

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

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COLUMBUS, OHIO

JANUARY 1993

## Lawrence, James, Schueler top U.S. rankings

Following up on last month's world rankings, here are the ORW's annual rankings of U.S. walkers at 10 Km (women), 20 Km (men), and 50 Km (men). The rankings are arrived at as we described last month. The accompanying lists of best times are primarily the compilation of Bob Bowman, as were the world lists. We have also added lists for Junior Men at 10 Km and Junior Women at 5 Km, which were compiled by Paul Cajka. In the rankings, Debbi Lawrence and Carl Schueler repeat from last year, and Allen James replaces Tim Lewis.

### 1992 U.S. 10 Km Rankings

- |   |   |
|---|---|
| 1. Debbi Lawrence, un.<br>44:42 (1) Kenosha 5/16<br>45:46 (1) Oly. Trials 6/22<br>48:23 (26) Oly. Games 8/3   | 46:27 (2) Niag. Falls 7/11<br>49:30 (4) ALongi 9/27<br>49:37 (7) Pan Am Cup 10:17   |
| 2. Victoria Hrazo, Cal. Walkers<br>46:21 (2) Oly. Trials 6/22<br>48:26 (27) Oly Games 8/3<br>46:24 (2) Alongi 9/27<br>47:42 (3) Pan Am Cup 10/17<br>45:14 (1) Santa Monica 12/5 | 6. Lynn Weik, Natural Sport<br>45:38 (3) Wash. DC 3/29<br>48:01 (6) Oly. Trials 6/22  |
| 3. Teresa Vaill, Natural Sport<br>45:44 (1) Winter Park 3/14<br>45:15 (2) Wash. DC 3/29<br>DNF Oly. Trials 6/22   | 7. Sara Standley, un.<br>48:51 (6) Wash. DC 3/29<br>49:58 (1) Columbus 4/12<br>50:31 (4) Kenosha 5/16<br>DQ Oly Trials 6/22<br>47:03 (3) Alongi 9/27<br>49:18 (5) Pan Am Cup 10/17    |
| 4. Michelle Rohl, Parkside AC<br>46:48 (1) Kenosha 4/12<br>46:56 (2) Kenosha 5/16<br>46:50 (3) Oly. Trials 6/22<br>46:45 (20) Oly Games 8/3                                     | 8. Cindy March, Golden Gate RW<br>48:01 (1) SF 3/29<br>47:07 (1) SF 5/2<br>47:27 (1) San Mateo 4/18<br>49:25 (1) Los Gatos 6/11<br>47:52 (5) Oly Trials 6/22<br>49:37 (5) Alongi 9/27 |
| 5. Deborah Van Orden, un.<br>51:21 (11) Wash. DC 3/29<br>47:32 (4) Oly Trials 6/22  | 49:30 (1) SF 9/20<br>51:57 (2) Seaside 10/24  |

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO

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- |   |   |
|---|---|
| 9. Maryanne Torrellas, un.<br>48:06 (4) Wash. DC 3/29<br>49:03 (1) New York 4/19<br>48:28 (1) Wash. DC 5/17<br>50:25 (9) Oly. Trials 5/17<br>47:55 (5) Niag. Falls 7/11 | 10. Lynda Brubaker, un.<br>48:20 (5) Wash. DC 3/29<br>48:33 (7) Oly. Trials 6/22<br>49:41 (2) Wash. DC 5/17<br>50:41 (9) Pan Am Cup 10/17 |
|---|---|

**1992 U.S. 10 Km List**

- |  |  |
|--|--|
| 44:42 Debbi Lawrence, un.              | 50:17 Lisa Sonntag, IRW                |
| 45:14 Victoria Herazo, Cal. Walker     | 50:35 Dana Yarborough                  |
| 45:16 Teresa Vaill, Natural Sport      | 50:37 Sally Richards-Kerr, Front Range |
| 45:38 Lynn Weik, Natural Sport         | 50:46 Kaisa Ajaye, un.                 |
| 46:21 Deborah Van Orden, un.           | 50:55 Gayle Johnson, Col. TC           |
| 46:45 Michelle Rohl, Parkside AC       | 51:05t Lizzy Kemp-Salvato, NS          |
| 47:03 Sara Standley, un.               | 51:03 Claudia Leonard, Front Range     |
| 47:07t Cindy March, Golden Gate RW     | 51:27 Gina Impagliazzo, Wis.-Parkside  |
| 47:55 Maryanne Torrellas, un.          | 51:43 Ali DeWitt, Wis.-Parkside        |
| 48:12 Francene Bustos, Easy Striders   | 51:56 Gretchen Eastler, Simmons Col.   |
| 48:20 Lynda Brubaker, un.              | 52:06t Peggy Miller, Front Range       |
| 48:34 Kim Wilkinson, MPWWWC            | 52:07 Chris Sakelarios, PAC            |
| 48:44 Susan Armenta, Wis.-Parkside     | 52:28 Cindy Paffumi, Golden Gate RW    |
| 48:45 Jennifer Zalewski, Wis.-Parkside | 52:41 Margaret Govea, Easy Striders    |
| 49:07 Elizabeth Galasaso, NLC          | 52:42 Sharon Lyons, un.                |
| 49:18 Holly Wick, un.                  | 53:06 Jennifer Grego, OTC              |
| 49:23 Viisha Sedlak, Easy Striders     | 53:26 Gerry-Lynn Buckholz              |
| 49:44 Karen Stoyanowski, WVTC          | 53:44 Ellen O'Shuaghnessy              |
| 49:47 Tracey Briggs, Pot. Val. Sr.     | 54:12 Karen Rezach                     |
| 50:03 Cheryl Rellinger, PVS            | 54:32 Susan Liers                      |

**1992 U.S. 20 Km Rankings**

- |   |  |  |
|---|--|--|
| 1. Allen James<br>1:25:01 (1) Long Beach 3/22<br>DNF Fana, Nor. 5/15<br>1:29:38 (1) Oly. Trials 6/24<br>1:35:12 (30) Oly Games 7/31<br>DNF Pan Am Cup 10/17 | 1:25:40 (3) A Longl 9/27<br>1:28:50 (8) Pan Am Cup 10/17 | 3. Tim Lewis<br>1:28:47 (1) Wash. DC 3/29<br>1:24:31 (1) Palo Alto 5/31<br>1:34:46 (9) Oly Trials 6/24 |
| 2. Jonathan Matthews<br>1:30:39 (2) Oly. Trials 6/24<br>1:25:50 (1) Palo Alto 7/12  |  |  |

- |  |   |
|--|---|
| 4. Gary Morgan<br>1:30:23 (2) Oly. Trials 6/24<br>1:29:42 (6) Alongl 9/27<br>DNF Pan Am Cup 10/17              | 8. Dave McGovern<br>1:29:31 (3) Wash. DC 3/29<br>1:31:37 (6) Oly. Trials 6/24<br>1:31:37 (6) Palo Alto 5/31<br>1:28:45 (1) Empire Games 7/23<br>1:38:36 (14) Pan Am Cup 10/17 |
| 5. Ian Whatley<br>1:29:12 (2) Wash. DC 3/29<br>1:27:02 (2) Palo Alto 5/31<br>1:33:41 (7) Oly Trials 6/24       | 9. Dave Marchese<br>1:28:56 (2) Long Beach 3/22<br>1:28:07 (4) Palo Alto 5/31<br>DQ Oly Trials 6/24   |
| 6. Andrzej Chylinski<br>1:23:57 (3) Palo Alto 5/31<br>DQ Oly Trials 6/24<br>1:27:22 (5) Alongl 9/27            | 10. Carl Schueler<br>1:29:57 (7) Wash. DC 3/29<br>1:32:53 (6) Oly Trials 6/24<br>1:32:59 (11) Palo Alto 5/31<br>1:32:12 (10) Alongl 9/27                                      |
| 7. Ray Funkhouser<br>1:29:35 (4) Wash. DC 3/29<br>1:31:56 (4) Oly Trials 6/24<br>1:35:06 (12) Pan Am Cup 10/17 |   |

**1992 U.S. 20 Km List**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1:24:31 Tim Lewis, Reebok          | 1:32:15 Marco Evoniuk, un.            |
| 1:25:01 Allen James, AIA           | 1:32:37t Bob Briggs, PVSTC            |
| 1:25:40 Jonathan Matthews, GGRW    | 1:33:16 Rob Cole, PAC                 |
| 1:27:02 Ian Whatley, PVSTC         | 1:33:46 Dave Doherty, Wis.-Parkside   |
| 1:27:22 Andrzej Chylinski, NAYC    | 1:33:49 Richard Quinn, PVSTC          |
| 1:28:07 Dave Marchese, NYAC        | 1:34:27 Doug Fournier, un.            |
| 1:28:37t Dave McGovern, NYAC       | 1:34:45 James Lenschau, GGRW          |
| 1:29:01t Marc Varsano, un.         | 1:35:48 Don Lawrence, un.             |
| 1:29:27 Vance Godfrey, AIA         | 1:36:09 Don DeNoon, un.               |
| 1:29:35 Ray Funkhouser, Shore AC   | 1:36:18 Dan O'Brien, MC Striders      |
| 1:29:42 Gary Morgan, NYAC          | 1:37:16 Paul Wick, un.                |
| 1:29:46 Steve Pecinovsky, USAF     | 1:37:51 Scott Widdall, un.            |
| 1:29:46 Mark Manning, PAC          | 1:38:01 Michael Korol, un.            |
| 1:29:57 Dan O'Connor, SSTC         | 1:40:07 Richard Ashton, Easy Striders |
| 1:29:57 Carl Schueler, un.         | 1:41:01 Bob Keating                   |
| 1:30:25 Curtis Fisher, NYAC        | 1:41:01 Danny Fink                    |
| 1:30:38 John Marter, Wis.-Parkside | 1:41:11 Neil Farley                   |
| 1:31:00t Herm Nelson, CNW          | 1:42:13 Steve Vaitones                |
| 1:31:30 John Kerfoot, un.          | 1:42:30 Shamar Khamdallah             |
| 1:31:58 Paul Malek, PAC            | 1:42:32 Chris Rael                    |

**1992 U.S. 50 Km Rankings**

- |  |   |
|--|---|
| 1. Carl Schueler<br>4:01:51 (1) Palo Alto 2/23<br>4:02:10 (1) Oly. Trials 4/26 | 4:13:38 (23) Oly Games 8/7<br>4:24:46 (10) Pan Am Cup 10/17 |
|--|---|



2. Herm Nelson  
4:04:38 (2) Oly. Trials 4/26  
4:25:49 (32) Oly. Games 8/7  
4:32:42 (11) Pan Am Cup 10/17
3. Marco Evonluk  
4:09:44 (3) Oly. Trials 4/26  
DNF Oly. Games 8/7
4. Andrzej Chylinski  
4:11:50 (4) Oly. Trials  
4:21:09 (7) Pan Am Cup 10/17
5. Jonathan Matthews  
4:12:28 (5) Oly. Trials 4/26
6. Dan O'Connor  
4:12:45 (2) Palo Alto 2/23  
4:13:53 (6) Oly. Trials 4/26
7. Paul Malek  
4:21:37 (7) Oly. Trials 4/26  
DNF Pan Am Cup 10/17
8. Dave Marchese  
4:40:59 (3) Palo Alto 2/23  
4:21:00 (1) Long Beach 4/5  
DNF Oly. Trials 4/26  
4:23:30 (8) Pan Am Cup 10/17
9. Paul Wick  
4:28:01 (8) Oly. Trials 4/26
10. Mike DeWitt  
4:29:04 (9) Oly. Trials 4/26

**1992 U.S. 50 Km List**

- 4:01:51 Carl Schueler, un  
4:04:38 Herm Nelson, CNW  
4:09:44 Marco Evonluk, un.  
4:11:53 Andrzej Chylinski, NYAC  
4:12:28 Jonathan Matthews, GGRW  
4:12:45 Dan O'Connor, SSTC  
4:21:00 Dave Marchese, AIA  
4:21:37 Paul Malek, PAC  
4:28:01 Paul Wick, un.  
4:29:04 Mike DeWitt, PAC  
4:46:19 Dave Waddle, WCoF  
4:58:58 Michael Korol, un.  
5:19:13 Ahamar Khamdallah  
5:20:24 Lon Wilson  
5:21:19 Chris Rael

**1992 U.S. Junior 10 Km List**

- 45:42 Sean Albert  
46:08 James Spahr  
46:21 William VanAxen  
47:29 Justin Marujo  
48:15 Sean Linehan  
48:55 Kevin Eastler  
48:59 Yariv Pomeranz  
50:22 Mike Djajima  
51:01 Chris Braudis  
51:20 Steve Harvey
- 51:30 Elliott Taub  
51:32 Brian Rossi  
53:01 Adam Mendonca  
54:07 Mike Hersey  
54:38 Michael Tomsulo  
54:38 William Leggett  
58:20 Matt Barber  
58:42 Wayne Meeks  
59:18 Corey Bluhm  
59:27 Phillip Harty

**1992 U.S. Junior Womens 5 Km List**

- 23:46 Susan Armenta  
24:35 Lisa Chumbley  
24:40 Debby Iden  
24:58 Jennifer Ann Grego  
25:16 Melissa Baker  
26:20 Roselle Safran  
26:28 Debra Carter  
26:36 Sarah Gordon  
27:10 Debbie Scott  
27:18 Danielle Kirk
- 27:28 Almee Parson  
28:07 Ann Lankowicz  
28:14 Alison Zabrenski  
28:16 Adrienne Corker  
28:39 Annette Spahr  
28:46 Becky Parson  
28:52 Monica Rutledge  
29:06 Malissa Williams  
29:30 Corrine Colling

**RESULTS, RESULTS, RESULTS**

**5 Mile, Winchester, Mass., Jan. 1--1.** Steve Valtones 40:23 2. Justin Kuo 46:23 3. William Murphy (59) 46:24 **WOMen:** 1. Meg Ferguson (42) 51:10 2 **Mile, Dartmouth Relays, Jan. 9--1.** Daniel Levesque, Can. 14:22.93 2. Steve Valtones 14:29.92 3. Kevin Eastler 14:43.54 **Women's 1 Mile, same place--1.** Pascal Grand, Can. 7:03.46 2. Gretchen Eastler 7:17:04 3. Joanna Irvine, Can. 7:39.79 3 **Km, Cambridge, Mass., Jan. 23--1.** Dave McGovern 12:04.56 2. Marc Varsano 12:06.79 **Women:** 1. Debby Lawrence 12:31.89 (U.S. record, bettering 12:45.38 by Maryanne Torrellas in 1988) 2. Janice McCaffrey, Can. 12:47:57 3 **Km, Bronx, NY, Dec. 6--1.** Marc Varsano 12:22.9 2. Brian Rossi 15:00 1 **Mile, same place--1.** Tara Shea 8:27.2 1 **Mile, West Point, NY, Dec. 19--1.** Gary Null 7:02.96 (1st 45-49) 2. Kayode Dobosu 8:44.50 3. Lisa MacKenzie 8:44.50 5 **Km, New York City, Dec. 13--1.** Michael Korol 23:33 2. Marc Varsano 24:28 3. Khang Vo 25:58 4. Kalsa Ajaye 26:54 (1st woman) 5. Herbert Zeydek (53) 28:12 6. Louis Canepa (45) 29:29 1 **Mile, New York City, Dec. 27--1.** William Van Axen (17) 6:35.20 2. Gary Null 6:55.68 3. Darren Parvola 4. Roberto Gottlieb 7:39.50 5. Roselle Safran (15) 8:12.56 6. Anne Lankowicz (17) 8:17.13 7. Jenn Van Axen (16) 8:33.35 8. Tara Shea (14) 8:33.37 3 **Km, same place--1.** Dave McGovern 12:11.47 2. Marc Varsano 12:12.64 3. Kalsa Ajaye 15:19.03 4. Deborah Scott 16:18.42 3 **Km, West Point, NY, Jan. 2--1.** Dave McGovern 12:25.33 2. William Van Axen 12:49.00 3. Sean Albert 12:56.02 4. Matt Barber 15:26.06 5. Sarah Gordon 15:30.70 1500 meters, same place--1. Robert Gottlieb 6:56.58 2. Debra Scott 7:15.69 3. Jennifer Praigo 7:15.71 4. Kayode Dobosu 8:02.70 5. Erika Hanami 8:03.22 6. Lisa MacKenzie 8:04.07 7. Meghan Benedict 8:04.38 8. Kate Bolton 8:04.41 9. Erin Ingram 8:08.02 10. Kristin Clement 8:08.17 1 **Mile, Bronx, NY, Jan. 10--1.** Brian Rossi 7:22.9 2. Debra Scott 7:51.40 3. Robert Barrett (1st 50-59) 8:35.20 3 **Km, Schnectady, NY, Dec. 19--1.** Rich Incremona (46) 16:37 2. Gerry Harvey (48) 17:46 **Women:** 1. Melissa Baker (17) 15:45 2. Olga Figueroa (46) 18:23 1 **Hour, Long Branch, N.J., Dec. 6--1.** Ralph Edwards 10,102 meters 2. John Nervetti (67) 9715 3. Bob Lynch, Jr. 9653 5 **Km, Freehold, N.J., Dec. 13--1.** Ray Funkhouser 22:10 2. Ralph Garfield 18:12 10 **Km, Long Branch, Dec. 20--1.** Ray Funkhouser 45:34 2. Cliff Mimm 48:34 3. Tony Noerpel 55:01 4. John SOucheck 55:38 5. Dr. Patrick Bivona 56:25 6. Ralph Edwards 59:52 7. Bob Mimm (66) 60:00 **Women:** 1. Phyllis Hansen 55:42 2. Pat Weir 56:25 5 **Mile, Freehold, N.J., Jan. 3--1.** Ray Funkhouser 44:25 (described as a "conversational" walk for Ray) 2. Dr. Patrick Bivona 45:28 3. Manny Eisner 46:08



Women: 1. Phyllis Hansen 44:32 2. Donna Cetrulo 51:20 10 Mile, Asbury Park, N.J., Dec. 27--1. Ray Funkhouser 2. Cliff Mimm 1:17:34 3. Tim Chelius 1:27:16 4. Tony Noerpel 1:27:41 5. John Soucheck 1:31:10 6. Dr. Patrick Blvona 1:33:34 7. Bob Mimm 1:33:37 Women: 1. Pat Weir 1:34:28 5 Km, Long Branch, Jan. 9--1. Dr. Patrick Blvona 29:47 2. Avram Shapiro 30:07 3 Km, Princeton, N.J., Jan. 10--1. Ray Funkhouser 12:25.9 2. Sean Albert 12:28.8 (U.S. Junior record) 3. Cliff Mimm 12:13.9 4. John Soucheck 15:34.1 5. Manny Elsner 15:50.6 Women: 1. Phyllis Hansen 15:50.0 2. Pat Weir 16:03.1 3. Donna Cetrulo 17:43.4 4. Kathleen Stuper (15) 18:30.8 5. Marcia Shapiro (54) 18:36.4 10 Km, Washington, DC., Dec. 19--1. James Carmine (49) 50:20 2. Tim Good 56:09 3. Alan Price (45) 56:34 4. Harry Freeman (51) 62:51 5 Km, same place--1. Danny Fink 22:04 2. William-Jesse Leggett (16) 25:34 3. Dan Kornhauser 27:30 4. Jim Lemert (57) 19:14 5. Regis Harkins (52) 29:40 6. Jim Miller (57) 30:16 Women: 1. Valerie Meyer 30:09 1 Mile, Richmond, Virginia, Jan. 9--1. Curt Clausen 6:26.5 2. Ray Funkhouser 6:34.4 3. William Jesse Leggett 7:42.1 4. George Fenigsohn 8:47.3 5. Alan Price 8:13.9 6. Paul Cajka 8:17.2 5 Km, Atlanta, Georgia, Dec. 6--1. Patti Henderson 29:52 2. Joe Rogers (55 and over) 31:14 5 Km, Orlando, Florida, Dec. 12--1. Edgardo Rodriguez 23:26 2. Chuck McLaughlin 27:10 5 Km, Orlando, Dec. 19--1. Edgardo Rodriguez 23:56 2. Steve Chirstlieb 26:28 3. Jim Malone 26:51 4. Chuck McLaughlin 27:10 5 Km, Winter Park, Florida, Jan. 9--1. Debbie Tossan 30:12 5 Km, Miami, Jan. 10--1. Stanford Blake (44) 28:49 2. Bob Fine (61) 28:52 3. Gerry Gomes (60) 29:58 Women: 1. Junemarie Provost (59) 29:58 Louisiana State 25 Km, New Orleans, Dec. 5--1. Ed Whiteman 2:24:06 2. Oliver dailey 3:04:18 9 Km, New Orleans, Jan. 3--1. Sidney Holmes 54:03 2. Stephen Casebonne 54:10 Women: 1. Michele Rodgers 59:01 Half-Marathon, New Orleans, Jan. 16--1. Elliot Taub 1:52:26 2. Ed Whiteman 1:52:52 3. Norm Frable 2:08:44 Women: 1. Kathy Frable 2:17:00 2. Michele Rodgers 2:23:10 3. Lisa Pire 2:24:08 4 Mile, Denver, Nov. 26--1. Mike Blanchard 34:26 2. Chirstine chase 38:25 3. Daryl Meyers (50) 38:40 4. Bob DiCarlo (58) 39:30 5 Km, Denver, Nov. 28--1. Charlie Corder (49) 31:06 New Mexico State 10 Km, Albuquerque, Oct. 17--1. John Spuhler 49:02 2. Theron Kissinger 49:42 3. Steve Petrakis (42) 54:40 4. Andrww Smith (43) 55:47 5. Jackie Kerby 57:10 6. Ellen Roche 57:21 7. Peter Armstrong 57:44 8. Winston Crandall (52) 58:25 Honolulu Marathon--1. Ron Baers (50) 4:30:56 2. Anne Myers 4:59:45 5 Km, Salem, Oregon, Dec. 13--1. Philp Dunn 22:53.410 2. Andrew Herman 22:53.411 (Timing rules don't recognize times to thousandths of a second, but apparently they wanted to emphasize that it was a close race) 1500 meters, Montreal, Jan. 17--1. Debbi Lawrence 5:53.94 2. Janice McCaffrey 6:04.84 3. Victoria Herazo 6:18.57

## FROM HEEL TO TOE

You may recognize that we have gone to a different typeface for this issue. The switch mainly had to do with some problems I was having with the printer I'd been using. In choosing to use the other available printer, I had to drop Palatino, the font I had been using. Now you are seeing Optima, still in 9 point type. . . New Zealand's amazing Gary Little continues to tear up the track. Having turned 51 on New Year's Eve, he took to turned out on January 2 for a 3 Km track race and scorched a 12:35.11, which appears to be a World record for 50-54. . . Casey Meyers responds, writing on his renewal slip: "Wow! My article sure caused a lot of comment. I didn't know that the double contact rule is as sacred as the Virgin Mary." Comments still come in, as you will see. . . The IAAF's calendar for 1993 features photos of Chinese Olympic 10 Km Racewalk Champion,

Yueling Chen on the February page. . . Dave McGovern will be conducting another racewalk camp at Gary Null's ranch in Tioga, Texas from March 31 to April 4. These camps have been highly praised in the past, and this one promises to be as good as the others. Andrzej Chylinski and Bogdan Bulakowski (6th in the 1980 Olympic 50 Km for Poland) will be on Dave's staff, as will Ian Whatley, discussing physiology as it pertains to training. Also to be covered: mental preparation for competition, how to put together an effective year-round training program, and video technique work. The final night features dinner at Clark's barbecue and dancing at the Good Luck Rodeo. Cost for the week is \$525. Contact Dave at 817-437-2204, or write McGovern Walking Camp, Healing Springs Ranch, Box 277 Tioga, Texas 76271. . . Four-time Olympian Ron Laird will take over the camp the following week with a camp primarily for masters and beginning walkers. Contact the ranch for more information. . . Recently received a one-page publication called the Guano Press, headed with Vol. 1, No. 1. This seems strange, since I have three or four numbers of the Guano Press that came out of the Olympic Training camp back in the middle '80s. Do we have a case of copyright infringement here. Anyway, this edition carries my obituary, replete with more typos than even I could imagine. Guess I beat the odds, since it lists my age as 57 at death, and I got my 58th birthday just 2 days ago. Well, that bit didn't bother me in the least--I having already worn out the commentary on ORW typos. But, whereas the original GP was certainly highly irreverent and pulled few punches in addressing the "establishment" (and certainly offended some of the more thin-skinned people in the racewalking world), it did not seem to me to be mean-spirited, as does this poor copy. If I were the publisher of the real Guano Press, I would be considering a law suit against this unworthy namesake at this point. Well, enough said about that. . . There will be a Racewalk Officials Training Seminar, presented by Ron Daniels, in Austin, Texas on Saturday, March 20. It is geared to both active officials and people who want to become racewalk judges. Contact Richard Charles (see contact list on schedule) for information. . . Alan Wood continues to publish the Master Walker, a single-sheet (but large and printed on both sides) newsletter. He points out that the publication runs from October through September, but that he didn't make that clear in his September issue and some subscribers may have inadvertently had their subscription lapse. Prior or new subscribers can get the full year, including October through January back issues, for \$5 (normally \$6). For February through September only, submit \$4, payable to Alan Wood, Regency House, Pompton Plains, NJ 07444. . . Rumblyings at Walking Magazine. From the Boston Globe, Dec. 16, 1992: These boots are made for walking. Brad Ketchum, longtime local business journalist, was fired as editor of Walking magazine. Ketchum, the magazine's founding editor, says he had an "age and gender" problem with publisher Jan Bruce, which led to "vision" differences. They clashed most recently, he says, over an article on walking through pregnancy, which Bruce--who is pregnant and walks--"imposed". The larger issue, according to Ketchum, a founding editor of New England Business magazine and Inc. magazine, is Walking magazine's target audience. He saw it as slightly older, including 50-ish men (like himself). He says Bruce, in search of a younger, female audience, banned any cover photo of a solo man: "Whenever we did have a male, he was always part of a couple and, heavens forbid, no one with white hair." Bruce says simply: "Brad gave a lot of enthusiasm and direction in the early years of the magazine. Like everything else in life, all things move on." The Boston-based magazine (circulation 475,000) is funded by venture capitalists at US Trust Co., Arthur FF Snyder, and Philadelphia Investors. Ketchum was replaced by 30-something Seth Bauer, hired last



spring as managing editor--by Ketchum. . . This year's National Invitational walks in Washington, D.C. will be the selection race for the 1993 World Cup Men's 20 and Women's 10 Km teams (the 50 Km men will be selected at the National 50 in Palo Alto on Feb. 14). In addition, a number of Canadian race walkers will compete as part of their team selection process. And, Sal Corrallo announces that, as a special treat, they have invited two walkers and a coach from Byelorussia to the March 28 event. To help offset their expenses, the coach, Boris C. Drozdov, will be giving two seminars during his stay. He will be in Philadelphia the weekend of March 20 as a companion activity to the planned East Zone mini-camp (see discussion later in this issue) and in Washington the day before the races (March 27). Drozdov may be available for individualized instruction before or after the National Invitational walks. For more information on the Philadelphia seminar, which will be the more extensive of the two, contact Jeff Salvage evenings at 215-596-0746. For information on events in Washington, contact Sal Corrallo at 3466 Roberts Lane N., Arlington, VA 22207, 703-243-1290. He can also tell you about the mail auction of National team uniforms and other souvenirs donated by Carl Schueler to help raise expense money for the Byelorussians. . .

### RACES INDOORS, RACES OUTDOORS, RACES, RACES, RACES

Fri. Feb. 5	Millrose Games 1 Mile, New York City (K) (Invitation only)
Sat. Feb. 6	5 Km, Seattle, 9 am (C) 5 Km, Miami (Q) 10 Km, Long Branch, N.J., 11 am (A)
Sun. Feb. 7	Indoor 3 Km, Providence, Rhode Island (I) 5 and 10 Km, Metairie, Louisiana, 8 am (M)
Sat. Feb. 13	10 Km, Long Branch, N.J., 11 am (A) Frostbite 3 Km, Seattle, 1:35 pm (C)
Sun. Feb. 14	U.S. 50 Km Championships and World Cup Trials, Palo Alto, Cal. (P) Indoor 1 Mile, New York City (C) 3 Km, Bridgeport, Conn., 10 am (S) 5 Km, New Orleans, 8 am (M) 3.75 Mile, Brockton, Mass. (I)
Mon. Feb. 15	Indoor 1 Mile, Portland, Oregon, 1 pm (X)
Fri. Feb. 19	Indoor 3 Km and 1 Mile, West Point, New York (C)
Sat. Feb. 20	New Mexico 5 Km, Albuquerque, 9 am (L)
Sun. Feb. 21	5 Km, El Paso, Texas (S) Indoor 2 Mile, Arlington, Virginia, 8:30 am (F) 5 Km, Los Angeles, 7:30 am (B)
Fri. Feb. 26	USA Mobil Indoor Championships Men's 5 Km, Women's 3 Km, New York City (R)
Sat. Feb. 27	10 Km, Slidell, Louisiana, 8 am (M)
Sun. Feb. 28	Indoor 1500 meters, Brooklyn, N.Y. (C)
Sat. Mar. 6	20 Km, Salem, OR (X)
Sun. Mar. 7	Indoor 1500 meters or 1 Mile, West Point, N.Y. (C) 2 Mile and 10 Km, Westwego, Louisiana, 8 am (M) Los Angeles Marathon, 8:45 am (B)
Sat. Mar. 13	5 Km, McMinnville, OR, 9 am (X)

Sun. Mar. 14	5 Mile, Arlington, Virginia, 9 am (J) 2 Mile and 10 Km, New Orleans, 8 am (M) 5 Km, New York City, 9 am (C) 10 Km, Marlboro, Mass. (I) 20 Km, El Paso, Texas (Z)
Mon. Mar. 15	10 Km, Marlborough, Mass. (I)
Sat. Mar. 20	National Masters Indoor 3 Km, Bozeman, Montana (Y) 2.8 Miles, Evansville, Indiana, 9 am (AA) 20 Km, Long Beach, CA, 8 am (B)
Sun. Mar. 21	5 Km, Austin, Texas (W)
Sat. Mar. 27	15 Km, Columbia, Missouri, 8:30 am (U)
Sun. Mar. 28	5, 20, and 50 Miles, Columbus, Ohio (T) National Invitational Race Walks and World Cup Trials, 3, 5, 10 and 20 Km, Washington, DC, 8 am (J) 1 and 3 Mile, New Orleans, 7:45 am (M) Mortland Invitational 20 Km and Women's 10 Km, Columbus, Ohio (T) 20 Km, Framingham, Mass. (I)
Sun. April 4	Capt. Ron Zinn Memorial 10 Mile, Asbury Park, N.J., 11 am (A)

### Contacts

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- ✓ B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
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- ✓ D--MPWWWC, PO Box 221172, Carmel, CA 93922
- ✓ E--Frank Alongi, 26530 Woodshire, Dearborn Hts., MI 48127
- ✓ F--DC Road Runners Club, P.O. Box 1352, Arlington, VA 22210
- ✓ G--Park Walkers, 320 E. 83rd St., Apt. 2C, New York, NY 10028
- ✓ H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
- ✓ I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
- ✓ J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
- ✓ K--Howard Jacobson, 510 East 86th St., 1C, New York, NY 10028
- ✓ L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104
- ✓ M--NOTC, P.O. Box 52003, New Orleans, LA 70152
- ✓ N--Shirley Parlan, P.O. Box 151045, San Rafael, CA 94915
- ✓ O--Frank Soby, 3907 Bishop, Detroit, MI 48224
- ✓ P--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086
- ✓ Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
- ✓ R--Chairman, USA Mobil CHamp., P.O. Box 427, Crugers, NY 10521
- ✓ S--Gus Davis, 789 Donna Drive, Orange, CT 06477
- ✓ T--John White, 4865 Arthur Place, Columbus, OH 43220
- ✓ U--Columbia TC
- ✓ V--Kansas City Walkers, 5615 Wornall, Kansas City, MO 64113
- ✓ W--Richard Charles, PO Box 3948, Austin, TX 78764
- ✓ X--RWNW, P.O. Box 1723, Lake Oswego, OR 97035
- ✓ Y--Bob Sager, 545 Coulee Dr., Bozeman, MT 59715
- ✓ Z--American Heart Assn., 233 Mesa Hills, El Paso, TX
- ✓ AA--GERC, P.O. Box 3835, Evansville, IN 47736



## REGIONAL DEVELOPMENT PROGRAM

By Elaine Ward

Racewalking Association Rep.

The National Race Walk Committee has placed a priority on developing Regional programs among the Associations. Regional programs will create a middle level between Association and national programs, and similarly involve races, camps, clinics, promotion, and recruitment. These programs can be targeted to youth, emerging elite, open elite, and masters separately or together. The important thing is to set realistic priorities.

In contrast to fitness walking, the growth of racewalking depends on adequate coaching. The National Committee is responsible for getting a racewalk module back into the Level 1 USA T&F coaching program. If we supplement this with effective association/regional coaching education programs, racewalking will have the essential coaching resources to expand.

Another priority is to create interregional competition. To this end, the Regional Committee is sponsoring 5 Km regional ladders to be integrated at year's end into a 5 Km national ladder. The purpose will be to provide intraregional competition during the year and interregional competition at year's end. The following are preliminary time qualifications subject to adjustment as feedback comes in.

**Time qualifications: Women's 5 Km Ladder:** Under 19 and 20-29--29:00; 30-39--31:00; 40-44--32:00; 45-49--33:00; 50-54--34:00; 55-59--35:00; 60-64--38:00; 65-69--42:00; 70 and up--open. **Men's 5 Km Ladder:** Under 19--28:00; 20-29--27:00; 30-39--28:00; 40-44--29:00; 45-49--30:00; 50-54--31:00; 55-59--32:00; 60-64--34:00; 65-59--38:00; 70 and up--open.

The ladders will be published quarterly. Both road and track times will be accepted. Race Directors should send results with course certification and names of judges to Donna Stanton, 18020 Gramercy Place, Torrance, CA 90504. Call Elaine Ward at 818-577-2264 with any questions.

## 1993 EAST ZONE MINI-CAMPS

In line with the emphasis on regional programs, the East USA T&F Zone Committee Chairman Sal Corrallo has announced four Racewalk Development Mini-Camps for 1993. The mini-camps are made possible through a grant from USA T&F. The objective is not training, but to introduce new methods of training that should be incorporated in a long-term plan. The camps are designed to improve both the quality of coaching and the performance of athletes through the development of more individualized training programs. Participants are limited to USA T&F registered athletes age 14 to 23, and their coaches (or parents), who reside in the East Zone (Maine, NH, Vermont, Mass., RI, Conn., NY, NJ, Penn, Vir., Mary.). Participants will be selected on the basis of past performances on a national team and/or national championships, or as participant in past summer youth and junior camps. Twenty-six have been invited.

The camps will be held at four locations: Long Island in late January or early February; Philadelphia area in late March; Buffalo area in early June; and Connecticut or western Massachusetts in late October or early November. Eligible athletes will be invited to all of the camps. A companion camp for advanced and masters walkers is planned for the same location on the same date and will be open to all walkers. Special judges seminars will be held on Sunday mornings. Contact Sal Corrallo (address above).

## THE CASEY MEYERS FILE FOR THE MONTH

(Continuing response to Casey's essay on eliminating the contact rule)

Dear Jack,

As racewalking biomechanics expert Leonard Jansen felt "compelled" to comment in the December ORW on Casey Meyer's letter, I feel equally compelled to comment on Jansen's point #2: "The 'straight leg on contact' rule has been proposed before and would reduce the walks to the track and field equivalent of the equestrian dressage event. Dressage may be interesting to watch (NOT!), but it's no horse race."

For a person with a serviceable eye for detail and a modicum of artistic appreciation, a bit of pertinent enlightenment from a knowledgeable enthusiast renders the equestrian dressage event completely engrossing and as mesmerizing as the finest balletic display. I think the same is true of the racewalking events, which Jansen complains are "hard to explain/sell to the public." If correctly presented, I believe a large proportion of the general public could readily enjoy watching both of these events, which are currently unpopular in the U.S., but extremely well appreciated in countries that have produced a depth of world class competitors to boast of.

Unfortunately, cultivating an attitude like Jansen's is shooting the sport in the foot. Think about it: How can you expect racewalking to be given the respect and attention it deserves when you yourself propagate this damaging myopic attitude toward another sport of which you are ignorant.

Patti Ditzel

Dear Jack,

It seems that the "Great Contact Issue" is approaching its apex, especially given the Casey Meyers excerpt in the ORW. Arguments come from many sides, but they appear to fall into two camps: the Technical, and the emotive. I am not going to venture my opinion on the contact rule itself, but I would like to present my feelings on the discussions themselves, and ultimately on the method of decision-making that the governing body takes.

I am particularly disturbed by the technical discussions that result in a call for the elimination of the rule. I will use Meyers' excerpt as a focal point of discussion, due strictly to its recency. I do not wish to attack the proponents nor Meyers directly; I simply wish to raise the level of consciousness on the inquiry itself.

Technical discussions on whether a style of racewalking enhances performance do not in themselves constitute a basis for the alteration of the rules. Alteration of style that is compliant to the rules is one of the basic reasons for differences in performance: two racers of equal conditioning (both physically and mentally) will not place equally due to the demands of their respective styles. The reasoning that a given rule is not applicable because its removal will not enhance performance does not carry weight. However arbitrary, rules exist to help differentiate a sport and to place competitors on a somewhat level basis, not to intentionally place a limit on performance.



However, technical discussions can indeed lend weight to the argument that a rule is archaic by supporting the idea that the rule is technically impossible to enforce, or that the rule degrades the condition of the support by creating controversy. In this regard, we should also be careful, as simplicity does not always reduce controversy, nor assure that problems are always resolved satisfactorily when not subject to the fallibility of human judges; witness the NFL video debate.

One last point regarding technical discussions: while the mathematics looks formidable, it must be tempered with the practical (just as Euclidean geometry suffices for most applications, and "true" Riemannian geometries are reserved for specialized use). For example, I find unreasonable the idea that the walker's leg speed is limited to "g" (gravitational acceleration) because one can only fall. By virtue of observation, I find that musculature can help exceed "g": Dropping a small, steel ball from my hand above my head so that it falls at rate "g" (the wind resistance is negligible), I can easily catch it with the same hand. My cat can do that even faster than I. Theoretical calculations do reveal limits, but they may not accurately model the system under consideration.

One discussion follows the idea that enforcing one, simple rule that appears concrete, will make the sport more popular. Be careful with this line of reasoning, as rules are often arbitrary: the height of the basket, the length of the field, the number of bases to run. And the rules of the big money games (with the exception of boxing, maybe?) are often highly complex, to the degree that the referees often make mistakes.

Sports rules themselves are created to define the boundaries of the sport—not the degrees of performance—and all participants are encouraged to innovate within those boundaries. The field events, such as pole vault and javelin, are good examples of sports with few, simple rules that have seen dramatic changes by staying within the boundaries of the sport while modifying the materials used. A counter example is baseball's arbitrary (some believe) limits on materials used, such as aluminum and cork.

I personally feel that the history of the high jump might show great parallels to our situation. Staying within the rules, Fosbury wrote the book on both style and performance. Yet the world record "flopped" back to traditional jumpers. Will the "flight-phase" walkers who are not disqualified today, eventually lose out to "traditional" walkers who've discovered the key?

Eventually, all arguments must be reduced to how we feel about the sport, and the decisions must be made based on the survivability of the sport. I hope to see more discussion on the level of Ron Laird's presentations.

Brad Jacobs

**Response to Casey Meyers Suggested Rule Changes**  
by Ian Whatley in the Southern California Racewalking News

I agree with Casey Meyers that racewalking will not gain universal acceptance until either racewalk technique or the rules are brought into agreement during slow motion film of the event. However, he draws on an article by R.M. Alexander to establish the difference

between walking and running. This paper used the Dyson 6th edition of *The Mechanics of Athletics* as the source of technique analysis of racewalking.

Geoff Dyson based his biomechanics on 1960s studies of British walkers using different rules, different technique, and different speeds that we see today. Alexander even states his gait analysis in the paper to be "simplified to the bare essentials...the models may not behave like their complicated counterparts in the real world." This is true because in correcting for a foot plant with a near vertical leg and modern hip motions, gravity becomes irrelevant as a velocity limiting component.

Casey may also be unaware of the IAAF research project on racewalking technique and judging by Alel Knicker and Michaels Loch. This was a highly controlled small sample study of current elite walkers. It used high speed photography to examine the relationship between judging and lifting/creeping. It had two key findings:

1. Elite walkers lift. Judges are much less likely to see the lifting if the flight phase is below 50 milliseconds than if it is above this threshold. For your comparison, the frames in a movie are 62 ms long and so it is no surprise that very short duration lifting isn't visible.
2. Elite walkers don't creep. Using a knee angle of 175 degrees as being within the rules, the films revealed no elite athletes with legs bent in the vertical position and yet the judges gave a large number of creeping calls.

It is possible to break a world record for racewalking without breaking the laws of the sport or the laws of physics. The idea that creeping is easier to judge than lifting or that it forms a complete method of defining racewalking is incorrect.

I contest the idea that a straight leg doesn't permit elastic energy storage. Ron Daniel has pointed out several structures, such as the calf and hip rotator muscles, that reduce energy costs by converting kinetic energy to elastic strain energy and back at each stride. These mechanisms work with a bent or straight knee.

I suggest a couple of possible rule changes that could eliminate the conflict between slow motion video and real world judging.

Define racewalking as "...a progression of steps so taken that unbroken contact with the ground is maintained, as judged by the human eye. During the period of each step, the advancing foot of the walker must make contact with the ground within 50 ms of the rear foot leaving the ground." Keep the straight leg rule unchanged.

The statement that judging is "by eye" is in Rule 39 while the definition is in Rule 150. Any commentator trying to make sense of our event with only a rule book as a guide could be easily confused. It shouldn't be very difficult to put the two rules together for clarity.

An interesting alternative rule inserts "or" between the two defining rules. This would allow the elite walkers to lift with straight legs and the slow walkers to compete with bent knees if they maintain contact with the ground! If we fine tune the rules to describe what really



happens in racewalking events, the present DQ and warning system would not need any changes.

Casey asks the right question. "How do we make racewalking a sport understandable to the masses?" However, he has used an oversimplified model of walking mechanics to come to his recommendation that lifting should be legal.

(Ed. Last month we published a few comments from Ron Daniel on this subject and promised to publish in full his lengthy letter to Bob Carlson and the Front Range Walker. Unfortunately, that letter is going to run for more than two pages, so we still don't have room for it. Next month for sure. In the meantime, settle for a couple of pictures to finish this off.)

## LOOKING BACK

**25 Years Ago** (From the Jan. 1968 ORW)--Dave Romansky turned in a sparkling 1:15:50 for 10 miles in Asbury Park, N.J., leaving John Knifton 4 1/2 minutes behind. . .The Metropolitan Indoor 1 Mile title went to Ron Daniel in 6:39.7 and Ron Laird won the LA Times Mile in 6:32.9. . .Laird also won the Athens Invitational in Oakland with a 6:28.2. Tom Dooley was second in 6:33.9. . .Laird was named the 1967 recipient of the Ron Zinn Memorial Trophy for the second year in a row. . .Publisher Jack Blackburn had some commentary on the national political scene (which cost us a subscriber) and Editor Mortland reviewed a Modern Jazz Quartet concert. Walking news was apparently a bit light. . .The ORW's first Dr John Blackburn for the year's outstanding single accomplishment went to Montana's Larry O'Neil for his 19:24:53 in the first 100 miler held in Columbia, Missouri.

**15 Years Ago** (From the January 1978 ORW)--The first page and half were devoted to the editor's discussion of Columbus in the great midwest blizzard of '78 and its effect on training and such. . .Steve Pecinovsky edged Chris Knotts for fast time honors in the New Year's Even Handicap 6 mile in Springfield, Ohio, with a 48:21. Chris had 48:30. The handicapping was tough on the faster walkers as these two finished 6th and 7th, and the old men, handicapper Jack Blackburn (50:27) and Jack Mortland (50:42), brought up the rear. . .John Knifton had a good 30 Km (2:30:54) in Houston. . .In the Millrose Games, Todd Scully won in 6:34.3, with Ron Daniel 3 seconds back and John Fredericks third.

**5 Years Ago** (From the January 1988 ORW)--Dan Pierce won 1987's final National race, the 100 Km held in Houston on Dec. 20. Dan had a 9:36:33, after going through the first 50 in 4:47:26. Dave Waddle was second in 11:01.4 and Alan Price third 11:11:42. Jeanne Bocci captured fourth in 11:30:28, breaking the Masters Women 50 Km record on the way (5:31:37). . .At the same site, Gene Kitts, then 40, did 50 Km in 4:23:19. . .Tim Lewis won the Honolulu Marathon walking division in 3:36:23, leaving Randy Mimm 15 minutes back.



Above: Ron Laird, already a member of the National T&F Hall of Fame, holds the plaque he received for induction into the NY Athletic Club Hall of Fame in December.  
Below: Super-vet Ray Funkhouser lapping on his way to the New Jersey 1 Hour title laps women's winner, Gerl-Lynn Bucholz. (Elliott Denman photo.)