

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XXV, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1990

U.S. Indoor Titles to Vaill, Fournier; Berratt Wins Race

New York, Feb. 23--Teresa Vaill easily won her second consecutive National TAC Indoor 3 Km racewalk in Madison Square Garden tonight. Covering the distance in a swift 12:53.17, Vaill left Canada's strong international Ann Peel better than 17 seconds behind. Peel had even less trouble with third-place Victoria Herazo (13:37:10), who was probably nonetheless pleased with finishing well ahead of Maryanne Torrellas, who had beaten her decisively over a mile just a week before. Susan Liers, who appears to have fought her way back to where she was when she dominated the sport a few years back, chased Maryanne to the wire. Mary Howell captured the sixth spot. Vaill, who also won the National Indoor title at one mile from 1984 through 86, missed Torrellas' meet record by less than 8 seconds.

In the men's 5 Km race, Canada's Tim Berrett was an unchallenged winner in a speedy 19:42.90 (Tim Lewis' 1987 meet record is 19:30.70), with second-place Doug Fournier capturing the U.S. title. Fournier beat Gary Morgan for the title, with the rest of the field, including favorite Tim Lewis strung out well behind. As we write this, we're not sure what Tim's problem was, but he was well off his recent form. He had won the title three years in a row. Fournier moved up from fourth last year.

Results:

Women's 3 Km--1. Teresa Vaill 12:53.17 2. Ann Peel, Canada 13:10.69 3. Victoria Herazo 13:37.10 4. Maryanne Torrellas 13:50.12 5. Susan Liers 13:51.76 6. Mary Howell 14:20.37

Men's 5 Km--1. Tim Berrett, Canada 19:42.90 2. Doug Fournier 20:08.40 3. Gary Morgan 20:15.44 4. Dave McGovern 20:40.90 5. Allen James 20:43.88 6. Curtis Fisher 20:47.73 7. Tim Lewis 21:05.83

OTHER RESULTS

6th Annual Boston--New England Athletics Congress vs. New York--Metropolitan Athletics Congress Club Dual Meet, Boston, Feb. 4: Women's 1 Mile--1. Teresa Vaill, NY 6:39.9 2. Gretchen Eastler, Farmington, Maine 7:32.7 3. Carole-Terese Naser, New England Walkers 7:38.6 4. Dorit Attias, New Jersey 7:39.1 DQ--Christie Duo, NEW 7:39.4 Men's 3 Km--1. Mark Fenton, Reebok 12:40.1 2. Mike Heitzman, un. 13:44.8 3. Will Desrosiers, NEW 13:45.7 4. Tom Knatt, NEW 14:14.8 5. John Alfonson, NY 14:41.0 6. Quenton Cunningham, NY 15:58.7 1 Mile, New Haven, Conn., Feb. 11--1. Jim Brochin 7:42.5 2. Maryanne Torrellas 7:51.3 3. Jack Boitano (55) 8:01.6 4. Carole Naser 8:02.6 5. Gus Davis (50) 8:44.6 6. Christie Kuo 8:52.2 7. Nancy Brochin 10:05 1 Mile, Brighton, Mass., Jan. 28--1. Mark Fenton 6:32.8 2. Mike Heitzman 6:52.0 3. Wil Desrosiers 6:52.5 4. Tom Knatt 7:41.4 5. Bob Ullman 7:48.2 6. Justin Kuo 8:03.9

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 to Canada, and \$11.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. Second Class Postage paid at Columbus, Ohio. POSTMASTER: Send address changes to the Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

7. Kenneth Fox 8:14.2 8. Carol-Terese Naser 8:29.3 9. Andrea Grochowski 9:04.6
10. Christie Kuo 9:17.6 3.8 Mile, Brockton, Mass., Feb. 19--1. Steve Vaitones 28:19 2. Phil McGaw 29:37 3. Tom Knatt 30:28 4. Richard Ruquist 30:45 5. Justin Kuo 31:58 6. Paul Schell 33:26 7. Gabriel Martin 34:18 8. Bob Falciola 34:50 9. Chrle Mansback 35:48 10. Alan Segal 37:40 11. Shirley Canter 38:56 (1st Woman) (16 finished) **Vitalis/Meadowlands Invitational, New York, Feb. 9:** Women's 1500 meters--1. Teresa Vaill 6:06.0 2. Victoria Herazo 6:19.9 3. Maryanne Torrellas 6:27.2 4. Susan Liers 6:37.6 5. Christie Izzo 6:46.6 6. Dorit Attias 7:11.3 7. Gayle Johnson 7:12.8 8. Susan Westerfield, nt 9. McGee nt Men's 1500--1. Tim Lewis 5:15.01 2. Tim Berrett, Can. 5:19.22 3. Steve Pecinovsky 5:22.94 4. Gary Morgan 5:35.79 5. Paul Taveras 5:57.90 6. John Alfonso 6:38.34 7. Edgardo Rodriguez 6:55.14 7 Mile, New York City, Feb. 4--1. Gary Null 55:56 2. Nick Bdera 57:55 3. Tom Gustafson 60:15 **Mobil Invitational 1 Mile, Fairfax, Virginia, Feb. 4--1.** Maryanne Torrellas 6:48.63 2. Lynn Weik 6:50.65 3. Victoria Herazo 6:56.01 **Millrose Games 1 Mile, New York, Feb. 2--1.** Tim Lewis 5:50.53 2. Steve Pecinovsky 5:51.59 3. Tim Berratt, Can. 5:56.39 **Mil Wood 5 and 10 Km Walks, Washington, DC, Feb. 4:** Women's 5 Km--1. Tracey Briggs and Pauline Stickels 27:34 Open 10 Km--1. Mil Wood 79:35 74 and under 10 Km--1. Bob Briggs 50:34 2. Jim Wass 53:26 3. Jim Lemert 56:57 4. Bob Elliott 57:02 **NTAC Jr. 5 Km, Raleigh, NC, Feb. 18--1.** Ricky Metcalf (16), Newton, NC 33:47 Women: 1. MEdith Meaders (18), Cary, NC 33:51 **Open 5 Km, same place--1.** Burt Clausen 23:42 2. Ray McKinnis 25:12 3. Alvina Gaskill 27:14 8 Km, Orlando, Florida, Jan. 27--1. Steve Grentus 44:51 2. Doug Brown 47:53 3. Steve Christlieb 47:55 4. Chuck McLaughlin 48:03 Women: 1. Carol Staack 52:01 5 Km, Orlando, Feb. 10--1. Steve Grentus 25:59 2. Chuck McLaughlin 29:17 (1st over 40) 3. Rob Carver 29:43 Women: 1. Carol Staack 30:51 10 Km, Wilton Manors, Florida, Jan. 7--1. Eric Fagerstrom 58:44 2. Fred Cichocki 60:57 (1st over 40) Women: 1. Sondra Vladem 62:55 10 Km, Coconut Grove, Florida, Jan.--1. Peter Black 58:30 1/2 Marathon, Orlando, Jan.--1. Paul Cajka 1:55:41 2. Harold Rapp 2:16:21 5 Km, Clinton, Iowa, Feb. 4--1. Tim Phillips 26:50 2. Ron Sandberg 27:57 3. Frank Weibel 28:14 4. Robert Graham 28:48 5. Jimmy Shaw 29:01 6. Steve Beck 30:10 Women: 1. Tammy Vinar 26:25 2 Mile, Boulder, Colorado, Dec. 30--1. Bob DiCarlo 18:04 2. Judy Coffee 19:47 3. Bob Carlson (65) 20:27 10 Mile Handicap, Pasadena, Cal., Jan. 21--1. Allen James 1:13:02 2. Dana Marsh 1:24:29 3. Wayne Wurzberger (47) 1:31:45 4. David Snyder (46) 1:33:52 5. Carl Acosta (56) 1:34:41 6. Richard Nester (40) 1:36:36 7. Art Grant 1:37:02 8. Ron Baers (47) 1:40:20 9. Clyde Hatfield (55) 1:41:44 9. Richard Nakawatase 1:43:48 11. Mel Grantham (64) 1:44:34 12. Joe Weston (60) 1:45:24 (25 finishers) Women: 1. Lizzy Kemp-Salvato 1:30:27 2. Margaret Govea 1:34:49 3. Cathy Mish 1:37:42 4. Andrea Johnson 1:38:22 5. Cindy Perez 1:39:41 6. Jill Latham (52) 1:41:23 7. Brenda Mackiaac 1:43:48 8. Donna Cunningham (43) 1:45:43 ((27 finishers) 10 Km, Paramount, Cal., Jan. 20--1. Richard Oliver 55:24 2. Jesus Orendain 57:07 3. Art Grant 57:25 4. Ted Greiner 58:34 5. Virginia Scales 59:17 5 Km, Redondo Beach,

Cal., Jan. 28--1. Allen James 21:48 2. Dana Marsh 23:35 3. Keith Ward (41) 23:44 4. John Elwarner (50) 23:50 5. Wayne Wurzberger (48) 26:52 6. Art Grant (40) 27:50 7. Chris Rael 28:00 8. Jesus Orendain (47) 29:46 9. Rodney Canes (42) 29:47 10. Stephen Stamnes (43) 29:48 11. Robert Pena 29:55 12. Michael Dempsey (53) 29:57 13. Michael Ginther (41) 30:00 (19 finishers) Women: 1. Sarah Standley 24:42 2. Francene Bustos 25:29 3. E. Stocker 29:44 4. Jill Latham (53) 30:03 5. Debra Ring 30:33 (13 finishers) 5 Km, Los Angeles, Jan. 27--1. Allen James 21:24.1 1 Mile, Times Eagle Indoor Games, Inglewood, Cal., Feb. 16 Women: 1. Maryanne Torrellas 6:36.8 2. Sara Standley 6:38.9 3. Victoria Herazo 6:50.9 4. Susan Liers 7:00.5 5. Mary Howell 7:27.4 Men--1. Tim Lewis 5:49 2. Rene Haarpainter 6:03.3 3. Allen James 6:13.3 4. Larry Walker 6:20.2 5. Dana Marsh 6:38.1 DQ--Steve Pecinovsky 5 Mile, Seattle, Dec. 31--1. Stan Chraminski 41:17 2. Daniela Hairabedian 44:35 25 Km, Seattle, Jan. 5--1. Clen Tachiyama 2:11:13 2. Stan Chraminski 2:20:31 3. Daniela Hairabedian 2:26:37 4. Jim Bryan 2:35:24 5. Bob Novak 2:36:26 6. Steve Fredrickson 2:47:15 7. Anne McCulley 2:48:16 8. Terry Hagen 2:55:17 9. Bev LaVeck 2:55:18 **Ontario Indoor Championships, Toronto, Feb. 10:** Men's 5 Km--1. Tim Berrett 19:50.52 2. Dan O'Brien, US 23:05.5 3. James Kilburn 23:44 4. Dave Lawrence, US 24:45 5. Paul Guimond 24:48 Women's 3 Km--1. Louise Aubin 14:46 2. Cheryl Rellinger, US 14:50 3. Leslee Kerwin 15:46 4. Brigitte LeBlanc 18:50 **Late arriving 1989 overseas results: 30 Km, Melbourne, Oct. 29--1.** Simon Baker 2:10:52 2. Andrew Jachno 2:10:52 3. Paul Copeland 2:14:54 **Women's 10, same place--1.** Kerry Saxby 43:30 2. Lorraine Jachno 46:28 3. Bev Hayman 47:37 100 Km, Rivera, Switz., Oct. 29--1. Wolf Varrin 9:15:32 2. Laszlo Sator, Hung. 9:45:54 3. Jean Claude Zaugg 9:49:01 4. Gerard Perez, France 9:58:00 **Women's 10 Km, Peking, Oct. 10--1.** Guan Ping 21:24.71 20 Km, Gross-Gerau, WG, Sept. 30--1. Robert Korzeniowski, Pol. 1:23:19 2. Robert Ihly 1:23:45 **Women's 20 Km, Ahlen, WG, Sept. 30--1.** Andrea Bruckmann 1:41:55 20 Km, Balassagyarmay, Hung., Sept. 23--1. Pavol Blazek, Czech. 1:22:50 2. Roman Mrazek, Czech. 1:22:51 50 Km, Goirle, Neth., June 5--1. Jan Cortenbach 3:58:23 (places him on World List published in December) **Women's 20 Km, Yevpatoriya, USSR, Sept. 30--1.** Olga Kardopoltseva 1:31:59 2. Nina Gallyanina 1:34:16 3. Yelena Saikko 1:34:33 4. Graciela Mendosa, Mex. 1:35:47 5. Yelena Schevaliyeva 1:36:01 6. Sigita Zhagarskiene 1:36:10 7. Valentina Ksenefontova 1:37:06 8. Anna Nikitina 1:37:19 9. Tatyana Titova 1:37:43 10. Saliya Sinnekayeva 1:38:04 11. Tatyana Andriyevskich 1:39:49 12. Alevtina Prokopyeva 1:39:55 13. Tatyana Regosina 1:40:17 14. Svetlana Zhigunova 1:40:30 15. Yelena Lesnikova 1:40:30 16. Ruta Erlingite 1:41:48 17. Marina Romonova 1:42:19 18. Danuta Baranaskaite 1:42:43 19. Yuliia Lisnik 1:41:57 20. Danute Yanavicius 1:42:57

1989 Shore AC National 1 Hour Postal: Men's Open--1. Rene Haarpainter, Cal. Walkers 13,273 meters 2. Larry Walker, CW 13,248 3. Allen James, Athletes in Action 13,227 4. Jeff Salvage, Drexel U. 13,155 5. Dave Talcott, Shore AC 13,078 6. Steve Pecinovsky, Potomac Valley 12,962 7. Steve Renard, Pace Setter Athletics 12,840 9. Ivan Hernandez, Shore AC 12,693 9. Robert Briggs, Potomac Valley 12,632 10. Elmer Becker, Jr., Kansas City Walkers 12,541 11. Ray Funkhouser, Shore AC 12,438 12. David Coutts, Kansas City Walkers 12,292 13. Joseph Barbuzyński, Pace Setter Athletics 12,262 14. John Ratto, Golden Gate RW 12,094 15. Marc Bagan, Shore AC 12,000 16. Nadeem Maghal, North Medford Club 11,821 17. Tomas DeJusus, un., Arlington, Va. 11,729 18. Enrique Camarena, Southern Cal. Walkers 11,740 19. Dana Marsh, CW 11,698 20. Philip McGaw, NMC 11,637 21. Curt Sheller, Reading TC 11,399 22. Paul Cajka, Florida AC 11,265 23. Ian Whatley, Carolina Godiva 11,200 24. Dave Gwyn, Terlingua

Running 10,999 25. Edgardo Rodriquez, Shore AC 10,965 26. James Wass, Prince Geo. RC 10,931 27. Alvia Gaskill, Carolina Godiva 10,733 28. Doug Ermine, Pacific Pacers 10,563 29. Bill Purdie, Shore AC 10,500 30. Joel Estrin, Phidippides 10,418 31. Jack Tannachian, Shore AC 10,368 32. Skip Bockoven, Golden Gate RW 10,366 33. Bryan Winter, GGRW 10,169 34. Bob Edwards, GGRW 10,160 35. Mitch Segal, Potomac Valley 10,142 36. Malcolm Posey, PGRC 10,097 37. John Stanley, un. 9,886 38. Michael Steadman, Pot. Val. 9,715 39. Richard Nakawafase, SCW 9,685 40. Stephen Grentus, Central Florida Walkers 9,437 (47 finishers) Teams: 1. California Walkers 38,219 2. Shore AC A 38,209 3. Potomac Valley A 37,616 4. Kansas City Walkers A 37,302 **Women's Open--** 1. Victoria Herazo, Cal. Walkers 11,866 2. JoAnn Nedelco, Golden Gate RW 11,278 3. Tracy Briggs, Potomac Valley 10,821 4. Dorit Attias, Shore AC 10,696 5. Paula Kash, CW 10,469 6. Catherine Mish, Walkers Club of LA 10,454 7. Karla Snyder, Salem TC 10,330 8. Sue Klappa, MN Loons 10,276 9. Peggy Miller, Front Range Walkers 10,150 10. Laura Fish, Clark County TC 10,124 11. Kathy Donley, un., Raleigh, NC 10,108 12. Laura Cribbins, GGRW 9,916 13. Pauline Stickels, PV 9,866 14. Donna Gilliland, GGRW 9,703 15. Sandra Hvens, un. Arlington, VA 9,537 16. Kathy Finch, FRW 9,470 17. Jane Janousek, CW 9,299 18. Terry Hagen, Pacific Pacers 9,293 19. Sara Struve, un., St. Paul, Minn. 9,239 20. Cathy Rehage, Inland Empire RW 9,236 Teams: 1. California Walkers 31,634 2. Golden Gate A 31,017 3. Potomac Valley A 30,697 4. Shore AC 29,796 **Men's** 40-44--1. Bob Keating, New England Walkers 12,400 2. Alan Price, Pot. Val. 12,022 3. Stan Chraminski, Pacific Pacers 11,335 4. Bob Rhode, Austin RC 11,091 5. Bob Novak, Pac. Pacers 11,079 6. Bob Ryan, Shore AC 10,940 7. Jeff Davis, Shore AC 10,496 8. Robert Elliott, Pot. Val. 10,313 9. Carl Warrell, CW 10,117 10. Jack Lach, Shore AC 10,100 11. Ronald Clarke, Prince Geo. RC 9,864 12. Harold Rapp, Cen. Fla. Walkers 9,338 **Men's 45-49--**1. Larry Walker, CW, 13,248 2. Tom Knatt, New England Walkers, 11,763 3. Ray McKinnis, Carolina Godiva 11,168 4. Ned Stone, PV 11,168 5. Wayne Wurzbarger, SCW 10,542 6. Ralph Edwards, Shore AC 10,448 7. Dave Snyder, Inland Empire RW 10,422 8. Al Cruzado, Florida AC 10,384 9. Bill Halford, FAC 10,364 10. Ron Daniel, GGRW 10,359 11. Bernie Finch, FRW 10,214 12. Patrick Bivona, Shore AC 10,117 13. Joseph Guy, un., Arlington, Va. 10,072 14. Robert Hansen, KC Walkers 9,664 15. Charles Mansback, NEW 9,643 16. Bob Brewer, Pace Setter 9,620 **Teams 40-49:** 1. New England Walkers 33,806 2. Potomac Valley 33,503 3. Shore AC A 31,884 **Men's 50-54--**1. Dick Ruquist, NMC 12,000 2. John Knifton, Austin RC 11,917 3. Joel Nelson, KC Walkers 10,678 4. James Lemert, Pot. Val. 10,582 5. Richard Oliver, Walkers Club of LA 10,552 6. Richard Kleppe, Easy Striders 9,513 **Men's 55-59--**1. Sal Corrallo, Pot. Val. 11,284 2. Ben Ottmer, Shore AC 10,518 3. Carl Acosta, Walkers Club of LA 10,473 4. Bob DiCarlo, FRW 10,351 5. Bob Fine, FAC 10,167 6. Andrew Briggs, Car. God. 10,019 7. Morris Rashy, CFW 9,933 8. Howard Siegenhorn, KCW 9,580 9. Elliott Denman, Shore AC 9,562 10. Jim Brown, Shore AC 9,442 **Teams 50-59:** 1. Potomac Valley 29,628 2. Shore AC 29,522 3. Kansas City Walkers 29,204 **Men 60-64--**1. John Kelly, CW 10,665 2. Fred Dunn, GGRW 10,537 3. Walter Morse, Shore AC 9,954 4. Joe Lavenberg, Shore AC 9,368 **Men 65-69--**1. Bob Mimm, Shore AC 10,635 2. Klaus Timmerhaus, FRW 9,780 3. George Heller, Shore AC 9,456 4. Charles Poladian, Fdt. Lauderdale RR 9,203 **Teams 65-69:** 1. Shore AC A 30,045 2. Shore AC B 26,266 **Men 70-74--**1. Don Johnson, Shore AC 9,460 2. Howard Channell, FRW 9,413 3. Paul Ceyer, Miami Walkers 9,167 **Men 75-79--**1. Harry Drazin, Shore AC 8,172 **Teams 70-79:** 1. Potomac Valley 24,377 **Men 80-84--**1. Paul Fairbank, Pot. Val. 7,770 **Jr. Men 10 and under--**1. Craig Haugaard, MN Jr. Loons 7,221 **Jr. Men 15-19--**1. Lennie Becker, KC Walkers 12,469 **Jr. Women 10 and under--**1. Davia Spotts, Salem TC 7,224 **Jr. Women 11-14--**1. Kara McGeever, Infant Jesus

9,401 2. Dina Meshev, Bowie 8,855 **Jr. Women 15-19--**1. Karla Snyder, Salem TC 10,330 2. Merideth Meadors, un., Raleigh, NC 8,459 **Women 40-44--**1. Paula Kash, Cal. Walkers 10,469 2. Donna Certrulo, Shore AC 9,842 3. Sandy Womack, GGRW 9,823 4. Clara Fredrickson, Pac. Pacers 9,666 5. Myrna Finn, NMC 9,614 6. Beth Alvarez, Pot. Val. 9,566 **Women 45-49--**1. JoAnn Nedelco, GGRW 11,278 2. Anita Hermach, KC Walkers 9,594 3. Verna Buchs, Central Fla. Walkers 9,330 4. Lois Dicker, Pot. Val. 9,290 **Women's Teams 40-49--**1. Potomac Valley 27,937 2. Kansas City Walkers 26,290 **Women 50-54--**1. Bev LaVeck, Pac. Pacers 9,942 2. Barbara Hilger, FRW 9,862 3. Lois Dicker, Pot. Val. 9,710 (She improved after she turned 50 in October) 4. Shirley Capps, SCW 9,226 **Women 55-59--**1. Elizabeth Petersen, un., Raleigh, NC 8,819 **Women's Teams 50-59:** 1. Potomac Valley 26,864 **Women 60-64--**1. Ruth Leff, parkside AC 9,191 2. Joan Rowland, Natural Living 9,091 3. Patricia Nesley, PV 8,970 **Women 65-59--**1. Marie Henry, Shore AC 8,805 2. Lavonne Hottensmith, FAC 8,686 **Women 70-74--**1. Emma Warnke, Mesilla Valley TC 7,497. The postal race had attracted 177 men's entries and 117 women's entries from 20 states, the District of Columbia, and Puerto Rico. There were also entrants from Australia, listed in a separate international class. The outstanding performance was Tom Daintry's 9,552 meters in the men's 75-79 category. "Meet" records went to Walker, Ruquist, Mimm, Daintry, McGeever, Kash, Nedelco, Leff, and Henry, as well as Australians Heather McDonald (40-44, 10,908 and Joan Hooper (50-54, 10,410).

MANY, MANY RACES, IN AND OUT OF DOORS

Sat. Mar. 10 5 Km, Atlanta (H)
10 and 20 Km, Coconut Creek, Florida, 7 am (S)

Sun. Mar. 11 Western Zonal 20 Km Championship, Long Beach, Cal. (B)
1 Mile, New Haven, Conn. (A)

Sat. Mar. 17 5 Km, Albuquerque, NM (N)
20 Km, Tacoma, Wash. (C)

Sun. Mar. 18 5 Km, Atlanta, 10 am (H)
National Invitational 20 km and Women's 10 Km, Washington, DC (I)

Sat. Mar. 24 5 Km, Denver (F)
5 Km, Atlanta, 9 am (H)
Republic of Texas 5 Km, Austin, 9:30 am (U) (Also clinics with Don and Debbi Lawrence)

Sat. Mar. 31 National TAC Masters Indoor 3 Km, Madison Wis. (J)
15 Km, Columbia, Missouri, 9 am (M)
North American Masters 5 Km, Tampa, Florida, 10:30 am (P)
5 Km, Goldsboro, NC (G)
10 Km, Atlanta, 8:40 am (H)

Sun. Apr. 1 7 Mile, Atlanta (H)
5 Km, Redlands, Cal., 7:45 am (B)
15 Km, Carmel, Cal. (Q)
5 Mile, Bridgeport, Conn., 9 am (A)
5, 20, and 50 Miles, Columbus, Ohio, 7, 8, and 11 am, (K)
20 Km, Denver (F)

Thur. Apr. 5 2.8 Mile, Seattle, 6 pm (C)

Sat. Apr. 7 TAC Women's 10 Km Zonal and South Section Championship, Atlanta, also 5 Km Open (H)
New Mexico 10 Km Championships, Albuquerque (N)
10 Km, Seattle (C)
5 Km, Carmel, Cal. 9 am (Q)

- Sun. Apr. 8 **National TAC 50 Km and Junior 20 Km, Atlanta (H)**
 Jack Mortland Invitation 20 Km, Women's 10 Km,
 Columbus, Ohio (K)
- Sat. Apr. 14 Missouri Cup 50 Km, Columbia, Missouri, 7 am (M)
 5 Km, New Haven, Conn. (A)
 5 Mile, Stone Mountain, Georgia, 9:00 am (H)
- Sun. Apr. 15 5 Km, Denver (F)
- Sat. Apr. 21 10 Km, Columbia, Missouri, 8 am (M)
 10 Km, Thomasville, Georgia, 8 am (H)
 5 and 10 Km, Aurora, Colorado (F)
- Sun. Apr. 22 Mt. SAC Relays 10 Km, Walnut, Cal., 8 am (B)
- Sat. Apr. 28 Junior 5 Km, Raleigh, NC (G)
 Penn Relays 5 Km Men and Women, Philadelphia (R)
- Sun. Apr. 29 5 Km, Bayside, NY, 9:30 am (T)
- Fri. May 4 Southeast Masters 5 Km, Raleigh, NC (O)
- Sun. May 6 **National TAC Women's 20 Km and Southeastern Masters**
20 Km, Raleigh, NC (O)
 Long Beach Marathon, 7:30 am (B)
 5 Km, Douglas County, Colorado (F)

Throughout the year: Shore AC National Postal 1 Hour. Contact Gerald Kass, 18
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 U--Republic of Texas RW, P. O. Box 7948, Austin, TX 78764
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From Heel to Toe

A clinic for racewalk officials is scheduled for Columbus the day before the Jack Mortland Invitational walks. Mike McGuire, an experienced TAC official and racewalk specialist, will be teaching TAC officials how to recognize a violation of racewalking rules and how to pursue certification as Association level racewalk officials. Attendees who are not already certified racewalk officials will be invited to serve as apprentices at the Invitational the next morning. The clinic

will be held at Whetstone Park, the race site, from 4 to 6 pm on Saturday, April 7. Contact race director John White for further information. . . Another correction to our annual lists, published in the December issue. In the women's 10 Km, JoAnn Nedelco did 52:59 in late December, moving her up three spots to 18th on the list. We had her best at 53:09. . . From Bob Jordan in Iowa City, replying to an item in last month's *From Heel to Toe* column: "I'm not quite sure what Mr. John Allen meant in the January 1990 *From Heel to Toe* concerning 50- and 80-year olds and their knees. But had the editor at *National Masters News* not butchered my original letter, readers such as Mr. Allen might have discovered I have had a few years' experience as a racewalker, albeit at a non-elite level (and whether my current weigh of 14 stone at 8 percent body fat is the compelling reason behind my non-elite "career" is open to debate--I just thought I was slow because I wasn't fast). If Mr. Allen wishes to denigrate himself by calling me an idiot, ore even a slow-footed idiot, he may. Others have called me worse--some even had the courage to call me things to my face. But I take umbrage at his categorizing me as a non-walker. And insofar as "rules are rules" as you so succinctly put it, I guess I am also one of Mr. Allen's "hard and fast abusers of authority." I currently serve the sport of track and field as a referee/starter from the junior high school through NCAA Division I levels. And every year, I purchase rule books for every level and gender I officiate (Iowa has separate boys and girls high school athletic organizations and rules). Though having been labeled an idiot, I actually am able to read those several rule books (including TAC rules on racewalking under which I compete). If you speak to any of the scores of junior high, high school, and college coaches with whom I have come in contact over the years, you might get varying opinions on whether or not I am a good referee/starter (or abuser of authority, if you prefer). But in all sports, officials have one common duty--to call them as they see them (i.e., make no phantom calls) **under the rules as they are written**. And an official is derelict if she/he does not call an infraction that is clearly seen. That includes creeping (bent knees) or lifting. If Mr. Allen or others wish to change or delete the current rules of racewalking for whatever reason (or establish fluctuant rules for different levels of age or decrepitude), then let them do their homework and get the rules changed. But pardon me if I continue to walk and officiate within the rules as they are now written. (Ed. If I may, let me try to clarify Mr. Allen's position. John is one of our most outspoken critics of what he sees as judges willingness to let elite walkers fly through races several inches off the ground, and he likes to use his camera--which he is skillful with--to back him up. Matter of fact, he tends to get very emotional about this, often dealing in particularly personalities, so that I have avoided publishing much of what he sends me--much to John's chagrin, because he is truly dedicated to what he believes--fearing a bomb in my next mail or something similar from a libeled reader. I do use lots of his pictures, and not just the ones of flyers. Anyway, John's point (I think) is that if we are going to ignore one half of the rule and let gold medalists and record setters float to their wins when they could walk legally if they had to, why penalize older people whose physical status won't let them fully straighten a knee or both knees. John will let me know if I have not interpreted correctly for him.). . . I missed a few names in listing members of the racewalk community assigned as coaches or managers to International teams over the next couple of years, so let me give you the complete list here: Rich Torrellas, assistant manager, women, 1992 Olympic Games; Dean Ingram, assistant manager, men, 1991 Pan American Games; Lori Maynard, assistant manager, women, Goodwill Games; Elliott Denman, assistant manager men, Goodwill Games; Bruce Douglass, head manager, men, USA/CB/Kenya meet; and Gwen Robertson, manager, West women, 1990 Olympic Festival. . . There are three opportunities for international

competition in 1990. The Goodwill Games includes a 10 Km walk for women and a 20 Km for men, both on the track, with two US walkers in each. The Pan American Cup has a women's 10 Km and men's 20 and 50 km. The U.S. will send five athletes in each event. The Canadian dual meet team will include six athletes in each of those events, plus five juniors in both the women's 5 km and men's 10 km.

The State of U.S. Racewalking

Bruce Douglass
National Racewalking Chairman

(As reported at National Convention) The state of U.S. racewalking is a good news-bad news situation. While progress has been made over the past year and past decade, there is still a long way to go before coming line with the international scene. On the good news side, U.S. racewalkers continue to improve many of our American records and more senior national team athletes got international experience than ever before. Over 90 percent of our 1989 goals were met and we made a huge dent into the accomplishment of the four year goals, forcing us to rethink our plans for the next four year. There are more youth participating in walking events throughout the country and the quality of those young walkers is improving. Last year, the racewalking committee held two very successful science/education camps at the Olympic Training Center. They were well received by the athletes and USOTC staff. Many successful event have been held throughout the country during the last year. Trials races for the World Cup, the Olympic Festival, Nationals with Track and Field meet, and the Alongi Invitational produced many good results along with the successes of our athletes in international competition. Finally, we've made progress into the NAIA colleges as well as the NCAA.

On the side of the not-so-great news, racewalking is still not a high visibility event. It is gaining in popularity with the fitness walking boom, but not so are we reaping the rewards of large numbers of competitive senior walkers. Our pool of athletes on the senior level is still very thin, going even 25 deep is a problem. There is no feeder system to add large numbers of athletes to the present group. Finally, a majority of our present athletes have limited contact with a coach on a regular basis, thus they are essentially self-trained.

The emphasis is to change some of the bad news to good news through our national program. The camps were restructured last year to provide a cohesive system to each. They are no longer held with large blocks of free time for the athletes. The design is to provide a shorter duration, high intensity learning experience for coaches and athletes covering training, periodization, psychology, physiology, and mechanics. These should give the athletes who train themselves the skill to do so and coaches the skill to produce better walkers. Increasing the emphasis on our youth program to increase the numbers and prevent the graduating youth from slipping through the cracks should increase the number of senior athletes. Our continuing "attack" on the College scene with the NAIA program, work with NCAA conferences, elementary and high school program across the country, and the association clubs will only serve to increase the pool of athletes. Working closer with the track and field groups will aid our progress as we are but three events within the whole Olympic program. The walking community can no longer afford to maintain an isolationist attitude to our sport. Finally, getting the word out through the media, our own newsletter, and the print media will increase the visibility of the sport and attract more walkers.

In conclusion, United States racewalking is making progress, but slower than we need to make a big thrust into international scene. We should be very happy with the progress we've made over the last year, as well as the last decade, but cannot allow that success to blind us to the giant steps that must be taken to improve the international condition of US racewalking.

IMPORTANT WALKING FACTS

The Rockport Walking Institute has developed the following facts about walking and its benefits for those who are wise enough to do it regularly.

1. Walking is the #1 participant sport in America. A recent survey by the President's Commission on Americans Outdoors showed 77 million American walk for fitness.
2. Walking is a healthy, natural function of the human body. Because of the structure, shape, and flexibility of the spine, the body is better suited for walking than for sitting, standing, or running.
3. Fitness walking is more than just walking for fitness. Simply defined, fitness walking is walking at a brisk enough pace to maintain your heart rate in the target training zone. Fitness walking is the cornerstone of a total approach to personal fitness that uses walking as the major exercise, but also includes improving strength and flexibility, paying attention to diet and reducing stress. With fitness walking, the goal is to develop a training program that will strengthen your heart. There isn't any magical overall fitness formula that is right for everyone: it's all tailored to the individual's ability and level of fitness. And fitness walking is virtually an injury-free exercise, with a very low participant drop-out rate.
4. Walking speeds vary greatly. For a person in reasonably good health, a normal walking pace is somewhere between 3 and 3.5 miles per hour. 3.75 to 4 mph is considered a brisk pace, although much faster speeds are easily attained by well-conditioned racewalkers. For most people, anything slower than 3 mph is slow.
5. Regular walking can help you lose weight. Fitness walking is an excellent adjunct to an overall program to lose weight. While walking burns fewer calories than running does for time expended (unless you are racewalking), it still is the preferred exercise for most individuals who seek to lose weight. This is because walking is ideal for a consistent program and consistency is what counts in an overall lifetime weight management program.
6. Walking produces a variety of important health benefits. Walking improves cardiovascular efficiency, may lower blood pressure, relieves stress, reduces body fat, strengthens leg and abdominal muscles, and may improve the quality of sleep. Moreover, biomechanical studies have demonstrated that the foot lands with only 1 1/2 times the body weight, whereas it exceeds 3 times the body weight in running. Thus, walking poses much less risk of orthopedic injury. Walking is truly an ideal sport for consistent, life-long aerobic activity conditioning.

7. Fitness walking is especially beneficial to the cardiovascular system. Expending 2,000 calories per week in vigorous exercise, a fitness walking program can significantly reduce the risk of heart attack. Indeed, fitness walking is frequently incorporated into a comprehensive cardiac rehabilitation program. AND by walking briskly three times a week for 30 minutes, virtually anyone can increase cardiovascular fitness by 8 to 15 percent.

8. Walking improves both muscle tone and strength. Walking tones and strengthens calves, thighs, ankles, and feet, as well as arms, shoulders, abdomen, hips, and buttocks. Edward Payson Weston, the world's premier walker in the 19th century and the "Father of Pedestrianism", wrote that walking was "like a perfect massage; it will ease and relax the muscles. But, unlike massage, it will also strengthen them."

9. Walking is inexpensive. The only equipment needed for proper walking is a pair of comfortable, well cushioned shoes that offer proper heel and arch support.

10. Walking is the oldest exercise known to humans, but until now one of the least studied. Walking has been around about as long as the human species, and it has always been the main form of transportation; but only now, when the health and mental benefits of walking are finally becoming apparent, has there been a concerted scientific effort to study walking. Today, there are more than 1000 walking clubs in the U.S. alone, plus dozens of exercise physiology labs and programs.

LOOKING BACK

20 Years Ago (From the Jan. and Feb. 1970 ORWs)--Dave Romansky blasted the wintry blasts in an Asbury Park, NJ 10 miler to win in 1:12:57. He also won indoor miles at various sites in 6:13, 6:23, and 6:30. . In the National Indoor Mile, Romansky whipped Ron Laird 6:14 to 6:19.7. Ron Kulik was third in 6:20.5, Steve Hayden fourth in 6:22.5, Larry Walker fifth in 6:23.7 (note that Larry, now an old man, was 3.5 seconds faster in the recent LA Times meet), and Floyd Godwin sixth in 6:29, just 0.1 ahead of Ron Daniel. . Laird and Godwin flew into Columbus the next morning and hooked up in a hot 3 mile that afternoon at the OSU Invitational. Laird just won in an American record 20:48 with Floyd a second back. Your old editor (then a spry 35) managed a 22:05, but couldn't avoid being lapped on the 220 yard track. The next day, the traveling pair hit Denver for a 15 Km. . Romansky also had a 6:16 mile in Baltimore and an American record 5:50.2 for 1500 meters in New York. . Laird was named the recipient of the 1969 Ron Zinn Award as the outstanding walker in the U.S., the fifth time he captured the award in its nine-year existence.

15 Years Ago (From the Jan. and Feb. 1975 ORWs)--Laird had the fast time in the Rose Bowl 10 Mile Handicap with 1:12:26. . Jack Mortland won the first (and last) annual Mortland-Turns-Master 10 miler on the track in Worthington in 1:23:12. . Ron Daniel walked off with the National Indoor 2 Mile (eventually it stretched out to today's 5 Km) in 13:36.8 with Ron Laird and Larry Walker both less than a second behind in a blanket finish. Ron Kulik, Todd Scully, and Dave

Romansky followed closely (13:43 for Romansky). . The Women's 1 Mile title

went to Sue Brodock in 7:22.5, 3 seconds ahead of her sister Linda and Ester Marquez. . Bob Henderson captured the OSU Invitational 3 mile in 21:52. In the 5-year interval, your editor slowed to 23:17. (He has now slowed to the 28-29 minute range). . Henderson also posted a 45:24 for 10 Km in Champaign, Illinois the next afternoon, after riding all night in the Mortland car (and also competing in the National 2 Mile in New York the night before the Columbus race). Young Jim Heiring showed his potential at Champaign with a 47:35. Your editor occupied third in 50:07. . Sue Brodock had a world's best of 7:15.2 for 1 Mile in Los Angeles and then bettered that with a 7:13.9. . Vladimir Golubnichiy, nearing age 40, won the 3 Mile in the US-USSR indoor dual in a world's best 19:46.2. Veniamin Soldatenko nosed out Ron Laird for second, 20:24.8 to 20:27.6.

5 Years Ago (From the Feb. 1980 ORW)--Marcel Jobin, of Canada, won a 1 Mile race in the Houston Astrodome in a blazing 5:54.6, a North American best. . Two weeks earlier, Jim Heiring had done 5:57.5 in LA. In that same LA meet, Sue Brodock recorded a women's world's best of 6:58.1. . Jeff Ellis, U. of Wisconsin-Stevens Point, won the NAIA 2 Mile in 13:53.4, with Mel McGinnis second. . Chris Hansen did 5 Km indoors in 21:28 in Racine, Wis. . The day after his fast mile, Jobin won a 50 Km in 4:01:34, also in Houston. .

5 Years Ago (From the Feb. 1985 ORW)--U.S. Indoor Titles went to Jim Heiring at 2 miles in 12:07.5 and Teresa Vaill at 1 Mile in 6:58.6. Tim Lewis was nearly 20 seconds back of Heiring, with Gary Morgan third and Tom Edwards fourth. Maryanne Torrellas trailed Vaill by 5 seconds, with Ester Lopez on her heels. Carol Brown and Susan Liers were fourth and fifth. . The World Indoor 5 Km title went to France's Gerard Lelievre in 19:06.22. Maruzio Damilano, Italy, was second in 19:11.41, Australia's Dave Smith third in 19:16.04, and Czechoslovakia's Z Roman Mrazek fourth in 19:39.73. Jim Heiring set an American record 20:11.69 in sixth. . Italy's Giulian Salce won the women's 3 Km World Title in 12:53.42. Canada's Ann Peel was third in 13:06.97. . Tom Edwards won the TAC National Indoor 3 Km in 11:47.7, beating Gary Morgan (11:55.9, Tim Lewis (11:56.7), and Ray Funkhouser (11:59.3).

THE WORLD RECORDS

THE COMPILER:
EGON RASMUSSEN,
Eisingvej 12, I t.h.,
2730 Herlev,
Denmark



WORLD BEST PERFORMANCES:

20000 m:	1:18.39,9	Ernesto Canto
30000 m:	2:07.59,8	Jose Marin
50000 m:	3:41.38,4	Raul Gonzalez
2 hours:	28.165m	Jose Marin

1500 m:	5.19,1	David Smith
3000 m:	10.56.34	Roman Mrazek
5000 m:	18.28.80	Roman Mrazek
10000 m:	38.02.60	Josef Pribilinec
15000 m:	58.22.4	Josef Pribilinec
25000 m:	1:44.54,0	Maurizio Damilano
35000 m:	2:33.25,0	Raul Gonzalez
40000 m:	2:55.54,0	Raul Gonzalez

100000 m:	9:16.32,3	Marie Frederic
200000 m:	22:16.40,0	Hew Neileon

TRACK RACE WALKING, MEN:

MEX	Fana,	5 May 84
ESP	Barcelona	8 Apr 79
MEX	Fana	25 May 79
ESP	Barcelona	8 Apr 79

AUS	Melbourne	7 Feb 81
CS	Bratislava	14 Jun 89
CS	Bratislava	14 Jun 89
CS	B. Bystrica	10 Aug 85
CS	Hildesheim	6 Sep 86
ITA	S. Donato Milano	5 May 85
MEX	Fana	2 May 80
MEX	Fana	2 May 80

FRA	Etrecty	19 Apr 87
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1 hour:	15.447 m	Josef Fribilinet	CS	Hildesheim	6 Sep 86
12 hours:	118.921 m	Ted Richardson	UK	Woodford	16 Oct 38
24 hours:	214.064 m	Hew Neilson	UK	Walton o.T.	14-15 Oct 60
1 mile:	5.44.0	Massimo Fizialetti	ITA	Ostia	16 May 88
2 miles:	11.47.02	Giovanni De Benedictis	ITA	Siderno	29 Oct 89

WORLD BEST PERFORMANCES:

ROAD RACE WALKING / MEN:

10 km:	38.34	Valdas Kazlauskas	SU	Hildesheim	10 Jun 89
15 km:	58.46	Ernesto Canto	MEX	New York	3 May 87
20 km:	1:18.54	Yevgeni Misjulja	SU	Soci	19 Feb 89
25 km:	1:42.14	Andrei Perlov	SU	Soci	19 Feb 89
30 km:	2:02.41	Andrei Perlov	SU	Soci	19 Feb 89
35 km:	2:30.43	Raul Gonzalez	MEX	Eschborn	30 Sep 79
40 km:	2:53.59	Andrei Perlov	SU	Leningrad	5 Aug 89
50 km:	3:37.41	Andrei Perlov	SU	Leningrad	5 Aug 89
100 km:	8:53.30	Francois Charcellay	FRA	Bourges	11 Oct 87
200 km:	19:55.07	Zbigniew Klaps	POL	Chapelle	22-23 Oct 83
100 miles:	16:25.00	Gilbert Roger	FRA	Lyon	22-23 Oct 50
12 hours:	120.810m	Florimond Cornet	FRA	Le Mans	31 Jul 38
24 hours:	228.930m	Josac Castaneda	USA	Albuquerque	18-19 Sep 76

INDOOR:

RACE WALKING MEN:

1500 m:	5.13.53	Tim Lewis
5000 m:	10.54.61	Carlo Mattioli
10000 m:	38.31.4	Werner Meyer
15000 m:	160.03.9	Valdas Kazlauskas
20000 m:	120.40.0	Ronald weigel
1 hour:	14.906 m	Hartwig Gauder
5000 m:	18.27.10	Mikhail Stchennikov
1 mile:	5.33.53	Tim Lewis
2 miles:	12.05.94	Jim Heiring

WORLD BEST PERFORMANCES:

USA 62	E.Rutherford, NJ	13 Feb 80
ITA 54	Milano	6 Feb 80
GDR 56	Berlin	12 Jan 80
SU 58	Kaunas	24 Jan 80
GDR 59	Senftenberg	27 Jan 80
GDR 54	Berlin	8 Feb 80
SU 67	Budapest	5 Mar 80
USA 62	New York	5 Feb 80
USA 55	New York	28 Feb 80

TRACK RACE WALKING:

WOMEN:

1500 m:	6.03.3	Kerry Saxby	AUS	Sydney	23 Nov 85
3000 m:	12.09.91	Sada Sidikite	SU	Lapinlahti	25 Jun 89
15000 m:	1:15.37.9	Ann Jansson	SWE	Stockholm	25 Oct 87
20000 m:	1:41.33.9	Ann Jansson	SWE	Stockholm	25 Oct 87
25000 m:	2:22.04.4	Lucyna Rokitoeska	POL	Zabrze	9 Oct 83
30000 m:	2:56.36.0	Cinzia Ghianda	ITA	Limbiato	18 Oct 86
35000 m:	3:33.35.4	Zofia Turosz	POL	warszawa	12 Oct 85
40000 m:	4:06.21.8	Zofia Turosz	POL	warszawa	12 Oct 85
50000 m:	5:13.49.8	Zofia Turosz	POL	warszawa	12 Oct 85
100000 m:	11:58.20.0	Beverly LaVeck	USA	Arlington	5 Dec 83
200000 m:	29:23.54.0	Ann Sayer	UK	Nottingham	11-12 Apr 82

1 mile:	6.40.76	Ileana Salvador	ITA	Sestriere	12 Aug 89
2 mile:	13.23.04	Ileana Salvador	ITA	Verona	12 Sep 89
100 miles:	21:42.14.0	Beverly LaVeck	USA	Chula Vista	20-21 Nov 82
1 hour:	12.644 m	Giuliana Salce	ITA	Ostia	25 Apr 86
2 hours:	22.239 m	Jana Zarubova	CS	Praha	12 Oct 85
5 hours:	30.393 m	Lucyna Rokitoeska	POL	Zabrze	9 Oct 83
24 hours:	186.731 m	Ann Sayer	UK	Manchester	20-21 Jun 82
5000 m:	20.27.59	Salvador Ileana	ITA	Trento	3 Jun 89
	20.32.75	Kerry Saxby	AUS	Sudney	8 Feb 89
10000 m:	42.39.2	Ileana Salvador	ITA	Roma	17 Jun 89
5000 m:	21.13.16	Qui Jang-zi	CHN	Jinan	30 Oct 88
Junior:					

WORLD BEST PERFORMANCES:

Junior

5000 m:	12.59.1	Wang Yan	CHN	Beijing	29 Mar 86
10000 m:	44.26.7	Jin Bingjie	CHN	Xinglong	31 Mar 87
10 km:	43.45	Jin Bingjie	CHN	New York	3 May 87

WORLD BEST PERFORMANCES:

ROAD RACE WALKING:

WOMEN:

5 km:	20.25	Kerry Saxby	AUS	Hildesheim	10 Jun 89
10 km:	41.30	Kerry Saxby	AUS	Canberra	27 Aug 88
15 km:	1:09.33	Kerry Saxby	AUS	Canberra	13 Jul 85
20 km:	1:29.40	Kerry Saxby	AUS	Varnamo	13 May 88
25 km:	2:12.38	Sue Cook	AUS	Canberra	20 Jun 81
30 km:	2:44.23	Jana Zarubova	CS	Prerov	25 Jun 89
35 km:	3:22.17	Susan Liers	USA	Monmouth, NJ	26 Sep 82
40 km:	3:39.43	Ann Jansson	SWE	New York	27 Oct 85
50 km:	5:01.52	Lillian Millem	UK	York	16 Apr 83
100 km:	10:57.50	Annie v.d.Meer	NET	Rouen	10 May 86
200 km:	22:36.46	Annie v.d.Meer	NET	Rouen	10-11 May 86
100 miles:	18.06.10	Annie v.d.Meer	NET	Rouen	10-11 May 86
24 hour:	211.250m	Annie v.d.Meer	NET	Rouen	10-11 May 86

RACE WALKING WOMEN:

1500 m:	6.01.16	Maryanne Torrellas
5000 m:	21.44.52	Giuliana Salce
10000 m:	45.26.47	Irina Sumak Tolstik
3000 m:	12.01.65	Kerry Saxby
1 mile:	6.28.46	Giuliana Salce
2 miles:	14.02.22	Giuliana Salce



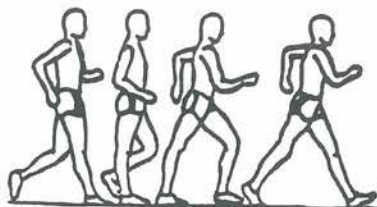
INDOOR:

USA 58	E.Rutherford, NJ	14 Feb 87
ITA 55	Torino	20 Feb 86
SU 65	Minsk	4 Mar 88
AUS 61	Budapest	4 Mar 89
ITA 55	Genova	16 Feb 85
ITA 55	Genova	21 Jan 87

Shore
Athletic
Club



1 - Hour Postal Racewalk 1990



JANUARY 1, 1990 to DECEMBER 31, 1990.

The One-Hour Postal Walk is a country-wide racewalk where everyone can compete without traveling to a central location. You will be pitting your best walking performance for one hour against those within your division and see how you rank nationally for the year!

DIVISIONS:

OPEN - Men and women of all ages.

MASTERS - Men and Women: Five year age groups from 40-44 to 85 and up.

JUNIORS - Men and Women: 10-and-under, 11-14, 15-19.

INTERNATIONAL - As above.

AWARDS:

Special individual Racewalking medals to first three in each division. Special Team Racewalking medals to first three teams (of three walkers) in Men's and Women's Open, Masters (by 10-year age groups) and Junior divisions. Also, medals to three most improved men and women. Ribbons to all participants.

REGISTRATION:

Six dollars for each individual entry. No added team fee.

Make checks payable to Shore AC and mail with completed entry form to:

Gerald Kass
One-Hour Postal Racewalk Coordinator
18 Rutland Place
Eatontown, N.J. 07724
(201) 542-1779

PERFORMANCES:

Must be on a certified track of 400 meters or 440 yards.

Road courses are not accepted.

Performances may be submitted either in total meters or total miles and yards, on the lap sheet on the reverse.

Cumulative lap times must be shown.

A minimum of two judges is required.

All information on lap sheet (on back) must be supplied.

All entry forms must be received by January 16, 1991.

NOTES:

This is a country-wide racewalk open to all, and now includes an International Division. 1989 was the biggest and best One-Hour Postal Walk ever held and every walker in the USA is invited to take part in this growing competition and earn a national ranking!

Full results will be mailed out to every walker who enters, by February 1, 1991. 1989 results are available upon request with an addressed, stamped envelope.

GOOD LUCK AND GOOD WALKING!

JACK MORTLAND RACEWALK INVITATIONAL MIDEAST REGIONAL TAC CHAMPIONSHIPS Men - 20 Km, Women - 10 Km, Youth - 2.5/5 Km Columbus, Ohio, April 8, 1990

DATE: Sunday, April 8, 1990

HOST: Wolfpack Track Club, Columbus, Ohio

PLACE: Whetstone Park near the main parking lot. Enter the park at Hollenback from N High St, US 23 in NW Columbus. Three miles north of OSU campus.

PROGRAM: An officiated women-racewalkers 10-km-race starting at 8:00 a.m.
An officiated girl-racewalkers 2.5/5-km-race at 8:00 a.m.
An officiated men-racewalkers 20-km-race starting at 9:30 a.m.
An officiated boy-racewalkers 2.5/5-km-race at 9:30 a.m.
A fun 5-km racewalk for all ages starting at 11:45 a.m.

SANCTION: Ohio Athletics Congress - event subject to TAC drug testing program

CERTIFIED COURSE: 2.5-km out-and-back loop on a riverside bikepath[OH88012PR]

ELIGIBILITY: All participants must have a 1990 TAC/USA Membership Number; sign up with your home TAC Association or purchase at the race. (only TAC member clubs may enter the team competition; funwalk participants do not have to be TAC members but must register)

T-SHIRTS: Entrants will receive a Jack Mortland RW or 1989 Partridge Riverwalk T-shirt on a first come-first served basis.

INDIVIDUAL AGE GROUPS: Youth 2.5 km - 7-10, 11-12; 5 km - 13-14, 15-16, 17-18
Adults 19&U, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc

INDIVIDUAL AWARDS: TAC medals to the top three racewalkers per age group; Special Awards for the Open Champions; funwalkers and other finishers will receive a Victory medal.

TEAMS: Best 3 of 5 athletes TEAM AWARDS: Award to each first place team

TEAM CATEGORIES: Open Women, Open Men

TEAM ROSTERS: identify on race day TEAM SCORING: aggregate time of athletes

ENTRY FEE: \$6.00 before 4/5/89; \$8.00 on race day; no phone entries

REGISTRATION: Opens at 7:00 a.m. RESULTS: mailed to all entrants

MAKE CHECKS PAYABLE TO: John White, Wolfpack Track Club

RACE DIRECTOR: John White, 4865 Arthur Place, Columbus, Ohio 43220-3102
day: (614) 424-7011 evening: (614) 459-2547

SPECIAL NOTICE FOR OPEN RACEWALKERS

The 1990 edition of the Jack Mortland Racewalk Invitational will be sponsored by the host Wolfpack Track Club. The following table explains the amounts offered at this year's event. Transportation allowances and appearance fees are not available.

PRIZE MONEY - 20 KM OPEN MEN: 1st - \$100, 2nd - \$50, 3rd - \$25

PRIZE MONEY - 10 KM OPEN WOMEN: 1st - \$100, 2nd - \$50, 3rd - \$25

(Prize money to be sent after race day and will remain the property of the host club.)