athlete and the sport. They sometimes act in a unilateral and selfish manner. And, while there are few, because we are a small community, their actions stand out. We in the race walk community must not forget our responsibilities; committee people that take on jobs that they do not do or use them for their own benefit; coaches who do not keep informed or are not sensitive to the needs of the athletes; sponsors who do not recognize that support of the athlete does not buy the person and that long term benefits are as important as short term activities; and judges whose standards differ from those at the world level and don't know it or who create their own rules and apply them in races. Names are not important, but we all need to conduct a self-examination of how we look at our actions and carry them out. We will soon be electing a new slate of officers and committee people. First, we must encourage new people to become involved. Then, we must examine each candidate carefully. Why are they running, what is their agenda, and can they contribute? Will they be able to perform their duties in a manner that is consistent with the committee's prime focus of providing support to the athletes. We should accept nothing less.

Two additional bits of news. I have appointed a long range planning committee, the

purpose of which is to identify a set of goals and a set of activities designed to achieve those goals over the next quadrennium for presentation to the body at the

Convention in Phoenix. It includes Bob Kitchen, Gary Westerfield, Bruce Douglass, and myself. The results of this effort will be published in a future newsletter prior to the convention. If you have any thoughts on where we have been and where you think we ought to be going, please write to me or any of the committee members. Also, anyone wishing to run for office, contact me and indicate your preference. Those interested in running for chairman will be provided with special briefings over the next months, so it is important that these people step forward as soon as possible. In addition, I have appointed a special study committee to review the 1988 Olympic Trails. Their task will be to take a critical look at the past and offer suggestions for the future. Steve Vaitones will chair that group.

In closing, let me urge you all to send a note or card to one or all of the Olympians between now and the Olympics. They are the best group we have ever sent, but they will need all the encouragement they can get, and you can help. Names and addresses follow:

Gary Morgan, 9821 Norman, Clarkson, MI 48016  
 Carl Schueler, 326 1/2 East Cache Le Poudre, Colorado Springs, CO 80903  
 Tim Lewis, same as Schueler  
 Marco Evoniuk, 1343 3rd Avenue, San Francisco, CA 94122  
 Jim Heiring, 3704 Sovereign Dr., Racine, WI 53406  
 Andy Kaestner, 5330 South Lake Shore Dr., Racine, WI 53406

(Ed. Note that by the time you get this, these guys will be in a training camp or on their way to Seoul. You might want to mark the envelope in some way that I might get forwarded.)

## LOOKING BACK

20 Years Ago (From the August 1968 ORW)—Larry Young was hot at the Olympic training camp in Lake Tahoe's altitude. He turned in a 1:16:53 for 10 miles, 1:34:42 for 20 Km, and 2:27:46 for 30 Km. Don DeNoon gave him a close race in the 20 and also did 21:50.5 for 5 Km, beating Tom Dooley by 1.5 seconds. . . The Natinal 40 Km, firmly in emplanted in Long Branch, New Jersey, went to Dave Romansky in 3:30:34, with Goetz Klopfer less than 3 minutes back. The New York AC won the team title with Ron Daniel, Ron Kulik, and John Knifton finishing 3,4, and 6.

15 Years Ago (From the Aug. 1973 ORW)—The feature story was on the possibility of walking being removed from the Olympics. As it turned out, we did lose the 50 Km in Montreal in 1976, but it was back again for Moscow in 1980. A lot of hard work by a lot of people over several years prevented something worse happening. . . Randy Mimm and Mitch Patton were walkers on the first U.S. Junior Track and Field team to tour in Europe. They had 10 Km races in West Germany, Poland, and the USSR, both turning in the best times in the final meet—49:47 for Patton and 49:52 for Mimm. . . In Long Branch, John Knifton overcame Ron Laird to win the 40 Km in a course record 3:29:45. Ron had 3:31:14. Gary Westerfield and Todd Scully were way back in third and fourth. . . Shaul Ladany won both the 20 and 50 in the Maccabiah Games in 1:38:54 and 4:23:31.

10 Years Ago (From the Aug. 1978 ORW)—Still we were in Long Branch for the 40 Km with Dan O'Connor prevailing this time in 3:31:25. Carl Schueler was 8 1/2 minutes back, beating Ron Daniel and Bob Kitchen.



Empire Games 30 Km in Edmonton in 2:22:04. Australians Willi Sawall and Tim Erickson came next. Canadian favorite Marcel Jobin had a bad day, and after setting the early pace, faded to ninth. . . Jim Heiring, having previously concentrated on shorter races, moved up to 30 Km with some success, winning the National in 2:30:50. Augie Hirt was way back in second, ahead of John Knifton. . . Otto Bartsch and Anatoliy Solomin won Soviet titles at 50 and 20 Km respectively, in times of 3:56:36 and 1:23:30—at that time the second fastest road 20 ever. . . Dave Cotton won the British 50 in 4:14:25, with a U.S. contingent of Dan O'Connor, Augie Hirt, Bob Kitchen, and John Knifton finishing 12th, 13th, 16th, and 24th.

5 Years Ago (From the August 1983 ORW)—In the first ever World Championship Track and Field Meet in Helsinki, Mexico's Ernesto Canto won the 20 Km walk in 1:20:49. He got away from Czechoslovakia's Josef Pribilinec in the last 2 kilometers to win by 10 seconds. The Soviet Union's Yevgeniy Yevsyukov beat Spain's Jose Marin for the third medal. Canadian Guillaume Leblanc was eighth. Jim Heiring was the first U.S. walker with 1:25:49 in 19th. . . Five days later, the GDR's Ronald Weigel won the 50 in 3:43:08, as Marin came back to capture the silver in this one (3:46:42). Sergei Jung of the Soviet Union was the third medalist in 3:49:03. Marco Evoniuk, who also walked the 20 but dropped out in 13th place when he was told he had another loop to complete (he did not) near the end, was the first U.S. finisher with a brilliant 3:56:57 in eighth. . . Teresa Vaill won the 5 Km at an International Racewalking Festival on Long Island in 25:10.7. Susan Liers-Westerfield won the 10 in 52:09. . . Finally, we repeat one of our many attempts at race walking limericks through the years:

Before going out for a stroll,  
Heed this advice rather droll.  
Put some grease where its needed,  
Let this not go unheeded,  
Lest your skin pay a terrible toll.

## A QUICK LOOK AT THE OLYMPICS

I guess the ORW editor is generally expected to give some sort of preview of Olympic walks, at least we have done so in the past. Doesn't seem an easy task this time around, since some people seem to be laying a bit low. However, at 20, one can never ignore the experienced veterans Maurizio Damilano, Josef Pribilinec, and Jose Marin. They always seem to be there in the big races and one expects to see them battling for medals in Seoul. We haven't heard a peep from Viktor Mostovik this year, but with his second and fourth place finishes in last year's two world races, one would expect to see him on the Soviet team and in contention. Mexico's Ernesto Canto has had an up and down career, but has dominated championship races before and could do it again. Last year, he appeared to have the World Cup in his hip pocket, but overextended himself and folded the last 2 kilometers. Then he strained a hamstring in the Pan-Am Games and got DQ'd trying to come back 3 weeks later in the World Championships. But if he is back in last May's form and walks a more sensible race, he could defend his title. His teammate, young Carlos Mercenario, so brilliant in taking over and winning the World Cup race last year, has not shown that form since and was also disqualified in the World Championships. East Germany's Axel Noack is totally unpredictable, but appears to be the other primary contender.

At 50, the GDR duo of Hartwig Gauder and Ronald Weigel have completely dominated the scene for the past 6 years and it is hard to see that changing. It's a

question of which of them has the upper hand on the day. Vyatcheslav Ivanenko always seems to be able to go with them at any pace, but can't match them over the last 5 or 10 kilometers. -One doesn't expect to see that pattern change. Raffaello Ducceschi, who has always walked with his Italian team for the first half of races and then came through strongly the second half (as do his teammates) is never going to catch the GDR duo that way. His race in the Italian Championships (see results), in which he walked a very erratic pace, including a sub 21 minute 5 Km in the middle of the race, might suggest he plans a different approach. But one can't be sure what that race means, since the Italians seem a bit notorious for short courses. Marin could be a medal threat in this race as well as the 20. Martin Bermudez does not seem quite up to some of his good races of the past. And, has the great defender Raul Gonzales continued the comeback he started last year? Haven't seen his name this year, but he shouldn't be counted out if he is in Seoul.

THE HONOR OF YOUR PRESENCE IS REQUESTED at the CASIMIRO ALONGI INTERNATIONAL MEMORIAL RACEWALK (Sunday, September 25, 1988)																											
<b>SANCTIONED:</b> The Athletic Congress of The United States of America	<b>SPONSORED:</b> Wolverine Pacers Athletic Club																										
<table border="1"> <thead> <tr> <th>EVENTS</th> <th>TIME LIMIT</th> </tr> </thead> <tbody> <tr><td>2 KM Men Novice</td><td>-----</td></tr> <tr><td>2 KM Women Novice</td><td>-----</td></tr> <tr><td>3 KM Men</td><td>21:00</td></tr> <tr><td>3 KM Women</td><td>22:00</td></tr> <tr><td>5 KM Women Junior</td><td>34:30</td></tr> <tr><td>5 KM Women Senior</td><td>34:30</td></tr> <tr><td>5 KM Women Master</td><td>36:15</td></tr> <tr><td>10 KM Men Junior</td><td>54:30</td></tr> <tr><td>10 KM Men Senior</td><td>54:30</td></tr> <tr><td>10 KM Men Master</td><td>64:00</td></tr> <tr><td>5 KM Women International</td><td>24:50</td></tr> <tr><td>20 KM Men International</td><td>1:38:00</td></tr> </tbody> </table>	EVENTS	TIME LIMIT	2 KM Men Novice	-----	2 KM Women Novice	-----	3 KM Men	21:00	3 KM Women	22:00	5 KM Women Junior	34:30	5 KM Women Senior	34:30	5 KM Women Master	36:15	10 KM Men Junior	54:30	10 KM Men Senior	54:30	10 KM Men Master	64:00	5 KM Women International	24:50	20 KM Men International	1:38:00	<b>AWARDS</b> The 20 KM Open Division winner's name and time will be permanently engraved on the Casimiro Alongi Memorial Trophy  <b>TROPHIES</b> First 6 finishers in each division  <b>MEDALS</b> First 6 finishers 5 KM W-International First 6 finishers 20 KM M-International  <b>SCHOLARSHIPS</b> \$500.00 scholarships will be offered to the best U.S. Junior Athlete competing in the 10 KM Men and 5 KM Women Division with a minimum 3.2 GPA-Scholarship applications must be applied for before September 15, 1988  <b>SPECIAL STYLE AWARDS</b> to American and Foreign Athletes  SPECIAL GIFTS to certain participants and dignitaries will be honored at the Awards Ceremony  <b>NOTE</b> Awards banquet will be held at the Canfield Community Center at 12:30 p.m. for athletes, officials & dignitaries. Others may attend by purchasing tickets prior to September 15, 1988, at \$15.00 per ticket.
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10 KM Men Senior	54:30																										
10 KM Men Master	64:00																										
5 KM Women International	24:50																										
20 KM Men International	1:38:00																										
<b>RACE COURSE</b> has been made available through courtesy of Dearborn Parks and Recreation  <b>PARTICIPATION:</b> Race will be governed by rules of IAAF  <b>MANDATORY DRUG TESTING</b> may be conducted by T.A.C. Representative on 9-25-88 (IAAF Rule 144)																											
<b>SCHEDULE OF EVENTS</b> Check in 7:30 a.m. at starting line 8:00 3 KM Men & Women 8:30 2 KM Men & Women - Novice 9:00 5 KM Women 9:45 10 KM Men 20 KM Men - International																											
<b>SUGGESTED LODGING</b> • Dearborn Town House (\$29.00/\$32.00) 2101 South Telegraph (U.S. 24) Dearborn, Michigan 48120 (313) 274-5700 • Falcon Inn Motel (\$35.00) 25125 Michigan Avenue Dearborn, Michigan 48126 (313) 278-6540																											



# Race Walking Technique

Finally, there's a way for everyone to race walk legally and correctly, for the best results in fitness and competition. Beginners to world class athletes alike can benefit from *Race Walking Technique*, the dynamic new video presentation by U.S. Men's Race Walking Coach Martin Rudow. Professionally produced to insure the highest video quality, *Race Walking Technique* features detailed action footage of leading race walkers both in competition and controlled demonstrations. *Race Walking Technique* first covers the basics, and then takes the viewer all the way to fine-tuning technique for maximum competitive success. It's absolutely the best video aid ever produced for helping everyone perfect this most important part of a race walking program.

Each sale benefits The Athletics Congress and TAC's Race Walking Committee.

## Order Form

Please send me \_\_\_\_\_ copy(ies) of *Race Walking Technique* on the following price schedule:

One video tape ..... \$19.95 (plus \$1.50 postage and handling)

Three or more video tapes ..... \$14.95 (plus \$.75 each postage and handling)

Send me ☐ VHS ☐ BETA format.

Full payment of \$ \_\_\_\_\_ is enclosed (US funds only).

Make checks payable to Technique Productions.

### SHIP TO:

NAME: \_\_\_\_\_

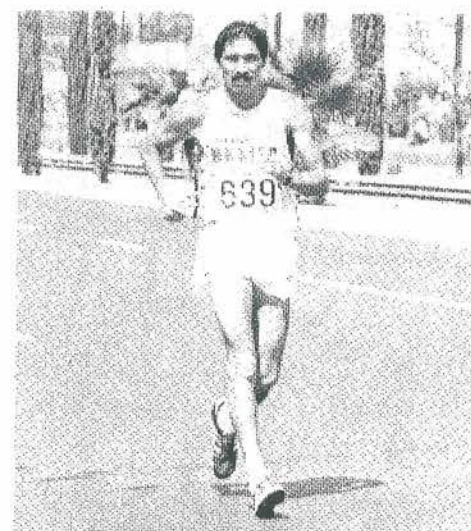
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### SEND ORDER TO:

**Technique Productions**

**4831 NE 44th • Seattle, WA 98105 • USA**



Any repeaters here? Above we see 1980 20 Km gold medalist Maurizio Damilano of Italy on the left and 1980 50 Km gold medalist Hartwig Gauder of the German Democratic Republic on the right. Below is Raul Gonzales, Mexico, who won the 1984 50 Km gold as well as the 20 Km silver.