

Ohio Race Walker
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OHIO RACEWALKER



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COLUMBUS, OHIO

JANUARY 1992

Lawrence betters world mark

Hamilton, Ontario, Jan. 10--It was Debbi Lawrence in a walk. The Wisconsin athlete set a world indoor best time of 5:54.31 in the women's 1500 meter walk at the Hamilton Spectator Indoor Games, bettering Maryanne Torrellas's previous mark of 6:01.16. Torrellas, recovering from knee surgery in the spring, was never a factor, finishing last in the six-woman field. Said Lawrence, "I just try to do my best for myself. I don't really pick out anyone to beat. It's so hard indoors--you never know who'll be there and there's always last-minute scratches.

Lawrence let out a squeal when she learned the official time. The win and the record also gives her 20 more points on the Grand Prix circuit. Victoria Herazo bolted to the front at the start and led for the first lap before Lawrence hit stride after 500 meters and pulled ahead. Lawrence coasted to a quiet victory by more than 9 seconds. Herazo held on for second, ahead of Calgary's Janice McCaffrey.

Lawrence is gearing up for the U.S. Olympic Trials in June. "That's our biggest competition," said Lawrence. "We don't have a card system or anything where they select now--I'm not on the team. I think it will be really competitive this year. You've just got to do your own thing and hope everything works out."

The results: 1. Debbi Lawrence 5:54.31 2. Victoria Herazo 6:02.84 3. Janice McCaffrey 6:03.08 4. Lora Rigutto 6:19.1 5. Holly Goerke 6:20.8 6. Maryanne Torrellas 6:31.8

Other results

Women's 1500, Ottawa, Ont., Jan. 18--1. Debbi Lawrence 5:56.29 2. Janice McCaffrey 6:03.75 **Dartmouth Relays, Jan. 12:** Women's 1 Mile--1. Joanna Irvine, Ottawa 7:22.36 2. Gretchen Eastler 7:30.20 Men's 2 Mile--1. Mark Fenton 13:42.40 2. Steve Vaitones 14:13.05 3. Kevin Eastler 15:58 4. Tom Knatt 16:17 5. Mike Hersey (14) 19:50 **1 Mile, Cambridge, Mass., Dec. 14--**1. Mark Fenton 6:41.3 2. Justin Kuo 7:55.2 3. Tom Knatt 7:56.9 4. Ken Mattsson 8:26.1 5. George Lattarulo 8:46.8 **Women--**1. Carol Kuo 9:42.1 2. Carolyn Wills 10:38 **5 Mile, Winchester, Mass., Jan. 1--**1. Steve Vaitones 40:46 2. Justin Kuo 45:53 3. Bob Ullman 47:07 **Master's 1 Mile, Providence, Jan. 12--**1. Brian Savilonis (40-44) 6:58 2. John Johnson (45-49) 7:21 3. Joe Light 7:37 (35-39) 4. Justin Kuo (35-39) 7:49 5. Bob Ullman (40-44) 7:59 6. Paul Johnson (50-54) 8:00 7. GUs Davis (50-54) 8:49 8. Louis Free (60-64) 9:17 9. Charles Mansbach (45-49) 8:23 10. William Murphy (55-59) 9:46. . 12. Phill O'Connell (70-74) 10:55 (17 finishers) **Women--**1. Carol Kuo (40-44) 9:48 2. Dot Ambrose (30-34) 9:54 3. Karen Faye (40-44) 10:05 **3 Km, Boston, Jan. 19 (New England vs Metropolitan)--**1. James Spahr, Smithtown, NY 12:45.1 2. Steve Vaitones, Waltham, Mass. 12:56.5 3. Mark Barber, Stonybrook, NY 13:18 4. Kevin Eastler, Farmington, Maine 14:16 5. Matt Barber, Long Island 14:35 6. Mike Roth, Stonybrook 15:09 **Women's 1 Mile, same place--**1. Gretchen Eastler Boston 7:24.8

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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2. Melissa Baker, NY 7:30.0 3. Sue Liers, NY 7:30.1 4. Debbie Scott, NY 8:03.8 3 Km, Westpoint, NY, Dec. 21--1. Rob Cole 12:18.64 2. Elizabeth Galasso 14:22.19 3. Roselle Safran 14:56 4. Jacinto Mogena 15:30 5. Larry Ryan 15:43 1500 meters, same place--1. Debbie Scott 7:43.84 2. Patti Ditzel 8:12 3. Robert Spillman 8:17 4. Lisa McKenzie 8:41 5. Christian Clement 8:48 5 Km, New York City, Dec. 1--1. Marc Varsano 22:08 2. Alan Jacobson 24:46 3. Bob Gottlieb 25:47 4. Michael Korol 26:22 5. Richard Harper (42) 27:00 6. Howard Jacobson (61) 27:14 7. Mike Nixon (48) 28:20 8. Herb Zaydek (52) 28:24 9. Melissa Jacobson (29) 28:35 10. Bob Thaler



Three international medalists mix it up at Viariggio, Italy in 1967. Larry Young, left, won bronze medals in both the 1968 and 1972 Olympic 50 Km. Abdon Pamich, center, was the 1964 Olympic 50 Km gold medal winner. Ron Laird, right, was third at 20 Km in both the 1967 and 1973 Lugano Cup (now World Cup) races. Laird won this race in 1:28:18.

(53) 28:45 11. Elton Richardson (53) 29:14 12. Tom Worthington (44) 29:26 13. Luis Canepa (44) 29:45 14. Bob Spillman (60) 29:46 (44 finishers) 3 Km, New York City, Dec. 29--1. Rob Cole 12:23.12 2. Curtis Fisher 12:23.22 3. Marc Varsano 12:34.84 1500, same place--1. Gary Null 6:32 (1st over 45) 2. Elizabeth Galasso 6:46.30 3. Mike Heticzman 6:48.00 4. Franklin Valleo 7:27.70 5. Debbie Scott 7:33.90 6. Leon Clarke 7:50.30 7. Patti Ditzel 8:04 8. Luis Canepa 8:24 9. Lisa MacKenzie 8:26 10. Lucanne Dougherty 9:45 (13 finishers) Youth 1500, same place--1. Rosell Safran 7:19.38 2. Kayode Dobosu 8:15.83 3. Tara Shea 8:18.21 4. Tim Martin 8:51.37 5. Erica Hanami 9:05 6. Lisa Kutzing 9:07 (11 finishers) 3 Km, Westpoint, NY, Jan. 4--1. Mark Barber 6:42.13 2. Gary Null 6:58.35 3. Mike Heitzman 7:18.25 4. Robert Gottlieb 7:21 5. Matt Barber 7:32 6. Michael Roth 7:37 7. Kayode Dobosu 8:45 8. Jacint Mogena 8:47 3 Km, Long Island, Jan. 12--1. James Spahr 12:29.6 2. Marc Varsano 12:29.9 3. Mark Barber 13:17 4. Lynn Weik 13:17.3 5. Michael Korol 13:21 6. Yariv Pomeranz 14:06 7. Brian Rossi 14:44 7. Mike Heitzman 14:38 8. Brian Rossi 14:44 9. Michael Roth 14:48 10. Matt Barber 15:04 11. Melissa Baker 15:12 12. Michael Dziejma 15:13 13. Debbie Scott 15:52 14. Luis Rodriguez 16:10 15. John SHilling 17:30 16. Nadya Dimitrov 17:55 18. Tim Martin 18:22 5 Km, Virginia Beach, Virginia, Nov. 23--1. Dennis Hughes 27:57 2. William Leggett 27:58 3. Pat Molnar 30:03 Women: 1. Suzanne Stansfield 31:51 1 Mile, Richmond, Virginia, Jan. 11--1. Curt Clausen 6:35.6 2. Alan Price 8:01 3. William LEggett 8:21 4. Paul Cajka 8:55 5. Andrew Briggs 9:49 Women--1. Tracey Briggs 7:28.1 2. Pauline Stickels 8:55 3. Lois Dicker 9:22 4. Beth Alvarez 9:39 1 Hour, Columbia, S.C., Dec. 21--1. Ian Whatley 13,570 meters (21:32, 43:56) (personal record at 10 Km) 2. David Hale (40-49) 10,541 m 3. Bill CHelf (50-59) 10,503 4. Mike Michael (60-69) 9,780 5 Km, Lake Worth, Florida, Dec. 21--1. Dave Clark 27:30 2. Linda Stein (44) 27:53 3. Robert Fine (60) 28:25 4. Robert Carver 30:15 5. CHuck Deuser (61) 30:22 6. Paul Geyer (72) 32:38 5 Km, Orlando, Florida, Dec. 14--1. John Fredericks 24:08 2. Edgardo Rodriguez 24:15 3. Burns Hovey 26:32 4. Ken Cutler 27:19 5. Peter Black 27:55 Women--1. Carla Wahlstrom 30:58 10 Km, Coconut Grove, Florida, Dec. 28--1. Dave Clarke 57:53 2. Peter Black (49) 58:38 3. Bob Fine (60) 59:53 Women--1. Linda Stein (44) 58:02 Half-marathon, Miami, Jan. 5--1. Peter Black 2:10:40 Oouisiana State 30 Km, New Orleans, Dec. 14--1. Ed Whiteman 3:02.00 2. Oliver Dailey 3:40:52 10 Km, New Orleans, Dec. 8--1. Don DeNoon (48) 48:00--guess he just went out to walk his age. Years after his last competitive walk; done primarily off running training. 2. Don Pierce 52:02 3. Dave Guen 59:51 Women's 10 Km, New Orleans, Jan. 19--1. Lynda Brubaker, Lancaster, Penn. 49:30 2. Tracey Briggs, Alexandria, Vir. 49:59 3. Cheryl Rellinger, Gree, S.C. 50:23 4. Lisa Sonntag, Indianapolis 53:54 DNF--Dee Collier, Kenosha, Wis. 20 Km, same place--1. Dave McGovern 1:28:37 2. Ian Whatley 1:30:03 3. Bob Briggs 1:32:37 4. Marc Varsano 1:35:03 5. Rob Cole 1:38:30 6. Don DeNoon (1st old guy) 1:38:42 7. Jon Jorgenson 1:42:51 8. Machael Korol 1:45:32 9. Dave Doherty 1:47:02 5 Km, Denver, Dec. 5--1. Sally Richards-Kerr 27:42 2. Bob DiCarlo (57) 28:02 3. Daryl Meyers (49) 29:07 4. Pam Hahler (40) 30:56 (89 finishers) 4 Mile, Denver, Nov. 28--1. Bob DiCarlo 37:26 2. Daryl Meyers 37:20 5 Km, Albuquerque, Dec. 14--1. Theron Kissinger 25:42 2. Peter Armstrong 28:45 3. Jackie Kirby 29:39 4. Arnold Levick 29:40 5. Kathy Jo Lovell 29:54 6. Steve Patrakes 29:57 1 Hour, Monterey Park, Cal. Dec. 21--1. Allen James 14,016 meters (42:37 at 10 Km) 2. Murray Day (48:38) 12,298 3. Keith Ward (49:24) 12,230 4. Dana Marsh (50:04) 12,053 5. Richard Lehart (50:49) 11,763 6.

Jack Bray 11,218 7. Paul Johnson 10,787 8. Donna Cunningham 10,250 10 Mile Handicap, Pasadena, Jan. 20 (Actual times shown)—1. Charles DeHeck (62) 2:03:58 2. Joann Beers (60) 1:54:48 3. Richard Ashton (28) 1:18:17 (2nd fastest time) 4. Wilson Crone (32) 1:37:04 5. Donna Cunningham (45) 1:46:04 6. Margery Kraus (38) 1:47:20 7. Allen James (27) 1:09:34 (Fast time) 8. Ronald Baers (49) 1:36:57 9. Murray Day (27) 1:20:27 (3rd fast). . .11. Carl Acosta (57) 1:34:22. . .13. Chris Dreher (34) 1:31:12 14. Bill Neder (53) 1:34:47 . . .18. Dale Sutton (52) 1:34:47 . . .21. Wayne Wurzbarger (50) 1:33:10 . . .23. Francene Bustos (27) 1:24:24 (4th fast) 26. Richard Lenhart (33) 1:29:59 (5th fast) 27. Tom Knatt (51) 1:31:59 (7th fast). . .36. Ted Greiner (60) 1:37:30 (43 finishers) 20 Km, Oakland, Cal., Nov. 17—1. Jonathan Matthews 1:33:29 2. Richard Quinn 1:34:11 3. Skip Bockoven 1:50:16 4. Bob Lubelski 1:58:57 (1st over 40) Women—1. Cindy March 1:51:16 2. Cindy Paffumi 1:55:06 1 Hour, Marin, Cal., Dec. 22—1. Jim Lenschau 7 mi 1361 yds (47:37 at 10 Km) Walk Triathlon, North York, Ontario, Dec. 7 (1500, 3000, 5000) 1. Stuart Summerhayes (57) 1992 points (7:29.2, 15:55.3, 27:38.4—points are age graded) 2. Roman Olszewski 1730 (41) 6:57.7, 14:50.3, 25:47.6 Women—1. Lora Rigutto (23) 2562 (6:35.4, 14:01, 24:38.7) 2. Marilyn Chute (46) 1631 (8:17.8, 17:08.4, 29:29.5) 3. Brigitte Leblanc 1613 (29) 7:13.2, 15:42.6, 27:41.6 4. Sue Perkins 1429 (7:54.2, 16:26.1, 28:55.7) Pan-Arab Championships, Latakia, Syria, Oct. 1-4: 20 Km—1. Malid Turki, Syria 1:52:23 Women's 10 KM—1. Amani Adol, Egypt 54:57 Jr. Men—1. Moussa Onoual 46:09 7 Mile, Chigwell, England, Nov. 6—1. N. Carmody 46:19 Asian Championships, Kuala Lumpur, Malaysia, Oct. 19-23: 20 Km—1. Buling Tang, CHina 1:31:36 2. Hideharu Fuchida, Japan 1:34:02 3. Sucha Singh, India 1:37:01 Women's 10 Km—1. Jinxue Li, China 49:15 2. Tomoko Uchida, Japan 49:41 3. May Kyin Lwan, Malaysia 51:28. I forgot to note above than Allen James 1 Hour performance was an American record!

A COMPENDIUM OF RACES HERE AND THERE (BUT NOT EVERYWHERE)

Sat. Feb. 8 5 Km, New Orleans, 9 am (V)
5 Km, Orlando, Florida (D)
Ontario Indoor Championships, Jr. and Sr., Women 3 Km,
Men 5 Km, Toronto (C)
Sun. Feb. 9 Long Beach Marathon, 7 am (B)
Northeast Indoor 3 Km Champ., Providence, RI (I)
4 Mile, Long Branch, NJ (A)
5 Km, New Orleans, 8:30 am (V)
Sat. Feb. 15 5 Mile, Long Branch, NJ, 11 am (A)
13 Mile, Fremont, Cal. (N)
Mon. Feb. 17 3.8 Mile, Brockton, Mass., 2 pm (I)
5 and 10 KM, Wilshire, Cal. (B)
Sat. Feb. 22 2 Mile and 10 Km, New Orleans, 8 am (V)
Indoor 1500 meters, Stony Brook, N.Y. (G)
Indoor 2 Mile, Macomb College, Michigan (O)
Indoor 3 Km, Carbondale, Ill. (D)
5 Km, Albuquerque, NM, 9:15 am (L)
Sun. Feb. 23 Indoor 2 Mile, Arlington, Virginia, 8:45 am (E)
Indoor 1 mile and 3000 meters, Princeton, N.J. (G)

5 Km, East Los Angeles, Cal., 8 am (B)
50 Km, San Francisco (N)
Ontario Bantam, Midget, and Jr. Championships, 1500 m,
Boys and Girls, Windsor (C)
TAC Indoor Championships Women's 3 Km, Men's 5 Km,
New York City (H)
Fri. Feb. 28 Los Angeles Marathon, 8:45 am (B)
Sun. March 1 Youth Indoor 1 Mile and Open 3 Km, New Haven, Conn. (G)
3 Km, Milford, Conn., 10 am (M)
3 Mile, Detroit (O)
Sat. March 7 Republic of Texas 5 Km, Austin, 7:30 am (F)
Sun. March 8 2 Mile and 10 Km, New Orleans, 8 am (V)
Sat. March 14 2 Mile and 10 Km, New Orleans, 8 am (V)
Sun. March 15 Indoor 1 Mile, New Haven, Conn., 11 am (G)
St. Patrick's Day 5 Km, New York, N.Y. (G)
10 Km, New Orleans (V)
Sun. March 22 20 Km, Long Beach, Cal., 8 am (B)
Marathon, San Francisco (N)
Sun. March 29 Eastern Regional Men's 20 Km, Women's 10 KM, Washington,
DC (J)
Sat. April 4 National Masters Indoor 3 Km, Men and Women, Columbus,
Ohio (K)

Contacts

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E--Arlington Co-OP, 1035 S. Edgewood, Arlington, VA 22204
F--Republic of Texas Racewalk, P.O. Box 3948, Austin, TX 78764
G--Park Walkers, 320 E. 83rd St., Apt. 2C, New York, NY 10028
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I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
J--Sal Corrallo, 3466 Roberts Lane North, Arlington, VA 22207
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L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104
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N--Ron Daniel, 1289 Balboa Ct., Apt. 149, Sunnydale, CA 94086
O--Frank Soby, 3907 Bishop, Detroit, MI 48224
Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
V--NOTPC, P.O. Box 52003, New Orleans, LA 70152
AA--Dottie Clemmer, 830 Foucher St., New Orleans, La. 70115
BB--Sal Corrallo, 3466 Roberts Lane N., Arlington, VA 22207

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National Championship Schedule for 1992

Feb. 28	Indoor Championships, New York (See above for contact)
March 29	Eastern Regional Men's 20 Km and Women's 10 Km, Washington, DC, (See above for contact)
April 4	National Masters Indoor, Columbus, Ohio (See above for contact)
April 26	National 50 Km and U.S. Olympic Trial, New Orleans (4:25 qualifying standard).
May 3	South Regional 20 Km, Raleigh, N.C., Ray Fulghum, Box 5684, Raleigh, NC 27650 (919-831-6640)
May 26	Youth Road Championships, St. Louis, Missouri, Ginger Mulanaz, 11975 Gist Road, Bridgeton, MO 63044 (314-298-0916)
June 22	Women's 10 Km Olympic Trials, New Orleans, US Olympic Track and Field Trials, 601 Loyola Avenue, Suite 214, Foydras Plaza Mall, New Orleans, LA (504-484-1992)
June 24	Men's 20 Km Olympic Trials, New Orleans (same contact as above)
July 4 or 5	National Junior Men's 10 Km, Women's 5 Km, Columbus, Ohio, James Pearce, 2449 Southway Drive, Columbus, OH 43221 (614-294-0606)
July 11	National 10 Km, Niagara Falls, N.Y., David Lawrence, 94 Harding Avenue, Kenmore, N.Y. 14217 (716-875-6361)
July 28-Aug. 1	US Junior Olympic Championships, Walnut, Cal., Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106 (818-577-2264)
Aug. 13-16	US Masters T&F Championships, Spokane, Wash., Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204 (509-459-3644)
Sep. 13	National 40 Km, Ft. Monmouth, N.J., Elliott Denman, 28 Norht Locust, West Long Branch, N.J. 07764 (908-222-9213)
Oct. 4	National 5 Km, Hamden, Conn., Rich Torrellas, 8 Marion Lane, Clinton, CT 06413 (203-669-4572)
Oct. 18	National 1 Hour and 2 Hour, Cambridge, Mass., Philip McGaw, 156 Blue Hill Avenue, Milton, MA 02174 (617-698-1806)
Sept. 26-27	Casimiro Alongi Invitational 10 and 20 Km, Dearborn, Mich., Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127

FROM HEEL TO TOE

A couple of additions to the U.S. Women's 10 Km list in the December 1991 issue. We left Peggy Miller off altogether. She had a 51:27 on her way to 1 Hour in the National race in Cambridge, Mass., a time I didn't have. She also had a 54:06 in Naperville, Illinois, a time I should have picked up. But place her at 51:27. Mataji Graham had a best of 53:54, not the 55:01 I listed (and that should have been 55:04). . For those who missed the earlier note, Dave McGovern is having a Spring Racewalking Training Camp in Tioga, Texas from Thursday, April 2 through

Sunday, April 5. Contact Dave at 29 Garden Drive, Alexandria, VA 22304 for details. . Dave reports on a New Year's trip to England (taking advantage of frequent flier miles to visit his step sister in London) in which he spent a good deal of walking time with British 50 Km ace, Les Morton. Dave's report: "Les wound up 10th in the Tokyo World Championships on 70 quality miles per week. He's got a life, a wife, kid, job, you name it, and can still hit 3:55. What are we doing wrong? (Ed. Always good to hear that you can do it while holding down a full time job, which was true in the old days and I've always thought still is if you know how to handle it. And 70 miles a week done the right way is certainly ample. Back to Dave.) I won the USA vs GBR series with a resounding win over Les (although second overall in the 1 Mile Birmingham Indoor Invitational on January 4. The "series" consisted of four quality workouts, junk mileage didn't count. I was rusty at over 15 mile stuff, so a 20 mile workout at about 8 minute per mile pace hurt the American cause. We finished together, but I whined like a baby from 16 to 18, so Les got the win. The day before, I broke him in a 10 miler at 7:30 pace. We finished together here as well, but I had to slow down considerably for him towards the end, so I took the win. A few days after the 20 miler, we hit a 10 Km "time trial." Les wanted to hit a 45:00, so I paced him at dead even pace for exactly 1 mile. The 20 took more out of our man than he let on as he told me to go on while he took a "couple of easy laps". I stayed on for 7:11, 7:11, 7:12, and got bored after lapping him, so I went 6:40s for the last couple. End result: 43:50 to 47:56. Revenge was had a few days later on a 15 miler in the "peak District". (I certainly did not peak for this one, however!) I haven't seen hills like that since working in the Catskills for H. Jacobson, and was definitely not ready to take them on after a solid 10 miler the day before. (Les "had to take a day off for work. . ." A likely story!) A resounding win for Morton, who harassed me the entire way for being, alternately a whining American poof and a narrow mack 20 Km pansy. Two hours of freezing rain without gloves or hat didn't help matters, but the steak and Yorkshire pudding at mom's house afterwards took some of the sting away from the shame of a second Team USA defeat. The Birmingham 5 Km sealed the USA victory despite a second place finish. The result: 1. Andy Drake 19:51.47 2. Dave McGovern 20:23.46 3. Les Morton 20:58.67 4. P. King 21:26.83." . Dan Pierce, who had been suspended for missing an out-of-competition drug testing date, was reinstated in December. A hearing panel and the National Board of Review Panel agreed that there had been confusion on the part of Dan's roommate as to Dan's whereabouts when the test notification arrived and that Dan had indeed made a series of frantic phone calls to rectify the situation, but to no avail. . Ron Zinn Awards for Racewalking for 1992 went to Allen James, Carl Schueler, and Debbi Lawrence. Elaine Ward, of Pasadena, was named the outstanding contributor to the sport and the Pacific Association received the outstanding association award. . When you are moving, please notify the ORW of your new address, particularly if you have a Second Class subscription. Those are not forwarded, as are First Class mail pieces, and eventually, I get the address label back with 35 cents postage due. Sometimes they show the forwarding address, sometimes they don't. If I'm feeling magnanimous, and have extra copies on hand, I might send you a copy, at a cost of 29 cents, of course. In the meantime, another copy may have already gone out, and that too will come back with 35 cents postage due. So, as you see, you cost me a lot of money and effort when you move and don't tell me. . And, another reminder to

foreign subscribers. Please don't send me checks drawn on banks in your country. I get charged a handling fee, even if the check indicates U.S. funds. (Even for Canadian banks.) Therefore, if I am to get all my money, I need either U.S. currency (not always a good idea to send it through the mail, but I accept it), postal money orders, or checks drawn on a U.S. bank. Thanks. . . For the second year, Butler University is taking applications for the Ken Doherty Fellowship for research in track and field, emphasizing projects that address topics of social, philosophical, psychological, and historical concerns. You get travel to and from Butler University, 4 weeks room and board, and full use of the extensive track and field historical library there. The application deadline is April 10. For further information contact National T&F Library Advisory Board, Irwin Library, Butler University, Indianapolis IN 46208, 1-800-368-6851, ext. 9265. . . The Library is also having an open house on Saturday, March 14 from 9 to 5. . . The racewalk chairman of the Virginia Association of TAC announces the start of a newsletter for Virginia racewalkers and others interested in Virginia's racewalking news. For further information write to Paul A. Cajka, 5940 Blackpoole Lane, Virginia Beach, VA 23462. . . Former racewalk International, Lisa Vaill, Teresa's twin, finished 26th in the U.S. Olympic Marathon Trial with a 2:43:18 on January 26.

LOOKING BACK

30 Years Ago (From the Jan. 1962 American Race Walker published by Chris McCarthy)--Ron Zinn had the fast time in the Chicago Holiday 10 Mile Handicap with a 1:21:02, very fast considering the 18 F temperature and snow drifts he had to plow through. Young Rimas Vacaitis was just a second behind. . . Vacaitis had winning mile times of 6:39.7 and 6:43 during the month. . . Italy's Abdon Pamich set a world record of 4:14:04 for 50 Km on the Olympic Stadium track in Rome.

20 Years Ago (From the Jan. 1972 ORW)--Fast early season miling--Ron Daniel had the third fastest mile in history (to that time) with a 6:12.8 in Philadelphia. Ron Kulik, Todd Scully, and Dave Romansky followed in 6:17.7, 6:21.7, and 6:28. Ten days earlier Kulik had beaten Daniel 6:28.8 to 6:29. . . On the other coast, Tom Dooley did 6:30.5 to beat Esteban Valle (6:38) and Larry Walker beat Don DeNoon 6:41.4 to 6:44. Bill Ranney was a close third in both races. . . San Rafael high school student, Jerry Lansing, won the National Junior 35 Km in 3:18:21. . . On the local scene, your editor celebrated his 37th birthday by covering 6 miles 276 yards in 48:36, but failed by 66 seconds to make up a 17 1/2 minute handicap on Doc Blackburn. (The odd distance was because we did exactly 4 laps of a natural loop, which we had well measured.) Steve Tyrer won the NAA 2 Mile in 14:50 ahead of Dale Paas and Mike Dewitt. . . In the Rockier, Jerry Brown showed fine form with a 13:55 for 2 miles and Bill Weigle covered a marathon in 3:33:53. . . Ron Laird was wintering in England and did a track 20 Km in 1:33:35 as well as a couple of 7 miles in 50:50 (finishing first) and 50:53 (second).

10 Years Ago (From the January 1982 ORW)--Jim Heiring was simply tearing around indoor tracks across the country. He had a 5:55.2 for the mile in Milwaukee, a world best 5:27.1 for 1500 meters in New York, a 12:40 for 2 miles in Chicago, and a 12:20.6 for 2 miles in Kansas City. Todd Scully was just 5 seconds back in the 1500.

5 Years Ago (From the January 1987 ORW)--American records fell at the Hoosier Invitational indoor meet in Indianapolis as Maryanne Torrellas did 13:29.82 for 3 Km and Paul Wick 20:29.67 for 5 Km. Teresa Vaill was just 3 seconds behind Maryanne with Lynn Weik third. Gary Morgan trailed Wick by 6 seconds and Doug Fournier also went under 21 minutes. .

.Torrellas also had a 6:58.9 to win a mile in Hanover, N.H. with Weik second in 7:01. . . At West Point, Paul Schwartzburg did a mile in 6:06.8 ahead of Mike Stauch's 6:17.65. The

following week, Stauch edged Doug Fournier 6:13.52 to 6:13.61 at the same site. . . Dan O'Connor won a New Jersey 10 miles in 1:12:45 and Marco Evoniuk took the Hawaii Marathon in 3:33:35.

Study on the Effects of Different Intensity Walking Programs

Ian Whatley provides the following summary of this article by J.J. Duncan et al of the Cooper Institute for Aerobics Research, which appeared in the Dec. 18, 1991 issue of *Journal of the American Medical Association*.

The researchers divided 59 healthy, sedentary, pre-menopausal women into four groups. For 24 weeks, three of the groups walked 3 miles per day, 5 days per week, and one group continued their sedentary lifestyle as a control. The walking groups were given different exercise intensities, either:

- o 86 percent of maximum heart rate
- o 67 percent of maximum heart rate
- o 56 percent of maximum heart rate.

For all their workouts, these percentages equate to hard walking, brisk walking, and strolling. Before and after this 24 week routine, the women's maximum oxygen uptake (VO₂ Max) and blood lipoproteins were measured.

Not surprisingly, the improvements in VO₂ max increased directly with the intensity of the workouts. However, HDL (high density lipoprotein, the beneficial form) rose 6 percent in all exercise groups regardless of pace.

The researchers estimate that this would decrease a woman's risk for cardiovascular disease by 18 percent. This doesn't mean that light exercise is as good as hard exercise. Commentators at Stanford suggest that, within reason, the more exercise you do, the better. Encouragement to take up a walking program is provided by this study's finding that even mild activity is better than none.

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The following from Richard Charles in Texas. He set these down while becoming familiar with his daughter's computer and then received encouragement from several people at the TAC Convention to share them in hopes of getting some agreement-disagreement. The ORW is glad to oblige.

SOME THOUGHTS ON RACE WALK JUDGING. This may seem to ramble but I'd like to talk about Judging from many perspectives: 1. TAC RW rules 2. Competitive athletes 3. Non-Competitive race walkers 4. Fitness walkers 5. Spectators 6. Coaches 7. TAC Certified experienced RW Judges 8. TAC Certified inexperienced RW Judges 9. Non-certified RW Judges. 10. General

1. The two rules that govern the legal from the illegal racewalker are rather straightforward. The problems arise when people try to apply these rules to racing athletes.

2. **COMPETITIVE ATHLETES:** They know the rules and try to walk as fast as they can without violating the rules or at least not being in violation of a rule while in the zone being observed by a Judge. To the competitive athlete the relation with the judge is one of an adversary. He wants the judge to see him on the edge..always legal...but on the

verge of being in violation. When this athlete races away from his "home territory" he may be in for some surprises and become upset upon receiving "calls" he's never gotten before. The athlete hasn't changed his RW technique...the variable is the judging.

3. NON-COMPETITIVE ATHLETES: Here we have athletes who know the rules and walk for exercise but do not chose to compete in races, judged or non-judged. Some of them will welcome adjustments to their techniques to assure their legality. Since they don't enter judges races they have never had the benefit of a Warning Call or a DQ. Warning Calls are beneficial...they represent a form of coaching; the athlete hasn't violated any RW rule. Many times this Non-Competitive athlete turns competitive when finding that they can compete (win).

4. FITNESS WALKERS. These walkers walk for their health. They utilize many techniques...power walking, striding, and any other name given to the activity of walking by the many authors of walking publications. Many of these walkers participate in fitness walks, pledge walks, etc. They will also be found in walking races where Course Monitors (Not RW judges) will report non-walkers to the Race Director. Walkers who hop, skip, jump or run are eliminated from receiving a walker's award. It is important to announce that the event these Fitness Walkers are engaged in is not a Race Walk covered by the TAC RW Rules. It is a walk and you are not to do any running. Some Fitness Walkers decide that they'd like to learn to race walk or you may see a Fitness Walker with the potential for race walking...it might be a good time to refer them to a teacher or one of the better publications.

5. SPECTATORS. As with any sport it would be wonderful if the spectators knew the rules of the sport they were watching and how those rules are enforced. Experience tells us that at competitive (judged) racewalks the spectators are usually associated with one of the athletes. They know or think they know what the judge is doing and whether he's doing it correctly. Getting more spectators to the races is critical to the advancement of the sport..education of the spectator in our sport is vital....if they like it they will come.

6. COACHES. The coach tends to be an extension of the athlete off the race course. Coaches vary in their expertise. Some are former Olympic RW....and others are self styled coaches who are one step ahead of 'their' athlete. As with the spectator, they do not have the viewing advantage of the Judge. Further they tend to single out other athletes who in their opinion are in violation of the rules and may tend to chastise the judge who does not "see it from their eyes". In Youth RW it has been helpful to the athlete to have the coach present during his post race critique. Coaches want to help their athletes.

7. TAC CERTIFIED EXPERIENCED JUDGES. These are TAC Officials who are experienced RW Judges. The amount and degree of experience varies throughout the country. I believe it is unwise to assume competence on the bases of a credential issued without enforced uniformed standards.

8. TAC CERTIFIED INEXPERIENCED JUDGES. These are TAC Officials who do not have any RW judge experience. Many times they are the parents or coaches who desire to learn about RW Judging so they can be of greater help to their athletes. For the most part the TAC Certification program will not provide specific training to these people. They would be better off attending a specific RW Judges training clinic. Of course it is important that ALL RW judging clinics follow a prescribed course outline

and cover all important points in a standardized manner. Unless those persons responsible for arranging for race judges has a way of inquiring into their experience it is quite possible that the race will be unsatisfactory officiated. The results are embarrassing to everybody and especially unfair to the athletes.

9. NON CERTIFIED RW JUDGES. There are a number of RW Judges who are very experienced but who have not undertaken TAC certification. Quite a few of them have attended RW Judges' clinics and practice judging at events in their communities. These are the people who need to become TAC Certified Officials. They have first gained RW Judging experience, now with that resume they should apply for TAC Certification.

10. GENERAL. In the interest of uniform judging let's attempt to resolve some questions. When is an athlete on the "verge" of violating a rule? What signs may alert a judge that the athlete is on the "verge" of a violation? Do we all agree that an athlete on the "Verge" of a rule violation should receive a Warning call? If possible should the judge give the same athlete more than one Warning? Or should the judge ignore giving future Warnings to the same athlete even though the athlete is on the "verge"? Certainly if the athlete maintains continuous contact and his leg is straight in the vertical upright position (support phase), he's a legal walker. Is the judge correct to view the athlete's racing style to determine if he's on the "verge"...and thus entitled to a Warning Call? Some judges give Warning Calls for Bent Knee when the athlete's knee is "softly bent" as distinct from a very obvious "hard bent" knee? Do you agree or disagree? What would you Call?

I believe that every athlete who enters a judged racewalk is entitled to be judged according to the same standard and in the same manner by each judge. The athlete at the back of the pack is entitled to the same fair treatment. He or she has paid their fee and that includes the services of the RW Officials. When judges give athletes the "benefit of the doubt" when there is no doubt, they are not being fair. That athlete continues to be unfairly judged and then is rudely awakened when participating in "games away from home". In an attempt to be "kind" we have done that athlete a great disservice and certainly have hurt the sport.

Do you think it's time to: 1) Have Instructor Trainers who will train and qualify RW Judging Clinic Instructors? 2) Have a continuing education workshop for the various levels of judges (including experienced non-certified judges)

Should judges be compensated for 'out of pocket' expenses? Historically RW Judges were considered like any other volunteer, they served without compensation. This is still the case where a judge lives in the city where the event is being held. However, should judges be asked to both volunteer their time and the money it takes to travel to a distant city and lodging at that city the night before the race (remember the early starting times and desirable pre-race judges meeting)? Race Directors must consider arranging for judges early in their planning phase and include them in their budget. Of course if we were all blessed with many judges on the local scene we could continue to be regarded as other local volunteers. If a budget item for Judges is not provided then we reach out for judges with "deep pockets" (under the present system not necessarily the best qualified), BUT EVEN WORSE THE RACE GOES UNJUDGED OR JUDGED BY UNQUALIFIED PERSONS. There are advantages to exposing competitors to different judges in their own town; this may be better than expecting all athletes to travel to out of town races.

The above ramblings are just some thoughts concerning RW Judging...not all by any means....YOU NO DOUBT CAN ADD.

The following Elaine Ward interview with Olympic hopeful Allen James appeared in the January issue of *Southern California Racewalking News*.

Ed. What were your top 20K performances in 1991?

Al. The Olympic Festival was definitely Number 1 with a time of 1:26:23, and then the Alongi International with a time of 1:26:33.

Ed. Going by your 10K time of 42:33 during the One-Hour Postal here on Dec. 21, your next 20K may be between 1:25:00 and 1:25:30. You have six and one-half months to make the Olympic qualifying standard of 1:24:00. Is there any leeway with this standard?

Al. It works this way. If two or three men meet the 1:24 qualifying standard, they will all be able to go to Barcelona. If only one qualifies, only one will be eligible for the Games. If no one meets the 1:24 standard, then the winner of the Olympic Trials next June will go. However, if someone has met the 1:24 standard prior to the Trials, he will go if no one makes the standard at the Trials.

Ed. Which leads to another question that I have been asked on occasion. Usually, the membership in international racewalking teams is decided by one event—the TAC Outdoor Track and Field Championships. How do you feel about having everything hinge on one event, or do you think there is merit in having team membership determined by a point system involving three, four or five races?

Al. You have to keep in mind that racewalking is part of track and field, and the way we qualifying our men and women for international competition is the same as it is for all the other track and field events. Having one Trials race is basically fair in a democratic society. Perhaps countries that can evaluate their athletes up to one month before the Olympics can send better athletes, but the athletes don't have any security.

Ed. In other words, if you had your choice, you feel that having one race decide all is better than having three or four events where the finish placements of the different walkers are totalled in a point system to determine team membership.

Al. Not necessarily. I mean I like the point system. Cycling uses it to determine levels of competitors. It would be a good idea, but it isn't possible as things are presently set up with Track and Field.

Ed. What effect do you think the dissolution of the Soviet Union will have at the Olympics.

Al. It depends what the Commonwealth is able to do. At present,

there is some talk of them fielding a joint Olympic Team. However, there are now 13 separate countries rather than one, and there were many outstanding Soviet Racewalkers. Who knows where Mikhail Schennikov or Andrei Perlov or any of the others are from. They probably are from different Republics, so you may end up having 20 or so ex Soviet walkers in an Olympic walking event rather than just three.

Ed. There may be some funding problems, but you never know. Governments often put the arts and athletics before other needs.

Al. I think athletics generally may suffer, but I do not think racewalking will suffer at least in the short-term. The Soviet walkers were doing well enough and are determined enough that the best will probably show up at the Olympics one way or another.

Ed. Let's go back to you and the American situation. You are presently walking in the 1:25 range. What do you have to do now, to meet the 1:24 Olympic qualifying standard?

Al. At this point, the primary requirement is to do real consistent training week in and week out. In the past I would tend to be lazy and if I needed to skip a workout, I would. But now consistency is crucial.

Another factor which has a lot to do with succeeding involves motivation. At the Convention in New Orleans, we discussed motivation in a meeting for the racewalking athletes. Gwen Robertson (a national team coordinator) discussed the pictures she had

taken at the World Cup in San Jose. The form and technique of the Americans were pretty comparable, if not even better than some of the other walkers who were minutes ahead of us. But you look into the winners' eyes and you have a different story. There is a lot of drive and hunger in their expression. There was an intensity that you don't see in our eyes. Our lack of intensity registered in our performances.

Ed. What will create that intensity or hunger?

Al. I believe you really have to see why you are competing internationally. I think in national competitions, you feel a little of it because you realize there is an opportunity of being a good American. But in international competitions, you allow yourself to be second rate by conceding that they are better. So basically, you become satisfied with being a good American rather than being the best you can be.

Ed. Is personal pride involved?

Al. It has a lot to do with pride and the inner fire it takes to motivate yourself day in and day out to be the best. I could probably go through the rest of next year at the level I am at now, really not train any harder, and still be among the top five in this country.

Ed. But you want to be Number 1?

Al. I don't just want to be Number 1 in America. That is the crux. It is relatively easy to be a good American and be in the top three or even Number 1, but for too many years, we have been looking at just that rather than at being good in the Olympics and in the rest of the world.

Tim Lewis has had the best times ever by an American, walking in the 1:22 range. But he was never challenged. There was no one here to push him to go faster. So now, Tim and I are trying to set up our schedules to try to push each other, to do something that the women have been doing - getting out there and banging heads with each other. That is why the women are doing so well. They go to races and create a real competitive atmosphere which the men haven't been doing. We have not been racing against each other enough

Ed. How many 20K's are you planning to do before the Olympic Trials in June?

Al. I am planning to do two, and don't think I would do more than three. If I do two, the Trials will be my third race, and the Olympics would be my fourth.

Ed. The St. Patrick's Day in March will be your first race. When will you do your second.

Al. I would like to go to a major international competition in Norway next May to gain this experience, but money is a problem.

Ed. What kind of interval and long-distance training will you do in preparation?

Al. At this point, I will probably do two days a week of intervals totalling 15K. That would be 5x 3000 meter or 3x 5000 meters. That is one form. I will also do 10x 1000 meters for my speed work. Long distance will generally be done on the weekend going anywhere from 15 to 22 miles. Then I will do two moderate days and a ten miler at a pretty good pace. This will average 50 to 65 miles a week.

Ed. There are a lot of good 20K walkers in our country today. How do these men feel going into the Olympic year. Is the Olympic fever catching on?

Al. Yes and no. I think there are a lot of discouraged walkers. It is one thing to have a tough standard which seems achievable as opposed to a standard that seems unachievable. There are a lot of good 20K walkers in the 1:30 to 1:31 range and over ten under 1:30. These men are simply trying to make the Olympic Trials. They know they can't get their time down enough to have a chance for the Olympic Team, and unless they are looking ahead to the Olympics in Atlanta in 1992, it is easy for them to get discouraged and consider dropping out.

Ed. Do you feel that you can meet the 1:24 standard for the 20K?

Al. I feel it is achievable. The tough standard has been a motivator for me, but it will not be easy.

Ed. One thing for sure, all your Southern California friends and fans will be rooting for you, and doing whatever they can to assist your success.