

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

VOLUME XXV, NUMBER 2

COLUMBUS, OHIO

APRIL 1989

## Lawrence Dominates Women's Trial

Tampa, April 1--Debbie Lawrence proved too strong for Lynn Weik over the final 3 Km in winning today's 10 Km Trial for the U.S. Eschborn Cup racewalking team. Lawrence seemed to ignore the heat and humidity, just as she had in winning last summer's Olympic Trials exhibition, and finished in 47:45.9, 16 seconds ahead of Weik. The conditions didn't match those in Indianapolis, but temperatures in the 80s and high humidity made it tough going in this early season race.

The top five finishers in the race earned spots on the U.S. team that will compete in the IAAF World Championships (Eschborn Cup) on May 28 in Barcelona, Spain. The next three will compete in the Swedish Walk Week competition from July 2 to 8.

Victoria Herazo sprinted to the front of the 40 plus women field at the start, with Teresa Vaill and Lynn Weik close behind. Vaill and Weik began to pull away after the first mile, with Lawrence and Wendy Sharp moving up to contend. By 5 Km, the humidity had begun to affect some of the walkers with Vaill beginning to drop off the lead and Lawrence and Weik making a move to lengthen their lead over a scattered pack. The pair had 23:50 at that point. By 7 Km, Lawrence had made a dash ahead of the field, lengthening that lead over Weik to the finish. The first humidity casualty happened when Mary Howell collapsed after finishing 8 Km. She was taken to the hospital for examination of heat exhaustion.

1. Debbie Lawrence, OSCAL 47:45.9 2. Lynn Weik, Walk USA 48:10 3. Teresa Vaill, Walk USA 48:35 4. Wendy Sharp, un. 49:09 5. Maryanne Torrellas, Reebock 50:09 6. Susan Liers, Walk USA 51:10 7. Victoria Herazo, Cal Walkers 51:20 8. Karen Rezach, Shore AC 52:07 9. Sara Standley, un. 52:25 10. Kim Wilkinson, Walk Walk Walk 52:46 11. Debra Van Orden, un. 53:05 12. Deirdre Collier, Wis. Parkside 53:24 13. Viisha Sedlak, EasySpin 53:56 14. Sue Klappa, un. 54:45 15. Joann Nedelco, Golden Gate 55:51 16. Susan Westerfield, Walk USA 56:02 17. Holly Straight, un. 56:55 18. Kaisa Ajaye, Ezastside 57:13 19. Lori Seidel, Parkside 58:12 20. Kathryn Warren, un. 60:31 21. Claudia Leonard, un. 60:37 22. Anita Hermach, un. 63:19 23. Emily Williams, FLor. AC 64:27 24. Joy CLingman, Flor. AC 65:48 25. Alicea Dandar (age 14) 65:57 26. Susan Melninger 67:13 27. Mary Fowler 76:16

## Lewis Wins Men's 20 Km Trial

Washington, DC, April 16--Tim Lewis continued to be the dominant force in U.S. walking at 20 Km with a decisive win in the men's trial for the Lugano Cup team that will compete in Eschborn, Spain in May. A tight battle for the next four spots saw Curtis Fisher missing out by just 5 seconds, although only 41

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is \$6.00 per Year (\$8.00 for First Class Mail, \$9.00 for First Class mail to Canada, and \$12.00 for Overseas Air Mail). Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, OH 43202.



Days of yore: At the end of a 20-mile race. Charles Serritella, left, and Dave Lakritz, both subscribers to the ORW today, finish a 20 mile race in Long Island City in November 1947.

seconds out of second place. Newcomers Doug Fournier and Mark Manning joined veterans Gary Morgan and Steve Pecinovsky on the team.

1. Tim Lewis, Colorado Springs 1:26:52 2. Douglas Fournier, Racine Wis. 1:29:06
3. Mark Manning, Rothschild, Wis. 1:29:22 4. Gary Morgan, Clarkston, Mich. 1:29:25
5. Steve Pecinovsky, Arlington, Va. 1:29:42 6. Curtis Fisher, Stonybrook, NY 1:29:47
7. Carl Schueler, Colorado Springs 1:31:06 8. Richard Quinn, Washington, DC 1:31:30
9. Michael Rohl, Racine, Wis. 1:32:38 10. Reggie Davenport, Kenosha, Wis. 1:32:46

#### Other Results

- Girl's H.S. Indoor 1500, Ithaca, NY, March 11--1.** Maura McGee, Sayville 7:34.2  
 2. Desiree McCauley, Brentwood 7:50.1 **Boy's H.S. 1600 meters, Farmingdale, NY, Feb. 18--1.** Mark Barber, Ward Melville 7:03.1 2. Paul Tavares, Centereach 7:25.2  
 3. Jeff Miller, Hauppauge 7:26.8 4. Peter Scharflass, Baypoint-Bluepoint 7:59.8  
**National Scholastic Championships, Annapolis, Maryland, March 12--1.** Paul Tavares, NY 6:43.42 2. Mark Barber, NY 6:44.22 3. Sean Albert, NJ 7:27.95  
 4. Kenneth Fox, NY 7:33.70 **Girl's 1 Mile, same place--1.** Jennifer Zaleski, Indiana 7:45.94  
 2. Gretchen Eastler, Farmington, Maine 7:58.27 3. Maura McGee, NY 8:19.87  
 4. Desiree McCauley, NY 8:33.31 **5 Km, Coral Gables, Florida, Jan. 14--1.** Alan Jacobson 23:06  
 2. John Frederick 25:28 (1st Master) 3. Lee Duffner 27:25 (1st over 50)  
 4. Joward Jacobson 28:11 (2nd over 50) 5. Bob Fine 28:59 (3rd over 50)  
 6. Max Gould, Can. 30:10 (1st over 60) 7. Peter Black 30:29 8. Tulio Carrillo 30:34  
 (2nd over 60) **Women: 1.** Elana Simons 30:55 2. Bonnie Stein 31:22 **10 Km, Jacksonville, Florida, Feb. 18--1.** Paul Cajka 58:59  
 2. Eric Schultz 61:43 **8 Km, Miami, March 11--1.** Alan Jacobson 39:10 2. John Fredericks 39:16  
 3. Howie Jacobson 46:36 4. Bob Fine 46:47 5. Peter Black 47:48 **Women's 10 Km, Atlanta, March 5--1.** Susan Liers 50:56  
 2. Zofia Wolan 51:51 3. Susan Westerfield 54:54 4. Holly Straight 55:26 5. Katyh Finch 60:05  
 6. Susan Franz 61:24 DNF--Sara Standley **Jack Mortland Invitational 10 Km, Columbus, Ohio, April 2:** Women--1. Gayle Johnson (40), Wolfpack TC 54:33 (26:58)  
 2. Stella Cashman (46) 59:21 3. Roberta Boyle, Wolverine Pacers (47) 62:23 4. Kathy Finch (34), Black Hills Walkers 62:23  
 5. Valerie Stowe (46) Wolv. Pacers 63:08 6. Hank Agney (40), un. 67:57 (11 finishers) Men: 1. Gary Morgan, NYAC 44:57 (22:24)  
 2. Dan O'Brien, un. 47:23 (23:45) 3. Gary Null (44) 48:59 (24:04) 4. Chris Knotts 49:47 (25:11)  
 (Given a chance to train, this one-time international, still only 33, could be very tough again) 5. Victor Sipes (44) and Max Green (57) Wolverine Pacers 50:35  
 (Mr. Green continues to amaze us all with his speedy feats (feets?)) 7. John Elwarner (49) Wolverine Pacers 50:38 8. Terry McHoskey (47) Wolverine Pacers 53:19  
 9. Walter Lubzik (50), Wolverine Pacers 57:11 10. Nelson Fisher (49), Syracuse Chargers 58:24  
 11. Bob DiCarlo (55) Front Range Walkers 58:28 12. Dick Bales (47), Niagara Walkers 59:18 13. Jim Higgins (57), Clifton TC 59:25  
 14. Bernie Finch (49), Black Hills Walkers 59:49 15. Paul Alvord (45), Wolfpack TC 60:05  
 16. Tim Saiter (31) 60:54 17. Greg Wittig (54), Niagara Walkers 60:59 18. Robert Campbell (43), Wolverine Pacers 61:17  
 19. Charles Deuser (58), Clifton TC 62:05 20. Tim Bailey (32) 62:28 21. John Gray (64) 63:04  
 22. Maynard Mickelson (62), WCLA 64:29 23. William Peet (60) 64:45 24. George Heller (66) Eastside TC 64:52  
 25. Jim Johnson (50) 66:05 26. Bill Tallmadge (72) 70:11 27. Carl Brungard (63) 71:16  
 28. James Bopp (45) 73:53 29. Ray Thompson (56) 77:56 30. Bob Gardewing (65) Clifton TC 79:41  
**Ohio TAC 1500 meters, Columbus, March 12--Young Men--1.** A. Henry 8:49.9 **Open--1.** Mike Roberts, Berea 6:57.2  
 2. Nate Blackburn Age 30-34--1. Chris Knotts 6:51.5 35-39--1. Jim Oliver 9:10.2  
 40-44--1. Jim Nelson 9:19.4 50-54--1. Jack Blackburn 7:23.1 2. Jack Mortland 9:19.4  
 55-59--1. Jim Spitzer 7:43.6 60-64--1. Carl



Brungard 10:11 65-59--1. D. Cavicchi 10:13 2. Bob Gardewing 10:16 70-74--1. Hugh Yeomans 10:20 75-79--1. George Knox 10:52 Youth Women--1. T. Brown, Detroit 10:08 Young Women--1. Kelli Ackman, Indian 8:20.9 40-44--1. Gayle Johnson 6:57 2. M. Fowler 9:27 55-59--1. V. Spitzer 11:40.3 70-74--1. Ernestine Yeomans 10:23.8 (Knotts, the overall winner, was faster than the time given since he was much more than 6 seconds ahead of Gayle Johnson, whose time is known to be correct.) 10 Km, Dearborn, Mich., April 9--1. Gary Morgan 43:50 2. Victor Sipes 51:37 (1st Master) 2. Max Green 51:46 (2nd) 4. Wally Lubzik 55:14 (3rd) 5. Frank Soby 55:55 (4th) 6. Thomas Marhevko 59:16 7. Roberta Boyle 59:33 Masters 3 Km, same place--1. Valerie Stove 17:25 Indoor 1 Mile, Boulder, Colorado, March 4--1. Bill Hutchinson 7:50.3 2. Bob DiCarlo 8:26.1 3. Lorraine Green 9:04.1 2 Mile, Air Force Academy, Feb. 26--1. Bob DiCarlo 17:46 2. Lorraine Green 20:13 5 Km, Denver, March 19--1. Bob Carlson 29:53 1 Mile, Albuquerque, April 1--1. Rick Wadleigh 7:11 2. Bentley Lyon 7:39 (age 59) 3. Art Fuldauer 8:37 5 Km, Albuquerque, March 18--1. Rick Wadleigh 26:20 2. Andres Smith 26:45 3. Bentley Lyon 27:44 4. Pat Bryan 29:57 5. Gene Dix 30:50 Women: 1. Holly Roberts 29:42 10 Km, Albuquerque, April 2--1. Rick Wadleigh 49:38 2. Mati Graham 60:38 Women's 5 Km, Riverside, Cal., March 11--1. Victoria Herazo 23:40.24 2. Cathy Rehage 31:14 LA Marathon, March 5--1. Gary Null 4:05:20 (First over 40) (note that last month we had a partial result showing Gary with a time of 3:59:58. Apparently there is some discrepancy in the times, but what I am giving now is what were published as official. The time I was given last month was reportedly based on a clock in the picture showing Gary's finish. I am told there was a 40:40 time difference between the start of the walk and the run, so if Gary's picture shows a 3:19:18, the 3:59:38 is correct. That being said, I will go on with what I have been given as official.) 2. Patricia Carroll 4:20:22 3. Franco Pantoni (2nd over 40) 4:21:30 (reported as 4:09:07 last month) 4. Enrique Camarena 4:39:21 5. Clyde Hatfield 4:34:39 (first over 50) 6. Carl Acosta 4:42:18 (2nd over 50) 7. Gertrude Patrick 4:48:48 (first women over 40) 8. Wayne Wurzbarger 4:52:32 20 Km, Long Beach, March 19--1. Rene Haarpainter 1:32:23 2. Allen James 1:37:32 3. Enrique Camarena 1:50:06 4. EdBouldin 1:52:45 (1st over 40) 5. John Kelly 1:54:33 (1st over 50) 6. Richard Oliver 1:56:46 (2nd over 50) 7. Jesus Orendain, Jr. 1:56:59 8. Richard Nester 1:58:34 9. Carl Acosta 2:00:16 (3rd over 50) 10. Clyde Hatfield 2:01:59 (4th over 50) 11. Wayne Wurzbarger 2:02:50 (20 finished) Women: 1. Karen Dunster 1:55:20 2. Lizzy Kemp Salvato 1:56:36 3. Margaret Govea 2:05:03 4. Kathy Blackmer 2:06:31 5. Sheila Smith 2:08:02 (1st over 50) 5 Km, same place--1. Keith Ward 24:08 2. Mike Tomasulo 26:48 (age 14) 3. Carl Warrell 26:57 4. Chris Hilsabeck 28:06 (age 15) 5. Jerry Hisabeck 28:34 (13) Women: 1. Sara Standley 24:47 2. Cindy Perez 26:13 3. Jennifer Formosa 28:19 (age 12) 4. Jeannie Formosa (12) 29:27 5 Km, Marin, Cal., March 4 (actual fast times in a 15 Km relay)--1. Jack Bray (56) 24:33 2. John Murphy (50) 24:46 3. Joann Nedelco (45) 25:33 4. Bob Henderson (40) 25:46 5. Bob Craig (57) 27:47 6. Brierly Reybina (29) 48:16 7. Bill Moremen (61) 29:00 8. Sandy Womack (400) 29:26 9. Huey Johnson (56) 29:30 10. Laura Cribbins 29:50 11. Karen Stoyanowski 29:50 12. Leslie Stammer 30:12 1 Mile, Marin, March 4--1. JoAnn Nedelco 7:51 2. Peggy Smith 8:02 3. Brierly Reybina 8:45 Men: 1. John Ratto 6:54 2. Jack Bray 7:37 3. Huey Johnson 7:42 4. Bob Henderson 7:42 5. John Murphy 7:47 6. Bob Craig 8:49 5 Km, McMinnville, Ore., March 4--1. Randy Jacobs 22:55 2. Philip Dunn 25:14 3. Vance Godfrey 25:24 4. Malcolm Cunn 26:52 5. Travis Johnson 28:06 6. Charles Monismith 29:08 7. Don Jacobs 37:02 20 Km, Salem, Oregon, March 12--1. Randy Jacobs 1:47:28 10 Km, same place--1. Jozef Barbuzynski 51:56 2. Philip Dunn 54:24 3. Joel Estrin 60:02 4. Dave McNayr 60:37 5 Km, same place--1. Karla Snyder 29:13 1 Mile, Salem, Ore., March 5--1. Bob Korn 6:52 2.

Joel Estrin 9:01 5 Km, Willamette, Ore., March 17--1. Randy Jacobs 22:46 2. Vance Godfrey 24:26 3. Mary Howell 25:30 4. Travis Johnson 27:30 5. Charlie Monismith 30:41 10 Km, Champoeeg Park, Oregon, Feb. 11--1. Steve Renard 46:55 2. Jozef Barbuzynski 49:23 3. Philip Dunn 51:52 4. John Hanan 58:00 30 Km, same place--1. Glen Tachiyama 2:40:22 2. Randy Jacobs 2:52:10 3. Jim Bryan 3:05:45 5 Km, Pebble Beach, Cal., April 15--1. Kim Wilkinson 25:11 2. Mary Baribeau 26:33 3. Lance Wright 26:35 4. Bob Matulac 29:31

## OVERSEAS

US-USSR-GB Meet, Glasgow, March 10: Men's 5 Km--1. Franz Kostykevits, USSR 19:39.14 2. Yevgeniy Misyula, USSR 19:39.23 3. Andy Drake, GB 20:05.82 4. Martin Bell, GB 20:26/36 5. Gary Morgan, US 21:01.12 DQ--Ray Sharp, US World Indoor Championships, Budapest, March 4: Women's 3 Km--1. Kerry Saxby, Australia 12:01.65 (World Record) 2. Beate Anders, GDR 12:07.73 3. Leana Salvador, Italy 12:11.33 4. Nadezhda Riashkina, USSR 12:12.98 5. Anika Szebenszky, Hung. 12:27.20 6. Andrea alföldi, Hung. 12:31.66 7. Ann Peel, Canada 12:32.34 8. Olga Sanchez, Spain 12:34.02 9. Dana Vavracova, Czech. 12:40:51 DQ--Reyes Sobrino, Spain (Heats the day before were won by Riashkina in 12:22.22 and Salvador in 12:41.12. Teresa Vaill had a 12:52.39, missing qualifying for the final by 0.38.) Men's 5 Km--1. Mikhail Schennikov, USSR 18:27.10 (defends the title he won in Indianapolis in 1987) 2. Roman Mrazek, Czech. 18:28.90 3. Frants Kostyukevitsch, USSR 18:34.07 4. Sandor Urbanik, Hung. 18:34.77 5. Giovanni DeBenedictis, Italy 18:40.87 6. Pavol Blazek, Czech. 18:41.34 7. Simon Baker, Australia 19:24.12 8. Andrew Jachno, Australia 19:25.24 9. Jimmy McDonald, Ireland 19:25.98 10. Albert Cruz, Mexico 20:18.99 11. Ignacio Zamudio, Mex. 21:06.14 DQ--Jose Urbano, Portugal (No U.S. qualifiers for the meet) European Indoor Championships, The Hague, Neth., Feb. 18: Women's 3 Km--1. Beate Anders, GDR 12:21.91 2. Ileana Salvador, Italy 12:32.40 3. Reyes Sobrino, Spain 12:39.50 4. Dana Vavracova, Czech. 12:42:00 5. Olga Sanchez, Spain 12:43.49 6. Andrea Alföldi, Hung. 12:43.62 7. Aniko Szebenszky, Hung. 12:44.37 8. Monica Gunnarsson, Swed. 12:54.52 9. Andrea Bruckman, GDR 12:57.36 Men's 5 Km--1. Mikhail Schennikov, USSR 18:35.60 2. Roman Mrazek, Czech. 18:40.11 3. Giovanni DeBenedictis, Italy 18:43.45 4. Pavol Blazek, Czech. 18:55.78 5. Sandor Urbanik, Hung. 19:50.87 6. Jaime Barroso, Spain 19:56.97 Soviet Indoor 5 Km Championship, Gornj, Feb. 4--1. Mikhail Schennikov 18:15.91 2. Frantz Kostyukevitsch 18:16.54 3. Misyula 18:56.10 Women's 3 Km, Vienna, Feb. 25--1. Beate Anders, GDR 12:06.70 2. Kerry Saxby, Australia 12:12.37 Indoor 1 Hour, East Berlin, Feb. 4--1. Bernd Gummelt 14,486 meters (20:46, 41:39) 2. Hafmeister 14,363 3. Umlauf 14,180 4. Bauer 14,129 Spanish 50 Km Championship, Feb. 28--1. Jorge Llopart 4:06:18 2. Miguel Prieto 4:12:55 Women's 10 Km (track), Canberra, Australia, Jan. 26--1. Kerry Saxby 43:26.12 (World Record) 2. Cui Yingzi, China 45:30.15 3. Lorraine Jachno 47:00.59 10 Km (road), Sydney, Jan. 14--1. Saxby 42:47 5 Km (track), Brisbane, Aust. March 18--1. Saxby 20:32.75 (World Record) (old record 20:45.32) 20 Km, Tokyo, Jan. 1--1. Tsuyoshi 1:25:27 20 Km, Sochi, USSR, Feb. 19--1. Yevgeniy Misyulya 1:18:54 (World best on road 2. Valdas Kaslauskas 1:19:29 3. Franz Kostyukevitsch 1:20:36 4. Vyatcheslav Cherepanov 1:20:58 5. Vladimir Druchek 1:21:27 6. Yevgeniy Zaikin 1:21:55 7. Igor Plotnikov 1:22:05 8. Igor Lyubomirov 1:22:33 9. Oleg Troshin 1:22:50 10. Vladimir Adreeyev 1:22:57 11. Nikolai Panfilov 1:22:57 12. Sergei Korapanov 1:23:00 13. Mikhail Kurushin 1:23:00 14. Nilolai Kalitka 1:23:08 15. Sergei Pyatachenko 1:23:17 16. Vladimir Ostrovskiy 1:23:33 17. Sergei Aviralo 1:23:44 18. Yuriy Begunov 1:23:44 (47 under 1:30) 30 Km, Sochi, Feb. 19--1. Andrei Perlov 2:02:41 (World road best) 2. Vitaliy Matsko 2:04:30 3. Aleksandr Patashov 2:04:50 4. Vitaliy Popovick 2:05:17 5.



Vyatcheslav Smirnov 2:05:58 6. Artur Shumak 2:06:31 7. Stanislav Vezhel 2:07:20 8. Vladimir Soika 2:07:56 9. Igor Pasteruk 2:09:07 10. German Skurigin 2:09:27 (26th place at 2:18:53) **Junior 15 Km (track), Sochi, Feb. 18--1.** Oleg Schkarovski 1:05:27 2. Aleksandr Artsibashev 1:05:46 3. Andrei Kovalchuk 1:06:04 4. Aleksei Kusnetsov 1:06:51 (18 under 1:10) **Women's 10 Km, Sochi, Feb. 19--1.** Nadezhda Riashkina 43:37.6 2. Natalya Serbenenko 43:47 3. Tamara Kovalenko 44:14 4. Valentin Shmer 44:23 5. Tamara Torshina 44:26 6. Vera Makolova 44:44 7. Yelena Saiko 44:45 8. Tatyana Titova 45:00 9. Irina Strakhova 45:09 10. Sada Eidikite 45:11 11. Yelena Kovner 45:22 12. Tatyana Titova 45:32 (another Tatyana Titova, this one born in 1965, the other in 1969) 13. Rimma Makarova 45:34 14. Yevgeniya Mikheyeva 45:40 15. Natalya Spiridonova 45:49 16. Valentina Ksenofontova 45:51 17. Sigita Zhagarshone 45:51 18. Valentina Zibulskaya 45:52 19. Irina Shumak 45:53 20. Marina Kozneva 46:06 (54th at 49:25) **30 Km, Lisbon, Feb. 19--1.** Jose Pinto 2:08:47 **20 Km, Madrid, Jan. 8--1.** Jose Urbano 1:25:21 2. Jose Pinto 1:25:39 **50 Km, Mexico, March 12--1.** Martin Bermudez 3:46:37 2. Andrei Perlov, USSR 3:49:17 3. Vitaliy Popovitsch, USSR 3:51:14 **30 Km (track), Lugano, Switz., March 12--1.** Thierry Toutain, France 2:09:16 **Italian 20 Km Championship, Bologna, March 12--1.** Maurizio Damilano 1:24:27 2. Giovanni Pericelli 1:24:29 3. Carlo Mattioli 1:24:45 4. Massimo Quiriconi 1:24:49 5. Salvatore Cacia 1:25:31 6. Antonio DeGaetano 1:25:31 **Women 10 Km (road), Bologna, March 12--1.** Ileana Salvador 45:28 2. Erika Alfridi 46:25 3. Annarita Sicoti 47:23 4. Antonella Marangoni 47:27 **20 Km, Celle, W.G., March 19--1.** Volkmar Scholz 1:24:43 **20 Km, Kerpen, W.G., March 12--1.** Markus Gerds 1:31:34 2. Josef Pribilinec, Czech 1:33:31 (Had reportedly retired; maybe this was just a stroll in the park.) **Cuban 20 Km Championship, Jan. 23--1.** Edel Oliva Davila 1:24:23 **Cuban 50 Km Championship, Jan. 29--1.** Davila 4:04:29 **Hungarian Indoor 5 Km Championship, Budapest, February 23--1.** Sandor Urbanik 18:54.92

## SCHEDULE NOTES FOR YOUR REFRIGERATOR DOOR

Sat. May 6 5 and 20 Km, Atlanta (D)  
10 and 20 Km, Atlanta, 9 am (B)  
Sun. May 7 5 Mile, Denver, 9 am (F)  
Long Beach Marathon (G)  
5 Mile, Columbus, Ohio, 10:45 am (A)  
Sat. May 13 5 Km, Lake Worth, Florida (M)  
2 Mile, Denver, 9 am (F)  
10 Km, Columbia, Missouri (I)  
Sun. May 14 3 and 10 Km, Dearborn, Michigan, 10 am (P)  
5 and 10 Km, New York City (E)  
1.5 and 3 Km, Alexandria, Virginia (O)  
Sat. May 20 5 Km, Denver, 9 am (F)  
Southern Reg. 10 and 20 Km, Coconut Creek, Florida (M)  
5 and 10 Km, Suwanee, Georgia, 10 AM (B)  
5 Mile, Hoboken, N.J. (D)  
5 and 10 Km, Westmont, Illinois, 8:30 am (K)  
20 Km (track), Dedham, Mass. (N)  
2 Mile, Zuni, NM (R)  
Sun. May 21 5 and 10 Km, Grand Island, NY (U)  
10 Km, Atlanta, 1 pm (B)  
10 Mile, Seaside Heights, N.J., 8:30 am (D)  
Wed. May 24 1 Mile, Seattle (C) (and each Wednesday through Aug. 2)  
Sat. May 27 5 Km, Traverse City, Mich, 8 am (T)

3 Km, Dedham, Mass., 5:30 pm (N)  
1.5 and 3 Km, Albuquerque, NM (R)  
Sun. May 28 1 Hour, Upper Arlington, Ohio, 9:30 am (J)  
9 Mile, Lakewood, N.J., 10 am (D)  
1.5 and 3 Km, Alexandria, Virginia (O)  
Mon. May 29 5 Km, Coconut Creek, Florida (M)  
10 Km, Denver, 8 am (F)  
**National Youth Road Walk Championships, 3, 5, and 10 Km, Cincinnati, Ohio (W)**  
2.8 Mile, Seattle (C)  
Thu. June 1 Maine State 5 Km, Bangor, 11 am (L)  
Sat. June 3 5 Km, Coconut Creek, Florida (M)  
3 Km, Dedham, Mass., 5:30 pm (N)  
15 Km, Columbia, Missouri (I)  
New Jersey Masters 3 Km, Monmouth (D)  
Masters 5 Km, Albuquerque (R)  
Sat. June 10 **National TAC Junior Championships, 5 Km Women, 10 Km Men, Columbus, Ohio (V)**  
3 Km, Dedham, Mass., 5:30 pm (N)  
3 Mile, Zuni, NM (R)  
Stone Mountain, Georgia Renewal Walks (B)  
Women's 6 Km, Hanover, Pennsylvania (S)  
New Jersey 5 Km Championship, Trenton (D)  
5, 10, and 20 Km, Trumansburg, NY, 8 am (X)  
Sun. June 11 5 Km, Denver, 8:30 am (F)  
Metropolitan 5 Km Championship, New York City (E)  
1500 meters, Miami (M)  
1/5 and 3 Km, Alexandria, Virginia (O)  
5 Km Women, 10 Km, Dearborn Heights, Mich., 9 am (Y)  
10 Mile, Colorado Springs, 7 am (F)  
Mon. June 12 5 Km, Long Branch, N.J. (and each Monday through Aug. 28) (D)  
Sat. June 17 **National TAC Track Championships, Houston, Men's 20 Km, Women's 10 Km**  
1 Mile, Wickliffe, Ohio (Q)  
Sun. June 18 5 Km, Dearborn Heights, Mich., 9 am (Y)  
Tue. June 20 5 Km, Grand Island, NY, 6:30 pm (and each Tuesday through Aug. 29) (U)  
Sat. June 24 Choose Your Distance Walk, Chattahoochee, Georgia (B)  
1 Mile, Monmouth, N.J. (D)  
Sun. June 25 3 Km, Dedham, Mass., 5:30 pm (N)  
1.5 and 3 Km, Alexandria, Virginia (O)  
50 Km, Trumansburg, NY (X)  
5 Km, Denver (F)  
Fri. June 30 5 Km, Bellingham, Washington (C)  
Sat. July 1 3 Km, Dedham, Mass., 5:30 pm (N)  
3 Km Women, 5 Km, Dearborn Heights, Mich., 9 am (Y)  
Tues. July 4 1 Mile, Holmdel, N.J. (D)

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 T-Terry McHoskey, P.O. Box 443, Suttons Bay, MI 49682  
 U-Greg Wittig, 14 Kingston Lane, Buffalo, NY 14225  
 V-Russ Rogers, Track Office, 410 Woody Hayes Dr., Columbus, OH 43210  
 W-Ray Braudis, P.O. Box 214, Columbia, MO 65205  
 X-Chuck Wiltse, 342 Iradell Rd., Itahaca, NY 14850  
 Y-Wolverine Pacers, 26530 Woodshire, Dearborn Heights, MI 48127

## FROM HEEL TO TOE

The following from Steve Vaitones regarding qualifying for TAC Nationals (I think we published the qualifying times earlier, but I don't have that with me, nor does this communicate include them): Junior women can qualify for the 5 Km with a 3 Km time of 16:45 and Junior men can qualify with a 5 Km (time not given). All junior qualifying times must be on a track; no road race times accepted. Senior qualifying times (10 Km women, 20 Km men) may be on a certified road course. All results that include National qualifying times should be sent to Steve Vaitones, 90 Summit St., Waltham, MA 02154. Your submission would include full results, judging information, and road race course certification information. . The National Racewalk Committee has embarked on an ambitious and aggressive plan to improve the status of the sport in the U.S. The plan is aimed at developing: 1. A large pool of athletes from which to draw. 2. A visibility and public awareness of the event and its outstanding performers within track and field and on the roads to encourage participation and support 3. A well-planned, coordinated national team program to develop the athletes to their potential recognizing the constraints of the U.S. athletic system. 4. An equally well-planned coordinated science program to develop the national team to international success. Bob Kitchen and Carl Schueler will head a program designed to promote walking in the NAIA colleges, where there is already some racewalking activity, through a continuing education and support network. A second thrust, to be coordinated by Bari Garner-Holman, is aimed at Youth racewalking. Steve Vaitones is heading a media program to increase visibility. Rich Torrellas and Gwen Robertson, National team coordinators, are developing a master plan to guide the development of athletes. Fitting into this plan is the racewalking science program headed by Mark Fenton. Mark Fenton has established four-year priorities that he hopes will help answer the questions: How do we get to the top without steroids or blood doping? or How could a Mark Fenton ever beat a Hartwig Gauder? (I'm not sure if there is any

implication here about how Hartwig Gauder got to the top.) All of this is under the guidance of new National Chairman Bruce Douglass. If you have suggestions or would like additional information, Bruce would be glad to hear from you. His address is 36 Canterbury Lane, Mystic, Connecticut 06355, phone 203-536-1309. . Regarding youth racewalking, the National road championships in Cincinnati on May 28-29 promising to be an exciting event with sponsorship of major corporation, Partridge Meats. The distances are 3 Km for 10 and under and 11 and 12 year olds; 5 Km for 13 and 14 year olds and girls age 15-18; and 10 Km for boys 15-18. Ray Braudis is the contact for information on this event. His address is in the list of contacts above. Gayle Johnson is capably coordinating things from the Ohio end. . The National Team Staff is aligned as follows: Gwen Robertson--Junior Elite Women and Senior Women; Rich Torrellas--Senior Elite Men and Women; Dr. Howard Palamarchuk--Elite 50 Km Men and Sr. Men 20 Km; Mike DeWitt--Elite and Sr. 50 Km Men and Women; and Frank Soby--Junior Elite Men and Sr. Men 20 Km While they will do direct coaching on request, the function of these staff members is that of facilitators, the goal being to ensure that the athlete has the best possible opportunity within his or her environment to accomplish goals. Selection to the National Team for the Women's 10 Km and Men's 20 and 50 Km will be as follows: A. Finishers one through eight in the TAC/USA National Championships, except in Olympic years, where the Olympic Trials will be used. B. Four for each event to be selected by the National Team Coordinators and Chair based on performances over the previous 6 months. C. Men may not be a member of both the 20 and 50 Km team. Travel squad selection will be from the National Team in order of finish at the selection race. The four National Team members selected by the coordinators will be ranked for travel squad selection by the coordinators. To be selected to a travel squad other than major international teams, athletes must have met the standard, within the previous 6 months, agreed upon at the previous convention. For 1989 the standards are 51:28 for the women's 10 Km, 1:30:27 for the men's 20 Km, and 4:25:12 for the men's 50 Km. (I don't know why the strange numbers. Why not 51:30, 1:30:30, and 4:25:00?). . Gene Dix has written a new book, *Youth Race Walking*. This soft-covered, 84-page volume is designed to encourage and develop race walkers in the 9 to 19 year-old group. It contains technique and style information; a step-by-step explanation on how to race walk; a section on the development of women's race walking; where to get more race walk information in your own state or section of the country; a chapter on judging with illustrations; photos of current young walkers; lists of outstanding walkers during the past 30 years; and a special personal section for the owner of the book. It is available now for \$7.25 from Gene Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104. Request an autographed copy if you like. Clubs and walk promoters ordering six or more copies can get a special rate of \$6.25 per book. . Viisha Sedlak and the American Racewalk Association will conduct a racewalkers training camp in Boulder, Colorado from August 29 through September 3 of this year. The agenda includes daily group workouts and seminars, video recording, individual coaching, and lots of beautiful walker in a perfect training area. The fee if you apply before June 15 is \$295 (\$325 after that date). Contact American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323. . If you plan to participate in the racewalk division of the New York City Marathon this fall, take heed of the following lines from Nick Bdera. Apparently there has been some confusion regarding racewalk entries in the past. To begin with, you can obtain a How to Apply pamphlet by writing the New York Road Runners Club, 9 East 89th St., New York, NY 10128, Attn: Marathon Info. Nick emphasizes that race walkers must follow the same entry procedures that the runners do. There are

no special race walk applications nor will there be any applications set aside



specifically for race walkers. The NYC Marathon is open to all runners and walkers on a first come, first serve basis. ANYone interested in participating must request an entry form. This is done by sending a self-addressed #10 envelope and a check or money order for \$3.00 payable to NYC Marathon. Send it after midnight May 21. All requests must be postmarked May 22 or later. Mail to Marathon Entries, P.O. Box 1338 GPO, New York, NY 10116. Applications are sent out in the order that the requests are received. The applicant should fill it out and return it immediately. There is no Race Walk box on the application. To identify yourself as a race walker, place the letters "RW" in the lower right hand corner of the application. If you want to know anything more, contact Nick at 212-860-4455 X-248.

## IMPROVING THE JUDGING SITUATION IN THE DISCIPLINE OF RACEWALKING

by Roman Olszewski

(These remarks by the Canadian racewalker were made at a PanAm Walks Symposium in 1986 and published in *Journal de L'Athletisme*, Spring 1987 issue. He addressed many of the same issues that have been discussed in these pages over the last two issues.)

It is my firm belief that it is the lack of consistency in judging racewalking that is hurting the discipline rather than the technical definition. The rules of racewalking, as set down by the IAAF, are sound. Few athletes, coaches, and officials would disagree with the soundness of the present rules. It is the inconsistency with which they are applied that is the problem.

The use of humans for judging is an established fact in most sports. Some decisions are harder to make than others in a judging or refereeing situation and there will be some controversy. Technical aids, such as video taping, will take on a greater importance in judging in all sports as the years go by. However, there are problems associated with the use of such equipment that will not be resolved for a number of years. We must do the best we can with what we presently have available to us.

The most common complaint received from athletes and coaches involved in racewalking is that the overall standards of judging vary so much from race to race depending on who the judges are. This lack of consistency makes it extremely difficult for the athletes in terms of their training and race strategy. I am convinced that if we had two different groups of equally qualified judges officiating the same race, we would have two different sets of results.

The problems that we have in judging the walking events are not attributable to the athletes and coaches, whose objective is to achieve faster times and place higher. The blame must be laid on the judges and administrators who have not developed a system whereby the collective judging is consistent from race to race and from year to year. By consistency, I don't mean every judge being able to spot lifting and creeping every they occur. No matter what we do, there will be photographs published with apparently legal walkers being shown as having failed to comply with the rules. The judges involved should not feel incompetent or embarrassed as a result. If the infractions were not perceived by the judges they could not possibly have disqualified the athlete. It would be a much greater fault to disqualify an athlete who was not in contravention of the

rules! In our efforts to tighten up judging, we must be careful not to begin imagining that an athlete is lifting.

Our main problem is that we have "soft" judges and "hard" judges. I have written up a hypothetical head judges summary sheet to use as an example. This is by no means the worst scenario possible. (Ed. We don't have the sheet to show you.) I have much worse situations in actual competitions. How can such inconsistency be rationalized with athletes and coaches? We cannot assume that the judges who handed in the most cautions or disqualifications are better than those who were more conservative. (Ed. Some would say that so long as we keep getting the pictures of winners off the ground, we certainly must make that assumption, and I'm not suggesting that is my opinion.) Unfortunately, many of the "softer" judges in our sport have been wrongly branded as incompetent.

My suggestion for the improvement of the situation is to set up periodic workshops at the international, national, and local levels, whereby judges would be allowed, in a non-race situation, to observe walkers at various speeds and with various styles for the same short interval of perhaps 70 meters. Each judge would record his or her decision as to the legality of the walk as if it were a race. Ideally, each walk would be videotaped and referenced. After a specified number of trials (could be one), the judges would meet and compare notes, using videotape replay, if available, to confirm their decisions.

If a careful record of the judges' decisions is maintained throughout the workshop, it will be possible to determine if there has been an improvement in the overall consistency of judging from the first trial to the last. This, after all, is the objective of the exercise. There should be no attempt to use the workshop as a method of weeding out the "poor" judges. In each given trial, the objective should be to reach at least an 80 percent level of agreement. Such a result will only be possible if all of the judges are willing to adapt their standards based on videotape evidence and on their colleagues' reports.

Ideally, the workshops would first be conducted at the international level, with the international-level judges being subsequently involved at national and local level workshops. The meshing of the different judges' groups that would be possible through the program outlined would inevitably result in a decline in the number of controversies in our sport.

### More judging

(This letter from Ned Stone in Alexandria, Virginia gives us something more to think about.)

May I throw some fuel on the fire of the discussion of legal walking and judging? A photograph of a walker with both feet off the ground may not necessarily prove lifting. You may need to know something about how the camera works.

In many simple cameras, the shutter is just an open-and-shut aperture close to the lens that exposes the film at once. But in others, notably the single-lens-reflex type, the shutter consists of a slit that is drawn rapidly across the plane of the film, left to right (or right to left, depending on manufacturer and model). In such a camera, one side of the film is exposed slightly later than the other side (a few hundredths of a second).

Thus, a legal walker could be photographed so that his forward foot was imaged slightly before it touched the ground, while his trailing foot was imaged an instant later, just after it left the ground. He would thus appear to be airborne when he was not. The opposite is also possible. The same camera, photographing a walker from the other side, would make his leading foot appear to touch ground a little earlier, compared to the departure of his trailing foot, making him appear more legal than he really was.



Knowing which is happening in a particular requires figuring out how the shutter works, and remembering that the image in a camera is inverted (upside down and backwards). Knowing how much difference the slit=shutter makes in a particular case requires knowing the speed of the slit across the film, and measuring the size of the walker's image on the film.

A video camera should not have any such problem, since it forms an image with a sequence of horizontal lines, from top to bottom.

Did someone say life had to be simple?

*Ramblin Ron*

## EARLY TRAVELS

by Ron Laird

(Lifted from the September 1988 *Oregon Walking News*)

Just before starting my senior year of high school in September of 1956, I joined a track and field club down in New York City. It was an honor for me to be asked, because I was just a beginner with no talent and little potential. At first, I argued with the other walkers who wanted me to be part of their team. I told them I wasn't good enough to be in any club. They persisted, so I joined up after a few weeks. The New York Pioneer Club was a men's track and field club with the largest group of top walkers in the country. I was with them for 6 1/2 years before pulling out and joining the New York Athletic Club in 1962. The main reason I joined the NYAC was the financial help they offered. It was too good to turn down. Their athletics coach had been after me ever since I started to show some promise, which was in 1957. I needed a sponsor to fly me all over the country and they were able to do this.

I had been hitch-hiking all over the place to get to different races and I simply was tired and somewhat frightened of doing it anymore. For races within a few hundred miles of New York City, I usually carpooled with my new friends. Then, the national championship races started being awarded to sites as far away as Los Angeles and Seattle. Since I had such a strong desire to compete in these, I usually have to quite whatever job I was working and get out on the highways with my gym bag and thumb.

It pays to dress nicely when trying to get cars to stop for you. Be careful with who you accept a ride. There are some strange people out there driving around looking for innocent hitch-hikers.

I even hopped airlines all the way from New Jersey to California and back when I was in the Army. With the correct orders, a soldier on active duty and in uniform could fly military aircraft all over the world.

During the end of my two year enlistment, August 1957 to August 1959, I took my first 5-week vacation and got a flight to Germany and on to Scotland. A train took me to London, where I rented a room near a large park. Training and sightseeing were what occupied my weekdays. On weekends, I'd travel with other walkers to races as far away as Birmingham and Cardiff, Wales. The trip to Cardiff was for their National 20 Km championship. It was hot and I had a bad day, but I did manage to take third in about 2 hours even. Being 20 pounds overweight and out of shape didn't help matters either. We had changed at a private men's drinking club. Being terribly thirsty from the long hot race, some of the lads had taken pity on the state I was in. They treated me to a local apple cider, which had some alcohol in it. After a quart or so, I soon had my first experience with its effects. By the time I went up on stage to receive my

medal, I was in a very happy mood. They wanted a few words from the Yank, so I rambled on for some time, much to their delight.

After a few more races in the London area, I took a ferry across the channel and a train to Paris for four more days of sightseeing. I easily got a hop north to Scotland and the next day was on my way home to New Jersey. A month later, I finally got discharged. That was the longest two years of my life.

In 1961, there was a National 35 Km race in Seattle. I was living near Philadelphia at the time and in between jobs, so I decided to hitch out. If I'd been working, I would have quit anyway just for the opportunity to add another national title to my slowly growing collection. There was a great chance I could win it. Back then, the walking sport was very weak west of the Mississippi. I started out 8 days before the event and made it if five. I really got lucky on the way out. My first ride took me down the turnpikes to near Toledo. The next ride was from a soldier going all the way to Fort Lewis, just south of Seattle. He wanted to see his sister in Colorado, so I tagged along. When we got there, I stayed in a small downtown hotel while he visited. The day after we arrived, I went out for a strong workout on a nearby golf course. I felt terrible tired after 2 miles, but figured it to be the long ride and lack of sleep. What it really was, the high altitude of around 7,400 feet. Little did I know I'd be back in 7 years racing my heart and lungs out to make the 1968 Olympic team.

When I arrived in Seattle, I stayed in the home of a new walker. He lived on top of a hill overlooking his junkyard business. To kill time one day, I went down to visit and he let me break windows out of cars that were soon to be melted down. This was great fun and good upper body exercise at the same time.

I won the race and along with a large trophy. I had to take it apart, box it up, and ship it home. Otherwise, I would have hand-carried it all the way back. Standing out there on all those roads with just my gym bag and thumb to get me home was going to be tough enough. With a big handsome trophy at my feet, curiosity just might get some cars to stop. However, it was too cumbersome, so I mailed it. I wore my 1960 Olympic sweat top, but it didn't seem to do any good. USA Olympic Skiing Team shirts were popular at this time, so people must have thought it to be only a fancier version. It took me 54 rides to finally make it back to my little basement room in Norristown, Pa. The trophy showed up in a few days in good shape. Along with my gold medal, it was the highlight of my small, but growing awards collection.

## LOOKING BACK

25 Years Ago (From the Spring 1964 issue of the Midwest Race Walker published by Chris McCarthy)—Ron Laird (same as the one above) won the National 1 Hour in Chicago covering 8 miles 159 yards (with an extra 7 or 8 seconds because the "stopping" gun wouldn't fire). Ron Zinn was second at 7 miles 1732 yards. Art Mark covered 6 miles 1649 yards in third, with a rapidly closing Jack Mortland just 9 yards back. . . McCarthy won the Ohio 50 Km in 4:43:44 with Jack Blackburn second in 4:47:47 and Phil McDonald another 2 minutes back. Mortland called it a day at 24 miles while leading McCarthy by about 5 minutes. . . Laird did a track 20 Km in 1:35:26, an American record, and broke records from 8 miles on while doing it. (There used to be recognized records at every distance imaginable.) In another race, he set records at 4 and 5 Km with 17:51.2 and 22:14.4.

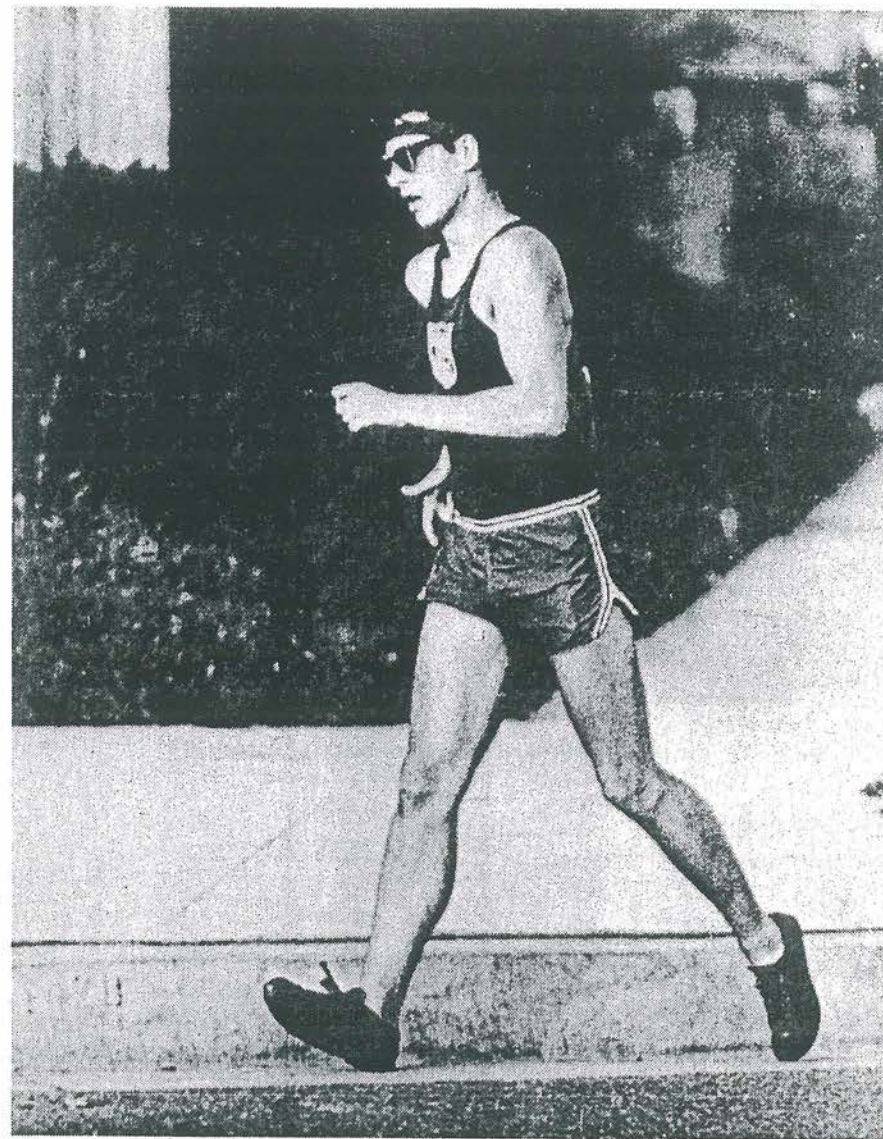


20 Years Ago (From the April 1969 ORW)—The same Ron Laird won his fifth straight NAAU 15 Km title, walking right here in the Columbus suburb of Worthington. Edging away from Dave Romansky over the final 5 Km, Laird came home in 1:06:45. Dave was just 12 seconds back at the finish. Tom Dooley, Goetz Klopfer, Ron Daniel, and Gary Westerfield took the next spots.. In Point Pleasant, N.J., Bob Kitchen did a 50 Km in 4:19:41 on the track. At the same time, Bill Hohenstreet won a 50 miler in 9:10:30. . Romansky won a NEW Jersey 10 Mile with a 1:13:31, better than 2 minutes ahead of Kitchen, with Ron Daniel and John Knifton following. . On the West Coast, Laird set American records for 3 miles and 5 Km with 20:51.8 and 21:34.2. . Dooley turned a rapid 50:32 for 7 miles, leaving Klopfer a half minute in his wake. . The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36.7 average) and Klopfer (1:37:72) in 64:49.8. Klopfer also teamed with Bill Ranney to take second with a 67:07.2, followed by Gary Westerfield-Gerry Bocci (69:07) and Jack Blackburn-Jack Mortland (69:33).

15 Years Ago (From the April 1974 ORW)—Within a 3-week period, Shaul Ladany won both the National 75 and 100 Km titles. The 100 came first, in Des Moines, where he had a 10:12:53, leaving Augie Hirt better than 38 minutes behind. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes in second. Tom Knatt took third and Alan Price fourth. . Jery Brown beat Colorado TC teammate Floyd Godwin in the National 1 Hour in BOulder's altitude, covering 7 miles 1671 yards. Godwin was just 34 yards back. Bob Henderson went 7 mi 1242 yards and Augie Hirt was fourth.

10 Years Ago (From the April 1979 ORW)—Jim Heiring broke Larry Young's American 20 Km record by 6 seconds with a 1:30:04 on the Grosse Pointe, Michigan track. CHRis Hansen stayed with him for 5 miles and then slowly drifted away to finish in 1:31:45. Martin Kraft had 1:32:35 and Steve Pecinovskiy 1:32:45. . Paul Hendricks took second in a 200 km race in France with 23:08:18. Luxembourg's Josey Simon won in 22:55:48. Henderson led much of the way. . The Spanish 50 Km went to Jorge Llopart in a swift 3:50:03 ahead of France's Gerard Lelievre (3:56:49). Two other Spaiards, Augustin Jorba and Jose Marin, also went under 4 hours. . In England, Marian Fawkes set a world's record for 10 Km with 48:37.6, not far ahead of Irene Bateman's 49:05.

5 Years Ago (From the April 1984 ORW)—Carl Schueler walked an impressive 4:07:23, considering the muggy conditions, to win the National 50 Km in Cleveland. Vincent O'Sullivan had a good 4:10:00 in second and Tom Edwards took third in 4:14:39. Troy Engle covered the second half of the race faster than anyone to take fourth in 4:18:11. . Teresa Vaill was an easy winner in the women's National 20 Km in Seattle. She established an early lead and steadily lengthened it to finish in 1:45:20. Gwen Robertson was second in 1:51:46 and Carol Brown third in 1:52:52. . In the Men's National 25 Km at the same site, Tim Lewis pulled away from Jim Heiring in the last 10 Km to win in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:54:57, Carl Schueler 1:55:40, Dave Cummings 1:58:38, and Tom Edwards 1:59:01. . In Canada, Marcel Jobin had an impressive 3:55:16 for 50 Km, and in the Spanish Championship, Jose Marin was even more impressive in 3:50:12.



Ron Laird, the flight phase advocate, showing how to walk without it during a 10 miler in Walnut, California in 1966. This was about a 1:21 effort, but Ron could be solid at a much quicker pace.