

Ohio Race Walker
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OHIO RACEWALKER



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Lewis Tops 50 Km Field

Atlanta, April 8—Well-established as the nation's top 20 Km walker, Tim Lewis moved to the top at the longer distance as well by winning the National TAC 50 Km title today. Tim's winning time of 4:10:46 was a personal best for the distance (he had a 4:13:39 in the Soviet Union last year in a race he hadn't planned for and showed promise way back in 1984 with a 4:16:20). It put him nearly 6 minutes ahead of Marco Evoniuk, coming back after a year of relative inactivity. Evoniuk and Carl Schueler ruled the 50 Km event through the 1980s until their semi-retirement last year.

Lewis was challenged by 38-year-old Dan O'Connor, who has been making his presence known in these races since 1973. Dan led at 10 Km in 48:50 and was still even with Tim as they went by 20 Km in 1:37:40. At that point, Evoniuk was just 36 seconds back, but the rest of the field was spreading out. Lewis then took command and walked unchallenged the rest of the way, holding his pace through 40 Km and then dropping off the final 10. A pair of Marks, Manning and Fenton waged a race long dual, with Manning finally getting away over the last 10 Km, during which they overhauled a struggling O'Connor to take third and fourth. Also catching O'Connor and closing ground on the Marks was Eugene Kitts who emerged as the first master and set a personal best of 4:20:26. Since he suddenly emerged in late 1987, Eugene had walked five races in the 4:22 to 4:28 range, showing remarkable consistency. Now at 42, or is it 43, i.e. improves on that.

Missing from the race were Schueler and last year's winner, Paul Wick, who is recovering from a severe hamstring tear. Herm Nelson, who pushed Wick to the finish last year, has also been injured and had to give up after just 15 Km today. Allen James was making an impressive at 50, passing 30 Km in 2:29:53 in fourth place, but ran out of gas at 40 and called it a day.

Results:

1. Tim Lewis 4:10:46
2. Marco Evoniuk 4:16:28
3. Mark Manning 4:18:07
4. Mark Fenton 4:19:57
5. Dr. Eugene Kitts 4:20:26 (1st Master)
6. Dan O'Connor 4:24:27
7. Curt Clausen 4:28:27
8. Dan Pierce 4:28:47
9. Ray Sharp 4:31:56
10. Steve Vaitones 4:35:47
11. Dave Waddle 4:42:50
12. Alan Price 4:47:24 (2nd Master)
13. Ian Whatley 4:58:36
14. Marc Bagan 5:02:16
15. Stan Chraminski 5:03:43 (3rd Master)
16. Adam Pawlik 5:03:53
17. Alvia Gaskill 5:03:53
18. Phil McGaw 5:14:03
19. John Alfonso 5:24:30
20. Daniela Harabedian 5:25:18 (1st Woman)
21. Tim Chelius 5:32:20
22. John Knifton 5:33:58 (4th Master and first over 50)
23. Eduardo Rodriguez, Puerto Rico 5:34:55
24. Bob Mimm 5:40:51 (5th Master and first over 60)
25. Martin Smith 5:41:21 (6th Master)
26. Jill Latham 5:42:26 (1st Woman Master)
27. Jack Tannachion 5:52:01
28. Patrick Bovona 5:52:01 (6th Master)
19. Dave Gwyn 6:04:44
30. John Monteiro 6:12:11 (7th Master)
31. Mike Michel 6:20:35 (8th master, 2nd over 50) (cont. on page 3)

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Mortland Invitational Winners. Max Green nears the finish line in his record-setting 20 Km win (above) and Zofia Wolan relaxes following her impressive in the women's 10 Km at the April 8 event. (John White photos)

50 Km (from page 1)

32. Larry Avila 6:28:48 33. Gary Meinken 6:35:44 34. Charlene Marion 6:45:34 (2nd Woman Master) 35. Isabella Stuper 7:06:13 (3rd Woman Master) 36. Bernie Finch 7:30:38 (9th Master) DNF: Herm Nelson, Allen James, Paul Malek (2:09 at 25 Km), Mike Rohl (2:37:29 at 30), Randy Mimm (2:37:14 at 30)

Max Green Betters World Master's Record in Mortland Invitational

Columbus, April 8—A veteran by age, but still a relative newcomer to the racewalking sport, 58-year-old Max Green continues to impress all observers. Today he covered 20 Km on a certified course in 1:43:41—a world best for over 55—beating all Masters walkers and finishing seventh overall. His Wolverine Pacers teammate, John Elwarner, a colt at 50, was also impressive, leading Max for the first 10 Km. But he couldn't match Max's pace the rest of the way and finished nearly a minute back.

In the open race, Gary Morgan, also the winner in the inaugural Mortland 2 years ago, was able to stride easily away from Steve Pecinovsky over the last 5 Km to win in 1:32:07, rather pedestrian by his standards, but a win, nonetheless. Dan O'Brien walked a steady race to easily take third from Bob Briggs, the fourth finisher under 1:40. The Becker brothers, from Park College, were the only other youngsters to beat Green.

Zofia Wolan walked perhaps her best race since arriving in the U.S. from Poland about 3 years ago to score an easy win at 10 Km. Zofia zipped the first 2 1/2 km lap in 11:49 and then gradually slowed. Still, her 49:30 was an excellent solo effort in rather chilly early morning conditions. Zofia, who has moved from Atlanta to Detroit, will get her U.S. citizenship about a month before the 1992 Olympics. Max Green attributes much of his superior condition to training with Zofia. Gayle Johnson, now living in Columbia, Missouri, but still walking for the Ohio TC led the Masters walkers with a superb 53:08 in second. Tracey Briggs was just over a minute behind Gayle.

The results:

Women's 10 Km: 1. Zofia Wolan (24), Wolverine Pacers 49:30 (11:49, 24:10, 36:49) 2. Gayle Johnson (41), Ohio TC 53:08 (13:12, 26:42, 40:07) 3. Tracey Briggs (28), Potomac Valley Seniors 54:23 (13:09, 26:44, 40:46) 4. Roberta Boyle (49), Wolverine Pacers 1:02:55 (15:56, 31:34, 47:19) 5. Valerie Stowe (47), Wolverine Pacers 1:05:02 6. Camille Schoeberl (43), Bettendorf, Iowa 1:07:13 7. Porky Gadiant (54), Cornbelt RC 1:07:26 8. Janet Applegate (34) Woodcock, Pa. 1:15:12 9. Ernestine Yeomans (71), Wolfpack TC 1:15:43 (US age group record) Teams: 1. Wolverine Pacers 2:57:17

Men's 20 Km: 1. Gary Morgan (30), New York AC 1:32:07 (22:30, 45:1=27, 1:08:50) 2. Steve Pecinovsky (35), Potomac Valley Srs 1:34:12 (22:29, 45:21, 1:08:54) 3. Dan O'Brien (25), Motor City Striders 1:37:30 (23:43, 47:51, 1:12:08) 4. Bob Briggs (32), Potomac Valley Srs 1:39:35 (24:40, 49:12, 1:14:16) 5. Elmer Becker (22), Park College 1:40:57 (23:43, 47:30, 1:12:06) 6. Lennie Becker (19), Park College 1:42:42 (24:48, 50:40, 1:17:01) 7. Max Green (58), Wolverine Pacers 1:43:41 (25:38, 51:37, 1:17:29) 8. John Elwarner (50), Wolverine Pacers 1:44:34 (25:33, 51:35, 1:17:37) 9. Victor Sipes (44), Wolverine Pacers 1:45:48 (25:36, 51:37, 1:18:20) 10. Terry McHoskey (48) Wolverine Pacers 1:51:26 (26:32, 54:17, 1:22:46) 11. Bob Ryan (42), Shore AC 2:01:49 (26:42, 55:32, 1:27:04) 12. Jim Higgins (58), Clifton AC 2:02:07 (29:07, 58:58, 1:30:23) 13. Mitch Segal (39), Potomac Valley Srs. 2:02:52 (29:23, 59:31, 1:30:20) 14. Jim Shreeves, River City RC (47) 2:04:48 (30:11, 61:18,

1:32:49 15. Jim Spitzer (58), Baltimore, Ohio 2:06:07 (30:28, 61:27, 1:33:21) 16. Jimmy Johnson (51), Sharon, Pa. 2:06:42 (30:22, 61:46, 1:33:53) 17. Richard Fencil (55), Clifton TC 2:06:59 (30:17, 61:52, 1:34:07) 19. Tim Bailey (33), Over-the-Hill TC 2:07:20 (31:24, 62:50, 1:34:58) 19. Charles Deuser (59), Clifton TC 2:07:31 (31:22, 62:48, 1:35:00) 20. William Peet (61), Indiana RW 2:16:45 21. Kevin Applegate (35), Erie RC 2:27:20 22. Jack Shuter, Wolfpack TC 2:29:05 23. Robert Premo (54), Dayton HHH 2:34:39 DNF—Dave McGovern (24), Natural Living (22:30, 46:11, out at 12 1/2 Km in 58:48); Hugh Yeomans (74), Clifton TC (18:22) Teams: 1. Wolverine Pacers 5:14:03 2. Potomac Valley Srs. 5:16:39 3. Clifton TC 6:16:37

Vaill, Lewis Win 1990 National Invitational Walks

Washington, DC, March 18—Teresa Vaill broke her own meet record and Tim Lewis defended his title at the 1990 National Invitational Race walks here today. Vaill, 27, of Pine Plains, N.Y., led from the start of the women's 10 Km race to win in 46:21. Her time chopped more than a minute off her old meet record time of 47:11, set in 1988. No invitational women's race was held last year.

More than 4 minutes behind Vaill, Susan Liers of Smithtown, N.Y., overtook Debora Van Orden of Colorado Springs in the final 2-Km loop to claim second place, 50:46 to 50:50.

In the men's Invitational 20 Km, defending champion Lewis, 27, of Colorado Springs, broke away from hometown favorite Steve Pecinovksy, of Arlington, Virginia, shortly after the 10-Km mark to win in 1:28:05. Richard Quinn, a former Washington resident now attending graduate school in San Francisco, moved up from fifth to second place in the last half of the race, clocking 1:29:47. Pecinovsky finished fifth in 1:31:46, behind Curt Clausen of Durham, N.C., and Curtis Fisher, of Huntington, N.Y.

Three-time Olympian, Carl Schueler, won the open 5 Km race by almost 5 minutes in 23:37. The race was somewhat of a comeback for Schueler, a Colorado Springs resident, who was training with his father in Silver Spring, Md., over the Christmas holiday when he was hit by a car.

Results:

Women's 10 Km: 1. Teresa Vaill (27), Pine Plain, N.Y. 46:21 2. Susan Liers (31), Smithtown, N.Y. 50:46 3. Debora VanOrden (30), Colorado Springs 50:50 4. Mary Howell (36), Bloomington, Minn. 53:16 5. Tracey Briggs (28), Alexandria, Virginia 54:16 6. Cheryl Rellinger (24), Buffalo, N.Y. 54:23 7. Karen Rezack (30), Westbrook, Conn. 54:33 8. Christina Izzo (19), Brockport, N.Y. 56:21 9. Susan Westerfield (36), Smithtown, N.Y. 57:53 10. Jane Hein (36), Burke, Virginia 58:46 11. Shiela Smith (54), Riverton, N.J. 1:01:27 12. Lois Dicker (50), Silver Spring, Md. 1:03:45 13. Dawn Shultz (43), Lancaster, Pa. 1:03:52 14. Mary Hulick (38), Lancaster, Pa. 1:04:05 15. Beth Alvarez (44), Bowie, Md. 1:04:12 16. Ellean Lawrence, (36), Kenmore, N.Y. 1:04:49 (24 finishers) Teams: 1. Natural Sport (Vaill, Liers, Westerfield) 2:36:01 2. Niagara Walkers (Rellinger, Izzo, Lawrence) 2:55:34

Men's 20 Km: 1. Tim Lewis (27), Colorado Springs 1:28:05 2. Richard Quinn (26), San Francisco 1:29:47 3. Curt Clausen (22), Durham, N.C. 1:30:17 4. Curtis Fisher (23), Huntington, N.Y. 1:30:40 5. Steve Pecinovsky (35), Arlington, Vir. 1:31:46 6. Marc Bagan (27), Yonkers, N.Y. 1:38:17 7. Ray Funkhouser (39), Toms River, N.J. 1:38:33 8. Dan Pierce (33), Colorado Springs 1:39:53 9. Ian Whatley (30), Greenville, S.C. 1:41:34 10. Michael Battle (38), Lancaster, Pa. 1:44:24 11. Alan Price (43), Washington, D.C. 1:46:27 12. Ray McKinnis (50), Durham, N.C. 1:46:47

13. Bobby Briggs (32), Alexandria, Vir. 1:47:40 14. John Johnson (45), Storrs, Conn 1:48:23 15. Dave Lawrence (34), Kenmore, N.Y. 1:49:37 16. Paul Cajka (32), Norfolk, Vir. 1:50:40 17. Alvia Gaskill (35), Durham, N.C. 1:50:41 18. Jim Wass (37), Riverdale, Md. 1:53:49 19. Scott Widdall (36), York, Pa. 1:56:10 20. Robert Mimm (65), Willingboro, N.J. 1:56:53 21. Ray D. Stauffer (40), Manheim, Pa. 2:01:24 22. Rodney Charlewsworth (34) Lancaster, Pa. 2:04:01 23. Mitch Segal (39), Rockville, Md. 2:04:19 24. DOn Johnson (73), Little Silver, N.J. 2:10:02 25. Joe Lavenberg (62), Delanco, N.J. 2:10:12 26. Paul Robertson (50), Gaithersburg, Md. Teams: 1. Potomac Valley (Quinn, Pecinovsky, Price) 4:48:03 2. Shore AC (Bagan, Funkhouser, Cajka) 5:07:33
5 Km: 1. Carl Schueler, Colorado Springs 23:37 2. Malcolm Posey, Greenbelt, Md. 28:14 3. Andrew Briggs (58), Butner, N.C. 28:23 4. Marty O'Brien, Newport News, Vir. 28:43 5. Joe Guy, BURke, Vir. 29:27 6. Bill SPruill, Fairfax, Vir. 30:06 7. Regis Harkins, Woodbridge, Vir. 30:07 8. Ronald Clarke, Hyattsville, Md. 30:10 9. Jack Ozment, Philomont, Vir. 30:21 10. Victor Lifwinski, Arlington, Vir. 30:26 (32 finishers)

OTHER RESULTS

1 Mile, Providence, R.I., March 13--1. Dara McNamara, Ireland 6:56.1 2. Steve Vaitones 6:58.9 3. Tim Goode 7:04.2 4. Michael Cox, Ireland 8:38.6 (The track team from University College of Ireland was touring New England) **St. Patricks Day 5 Km, New York City, March 18--1.** Tom Gustafson (48) 25:31 2. Steven Pinto 26:20 3. Tim Ferguson (42) 26:29 4. Janice Sztabnick 26:44 5. Bob Thaler (52) 28:39 6. Stanley Schechter (57) 28:44 7. Abdulla Wiggins (15) 28:59 8. Melissa Baker (13) 29:11 9. Kara McGeever (14) 29:12 10. Bob Spillman (58) 29:20 11. Frank LaMorte (58) 29:22 12. Dicke Eandi (543) 29:35 13. Linda Roesner (50) 30:04 14. Adam Tanner 30:07 15. Tom Worthington 30:12 16. Lori Bishop 30:20 (50 finishers) **Metropolitan 5 Km, New York City, April 18--1.** Gary Null 13:31 2. Gino Cadoto 114:43 3. Quentin Cunningham 15:18 **Women:** 1. Julie Ratner (43) 15:01 2. Janice Sztabnick 15:47 3. Desiree McCauley 16:01 10 **Easter Classic 8 Km, Greenbelt, Md., April 14--1.** Victor Litwinski 50:46 2. Paul Robertson 50:59 **Women:** 1. Beth Alvarez 54:24 **5 Km, Florence, S.C., March 3--1.** Paul Cajka 51:19 **Natural Sport 5 Km Grand Prix, Tampa, Florida, March 31--1.** Teresa Vaill 22:24 (American road record) 2. Debbi Lawrence 22:57 3. Victoria Herazo 23:51 4. Susan Liers 25:14 5. Gayle Johnson (41) 25:42 6. Janice Sztabnick 27:23 7. Susan Westerfield 28:19 8. Sondra Vladem 29:06 9. Sperry Rademaker (50) 29:12 10. Louise Tolson 29:22 11. Linda Stein 29:43 12. Ruth Bragman 30:03 **DQ--Wendy Sharp** while in fourth place at 3 1/2 Km. **North American Masters 5 Km, same place:** Men: 40-44--1. Dr. Edward Evors, Tampa 31:31 45-49--1. Ron Daniel, Sunnyvale, Cal. 25:54 50-54--1. Bob Mitchell, Mt. Sinai, N.Y. 32:33 55-59--1. Tom White, St. Petersburg, Fl. 26:52 60-64--1. William Mathews, Orlando, Fl. 32:48 65-59--1. Sylvester Murray, Grand Rapids, Mich. 36:04 70-74--1. Paul Geyer, Miami 32:27 80 and over--1. Sam Gadless, Boca Raton, Fl. 37:07 **Women:** 35-39--1. Carol Staack, Casselberry, Fl. 30:24 40-44--1. Viisha Sedlak, Boulder, Col. 25:03 (World record for age group) 2. Mary Lawnicki, Ft. Washington, Pa. 31:31 45-49--1. Anita Hermach, Blue Springs, Missouri 30:00 2. Vanessa Hilliard, St. Petersburg 30:23 3. Verna Buchs, Winter Park, Fl. 30:29 50-54--1. Beth Young Grady, Michigan City, Ind. 32:05 55-59--1. Joy Clingman, St. Petersburg 30:20 75-59--1. Helen Sutter, Largo, Fl. 36:26 **5 Km, Orlando, Florida--1.** Steve Grentus 24:54 2. Chuck McLaughlin 28:51 3. Robert Carver 30:08 **Women:** 1. Carol Staack 30:15 2. Verna Buchs 31:04 **8 Km, Miami, March 10--1.** Ernesto Luege 41:03 2. Jesse Riley 44:04 3. Tom Voegtli 44:32 4. Eric Fagerstrom 45:11 5. Frank Marks 47:32 **Masters:** 1. John Fredericks (42) 40:47 2. Lee Duffner (53) 44:21 3. Peter Black (47) 44:25 4.

Charles George (50) 46:59 5. Dan Piguille (44) 48:21 6. Charles Poladian (67) 48:55 Women: 1. Sondra Vladen 47:47 2. Louise Tolson 48:34 3. Linda Apriletti 49:58 **10 Km, Coconut Creek, Fla., March 10--1.** Lee Duffner 61:16 Women: 1. Carol Staack 64:52 **5 Km, Miami:** 40-49--1. Peter Black 27:18 2. Fred Chichocki 27:42 50-59--1. Lee Duffner 26:38 2. Robert Fine 28:43 60-69--1. Charles Paladian 29:30 70 and over--1. Paul Geyer 31:45 Women 30-39--1. Sondra Vladen 28:35 2. Louise Tolson 29:20 3. Debbie Anthony 30:33 40-49--1. Linda Stein 29:09 **5 Km, Hollywood, Fla., Feb. 10--1.** John Fredericks (42) 24:47 2. Lee Duffner (53) 27:51 3. Tom Voeglti 27:55 4. Peter Black 28:42 5. Sondra Vladen 29:34 6. Linda Stein 29:52 7. Louise Tolson 30:06 8. Charles Poladian (67) 30:29 (55 finishers) **Prevention's All-American Walker Rally, Tampa, March 30, Walk-Around-the-Clock:** Men's winner--Jesse Riley, 26, Key West, Florida 60 miles Women's winner--Jo Presser, 61, Michingan City, Indiana 50 miles **2 Miles, Winter Park, Florida, March 31--1.** Morris Rashy 17:33 2. Chuck McLaughlin 18:42 3. Steve Christlieb 18:57 4. Ken McClasky 19:50 **5 Km, Dearborn, Mich., April 21--1.** Zofia Wolan 23:51 Masters Women: 1. Roberta Boyle 30:44 Masters Men: 1. Victor Sipes 24:13 2. Max Green 24:36 3. Terry McHoskey 25:16 4. Robert Campbell 28:20 5. Walter Lubzik 28:31 **Michigan 10 Km Championship, Marysville, April 22 (Track)--1.** Jeff Cassin, Canada 44:50 (22:27) 2. Dan O'Brien 46:36 (Michigan Champion, personal record) 3. John Elwarner 49:36 (1st master) 4. Max Green 50:11 (2nd Master) 5. Walter Lubzik 57:02 (erd master) **Michigan Women's 5 Km Championship, Marysville, April 22 (track)--1.** Zofia Wolan 23:52 (14:22 at 3 Km) 2. Robert Boyle 30:37 (1st master) 3. Valerie Stowe 31:13 (2nd master) **Indoor 2 Mile, Air Force Academy, Feb. 23--1.** Dan Pierce 15:05 2. Klaus Timmerhaus (65) 19:23 3. Mitchell Craib 19:53 **Indoor 1 Mile, Boulder, Col., March 4--1.** Dan Pierce 7:00 2. Bob DiCarlo (56) 8:19 3. Mitchell Craib 8:34 4. Barbara Hilger 8:45 5. Lorraine Green 8:52 **New Mexico State 10 Km, Albuquerque, April 7--1.** Andrew Smith (40) 50:34 2. Larry Martinez (39) 52:59 3. Randy Burden (34) 55:05 4. Don Pettit (34) 56:11 5. Pat Bryan (45) 57:24 6. Bentley Lyon (60) 57:52 7. Joe Cameron (43) 58:02 8. Peter Armstrong (44) 58:29 Women: 1. Mataji Graham (36) 54:34 2. Elizabeth Walbridge (40) 54:43 3. Anna Wormald (38) 61:36 4. Juneal Smith (35) 61:39 5. Kathy Lovell (40) 61:46 **Los Angeles Marathon:** 1. Wayne Wurzbarger (47) 4:26:12 2. Enrique Camarena (39) 4:34:07 3. John Stowers (61) 4:36:25 4. Bill Neder (51) 4:37:15 5. Bob Mimm (65) 4:38:35 6. Robert Calvert (50) 4:42:09 7. Art Grant (40) 4:43:23 8. Ted Greiner (58) 4:45:23 9. Dave Thorpe (45) 4:46:08 10. Stephen Collins (35) 4:50:10 Women: 1. Jill Latham (53) 4:47:18 2. Karin Helms (39) 5:12:00 **Western Zone 20 Km, Long Beach, Cal., March 11--1.** Rene Haarpainter 1:28:13 (22:03, 44:11, 1:06:08) 2. Allen James 1:28:57 (22:03, 44:12, 1:06:34) 3. Dana Marsh 1:41:08 4. Enrique Camarena 1:46:36 5. Ric Holt 1:47:40 6. Donald Peat 1:57:17 7. Brian LaBounty 2:01:16 8. Wilson Crone 2:06:07 Masters: 40-49--1. Larry Walker 1:33:50 (22:55, 46:19, 1:10:14) 2. Andy Smith 1:49:39 3. Ed Bouldin 1:54:16 4. Dave Snyder 1:55:51 5. Art Grant 1:58:49 6. Jesus Orendain 1:59:57 7. Richard Nester 2:00:20 8. Stuart Ray 2:10:48 50-59--1. Richard Oliver 1:54:35 2. Carl Acosta 1:59:48 3. Bill Neder 2:01:41 4. Clyde Hatfield 2:05:03 5. Ken Yoshihara 2:06:28 60 and over--1. Joe Weston 2:09:48 2. John Burns 2:13:25 3. Mel Grantham 2:16:15 Women: 1. Lizzy Kemp-Salvato 1:51:11 (26:03, 52:38, 1:21:50) 2. Margaret Govea 1:57:27 3. Cathy Mish 2:01:50 4. Kathy Blackmere 2:05:27 5. Alison Ashton 2:08:44 Masters: 40-49--1. Cathy Rehage 2:06:34 2. Suzanne Synal-Griffen 2:10:47 50-59--1. Jill Latham 2:07:47 60 and over--1. Joann Beers 2:25:29 **5 Km, same place--1.** Jeanne Formosa 27:05 2. Jennifer Formosa 27:06 (both age 13) 3. Jaye Horowitz (49) 30:15 **5 Km, San Francisco--1.** Richard Quinn 20:47 2. Jonathan Matthews 25:23 3. Bob Henderson (41) 25:28 4. Bill Tanzer 25:59 5. JoAnn Nedelco (46) 26:20 6. Skip Bockoven 27:56 7. Brierly

Reybine (50) 28:48 8. Laura Cribbins 28:56 9. Sandy Womack (41) 29:06 10. Donna Gilliland 29:15 11. Vic Crosetti (64) 29:44 12. Peggy Lauer 30:13 (30 finishers) **5 Km, Salinas, Cal., April 7--1.** Kim Wilkinson 25:23 2. Lance Wright 27:41 3. Bob Miyamoto 30:05 4. Giulio de Petra (79) 32:34 **Pacific Northwest 10 Km, Seattle, March 17--1.** Glenn Tachiyama 49:29 2. Stan Chraminski 52:24 3. Bob Novak 53:36 4. Daniela Hairabedian 53:50 5. Lew Jones 60:35 **20 Km, Tacoma, Wash., March 17--1.** Steve Fredrickson 2:02:11 **2.8 Mile, Seattle, April 5--1.** Ann McCulley 25:47 2. Diane Payne 29:02 **10 Km, Seattle, April 7--1.** Glenn Tachiyama 48:40 2. Ann McCulley 56:43 Masters: 1. Bob Novak 53:44 2. Steve Fredrickson 58:09 3. Lew Jones 58:13 **10 Km, Seattle, April 14--1.** Ric Holt 50:48

FROM THE MOUNTAINS, TO THE PRAIRIES, TO THE OCEANS WHITE WITH FOAM--WE HAVE WALKING RACES

Sun. May 6 **National TAC Women's 20 Km and Southeast Masters 20 Km, Raleigh, NC (O)**
 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, Jericho, NY (L)
 5 Km, Denver (F)
 10 Km, Columbia, Missouri, 8 am (M)
 5 Km, Albuquerque, NM, 8 am (N)
 Sun. May 13 **5 Km, Fresno, Cal. (B)**
 10 and 20 Km, New York City (AA)
 3 Km, Alexandria, Virginia (CC)
 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)**
 3 Km, Tiffin, Ohio (S)
 Masters 3 Km, Kings Point, NY (L)
 Metropolitan 10 Km, New York City (AA)
 5 and 10 Km, Santa Anita, Cal., 7:30 am (B)
 Metropolitan 10 and 20 Km, New York City (AA)
 Lincoln Memorial Mens 20 Km, Womens 10 Km, Washington DC, (CC)
 Sat. May 26 **1500 meters and 3 Km, Albuquerque, NM (N)**
15 Km and 10 Km, San Francisco (P)
 Sun. May 27 **10 Km, Kent, Washington (C)**
Masters 5 Km, Brooklyn, NY (AA)
3 Km, Alexandria, Virginia (CC)
Sanford Kalb 9 Mile, Lakewood, N.J., 9:30 am
15 KM, Norwalk, Cal. (B)
5 Mile, Columbia, Missouri (M)

Mon. May 28	10 Km, Boulder, Colorado (F)
Sat. June 2	15 Km, Columbia, Missouri, 9 am (M) Maine State 5 Km, Bangor, Maine (D)
Sun. June 3	5 Km Women, 10 Km Men, Dearborn Heights, 10 am (U) Metropolitan 5 Km, New York City (AA) 3, 5, 10, and 20 KM, Houston (I) 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)
Thu. June 7	2.8 Mile, Seattle, 6 pm (C)
Sat. June 9	5 Km, Denver (F) Ohio TAC Open and Masters 3 Km, Cincinnati (R) 10 Km, Shelter Island, NY, 5:30 pm (K) Pac. Assn 5 Km Championship, Los Gatos, Cal. (P)
Sun. June 10	3 Km, Alexandria, Virginia (CC) 5 Km, Atlanta (H)
Fri. June 15	National TAC Women's 10 Km, Cerritos, Cal. (B) 2 Mile, Denver (F)
Sat. June 16	National TAC Men's 20 Km, Cerritos, Cal. (B) 5 Km, Chicago (X)
Sun. June 17	8 Km, Atlanta (H) 5 and 10 Km, New York City (AA)
Thr. June 21	4 Mile, Kent, Wash., 7 pm (C)
Fri. June 29	5 Km, Seattle, 6 pm (C)
Sat. June 30	National TAC Junior Women's 5 Km, Men's 10 Km, Fresno, CA (G) 1500 meters, Seattle, 3 pm (C)
Sun. June 24	3 Km, Alexandria, Virginia (CC) 5 Km, Dearborn Heights, Michigan 9 am (U) Women's 5 Km, New York City (AA)
Sun. July 1	5 Km, Denver (F)
Wed. July 4	2.8 Mile, Seattle, 6 pm (C)
Thur. July 5	National TAC 10 Km, Niagara Falls, 8 am (W)
Sat. July 7	5 Km, Denver (F)
Sun. July 8	3 Km, Alexandria, Virginia (CC)

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 Y--Central Ohio Lung Association, 4627 Executive Drive, Columbus, OH 43220
 Z--Ron Marlett, 5735 NW 46th, Oklahoma City, OK
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FROM HEEL TO TOE

Chris Rael, understandably, wants it known that he should not have appeared on 1989 Women's 10 Km list. Apologies to Chris and to the ladies that we placed him in front of. . . Does anyone out there have the results of the unofficial Women's World Championships in 1968? I have a reader who wanted the first three in all of these meets from 1968 to 1979, but I could find nothing on 1968. . . Also, can anyone out there right a short treatise on what is now available in racewalking shoes, or running shoes that are good for walking? I get requests from time to time, and all I can ever tell anyone is what I am wearing at that time, which is what I ever find that seems good and not too high priced when my shoes wear out. They phase models out so quickly anymore that you always have to be looking for something else. The adidas Italia was great and stayed around for a good while, but most of my readers probably never heard of it. (They made the last one more than 20 years ago.) My most recent request along these lines came from Harold Canfield who wrote: "I've found that several shoes that I have been using for the past years are now not available (Ed. see above) and am wondering if you have any suggestions as to what is currently available in shoes suitable for racewalking. What are the walkers wearing these days? I still have an old pair of Tiger Colorado's that are very good. Also, I wear a pair of Nike EXW shoes that I bought in 1986, but they are really wearing out." So, who can help Harold and a lot of other desperate readers out? . . . Some way Ernestine Yeomans was left out of the results of the Ohio TAC Indoor 3 Km. Ernestine had a 22:04.4, which was a 70-74 age group record. Ernestine was TAC's Outstanding Walker for that age group in 1989. . . The Athletics Congress tested 26 athletes in their year-round, out-of-competition drug testing program during the first six weeks of the year, including racewalkers Don Lawrence and Ray Sharp. Both were clean, which is no surprise. . . The qualifying time for the 5 Km at the Junior Women's Outdoor Nationals is 28:30, not 23:30 as listed several places. A 16:00 for 3 Km will also qualify young ladies. . . Other qualifying times for TAC National T&F Meets are 1:34:35 for the men's 20 Km, 52:48 for the women's 10 Km, and 56:00 or a 5 Km time of 25:38 for the Junior men's 10 Km. . . Nine walkers have been selected to participate in TAC's Athlete Stipend Program: Tim Lewis, Gary Morgan, and Mark Manning at 20 Km; Paul Wick, Herm Nelson, and Dan O'Connor at 50 Km; and Lynn Weik, Teresa Vaill, and Debbi Lawrence at 10 Km. . . The 1990 Junior World Championships will

include a 10 Km racewalk for men and a 5 Km for women. Qualifying times are 45:00 and 25:30, respectively. . . The Racewalk officials held the day before the Mortland Invitational was attended by about 20 people, most of them track officials interested in learning about judging the walks. Frank Alongi conducted the clinic and answered many questions. . . The Pacific Pacers had a different experience with a clinic as reported by Bev LaVeck in the Pacers newsletter: "Peppers Events Marketing of St. Louis, in connection with Natural Sport (Naturalizer) shoes, donated \$200 to Pacers as a result of Clara and Steve Frederickson, Terry Hagen, Lew Jones, and Bev LaVeck's efforts to put on a walking clinic at the Spring Fitness Run and Walk in Federal Way April 14. Would you believe than **nobody** came to learn how to racewalk, and only two women wanted to have the slightest to do with us. It seemed as though we were actively avoided! Strange, awkward situation. Something went definitely wrong with the promotion of the event."

So what are we doing here?

From time to time the ORW has brought you some ancient articles and excerpts from books of particularly interest. Here is a real gem, provided to me by Frank Soby, from the book *Rowing and Track Athletics*, Samuel Crowther and Arthur Rohl, Macmillan Co., London/New York, 1905.

CHAPTER XII

Competitive Walking

Except as contested by the all-round athletes at their annual individual championships, walking no longer occupies a serious place in the consideration of track athletes. (Ed. Note that my first-ever racewalk competition was an 880 at the National All-Round in Baltimore in 1955.) The one-mile walk was dropped from the Mott Haven program after the games of 1898, and the one-mile, three-mile, and seven-mile walk, which were contested at the national amateur championships at various times, are now no longer seen. The half-mile walk at which the all-round athletes still compete, is retained because there could be no just standard of comparison between present and past individual all-round champions if the program of events should be changed. (Ed. Other events in the all-round, which to my knowledge is no longer contested, were the 100 yards, 120 high hurdles, mile run, long jump, high jump, pole vault, shot put, hammer throw, and 56-lb weight. It was a one-day event.)

Aesthetically or athletically little good can be said of walking as a competitive sport. Natural as walking is, and graceful and beneficial as it may be made, there is nothing either pleasing or normally helpful in walking as it is done on the track. The contorted wobbling of the heel-and-toe walker is the acme of athletic awkwardness, and although long-distance competitive walking requires an enormous amount of endurance and skill, the proficiency which it g=brings about cannot be used in any normal, natural way. If you learn to run fast and well, the strength and skill and confidence that you acquire today you can use tomorrow in beating out an approaching rain storm or overhauling a trolley car; but if you are going to take a tramp across country you will never do it in heel-and-toe form, and if you want to go faster than four miles an hour, you will either trot or take some other means of travelling. Aside from their aesthetic and athletic disadvantages, the long-distance walks were also undesirable because

of the tendency they had to encourage petty deception on the part of contestants. To maintain a fair gait in heel-and-toe walking the contestant must see to it that one foot is on the ground before the other leaves it, and that the knee is bent only on the leg that is being put forward. After the stride is made and the foot is on the ground, the knee must be kept perfectly straight and unbent until the foot is lifted from the ground. Obviously this unnatural position is hard to maintain, and it is trebly so when the stress of contest is driving the contestant to quicken his pace and run. It takes not only complete honesty, but an unusual self-control, on the part of the athlete, not to walk unfairly—not, now and then, to "skip" for a stride or two. The mental strain of thing is so intense that even with the best of intentions a contestant is pretty likely to "break" now and then in spite of himself. The position of a judge called upon to watch a large filed of contestants, some of whom may be so unscrupulous as not to mind running for a few steps if they can do when the judge's back is turned, is about as difficult as that of the traditional baseball umpire of the comic paragraph. Some on is pretty sure to be treated unfairly; not everyone can possibly be satisfied. For all of which reasons, and others doubtless, walking as a track contest has been dropped from athletic programs and has lost its place in popular regard.

So, slow and ugly, and so stupid a sport could not, obviously, appeal very strongly to the average undergraduate, and while walking was being done in this country the performers on college tracks were, for the most part, inferior to those made under club auspices. Among these club athletes Frank P. Murray, who walked during the early eighties, was one of the most notable. Murray still holds a dozen or so records for various distances from one-third of a mile up to three miles. The half mile he did in 3 minutes 3 2/5 seconds; the mile in 6 minutes 29 3/5 seconds; the two miles in 12 minutes 48 3/5 seconds; and the three miles in 21 minutes 9 1/5 seconds. These records were all made in 1883 and 1884. Burckhardt of the New York Athletic Club, Parry of the Williamsburg Athletic Club, Lange of the Manhattan, G.D. Baird, and D.L. Nicoll were among the other well-know walkers of those days. At the intercollegiate the three-mile walk was contested in 1976 and won by T.R. Noble of Princeton in 28 minutes 21 1/2 seconds. It was never contested again. The two-mile walk was contested in 1877, 1878, and 1879, and then dropped. The mile walk remained on the Mott Haven program until after the games of 1898. It was not done in under seven minutes until 1892, when F.A. Borchering of Princeton won it in 6 minutes 52 4/5 seconds. This record held until broken by W. B. Fetterman, Jr., of Pennsylvania, whose time of 6 minutes 42 4/5 seconds, somewhat more than a dozen seconds behind the world's amateur record, stands as the intercollegiate record.

LOOKING BACK

25 Years Ago (From the April 1965 ORW)—This, the second issue of our publication, was still quite parochial in the events covered as we hadn't yet established our vast international network of new sources. However, we did have races in New York City, Kings Point, N.Y., and Toronto on our schedule of upcoming events. . . The big news was Jack Mortland's decimation of Jack Blackburn on the famous Doc Blackburn side-yard track (9.3 laps to them mile). Blackburn held on for 5 3/4 miles of the 8 mile race and then had to stagger in as Mortland's 61:18 left him nearly 2 minutes behind. The 52-year-old Doc recorded 75:56. . . Mortland also won a 12-miler in 1:36:43, but fell apart himself in that one, taking nearly 18 minutes for the final 2 miles. . .

20 Years Ago (From the April 1970 ORW)--Walking was entering a new era as evidenced by Dave Romansky's American Record 1:58:09 for 25 Km; Tom Dooley's 15 mi 1093 yards for 2 hours, passing 25 Km in 1:59:20; Dooley's 43:50 for 10 Km; and 13:28.6 for 2 miles by Greg Diebold. . Romansky also had an American record 50 Km of 4:15:23 on the track. . Locally, the rapidly aging Mortland (then 35) again hit the wall over the last 2 miles as he won a track 20 Km in 1:40:33. . Mortland also won a 10 Km on the track in 48:38 ahead of Paul Reback's 49:54. . Shaul Ladany broke the American record for 50 miles with 7:52:04.

15 Years Ago (From the April 1975 ORW)--Ron Laird won the 57th U.S. title of his career--but first since 1971--capturing the 25 Km at Seattle in 1:56:38. . Dave Romansky was still motoring pretty well with a 1:34:38 for 20 Km on the track. . France's Jean-Pierre Garcia set a world's 100 Km record with 9:33:06. . The U.S. 75 Km title went to long-distance specialist Shaul Ladany in 7:22:20. Dan O'Connor came second in 7:39:50.

10 Years Ago (From the April 1980 ORW)--Walking the second fastest 50 Km ever by an American, Carl Schueler captured the National title in New York in 4:06:07. Schueler, more than 18 minutes under his personal record, left Dan O'Connor better than 13 minutes behind. John Knifton was third. . Dan came back a week later at the National 20 Km in Seattle to win in a startling 1:26:21, fastest ever by an American to that time. John VanDenBrandt trailed by about 7 minutes. . In Mexico, Daniel Bautista did an astounding 15,121 meters in an hour and four days later recorded 1:20:59 for 20 Km at 4700 feet altitude. He beat Soviet walkers both times--Anatoly Solomin (15,042 meters) and Nikolai Vinnestchenko (1:21:40). . The Spanish 50 Km was a swift, with Jose Marin going 3:43:35 ahead of Jorge Llopart's 3:45:55. . Sue Brodock did 20 Km in 1:45:20, an American best.

5 Years Ago (From the April 1985 ORW)--Carl Schueler overtook Tim Lewis in the final 10 Km to win the National 30 Km title in 2:26:17 in Colorado Springs. Lewis, who led at 20 Km in 1:34:45, was second in 2:28:20. Randy Mimm and Dave Cummings followed. . Two weeks later, Lewis won the National 25 in Washington, D.C. in 1:52:55. Cummings was a distant second here in 1:59:20, followed by Gary Morgan and Ray Funkhouser. . At the same site, Teresa Vaill won the Women's National 20 Km in 1:44:28, 6 and one-half minutes ahead of Sue Liers. Carol Brown was third in 1:50:53.

Hot Weather

With hot weather approaching, here is what Dr. Howard Palamarchuk, Sports Science representative to the U.S. Race Walk Committee tells us:

Fluid loss of as little as 2 percent of total body weight will impair performance by as much as 5 to 6 percent (lost time in a race). Athletes who try to rehydrate all at once by drinking huge quantities of water prior to an event (1 to 2 days) do not perform as well as athletes who keep themselves hydrated all along. If you take in large quantities of water too soon, you stimulate pathways to eliminate the water. Adequate pre-competition (training) hydration requires drinking 8 to 10 eight ounce glasses of water daily (recommended by the American College of Sports Medicine). Thirty minutes prior to competition, consume an additional eight

ounces of water. Consume 6 to 8 ounces of water every 15 minutes during the competition (individual preference). On a hot, humid day, more than 2 liters of water can be lost in only 45 minutes. Rehydration is very important. The difference in pre-race and post-race weight is water loss. To replace fluid: For every pound of weight lost, drink one pint of fluid.

Technical Stuff

Here are a couple of extracts of interest from the technical literature.

"Mechanical Power Analysis of the Lower Limb Musculature in Race Walking", Scott C. White and David Winter, University of Waterloo, *International Journal of Sport Biomechanics*, Vol. 1, p. 15-24, 1985.

Repeat trials of a race walker were analyzed to ascertain the contribution to energy changes made by the lower limb muscles. A sagittal plane link segment model was used to calculate mechanical powers at the hip, knee, and ankle. The ankle plantarflexors provided the major energy necessary to propel the body forward. Muscles about the hip contribute to a lesser extent via energy generation and transfer. At the knee, the muscles acted mainly as energy absorbers and did not contribute to forward propulsion. Mechanical powers calculated for the race walker were compared to other forms of locomotion. Patterns unique to the race walker were identified and discussed.

The results of this study point to the need for developing and training the ankle muscles of race walkers. Although only one race walker was studied, the method of mechanical power analysis used in this study provided the first direct evidence of the unique role that muscles of the lower limb play in race walking when compared to other forms of locomotion. These findings underline the effectiveness with which mechanical power analysis may be used to help identify the proper protocol for training athletes for their particular sport movement.

"A Biomechanical Analysis of Racewalking Gait", M.A. Cairns, R.G. Burdett, J.C. Pisciotto, and S.R. Simon, *Medicine and Science in Sports and Exercise*, Vol. 18, No. 4, p. 446-453, 1986.

It is evident from watching a racewalker that the movement patterns appear to be very different from normal walking and running. This study attempted to quantify these differences by studying 10 competitive racewalkers (2 females and 8 males). The subjects were filmed as they walked over a force platform under four conditions. The data analysis included temporal components, angular displacements of the lower extremity, ground reaction forces, and joint forces. Compared to walking or running, racewalking was characterized by greater maximal ankle dorsiflexion, maximal knee extension, angular displacements of the pelvis, medial ground-foot reaction forces, peak plantar flexion moment, and external peak knee hyperextension moment. It was concluded that the skill of racewalking has unique biomechanical properties that clearly differentiate it from the gaits of walking and

running. Implications for identifying muscle activity patterns are noted.

FLASH! THIS RESULT JUST IN

Fontana Days
5K Race Walk 04/21/90
Fontana, California

1 Keith Ward	41	22:13
2 Roberto Pena	34	24:34
3 R. Ted Greiner	58	24:57
4 Art Grant	40	25:38
5 Mel Granttham	65	25:43
6 Brent Taylor	30	26:57
7 Michael Dempsey	54	28:15
8 Samuel Stote	55	28:35
9 Noel Kedzierski	37	28:56
10 Adam Mendonca	14	30:10
11 Jerry Breneman	52	31:19
12 Michael Bayne	44	31:54
13 Stephen Piddle	43	32:01
14 Ben Garcia	44	32:15
15 Ralph Hannibal	61	32:35
16 Walter Heppner	68	33:22
17 Bob Davidson	67	34:16
18 Doug Maxwell	56	34:26
19 Tony Percina	81	34:32
20 Robert Singer	58	34:32

Women

1 Victoria Herazo	30	22:02
2 Jill Latham	53	25:44
3 Eleanor Alguire	56	26:21
4 Nicki Noble	54	30:09
5 Christine Eppard	45	31:11
6 Kelly McGrath	56	32:57
7 Janice Zinniker	50	33:29
8 Linda Hiltunen	42	33:30
9 Virginia Hernandez	39	34:34
10 Singer Audrey	56	34:47
11 Barbara Johnson	55	35:02
12 Donna Rankin	38	35:07
13 Jackie Boughton	35	35:11
14 Aida Padilla	50	35:39
15 Lucia Moskal	50	35:52
16 Francine Avellaneda	24	36:12
17 Mary Hannibal	58	36:34
18 Jenny Disbrow	28	36:50
19 Jean Serio	35	37:05
20 Holly Osborne	38	37:13

76 finishers



Happy walkers after the Mortland Invitational. Above, Masters winner Max Green (right) and his teammate Terry McHoskey. Below, Bobby Briggs (left, 4th place) and Dan O'Brien (3rd place). (John White photos.)