

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XXVI, NUMBER 1

COLUMBUS, OHIO

MARCH 1990

RESULTS

US--Great Britain--USSR Indoor T&F Meet, Cosford, England, March 18: 5 Km Walk: 1. Mikhail Schennikov, USSR 19:45.28 2. Igor Plotnikov, USSR 19:48.71 3. Andy Drake, GB 19:57.72 4. Dave McGovern, US 20:57.68 Eastern Masters TAC Indoor 3 Km, Fairleigh Dickinson U., March 18--1. Gary Null (45) 13:22 2. Lee Santeford, (44) 16:26 Women: 1. Julie Ratner (43) 15:34 2. Diane Cetu? (42) 17:28 3. Jodi Blanchard (33) 18:28 (reportedly some serious problems with lap counting with this one, largely because of too many walkers together on a short track.) Metropolitan Indoor Women's 1500 meters, West Point, NY, Feb. 18--1. Desiree McCalley 7:15.38 2. Susan Westerfield 7:16.69 3. Debbie Scott 8:21.47 High School 1500, Farmingdale, N.Y., Feb. 17--1. Desiree McCalley 7:28.8 2. Kelly Nartonwicz 7:36.7 3. Roselle Safran 7:40.3 4. Melissa Baker 7:53.4 5. Lisa Mills 8:04.7 6. Melissa Giattino 8:06.7 7. Hennifer Burnett 8:07.7 8. Diane Sullivan 8:15.4 Boy's 1600 meters, same place--1. Paul Tavares 6:38.0 2. Runn Ficke 6:48.1 3. Tim Seaman 6:48.7 4. Andy Lee 6:55.4 5. Bill Meisanzahl 6:55.7 6. John O'Neill 7:14.9 7. Pete Scharaglass 7:15.3 8. James Spahr 7:30.0 National Scholastic Indoor Championships, Syracuse, New York, March 11: Girl's 1 Mile--1. Gretchen Eastler, Farmington, Maine 7:23.84 2. Ruth Talbot, Quebec 7:43.69 3. Ali DeWitt, Kenosha, Wis. 8:01.64 4. Desiree McCalley, Brentwood, NY 8:01.68 5. Kelly Nartowicz, Centereach, NY 8:17.73 6. Chris Mech, Spencerport, NY 8:19.93 7. Roselle Safran, Brentwood, NY 8:20.06 8. Jennifer Frost, Niskayana, NY 8:24.24 9. Melissa Baker, Shoreham, NY 8:30.18 10. Kari Lyberg, Smithtown, NY 8:32.41 11. Kara McGeever, Lake Ronkonkoma, NY 8:33.57 (20 finishers) Boy's 1 Mile--1. Paul Tavares, Ronkonkoma, NY 6:30.39 2. James Kilburn, Ontario 6:36.95 3. Jeff Cassin, Ontario 6:38.45 4. Tim Seaman, North Babylon, NY 6:47.58 5. William Meisenzahl, Middle Island, NY 7:00.58 6. Andy Lee, Brentwood, NY 7:02.48 7. James Spahr, Smithtown, NY 7:13.26 8. John O'Neil, Sound Beach, NY 7:23.79 9. Quentin Cunningham, Brooklyn, NY 7:33.16 10. Adam Tannus, Smithtown, NY 8:38.85 5 Mile, New York City, March--1. Mark Bagen 38:30 2. Gary Null 39:10 3. Nick Mbera 43:52 20 Km, Bethesda, Maryland, March 4--1. Steve Pecinovsky 1:36:54 (47:02) 2. Bill Norton (40) 1:50:33 3. Curt Sheller 1:52:36 4. James Lemert (54) 2:00:48 5. Mitch Segal 2:06:07 (12 finishers) Women: 1. Beth Alvarez 2:21:11 (4 finishers) Indoor 3 Km (or 2 Mile, not indicated on results), Arlington, Virginia, Feb. 25--1. Jim Lemert 17:24 2. Joe Guy 17:51 3. Victor Litwinski 17:52 4. Ron Clarke 17:58 5. Scott Bentley 19:51 6. Alison Zabrenski (11) 20:09 (16 finishers) 50 Km, Durham, NC, Feb. 25--1. Ray McKinnis (50) 5:50:31 (3:56:27 at 40 bettered American record for age 50-54, as did his 1:54:53 at 20 and 2:53:29 at 30. He rested for nearly after 40 before finishing) 1 Hour, same place--1. Andrew Briggs 10,216 meters 2. Bob Robvertson 9131 (10 finishers) Women's 20 Km, same place--1. Kathy Donley (36) 2:06:05 Men's 20 Km, same place--1. Curt Clausen 1:33:58 2. Bhag-Singh Sidhu (60) 2:13:44 Midwest Masters Indoor 3 Km, Cincinnati, Feb. 18: 1. Gene Harrison (35) 16:53.0 2. Charles Deuser (first 55-60) 3. Kendrick Sanders 18:09.6

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.



Australia's No. 1 ranked duo--Kerry Saxby (10 Km) and Simon Baker (50 Km). SPORTSFOTO by John Allen.

(1st 45-49) 4. Bill Peet 18:33.9 (1st 60-65) 5. Paul Hamilton (45-49) 19:56.8 . . . Bob Gardewig 23:00 (1st 65-69) . . . Hugh Yeomans 21:32.2 (1st 70-74) . . . Byron Fike 23:05 (1st over 80) Women: 1. Gayle Johnson (40) 14:50.2 2. Cathi Sullivan 18:45.7 (40-44) 3. Susan Eppley 20:55.6 (40-44) 4. Mary Corley 21:04.1 (1st 50-54) . . . Carolyn Peet 22:29.8 (1st over 60) **Ohio TAC Indoor Championships 3 Km, Columbus, March 4:** 1. J. Shreeves 18:11.2 (1st 45-49) 2. Jim Spitzer 18:42 (1st 55-59) 3. V. Peters 19:02.7 (1st 35-39) 4. J. Bailey 19:05.2 (1st 30-34) 5. Jack Shuter 18L23.3 (1st 60-64) . . . Hugh Yeomans 21:23.9 (1st 70-74) Women--1. D. Bushong 17:59.0 (1st Young Women) 2. Kathleen Kenney 21:25 (1st 30-34) 3. L. Sampson 23:26.7 (1st 60-64) **Indoor 2 Mile, Warren, Mich., Feb. 24--1.** Dan O'Brien 14:12 2. John Elwarner 15:01 (1st over 50) 3. Jeff Casson, Can. 15:31 4. Max Green 15:33 (1st over 55) 5. Terry McHoskey 16:07 6. Norm Browne 16:47 7. Gerald Bocci 17:58 8. Bob Campbell 18:10 Women: 1. Alicja Mosio, Poland 14:30 2. Zofia Wolan 15:03 **Bill Walker 3 Mile, Detroit, March 4--1.** Gary Morgan 20:26 2. Dan O'Brien 22:11 3. John Elwarner 23:15 4. Max Green 23:51 5. Terry McHoskey 24:52 6. Norm Browne 25:03 7. Wally Lubzik 27:03 8. Gerald Bocci 28:51 Women: 1. Alicja Mosio 22:02 2. Zofia Wolan 23:39 3. Jeanne Bocci 28:51 4. Roberta Boyle 29:58 **Midwest Masters, Sterling, Illinois, March 11:** 1500 meters--1. John Elwarner 7:12, Sterling Heights, Mich. (1st 50-54) 2. Dean Easterlund, East Moline, Ill. 7:21 (1st 40-44) 3. Don Mowles 7:38, Libertyville, Ill. (1st 45-49) 4. Frank Weibel, Ankeny, Ia. 8:16.71 (2nd 45-49) 5. LeRoy Reistroffer, Bellevue, Ia. 9:25 (1st 65-59)) 6. Porky Gadiant, Bettendorf, Ia. 9:25.62 (1st 50-54) 7. Bill Tallmadge, Berea, Ky. 9:30.76 (1st 70-75) 8. Robert Premo, Fairborn, Ohio 9:45 (2nd 50-54) Women's 1 Mile--1. Joyce Decker, Woodstock, Ill 9:42.52 (1st 55-59) 3 Km--1. Dean Easterlund 15:43 2. John Elwarner 15:45 3. Frank Weibel 17:25 4. LeRoy Reistroffer 19:27 5. Porky Gadiant 19:27 6. Robert Preno 20:36 **1 Km, Albuquerque, NM, Feb. 10--1.** Bentley Lyon 5:11.245 2. Joe Sutton 5:11.598 3. Fred Moore 5:15.084 4. Art Fuldauer 5:19 5. Jackie Kerby 5:23.333 6. Jim Spiller 5:29.26 (21 finishers) **1 Mile, Albuquerque, Feb. 17 (unjudged)--1.** Larry Martinez 7:34 2. Mataji Graham 8:11 3. Fred Moore 8:29 4. Joe Sutton 8:30 5. Jackie Kerby 8:51 6. Daniel Cooper (age 13) 9:29 **2.4 Miles, Albuquerque, Feb. 18--1.** Bentley Lyon (60) 23:19 2. Fred Moore 24:03 3. Joe Sutton 24:13 **10 Km, Los Angeles, Feb. 17--1.** Dana Marsh 48:21 2. Enrique Camarena 51:24 3. Wayne Wurzbarger (48) 55:06 4. Richard Oliver (53) 55:53 5. Art Grant 57:05 6. Bill Nader (50) 57:30 Women: 1. Cindy Perez 55:00 2. Angel Johnson 57:34 3. Jill Latham (53) 60:25 **5 Km, same place--1.** Jesus Orendain 28:41 2. Daniel Thompson 29:16 Women: 1. Cathy Mish 28:43 **1 Mile, Los Angeles, Feb. 4--1.** Allen James 6:46 2. Dana Marsh 7:00 3. Keith Ward (40) 7:35 4. Enrique Camarena 8:04 5. Wayne Wurzbarger (48) 8:10 6. Jesus Orendain (47) 8:22 7. Carl Warrell (40) 8:32 8. Dave Snyder (46) 8:39 9. Bill Nader (51) 8:46 10. Carl Acosta (56) 8:55. . . Joe Weston 9:13 (1st over 60) Women: 1. Sara Standley 7:10 2. Andrea Johnson 8:28 3. Virginia Scales (47) 8:355 4. Cathy Rehage 8:53 5. Donn Cunningham (43) 9:01 **5 Km, Los Angeles, Feb. 10--1.** Wayne Wurzbarger 26:16 2. Art Grant 27:07 3. Shlomo Leitner 29:01 4. Robbie Sturms 30:02 Women--1. Eleanor Alquire (56) 31:14 **10 Km, San Diego, Feb. 25--1.** Lizzy Kemp Salvato 53:37 **1500 meters, Eugene, Oregon, Feb. 2--1.** Steve Renard 6:18.6 2. Joe Lucas 6:30.9 3. Bob Korn 6:35.1 4. Ron Laird 7:32.1 Women--1. Mary Howell 6:59.73 Masters Men--1. Rob Korn 6:45.85 2. Ron Laird 7:27.88 (1st over 50) 3. Dave McNayr 7:59 **30 Km, Champeog, Oregon, Feb. 10--1.** Randy Jacobs 2:44:05 2. Ron Laird 3:28:31 **10 Km, same place--1.** Andrew Herman 50:35 2. Marvin Dunn 55:30 (1st Master) 3. John Hanan 59:20 (2nd Master) 4. Bob Brewer 59:37 (3rd Master) **2 Mile, Salem, Oregon, Jan. 7--1.** Bob Korn 14:03.5 2. Dave McNayr 19:09 3. Jim Bean 20:33 Women--1. Kerry Frost 19:35 2. Dr. Ester Sewell 20:32 **1 Mile, Salem, Oregon, Jan. 1--1.** Randy Jacobs

6:47.17 2. Philip Dunn 6:51.92 3. Andrew Herman 7:40.06 4. Marvin Dunn 8:06.73 5. Ron Laird 8:10 **Ontario Masters Indoor 3 Km, Toronto, March 10--1.** Jaan Roos (50-54) 15:02 2. Mike Freeman (45-49) 16:03 3. Sal Brancaccio (60-64) 16:33 4. Stuart Summerhays (55-59) 16:33 5. Len Weinstein (50-54) 17:21 6. Uno Limit (65-59) 17:47

Flash! National TAC Masters 3 Km, Madison, Wis., March 24: 1. Gary Null 13:49 Women: 1. Julie Ratner (full results next month)

FROM THE FOLLOWING LIST, SELECT RACES YOU WANT TO ATTEND

Sat. Apr. 14 Missouri Cup 50 Km, Columbia, Missouri, 7 am (M)
5 Mile, New Haven, Conn. (A)
5 Mile, Stone Mountain, Georgia, 9 am (H)
10 Km, New Orleans, Louisiana, 9 am (A)

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 Km, Dearborn Heights, Mich., 10 am (U)
3 Km, Mayfield, Ohio, 12:15 pm (D)
5 and 10 Km, Aurora, Colorado (F)
1 Mile, Albuquerque, NM, 8:30 am (N)

Sun. Apr. 22 Mt. SAC Relays 10 Km, Walnut, Calif., 8 am (B)
Gulf 10 Km, Championships, Houston, 8 am (I)

Sat. Apr. 28 Junior 5 Km, Raleigh, NC (G)
Penn Relays 5 Km, Philadelphia (R)
5 Km (track), Austin, Texas (P)
Julie Partridge Memorial 10 Km, San Francisco, 8 am (X)

Sun. Apr. 29 5 Km, Bayside, NY, 9:30 am (T)
3 Km, Phoenix, Ariz. (E)
10 Km, Highland Park, Illinois (W)
18 Mile, Albuquerque, 8 am (N)
2.8 Mile, Seattle, 6 pm (C)

Thu. May 3 Southeast Masters 5 Km, Raleigh, NC (O)

Fri. May 4 **National TAC Women's 20 Km and Southeast Masters 20 Km, Raleigh, NC (O)**

Sun. May 6 5 Km, Dearborn Heights, Michigan, 10 am (U)
5 Km, Worthington, Ohio, 10:30 am (Y)
5 Km, Kansas City, Missouri (V)
Long Beach Marathon, 7:30 am (B)
5 Km, Douglas County, Colorado (F)

Sat. May 12 **National TAC 5 Km, Bethany, Oklahoma (Z)**
5 Km, Denver (F)
10 Km, Columbia, Missouri, 8 am (M)

Sun. May 13 5 Km, Fresno, Cal. (B)
5 Mile, Denver (F)

Sat. May 19 5 and 10 Km, Atlanta area (H)
National TAC Jr. 3 Km Women, 5 Km Men, Dedham, Mass. (Q)
5 Km, Lansing, Michigan, 10 am (BB)
5 Km, Denver (F)
New Mexico State 5 Km, Albuquerque (N)

Sun. May 20 5 Km Women, 10 Km Men, Dearborn Heights, 10 am (U)
5 and 10 Km, Santa Anita, Cal., 7:30 am (B)
Metropolitan 10 and 20 Km, New York City (AA)

Sun. May 27 Lincoln Memorial Mens 20 Km, Womens 10 Km, Washington DC, (CC)
10 Km, Kent, Washington (C)
15 Km, Los Angeles area (B)
5 Mile, Columbia, Missouri (M)
10 Km, Boulder, Colorado (F)
15 Km, Columbia, Missouri, 9 am (M)
5 Km Women, 10 Km Men, Dearborn Heights, 10 am (U)
5 Km, Denver (F)
10 Km, Steamboat Springs, Colorado (F)
1500 meters and 3 Km, Albuquerque, NM (N)
Metropolitan 5 Km, New York City (AA)
2.8 Mile, Seattle, 6 pm (C)
5 Km, Denver (F)

Thu. June 7

Sat. June 9

Contacts

A--Richard Charles, 500 E. Riverside Drive, Austin, TX 78704
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 Windermere, Seattle, WA 98115
D--James A. Barrett, 3801 Shannon Road, Cleveland Heights, OH 44118
E--Arizona Walkers Club, 5615 East Argyle Dr., Phoenix, AZ 85018
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
G--PO Box 10825, Raleigh, NC 27605
H--Barbara Waddle, 2327 Redfield Dr., Norcross, GA 30071
I--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
M--Columbia Track Club, PO Box 10237, Columbia, MO 65201
N--New Mexico Race Walkers, 2301 El Nido, Albuquerque, NM
O--Bill Hafley, 5207 Melbourne, Raleigh, NC 27606
P--John Knifton, 10900 Catskill, Austin, TX 78750
Q--Steve Vaitones, 90 Summit St., Waltham, MA 02154
R--Timothy Baker, 135 Grandview Rd., Ardmore, PA 19003
T--Bernard Kaufman, 75-02 Sustin St., Forest Hills, NY 11375
U--Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127
V--Kansas City Walkers, P.O.Box 30301, Kansas City, MO 64112-3301
W--The Walking Source, 847 W. Armitage, Chicago, IL 60614
X--Lori Maynard, 2821 Kensington, Redwood City, CA 94061
Y--Central Ohio Lung Association, 4627 Exeuctive Drive, Columbus, OH 43220
Z--Ron Marlett, 5735 NW 46th, Oklahoma City, OK
AA--Gary Null, 200 W. 86th St., New York, NY 10024
BB--Michael N. Stetz, D.C., 6425 S. Pennsylvania, Suite 15, Lansing, MI 48911
CC--Sal Corrallo, 3489 Roberts Lane N., Arlington, VA 22207

AN APPEAL TO PROMOTE YOUTH RACEWALKING

Gene Dix asks all readers of the ORW who would like to promote walking in the junior high schools in their town or city to sponsor the mailing of one copy of his book, *Youth Race Walking Manual, For Young Walkers and Their Coaches*. The book would be mailed to the local junior high school gym teacher.

The manual, mailed in the donor's name, will be sent by Gene. The donor includes his or her name and the address of the school, with the gym teacher's name, if known. Or, Gene will mail the book directly to the donor, who can personally deliver the book to the school.

Gene will reduce the cost of the book to participants in the donor program from \$7.25 postpaid to \$6.25 postpaid (includes tax and packaging).

Coaches are searching for variety in their gym programs. If a coach conducts a racewalk class once a month, it will increase visibility of race walking within the school, and, if the town is small, the knowledge of racewalking will spread throughout the town.

This is one way in which each race walker can contribute to the development of the sport. Gene will keep a record of donors and they will be listed periodically in the ORW, if the donor wishes.

The check for \$6.25 should be mailed to:

Gene Dix
2301 El Nido Ct.
Albuquerque, NM 87104

Include your address and if you want your name inscribed in the book as the donor.

* * * * *

FROM HEEL TO TOE

With this issue, the Ohio Racewalker miraculously begins its second quarter century of publication, perhaps some kind of record for an informal, kitchen newsletter. Some way we have managed to get something in the mail each month for 25 years that we hope is informative and, at least, semi-legible. Strictly a not-for-profit venture, the ORW's purpose is to keep the hard core of dedicated racewalk enthusiasts aware of what others are doing--and saying. We sometimes confuse newer readers by sending the March issue at the first of April, but that sort of comes by starting out around the middle of the month, those many years ago, drifting steadily toward the end of the month and never recovering from that drift. So, the March issue essentially covers March news. The little number at the lower right corner of your address label indicates the month and year your subscription expires. Because of our rather late publication date, some readers get a little confused here, too. We just had a renewal from a reader whose subscription expires with this issue (March) saying he had never received notice. That was because we send the notice with the issue with which the subscription expires. He would have gotten his notice with this issue.

(Saved me the trouble of sending a notice, which any of you are welcome to do.) If you don't renew, you will get a second notice with the following month's issue (actually a bonus issue), and then, that's it. . . One more item of business: We apologize that some of you got ORW's all in black and white last month. The preprinted color cover stock ran out in the middle of the press run and we don't like to delay the mailing. . . Viisha Sedlak's American Racewalk Association has scheduled two training camps for 1990. The first is in Boulder, Colorado from May 24 - 28; the second in Acapulco, Mexico from Nov. 6 - 10. The camps are for beginners through Olympic-bound competitors and have been well received by those who have attended in the past. You will get two-a-day workouts, seminars, video coaching, individual attention, and beautiful settings. Daily seminar topics include speed, strength and form drills, biomechanics, mental training, fat reduction program, racing strategy, and more. The registration fee of \$385 includes all handout materials, video sessions, workouts, and coaching tips. Viisha is a triple gold medalist in the 1989 World Veteran's Games, double World Record holder in her age group at 5 and 10 Km, and current five-time member of the U.S. Track and Field team. For further information, contact the American Racewalk Association, P.O. Box 18323, Boulder, CO 80302-8323. . . Jaan Roos, 52, Masters World champion and an M.D. specializing in kinesiology, has formed a new club in Southern Ontario to promote the sport of racewalking. Called the Ontario Race Walkers, the organization's goals are to attract people of all ages to

the sport, assist in organizing competitions, provide initial coaching for novices, and seek out those who might be encouraged to become judges. In addition to providing his own expertise, Dr. Roos has outfitted his already overcrowded basement with treadmills and large mirrors to enable his proteges to learn from their own stylistic errors. They will also view on videotape the dynamics of effective technique as demonstrated by world class competitors. Inquiries can be sent to Jaan at 19 Lytton Blvd., Toronto, Ontario M4R 1K9 Canada. . . Neal Picken, the infamous Grim Reaper of years past, has spent more time on fencing than racewalking lately and his youngest daughter, Lisa, is one of the country's best teens in that sport. . . Paul Schwartzburg, who was disqualified after apparently qualifying for the 1988 Olympic team is now in Emory University Law School in Atlanta. And Major Steve Pecinovsky several times an internationalist, and one who started his career in the junior Olympic program here in Columbus (and later got his law degree at Ohio State, is being assigned to Montgomery, Alabama, where he'll be the U.S. Air Force track team coach, as well as full-time legal officer. . . Mark Green of Davis, California, ranked 8th nationally in the 50 Km, recently did a tune-up for this year's 50 after returning from a training camp in Colorado Springs. He covered 35 Km in 2:59:18, going faster on each successive 5 Km. Mark is completing his work on his Ph.D. in meteorology at the University of California, Davis.

A GOOD FRIEND OF THE SPORT

Many in racewalking around the country know San Francisco's Harry Siitonen, founder of the Golden Gate Walkers in 1978 and editor of their newsletter ever since. Harry has done an excellent job of promoting the sport in the Bay area, stressing participation, and they know have several enclaves with regular, well-attended walks. On his retirement as editor of the Golden Gate Walker, that newsletter ran an interesting interview with him in the March issue. Harry is a former marathon runner and always a concerned environmentalist who worked most of his life as a printer. Prior to retirement in 1986, he was a composing room printer for 26 years at San Francisco Agency. Currently, he is associate editor of Finnish Heritage. The interview:

Q--Harry, it's awesome to consider how generous you've been in coaching beginners and also doing an A-1 job as editor. In spite of a new acting career with rehearsal and performance schedules, you've been most accommodating in hanging in as editor until Shirley (Parlan) could replace you. We recall, it was your idea to organize a RW club: could you fill us in on the group's early history and how you became editor?

H--I was the original editor when GGRW was founded in September 1978. The idea of the club was mine and the initial founding group included Lori Maynard, Roger Anawalt, Otto Sommerauer, and myself. The first issue was one page printed on one side. I've been editor until this March issue, with the exception of a few years when I was still, however, writing and soliciting material. For the first couple of years, I was pretty much "main cook and bottle washer" until we elected the first Steering Committee and I was elected first president. I served several one-year terms, being succeeded by TOM Giantvalley.

Q--And how far back does your interest in the sport go?

H--The first time I watched racewalking was about 50 years ago as a teenager when my late uncle Otto Saikkonen won a mile racewalk at a Finnish-American picnic in Worcester, Massachusetts. Actually, I didn't start racewalking until

1976. I had been a runner from 1972, when I was 46. My first "competition" was a track mile at a meet at College of San Mateo. I was the only entrant and there were no judges. I did an 8:20 mile, which I've never come close to since, so you can imagine how legal I was. My first bonafide race was a PA/AAU judged 10 Km. Five minutes before the start, Wayne Glusker, then a leading walker here, gave me a crash course in the legal form. I finished in about 68 minutes and didn't get DQ'd. I was hooked!

Q--You were a marathon runner before getting hooked on racewalking?

H--Yes. I ran long distance from November 1972. I ran dozens of marathons and ultra-marathons. I was still running in my early racewalking years, but no more! It was an obsession that wrecked my knees! (The source of Harry's self-chose byline, "Ol' Featherlegs".)

Q--Blking for you is more than just a sport, right?

H--As an environmentalist, I use a bike mostly for transportation. BUt I-m proud of my three-year career as a tri-athlete. One big moment was as a Fleet-Feet mini-triathlon participant, when I swam a half-mile, biked 20 Km, and racewalked the 5 Km running leg, and finished up with seven runners still behind me!

Q--We're excited about your new career as an actor. Which parts stand out for you so far?

H--My favorite has to be Adam in the 1988 San Francisco Shakespeare Festival's outdoor *As You Like It*. I also enjoyed going bonkers as the mental patient Scanlon in *One Flew Over, Don Quixote* in *Camino Real*, and Foresight in *Love for Love*. I've done some filmwork and have been an occasional extra in two TV series. I also write poetry in both English and Finnish and have read my work at the Mission District's Cafe Babar.

Q--What have been the highlights of your 14 years of racewalk involvement:

H--Mostly, I've enjoyed coaching newcomers in racewalking fundamentals. There's enormous satisfaction in having helped nurture the GGRW from its birth and growing pains to becoming a thriving racewalk organization. Also, the many friends I've made over the years are important to me.

Q--We wonder what trends you've noticed in the sport and what you see for the future of GGRW?

H--Racewalking has a promising future on the AMerican scene. Fitness walkers number in the multi-millions now. Yet, I don't see competitive racewalking as being more than a minority in the entire walking spectrum, although it too will grow. But even noncompetitive walkers can maximize benefits of daily exercise by utilizing racewalking technique.

Q--Harry, you've played a number of parts on stage and we've enjoyed watching you behind those lights. Selfishly, we think your most famous role has been as GGRW's founder, coach, and editor. However, your acting future shines real bright and all of wish you continued success. We just hope we'll be seeing you on the track and around.

H--There's really less and less need for me to continue as the Mother Hen and the Gray Eminence I've been, although I'll always be somehow involved. GGRW is not just another organization: it's a vital community and an enriching way of life. Count me in for the whole length of my mortal coil!

SOME FIRST-TIME COMMENTS ON JUDGING RACEWALKING

by Ray McKinnis

Now that I have achieved enough strength and flexibility to remain reasonably legal during a race, I venture some suggestions on improving the difficult job of judging racewalking. (In the past, I suspect I have often received the benefit of inadequately prepared judges.)

1. First, and perhaps too obvious, is the fact that many Olympic and non-Olympic sports rely entirely on the subjective judgment of individual judges to determine the ranks and the winners: gymnastics, diving, figure skating, etc. And they are generally successful. If a swimmer momentarily slips into an illegal stroke, he or she is disqualified. The referees in basketball or the umpire behind the plate in baseball must continually use subjective evaluations that determine the development and final outcome of the game. Judging racewalking is neither the most difficult nor the easiest of these sports requiring subjective judgment calls.

2. **Consistency** seems rightly to be one of the most important themes being called for in many of the discussions around judging racewalking. Some want consistency across the years, so that what is called illegal in 1950, 1970, and 1990 will all be the same. Of course, that just is not possible in racewalking or any other sport as much as the "old timers" want it. Some want consistency across nations so that individual walkers, national times, and records can be compared: that would be desirable and is achieved in other sports, but it is still in the future for racewalking. Even consistency between races in the U.S. is still not possible given the level of preparation of judges and the lack of consensus or standardization of judging which now are prevalent throughout the U.S. One difficulty with this situation is that athletes have difficulty matching their training to the judging they will encounter at a race. Consider a figure skater trying to train and compile a program without knowing precisely what the judges will be looking for!

At most, walkers should expect consistency between judges at a single event. This is where the friction between the athletes and judges develop the most heat, because this is where it affects both of them the most. I venture a few comments suggested from other sports that use subjective judgments to determine winners and losers.

How is it that on a split-second vault on the horse in gymnastics or a complicated dive, or a five-minute figure-skating contest that a group of 6 to 12 judges from different nations usually differ very little in their quick evaluations? I do not know all of the details, but obviously they have a clear enough mental picture to agree among themselves beforehand what to give points for and what to deduct points for. And, although the judgment is subjective, it is clearly enough defined for an international panel of women and men to quickly and independently offer nearly identical scores. Using cameras, videotapes, mechanical devices put on the performers, and other aids to help "reality" better guide "subjective judgment" seem irrelevant. Sometimes highest scores are not given to the first competitors lest other competitors do even better--thus they can

maintain a flexibility based on the level of the competition, but they at least try to be consistent within each meet. And they all do this! They probably meet before the event and agree on certain guidelines for each event. Afterwards, if one judge has been consistently an outlier, there are procedures to bring that judge back into line.

For racewalking, before a meet, the judges should meet and decide the level of judging. Are there health and fitness walkers in the race? How are they to be evaluated? Is it a race to determine the national or U.S. representatives to an international event? Should stricter national or (in some ways looser) international guidelines be applied? At least, the judges need to agree and should let the athletes know before the gun goes off how they are going to be judged. It is unfair to the athletes to make them discover the style of judging during the race and make them try to adjust as best they can in the midst of the competition as someone gains an advantage by "running" by them without warning or they themselves get DQ'd using a style that was allowed in other races. After a race, all the judges should meet together and something should be done about those that were clearly different from the rest—not as a way of accusation, but as a way of learning or bringing about a consensus. There is, of course, the possibility of cases of "special pleading": one judge might have been stationed on a hill or was less visible than the others and some of the athletes tried to take advantage of the situation (some of this is dealt with by rotating the judges around the course). However, one judge should not be considered better at detecting infractions than the others! If such individual prowess does exist, it should be shared with the other judges before the race and not inflicted on the walkers unilaterally. In any case, after the race, the judges could learn from each other with fairness, i.e., consistency, the primary concern—not an individual judge's ego or clever schemes to "catch athletes cheating".

3. Some kind of standard racewalking judging video could go a long way toward achieving this consistency. I think that is a great idea and am glad to learn that some knowledgeable persons are in the process of producing one. I would like to offer some suggestions based on what I said above (guessing, however, that they may have already thought of many of these):

a. First of all, research should be done to learn what has been done in other sports where judging plays a big factor. My hunch is that they also use video's to teach as well as to standardize judging and, perhaps, even to work toward consensus. If they do, how do they decide what goes into a video and how it is used?

b. Include in the video a variety of distinctive forms, both legal and illegal, from various countries with a number of different body types and different expertise. Some forms are clearly legal, some clearly illegal. Each should be clearly represented, including walkers of various levels of expertise and training—from those just beginning to world class athletes. Furthermore, the close calls should be presented and discussed and some consensus reached about them by some of the most knowledgeable IAAF judges, perhaps with some comments about the distinctions between U.S. and international competition. Note that this is not a place for elitism—it is a place for mutual agreement on whatever is decided. Athletes respond to whatever the rules are, just as long as they are uniformly applied without surprises. Such a video could go a long way to getting consensus.

c. Develop the video along with accompanying appropriate printed materials that could be used by local race directors or other race officials who have little experience to show what is needed in the way of judging. They could also be used by coaches, in racewalk clinics, and by athletes to compare individual styles with those on the video and determine their legality.

d. Since there is still a lack of uniformity between races, athletes could be informed of the level of judging by being shown the video before a race and being told which forms will be allowed and which ones will be a DQ call.

e. Develop the video with an idea of modifying it in the future as new walking styles are developed and new trends in judging develop.

Perhaps the most exciting thing about this video to me is that it could be a first step toward reaching some consensus and consistency in this highly emotional dimension of our sport. At this point, unfortunately, one of the main topics of discussion after any big race is the complaining about the judging—either too strict or too lenient. And since there is now no organization mechanism in place to register and respond to these criticisms, they are merely registering the frustration of the athletes over a vulnerable area in our sport. This video could go a long way toward stabilizing judging, giving a way for legitimate criticisms to be productive, and letting us get on with developing our form so that we know it is legal without fearing a surprise during an important race. Thus, the main topics after a race could then be contrasting styles, acknowledging great efforts, the tights that someone was wearing, etc.

LOOKING BACK

25 years ago (from the March 1965 ORW—The very first one)—Dr. John Blackburn was reported as the First Annual New Year's Eve 6 Mile Handicap winner, taking advantage of a 5 minute start to finish nearly a minute ahead of son Jack in 49:32. Jack B's 50:32 was the fast time on the rather treacherous course (including a mudrun), nearly 30 seconds ahead of a hobbling Jack Mortland. Mortland won the first ever indoor 2 Mile in Columbus in 14:49, beating Blackburn in the process by only 0.1 second. Blackburn came back a month later to beat the Mort outdoors, 14:21 to 14:24. In between, Mortland captured a 10 miler in 1:20:48.

15 Years Ago (From the March 1975 ORW)—The IC4A winner was Paul Steward in a rather pedestrian 7:10.8. Karl-Heinz Stadtmüller did a world's indoor best of 41:37 for 10 Km in East Germany. We published a brief capsule of the ORW history, noting that we started out charging \$1.20 per year for what was then a 5-page newsletter reproduced by the ditto process.

5 Years Ago (From the March 1985 ORW)—Marco Evoniuk was an easy winner in the TAC 20 Km team race with a 1:28:40 in Monterey, Cal. Sam Shick trailed by over 6 minutes with Steve Dibbernardo right on his heels. Lori Maynard won the women's race in 1:58:07, just over a minute ahead of Jolene Steigerwalt. Mary Baribeau was third, just 27 seconds over the 2 hour mark. Team winners were Seattle in the men's race, Golden Gate in the women's, and Monterey Walk Walk in the master's for men. Tom Edwards broke the American indoor 5 Km record in winning the Intercollegiate race at Princeton in 20:17.55. Ed O'Rourke was second in 21:22. Ray Funkhouser covered 20 Km in 1:30:07 in Long Branch, N.J.

THE AMERICAN RACEWALK ASSOCIATION'S LIST OF THE BEST AND WORST IN NUTRITION

THE TEN WORST

1. Doughnuts and pasteries
2. Processed meats
3. Sodas, especially Diet
4. Candy
5. Caffeine
6. Sugary breakfast cereals
7. Potato chips
8. Cakes and cookies
9. Artificial sweeteners
10. Canned vegetables

THE TEN BEST

1. Broccoli
2. Bananas
3. Whole potatoes
4. Cold water fish
5. Eggs (see below)
6. Whole grains
7. Oranges
8. Beans and legumes
9. Dark leafy greens
10. Yellow vegetables

NOTE: The egg received a lot of bad publicity in the '70s and its image remains tarnished. Don't be taken in by media food fads, study the facts. Eggs contain 27 mg. of calcium, 585 I.U. of Vitamin A, 6 to 7 grams of protein, and only 70 to 80 calories. The egg contains lecithin to metabolize its own fats. There are cases where the egg SHOULD NOT be included in the diet: a body-builder preparing for a competition won't benefit from eating the yolks, neither will a patient under a doctor's advice, who is being treated for cardio-vascular problems. An active person who is eating a balanced diet will almost always benefit from including eggs in the diet.

There is also a lot of confusion regarding red meat. Most athletes DO eat red meat in order to maintain blood iron levels and iron stores in the body. But these athletes eat their meat LEAN and only two to three times a week in conjunction with a balanced, low-fat diet. If you don't like meat, don't eat it. But MAKE CERTAIN that your iron needs are being met; it may even be worthwhile to consult your physician if you are unsure.

Remember that diet is an individual matter and depends upon genetics, environment, lifestyle, stress, personal taste, etc. Educate yourself, consult professionals, and pay close attention to how your respond to dietary changes.

Well, you're editor finds that he does a pretty good job of consuming lots from both lists--my usual middle-of-the-road, fence straddling position. But, then I've never concerned myself too much with diet, other than avoiding excess in anything. But it's "food" for thought.

From the *Front Range Walker*

MUSCLES AND WALKING

By Bob Carlson

Did you feel somewhat awkward when you were first learning the healthwalking or racewalking technique? Unless you have studied kinesiology or physiology you might wonder why. The reason is that new motor skills--even relatively simple ones--require a great deal of coordination between voluntary muscles. The voluntary muscles are the ones that move the joints of the skeletal system, while involuntary muscles are those which are automatically controlled, such as those of the breathing mechanism, small intestine and the heart. Slow, calculated movements are often necessary to train muscles to accomplish new motor skills. Conscious thought seems to slow the process and beginners tend to move along somewhat awkwardly. There is a term "paralysis through analysis" which comes all too often into play when walking very slowly and deliberately. The good news is that with practice, these movements become fluid through familiarity. If you can learn to relax and

work on one new movement at a time, the learning process will become much simpler. Remember though that relaxation is the real key to getting the muscles to move freely without restrictions.

All your voluntary muscles have the ability to contract upon demand when stimulated by a nerve impulse, and to relax when the nerve impulse is removed. They can contract either singly or in groups in two ways--isometrically (tightening without shortening) or isotonicity when the muscles change length and produce a variety of movements. As your legs move in a walking movement, for instance, there needs to be a cooperative action of all the bones and muscles of the leg. This is because the walking muscles are attached to your bones across a particular joint, or joints. For instance, the gastrocnemius (a calf muscle) extends all the way from the heel to above the knee, and it is a strong extensor of the ankle and a weak flexor of the knee when it is contracted. When it contracts, its opposing muscles relax to allow movement.

Depending upon the movement a muscle needs to make, it can assume a variety of roles. They can be an "agonist" which gives it the role of the prime mover as it contracts on demand. Or they can assume the role of "antagonist" working in opposition to the agonist. It must relax to allow the desired movement to occur. An easy example to understand is the relationship of the triceps and the biceps. Each extends from below the elbow up across the shoulder joint. When you flex the biceps on the front of the arm, the triceps on the rear relaxes, and vice versa when the arm is extended.

Muscles are also needed as "stabilizers". If the gastrocnemius muscle is flexed it could cause movement both in the ankle joint and the knee joint simultaneously. If only one or the other is desired to be moved, there must be stabilizing muscle action in the joint not to be moved to hold that joint firmly in place.

The fourth way muscles can act is as "synergists", or in combination with other muscles to produce movements that no single muscle could do. A good example of this are the external oblique muscles of the abdomen. In contracting the left external oblique muscle (a large sheet of muscle fibers covering the front and side of the abdomen) the trunk will bend to the left and rotate to the right. This is an aid for efficient walking. However, if you contract both the left and right obliques simultaneously, there will be forward bending at the waist with no rotation. This is not what we wish to have happen in racewalking so you should only contract one side at a time when walking.

We should know by now that fast walking uses practically all the muscles that we can name, and we thought you might be interested what is going on inside as you stride along in the racewalking style.

The following two items from the *Southern California Racewalking News*:

~~~~~ Larry, a member of the 1976 and 1980 US Olympic Teams and  
INTERVIEW WITH LARRY WALKER holder of many Masters (over 40) Best Performances, not only  
~~~~~ qualified for this year's one-mile walk in the Times Indoor  
~~~~~ Games, but finished in 4th place with a time of 6:20.2.

Ed. Are you happy with your One-Mile time?

L. I was really hoping to get under 6:20:0 but I was very stiff for some reason. It is one of those things that is unpredictable. I have been competing since I was 15 in running or walking, and I haven't figured out when I'm going to have a good race or bad one.

Ed. I hope you don't think 6:20.2 a bad one?

L. The frustration I felt in this particular race was with the stiffness. I wasn't able to go with what I felt I was able to do cardiovascularly. I wasn't wiped out. Oh, well, next time.

I also had a couple of cautions in there because of a bent knee; and the bent knee I am sure was related to the fact that I just couldn't really loosen up for some reason. It is frustrating not to be able to go all out.

Ed. Did you do a good warmup?

L. I did good stretching and a good warmup. Another possibility is that I had tapered off in my training more than I usually do and I am beginning to wonder if by tapering too much the week before a race, you don't actually cut down your ability to do your best. It is something I am going to have to

look up because I have a weekly record of everything for about 20 years. I am going to have to start taking a look at it to see exactly what works and what doesn't because it didn't work the way I wanted at the Forum.

Ed. How much did you taper the last week?

L. That whole week I did nothing over eight miles and I took the previous Sunday off. I did speed work three days before the race, then a medium paced seven miles, and the day before, jogged an easy two miles. What I am beginning to wonder is if I am not better off doing a good 10 or 12 miler early in the week and tapering down from there. I am still learning.

Ed. Do you find in the process of learning that you are making adjustments to being 47? Does this affect you at all?

L. You know I am not actually sure. The only thing I can say about being older is that I am less liable to have the super race, the race which is much faster than I have done before. In other words, I am not setting a whole lot of P.R.'s, like none. But I am more consistent. I am more consistently faster than I was after ten years in the sport.

LARRY WALKER - CONTINUED FROM PAGE 1.

This sounds strange, but for the first ten years, my average time for a mile race was in the low 6:30's, maybe high 6:20's. But for the last 10 years, I don't think I have had one race slower than a 6:25.0.

Ed. How often do you race?

L. Because of a lot of different commitments, I find it very difficult to get out there and race. I want to race more than I have the opportunity to do. I race maybe 10 times a year while in my 20's, I was probably racing 25 to 30 times a year between running and walking.

Ed. Which brings us to the fact you run as well as walk. Do you find your running assists your racewalking?

L. I believe it helps, but not always. What I mean is that I did have some form problems early on in my 20's. I do not honestly know whether the problems were caused by running or not. At this point, I can go from one to the other easily.

It definitely helps me to have options in training. If I am walking one day and I am walking hard, maybe the next day I just don't feel like race walking and I have the option of going over to running. On the other hand, if I have been running four or five days straight at a decent level, I'll

find I have just had it. My legs are dead for running. I switch over. By switching over, different muscle groups are stressed and I can actually feel fresh for training. At least, I find that whether I'm doing speed work or other, I can't train at a really high level too long without fatigue. By switching, I can keep training and feel like it.

Ed. Then switching

helps you maintain a higher level of conditioning?

L. I think so, but I want to be careful on this. Because I can train efficiently at a moderately high level, I tend to maintain. I am not talking about an extremely high level. I maintain a good level of conditioning by switching.

There is also the injury prevention aspect. By walking you strengthen muscle groups which you would not be using quite as much in running. In running, if you are using certain muscle groups, others are liable to become relatively weaker. As a result this leads to injury. If the complementary muscle groups are also strong, you are less liable to incur injury. Well, what happens if I can't walk either? Then I can hop on a bike. Having the different options

you really is excellent. There is the fourth option of swimming. First of all, I don't really have access to a pool and secondly, swimming for somebody with my body density—that of a rock roughly—is sort of like staying alive in the water. I have no future as a swimmer.

There is something else to consider. I think weights help everybody. I have always thought in terms of upper body weight training because this isn't what I use day after day. I do arm work, but it is also important to do some of the leg work to strengthen the quads and the hamstrings. Especially, do large muscle group exercises. Ed. What percentage of walking and running do you suggest?

L. If you are walking 60 percent of the time or more, it will affect your running because you have to run in order to run; you have to race walk in order to race walk. At some point, you can do too much of one and you aren't going to be able to perform efficiently in the other. If you use 30 percent or for me 40-50 percent walking, I can still go over to running and visa versa. The only problem is to keep things in balance. You have to find out what is best for you.

Ed. Do you find that any of the race walking technique helps running or running technique helps racewalking?

L. It is hard to say. In running and walking, you lead with your arm action, but in walking it is more important. You have to have a little more upper body strength. If you are using upper body strength and getting used to strongly leading with your arms, I think that might very well have a carry over to running. It can help your tempo as tempo is dictated by arm action not by leg action.

Ed. If you are getting tired, do you think about maintaining or speeding up your arm movement?

L. In so far as I am thinking. If I am

trying to do something quality whether it is long distance or speed work, I know that the arm action is what is leading it. Do I think about it? Actually at this stage, I don't think. I have done it long enough so that it is just natural.

Ed. There is a lot of literature coming out on mental preparation before racing. How do you approach a race?

L. I do not go through the race in any way in my mind. I really don't. In my early experiences, I would get so keyed up that I would be a nervous wreck. Thinking about the race over and over doesn't work for me which means some psychologists are really going to be irritated. I don't plan my races at all which isn't necessarily good. It may work very well for somebody else.

Ed. You simply respond to your perception of the field of competitors and to the situation based on your experience?

L. I think that is it. All my preparation at this point is physical. I mean there is an emotional aspect which is there. But my own conscious preparation is all physical. As a matter of fact, I have gone exactly the opposite route of visualization. In 1976, when I made my first Olympic team, I did not know what anybody had done. I did not read the walking press as far as finding out what any of my competition was doing. I was aware of some of the times but only because I couldn't avoid it. But I didn't realize until a couple of minutes before the Olympic Trials began that I was the 18th fastest in a field of 21 walkers. I didn't know I was in the slowest three or four. I only knew people and I said, "I can beat these people." And that worked beautifully for me because it turned out, I knew I could. Being the "Little Engine That Could," I went out and did it.

It's a crazy idea, but there are times when not knowing your competition and all the psychological games they can play, works. You can say, "I know you and I can beat you." That is all you have to say.

#### THOUGHTS ON BRINGING YOUNG ATHLETES INTO RACE WALKING by LARRY WALKER

**TIMING:** I really want kids to get involved. In the high school track league where I coach, for the last ten years I have held a one-mile walk as the last event in the league's final meet. I have had 50-75 people climb out of the stands, kids and parents. Some kids just plain clown and I kick them out, but the interest is there. The problem is that I can't tell them about any follow-up. If at the end of the race, I could say, "Here's a sheet of paper which tells you about a couple of walks coming up. Give it a try."

What I am suggesting is that the timing is fairly critical for follow up—at the end of the cross country season or track season. This seems to me the best time to hit them. So what we are talking about is having a race mid-May and mid-November. It has to be close—two weeks after league finals. At least I would have some place to direct kids. I don't know what will work, but it is important to hit them when the interest is there.

**APPROACH:** Besides hitting them at the right time, it is important to do it in the right way. I don't think we want to come up to kids and say, "Let me take you away from cross country or track." I would say, "You are interested in track. Terrific! Race walking is another event in track. It will only help you. Maybe in the off season if you get involved in race walking, it will help you as a middle or long distance runner—especially long distance. Also it is fun and it is a challenge. It is a different game and it will keep you involved with track and field." I have never tried to push kids away from their distance running to go into walking. I have said, "Try both. They are perfect complements to each other. What can I say? It has worked for me. I think it is a kick. I love race walking and I love running and I like to do both."