

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

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COLUMBUS, OHIO

NOVEMBER 1993

## James tops 30 Km field

Atlanta, Oct. 31--Allen James was an easy winner in the USAT&F National 30 Km racewalk today, covering the distance in 2:14:31 despite freezing temperatures, howling wind, and snow flurries. Allen's closest competition was Canadian Martin St.-Pierre who finished in 2:20:30. Alan Cole was the second U.S. finisher in 2:33:52. Bohdan Bulakowski led the masters in 2:29:30 with Ed Whiteman the U.S. master's winner in 2:47:34 (Bohdan is not yet a citizen). Lynda Brubaker led the women in 2:42:46 with Cheryl Rellinger not far behind.

James walked an outstanding race. Too bad no one was there to challenge him or themselves. (See the From Heel to Toe column.)

Men: 1. Allen James 2:14:31 2. Martin St. Pieere, Canada 2:20:30 3. Bohdan Bulakowski, Poland 2:29:30 (first over 40) 4. Arturo Huerta, Can. 2:33:22 5. Rob Cole 2:33:52 6. Ivo Majetic, Czech. 2:38:50 7. Edward Whiteman 2:47:34 (1st U.S. master) 8. Keith Luoma 2:58:32 9. Art Grant 3:07:47 (2nd master) 10. Paul Johnson 3:08:19 (3rd master, 1st 55-59) 11. Dave Gwyn 3:12:11 (4th master) 12. Cokey Daman 3:26:57 (5th master, 1st over 70) 13. Mike Michel 3:30:49 (5th master, 1st 60-64) 14. Ron Pteeete 3:34:06 (1st 50-54) 15. David Strohl 3:35:40 (1st 45-49) 16. Alfred Clouser 3:36:43 (2nd 60-64) 17. Bernie Finch 3:44:51 (2nd 50-54) 18. Alvia Gaskill 3:47:29 19. Ralph Wheeler 3:55:04 (2nd 55-59) Women: 1. Lynda Brubaker 2:42:46 2. Cheryl Rellinger 2:45:21 3. Micheline Daneau, Canada 3:07:12 4. Yvonne Clark 3:07:27 5. Demetria Kalodimos 3:22:33 6. Arlette Berlin 3:32:40 (1st 40-44) 7. Kathy Fable 3:34:10 (1st 45-49) 8. Laura Barnes 3:47:27

**5 Km, same place:** Women--1. Susan Armenta 24:38 2. Chris Sakelarios 25:24 3. Julie Appel 30:52 Men: 1. David Wilbanks 24:59.7 2. Bert Starzer 25:45 3. Joel Carter 27:03 3. Alvia Gaskill 27:11 4. Gary Langley 27:29 (1st 45-59) 5. Ron duPreez 29:09 (1st 40-44) 6. Charles Carter 29:43 (2nd 40-44) 7. David Waddle 30:52 (3rd 40-44)

## Other results:

**Women's 5 Km, Hamden, Conn., Oct. 3--**1. Lynda Brubaker 23:41 2. Susan Armenta 24:35 3. Kais Ajaye 26:06 4. Ellen O'Shaughnessy 26:59 5. Sharon Lyons 27:20 DQ--Michelle Rohl, 20 finishers **Men's 5 Km, same place--**1. Dave McGovern 21:03 2. Rob Cole 21:25 3. Marc Varsano 21:40 4. Curt Clausen 22:48 5. Doug Fournier 24:30 6. Jim Brochin 27:19 (1st Master) 7. Robert Barret 27:59 (1st over 50) 8. Jack Boitano 28:19 (1st over 60) 9. Sal Corrallo 28:21 (2nd over 60) 10. Louis Free 30:11 (3rd over 60) 22 finishers.

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO

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**5 Km, Manchester, N.H., Sept. 26--1.** Justin Jio 27:53 2. Tom Knatt 28:06 3. Bob Aucoin 30:13 4. Meg Ferguson 29:55 5. Hal D'Amico 30:13 (19 finishers) **1 Hour, Alexandria, Vir., Sept. 19--1.** Alan Price (46) 11, 153 meters 2. Malcolm Posey 10,717 3. Sal Corrallo (62) 10,368 4. David Kodner 9,898 5. Dan Kornhauser 9,898 6. Victor Litsinski 9,799 (12 finishers--DQ--Dave McGovern) **Women:** 1. Valerie Meyer 10,163 (4 finishers) **1 Hour, Alexandria, Oct. 17--1.** Dave McGovern 13,483 2. Dave Marchese 12, 673 3. Alan Price 11,349 4. Malcolm Posey 10,780 5. Sal Corrallo 10,585 6. Jim Wass (41) 10,426 7. Ed Gawinski (66) 9,923 8. Dan Kornhauser 9,889 9. Joe Guy (50) 9,866 10. Ron Clarke (46) 9,800 (18 finishers) **Women:** 1. Lois Dicker (54) 9,746 2. Cori Colling (14) 9,681 3. Nancy Whitney (56) 9,618 4. Bet Alvarez (48) 9,323 (9 finishers) **5 Km, Swarthmore, Penn., Oct. 24--1.** Dave Doherty 23:55 2. Robert Gottlieb 25:08 3. Brad Lane 27:14 (1st 40-49) 4. Larry Simmons 27:40 (1st 50-59) 5. Ron Shields 27:43 (2nd 50-59) 6. Ed Gawinski 28:36 (1st 60-69) 7. Alan Robinson 28:50 (2nd 40-49) 8. Arthur Noll 29:01 (3rd 50-59) 9. Larry Freeman 29:06 (4th 50-59) 10. Jack Starr 29:14 (2nd 60-69) **Women:** 1. Ellen Marshall 29:18 **5 Km, Atlanta, Oct. 13--1.** Patti Henderson 29:01 2. Kathy Akim 31:10 (39 finishers) **10 Km, Orlando, Florida, Oct. 23--1.** Edgardo Rodriguez 55:01 2. Chuch McLaughlin 61:18 (1st 50-59) 3. John Alers 62:04 **5 Km, Orlando, Oct. 30--1.** Edgardo Rodriguez 25:38 2. Burns Hovey 27:35 3. Steve Christlieb 30:02 (1st 40-49) 4. Doug Rusla 30:29 (2nd 40-49) (12 finishers) **Women:** 1. Christine Hoffman 31:30 (13 finishers) **5 Km, Coconut Creek, Florida, Oct. 30--1.** Eric Schmook 25:22 2. Dale Nelson 26:22 (1st 45-59) 3. Sterling Kerr 28:32 (1st 50-54) 4. Bob Cella 28:34 (1st 55-59) 5. Bob Fine 28:39 (1st 60-64) 6. Gerald Gomes 29:52 (2nd 60-64) (22 finishers) **Women:** 1. Sara O'Bannon 28:51 2. Elizabeth Nelson 29:21 (1st 40-44) (22 finishers) **5 Km, Winter Park, Florida, Nov. 13--1.** Edgardo Rodriguez 24:36 2. Burns Hovey 26:32 3. Steve Christlieb 28:58 4. Mario Feinstein 30:28 (12 finishers) **Women--1.** Christine Hoffman 30:29 (13 finishers) **5 Km, Cleveland, Sept. 11--1.** Garry Reiter 26:43 2. Ron Laird 27:07 (1st over 50) 3. Keith Reichley 28:57 (1st 40-49) 4. Daryl Ann Kidder 29:10 5. William Flick 30:21 (1st over 60) **Detroit Free Press Marathon, Oct. 17--1.** Valentine Hompoth, Can. 4:26:01 2. John Pantalco (51) 4:37:28 3. Gerald Bocci (55) 4:44:22 4. Robin McIntosh 4:44:34 5. Jerry Cameruci 4:50:59 6. Terry Richardson 4:55:35 (27 finishers) **3 Mile, Valparaiso, Ind., Aug. 15--1.** Donald Anderson 24:39 **Women:** 1. Lisa Sonntag 24:27 **5 Km, Portage, Mich., Sept. 11--1.** Dennis Kelly 27:45 **5 Km, Thornton, Col. < Sept. 18--1.** Mike Blanchard 24:10 2. Lori Rupoli (42) 28:41 3. Breta Skinner 28:42 4. Roger Rybicka (45) 30:42 **5 Km, Denver, Sept. 26--1.** Mike Blanchard 23:37 2. Lori Rupoli 27:45 3. Breta Skinner 27:56 4. Patricia Rudeen (43) 28:10 5. Marianne Martino (43) 28:19 6. Charlie Corder (50) 28:26 7. Daryl Meyers (50) 28:39 8. Judy Cabrera 29:09 9. Stuart Sonne (55) 29:27 10. Klaus Timmerhaus (689) 29:55 11. Joleen Reece 30:07 **Denver Maraton, Oct. 3--1.** John Spuhler 3:49:13 2. Dan Pierce 4:08:03 3. Dee Walker 4:28:29 4. Peggy Miller 4:30:26 5. Mike Blanchard 4:35:55 6. Mike Woods (46) 4:45:07 7. Alan Yap (51) 4:49:54 8. Charlie Corder 4:54:58 (18 finishers) **5 Km, Denver, Oct. 3--1.** Breta Skinner 28:37 2. Scott Richards (43) 29:43 3. Gene Casey (45)

30:14 **5 Km, Ft. Collins, Col., Setp. 25--1.** John Spuhler 21:49 2. Mike Blanchard 23:47 3. Dan Pierce 25:08 4. Dee Walker 25:28 4. Alan Yap 25:45 6. Pat Redeen 28:09 7. Breta Skinner 28:46 8. Lori Rupoli 28:47 9. Chrlier Corder 29:16 **1 Hour, Aurora, Col., Nov. 10--1.** Albert Leibold 12,049 meters 2. Mike Blanchard 11,585 3. Marianne Martino 9972 4. Charlie Corder 9970 5. Stuart Sonne 9708 6. Klause Timmerhaus 9608 (11 finishers) **5 Km, Denver, Oct. 17--1.** Mike Blanchard 25:56 2. Nancy Hardesty (42) 28:20 3. Stuart Sonne 28:44 4. Lori Rupoli 28:48 5. Breta Skinner 28:51 6. Daryl Meyers 29:10 7. Charlie Corder 29:32 8. Roger Rybicka 29:59 **5 Km, Denver, Oct. 31--1.** Lori Rupoli 28:38 2. Breta Skinner 28:52 3. Daryl Meyers 29:27 4. Charlie Corder 29:41 **10 Km, Longmont, Col., Nov. 13--1.** Mike Blanchard 51:52 2. Breta Skinner 59:20 3. Dan Pierce 59:22 (18 finishers) **5 Km, Pasadena, Cal., Oct. 23--1.** Chris Dreher 25:54 2. Steven Avellaneda 28:09 3. Bill Neder 28:22 (1st 55-59) 4. Jesus Orendain 28:51 (1st 50-54) 5. Rob McMillan 29:13 (1st 45-59) **5 Km, Monterey Park, Cal., Nov. 7: Women--1.** Victoria Herazo 23:34 2. Donna Cunningham (46) 28:22 3. Jolene Steigerwalt (50) 29:26 4. Margie Alexander 29:35 5. Francine Avellaneda 30:47 (15 finishers) **Men:** 1. Richard Lenhart 24:29 2. Chris Dreher 25:37 3. Wayne Wurzbarger (51) 26:52 4. Ed Bouldin (46) 27:11 5. Enrique Camarena (43) 27:20 6. Carl Acosta (59) 27:24 7. Bill Neder (55) 28:23 8. John Kelly (64) 29:49 (12 finishers) **10 Km, Seaside, Cal., Oct. 30--1.** Kim Wilkinson 51:09 2. Joseph Sheppard 53:26 3. Sall Focacci 58:07 4. Jackie Moore 59:50 (28 finishers, 6 DQs) **Portland Marathon, Portland, Oregon, Sept. 26--1.** E.B. Englemann (51) 4:29:59 2. Don Helm (50) 4:48:27 3. Bob Brewer (52) 4:56:55 **Women--1.** Robin Helm 5:02:23

# AHHHI GO TAKE A HIKE! (BUT GET IN A RACE TO DO IT)

Sat. Dec. 11 5 Km, Seattle, 9 am (C)  
10 Mile, Columbia, Missouri, 9 am (U)  
2 Mile, New Orleans, 4 pm (M)  
5 Km, Folsom, Cal. (D)  
Sun. Dec. 12 5 Km, New York City, 10 am (O)  
Todd Scully 10 Km, Long Branch, N.J., 1 pm (A)  
Sat. Dec. 18 25 Km, New Orleans, 8 am (M)  
3 and 5 Km, Salem, Oregon (X)  
5 and 10 Km, Washington, D.C., 8:30 am (CC)  
Sun. Dec. 19 5 Km, New York City, 10 am (O)  
1 Hour, Long Branch, N.J. (A)  
Sun. Dec. 26 10 Mile, Asbury Park, N.J., 10 am (A)  
Fri. Dec. 31 1 Hour, Long Branch, N.J. (A)  
Sat. Jan. 1 8 Km, Washington, D.C., 12 noon (CC)  
1 Mile, Salem, Oregon (X)  
Sun. Jan. 9 1 Mile Women, 2 Mile Men, Hanover, N.H. (I)  
9 Km, New Orleans, 9 am (M)  
Sun. Jan 16 Indoor 2 Mile, Arlington, Virginia, 8:30 am (I)  
Indoor Women's 1500 meter (C)  
1 Mile, Men and Women, Providence, R.I. (I)  
5 and 10 Km, Honolulu, 7 am (K)  
Sat. Jan. 22 Indoor 3 Km, Men and Women, Boston (I)  
5 Km, Coconut Creek, Florida, 8 am (Q)

Sun. Jan. 23	Marathon, Half-Marathon, and 5 Km, New Orleans, 8 am (M)
Sat. Jan. 29	Indoor 2 Mile, Arlington, Virginia, 8:30 am (J)
Sun. Jan. 30	5 Km and 1 Mile, Metairie, Louisiana, 9 am (M)
	Indoor 2 Mile, Arlington, Virginia, 8:30 am (J)
	Indoor 3 Km, Men and Women, Boston (J)
Sun. Feb. 6	Indoor 3 Km, Men and Women, Boston (J)
	5 and 10 Km, Metairie, Louisiana, 8 am (M)

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### FROM HEEL TO TOE

I know this has been through the mill many times during the 35 years I have been involved in racewalking and that even mentioning it is heresy to many, but when one looks at the totally unrepresentative fields in recent national races at 2 hours, 25 Km, 30 Km, and 40 Km, it certainly becomes tempting to raise the question of why we continue to contest so many "national" races. It seems from this tower (and I haven't done any formal study) that we

are seeing fewer and fewer of our elite walkers at Nationals other than the 20 and 50 for men and 10 for women. (Not to take anything away from a great performance by Cokey Daman who beat many younger walkers, but a 70-year-old really shouldn't be finishing 12th at a "National" 30 Km. Nor, should you have just five finishers in a "National", as at the 2 Hour. We'll leave the 100 mile out of this discussion, since that's a different animal.) For sure, this has always been a problem, but part of it used to be in the idea of spreading the races around with some of them going to some very out of the way places without even any appreciable local walking community. Now we give the races only to centers of the sport with a good program and proven ability to put on a class race and still no one comes, often not even nearby elite walkers. We are supporting national teams, but where are the national team members at some of these events? Wouldn't some good competitive races against each other do them some good? In the past few years, even Frank Alongi's International race has drawn surprisingly little support from the U.S. walking elite. Here's a chance to get some strong international competition with traveling to Europe so why don't we take advantage of it? Well, just though I'd ask. . . Alan Wood commented along the same lines and then led into another problem in a letter he sent me a couple of months ago, addressing several issues in the August ORW: "1. The 25 Km. The attempt to resurrect this national was not a booming success. Virtually no "name" walkers were there. Distance walking seems more and more to be the province of masters and sub-masters. (This might be okay. Let the younger walkers emphasize speed and develop maturity.) In the accompanying women's Senior 20 Km, all seven top finishers were over 30. In this age of instant gratification and time pressures, relatively few young people apparently are willing to do the long training. In less affluent countries, they are going to beat us in walking largely because there are fewer distractions and the lifestyle is more physical--more walking and biking to get places, etc. We shouldn't stop trying to beat them, but we also shouldn't be overly frustrated if we don't." (Ed. I can't remember if I have made these comments in print before, if so forgive me, but my feeling is that hardly anyone is interested in the distances anymore. It seems that 90 percent of the results I receive are for 5 Km races and that's not really what racewalking is about from my perspective. I always defined it as an endurance event--1 mile and 5 Km races were fun, but not the real essence of the sport. Now, few people seem interested in even going 10 Km, let alone 20 and 50. It's great that we are getting greater participation, but I would like to see these people learn that real racing doesn't even start until 10 Km. Well, that's my prejudice--back to Mr Wood's comments.) "2. National Senior Sports Classic. The huge number of DQs suggests that judging at the state qualifying level did not screen out enough people. This needs to be bolstered. An ORW sentence says "Why does this event draw so many more than the supposed official National Championship sponsored by USA T&F?" Here are some thoughts, some of which might be applicable to the latter as well as our road championships. **Incentive.** The average walker may feel intimidated in going from local races to nationals, where he or she may be outclassed. But, if walkers compete comfortably at the state level and qualify, they feel that they are in with their peers. Maybe we should try this concept. **55 +.** The idea of being with all people of a similar age who lived through World War II, etc., feels more bonding. **55+ is the "in" generations.** In bridge, there are tournaments just for them. **Communication.** The U.S. National Senior Sports Organization has fantastic promotion. I raced in one state qualifier 3 years ago, received just one medal (bronze at that) and am still getting the national newsletter. (Their mailing list must be gigantic.) **Sponsorship.** Their many sponsors are apparently promised great visibility. They are prominently mentioned in the newsletter and



my large, attractive medal says "blue Cross/Blue Shield" on the front. . . The scoring procedure for Men's World Cup events has been changed so that the 20 and 50 Km events have equal weight in the total score. The procedure has been to award points based on the number of teams entered in the event. That number was multiplied by three (the number of scoring competitors per team) and that product was increased by one to determine the number of points given the individual winner. For example, with 30 teams, the winner gets 91 points ( $30 \times 3 + 1 = 91$ ). Second place was then awarded 89 points, third place 88, and so on down to the last finisher. (Each team is allowed five entries, but fourth and fifth finishers do not figure in the scoring; they just provide protection against disqualification or retirement of other team members.) Since teams are not required to enter both events, there have usually been more teams in the 20 than the 50 so that the top teams there can garner more points than in the 50. In the future, both events will receive equal points--150 to the winner, 148 to second, 147 to third, and so on to the last finisher. (I guess this assumes there will never be more than 50 teams participating, or maybe that people that far back don't deserve any points.). . . A correction we didn't have room for when we received it about 3 months ago from Jim Hanley and seem to have neglected since: "On page 13 of July ORW you said that 25 years ago "Larry" won the 1 Hour National in Montana. It was not Larry, but Ron Laird. (Ed. It was probably just my fingers thinking on their own after I had guided them through the "La" part.) He, Martin Rudow, and I drove up from LA in Marty's old yellow Ford Mustang. Besides the interesting trip, the race was definitely one to remember. It was held in the flatlands of Eastern Montana and conducted on a just completed, but not yet opened, stretch of freeway! That's right, it was a point to point race! The participants included some inmates from the local prison and a native American with the greatest race walking name of all time: Don No Runner! I was third and was also one of the eight guys under 4:30 in the 50 Km, so you missed TWO opportunities to get my name in the magazine!". . . According to Steve Vaitones, the New England Women's 8 (NEW 8) college conference is adding a scoring walk to their outdoor championship meet. Schools in this conference include Wellesley, MIT, Wheaton, Mt. Holyoke, Smith, and Worcester Polytechnic Institute. . . **US agency's figures show drinking, walking don't mix**--An Associated Press report from Atlanta--You've heard plenty about the dangers of drinking and driving. Now federal health officials are finding that drinking and walking is a deadlier combination than they had realized. Fewer drunken drivers are running over pedestrians, but more than a third of the pedestrians killed by cars last year were drunk themselves, according to National Highway Traffic Safety Administration figures reported yesterday by the Centers for Disease Control and Prevention. The 5,546 pedestrians killed by cars last year made up 14 percent of all vehicle-related fatalities. About 96,000 other pedestrians were injured. "This is a bigger problem than we had thought previously," said Jim Hedlund of the NHTSA. "Most of our programs are aimed at drivers. We have not really addressed the drinking-and-walking issue.". . . "From Arthur Clevenger in Yakima, Washington: "I would like to comment on the on-going discussion having to do with the "loss of contact" rule. Some have suggested changes in Rule #245-3,7, and 8, maybe to make a better impression on unknowledgeable reporters etc. However, I think we should concentrate on developing more informed and better judges within our ranks. Then Rule #245 and its sub-paragraphs would be all we need. Racewalking is certainly not the only sport that depends on the opinion of judges. Baseball, basketball, soccer, hockey, and horse-showing, to name just a few, adhere to this concept. Even big-money football gave up second-guessing the judges by eliminating instant replay. By improving our judging and

the attitude of racewalkers themselves, we could hope to prevent the bad PR that has resulted from incidents in some meets where racewalkers have refused to accept the judge's decision. Certainly any elite walker with a turnover time of 200 plus strides per minute should realize he or she is risking warnings and disqualification. . . See the latest on this hot issue on subsequent pages.

\* \* \* \* \*

Dear Sirs:

I WOULD LIKE TO COMMENT ON THE FOLLOWING COMMENT:

"The aggressiveness of the young U.S. men even in the face of two red cards was commendable despite their obvious disappointment." (Ohio Racewalker, October 1993)

Perhaps this "aggressiveness" is less than commendable. Perhaps, the two red cards were an indication of potentially serious problems in style. Perhaps, these young U.S. men have developed flaws in style that may easily lead to major grief ahead. Maybe it is better to perfect a style, at an early age, that will guarantee a young walker many years of satisfaction from the sport and freedom from worry that a DQ may be imminent. Maybe this is exactly what is **wrong** with youth and junior walking in the USA.

Performances at the Youth and Junior level are not truly important in the big picture. What's truly important is that these young walkers stay in the sport a good number of years, at least until they have reached full strength and maturity. To regularly risk DQ with a style that is flawed is an obvious invitation to major troubles down the road, and major troubles too often lead to an abandonment of the sport altogether.

Check out the results of recent years' Junior Olympic and Junior National results. How many of the top finishers are still in the sport? My personal observation is that the number is small. How many bailed out of the sport because they had never developed proper style and met frequent difficulty when confronted with proper judging?

Poor style is the surest route to disaster in our sport. It's time we stopped "playing the judges" and criticizing the judges when DQs actually take place. I've seen young walkers break down and cry when DQ'd. In many cases, they simply had never been trained in proper style.

We can avoid all this with some serious work on proper style. Perhaps we can keep young walkers in the sport by helping them reduce the risk of DQ now. After a while, too many bad habits may be developed and style faults too ingrained to be changed.

Not only that, we've got to think of our sport-long-term. If our sport degenerates into one series of hassles of athletes with judges after another we will eventually have no sport. We may already be endangered. The operative word on any sport's or event's continuing presence on the Olympic schedule is "telegenic." It's got to look good on TV or it may not be there at all in the future. And if racewalking's not in the Olympics, where will this sport we all love actually be? History, that's where we'll be.

To sum up, there's no way to help assure racewalking's future other than by teaching our young walkers proper style.

Most sincerely,  
Elliott Denman

## LOOKING BACK

**25 Years Ago** (From the November 1968 ORW)--Gary Westerfield was a dominant force at the 11th Annual Ohio Track Club Distance Carnival. On the first day, he won the 7 mile walk by 5 seconds from Jack Blackburn in 55:01. Max Gould captured the Master's Division in 57:17. The following day, Westerfield was back for an easy 15 mile win in 2:06:13, with Jack Mortland, who had been busy conducting the 10 mile run the day before, a distant second (2:11:15). .Fat Jack (Blackburn) won the Cincinnati Thanksgiving Day "6" mile (actually well short) in 41:53. .Odd distances seemed to be in vogue as Rudy Haluza won a "7" miler (said to be closer to 6 1/2 in 47:00 and Dave Romansky beat Shaul Ladany and John Knifton in a 20.6 mile race in 2:49:52.

**20 Years Ago** (From the November 1973 ORW)--Our Fourth Annual World Rankings, published a month earlier than usual, saw Hans-Georg Reimann (GDR) and Bernd Kannenberg (west Germany) on top at 20 and 50, respectively. Ron Laird was ranked fifth in the 20. .Topping the U.S. rankings were Laird at 20 and John Knifton at 50. We hadn't yet started women's rankings, not because of sexism on our part, but because there wasn't enough activity to justify rankings.

**15 Years Ago** (From the November 1978 ORW)--Once again the rankings came early. On top of the world at 20 was Mexico's Daniel Bautista. His countryman, Raul Gonzales topped the 50. Todd Scully and Marco Evoniuk were number one in the U.S. at the two distances. On the women's side, Sweden's Britt-Marie Carlsson and Siv Gustavsson were on top at 5 and 10 Km, respectively. Susan Liers was number one in the U.S. at both distances. .June MacDonald won the U.S. women's title at 15 Km in 1:27:10. .Martin Kraft did 20 Km on the track in 1:33:42 and comebacking Bob Henderson covered 8 miles and 30 yards in an hour.

**10 Years Ago** From the November 1983 ORW)--The National 100 Km race, held in Arlington, Virginia, went to Brian Savilonis in 10:33:12, with defending champion Bob Keating about 9 1/2 minutes back, but gaining ground over the final 25 Km. Two-time winner and early leader Alan Price was third in 10:44:08. Chris Knotts was fourth, and Sal Corrallo beat Jack Blackburn for the master's title, as they finished fifth and sixth. Bev LaVeck was next, and the first woman, in 12:04:17. .Mike Morris won the National 2 hour title in New Jersey, covering 14 miles 1690 yards and leaving Mike O'Rourke better than a quarter mile behind. .Dan O'Connor broke the American 50 Km record (track) with a 4:12:46 in Irvine, Cal. .The Canadian National 50 was a fast race, with Guillaume LeBlanc winning in 3:58:32, 4 minutes ahead of Francis LaPointe. O'Connor was third in 4:14:35, 4 weeks before his record effort. .Morris also had a 1:31:58 for 20 Km at Niagara Falls, edging Pete Timmons, who was given the same time. Ed O'Rourke was just 7 seconds back.

**5 Years Ago** (From the November 1988 ORW)--Lynn Weik was an easy winner in the National Women's 20 Km, held on Long Island. Her 1:45:37 left Karen Rezach nearly 10 minutes behind. Susan Travellin edged Susan Liers for third, with both given 1:57:04, and Canada's Christine Ostiguy also went under 2 hours with a 1:58:06. In the accompanying National 30 Km, Dan O'Connor finished 5 minutes ahead of Jeff Salvage to win in 2:24:15. Curtis Fisher and Curt Clausen followed.

For nearly as many years as we have been publishing the ORW, we have been a part of any on-going dialogue about the problems of judging contact, which over the past 10 years have evolved into discussion of whether contact should be eliminated from the rules defining racewalking. A lot of the same things have been said over and over in many different ways, but it always comes down to the need for an objective way to judge the sport rather than depending on our fallible eyesight. Now it has been reported that such a means has been developed. Or has it? Well, there has been a lot of discussion about this development already, and to bring you up to date, we will devote the rest of this issue to: 1. An article describing the development. 2. Commentary from Elaine Ward's Southern California Racewalking News and the North American American Racewalk=king Association--both an article and an editorial. 3. Letters from IAAF Racewalk Chairman Bob Bowman to Elaine and to the inventor, Dennis Furlong. Then, we will accept comment and try to keep you posted on what develops.

## Revolution in racewalking

Dr. Dennis Furlong is starting from the ground up in his campaign to bring fairness and accuracy to the sport of racewalking.

The Dalhousie, New Brunswick, family physician has competed in, and judged, racewalking on the national and international level for several years. Frustrated by inaccuracy and inconsistency in judging, he has invented a device that will eliminate judging errors in the sport.

In racewalking, a competitor must have one foot on the ground at all times. But, when a racer is moving at up to 10 kilometres an hour, Furlong contends it is impossible for the human eye to accurately detect a fault.

"Top international walkers can move three strides a second," he explained. "The human eye simply cannot tell if one foot is on the ground at all times. It is physically impossible."

A walker who "lifts" — has both feet off the ground simultaneously — can gain a centimetre per stride. That may not seem like much but over a distance of 20 kilometres, that can mean a lead of two kilometres over a racer who is following the rules. But, "lifters" aren't always caught.

However, if Dr. Furlong's invention is adopted for use in competition, racewalkers won't get away with "lifting" any more.

The Run-Alarm is a small electronic device attached to a racewalker's shoe. Through sensors built into the shoe, the alarm can detect whether a walker is lifting or has one foot on the ground. If a walker lifts, the Run-Alarm will emit a beeping sound and a small orange patch on the shoe will flip up, making it easy for a judge to determine that a racer should be disqualified.

"Someone is disqualified at every major international event, sometimes fairly, sometimes unfairly," Dr. Furlong said. "The margin for human error is just too great."

The Research and Productivity Council in Fredericton has perfected his invention and is nearing completion of 12 prototypes of the Run-Alarm for the ultimate test — to prove to the international racewalking community that "it can do what I say it can do."

When racers and judges see his invention, Dr. Furlong is confident the sport of racewalking will move forward into a new era where fairness and accuracy replace human error and bias. His ultimate aim is to have the Run-Alarm approved for use in time for the 1996 Summer Olympics in Atlanta.



# **SOUTHERN CALIFORNIA RACEWALKING NEWS**

VOL. VIII, NO. 6

NORTH AMERICAN RACEWALKING FOUNDATION

NOVEMBER 1993

## **SILVER LINING TO STUTTGART FIASCO**

**STUTTGART** (From the London Daily Mail, August 1993 by Ian Woolridge on the World Championships in Stuttgart. The following is an excerpt under a 5/8th inch bold headline - NO PRIZES FOR CHEATS WHO WALK OUT OF LINE.) I would certainly hesitate before calling all race-walkers cheats. But the point is that plenty of them are and never have they been more savagely exposed than in the merciless German TV coverage of the men's 20km walk here on Sunday. For sequences of up to 15 seconds at a time, several were proved to be running.

The upshot in the stadium was certainly the most embarrassing spectacle at any of the four World Championships staged so far. As they came on the track, buckled with exhaustion, 'walker' after 'walker' was shown a red disc and shoved to one side. Seven - two Mexicans, one Italian, one Japanese and three East Europeans, were disqualified under Rule 91.

What was so unfair about it was that they were blatantly arbitrary victims. So many 'walkers' had been seen on TV to be violating the rules that the judges similarly had to be seen exercising their powers. Unfortunately, it was nothing short of a kangaroo court.....

To conduct a World Championship athletics event under such lottery circumstances is patently ridiculous.....There is a means of reprieve. For a sport whose scientists can now instantly measure a sprinter's reaction off the blocks to the third decimal place of a second, it must be possible to devise some instrument which can determine whether or not a race-walker has been, to quote the vernacular, 'lifting'. Until that happens, race-walking is for the birds. Already serious athletics writers, of whom I'm not one, do not even bother to report it."

**EXCUSES** This excerpt is just one example of the consequences of the judging fiasco at Stuttgart, and, of course the IAAF judges had excuses. There are always excuses. However, for the last 20 years, the credibility gap between judging by the human eye as monitored

by the camera's eye has been widening, and the power of their excuses has hit zero.

Important voices are being raised to eliminate racewalking from major international competitions as well as Track & Field itself, some very close to home. However, the only ones who can address the lifting problem in our sport and bring change are the IAAF judges and to-date nothing has happened. Rather than being at the forefront of finding solutions to a very obvious problem, the leadership has risked perching at the very tip end of a limb while continuing to defend judging with their very human eyes. This isn't to say they don't give lip service to a willingness to consider technological aids, but again it appears that there are always 100 excuses why something won't work followed by no action.

## **SILVER LINING - A RUN ALARM**

Dennis Furlong, a Canadian Judge and racewalker, has developed a device which can detect illegal foot movement by use of a battery operated sensor applied to the shoe. This device received an overwhelmingly positive response at an Testing Exhibition arranged by Paul Warburton, walking correspondent of *Athletics Weekly*, and top English Racewalkers, Ian McCombie, Vicki Lupton, Darrell Stone and other athletes, as well as Ray Hall, Britain's national coach for men's walking & the media on October 28. The Saturday, *London Times*, devoted one-half page of their lead sport's page in a favorable article by David Powell. And according to Paul, the BBC's very popular prime time Technology show is talking about featuring it.

The device emits a cautionary signal if a walker is lifting (losing contact with the ground and violating Rule 91), then lights up when he exceeds his permitted warnings. A judge can disqualify the competitor by the evidence of the light. An electronic module is fitted to the top of each shoe with contacts in the tongue of the right shoe and the sole of the left.

Messages are sent through the athlete's body using electronic impulses. Sensors in the soles detect when contact with the ground is broken. "The shoes talk to each other," says Dennis Furlong the inventor. The device adds 180 grams to a pair of racing shoes.

According to David Powell's article in the *London Times*, by the end of the testing session, Ian McCombie who holds five British records, was wishing the Run-Alarm a speedy entry into competitive walking. "It is exactly the tonic that the sport needs," McCombie said. "My physics O-level tells me that it is sound in principle, my walking experience tells me that, practically, it has easy application. I am amazed that it can be done so easily."

Quoting the same article by Powell, Ray Hall, Britain's national men's racewalking coach was also impressed. He notes that the judging system was developed at a time when it was possible to monitor walking in compliance with the rules, but its competitors now move up to 20 percent faster than they did 25 years ago.

"I do not think the IAAF can afford to ignore any way forward," Hall said.

Peter Marlow, the IAAF's technical adviser on racewalking, was not able to attend the demonstration, but said later to Powell that "We (IAAF) would look at it most favorably subject to it being proved under test conditions."

Ian McCombie, Vicki Lupton, Darrell Stone and the other athletes testing the sensor, unanimously felt the device "works." As for its adding a bit of weight to the shoes, "That is absolutely irrelevant compared with the benefit," said McCombie. "If we had had this at the 1988 Olympics, I would have had a chance of winning." His point was that with better judging, he would have been up with the leaders. As pointed out by Powell, a walker who gains 2cm per stride through lifting is benefiting by 400 meters in a 20km race. At the 1988 Olympics, McCombie was 400 metres behind the winner.

## **EDITORIAL - ON U.S. SOIL**

The North American Racewalking Foundation is taking a keen interest in the serious judging problem that is hanging like a guillotine knife above our sport. The Foundation is heading a two-pronged attack.

(1) With congratulations to the initiative of Paul Warburton in setting up the first demonstration of the Run Alarm sensing device invented by Dennis Furlong on October 28 in England (See front page story), the Foundation is presently organizing a similar demonstration in the United States. (The possibility of holding a demonstration at the USATF Convention in Las Vegas on Friday December 3 is being explored.)

(2) The Foundation is also collecting information on studies that have been done in analyzing the walking gait versus the "running" gait with the intent of funding a definitive scientific study that will provide authoritative information about the differences and/or similarities in these gaits. With Norway, New Zealand and Germany calling for the elimination of the Contact Rule as a solution to the present judging crisis in our sport, the Foundation feels that it is essential to either prove that elimination of the rule would lead to straight knee "running", or that the running and racewalking gaits are dissimilar.

In the words of the Foundation's Chairman, John MacFechlan, "we are going to support any promising effort that we think works towards the long-range success of our sport and the welfare of the racewalking community."

November 16, 1993

Elaine Ward  
P. O. Box 50312  
Pasadena, CA 91115-0312

Dear Elaine:

As a followup to our phone conversation about Dennis Furlong's shoe device, I'm enclosing a copy of the letter I sent to Dr. Furlong regarding his proposal.

By the way, you state in your letter to me that the judging at Stuttgart took a pummeling in the media. This is not universally correct. The judging actually received tremendous support in most of the European press, especially in Spain and Italy (not



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course their walkers did very well). Only the English press was somewhat negative but they always are. You simply can't satisfy the English press. Despite the event management problems in Stuttgart, the judges overall did a great job under the circumstances. Perhaps you should contact Elliott Denman of the Asbury Park Press for his insight, since he was not only covering the competition for his newspaper, he was also the USA judge for the walking events.

If your foundation is truly interested in supporting well conceived, serious technological aids for judging, I would have to rule out the shoe alarm. However, a small hand-held video camera with playback capability would be one to look at. Also we are in need of a better communication system between the judges and the recorder (an electronic hard-wired system versus the current bicycle system). The video could be a complementary solution along with the heel requirement which will definitely cause a correction in the current modern technique as noted in my enclosed letter.

By the way, you have misread the comment in the National RW Newsletter regarding pending USATF legislation. No one is proposing the elimination of race walking from track and field! Only the title "men's and women's" is being proposed to be dropped. Despite our problems, race walking is one of the most popular events in the world. It is drug-free and still quite amateur as compared to the other events. There were over 100 protests in the other track & field events in Barcelona and Stuttgart, and none in all 6 walking events!

Best regards,

*Bob Bowman*  
Bob Bowman, Chairman  
IAAF Walking Committee

cc: Bruce Douglass  
Jack Mortland  
Lawrie Robertson  
Martin Rudow  
Ian Whalley

# INTERNATIONAL AMATEUR ATHLETIC FEDERATION

Walking Committee

Memorandum

Date: November 13, 1993

To: Dr. Dennis J. Furlong

From: Bob Bowman

Dear Dr. Furlong:

Thank you for sending the material on the shoe alarm device. I had also received the English newspaper articles from Peter Marlow, member of the IAAF Walking Committee. Of Course we had been in touch earlier and I did review your circuit design at that time.

The IAAF Walking Committee continues to study all possible ways to improve the sport and of course we are quite familiar with the problems being encountered in our competitions. The situation in Stuttgart with the men's 20-Km was unfortunate but totally preventable as evidenced by the excellent job done in recent World Cups. This situation also had nothing to do with the ability to judge loss of contact. I won't go into the details of this competition but we have written a report outlining the event management problems and recommended solutions.

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The problem area which your shoe device addresses is of course the judging contact issue, which continues to hurt the credibility of our sport. Even though some of the criticism, especially by the media, is often unfair; nevertheless it is a real problem area for us to deal with. To correctly and fairly solve this problem area one needs to fully understand the scope of the problem and address it honestly and objectively. We have a wide range of solutions being proposed. Some involve technology (video, shoe alarm, etc.) and some have even proposed eliminating the contact rule (only require the heel to make contact first). All of these proposals have and are being reviewed. But obviously any accepted solution must be both practical and reliable as to its implementation and therefore not introduce even bigger problems.

Before I comment on your proposal, I would like to take exception to some of the statements you have made in the press:

(1) In the article on 'Innovations' you imply that a walker that lifts gains an advantage over a racer who is following the rules. This is not necessarily so. A walker who lifts is not following the rules but also is usually losing speed to the fair racer. It is a myth that loss of contact helps a walker walk faster. In fact, good technique (good contact) is the fastest way to walk. Video studies often show the fastest walker to be the most legal. Similar to running the hurdles, the flight phase is the slowest phase and therefore should be eliminated in order to walk properly.

(2) In the same article you are quoted as saying, "Someone is disqualified at every major international event, sometimes fairly, sometimes unfairly." This is a false statement that you cannot support. I am fully aware of the limitations of human eye judging but no one has ever shown that a walker was unfairly disqualified. You are unfairly suggesting that walkers are disqualified who do not deserve to be. You are wrong. I have never seen this in all my years in the sport. The only problem I've seen is the opposite case, some walkers who should be disqualified are often not because of judging limitations, etc. Of course, the same could be said of any other athletic event.

(3) In one of the English newspaper articles you are quoted as stating, "the advantage gained in illegal race walking is more than you gain with performance enhancing drugs." This is nonsense. See explanation stated in (1) above. A violation of the contact rule in walking events is in no way comparable to the advantage gained from performance enhancing drugs which has practically ruined some athletic events and the lives of many athletes. I might add that these substances have never been detected in any race walker at the world championship level.

I realize you are enthusiastic about your device, but to promote it on the basis of such false and exaggerated statements doesn't help you and does the sport a disservice. This gets back to understanding what the real problem is and what solutions, if any, offer any improvement.

I think you know my professional background is in reliability engineering. I have a BS and MS in engineering and have been a practitioner in this field for 30 years (10 years in the aerospace industry and 20 years in the computer industry). I have authored a text book on the subject and teach the subject to industry and at the graduate level of several universities. So I am uniquely qualified to assess the reliability of the shoe alarm. Even though I told you several years ago that the design is functionally workable, the possibility of meeting the reliability requirement of such a concept is doubtful. If you add in the practicality requirement, it is almost impossible.

I realize you are not happy with this assessment, but I would be doing you and the sport a disservice if I wasn't totally honest with you. It is an intrinsically unreliable and impractical concept. You simply cannot design and build this device reliably enough to overcome the failure modes and make it a practical solution. Let me list just some of the failure modes (I'm sure you are aware of some of these):



- a. Electronic components' susceptibility to electrostatic discharge.
- b. Mechanical shock and vibration causing opens, shorts & intermittent signals.
- c. False signals due to noise interference and shielding.
- d. Environmentally induced failures such as moisture contamination and uneven road surfaces.
- e. Limitations in correctly identifying signals, especially in large groups of walkers.
- f. Component random failures (normal component failures).
- g. Security-related failures (athlete disengaging device).

The combined effect of all these failure modes means the probability of a failure occurrence during an event is almost certainty. This is obviously not acceptable. Most likely the reliability would be considerably lower resulting in many failures during each competition.

By the way, a close circuit video judging setup has few, if any, of these problems and yet it is also an impractical solution.

You may not be aware that the sport of fencing has dropped the touch sensor system because it wasn't reliable enough and that application certainly has less failure modes associated with it than this one.

The most promising (the only one) we have is an old one that is again being given serious consideration. This proposal involves the regulation of the shoe by increasing the heel thickness so as to discourage the lifting action of the walkers.

The 'modern' quick-stepping technique being employed by many of the present day elite walkers results in these walkers not making contact with the front foot until it is almost under the body. At this point, the rear foot has often left the ground. The shoes being used have very thin soles and no heels.

There are two possible ways by which shoe design might lead to the reduction or even elimination of the flight phase of race walking. The first way is by bridging the heel to ground gap earlier in the stride and before the trailing toe has broken contact. The second way is by decreasing the elastic energy storage of the lower leg. This should reduce the vertical component of the push-off force of the rear foot thus decreasing the lifting action of the walker.

This solution will offer a uniform preventative measure for the violation of the contact rule. This will not prevent all loss of contact, but with the new shoe design, it will be more difficult to break contact without an exaggerated lifting action that is easily detectable. This is a reliable and practical solution.

Sincerely,

*Bob Bowman*  
Bob Bowman, Chairman  
IAAF Walking Committee

JUNIOR ALL-TIME PERFORMANCE LIST - TRACK PERFORMANCES - by Steve Vaitones  
20 performances + 20 performers as of 11/93  
AR-American record at time of performance

Performance	Athlete	Affiliation	Race	Site	Place	Date
MEN'S 10,000 Meters						
43:03.37	AR Tim Seaman	U W Parkside	Philadelphia PA	(2)		04/27/91
44:14.99	Seaman	U W Parkside	StephenvilleTX	(1)		05/22/91
44:20.80	AR Doug Fournier	U W Parkside	Athens GRE	(17)		7/18/86
44:25.95	Will Van Axen	NY HS (PA Jrs)	Kamloops CAN	(2)		7/15/93
44:38.0	Philip Dunn	Carleton Col	Portland OR	(1)		7/25/90
44:45.55	Dunn	Carleton	Flodiv BUL	(16)		8/10/90
44:45.93	Seaman	UW W Parkside	Blaine MN	(1)		6/29/91
45:11.08	Lennie Becker	Park College	Santa Fe ARG	(6)		6/25/89
45:23.97	Seaman	USA	Kingston JAM	(5)		7/19/91
45:31.5	Seaman	U W Parkside	Brockville ONT	(2)		9/16/90
45:32.80	AR Tim Lewis	NY HS	Brighton, GBR	(3)		8/02/81
45:34	Kevin Eastler	ME HS	Lake Placid NY	(1)		8/29/93
45:42.1	Andrew Hermann	Willamette U	Brockville ONT	(3)		9/16/90
45:42.5	Dunn	Carleton	Brockville ONT	(4)		9/16/90
45:45.1	Paul Tavares	U W Parkside	Brockville ONT	(5)		9/16/90
45:52.94	Van Axen	ConnetquotNY HS	Philadelphia PA	(1)		4/24/93
45:58.4	Sean Albert	NJ Striders	Lake Placid NY	(1)		8/29/92
46:05.0	Rob Campbell	Reno NV HS	Bergen NOR	(1)		5/07/83
46:15.3	James Spahr	Smithtown NY HS	Philadelphia	(1)		4/20/92
46:17.7	Spahr	Smithtown NY HS	Lake Placid NY	(1)		8/15/91
*** 20 Performances						
46:20.2	Curtis Fisher	SUNY StonyBrook	Stony Brook NY	(3)		4/27/85
46:29	Curt Clausen	WI HS	Kenosha WI	(4)		4/05/86
46:39.1	Pat Moroney	Fordham	Phildphia(IC4A)	(1)		5/22/82
46:53	AR Ray Sharp	KY HS	Lubeck FRG			7/11/78
46:57.0	James Mann	Union College	Sherbrooke CAN	(4)		7/27/83
46:58.8	Andy Kaestner	U W Parkside	Sherbrooke CAN	(5)		7/27/83
46:59.86	Justin Marrujo	CA HS (@PA Jrs)	Kamloops CAN	(4)		7/15/93
47:08.1	Jeff Salvage	Drexel U	Hull CAN	(5)		5/24/86
*** 20 Performers						
Other AR performances						
46:50.6	AR Lewis		Knoxville TN	(1)		6/17/80
47:19.5	AR Ray Sharp		Donetsk USSR			7/09/78
47:20.0	AR Jeff Ellis	U-W-Stevens Pt.	Stevens Pt WI	(4)		4/08/78
48:30.8	AR Jerry Young	USA JRTeam	Ludenscheid FRG	(1)		7/07/76
48:42	AR How.Palamarchuk	Temple Univ.	Jr Nat'l	(1)		/ /72

