

Ohio Race Walker
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OHIO RACEWALKER



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MAY 1990

LEWIS, VAILL CAPTURE NATIONAL TITLES AT 5 KM

Bethany, Oklahoma, May 12--Gusting winds slowed the times but could not prevent Tim Lewis and Teresa Vaill from scoring decisive victories in the National Athletic Congress 5 Km Racewalk Championships today. In the men's race, Dave McGovern hung with Lewis for two of the four 1250 meter loops, but was no match for Tim over the second half of the race. Lewis' winning time of 21:06 was rather slow for him, but about what he expected on this day. McGovern finished in 21:42, well clear of third-place Ian Whatley. John Knifton led the masters walkers in eighth place, and 65-year-old Bob Mimm had another impressive race with his 27:36 in 12th.

Vaill had an even easier race winning by more than a minute in 22:45, excellent for the conditions. Herazo was with for the first 1500 meters and had no trouble beating Susan Liers for second. Viisha Sedlak and Gayle Johnson, in fourth and fifth, led the masters contenders.

The results:

Men: 1. Tim Lewis 21:06 2. Dave McGovern 21:42 3. Ian Whatley 23:31 4. Dan Pierce 23:56 5. Andrew Smith 24:35 6. Jim McFadden 25:48 7. Michael Hairston 25:02 8. John Knifton 26:16 9. Norman Frable 26:31 10. Robert Rhode 26:37 11. Adam Pawlik 26:44 12. Bob Mimm 27:36 13. Scott Stewart 29:06 14. Ivan Decker 30:35 15. Don Johnson 30:48 16. Anthony Reding 31:01 17. Mike Hogben 31:05 18. Dave Stewart 32:30 19. Dennis Bowles 32:33 20. Jim Robyler 32:46

Women: 1. Teresa Vaill 22:45 2. Victoria Herazo 23:53 3. Susan Liers 25:10 4. Viisha Sedlak 25:26 5. Gayle Johnson 26:17 6. Mataji Graham 26:49 7. Kaisa Ajaye 26:58 8. Denise Morrier 29:33 9. Kathy Jo Lovell 30:29 10. Julia Fitzpatrick 30:56 11. Lois Charles 33:10 12. Regina Goldsmith 33:30 (20 finishers)

OTHER RESULTS

National TAC Indoor Masters 3 Km, Madison, Wis., March 24--Men 30--1. Tim Saiter, Paris, Ill. 16:29 2. Craig Haugaard, Hutchinson, Minn. 19:30 Men 35--1. Robert Korn, Albany, Ore. 14:27.52 2. Peter Williams, Zion, Ill. 15:20 3. Tom Coti, Chicago 15:54 Men 40--1. Brian Schultz, Wauwatosa, Wis. 15:20 Men 45--1. Gary Null, New York 13:56.39 2. Norman Browne, Detroit 14:42 3. Ron Daniel, Sunnyvale, Cal. 14:51 4. Terry McHoskey, Sterling Heights, Mich. 14:53 5. Don Mowles, Libertyville, Ill 16:12 6. Gary O'Daniels, Creston, Iowa 16:13 7. Robert Brzenk, Milwaukee 18:16 Men 50--1. John Elwarner, Sterling Heights, Mich. 14:43 2. Gerald Bocci, Grosse Point, Mich. 16:37 Men 55--1. Max Green, Taylor, Mich. 15:36 2. Leo Rivera, Suffern, NY 18:13 Men 60--1. Moshe Meyerowitz, Bangor, Maine 16:28 Men 70--1. DOn Johnson, Little Silver, NJ 19:20 Women 30--1.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Victoria Herazo, Sherman Oaks, Cal. 14:19.51 2. Sue Klappa, Hopkins, Minn. 15:52 Women 35--1. Cindy Paffumi, Palo Alto, Cal. 16:52 Women 40--1. Julie Ratner, New York, NY 15:12 Women 45--1. Virginia Scales, Banning, Cal. 16:38 2. Jeanne Bocci, Gross Pointe, Mich. 17:18 3. Vanessa Hilliard, St. Petersburg, Flor. 17:55 Women 50--1. Beth Young-Grady, Michigan City, Ind. 19:05 2. Porky Gadiant, Bettendorf, Iowa 19:07 3. Renee Weatherford, Wauconda, Ill 19:32 Women 55--1. Joyce Decker, Woodstock, Ill 19:59 Women 60--1. Ruth Leff, Milwaukee 19:09 2. Joan Rowland, New York, NY 19:32 **National TAC Junior Women's 3 Km, Dedham, Mass., May 19--1. Gretchen Eastler, un., Maine 15:19.4 National TAC Junior Men's 5 Km, Dedham, May 19--1. Phil Dunn, Carleton College 22:09.5 5 Km, Dedham, May 19--1. Mark Fenton 21:31.1 2. Tom Knatt 24:39 3. Justin Kuo 25:55 4. Bob Ullman 26:47 5. John Monteiro 29:44 5 Km, Bayside, NY, April 29--1. John O'Neil 26:15 2. Dan Sweet (junior) 26:57 3. Stanley Schecter 28:33 (1st over 50) 4. Frank LaMorte 29:51 (1st over 60) Women: 1. Elton Richardson 29:18 (1st over 50) 2. Margaret Thorn 29:22 3. Linda Roesner 29:38 (2nd over 50) 4. Vicki Mulignano 30:38 10 Km, Beaver Island, NY, April--1. Neil Farley 53:28 2. Cheryl Rellinger 55:21 3. Leon Stein 61:04 4. Greg Wittig 56:17 5 Km, same place--1. Chris Mech 30:08 2. Frank Fina 30:32 Metropolitan Association 10 Km, New York, May 6--1. Dan O'Connor 46:05 2. Gary Null (45) 48:14 3. Gino Codoto 50:40 Women: 1. Julie Ratner (44) 52:17 2. Janice Sztabnik 52:41 3. Kaisa Ajaye 58:03 10 Km, Penn Relays, Philadelphia, April 28--1. Curtis Fisher 44:29 2. Bobby Briggs 46:42 3. Curt Clausen 47:38 4. Ray Funkhouser 47:51 5. Ivan Hernandez 49:32 6. Marc Bagan 50:26 7. Tim Seaman 51:11 8. Edgardo Rodriguez 52:08 9. Pete Sharfgrass 53:19 10. Paul Cajka 53:47 11. Quentin Cunningham 54:26 12. Adam VanDerStuff 54:27 DQ--Dan O'Bannon (with a commanding lead at about 2 miles) Penn Relays Women's 5 Km--1. Teresa Vaill 22:36 2. Susan Liers 26:08 3. Tracey Briggs 26:14 4. Gail Johnson 26:20 5. Kaisa Ajaye 26:40 6. Janice Sztabnik 26:47 7. Dorit Attias 26:58 8. Jeannie Whiting 27:04 9. Desiree McCauley 27:30 10. Jennifer Kelly 28:42 11. Kelly Narbowich 29:40 Lincoln Memorial Walks, Washington, DC, May 20: Men's 20 Km--1. Steve Pecinovsky, Arlington, Virginia 1:28:01 (1990 best in U.S.) 2. Modris Liepins, Latvia 1:28:04 (in this country for a series of races) 3. Ian Whatley, Columbia, S.C. 1:39:16 4. Alan Price, Washington, D.C. 1:48:08 5. Paul Cajka, Norfolk, Vir. 1:49:13 6. Scott Widell, Lancaster, Pa. 1:49:15 7. Mitch Segal, Rockville, Md., 2:04:34 8. Paul Robertson, Rockville, Md. 2:09:39 (11 finishers) Women's 10 Km--1. Elizabeth Salvato, San Diego 51:45 2. Micheline Daneau, Quebec 51:49 3. Tracey Briggs, Alexandria, Vir. 51:55 4. Gayle Johnson, Columbia, Missouri (and Ohio TC) 52:18 5. Cheryl Rellinger, Buffalo, NY 52:29 6. Lynda Brubaker, Lancaster, Pa. 53:35 7. Dr. Beth Alvarez, Bowie, Md. 64:32 (9 finishers) 5 Km--Ed Salvato, Cambridge, Mass. 27:59 2. Malcolm Posey, Greenbelt, Md. 28:38 3. James Lemmert, Washington, DC 29:36 4. Ron Clarke, Hyattsville, Md. 30:05 5. Jim Miller, Woodbridge, Vir. 30:34 6. Pauline Stickels, Greenbelt, Md. 30:43 (23 finishers) 3**

Km--1. Alison Zabrenski, Bowie, Md. 17:47 2. Dina Mishev, Bowie, Md. 18:20 3. David Walton, Walkersville, Md. 18:36 4. Steve Terry, N. Springfield, Vir. 18:45 (9 finishers) **National Jr. Men's 20 Km, Atlanta, April 8--1. Phillip Dunn 1:42:15 2. Michael Tomasulo 1:54:55 Women's Southern Zone 10 Km, Atlanta, April 7--1. Debbie Lawrence 47:56 2. Susan Liers 50:58 3. Holly Wick 52:30 (1st in Zone Championship) 4. Daniela Hairabedian 55:35 5. Andrea Johnson 55:54 6. Virginia Scales 58:22 7. Linda Matsueda 60:05 8. Kathy Finch 60:44 9. Betsy Arnold 60:46 (2nd in Zone) 10. Vanessa Hillard 62:31 (3rd in Zone) (17 finishers) 5 Km, Atlanta, April 27--1. Terry Harkville 27:44 2. Pete Senkowski 28:10 3. Randall Crabtree 29:28 4. Jerry Newsome 29:47 5. Don Johnson 31:12 (age 73) (All these races in conjunction with National 50 Km reported last month.) **National TAC Women's 20 Km, Raleigh, NC, May 6--1. Wendy Sharp 1:44:25 2. Micheline Daneau, Canada 1:49:12--non-scorer in title race 3. Kathy Donley 2:01:43 4. Shiela Smith, 2:07:42 (1st Master) 5. Juliette Newsome 2:14:16 6. Alpha Bennet 2:15:40 7. Avid Daugharty 2:18:00 8. Donna Zembrod 2:19:26 9. Elizabeth Pettersen 2:24:44 10. Marsha Hartz, 2:28:01 11. Katherine Good, 2:28:02 **Alex Almasy 20 Km and Southeastern Masters Champ., same place: 30-34--1. Bobby Briggs 1:34:40 (46:46 at 10) 2. Ian Whatley 1:39:29 3. Paul Cajka 1:51:38 35-39--1. David Waddle 1:39:27 2. Alvia Gaskill 1:51:37 40-44--1. Alan Price 1:42:11 45-49--1. Jerry Newsome 2:09:19 50-54--1. Ray McKinnis 1:46:49 55-59--1. Max Green 1:44:43 2. Larry Green, 1:58:40 3. Andrew Briggs 2:03:43 60-64--1. Madho Singh 2:10:12 2. Joe Lavenberg 2:09:33 3. Ken Long 2:12:48 65-59--1. Bob Mimm, 1:56:00 2. George Heller, 2:14:03 70-74--1. Cokey Daman, 2:07:52 2. Don Johnson, 2:10:12 3. Bill Patterson 2:22:31 4. Hal Canfield **Southeast Masters 5 Km, Raleigh, May 5: Men 30-34--1. Paul Cajka 26:47 (Ian Whatley DQ) 35-39--1. Alvia Gaskill 26:30 40-44--1. Jerry Parrish 28:39 50-54--1. Ray McKinnis 25:28 55-59--1. Larry Green 26:48 2. Tom White 27:07 3. Andrew Briggs 28:56 60-64--1. Ken Long 30:04 2. Jack Ozment 30:36 3. Joe Lavenberg 31:07 4. Madho Singh 32:43 65-59--1. Bob Mimm 27:32 2. George Heller 31:57 70-74--1. A. Cokey Daman 29:54 2. Don Johnson 30:37 3. Bill Patterson 33:04 Women 35-39--1. Kathy Donley 28:11 50-54--1. Shiela Smith 30:12 55-59--1. Marsha Hartz 32:50 5 Km, Laurinburg, NC, April 14--1. Alvia Gaskill 28:05 1 Mile, same place--1. Gaskill 8:05 5 Km, Chapel Hill, NC, April 21--1. Alvia Gaskill 27:10 2. Andrew Briggs 28:59 3. Kathy Donley 29:19 10 Km, same place--1. Gaskill 57:52 (not clear if this was a separate effort or an extension of the 5 Km) 5 Km, Durham, NC, May 5--1. Alvia Gaskill 26:50 1 Mile, Durham, NC, May 9--1. Ray McKinnis ? 2. Alvia Gaskill 7:55 3. Jim Reagan 10:12 50 Km, Fayetteville, NC, May 12--1. Alvia Gaskill 5:56:15 5 Km, Florida Derby--1. John Fredericks 24:40 (1st over 40) 2. Lee Duffner 27:21 (1st over 50) 3. Peter Black 28:24 Women: 1. Sondra Vladem 29:07 2. Louise Tolson 29:16 5 Km, Florida--1. Fred Cichocki (46) 27:42 2. Frank Marks 29:41 3. Gary Canner (48) 29:46 4. Charles Poladian (67) 30:09 **Florida Masters 5 Km, Orlando, May 19: Men 40--1. John Fredericks 24:37 Men 45--1. Bill Halford 28:26 Women 35--1. Sondra Wldem 29:23 Women 40--1. Linda Stein 29:50 Women 45--1. Vanessa Hillard 29:55 10 Km, Dearborn, Michigan, May 20--1. Gary Morgan 45:40 2. Dan O'Brien 46:06 Masters: 1. Wally Lubzik 59:03 5 Km, Dearborn, May 19--1. Gary Morgan 20:36 2. John Elwarner 23:53 (1st over 50) 3. Terry McHoskey 25:38 4. Robert Campbell 28:38 5. Hal Morningstar 28:57 6. Robert Wait 29:47 5 Km, Dearborn, May 6--1. Zofia Wolan 24:02 2. Deb Foy 31:47 Masters, men: 1. Wally Lubzik 28:17 2. Vance Genzlinger 29:52 10 Km, Highland Park, Ill, April 29--1. Doug Fournier 42:35.78 2. Don Lawrence 42:50 3. Robert Cole 43:58 4. John Marter 44:19 5. David Doherty (19) 44:38 6. Mike Rohl 45:13 7. Paul Malek 45:48 8. Mike DeWitt (39) 46:25 9. Jon Jorgenson 46:31 10. Tom Krasnoff 47:42 11. Mark Barber (19) 49:25 12. Wil Preischell 49:39 13. Pete Williams 52:04 14. Brian Schultz (44) 52:20 15. Dean Easterlund (41) 52:59 16. Tom Coti 56:24 17.**********

Mike Curpisin (54) 56:38 18. Don Mowles (47) 56:56 19. Al Fisher (51) 57:43 (32 finishers) Women: 1. Debbi Lawrence 45:54:52 (U.S. road best, but no report on certification. Betters Maryanne Torrellas' 46:11 in Poland in 1988.) 2. Tammy Vinar 52:44 3. Dee Collier 52:46 4. Jennifer Zalewski 53:00 5. Gina Impagliazzo 53:51 6. Michelle Rohl 57:37 7. Lori Seidel 58:09 8. Ann Stokman 58:55 9. Kelly Watson 60:31 10. Silvia Membreno 64:35 . . . Ruth Leff (63) 67:38 (32 finishers) 3 Mile, Austin, Texas, April 28--1. John Knifton 24:55 2. Adam Pawlik 25:25 3. Robert Rhode 26:05 4. Jorge Ballester 27:35 Women: 1. Heidi Epp 26:30 15 Km, Columbia, Missouri, March 31--1. Lennie Becker 1:16:36 2. Rob Spier 1:49:58 (Elmer Becker was DQ'd after leading at 10 Km in 48:25) 10 Km (track), St. Paul, Minn., March 18--1. Sue Klappa 51:03 10 Km (track), St. Paul, April 14--1. Sue Klappa 52:25 **Howard Wood Dakota Relays 5 Km, Sioux Falls, SD, May 5--1. Philip DUnn 22:47.39 2. Brad Knutson 25:02 3. Randy Van Zee 25:56 4. Mike Wiggins 26:20 5. Sue Klappa 26:24 6. Glen Peterson 31:22 (12 finishers) Mt. SAC Relays 10 Km, Walnut, Cal., April 22: Men under 19--1. Aaron Gonzales, Mexico 44:33 2. Shane Peirson, Australia 49:17 3. Chris Hilsabeck 52:42 Men 20-29--1. Allen James 44:33 2. Gerardo Gomez, Mex. 48:17 3. Dana Marsh 49:40 4. Ric Holt 50:28 5. Walter Sum De Leon, Guatamala 57:51 Men 30-39--1. Enrique Camarena 52:25 2. Stuart Boden 55:35 Men 40-49--1. Larry Walker 45:00 2. Andrew Smith 50:35 3. Ed BOuldin 54:38 4. Ignacio Miranda 55:07 5. Dave Snyder 55:08 6. Art Grant 55:58 7. Jesus Orendain 56:19 8. Carl Warrell 57:17 9. Ron Baers 60:16 Men 50-59--1. Carl Acosta 57:40 2. Bill Neder 58:43 3. Robert Kleppe 60:46 4. Ken Yoshihara 60:53 Men 60 and over--1. Joe Weston 63:11 2. John Burns 63:32 Women 19 and under--1. Argelis Cruz, Mex. 51:21 Women 20-29--1. Sara Standley 50:13 2. Lizzy Kemp-Salvato 51:36 3. Guadalupe Colin, Mex. 54:17 4. Margaret Govea 55:05 5. Andrea Johnson 56:36 (Victorio Herazo did not finish) Women 30-39--1. Mary Howell 51:41 2. Cathy Mish 59:02 3. Kathy Blackmer 59:07 4. Jane Janousek-Diaz 63:26 Women 40-49--1. Virginia Scales 58:23 2. Cathy Rehage 59:24 3. S. Synal-Griffen 60:06 4. Jaye Horowitz 60:31 5. DONna Cunningham 60:58 Women 50-59--1. Jill Latham 61:17 2. Lynne Marsh 64:25 **Long Beach Marathon, May 6--1. Jim Hagin 4:28:07 2. Donald Peat 4:46:01 3. Richard Nester 4:51:37 4. Richard Ashton 4:57:56 Women: 1. Jill Latham 4:46:37 2. Sue Synal-Griffen 4:51:59 3. Alison Ashton 4:57:56 3. Lori Dean 4:57:27 5. Ellyn McIntosh 5:02:48 Women's 5 Km, San Francisco, April 8--1. Joann Nedelco 26:16 2. Donna Gilliland 29:00 3. Brie Reybine 29:30 4. Pamela Thornton 30:19 Julie Partridge 10 Km, San Francisco, April 28--1. John Ratto 49:41 2. Dave Marchese 50:00 3. Jonathon Matthews 51:00 4. Kim Wilkinson 51:04 5. Joann Nedelco 51:04 6. Kerry Bratton 53:21 7. James Lenschau 54:27 8. Skip Bockoven 55:27 9. Lance Wright 57:10 10. Bryan Winter 58:01 10 Km, Salem, Oregon, April 21--1. Andrew Herman 48:30 2. David Thomas 51:14 3. Travis Johnson 51:28 10 Km, Toronto, Ontario, May 6--1. Martin St. Pierre 47:45 2. James Kilburn 47:54 3. John Tucker 48:56 4. Jeff Cassin 51:30 6. Mike Freeman 54:43 Women: 1. Tina Poitras 49:19 2. Brigitte Leblanc 61:39 Ontario 30 Km Championship, same place--1. Roman Olszewski 2:44:20****

RACES YOU MIGHT ENJOY AS COMPILED THROUGH OUR VAST INTELLIGENCE NETWORK

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)
New Jersey TAC 5 Km, Trenton (A)

5 Km, Buffalo (J)
1 Hour, Kansas City, 7 :30 am (V)
5 Km, Phoenix, Ariz., 6:30 am (E)
Pac. Assn 5 Km Championship, Los Gatos, Cal. (P)
3 Km, Alexandria, Virginia (CC)
5 Km, Atlanta (H)
National TAC Women's 10 Km, Cerritos, Cal., 7:30 am (E)
2 Mile, Denver (F)
National TAC Men's 20 Km, Cerritos, Cal., 7:30 am (B)
5, 10, and 20 Km, Buffalo (J)
5 Km, Chicago (X)
Masters 5 Km, Los Angeles, 2 pm (B)
8 Km, Atlanta (H)
5 Km, New York City (S)
8 Km, Kansas City, 7 am (V)
5 Km, Los Angeles (B)
1 Mile, Salem, Oregon, 7:30 pm (Y)
4 Mile, Kent, Wash., 7 pm (C)
5 Km, Buffalo (J)
5 Km, Buffalo (J)
5 Km, Phoenix, Ariz., 6:30 am (E)
5 and 10 Km, Pasadena, Cal., 7:30 am (B)
Masters 5 Km, Eugene, Oregon, 8 am (Y)
3 Km, Alexandria, Vir. (T)
5 Km, Seattle, 6 pm (C)
National TAC Junior Women's 5 Km, Men's 10 Km, Fresno, CA (G)
1500 meters, Seattle, 3 pm (C)
3 Km, Alexandria, Virginia (T)
5 Km, Dearborn, Michigan 9 am (U)
Women's 5 Km, New York City (S)
5 Km, Denver (F)
10 Km, Kansas City, 7 am (V)
2.8 Mile, Seattle, 6 pm (C)
National TAC 10 Km, Niagara Falls, 8 am (W)
Masters 3 Km, Libertyville, Illinois, 11 am (\$500 total prize money) (Z)
5 Km, Denver (F)
5 Km, Phoenix, Ariz., 6:30 am (E)
3 and 5 Km, Gresham, Oregon (Y)
3 Km, Alexandria, Virginia (T)
5 Km, 5 Km, New Haven, Conn. (L)
5 Km, Dearborn, Mich., 9 am (U)
3 Mile, Columbia, Missouri, 8 am (M)
Metropolitan TAC 50 Km, New York City (S)
2.2 Mile, Denver (F)
5 Km, Phoenix, Ariz., 6:30 am (E)
Niagara 5 and 10 Championships, Buffalo (J)
3 Km, Alexandria, Virginia (T)
5 and 10 Km, Dearborn, Mich., 9 am (U)
5 Km, Colorado Springs, Colorado (F)
10 Km, Seattle (C)
Empire State Games 5 and 20 Km, Syracuse (J)
Empire State Games 10 and 50 Km, Syracuse (J)

Sun. June 10
Fri. June 15
Sat. June 16
Sun. June 17
Tue. June 19
Thr. June 21
Fri. June 22
Sat. June 23
Sun. June 24
Fri. June 29
Sat. June 30
Sun. June 24
Sun. July 1
Wed. July 4
Thur. July 5
Sat. July 7
Sun. July 8
Sat. July 14
Sun. July 15
Sat. July 21
Sun. July 22
Sat. July 28
Mon. July 30
Thu. Aug. 2
Sat. Aug. 4

5 Km, Phoenix, Ariz., 6:30 am (E)
 National TAC Youth Road Championships, 3, 5, and 10
 Km, Raleigh, N.C. (O)
 National TAC Masters Championships, 5 and 20 Km,
 Indianapolis (D)
 5 Km, Denver, Colorado (F)

Aug. 2 - 5

Sun. Aug. 5

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 W--David Lawrence, 94 Harding Ave., Kenmore, NY 14217
 X--The Walking Source, 847 Armitage, Chicago, IL 60614
 Y--Jim Bean, 4658 Fuhrer St., NE, Salem, OR 97305
 Z--Masters T&F Championships, COnnell Medical Center, 900 Garfield, Libertyville, IL 60048

San Diego racewalkers become movie stars

(As reported by Ed Ricci in *Southern California Racewalking News*) Around March 1 or 2, Lizzy Salvato called me at home and told me that someone had contacted her to teach the stars of a pilot film, *Ladies on Sweet Street*, how to racewalk. She discovered that her students were Gloria De Haven, Doris Roberts, and some man. Lizzy asked me if I wanted to be in the movie, and naturally I said I did. My job was that of a judge, uniform and all, and there were many of our racewalkers there, including Ted Greiner, Shirley Floyd, and Suzanne Synal-Griffen.

The pilot was filmed on Coronado Island, but before I go any further, let me say that racewalking is only one segment in the pilot, which has to do with middle-age women competing in a race of men and women with Gloria De Haven beating the man. The race took place on the streets and on the sand of

the beach. There was cheering and applauding--all done by the hundreds of volunteers with Clyde Hatfield among them. The race finished right in the entrance of the Hotel Del Coronado.

It seemed to me there were 30 or more takes of every scene. We started about 7 am and we finished about 6 pm. I thought it would never end, but they were very nice to us. They let us have about 45 minutes for lunch! Now I understand why movie stars are so easily upset when you have to repeat, and repeat one scene. For example, though the sun was out, the day was cool and each time they did a repeat of a race scene, they squirted water in the principals' faces to make them look like they were working hard and perspiring. I felt sorry for them and also feel more respect for they earn their money.

The pilot is to be shown in September and if everything goes well, it will be made into a series similar to *The Golden Girls*.

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Shoe commentary

My appeal for some solid information on shoes in last month's Heel to Toe column brought the following from Stan Chraminski in Seattle:

"I've found two brands of shoes suitable for racewalking. The first are the Reebok World Best racing flats. The drawbacks of these are in sole wear--which can be helped by application of shoe goo on the wear spots--and they run about a half to full size small due to a tight toe box. Otherwise, they are flat soled and flexible and not that much different from the now out of production Reebok Racewalkers.

"The second brand is the Saucony Sceptre racing flat. It's a light and flexible shoe with good toe room. The heel is a little higher than some racing flats, but, at worst, it's a good training shoe for walkers. It is fairly expensive, however, at a list of about \$60. The Reeboks are a little cheaper with a list in the \$40s. Both can be found for 10 percent or more off in mail order sales."

And Elaine Ward was addressing the same problem in the most recent *Southern California Racewalking News*:

Many racewalkers have recently encountered considerable frustration trying to get good racewalking shoes for competition. Reebok has again taken its racewalking shoe off the market and has no plans for a new model. The money and technology is going into the fitness walking market and no arguments about the growing numbers of race walkers or the monopoly advantage of putting out a good specialty racewalking shoe seems to work--at least for any length of time.

Mike Bandoni of the Sports Shoe (an LA store) has come up with some good ideas for dealing with this shortage. The first is to take the Nike or Reebok cross country or running flat and resole them for racewalking. He has done this for several local athletes with good success. These shoes cost between \$30 and \$35 and a resoling cost of \$20 brings the price up to about the cost of the Reebok racewalking shoe. He is also looking into the feasibility of assembling a racewalking shoe to meet the heavy demand in our area.

Mike suggests that the racewalking community write the following shoe companies, register their frustration that no competitive shoe is being marketed and ask that the company consider putting a good racewalking sole on their cross country or running racing flat. Nike's cross country shoe is called the waffle racer and Reebok's cross country shoe is called world cross. These shoes have small pegs. adidas still sells its extremely expensive elite racewalking shoe, but this is impractical for most walkers. All the sports oriented shoe companies need to hear of our strong interest in having a shoe and to learn that noncompetitive walkers enjoy walking in a light weight, flexible shoe, as well.

Addresses:

Nike International, VP of Sales and Marketing, 3900 SW murray Blvd., Beaverton, OR 97005

Reebok International, VP of Sales and Marketing, 1000 Technology Center Drive, Stoughton, MA 01072

Avia Distribution Center, VP of Sales and Marketing, 6077 Lakeview Blvd., Lake Oswego, OR 97035

adidas USA, VP of Sales and Marketing, 15 Independence Blvd., Warren, NJ 07060.

FROM HEEL TO TOE

A fitness walking clinic featuring Don and Debbi Lawrence is scheduled for Kansas City on Saturday, June 23 at 11 am. For more information contact the Kansas City Walkers, P.O. Box 30301, Kansas City, MO 64112. . . Mel Grantham's 25:43 at the Fontana Days 5 Km in California, reported last month, has been questioned by one reader, since it would break the age group (65-69) record by more than 3 minutes. Last month we had only the result and really hadn't noticed the amazing time ourselves. This month we have commentary on the race written by Mel himself in which he says: "This is a fun race, a 'morale builder'—a downhill roll where speed and legality may or may not mix. The race results reflect this mixture and at times should be accompanied by a smile and wink." I'm sure he intended one of those winks for his own performance. . . Henry Laskau is again a candidate for the National Track and Field Hall of Fame. Henry, now living in Coconut Creek, Florida, won 42 national titles during the 40s and 50s and was the 1951 Pan-American gold medalist. Perhaps this will be the year his efforts are properly recognized. To date, Ron Laird is the only racewalker in the Hall. . . Three more racewalkers have given their urine to The Athletics Congress in the mandatory, out-of-competition drug testing, and all tested clean, keeping our branch of the sport untainted. The three were Cindy Perez, Paul Wick, and Mike Rohl. . . Leonard Jansen, racewalker and head of the computer science department at the U.S. Olympic Training Center in Colorado Springs was quoted in an article in the April 1990 issue of *IEEE Spectrum*. The article, "Biomechanically Engineered Athletes", quoted Leonard thusly: "There is no substitute for science and technology in improving athletic performance except drugs, and drugs are not acceptable." The rather brief article covered the types of equipment and analyses used in performance testing. . . Steve Pecinovsky (Major Pecinovsky) was named the Air Force Male Athlete of the Year for his racewalking feats (actually feats) and honored along with seven others from other branches at the Army-Navy Country Club in Alexandria, Virginia on January 19. An article in *Military Lifestyle* covering the event had this to say about Steve, a 35-year-old native of Columbus: "While it's not as well-known as football or

basketball, racewalking is attracting quite a bit of attention is sporting circles. Evidence of this is the selection of Maj. Steven Pecinovsky, a judge advocate at Bolling AFB, Washington, DC, (Ed. Steve has since been reassigned to Alabama) as the Air Force's Male Athlete of the Year. Pecinovsky, who for the past 10 years has been a member of the U.S. National Racewalk Team, captured first place in the 15 Km National Championships in Long Beach, California, last year. Other accomplishments in 1989 includes a fifth place finish in the National Invitational 20 Km Racewalk World Cup Trials and a sixth place showing in the U.S. Olympic Festival's 20 Km walk. Pecinovsky also competed in the U.S. World Cup Team in Barcelona and the CISM Track and Field Competition in Rome. When not competing himself, Pecinovsky serves as the coach of the Potomac Valley Track Club in suburban Washington, DC. Just how good a coach is he? Apparently pretty good, as two of his athletes placed ahead of him at the U.S. Olympic Sports Festival. . . A letter to *Track & Field News* from David G. Rossiter of Ithaca, N.Y. had this to say in explaining falling attendance at indoor T&F meets: "Second is the inclusion of racewalking in the program. It's bad enough that this is considered part of T&F, but as a spectator sport it is downright ludicrous. . . they all cheat, and the ones who do it most smoothly don't get DQed. Further, the walkers are inferior athletes; anyone who can run like Doug Padilla, runs, he doesn't walk! The spectator can sense the low level of the competition and wonders why he spent \$34 to watch it." The first part of his comment only agrees with what some people within our sport have been saying and we have been over that ground enough lately, so we'll let that go. The second part can simply be dismissed as a *non sequitur*. I'm sure Mr. Rossiter is offended by those who suggest T&F athletes are just those who aren't good enough to play football, basketball, or baseball, but it's the same argument. If you can play basketball like Michael Jordan, you play basketball, you don't run. Or keeping it within the sport, anyone who can sprint like Carl Lewis, sprints, he doesn't just run. Or, anyone who can toss the shot like Randy Barnes, tosses the shot, he doesn't run. And, anyone who can walk like Tim Lewis, walks, he doesn't run. They are all true statements—everyone seeks the event he or she is best at, but that doesn't make them any better, or any lesser, an athlete than those in another event. Would Mr. Rossiter care to put a wager on a 6 mile race between Tim Lewis and Doug Padilla in which they ran the first 3 miles and walked the second three, or vice versa? . . . Also from the media, this excerpt from Dave Barry's syndicated column: "Probably the fastest-growing sport for the over-40 person is one that combines the advantages of a good cardiovascular workout with the advantages of looking like you have a bizarre disorder of the central nervous system. I refer to walking like a dork. Walking like a dork has become very popular among older people who used to jog for their health but could no longer afford the orthopedic surgery. The object of dork walking is to make a simple, everyday act performed by millions of people every day, namely walking, look as complex and strenuous as Olympic pole vaulting. To do this, you need to wear a special outfit, including high-tech color-coordinated shorts and sweat clothes and headbands and wristbands and a visor and a Sony Walkperson tape player, little useless weights for your hands and special dork-walking shoes that cost as much per pair as round-trip air fare to London. But the most important is your walking technique. You have to make your arms and legs as stiff as possible and swing them violently forward and back in an awkward, vaguely Richard Nixon like manner. You'll know you're doing it right when passing motorists laugh so hard that they drive into trees." That's humor I can relate to; if you're offended by that you need to get yourself some thicker skin.

LOOKING BACK

25 Years Ago (From the May 1965 ORW)—In only its third month of publication, the ORW was still a bit provincial, and this issue featured a lot of the editor (Yea, even then, Jack Mortland) and publisher (Jack Blackburn, who was actually responsible for starting this publication, though he ducked out after a couple of years). One week, Blackburn beat Mortland in a 2-miler, 14:05 to 14:08; the next week it was Mortland better than 2 minutes ahead in 1:17:36 10 miler. Finally, Mortland overcame high heat and humidity—or at least, so we boastfully reported—and Blackburn to take a 10 Km race in 47:51. Blackburn had 49:19. In the hinterlands, Ron Danile won the Asbury Park 10 miler in 1:20:04, 10 seconds ahead of Art Mark. Henry Laskau, in a rare appearance after his retirement nearly a decade earlier, walked a very creditable 1:22:04 in fifth. In yet another 10 miler, Paul Nihill took the British title in 1:14:55, with Ron Wallwork less than a half-minute behind.

20 Years Ago (From the May 1970 ORW)—Dave Romansky won the National 35 Km in Des Moines in 3:13:14 on a 12-lap course, which included one hill that had no place in a walking race since it was impossible to actually walk up it. A close, and steadily closing, was Australian Bob Steadman, then living in Winnipeg, in 3:14:19. (Bob has just recently left Texas to return to Australia; we hope his Mongolian pal Golombjab will find him there.) Ron Kulik and Canadian Karl Merschensch captured the next two spots, followed by John Knifton, Goetz Klopfer, Marcel Jobin, and Ron Laird—a very class field. . Romansky also won the National 15 Km in Nutley, N.J. in 1:14 plus (the official time was not available at press time, even though your editor was on the scene of the race) on a very hot day. Ron Kulik, hosting the race, beat Steve Hayden for second, with Ron Laird, Ron Daniel, and John Knifton following. . The ORW postal 20 Km went to Laird in 1:33:35 with Tom Dooley just 21 seconds back. Romansky blitzed the course record in the Zinn Memorial 10 Mile in Asbury Park with 1:10:54. Ron Daniel was 4 1/2 minutes back. . Wilf Wesch, a West German, walked a 1:29:02 for 20 Km in London. . Gennadiy Agapov had 1:29:19 in the USSR.

15 Years Ago (From the May 1975 ORW)—John Knifton won the National 15 Km in Chicago in 1:10:54 with Tom Dooley 42 seconds back. Bob Henderson, comebacking Larry Young, and Al Shirk followed. . Mike Young from the Colorado TC won the Junior 15 in 1:25:50. . The Mexican revolution was just beginning and was well demonstrated in a win over Canada. Daniel Bautista won the 10 Km in 42:34 with Enrique Vera just 14 seconds back. The 20 went to Raul Ganzales in 1:27:50, with Pedro Aroche and Domingo Colin also well ahead of Canada's Marcel Jobin.

10 Years Ago (From the May 1980 ORW)—Carl Schueler won the 50 Km Olympic Trial and, in the process, became the first U.S. walker under the 4 hour mark. Schueler caught Marco Evoniuk on the last of 20 laps and finished in 3:59:33. Evoniuk's 4:00:30 was also under Larry Young's previous U.S. best of 4:00:45. Dan O'Connor passed Jim Heiring just after 40 Km and went on to take the third spot in 4:11:03. Jim finished in 4:12:37. Vincent O'Sullivan and Wayne Glusker filled the next two spots. . A week earlier, Marcel Jobin had become the first North American under 4 hours, winning the Canadian title in 3:54:50. . Jobin also came first in the U.S. 10 Km race in 41:47.3, nearly a minute ahead of Chris Hansen. O'Connor and Steve Pecinovsky were next. Jobin repeated in the Zinn Memorial the next day with a 42:01, ahead of Ray Sharp's 42:49. Pecinovsky

edged O'Connor for third this time. . Sue Brodock won the U.S. 20 Km title in 1:48:22, as Vicki Jones finished second and Lori Maynard third. . The men's 20 was held in Seattle with O'Connor beating a relatively weak field in an excellent 1:26:26. John VanDenBrandt, Torry Lingbloom, and Al Halbur followed.

5 Years Ago (From the May 1985 ORW)—With heat slowing the times, Carl Schueler defended his U.S. 50 Km title in New York City. Carl's 4:18:07 left Marco Evoniuk better than 7 minutes back. Randy Mimm was another 12 minutes back; then came Dan O'Connor, Dan Pierce, and Bob Davidson. . Jim Heiring won the National 5 Km in Denver in a swift 20:21. Dave Cummings had 20:40 to beat Tim Lewis (20:56) for second. Marco Evoniuk, Gary Morgan, and Todd Scully were next. Maryanne Torrellas (23:52) took the women's title ahead of Ester Lopex (24:25) and Teresa Vaill (24:50). . At the Mexican walking week, Martin Bermudez won the 20 Km in 1:23:50, Columbia's Querebin Moreno the 1 Hour with 14,270 meters, and Norway's Erling Anderson in 3:59:34. Sweden's Ann Jansson won the women's 20 Km in 1:36:37. . China's Hong Yan had a women's world best of 44:14 for 10 Km, with 15 more of her countrywomen under 48 in the same race. Two days later, she did 21:43 for 5 Km, but was beaten by Yungjiu (21:42).

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