

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME XXIV, NUMBER 11

COLUMBUS, OHIO

JANUARY 1989

Some results

10 Km, Acton, Mass., Nov. 13--1. Bob Keating 48:29 2. Brian Savilonis 50:53 3. Dick Ruquist 51:30 4. Will DesRosiers 52:23 5. Justin Kuo 56:07 6. Bob Falcicola 58:28 7. Ed Salvato 59:21 8. Chris Anderson 59:58 9. Alan Segal 60:55 10. Lisa ^Tennies 61:05 (22 finishers) 1 mile, Providence, RI, Jan. 11--1. Michael Heitzeman 6:45.5 2. Will DesRosiers 6:50.1 3. Brian Savilonis 7:03.1 4. Justin Kuo 7:48.2 5. Bob Falcicola 8:05.9 Master's 1 Mile, Providence, Jan. 15--1. Brian Savilonis (1st 35-39) 7:24.9 2. Justin Kuo (first 30-34) 7:42.1 3. Thomas Knatt (1st 45-49) 7:43.7 4. Jack Boitano (1st 55-59) 7:48.7 5. Gerald Patrick (2nd 45-49) 7:59.0 6. Gus Davis (1st 50-54) 8:37.9 7. James Brochin (2nd 35-39) 9:13.4 8. John Gray (1st 60-64) 9:15.3 9. Charles Mansbach (1st 40-44) 9:23.6 10. George Heller (1st 65-59) 9:24.8 (18 finishers) NY Walkers Club Annual Grand Prix 5 Km, Dec. 11--1. Franco Pantoni (1st over 40) 26:03 2. Richard Goldman (2nd over 40) 28:40 3. Wallace Cutler (1st over 60) 28:58 4. Jules Freemond 29:27 (15 finishers) Women: 1. Stella Cashman (1st over 40) 28:49 2. Kaisa Ajahe 29:33 (14 finishers) 5 Km, New York City, Dec. 17--1. Gary Null, 43, 23:11 2. Roberto Gottlieb, 25, 25:17 3. Tom Gustafson, 47, 25:29 4. Alan Sangeap, 27, 25:37 5. Adam Tanner, 16, 28:53 6. Wallace Cutler, 65, 29:30 (13 finishers) Women: 1. Stella Cashmann, 46, 28:57 2. Kaisa Ajaye, 25, 28:19 3. Debbie Stolz, 30, 30:37 (from Texas) (13 finishers) 5 Miles, New York City, Jan. 8--1. Gary Null, 44, 37:49 2. Nick Bdera, 40, 40:00 3. Marc Bagan, 28, 40:02 4. Franco Pantoni, 43, 43:42 Women: 1. Stellan Cashman, 46, 48:53 2. Jodi Blanchard, 30, 50:10 3. Louise Nottage, 65, 56:57 10 Km, New York City, Jan. 14--1. Gary Null 46:30 (course record) 2. Marc Bagan 48:21 3. Nick Bdera 48:29 Women: 1. Jodi Blanchard 63:06 5 Km, Boca Raton, Florida, December--1. Alan Jacobson, 33, 23:03 2. John Fredericks, 40, 23:12 3. Lee Duffner, 52, 27:08 4. Howard Jacobson, 58, 28:43 5. Bill Halford, 48, 29:16 6. Kathryn Warren, 21, 29:41 7. Tom Robbins, 37, 29:56 8. Susan Franz, 26, 30:10 9. Gary Canner, 47, 30:21 10. Terri Lane Wilson, 26, 30:37 5 Km, Davie, Florida, Jan. 7--1. Alan Jacobson 24:03 2. Bill Halford 29:59 (12 finishers) 5 Km, Coral Gables, Florida, Jan. 14--1. Alan Jacobson 23:06 2. John Frederick 25:28 3. Lee Duffner (1st over 50) 27:25 4. Howard Jacobson (2nd over 50) 28:11 5. Bob Fine (3rd over 50) 28:59 6. Max Gould (1st over 60), Canada, 30:10 7. Peter Black 30:29 8. Tulio Carrillo (2nd over 60) 30:34 (16 finishers) Women: 1. Elena Simons 30:55 (16 finishers) 4.3 Miles, Denver, Nov. 24--1. Tim Lewis 31:24 2. Martha Iverson 37:18 3. Debby Van Orden 37:22 4. Carl Schueler 37:23 (coaching Debby, not really competing) 5. Bob Carlson (age 63) 42:20 6. Frank Tracey 44:55 (12 finishers) 5 Km, Denver, Dec. 17--1. Debby Van Orden 27:06 2. Martha Iverson 27:14 (Carl's coaching must have been effective) 3. Dennis Crock 29:58 4. Peter Pereira 31:55 (26 finishers) 1 Miles, Albuquerque, NM, Dec. 17--at 8:00 am: 1. Rick Wadleigh 7:29 2. Bob Baker 9:11 at 8:30 am: 1. Rick Wadleigh 7:23 2. Art Fuldauer 9:07 3. Gene Pierce 10:22 at 9:00 am: 1. Mataji Graham 8:50 2. Joe Sutton 8:52 3. Art Fuldauer 9:03 4. Gene

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Dix 9:48 1 Hour, Santa Monica, Cal., Dec. 10--1. Rene Haarpainter 13,440 meters (Reported as 13,440.59 meters, but I would like to know how you can determine that accurately where someone was when the hour ended. Hour results should be reported to the nearest meter or yard.) 2. Larry Walker 13,019 (1st master) 3. Jim Coots 12,064 (2nd master) 4. Roger Brandwein 11,326 5. John Kelly 10,852
 Women: 1. Victoria Herazo 12,051 2. Paula Kash 10,053 3. Jolene Steigerwalt 9,610 4. Donna Cunningham 9,510 5. Caroline Underwood 9,128 San Diego Marathon, Nov. 20--1. Federico Valerio 3:55:16 2. Dale Sutton 4:36:22 3. Jim Thorpe 4:51:53
 Women: 1. Jill Latham 4:54:08 2. Mary Jane Stead 5:18:23 10 Km, Beverly Hills, Dec. 10--1. Federico Valerio 50:04 2. Brian LaBounty 52:16 3. Richard Oliver (1st over 50) 55:28 4. Wayne Wurzbarger 55:49 5. Allen Brumer (54) 57:40 (11 finishers) Women: 1. Lynne March (50) 62:09 (12 finishers) 5 Km, Riverside, Cal., Nov. 13--1. Victoria Herazo 24:26 2. Silvia Renteria 28:36 3. Cathy Revage 31:48 (8 finishers) Men: 1. Carlos Santin 27:27 2. Dave Snyder 27:31 3. Ted Greiner (56) 28:57 4. John Burns (63) 29:54 5. Richard O'hara (60) 30:02 Mel Grantham (63) 31:04 Long Beach 1/2 Marathon, Nov. 13--1. Federico Valerio 1:50:02 2. Jim Coots 1:50:24 3. Ed Bouldin 1:59:53 4. Richard Oliver 1:59:54 5. Brian LaBounty 2:03:38 Women: 1. Jill Latham 2:14:41 2. Lynne Marsh 2:17:36 3. Angela Weimer 2:21:00 4. Veda Roubideaux 2:21:22 10 Mile Handicap, Pasadena, Cal., Jan. 15--1. Chrls DaHeck, 59, 1:59:28. . .16/ Fran Bustos 1:36:17. . .20. Victoria Herazo 1:23:32 (fastest woman) . . .28. Jim Coots 1:22:58 (fast time). . .29. Carl Acosta, 54, 1:35:02 . . .34. Brian LaBounty 1:29:50. . .38. Murray Day 1:29:09 (40 finishers) 3 Mile, same place--1. John Kelly 26:34 2. Cathy Mish 27:27 3. Arthur goolsby 28:29 4. Donna Cunningham 29:17 (22 finishers) 1 Hour, San Francisco, Dec. 18--1. JoAnn Nedelco 6 mi 1519 yds (54:10 at 10 Km) 2. John Murphy (50) 6 mi 1416 (55:46) 3. Ron Daniel (47) 6 mi 1207 (55:53) 4. Cindy Paffumi 6 mi 1046 (56:20) (Moves her up two places on the 1988 10 Km list published last month.) 1/2 Marathon, San Francisco, Dec. 4--1. Jack Bray 1:58:26 2. Huey Johnson 1:58:50 3. JoAnn Nedelco 2:00:11 4. Brier Keybine 2:10:57 10 Km, San Francisco, Dec. 11--1. Jack Bray 54:03 1 Hour, Portland, Ore., Dec. 10--1. Jozef Barbuzynski 12,573 meters 2. John Hanan 10,753 3. Bob Brewer 10,105 4. Julie gebron 10,102 5 Km, Salem, Ore., Dec. 17--1. Steve Renard 22:18.37 2. Jozef Barbuzynski 22:56.95 3. John Kerfoot 24:49 3. Bill Boyd 27:53 5. Dave McNayr 28:33 6. Bob Brewer 29:05 7. Steve Tyrer 30:50 15 Km, Seattle, Dec. 18--1. Stan Chraminski 1:23:52 (26:43, 54:39) 2. Randy Pasco 1:26:07 3. Bob Novak 1:26:14 4. D. Hairabedian 1:29:45 10 Km, same place--1. Allen James 44:59 2. Herm Nelson 45:00 5 Km, same place--1. Steve DiBernardo 23:53 (A name long missing from the results. A serious comeback for the former international?) 2. Bev LaVeck 28:58 Indoor 5 Km, Sherbrooke, Ontario, Jan. 21--1. Richard Quinn, US 21:50.44 2. Daniel Levesque 22:04.55

OVERSEAS

100 Mile, Leicester, Eng., July 29-30: Women--1. Sarah Brown 21:11:14 Men--1. R. Brown 17:00:35 2. J. Cannell 17:10:15 3. T. Corkill 18:34:56 4. D. Boxall 18:42:18 5. G. Beattie 18:55:25 7. J. Sturgess 19:15:58 8. J. Dowling 19:49:14 9. G. Tranter 19:59:52 (20 under 24 hours) 35 Km, Ahlen, France, Sep. 9--1. Neisse 2:34:28 2. Neff 2:36:01 3. Piller 2:36:02 20 Km (track), Ahlen, France, Sep. 4--1. Corre 1:24:33 2. Toutain 1:25:07 3. Alfons Schwarz, WG 1:25:08 4. Guebey 1:26:01 Women's 20 Km, Arras, France, Aug. 21--1. I. Salvador 1:42:17 French 100 km Championship, Oissel, Oct. 9--1. Rene Piller 9:14:12 2. J. Pierre Vernier 9:28:57 3. Francois Charcellay 9:29:40 4. Andre Toussaint 9:43:43 5. Niel Dufay 9:57:16 6. Pierre De Wulf 9:58:24 200 Km, Devallorbe, France, Sep. 24--1. Dominique Malthierry 21:13:12 2. Adrien Pheulpin 21:53:25 Swiss 100 Km Championship, Yverdon, Oct. 2--1. Daniel Brot 9:29:06 100 Km, Rivera, Switz., Oct. 30--1. Jan Cortenbach, Belg. 9:29:06 2. Vladimir Dostal, Czech. 9:43:46 3. Renato Cortinovic, Italy 9:49:52 20 Km (track), Brussels, Belg., Sep. 2--1. Godfried Dejonckheere 1:26:24 30 Km (track), Fleurus, Belg., Oct. 15--1. Godfried Dejonckheere 2:14:11 Women's 10 Km, Budapest, Hung., Aug. 27--1. Rosza 46:51 2. Ilyes 47:32 10 Km, Limbiate, Italy, Oct. 25--1. Maurizio Damilano 39:05.8 2. Sergio Spagnulo 40:37 20 Km, Piacenza, Italy, Oct. 9--1. Maurizio Damilano 1:20:26 2. Giovanni de Benedictis 1:21:43 3. Gianni Perricelli 1:22:54 4. Marcello Villa 1:24:47 5. Giorgio damilano 1:25:50 Women's 2 Mile, Padova, Italy Sept. 10--1. Salvador 13:58.2 20 Km, Hamaanlinna, Fin., Aug. 5--1. Reima Salonen 1:24:28 2. Kari Ahonen 1:24:54 30 Km, Fura, Fin., Sept. 10--1. Salonen 2:08:28 2. Ahonen 2:13:24 Women's 20 Km, same place--1. Raija Kuusivuori 1:54:27 10 Km (track), Chiba, Japan, Sept. 21. Guillaume Leblanc, Can. 40:35 Women's 5 Km (track), Peking, Oct. 30--1. ingzhi Cui 21:13.6 Women's 20 Km, Magdeburg, EG, Oct. 15--1. Beate Anders 1:36:55 (Puts her third on the World List for 1988) Women's 10 Km, Kiev, USSR, Aug. 16--1. Vera Makolova 44:38 2. Tamara Torsina 46:12 3. Natalya Storozenko 46:25 Women's 20 Km, Mogilyov, USSR, Sept. 4--1. Nadezda Rapskina 1:32:33 2. Vera Mokolova 1:34:03 3. Olga Ossyko 1:35:42 4. Alina Ivanova 1:35:56 5. Jel. Veremeitsik 1:36:32 6. Sada Eidikite 1:37:13 7. Olga Kardapoltseva 1:38:15 8. Ludmila Lyubomirova 1:38:17 9. Yelena Kovner 1:38:29 10. Nina Galyanina 1:41:47 11. Rosa Iviolova 1:42:04 12. Yelena Savaliyeva 1:43:46 13. Yulia Lisnik 1:44:28 14. Yelina Tsernova 1:44:37 15. S. Zagarskiene 1:45:30 (This rather ccompletely revises the World 20 Km List published last month.) 20 Km, Grudziadz, Pol., Aug. 13--1. Zdislaw Szlapkin 1:25:12 2. Jan Klos 1:25:57 20 Km, Zielena Gora, Pol., Aug. 27--1. Robert Korzeniowski 1:26:04 (Junior) 10 Km (track), Stargard, Pol., Sept. 10--1. Zdislaw Szlapkin 39:47 Women's 10 Km, Warsaw, Pol., Sept. 17--1. Aniko Szabenszky 47:48 20 Km, Warsaw, Sept. 17--1. Jan Klos 1:25:45 2. Rudolf Vereb,, Hung. 1:25:54 3. Janusz Golawski 1:26:15 100 Miles, Sint-Oedenrode, Netherlands, May 14--1. Jan Djonge 17:58:08 (Finished 24 hours with 209.256 Km) 2. Hardy Mattson, Den. 18:58:30 20 Km, Esch-s-A, Luxembourg, June 12--1. Marco Sowa 1:26:14 2. Dirk Vandeboosche, Belg. 1:27:14 3. Godfried Dejonckheere, Belg. 1:27:19

From Lori Maynard, National Race Walk Committee:

Although it is barely into 1989 and we have not yet held a major race, it is not too soon to begin thinking about 1990. We would like to encourage all associations and clubs to consider bidding for a national or regional championship next year. We have a nucleus of associations that have conducted race walk championships each year for the past several years. We appreciate their efforts and hope they will continue to submit bids. We would also like to see bids from areas that have never conducted a championship or

have not done so recently. Ideally, we would like to get as many areas of the country as possible represented.

Hosting a national race walk championship does require a good deal of organization, work, and commitment, but there is also a commensurate satisfaction for a job well done and for helping our national program. If you feel you're not quite ready to hold a national championship your group can get good experience by putting on a regional race. One requirement for holding a national or regional level competition is to have a TAC certified course, preferably a 2500 meter loop or out/back. Bids are not due until October 1, 1989. This gives ample time to consider putting together a bid package. If you have questions or need any information regarding bids, course certification, or other details, please feel free to contact me. Lori Maynard, 2821 Kensington Road, Redwood City, CA 94061.

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FROM HEEL TO TOE

Hats off to Bob Costas. Although it wasn't exceptionally prompt, he replied personally to my letter regarding Olympic coverage of the walks and specifically his remarks in showing a smidgin of the 50. (See October issue for letter.) His reply, hand written on personal note paper was; "Thank you for your thoughtful letter following the Olympics. Every point you made is valid, of course--and my only explanation (not excuse) is that sometimes in the midst of dozens of on-air hours (I'm speaking of that portion I personally anchored) most of it extemporaneous--there will be occasions when you miss the mark. Either in tone, sensibility, content, whatever. In the case of our brief coverage of the 50 Km walk--I was glib--but not thoughtful. I apologize. Best wishes for the New Year. . . Well, he didn't address the issue of more coverage, but that's not really not his decision. Has anyone else who wrote letters to NBC been honored with replies? . . . As usual, we have a few mistakes in our annual rankings and lists, beyond the above results that we simply did not have. First, I can't read my own newsletter too well. Paul Wick's 4:07:22 came in Arras, France on Aug. 21, a race duly reported in these pages, that I somehow overlooked. Bo Gustafsson, Sweden, won the race in 3:45:44. Alos in the race, and not reported in the ORW result, were Mark Fenton, sixth in 4:26:01, and Eugene Kitts, ninth in 4:33:23. Herm Nelson had 4:37:41, as reported. None of this changes my rankings of any of these athletes. I also stated in my notes on the U.S. women's 10 Km that Debbie Lawrence had won the National, a race she didn't compete in, as the summaries that I listed clearly showed. Terrible blunder, but again it doesn't change the rankings. Wendy Sharp was apparently not a newcomer this year as I reported in these summaries and early in the year, and as others had told me. Ron Daniel says she competed some in 1986. Kaisa Ajaye should be added to the U.S. Women's 10 Km list with a 56:42, which she turned in on August 6 at the Empire State Games. . . Another really neat error in the issue was the inclusion of Frabj Sibb in the 20 Km result from Columbus. That should be Frank Soby. Place your right hand one key left of the home keys and type Frank Soby and you'll see where it came from, but not why I didn't catch it. . . The unidentified walker in the Olympic 50 Km photo on pge 2 of the December issue is fourth place finisher Aleksandr Potasov. Thanks to Bob Bowman for that bit of information. . . Also thanks to Bob and Larry Larson for pointing out my misstatement on page 13 of the December issue: There I suggested the insertion of the phrase "as seen by the naked eye" into the

rules of walking. As they reminded me, such phraseology has been in the TAC rules since 1984, but has never made the IAAF rules. . . Bob also comments on an interview with Martin Rudow I reprinted in the October issue. Bob says: "Even though Marty is usually quite accurate in his observations, his noting that there weren't enough judges in the last kilometer of the Olympic 20 Km simply is not true. Unfortunately, Marty wasn't a witness to the event, but apparently got his information from someone else. In fact, we had three judges, as usual, assigned to the last 1000 meters. I was one of those, along with the Chief Judge and one other. A fourth judge was stationed at the point where the walkers headed into the stadium area; so we had good coverage. To me that was the easiest part of the race to judge in that the walkers had separated from their early groupings by then. Only a couple of two-man battles remained." . . . The qualifying standards for 1969 National Team are 1:34:35 (20 Km) and 4:20 (50 Km) for men, and 53:54 (10 Km) for women. The 10 and 20 Km standards also apply to the U.S. Mobil Outdoor Championships. Standards for the National Junior Meet in Columbus on June 9-10 are 25:55 (5 Km) for men, 29:38 (5 Km) and 16:45 (3 Km) for women. Standards for participants in the Olympic Festival are 1:40, 5:00, and 56:00. . . The 1989 U.S. Athletics Calendar is now on sale through the Book Order Department of the Athletics Congress. It includes monthly date, site, and meet contact information for all top T&F events; separate schedules for national championships, IAAF Permit Meets, and IAAF Grand Prix meets; qualifying standards for the TAC senior and junior championships; and a separate list of state high school championships. Order for \$8 per copy from Book Order Department, The Athletics Congress, P.O. Box 120, Indianapolis, IN 46206. . . Another new typeface for the ORW as we strive to find what's best. Bear with us, one of these months we will take on a recognizable look that will last. . . The following members were elected to the National Race Walk Committee at the National Convention in Phoenix:
Chairman and U.S. Olympic Committee Delegate: Bruce Douglass, Mystic Conn.
TAC Board of Directors: Darlene Hickman, Seattle, Washington
Masters Track and Field Liaison: Bev LaVeck, Seattle, Washington
Youth Athletics Liaison: Bari Garner-Holman, Shawnee Mission, Kansas
Assoc. Officers Com.; Coaching, Education Com.; Cultural Exchange Com.: Gwen Robertson, Washington
Men's Development Committee: Bob Kitchen, International Falls, Minnesota
Women's Development Committee; U.S. Olympic Festival Com.: Rich Torellas, Clinton, CT
International Competitions Committee: Lori Maynard, Redwood City, California
Law and Legislation Committee: Bill Hickman, Seattle, Washington
Marketing and Media Committee: Ray Funkhouser, New Jersey
Membership Committee: Richard Charles, Texas
Officials Committee: Lawrie Robertson, Seattle, Washington
Records Com.; Rules Com.: Steve Vaitones, Waltham, Mass.
Medical Services Subcommittee: Howard Palamarchuk, Longhorne, Pennsylvania
Sports Science Subcommittee: Frank Alongi, Dearborn Heights, Michigan
Women's and Men's Team Facilitators: Gwen Robertson and Rich Torrellas
National Championship Chair: Lori Maynard
National Newsletter: Mary Howell

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LOOKING BACK

5 Years Ago (From Dec. 1983 and Jan. 1984 ORWs—we didn't run this feature last month, so we'll also pick up on December.)—Josef Pribilinec also led the World 20 Km rankings for 1983, barely over Ernesto Canto. They traded wins in the World Championships and World Cup. Likewise, Ronald Weigel was on top in the 50 ahead of Spain's Jose Marin. Soviet Olga Yrutkina led the women's 10 Km rankings. Top ranked in the U.S. were Jim Heiring at 20, Marco Evoniuk at 50, and Myrnanne torrellas at 10. . . A very early 20 Km (Jan. 8) in Santa Monica saw Canada's Guillaume Leblanc edge Dan O'Connor by 1 second in 1:26:12. Marco Evoniuk was also close in 1:26:59. . . John Knifton (13,146 meters) and Susan Liers-Westerfield (11,093 m) won the National Postal 1 Hour races for 1983. Susan Miller and Dan Pierce were second. . . Steve Pecinovsky launched the 1984 championship season with a win at 3 Km held indoors in Boston. Steve's 11:44 left Bob Keating 42 seconds in arrears. . . In the Millrose games 1 Mile, ray Sharp nosed out Jim Heiring with a 5:52.99.

10 Years Ago (From the Dec. 1978 and Jan. 1979 ORWs)—just realized I am going opposite of the usual order in which I start out with the more ancient years. Like to keep the readers guessing.)—The National 25 Km was held in San Antonio in conjunction with the National Convention. Neal Ppyke's 1:51:02 left Canada's Marcel Jobin better than 5 minutes back. Jim Heiring was just under 2 hours and Tom Dooley just over. . . In San Francisco, Bob Henderson went 80 yards over 8 miles in an hour race. . . Sadly, we reported the death of 1956 Olympian Jim Hewson, who was murdered while tending a lift bridge in Buffalo. We repeated Elliott Denman's poignant column on Jim from the Asbury Park Press. Elliott was a Melbourne teammate of Jim. . . Neal Pyke won the National Postal 1 Hour, covering 8 miles 1021 yards. Todd Scully was just over 200 yards behind, with Larry Walker, Wayne Glusker, Tom Dooley, John Knifton, Dave Romansky, Dan O'Connor, and Bob Henderson also exceeding 8 miles. Chris Shea was the women's winner going 7 mi 133 yards with Lori Maynard second. . . Todd Scully won the Olympic Invitational 1500 meter in 540, breaking the American record for the third year in a row.

15 Years Ago (From the Dec. 1973 and Jan. 1974 ORWs)—In a late season dual with Canada held in Colorado, the U.S. took 1-2 in the 20 and 2-3-4 in the 50 to win the meet. Carl Swift won the 20 in 1:42:23 and Pat Farrelly the 50 in 4:50:45. Dan O'Connor was second in the 50. . . In results from Hither, Thither, and Yon, we reported that Freddy Flyer won a 10 Km in Hither, Outer Mongolia in 38:24, Chief Bent Knee a 100-yard affair in Thither, Pago Pago with 11.2, and Slip Slider the 3 Km in Yon, Greenland in 11:57. . . The Met AAU 2 Mile went to John Knifton in 1359.6, just ahead of Ron Daniel. . . Ran a great picture of Larry Young on his way to his Munich Olympic bronze medal in the 50. Beautiful, relaxed style, and very solid in one of those rare double-contact shots.

20 Years Ago (From the Dec. 1968 and Jan. 1969 ORWs)—Chuck Newell, unheard of in 6 months, came striding out of limbo to win the annual New Year's Even race in Worthing over a 6 mile 536 yard road course. Given an 8-minute handicap on the cold (8 F), windy night, Newell easily held off stalwarts Jack Blackburn and Jack Mortland, as he recorded a 55:30. Blackburn took fast time honors in 49:30, escaping Mortland down the final hill. . . Gerry Willwerth won the National Junior (for those who had not won a National title in those days) 35 Km in Columbia,

Missouri in 3:36:14. . . Indoor mile races went to Larry Young (Los Angeles in 6:41, Jim Hanley (San Francisco in 6:53), and Dave Romansky (6:31 and 6:28 in eastern races). . . We also reported on the first indoor mile walk, held at the NYAC meet on Nov. 11, 1868, and won by J. Russell in 7:50.5. . . Featured as tough Cats of the Month were Vladimir Golubnick=hiy and Tom Dooley.

A COMPENDIUM OF FORTHCOMING EVENTS FOR STROLLERS, PERAMBULATORS, AND RACE WALKERS

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|-------------|---|
| Sat. Feb 11 | 10 and 30 Km, Portland, Ore., 9 am (B)
Master's 1 Mile, Portland, Or. (B)
Indoor 2 Mile, Boulder, Col. (F) |
| Sun. Feb 12 | 10 Km Denver, 5 Km Inverness, Col. (F) |
| Fri. Feb 17 | Times Indoor 1 Mile, Los Angeles (G) |
| Sat. Feb 18 | 15 Km and 15 Mile, Seattle (C) |
| Sun. Feb 19 | 10 Km, Long Branch, N.J., 11 am (A)
5 and 10 Km, Los Angeles, 8:30 am (G)
Gulf 50 Mile Championships, Houston (H) |
| Fri. Feb 24 | National TAC Indoor 5 Km, Women's 1500, New York City (N) |
| Sun. Feb 26 | Indoor 2 Mile, Air Force Academy (F)
Indoor 1500 me, Bates College, 9 am (L) |
| Sat. Mar 4 | Indoor 1 mile, Boulder, Col., 6 pm (F)
5 Km, Miami (M) |
| Sun. Mar 5 | National TAC 50 Km Championship, Atlanta, Ga. (D)
Los Angeles Marathon, 8:30 am (G)
5 Km, Denver (F) |
| Sun. Mar 12 | 3 Mile, Denver (F)
Gulf 20 K Championships, Houston (H)
Ohio TAC Indoor 1500 m, Columbus (J) |
| Sat. Mar 18 | 20 Km and 20 Mile, Seattle (C)
5 and 10 Km, Tacoma, Wa. (C) |
| Sun. Mar 19 | 5 Km, Denver (F)
5 and 20 Km, Long Beach, Ca., 8 am (G)
Missouri 1 Hour Championship, Columbia (I) |
| Sat. Mar 25 | 10 Km, Seattle, 11 am (C) |
| Sat. Mar 31 | National TAC Indoors Masters 3 Km, Columbus (K) |
| Sat. Apr 1 | Women's 10 Km Qualifier for IAAF World Cup, Tampa (E) |
| Sun. Apr 2 | Jack Mortland Invitational Mideast regional 10 Km, Youth 5 Km, Columbus (J) |

- A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
B--Jim Bean, 4658 Fuhrer St. N.E., Salem, OR 97305
C--Bev LaVeck, 6633 N.E. Windermere Rd., Seattle, WA 98115
D--Dave Waddle, 2327 Redfield Dr., Norcross, GA 30071
E--Rodale Press, c/o Reebok Race Walk, 33 E. Minor St., Emmaus, PA 18098
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
G--Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106
H--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
I--Columbia TC, 2900 Maple Bluff Dr., Columbia, MO 65201
J--John White, 4865 Arthur Place, Columbus, OH 43220
K--James Pearce, 2449 Southway Drive, Columbus, OH 43221
L--Maine Walkers, 1570 Broadway, Bangor, ME 04401
M--Florida Racewalkers, P.O. Box 290723, Davie, FL 33329
N--Heliodoro rico, P.O. Box 427, Crugers, NY 10521

FROM HEEL TO TOE (CONT.)

One more goof last month, which no one has called me on yet, was the issue number. It should have been Number 10, somehow I called it Number 3. I have no idea where that came from. . In the Pan-Am Cup races reported last month, Maryanne Torrellas had a leg problem of some sort, explaining her relatively poor performance. Marco Evoniuk was also in the 50, walking in the lead pack for the first 25 Km. However, he dropped out at that point. . Natural Ovens of Manitowac, Wisconsin has been giving walking some good press on one-page newsletters they put in their bread wrappers. In one, they had an article *All About Walking* written by Craig Evans of WalkWays Center. It included brief mention of race walking. Another had the little article you will see below.

A LETTER OF SEMI-DISSENT ON THE OLYMPIC TV COVERAGE ISSUE

We had received one other letter related to Bob Costas' remarks during the 50, which we ran out of space for last month. The thoughts deserve a forum, however. This is from Marcella L. Tobias in New York City.

I wholeheartedly empathize with the feelings of angst brought on by the noncoverage of the 1988 Olympic racewalking events and will, for the sake of discussion, accept as Gospel (inasmuch as I didn't see the Bob Costas broadcast which caused such a brouhaha) the various versions of Mr. Costas' coverage. I must, nevertheless, voice my objections to the printing of portions of Ahmad rashad's personality profile of Bob Costas in Ohio Racewalker (Nov. 1988), excerpted from Gordon Wallace's Ph.D. dissertation

That Mr. Wallace does not know Mr. Costas personally, but elects, despite this conspicuous omission, to make use of another's personal and offensive attack on Mr. Costas, is unforgivable in what presumes to be an intellectual dissertation. (A Ph.D. dissertation requires, among other particulars, original thought and the ability to prove one's statements. Mr. Wallace, by using another's "research" fails on both of these counts.) And the fact that the Ohio Racewalker chose to reprint what is essentially mean-spirited gossip is, of course, the very essence of meanness. I would think that OR is above such attitudes.

One cannot justify a personal attack on Mr. Costas simply because he said something to which one objects. The only issues are the relevancy of his remarks and how one chooses to respond to them. What is not the issue is Ahmad rashad's (or anyone else's) subjective evaluation of this gentleman, no matter how justified or pertinent it may have been to his purpose.

There is, of course, always room for constructive criticism. Let's leave "trashing" to those who do it best--the purveyors of cheap gossip.

Fair thoughts, but the I must add that I did not intend to endorse the indictment, which was attributed as one man's opinion. Perhaps my endorsement was implied, and for that, I apologize.

Walking Improves Memory

Polish up your walking shoes to improve your memory and mental alertness, as well as stay fit. "What's good for the heart is good for the head," says Dr. Robert Dustman.

A brisk walk three times a week does wonders for memory, reaction time and mental flexibility, according to the results of one research study. Apparently increased oxygen capacity from aerobic exercise can retard and even reverse normal mental declines that come with age, say researchers.

In Dustman's first study, 43 sedentary men and women ages 55 to 70 were split into groups. One group remained inactive, a second group took brisk 50 minute walks three times a week, and one group began stretching exercises.

In mental testing before and after the four month period, the walkers showed big improvements in memory, reaction time and mental flexibility. The stretchers enjoyed modest improvements. A second study compared "superlift" to sedentary men in two age groups, one elderly and one in their 20's. *From Natural Ovens of Manitowac, Wisconsin*

And, from Oregon Walking News, July 1988

Ramblin Ron

"Racewalking Technique"

by Ron Laird

(This is one of a series of articles this little local newsletter, published by Jim Bean, has been running written by the four-time Olympian.)

Proper racewalking technique allows you to move your legs very fast. The style for doing this is the same all over the world. Nothing really new has been added to the sport since the English created it back around 1840. Today, competitive walkers are much fitter, so they can go faster for longer periods of time. The key to moving fast is how you move your hips. They must move in a rolling or swinging motion. This "wiggle" is what allows your legs to move quickly and efficiently. A lady once told me, "Oh you want me to walk the way my mother told me not to when I was a teenager."

The proper knee action also has a lot to do with technique. At the instant your heel lands out in front of you, make sure your knee is straightened, or as far back as it will go without forcing it. At the same time, sit back into your hip joint as your leg moves underneath and behind you. This energetic hip action thrusts the opposite leg quickly forward into the next step. You may find it more comfortable to land on a slightly bent knee. This is fine, but make sure to straighten it out underneath you. I find this more efficient to do the instant my heel hits. Women do this quite naturally and easily. Maybe this is why we get a lot more women attending our clinics than we do men.

When the right knee and hip action work together, you will create the leg speed and efficiency similar to that of an Olympian.

The arms are held at a 90 degree angle and close to your sides. They are to be pumped vigorously to provide more speed and balance. Let them move naturally across your chest. It's quite all right to straighten them out if you are going slow. As soon as those arms come up into that classic right angle pumping action, people will spot you as being a race walker. An upright, but slightly forward, posture also helps maintain momentum. Direct all your arm and leg

power straight to the front and to the rear. Do not waste any motion off to your sides with your hips and arms. Please don't overstride. This causes you to land on a bent knee and in turn, can easily cause you to lose your hip rotating motion. When this happens, you will be trying to go fast by using a giant-stepping, forward leaning hike instead of correct racewalking style. Go for shorter, quick steps. They will lengthen out as your legs and hips get warmed up and in time become stronger and more flexible. All this will come with practice.

It was easy for me to do the hip rolling and knee locking when I first started. I had speed, but very little endurance to carry it very far. Endurance had to be built up year after year. After 6 months of training, I could do a half mile in 3:05, but only 7:14 for a mile. That 7:14 placed me fifth in the 1956 National 1 Mile Championships. Race walking is an endurance test rather than a contest of pure skill, even though a particular technique must be perfected before you can move your legs really fast. All decent teachers will always make sure you can do it correctly before encouraging you to train fast or enter a race. It's like wanting to go in a bicycle race, you had better learn to ride the thing first. Some people learn it faster than others. From what I have observed, young children and women pick it up the quickest. Many mature men have problems because their bodies aren't as flexible and they usually feel self-conscious about doing the necessary hip swinging movement. Like the song says, "It don't mean a thing if you aint got tht swing!"

And, from the August issue of the same newsletter:

Early Benefits of Race Walking

by Ron Laird

Growing up, I had always done poorly in sports that required strength and stamina. Even though I avoided them, I had a deep desire to master them instead of letting them master me. Running, and later competitive walking, gave me the opportunity to take up this challenge. They required more plain hard work than skill. This I could adapt to. Once I got into it, I really enjoyed an activity I could work at entirely on my own. I didn't have to depend on others to throw or hit some sort of a ball to me. I was totally responsible for how hard I worked and raced. This was exactly how I like it. No coach yelling at me.

Because my fitness level was so poor when I first took up running, the races were very painful affairs, especially the mile. Even today, I get nervous when remembering exactly what I suffered in high school practice sessions and races. Since I really wasn't all that serious about race walking when I first got into it, I didn't have the same fears concerning it. These fears would develop soon enough as I slowly, but surely, dedicated my mind and body to this new form of foot racing.

What really blew my mind was the indoor season with all its super fast and painful sprint races of only 1 mile. For a 17-year-old, competing in Madison Square Garden alongside all the track and field stars of the day was both exciting and nerve racking.

I did no sports for my high school during my senior year even though I did give our track team one more try that spring. I still had a bit of that dream to be a famous runner left in me. It was fun to start running again, but during this

time I took no racewalk workouts. Four weeks after a steady diet of running, a 5 mile walk came up in New York City. What a shock that race was! My high speed coordination felt terrible! It was like starting all over again. even some of the walkers that I worked so hard to consistently beat, destroyed me that afternoon. What a depressing experience! Before that race was even over, I knew my days and dreams of running certainly were. The next day, I emotionally wnet to my high school coach and quit the team for good. To this day, I have never tried to mix the two sports. About as close as I come to mixing any sports is a half-hour swim once or twice a week. However, some of today's top competitors do successfully mix the two activities.

As my racewalking improved over the years, my running muscles got weaker. Those frontal thigh muscles were not getting the specific exercise needed to develop them. Ten years later, in the fall of 1966, I did take gentle workouts for awhile. At the end of 5 days, the tendons on the outside of my knees were killing me. I had to stop running and return to racewalk workouts. My knees functioned fine in a locked back or hyper-extended position, but would really start to ache as two to three times my body weight pounded down on top of them with each running step. We often get knee injured athletes to try our sport because of these same sore knee problems. Many have told me that race walking looks like it would be hard on one's knee joints. I tell them that in reality, the opposite is true. The knee is very strong in a straightened or brace-back position. If proper race walking style is used, only about one and one-half times your body weight goes into in with each step. There will be some soreness in back of the knee, but it will diminish as you get stronger. Your body is simply adjusting to its muscles and tendons being worked and stretched at different angles.