

Ohio Race Walker
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OHIO RACEWALKER

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James, Lawrence take national titles

Eugene, Oregon, June 17 and 18--On the afternoon of June 17, Debby Lawrence overcame a determined effort by Teresa Vaill to take the lead with about 800 meters to go and move on to her fifth national title at 10 Km. Debby's 45:55 left Teresa, who had led all the way, 9 seconds back at the finish. Surprisingly, Teresa is still looking for her first title at the distance. Debby, who has won three of the last four years, captured her first crown in 1984. Defending titlist, Deborah Van Orden managed only fourth today, better than 2 minutes slower than last year, as know one could challenge the two leaders. The weather did not seem to be a factor, with the temperature in the mid 70s and moderate humidity, but times were generally slow.

The men took to the road for 20 Km on Friday afternoon, with conditions about the same except for a few more degrees of temperatures (low 80s). But again, the times were surprisingly slow. Allen James moved out quickly and seem to be in command when he passed 5 Km in 21:12, 42 seconds ahead of leading challenger, Jonathan Matthews. Gary Morgan, Curt Clausen, Andrzej Chylinski, Dave McGovern, and Doug Fournier were grouped nearly a minute in back of James.

Allen continued to stretch his lead, though his pace slowed appreciably. When he went through 10 Km in 43:06, he had 78 seconds on Matthews and the race was essentially over. At 10 Km, Chylinski began a move and was into second by 11 km, was told by the judges to call it a day at about 13 km, leaving Matthews alone in second again. At 15 Km, James had 1:05:42 and Matthews 1:07:09. Clausen was now third in 1:07:53, 13 seconds ahead of Morgan. Fournier was right behind Morgan, McGovern was fading, and Herm Nelson was moving up. Everyone was struggling the final 5 Km. James needed 23:27, but he still stretched his lead slightly. Fournier and Nelson held together better than the rest and moved into third and fourth, as McGovern dropped out.

The races were held on a 2 Km loop, which was entered following 3 laps on the track. The finish was also on the track, where the competitors did 1 3/4 laps after leaving the course. The road was moderatley crowned and had a few rough areas. Thanks to Wayne Armbrust for details on the races.

Women's 10 Km: 1. Debby Lawrence, Natural Living 45:55 2. Teresa Vaill, un. 46:04 3. Sara Standley, un. 48:15 4. Debora Van Orden, un. 48:47 5. Lynda Brubaker, un. 49:06 6. Dana Yarbrough, un. 49:07 7. Susan Armenta, Parkside AC 49:22 8. Cindy March, Golden Gate Walkers 49:22 9. Kim Wilkinson, un. 49:48 10. Victoria Herazo, Cal. Walkers 50:29 11. Sally Richards-Kerr, un. 50:47 12. Kelly Watson, Wis. Parkside 51:07 13. Francene Bustos, Easy Striders 51:31 14. Karen Stoyanowski, un. 51:31 15. Cheryl Ann Rellinger, Potomac Valley 51:55 16. Maryanne Torrellas, un. 52:16 17. Gayle Johnson, un. 54:05 18. Lisa Sonntag, Columbia TC 54:35 DQ-Gretchen Eastler, un.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Men's 20 Km: 1. Allen James, Athletes In Action 1:29:09 2. Jonathan Matthews, Golden Gate Walkers 1:30:45 3. Douglas Fournier, un. 1:31:25 4. Herman Nelson, Club Northwest 1:31:42 5. Curt Clausen, Shore AC 1:32:36 6. Gary Morgan, New York AC 1:32:51 7. Ian Whatley, Potomac Valley 1:34:01 8. Robert Cole, Reebok RC 1:34:03 9. Curtis Fisher, New York AC 1:34:47 10. Tim Seaman, Wis. Parkside 1:34:49 11. Marc Varsano, Park Racewalkers 1:35:24 12. Mark Manning, Parkside AC 1:36:51 13. Ray Funkhouser, Shore AC 1:37:21 14. Don DeNoon, un. 1:38:48 15. John Kerfoot, un. 1:39:31 16. Cance Godfrey, Athletes In Action 1:40:06 17. Steve Pecinovsky, U.S. Air Force 1:42:53 DNF--Dave McGovern, NYAC; DQ--Don Lawrence, Natural Sport; Andrzej Chylinski, NYAC; and Dave Marchese, Athletes In Action

OTHER RESULTS

Boston Marathon unofficial racewalk division, April 19--1. Bob Keating (45), New England Walkers 4:34:00 2. Bob Ullman (44) NEW 4:50:14 3. Justin Kuo (38) NEW 4:56:23 4. Fred Gonzalez (57) NEW 5:53:00 Women: 1. Shelley Cantor (43) NEW 5:25:00 2. Emily Hewitt (48), NEW 5:26:00 3. Maureen Robinson (36), NEW 5:42:37 **Great Bear 5 Km, Needham, Mass., May 18--1.** Steve Vaitones 23:40 2. Joe Light (45) 24:38 3. Phil McGaw (43) 25:36 4. Fred Creager 25:57 5. Bob Ullman (44) 26:28 6. Ken Mattsson 27:20 7. Tom Knatt (59) 27:31 8. Justin Kuo 29:12 9. Bob Aucoin (51) 29:23 10. Edward O'Connell (66) 29:47 11. Louis Free (63) 30:06 12. George Lattarulo (44) 30:57 (29 finishers, 1 DQ) Women: 1. Gretchen Eastler 25:14 2. Meg Ferguson (43) 30:21 3. Evelyn Bandlew (39) 31:05 (31 finishers, 1 DQ) **2.5 Mile, Bedford, N.H., May 22--1.** Bob Keating 17:59 2. (42) Brian Savilonis 19:14 3. Phil McGaw (43) 19:33 4. Bob Ullman 20:33 5. Richard Ruquist (55) 20:41 6. Justin Kuo 21:54 7. Bob Aucoin 23:40 8. Michael Hoffer (54) 25:29 Women: (It says 5 Km, but must have been 2.5 mile also)--1. Gretchen Eastler 19:47 2. Doris Cate (47) 24:36 3. Carol Kuo (45) 26:14 **5 Mile, Grafton, Mass., June 5--1.** Will Desrosiers 40:00 2. Brian Savilonis 40:11 3. Joe Light 41:30 4. Bob Ullman 44:09 5. Justin Kuo 45:27 6. William Murphy (60) 45:30 7. Tom Knatt 47:11 8. Jerry Breecher 49:53 Women: 1. Gretchen Eastler 42:06 2. Doris Cate (47) 51:52 **5 Km, Winthrop, Mass., June 12--1.** Phil McGaw 24:43 2. Bob Ullman 25:32 3. Justin Kuo 27:01 4. Thomas Hairston 30:26 Women: 1. Meg Ferguson (43) 30:08 2. Doris Cate 31:19 **Shane Vieregge Memorial 5 Km, Somerset, Penn., May 22--1.** Tom Bower (49) 25:52 2. Ron Laird (54) 27:01 3. Bill Goodwin (46) 27:52 4. Brad Gary (11) 28:40 5. Dave Hay (47) 29:20 6. Woody Kennell (15) 29:50 7. Bob Kukan (45) 29:54 Women: 1. Bobbi Jo Kukan (19) 27:51 2. Barb Miller (39) 29:34 3. Chris King (28) 30:32 (Total of 168 finishers) **Eastern Regional 20 Km, New York City, May 30--1.** Doug Fournier 1:33:25 (23:06, 46:29, 1:09:44) 2. Joun Soucheck 1:44:07 3. Michael Korol 1:46:03 4. Alan Jacobson 1:47:10 5. Nick Bdera (44) 1:34:10 6. Micheline Daneau, Canada 1:49:20 7. Takao Amano (43) 1:50:26 8. Herb Zydek (54) 1:52:35 9. Jack Clifford 1:56:00 10. Elton Richardson (54) 1:59:14 11. Suzanne Martin 2:03:10 12. Erroll Edwards (51) 2:07:55 13. Stanley Schecter (60) 2:15:59 DQ--Marc Varsano (46:20 at

10 Km) DNF: Tim Seaman (46:30 at 10, out at 12.5); Frank LaMorte (71), 1:06:50 at 10, out at 12.5; Kaisa Ajaye, 55:14 at 10 **Metropolitan 5 Km Championship, St. Johns U., June 5--1.** Yariv Pomeranz 23:13.56 DQ--Michael Korol 23:27.24 **Masters 5 Km, same place--1.** Gary Null 13:33.89 2. Franco Pantoni 14:11.32 3. Leland Sandifur 15:11.53 4. Robert Barrett 16:19.11 **Suffolk County H.S. Girls 1500 Championship, Long Island, June 5--1.** Debbi Iden 6:30.8 (state record) 2. Melissa Baker 6:36.8 3. Roselle Safran 6:55.2 4. Ann Cantowicz 7:02.9 5. Heather Incalcaterra 7:03.2 6. Elaine Donlan 7:19.9 **USA T&F National Masters 50 Km Champpponship, Fort Monmouth, N.J., May 16--1.** Lon Wilson (46), East Side TC 5:23;22 (61:44, 2:04:55, 3:06:44, 4:14:30) 2. Alan Price (46), Potomac Valley 5:30:16 (57:18, 1:59:41, 3:09:38, 4:21:22) 3. Patrick Bivona (52), Shore AC 5:33:30 4. Jack Lach (49), Shore AC 5:37:11 5. Mike Michel (61) 6:41:44 6. James Brown (57), Shore AC 6:42:39 7. Avram Shapiro (57), Shore AC 6:54:38 8. Bernie Finch (53), Wolverine Pacers 7:46:49 Women: 1. Isabel Stuper (46), Shore AC 7:32:47 DNF--Bill McCray (43), Dayton, Ohio (2:55:02 at 30 Km); Gerald Bocci (55), Wolverine Pacers (1:05:28, 2:12:02, then it says 2:37:32 at 30, but no one has ever run 10 Km that fast); Jerry Kass (54), Shore AC (2:29:57 at 20); Dave Gwyn, Terlingua TC (1:10:10 at 10) **N.J. 5 Km, Championship, Ewing Twp., May 11--1.** Ray Funkhouser 22:39 2. Cliff Mimm 23:54 3. Ruppert Ravens 24:21 4. John Soucheck 25:00 Women: 1. Phyllis Hansen 26:07 2. Pat Weir 26:18 **5 Km, West Long Branch, N.J., May 14--1.** Ray Funkhouser 21:04 2. Manny Eisner 27:51 3. Jeff Davis 28:07 4. Ralph Edwards 28:35 Women: 1. Phyllis Hansen 25:47 2. Pat Weir 26:11 3. Kathleen Stuper 31:08 **Half-Marathon, Lancaster, Penn., April 25--1.** Cliff Mimm 1:52:18 2. James Miner (44) 2:05:34 3. Bob Mimm (68) 2:09:08 4. Thomas Zdrojewski (52) 2:18:17 (9 finishers) Women: 1. Lynda Brubaker 2:00:50 2. Andrea Robertson (43) 2:22:19 3. Marcia Shapiro (54) 2:30:52 (13 finishers) **Lincoln Memorial 20 Km, Washington, D.C., May 23--1.** Martin St. Pierre, Can. 1:27:31 2. Gilbert Daoust, Can. 1:29:45 3. Alan Price (46) 1:48:51 4. William Legett (16) 1:59:11 5. Claude Letien (46) 2:10:25 6. James Lemert (57) 2:10:37 7. Valerie Meyer 2:16:48 8. William O'Reilly (67) 2:02:21 Women's 10 Km, same place--1. Maryanne Torrellas 51.25 2. Lois Dicker (53) 64:28 **5 Km, same place--1.** Malcolm Posey 26:47 2. Victor Litwinski (49) 29:44 3. Dave Kodner 29:51 4. Alison Zabrenski (14) 30:33 **5 Km, Hopewell, Virginia, June 5--1.** Danny Fink 22:00 2. George Fenigsohn (45) 26:05 3. Dennis Hughes 26:14 4. Harry Watson (52) 26:16 5. Dawn Gallegos 28:05 Women: 1. Mary Gibbons 27:13 2. Judy Goldston 28:34 **5 Km, Smithfield, Virginia, June 12--1.** George Fenigsohn 25:48 2. Dennis Hughes 26:22 3. Harry Watson 26:27 4. Dawn Gallegos 27:12 Women: 1. Mary Gibbons 26:39 **Virginia State Games 5 Km (track)--1.** George Fenigsohn 26:59 2. Paul Cajka 27:01 3. Dennis Hughes 27:40 4. Dawn Gallegos 27:47 **Southern Masters 20 Km, Raleigh, N.C., May 2--Curt Clausen reportedly did 1:29+, but I have never received results. 5 Km, Orlando, Florida, May 22--1.** Edgardo Rodriguez 24:37 2. Steve Feith 29:16 3. John Aler 29:17 4. Steve Christlieb 29:26 Women: 1. Christine Huffman 29:55 2. Valerie Scott 30:22 **5 Km, Pembroke Pines, Florida, June 12--1.** Dale Nelson (49) 26:27 2. Don Stockwell (45) 28:27 3. Robert Fine (61) 28:34 4. Gerry Gomes (60) 30:40 Women: 1. Linda Stein (45) 28:47 2. Elizabeth Nelson (44) 29:14 **5 Km, Miami, June 20--1.** Eric Schmook 23:14 1. (over 60) Bob Fine 28:23 1. 45-49--Don Stockwell 29:19 1. 65-59--Sumner Shafmaster 33:20 Women: 1. Sara O'Bannon 28:33 1. 65-59 Miriam Gordon 31:39 **Weinacker Cup Walks, Port Huron, Mich., May 23: Men's 10 Km:** 1. Arturo Huerta, Ontario 43:39 2. Gary Morgan 45:06 3. Dan O'Brien 46:50 4. Jeff Casin, Ont. 46:54 5. Rick Birkhimer, Ont. 50:25 6. Dave Waddle 50:39 7. Gil Magat, Ont. 54:24 8. Terry McHoskey 55:14 9. Marino Scerpella 57:47 10. Gerald

Bocci 59:19 Team Score: Ontario 1839 points, Michigan 1734 (Scoring by IAAF tables, which I didn't know existed for the walks.) Women's 5 Km: 1. Rachel Robichaud, Ont. 25:02 2. Paddy Jones 27:54 3. Diane Podsiadlik 28:35 4. Susan Burnett, Ont. 29:18 5. Jeanne Bocci 29:47 6. Marilyn Chute, Ont. 30:09 Team score: Ontario 1275, Michigan 524 5 Km, Ann Arbor, Mich., May 29--1. Gary Morgan 22:03 2. Dan O'Brien 22:18 3. Jim StHeldon 23:18 4. John Elwarner 24:20 5. Dave Bartis 26:12 6. Harry Stoddard 26:40 7. Ken Cyr 27:34 8. Gerald BOcci 28:04 Women: 1. Jeanne Bocci 28:23 2. Debby Vorik 29:20 (more than 150 finishers total) 5 Km, Dearborn, Mich., May 30--1. Diane Podsiadlik 28:13 10 Km, same place--1. Victor Sipes (50) 52:14 2. John Elwarner (53) 52:20 3. Max Green (61) 54:40 4. Marino Scerpella (53) 56:02 5. Bob Campbell 61:56 5 Km, Kalamazoo, Mich., April 24--1. Dave Waddle 25:19 2. Gerald Haas 27:43 3. Ken Cyr 28:03 4. Bill Reed 29:09 Women: 1. Julie Griffin 28:22 5 Km, Benton Harbor, Mich., May 1--1. Ken Cyr 28:13 Women: 1. Jaynet Colton 28:08 1993 Youth Road Racewalk Championships, Overland Park, Kansas: Girls 10 and under 3 Km--1. Crystal Madrigal 20:50 2. Julia Hanna 22:03 BOys 10 and under 3 Km--1. Dane Dahlke 22:19 Girls 11 and 12 3 Km--1. Abby Nielsen 20:14 2. Tyra Garza 20:43 BOys 11 and 12 3 Km--1. John McGee 18:04 2. Danny Dalton 18:19 3. Micah Hutton 18:31 4. Bryan Murphy 18:39 Girls 13 and 14 5 Km--1. Adrienne Corker 29:14 Boys 13 and 14 45 Km--1. Brian Colby 29:02 2. David Hutton 29:48 Girls 15 and 16 5 Km--1. Erin Taylor 30:33 5 Km, Albuquerque, N.M.--1. Peter Armstrong (48) 28:50 2. Arnie Levick (57) 30:08 10 Km, same place--1. Ellen Roche 59:41 15 Km, Riverside, Cal., May 23--1. Carl Acosta 1:28:39 (1st 55-59) 2. Richard Oliver 1:30:16 (2nd 55-59) 3. Ron Baers 1:31:20 (4th 55-59) 4. James Smith 1:31:22 (4th 55-59) 5. Dave Snyder 1:32:11 (5th 55-59) Women--1. Jaye Hanley 1:32:11 (1st 55-59) (17 finishers total) 5 Km, same place--1. Justin Marrojo 24:57 2. Chris Dreher 24:56 3. Steve Avellaneda 27:07 4. Wayne Wurzbuerger 27:09 (1st 50-59) 5. Jesus Orendain 28:24 (2nd 50-59) 6. Steve Laitner 28:33 (1st 40-49) 7. Bob Beador 28:43 (3rd 50-59) 8. Craig Droz 29:50 (13 finishers) Women: 1. Francene Bustos 24:11 2. Donna Cunningham 27:53 (1st 40-49) 3. Margie Alexander 30:22 4. Ria Marsh 32:45 (1st 60-69) (21 finishers) 5 Km, Walnut, Cal., April--1. Aaron Mendonca 27:29 2. Wayne Wurzburder 27:31 3. Art Grant 27:41 4. Craig Droz 28:21 5. Stuart Ray 29:42 Women: 1. Danielle Kirk 28:11 2. Barbara Steffens 29:08 (1st 40-49) 3. Tamara Williams 29:43 4. Cheryl Embry 29:55 5. Margie Alexander 30:11 (21 finishers) 1500 meters, Eagle Rock, Cal., June 6--1. Dale Sutton (53) 7:26.1 2. Jesus Orendain (51) 7:26.7 3. Richard Oliver (56) 7:37.9 4. Carl Acosta (59) 7:41.9 5. Bill Neder (54) 7:42.8 6. Alan Brumer (58) 8:13.6 7. Jaye Hanley (52) 8:13.8 8. Ron Brown (50) 8:19.2 9. Ed Ricci (64) 8:40.4 10. Vangie Campos (50) 9:03.2 (24 finishers) 5 Km, same place--1. Carl Acosta 28:01.2 2. Bill Neder 28:37 3. Richard Oliver 29:17 4. Stuart Ray (51) 30:38 3 Km, San Francisco, May 15--1. Jonathan Matthews 11:26.7 (Betters American record of 11:45.4 set by Steve Pecinovsky in Alexandria, Virginia, May 26, 1990) 2. Alan James 11:28.6 3. Bill Penner 15:05.9 4. Jack Bray (60) 15:12.5 5. Kirk Deford 15:41.2 6. Larry Green 16:24.1 Women: 1. Sara Standley 13:27.4 2. Susan Armenta 13:34.7 3. Cindy March 13:37.0 4. Chris Sakelarios 14:17.4 5. Therese Iknoian 15:30.6 6. JoAnn Nedelco 15:41.6 7. Jennifer Granucci 17:12.6--Matthews and James traded the lead several times and only in the final 100 meters did Jonathan take control. His margin at the finish was the biggest lead of the race. In the women's race, Cindy March went out fast and had a 5 second lead at 1 mile, which she passed in under 7 minutes, a personal record. March had Maryanne Torellas' American record of 13:19.1 in her sights, but both she and Standley slowed significantly in the final kilometer. Armenta, a member of last

year's National Junior team, was moving the quickest at the end. 20 Km, Palo Alto, Cal., May 23--Jonathan Matthews had another sizzler as he moved into the number three spot on the U.S. all-time list with a 1:24:56. Only Tim Lewis (8 times) and Jim Heiring have gone faster, and Heiring by just 5 seconds. He did with no real competition and at a very even pace--21:11, 21:18, 21:21, and 21:06 for the 5 Km splits. He said it was the most physically demanding race of his career, much tougher than his 4:01:36 50 Km earlier this year. Ian Whatley had a great performance in third considering he was racing during a 24-hour layover on a return trip from Asia to North Carolina. Joe Sheppard, though going only 5 Km, had a personal best 24:42. The 18-year-old was just finishing his track season as a 2:00 800 meter runner, and will concentrate on racewalking for the summer. 1. Jonathan Matthews 1:24:56 2. Dave Marchese 1:30:00 3. Ian Whatley 1:30:09 4. Tommy Aunan 1:54:37 5. Kirk DeFord (50) 1:57:09 (10 finishers) Women's 10 Km, same place--1. Cindy March 47:55 2. Kim Wilkinson 49:19 3. Karen Stoyanowski 50:15 4. Susan Armenta 51:32 5. Chris Sakelarios 51:33 6. Therese Iknoian 55:19 7. Laura Cribbins 58:58 (19 finishers) 10 Km, Rancho Cordova, Cal., May 1--1. Karen Stoyanowski 52:54 2. Tommy Aunan 53:49 5 Km, Carmichael, Cal., April--1. Tommy Aunan 26:01 2. Karen Stoyanowski 26:18 3. Larry Green 26:44 4. Sally Focacci 27:15 5. Bob Elsner 30:16 6. Darwin DeGroot 30:27 5 Km, Los Gatos, Cal., June 12--1. Kirk DeFord 26:35 2. Therese Iknoian 27:00 3. Joann Nedelco 27:03 4. Skip Bockoven 28:32 5. Dick Petrucci 28:42 3 Km, Portland, Ore., May 2--1. Bob Brewer 15:40.7 5 Km, same place--1. Erin Taylor 29:01 10 Km, same place--1. John Kerfoot 46:51

BREAK UP THOSE LAZY SUMMER DAYS WITH SOME COMPETITION

Mon. July 5	5 Km, Long Branch, N.J., 6:30 pm (A)
Thu. July 8	3 Mile, Miami (Q)
Sat. July 10	US 10 Km, Men and Women, Niagara Falls, N.Y. (T)
	Masters 3 Km, Libertyville, Illinois (CC)
	2 Mile, New Orleans, 7 pm (M)
	5 Km, Elk Grove, Cal. (D)
	5 Km, Otsego, Mich. (F)
	6 Hour Challenge Walk, Kalamazoo, Mich. (F)
Sun. July 11	5 Km, Los Angeles (B)
	3 and 5 Km, Portland, Ore. (X)
	5 Km, Parchmont, Mich. (F)
Mon. July 12	5 Km, Long Branch, N.J., 6:30 pm (A)
Thu. July 15	1500 meters, Washington, D.C. (J)
Sat. July 17	Masters 5 Km, Eugene, Ore. (X)
Sun. July 18	San Francisco Marathon (N)
	5 Km, Overland Park, Kansas (S)
	3 Km, New York City, 9 am (G)
	Masters 1 Mile, Eugene, Ore. (X)
Mon. July 19	5 Km, Long Branch, N.J., 6:30 pm (A)
Sat. July 24	5 Km, Lisle, Illinois (CC)
	5 Km, Albany, NY (G)
Sun. July 25	15 Km, Sterling, Mass., 5 pm (I)
	5 Km Atlanta (DD)
Mon. July 26	5 Km, Long Branch, N.J., 6:30 pm (A)

Thu. July 29	1500 meters, Washington, D.C. (J)
Sun. Aug. 1	5 Km, Jefferson City, Missouri (S) 5 Mile, San Francisco (N)
Mon. Aug. 2	5 Km, Long Branch, N.J., 6:30 pm (A)
Tue. Aug. 3	3 Mile, Newburyport, Mass. (I)
Thu. Aug. 5	2.8 Mile, Seattle, 6 pm (C)
Sat. Aug. 7	10 Km, Columbia, Missouri 7 am (U) 3 Km, Salem, Oregon (X) 8 Km, Alexandria, Virginia, 7:30 am (J)
Sun. Aug. 8	10 Km, San Francisco, 9 am (N)
Mon. Aug. 9	5 Km, Long Branch, N.J., 6:30 pm (A)
Wed. Aug. 11	3 Mile, Edinboro, Penn., 7 pm (V)
Thu. Aug. 12	National Masters 5 Km, Provo, Utah, 8 am (W)
Sat. Aug. 14	5 Km, Sacramento, Cal. (D) National Masters 20 Km men, 10 Km women, Provo, Utah, 7:30 am (W)
Sun. Aug. 15	National 25 Km Senior and Masters Men, National 20 Km Senior and Masters Women and Junior Men, National 10 Km Junior Women, Albany, N.Y. (R)
Mon. Aug. 16	5 Km, Long Branch, N.J., 6:30 pm (A)
Sat. Aug. 21	National Junior 5 Km Men, 3 Km Women, Orono, Maine (Y)
Sun. Aug. 22	5 Km, Lake Merritt, Cal. (P) 20 Km, Taunton, Mass. (I)
Mon. Aug. 23	5 Km, Long Branch, N.J., 6:30 pm (A)
Sat. Aug. 28	5 Km, Paradise, Cal. (D) 8 Km, Alexandria, Virginia, 7:30 am (J)
Sun. Aug. 29	National 5 Km, Men and Women, Denver (Z)
Mon. Aug. 30	5 Km, Long Branch, N.J., 6:30 pm (A)
Sun. Sep. 5	North American Masters 15 Km, Albuquerque, N.M., 7:15 am (L)

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FROM HEEL TO TOE

The report is that Debbi Lawrence missed the World Cup because of the lingering effects of a knee that was sore from walking on the steeply banked Madison Square Garden track at the Indoor Championships in February. Apparently, Teresa Vaill passed up the trip because she got the last time she went to Mexico. . . And another mistake in our World Cup coverage, this one brought to our attention by Alan Jacobson. We described Axel Naock's defort in the 50 as "A not too successful attempt to move up from 20." Wrong. Back in 1985 he took the bronze medal in the 50 when the Cup was held on the Isle of Man. I can't blame that mistake on anyone else, just my fading memory. Matter of fact, I thin some where in the interim I made a statemnt about Noack making a successful fromt eh 50 to the 20. . . And still on the World Cup, Canada's Janice McCaffrey was not a non-finisher as the official results showed. Indeed, she never started, and was properly scratched by Canadian officials, but they could never get the results to comply. She had an apparently insignificant training twinge in her knee the night before leaving for Mexico. But it ballooned on the flight and virtually immobilized her leg. Two days of active treatment with help from the U.S. medical staff did no good and she had to watch the race with a still badly swollen knee. . . Romance at the World Cup! This from the Canadian magazine Athletics: "Allison Baker, will you marry me?" The words rang out from the stage at the Farewell Banquet of the World Race Walk Cup. Australian star Simon Baker was flanked by five of his fellow athletes who translated the proposal into six languages for the ebullient crowd gathered in the garden of one of Monterrey's best-known landmarks, the Mexican brewery responsible for Carta Blanca and Bohemia beer. Alison and Simon have been friends for sometime, the longest of long-distance relationships between Australia and Guelph. There have been the inevitable speculations about whether she'd change her name or hyphenate it, if the romance developed. Now, we'll soon know. To cut a long story short, she said yes, leading to a delighted frenzy of hand shaking, back slapping, squeals, kisses, and hugs." (This event topped a pretty good weekend for the pair. Simon, the 1989 World Cup winner at 50, finished 7th this time, and Alison was 15th in the 10 Km.). . . With Elaine Ward's small book Introduction to the Techniques of Racewalking having sold close to 2000 copies, the North American

Racewalking Foundation has now brought a companion video, Basics of the Technique of Racewalking, For Fitness and Competitive Walkers, also done by Elaine. Frank Alongi was a consultant on the video and members of the Southern Cal Walkers provided demonstrations. It's an excellent video, and that's from people other than me, including Ian Whatley, Max Green, and Bev LaVeck. The 32-minute video is available from the North American Racewalking Association, P.O. Box 50312, Pasadena, CA 91115 for \$25.00 plus \$3.00 for mailing. The book mentioned above will cost you \$8.00 plus \$2.00 for handling. They sell quite a few other goodies as well. . . Ed O'Connor a racewalker and postdoctoral neuroscientist at Yale University School of Medicine, would like to communicate with other racewalkers through electronic mail. He is doing this now through Compuserve, but would like to broaden the scope. He seeks to exchange training tips, lend moral support, etc. His e-mail number is INTERNET: 72002,3312@compuserve.com. . . Eight track and field athletes from Oregon colleges have been named NAIA track and field All-American Scholar-Athletes. The list includes racewalker Kristin Thomas (3.85 GPA in sociology) from George Fox College.

From Lori Maynard:

1994 National Championship Bids

Hard to believe, but it's that time of year again! Sharpen your pencils, your sponsors, and your volunteers, 'cause the Men's and Women's Race Walking Site Selection Subcommittee (SSS) is welcoming bids for 1994 Race Walking Championships. We have events in new areas of the country this year and hope that this increased experience and success will entice other associations to participate in the hosting of championships. There are relatively simple requirements for staging a National Race Walk Championship: all you have to provide are a certified course, six USAT&F certified judges, and a group of people who want to do the job.

If you feel that you have the personnel and expertise, we would like to encourage you to bid for a 1994 (or future) National Championship. Bids should be submitted on a standard bid form and must include a course map and USAT&F Certification number for the course. Bid applications not containing the certification map and number will not be accepted. The bid application lists distances available for bid. Any other distances are locked into the respective National Track and Field Championships for that division, thus are not available for bid. Per USAT&F rules, I need to receive all complete bids **no later than October 1, 1993.**

Hosting a National Championship can be a good deal of work, but it also can be a lot of fun and very rewarding. Please be aware that when there is more than one bid for a particular race, the SSS determines the winning bid. If you have any questions or need more information call Lori Maynard at 415-369-2801, or write her at 2821 Kensington Road, Redwood City, CA 94061.

Thoughts While Cooling Down

by Steve Vaitones

Within in track and field in recent years, talk of reaching parity among nations has been a frequent topic. While certain events tend to have a larger porportion of the world list from particular nations--the U.S. in the 200, the Soviet block in the hammer, Kenya is some distance runs--there is much diversity at the top. Twenty-nine countries won medals at the World Indoor Championships, which contests only about half the events of th eoutdoor Worlds. With countries as diverse as Nambia, Qatar, and of, course, the former Soviet republics medalng, there is less and less of a single dominant force in the sport.

A look at the 1992 top 50 performance lists (T&F News) shows this trend has reached racewalking as well. In the 20 Km, 19 countries are represented. Four Soviet republics combine for 17 athletes, and, as one might expect, Russia is #1 with 9. Following is (surprise) China with 6 and the Czechoslovakia and Ukraine with 4.

In the 50 Km, the athletes are spread out through 21 countries. Spain is the leader with 6, while Italy, Poland, Russia, Mexico, and Czechoslovakia tie for the next spot with 4. The U.S. had their single ranker, Carl Schueler, in 50th.

There were 27 countries total with athletes in the men's lists. The average year of birth for the 20 Km was 1966, and for the 50 Km it was 1962, confirming the belief that walkers mature into 50 Km men. Interestingly, only six world athletes made both lists, and two were both top 10s. In comparison, eight of the top U.S. athletes in the 50 were in the top 21 at 20 Km as well. From our U.S. point of view, one surprise may be the few spots now held by the once powerful Mexican program. (Ed. Though it would appear that might change this year.)

As to athletes achieving their top times in major events, twelve men in the somewhat subjective "rankings" (vs list) portion had their season's best best in major performances--four at the Olympics, three at the track races in Fana, and three at the LaCoruna 20 Km. However, compared to U.S. athletes, the top Europeans are competing head-to-head much more often and the quality of field can be responsible for bringing out the best.

In the women's statistics, 15 countries had athletes listed. China and Russia dominated the lists taking over half the spots with 15 and 12, respectively. (The Soviet republics totaled 17.) Additional countries had 4-3-3-2-2-2, and the remainder 1--including the U.S.'s Debbi Lawrence. The women's average birth year was 1967. This dominance may be due to the event being relatively new internationally. Such events have had a tradition of being led by Russia and China. Look at the women's triple jump--just this year added to the Worlds--and the same situation arises. I surmise, though, that the women's list will reflect the same trends of diverse represeation in several years.

What does this mean? Maybe not more than the compilation of a statistics nut. Or maybe that parity is filtering down to our event of racewalking.

* * * * *

This year's National Invitatal in Washington D.C. was honored with the presence of a Byelorussian coach and two walkers from that new country. Tracey Briggs has the following observations on the experience.

The Byelorussian Trip

by Tracey Briggs

The defining moment of the Byelorussians' trip, at least for me, came when I was driving them back to Sal Corrallo's after a hard workout--quality intervals on the smooth tartak at T.C. Williams followed by a swim in the spacious pool at Chinguapin next door. The coach, Boris, was looking through the video camera playing back the workout footage I'd taped, when Misha, the guy with a 1:21:20 20 Km personal best, said something that broke them all up.

Maxim's translation: "If we had all of this, we'd walk 1:29, too."

And so the cultural/athletic/friendship exchange went. PVTC brought the three of them over to visit, give clinics, and race at our National Invitational, and I'd say the trip turned out even better than we'd hoped for. Best of all, they were all genuinely nice people and very outgoing, and it was a pleasure to get to know them. Somehow, I think we'll meet again.

And, it was a healthy exchange all around. American life clearly fascinated them: They were quite taken with everything from the fresh fruits and vegetables (not available in the winter and spring in Minsk) to Sal and Marjorie's hot tub to the Houston Rockets to our battery-powered pencil sharpener.

It also made us realize how little we know about racewalking. All three of them were very generous with their time, even scheduling an extra clinic so they could work with PVTC walkers on the track. They taught us more than can be published here, but to summarize: They work hard! And, the work smart.

1. What struck me most is that they take very good care of themselves. They don't rush their warmups or cool downs, because they're in a hurry, and they do all of those form exercises and strength drills that we all know we should do but don't do because we're tired or bored or don't have time. They swim and take saunas after hard workouts, and they consider that as important as the walking. (It's interesting that Maxim, who has a high-powered job as an economist, tends to train more like we do, squeezing it in when he can--and his performances have slipped.)

2. For the same reasons, they're also very flexible. Some days, all they do is one or two hours' of stretching and strengthening exercises. When they say low weight/high repetition, they mean it--50 to 100 reps with a bar with no weights, or a half-hour of pulling on a piece of surgical tubing.

3. They're fit all around. We may consider cross-training as a supplement, but they do lots of other sports, particularly on the off season, that they consider essential. They run 25 percent of their mileage, not only for recovery, but also to boost fitness.

Just about everywhere they went, people would ask how many miles per week they walked. The question befuddled them, because they think of walking as only one component of their training. Plus, their mileage varies substantially during the year.

4. Hard is hard, and easy is easy. Their hard workouts are very hard, but they do them on completely fresh legs. They'll take two or three days before and after hard workouts. Their easy running mileage is so slow I could run with them and consider it easy. When they do some of their recovery walks, they don't really even racewalk; they just walk aggressively without worrying about the straightened knee.

5. They're exacting about technique. They don't keep racewalking when their form is shot; that means the workout was too hard. They'd do some other type of training rather than walk with bad technique.

6. They keep track of everything they do. They keep copious notes on their training and are methodical about using the data to fine-tune their programs.

Overall, I think we tend to have more money than time, and they have more time than money. (It isn't just the treadmills, heart monitors, and fancy weight equipment they often lack; I saw Boris timing that speed workout with the second hand of his wristwatch.)

But paradoxically, they probably train more efficiently because all of their training is so controlled. Boris watches every step those guys make, and while he seemed to be somewhat of a teddy bear, it was clear that Maxim and Misha are used to seeing a much sterner side of him. I'm sure he can be a real taskmaster.

I'm not sure their overall method would work in the U.S.--certainly, a lot of Americans would balk at such regimentation. But they shared a lot of training knowledge, and I think everyone was able to take home something valuable.

The Don Quixote Convention

Recently, the Ohio Racewalker published a number of letters and commentaries dealing with racewalk rules. I do not disagree with the two racewalk rules, but have a reservation about their application in reference to neophytes and older walkers (50+).

I believe the procedure of the expulsion from the course could be modified and all competitors should be entitled to their finish time. I call my rules modification the Don Quixote Convention.

In a Don Quixote racewalk, when a competitor receives three red cards from three different judges, the competitor is not removed from the course, but is allowed to continue, finish, and get his or her time. All the competitors with x's on the DQ board also have their name listed on a Don Quixote board with the official time of their finish. They do not qualify for any awards but have the satisfaction of knowing they finished the distance and have an official time. The Don Quixote finish times are also printed in the race results columns of newsletters, following the results of all the legal walkers.

The Don Quixote convention would be especially applicable to newcomers, and old timers. For the athlete, it eliminates the disappointment of traveling a long distance and doing poorly; it allows the judges to make a call without compunction. I'll field test this judging innovation in Albuquerque at our 15 Km North American Masters race on September 5, the Sunday of the Labor Day weekend and again at our 10 Km race in October.

Yours truly,

Gene Dix

Editor: I'm not sure what satisfaction the athlete gains, other than getting the health benefits of going the full distance. Disqualified athletes are either upset with themselves, or upset with the judges who judged them unfairly (the athlete's perception), and being able to finish the course won't change those feelings. What satisfaction is there in knowing you walked such and such a time if you also know you didn't do it legally? And, unfortunately, there are some personality types who would take advantage of this situation by constantly ignoring the rules, beating everyone in their age group at all events, and then proclaiming loudly that they have proved time and again who is best, but, because of petty jealousies,

are persecuted by the establishment. Well, that is my immediate reaction to the suggestion. Other comments are welcome.

The Marathon as Warmup

by Keith Reichley, President Lake Erie Walkers

Think of the summer Olympics and your mind pictures a pack of lean, powerful, and determined marathon runners setting out at the sound of the gun. They start together, but only a select few lead the field at the end. The winner of this grueling endurance event truly triumphs over time and distance.

Few people are aware, however, that the 50 Km racewalk event is five miles longer and, according to those who have done both, by far the superior test of endurance.

"The marathon is a good warmup for the 50 K", say four-time Olympian racewalker Ron Laird. Jonathan Matthews, current national champion at 50 Km, calls it a "lot of fun".

For the rest of us racewalking plebians, the marathon distance is still a daunting stretch of road, not to be entered into lightly. Even so, many racewalkers, veterans as well as newcomers, do choose to participate with their running friends.

Ron Laird walked his first marathon in 1959 at an Atlantic City event hosted by the Road Runners Club of America. The course was out-and-back, much of it on the boardwalk. Laird, then a 21-year-old rising star in the world of racewalking, posted a 4:00 for this event, which went on to become the New York City Marathon. Out of 17 participants, Laird, the lone walker, came in dead last.

With that out of his system, Ron went on to capture over 60 national titles at various distances. Twice, he won the American 50 Km championship. Ron now travels to various parts of the country giving racewalking clinics and is compiling a series of posters on racewalking technique and judging. He is currently living in Ashtabula, Ohio, and just recently showed us locals how to walk 1500 meters in fine fashion at the Baldwin-Wallace Invitational track meet.

Jonathan Matthews lives in Palo Alto, California. Matthews, a 36-year-old former elite runner and past member (1985-86) of the U.S. Cycling Team, has been racewalking only 4 years. He believes that "it is difficult to compare the running marathon to the racewalking 50 Km, even though the 50 Km is just 5 miles longer. The 50 Km is more of an endurance event. With the 50 Km walkers being on their feet for nearly twice as long as a marathon runner, there is more time for things to go wrong, but also more time to work your strategy. The 50 delivers the features that make a marathon exciting, but to a heightened degree."

The first half of the 50 Km racewalk is typically done within the aerobic range of the athlete, around a 7:30 mile pace. Your reporter takes Matthews' word for it that this pace would pass the "talk test". Matthews says that if one has done one's training, one feels great during this part of the race and even engages in friendly banter and conversation with other competitors.

The talking ceases around the 20 to 25 Km mark. In the words of Carlos Mercenario, the Mexican who recently won his second World Cup 50 Km, "this is where the race begins." This was especially true for Mercenario, as the mercury rose to 100 degrees in the latter half of that morning's race. Still, he finished with an impressive time of

3:50. Many observers believe that his performance would have shattered the world record had conditions been more favorable.

With racewalking, "it's not always the fastest person nor the fittest athlete who wins," according to Matthews. "Racewalking involves mastery of a complex athletic motion." It's like trying to master a field event, like pole vaulting or the discus, but with the critical element of endurance thrown in.

Matthews enjoys striding along with marathon runners for reasons of conditioning rather than competition. He says that although his typical 3:20 marathon time "wouldn't get one into the Boston Marathon, it would put one around the serious but not incredibly gifted runners."

He consistently passes people starting around the 10 mile mark. "Some of the passed runners are complimentary, while others are not pleased to be beaten by a walker. These are determined to race you and stay ahead."

If you like the marathon and the 50 Km, you'll love this. Mike George of the Northeast Running Club sends along an electronic bulletin board item from Fer-Jan de Vries, a Dutch racewalker and runner. Fer-Jan recently participated in the "De nacht van Loop op Zand", a 15-hour racewalk organized by a small village in southern Holland. One and twenty five walkers started, ninety survived. The winner managed to complete 139 kilometers (86 miles) in the allotted time. Our friend Fer-Jan finished 113.2 kilometers, good for 21st place.

Ron Laird says that the Dutch are known for producing world class ultradistance walkers, rather than the usual 20 and 50 Km "sprinters".

For the following weekend, Fer-Jan had scheduled a 75 Km race for himself. This, no doubt, is the Dutch idea of the cool-down.

(Ed. In this country we have to settle for the occasional 100 miler. Mark your calendar for September 25 when Jack Blackburn hosts the national race at this distance in Xenia, Ohio. 100 mile and 24 hour races are quite popular in England and Holland. In France and Belgium, you will find a lot of 200 km races in the spring, leading up to the Paris-to-Strasbourg event in June, which, depending on the exact course, is something in excess of 500 Km, and is usually won in the 62 to 63 hour range.)

LOOKING BACK

30 Years Ago (From the June 1963 Race Walker, edited by Chris McCarthy)--Chris himself won the National 50 Km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race. . . In the US-USSR match in Moscow, Gennadiy Solodov ignored temperatures in the mid 80s to win in 1:33:45, with Vladimir Zorin second in 1:35:06. Ron Zinn and Ron Laird went 15 Km in about 1:12, but then faded badly to finish in 1:41:34 and 1:42:24. . . Jack Blackburn continued his sprint mastery over Jack Mortland, winning the Ohio 1 Mile title in 6:55.5. Blackburn also had a 39:13 for 5 miles and a 31:11 for 4 miles while Mortland was off honeymooning.

20 Years Ago (From the June 1973 ORW)--The National 3 Mile title went to John Knifton in 21:36.4, while Jerry Brown won at 15 Km in 1:12:26. Ron Laird (21:45) and Bill Ranney (21:49) trailed Knifton in the Bakersfield, Cal. heat, and Laird was also second in the 15 (1:14:22), contested in the altitude at Boulder. . . Randy Mimm won the Junior National 10 Km in 51:45. Mimm qualified to compete against the Soviet juniors and thus became the first son of an international walker (Bob, 1960 Olympics) to gain international status (in the U.S., that is). . . Ron Laird won the Zinn Memorial 10 Km in Chicago with a 46:23. The women's title went to Jeanne

Boccl in 54:29. . East Germany won both races in an International match with Italy, France, and Sweden, Karl-Heinz Stadtmüller doing 1:27:38 and Peter Selzer 4:02:35. . West Germany's Bernd Kannenberg beat the Soviets in a dual meet with a 1:27:19 for 20.

10 Years Ago (From the June 1983)RW)--At the National Outdoor Championships, Jim Heiring and Susan Liers-Westerfield both won their third straight title. Susan controlled the 10 Km race all the way to win in 50:58. Debbi Lawrence was 42 seconds back, with Sam Miller third in 52:50. Surprising newcomer Maryanne Torrellas was just 2 seconds behind Miller at the finish. Heiring was also in full control at 20 (both races were on the track), as he won in 1:26:55. Marco Evoniuk trailed by 50 seconds and Dan O'Connor took third in 1:29:38. Tim Lewis started the final 400 meters 11 seconds back of Todd Scully, but stormed through that final lap to overhaul the veteran (1:30:18 to 1:30:23) for the fourth spot on the U.S. World Cup team. . The annual races in Naumburg, GDR went to Soviet Nikolai Polozov (1:22:37) and Ronald Weigel (3:41:31) of the host country. . Raul Gonzalez walker two 50 Km races in just 3 weeks-- 3:51:50 in Mexico and 3:51:37 in Czechoslovakia. . Susan-Liers Westerfield also won the National 5 Km on Long Island in 24:41.6.

NATIONAL SPONSORSHIP: WHAT CAN WE DO WITH IT?
Opinion Paper #2 by Paul A. Cajka

At the recent USATF(TAC) Convention in Louisville we discussed a lot of programs and goals for the sport of racewalking in the US. A few leaders of the RW community did make a point of suggesting that we examine closely how we spend our money. With this idea in mind, I have imagined how the RW Committee should spend a very large sum of money should we ever get another sponsor like Best Foods/Mazola. It is a lot to think about when we have to pull out all the stops to get \$64K in funding. But we should have dreams, so here's the start of mine:

A well-known Texas billionaire's wife decides to take up racewalking and her husband decides to make his wife's new favorite sport a respectable sport. In pursuit of this goal, he comes to the USATF National Office in Indianapolis and offers one million dollars to make the US Racewalking Program "a World Class Sport." After they revive a faint Ollan Cassell, they thank the billionaire and take their 20% cut of the million. Since the patron specified that it go solely to racewalking, Dale Neuburger makes a call to the National RW Chairman and my wife pulls me off the floor. It's my dream.

What would I do if I was handed \$800K with a mandate to develop a world class racewalking program? Firstly, I would develop a list of priorities. Mine are:

- (1) Expand the talent pool of the sport
- (2) Make the present team as competitive as possible
- (3) Publicize the sport of racewalking to all of the media
- (4) Set up a real national organization within USATF for walking

Why these priorities? At the present time our sport has a very small talent pool of walkers that compete at Regional and National racewalks. This body of athletes numbers about 4200 men and women. There is a big group of running athletes out there at all ages who could be fine competitive walkers. Our present team is on the way to being competitive again after the successes of the late 60's and early 70's. With a lot more high-level competitive experience, our National Team could achieve it's maximum potential. Publicizing the sport of racewalking is also very important to the overall development of the sport. With only two rules, it shouldn't be very hard at all to make the sport understandable to the general sports fan. Any person who can understand the rules of either football or ice hockey can become a knowledgeable racewalking fan if we make it interesting.

The first goal is absolutely necessary to the long term growth of the sport. If we don't develop interest in racewalking in the schools and colleges, racewalking will start to go the way of shuffleboard and horseshoes. Racewalking needs to bring in the younger athletes in primary, middle and high schools more than it needs adult fitness walkers. I would spend \$100K to develop a nationwide racewalk education program for the nation's school system to be administered by the Associations with overall guidance from the National Committee. The National Team members could also get involved in the program as celebrity instructors to start off programs in cities and Associations. This is the first part of the plan to get racewalking growing

in the US. The second part of the plan is the development of a National Intercollegiate Club Racewalking Program in the US. Track coaches in the NCAA and NAIA are overloaded with the events already held in intercollegiate track and field events and also limited in the number of assistants they can

have. With the lack of interest from college athletic departments, the only way we will tap into the pool of potential college athletes is with a program that reaches them through the student activity system. This program will feed directly into the Intermediate Program and help that to grow. Feeding more athletes into the Intermediates will help the National Team, too. This effort may require another \$100K to entice the colleges and universities. The third part of the talent pool expansion is the Fitness Walker program already in development. I would allocate \$50K to this to bring in more Open and Masters walkers into the sport. These racewalkers will help our overall support system and provide a large volunteer pool for major events. They will also help to increase our number of qualified walk judges since hopefully many of them will gravitate toward this. This might warrant allocating part of the Fitness Walker funding toward development of officials in this age group. All of these activities would both require and attract participation from the Associations and enhance their local and regional programs.

The second goal of developing the present National Team requires funding for international travel. You can have a mini-camp every weekend there isn't a major race but no camp is a substitute for international experience. Competing in an international event would be the best way to develop our National Team to International level. Allocating \$200K for team expenses would allow all of the members of the Senior National Racewalking Team the opportunity to compete overseas and learn how to handle all aspects of international competitions. Some of the funding can also go to camps, since there would still be some need for them. The Junior National Team should get \$75K to cover their team costs and overseas opportunities since there are fewer Junior team members and there shouldn't be too many adult escorts along for free trips. The Junior camps would also come out of the team funding, but this would allow the team members to attend at very low cost. Junior and Senior Team funding can also be used to make sure that National Team members compete in at least two National Championship Racewalks each year. With all of this money in hand, we would go out aggressively to find a National Team Coach to oversee the entire National Team operation. I figure that \$100K would be plenty for the candidate search and recruitment of a knowledgeable coach capable of leading an International level program.

After all of this spending that leaves a sizable sum for publicity and administration of the sport(\$175K). Our sport doesn't have a really positive image in the sporting media. If we set \$100K aside to handle this publicity drive, we could put out the story of racewalking in a way that would be noticed by every sports fan. We could even set up a system to attract more sponsorship to the sport. This much money would make the sport a high profile event with at least as much perceived stature as track & field. Finally, we get down to administration of racewalking. Putting \$75K into this would allow us to:

- (1) Provide a fax machine and voice mail network for all of the members of the National RW Committee.
- (2) Have a fund to subsidize the holding of National Championships at all of the distances in the rules. This recognizes that not all walking events have a prayer of making enough money to support themselves.
- (3) Set up a National Sport Office in an office development near the Chairman's residence. National sports shouldn't be run like a mom and pop grocery store. Dealing with a corporate organization like USATF requires a corporate setting.
- (4) Subsidize limited travel for the Executive Committee of the RW Committee. Limited means only absolutely necessary travel to conferences, meetings or duties that cannot be handled by mail, fax or telephone. Even one million dollars doesn't justify more than 30 days of travel each year by the Chairman.

All of these budgets are not to be spent like the Federal Government. Any savings we can make should be set aside for the next year for our sport's operation. It would be unwise to spend all of the \$800K in one year, although I am sure that many people could. Saving 10% of the funding (\$80K) would give us a good rainy day fund for the future.

Well, that's my dream for the sport. What's yours?