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Matthews, James trade wins

In the longest and shortest races of the championships year, just a week apart, the country's two premier walkers, Jonathan Matthews and Allen James, traded wins. But, surprisingly, it was Matthews in front at the Indoor 5 Km race in Atlanta, now James' homebase, and James scoring the win on Matthews' turf in Palo Alto in his first attempt at 50 Km. Not only did Allen win in his debut, he bettered Marco Evoniuk's long-standing U.S. record for the distance in the process. Regardless of where the races were contested, most of the "experts" would have predicted opposite outcomes.

In the women's Indoor 3 Km title race, Debbi Lawrence cruised to a win, though nearly a minute off her own American record. Victoria Herazo was close behind, but Debbi seemed in control throughout. No women contested the 50, which is not on the schedule of national title races for women.

Earlier, James and Herazo were easy winners in the National 15 Km title races held in New Orleans. And late in the month, Teresa Vaill and Canada's Martin St. Pierre were winners in the National Invitational Walks in Washington, D.C. Reports on all four races follow.

Herazo, James dominate National 15 Km races

New Orleans, Feb. 19 (From a New Orleans newspaper)--Allen James felt so good after winning Saturday's USATF 15 Km racewalk that he continued for another 5 Kilometers. A resident of LaGrange, Georgia who represents Athletes in Action, James won the national championship race in 1:06:03 over a 1250-meter course. He was followed by Salt Lake City's Paul Wick in 1:09:20.

In the women's division, Las Vegas' Victoria Herazo won in 1:11:40. She was followed by Lynda Brubaker, Lancaster, Pennsylvania, in 1:14:32.

James and Wick took control from the start, jockeying for the lead for the first four laps. Just past 5 km, Wick fell back, and James was on his own. "I was great coming back to New Orleans and winning," said James, 29, who won the 1992 20 Km Olympic Trials over the same City Park course. "This was a good workout for me (he finished 20 Km in 1:29:28), because I came here at the last minute. I had no time goal coming in. I just wanted to win. I just concentrated on walking easy at a consistent pace. That's pretty much what happened, although I slowed up a little near the end of the race. The last 5 km was pretty much a warmdown for me."

SECOND CLASS POSTAGE
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Blisters slowed Wick late in the race as he held off fast-closing Ian Whatley, who finished third in 1:09:20. "I'll take second, but it felt like work out there," said Wick. "I felt tight the entire race, and Allen was moving along so smooth. I held on for the first couple of surges, but eventually he dropped me."

Herazo missed her national record by 22 seconds. "I'm a little disappointed I missed breaking my record," she said. "I thought I had a chance at it until 10 Kilometers, but then I slowed up a little. Of course, I'm pleased with the victory, because I haven't trained for this distance."

Men: 1. Allen James, LaGrange, Georgia 1:06:03 2. Paul Wick, Salt Lake City 1:09:20 3. Ian Whatley, Greenville, S.C. 1:09:51 4. Steve Pecinovsky, Jacksonville, Ark. 1:10:47 5. Elliot Taub, New Orleans 1:11:40 6. Pascal Pedneault, Canada 1:12:13 7. James Carmines (50), New Cumberland, Penn. 1:15:36 (1st master, U.S. 50-54 record) 8. Gary Null (49), New York City 1:18:36 9. David Wilbanks (29), Madison, Miss. 1:19:00 10. Ed Whiteman (55), Covington, Louisiana 1:19:55 11. Adam Pawlik, Austin, Tex. 1:20:37 12. Bob Watson, LaPorte, Texas 1:25:21 13. Norm Frable (48) McKinney, Texas 1:27:40 14. John Knifton (54), Austin, Texas 1:32:42 15. Brad Heisler (45) Vicksburg, Mississippi 1:37:50 16. Steve Feith (47), Tampa, Florida 1:38:29 17. Charles Gaskill (62) Pass Christian, Miss. 1:47:49 18. Earl Scallorn (40), Braxton, Miss. 1:51:34

Women: 1. Victoria Herazo, Las Vegas 1:11:40 2. Lynda Brubaker, Lancaster, Penn. 1:14:32 3. Lisa Sonntag, Indianapolis 1:20:40 4. Cheryl Rellinger, Bellaire, Texas 1:21:49 5. Barbara Duplichain, Richland, Miss. 1:29:30 6. Deb. Von-Seutter (41), Jackson, Miss. 1:30:20 (1st master) 7. Alba Campbell (46), St. Petersburg 1:31:14 8. Elton Richardson (55), New York City 1:33:16 9. Eva-Maria Beck (48), Metairie, Louisiana 1:36:40 10. Sharon Lewis (40), Metairie 1:37:54 11. Kathy Frable (48), McKinney, Texas 1:39:33 12. Margie Alexander (51) McCordsville, Ind. 1:44:43 13. Lisa Pitre, Cut Off, Lou. 1:47:50 (3 DQs and 1 DNF)

Matthews, Lawrence take undercover titles in Georgia

Atlanta, March 5 (From Steve Vaitones)--Indoor track has been moving from 10 or 11 lap wood tracks to 200 meter ovals in recent years in the quest for faster and fairer competition. Only a few traditionalists, though, lamented the move from the spruce and splinters of New York's Madison Square Garden to the spacious Mondo oval recently brought to Atlanta's Georgia Dome that will host the championships for the next decade.

And again, while some purists prefer an arena setting with a track hard against the walls and the elbow-to-elbow battles on a narrow four lane highway to nowhere, the 200 meters and six wide lanes with a gentler sloped bank and firm structural base reduced laps

by a quarter, gave more room in the crowded laps, and prevented a walker from slipping into the infield. All seats in the bright and wide open dome afforded good views of all events, and the nearly 20,000 that attended the Saturday afternoon session saw a good show of indoor athletes.

Seventeen men toed the starting line, with the initial pace by Jonathan Matthews showing splits of 47, 1:34, 2:23, and 4:00. The group quickly broke into three packs, with the lead consisting of Matthews, Doug Fournier, Allen James, Tim Seaman, Al Heppner, Chad Eder, Vance Godfrey, and Don DeNoon. Going even quicker the next kilometer, the field reached 2 km in 7:58 with Matthews, James, Godfrey, and Seaman in front and the rest spread out over a half lap.

The lapping began at 3 Km (12:04) as the quartet remained tight and in the same order. Two laps later, Wisconsin-Parkside's Seaman met with the judges' disfavor, and it was down to three; they had 100 meters on a lonesome led by Rob Cole.

Though the fourth km slowed to a 15:12 split, Matthews and James had put 10 meters on Godfrey. It was time to really walk and roll over the last two laps, and the pair both got a view of the loss-of-contact paddle. In the end, Matthews rebuffed several James surges and held on by a stride to break the tape in 20:01.50 and become the third fastest U.S. performer of all time behind Tim Lewis (American record holder at 19:18:40, set at the World Indoor championships in Indianapolis in 1987) and Gary Morgan. James improved to number four spot with his 20:01.88, as all but Godfrey and Cole were lapped.

This was the first indoor title for Californian Matthews, who, as the defending 50 Km titlist, showed his wide range of ability. "Actually, I thought I'd get second today. Allen challenged me at 3/4 to go. This time I said to myself, 'It's stupid not to respond'. So I responded and he faded. It's exactly what happened, but in reverse, at the Boston Commonwealth Games."

The 24-year-old Godfrey, in his first year out of George Fox University, was the surprise of the race. After a disappointing showing at the 1993 U.S. 20 Km, he disappeared from the scene until the new year and the qualified for the meet at the Oregon Invitational. His 20:17.12 moved him among the top times ever. The top U.S. junior, Will Van Aken, back in training only 5 weeks since a December appendix operation, was the only other disqualification.

The only problem transported down from New York seemed to be the recurring one of miscounted laps as orbiting took place. The field was the largest ever at any indoor championship; 17 was a few too many, even on the larger track. As most athletes qualified with a 3 Km time, expect a tightening of that standard for 1995.

The women's 3 km immediately followed the men's race. It had been a quiet season for women's walking, as the combination of there being no U.S. team spots coming out of the meet and changes in the Grand Prix, which effectively eliminated any possibility of a walker scoring high in the overall standings.

After an opening lap that saw the only real surprise of the race--Cheryl Rellinger leading all including Victoria Herazo, the race at the front was quite predictable. After a 50 second opener, Debbi Lawrence took command on lap two and simply maintained a 50 to 10 meter lead over Herazo for the remaining 13 circuits. A kilometer split of 4:14 and mile of 6:51 were well off U.S. record pace, and the 8:41 at 2 Km proved the goal was win and not a time. Her third consecutive championship came at 13:13.20, with Herazo two seconds back.

More excitement could be found in the pursuit pack, which broke to Susan Armenta, Gretchen Eastler, Debbie Iden, and Rellinger for the first kilometer. They were followed, but not very closely, by the remainder of the field. Iden was the first to fall out of contention, and then Rellinger slipped just off the pace, but maintained a solid fifth, as the two intermediates went head-to-head for the bronze medal. Armenta proved the stronger with a 2 second margin over Eastler, as they, along with Rellinger, all achieved personal bests at under 14:00. Moving up to sixth in a fine performance was long-time walker Chris Sakelaros, who made her first international team 10 years ago as a 14-year old. Only one athlete fell victim to the red paddle, with Gayle Johnson leaving the track just before 2 Km.

Afterwards, Lawrence commented about being alone in front for so much of the race. "It's harder that way. To be the best in the world, you have to race the best. But that also means you have to push yourself. The European leaders in the sport have a little advantage. Mentally, they have a different outlook on the sport. They're at a different confidence level."

The winning time was the slowest since the race moved from a mile to 3 Km in 1987, though a field of a dozen and overall depth was the event's best. And while the indoor race usually attracts an older field, this year found half under age 23.

James and Lawrence were the Mobil Grand Prix series winners for the events, each earning \$2,000 for their season's efforts.

Women's 3 Km: 1. Debbi Lawrence, Natural Sport 13:13:20 2. Victoria Herazo, Cal. Walkers 13:15.85 3. Susan Armenta, Parkside West 13:49.86 4. Gretchen Eastler, Simmons College 13:51.98 5. Cheryl Rellinger, un. 13:59.22 6. Chris Sakelaros, Parkside West 14:38.46 7. Debbie Iden, U. of Wisconsin-Parkside 14:45.58 8. Ali DeWitt, UWP 14:47.25 9. Sue Kisting, UWP 14:53.11 10. Debra Scott, UWP 14:58.77 11. Margaret Ditchburn, UWP 16:02.26 (World record 11:44.0--Alina Ivanova, Russia, 1992; U.S. record 12:20.42--Debbi Lawrence, 1993.)

Men's 5 Km: 1. Jonathan Matthews, Golden Gate Walkers 20:01.30 2. Allen James, Athletes in Action 20:01.30 3. Vance Godfrey AIA 20:17.12 4. Rob Cole, Reebok Racing Club 20:48.97 5. Dave McGovern, NYAC 21:00.34 6. Gary Morgan, NYAC 21:09.16 7. Doug Fournier, un. 21:18.21 8. Al Heppner, UWP 21:37.58 9. Marc Varsano, Park Racewalkers 21:31.92 10. Don Lawrence, Natural Sport 21:34.65 11. Don DeNoon, un. 21:42.71 (first and only master, first over 50) 12. Curt Clausen, Shore AC 21:44.18 13. Sean Albert, St. Peters College 22:43.59 14. Chad Eder, Cedarville College 22:45.42 15. Paul Malek, un. 23:25.39 DQ--Will Van Axen and Tim Seaman, both UWP. (World Record--18:15.25--Grigoriy Kornev, Russia, 1992)

James surprises Matthews at 50

Palo Alto, Cal., March 13 (from Paul Smith)--America's racewalking legends could only watch, as 1993 50 Km champion, Jonathan Matthews, and a field of 16 was bruised, battered, and beaten by Allen James, who raced to an American 50 Km road record of 3:55:39 at the 1994 National Championship.

San Francisco's Marco Evonuk, who set the former record of 3:56:55 at the Seoul Olympics, and Colorado's Carl Schueler, the only other U.S. athlete under 4 hours for the distance, failed to finish the encounter.

James, visiting the champion's home course, was content to shadow Matthews, who finished second at 4:02:59, and Herman Nelson (4:04:23) until almost 2 hours into the fray. At about 23 Km, James moved to the front and never relinquished the lead. Cruising at about 7:20 per mile, the tall and lean James stretched his lead from 72 seconds at 30 Km to more than 2 minutes at the 35 Km point.

From here, where the 50 Km race usually begins, with Evoniuk and Schueler gone, and with Matthews and Herman fighting for second, James, racing alone, began the fight against himself and the clock. The flying Georgian, who last season set an American 30 Km standard, apparently was prepared for the task.

Matthews and Nelson battled back and forth for second, with Andrzej Chylinski 2 minutes behind in fourth. Paul Wick was hanging tough, but did not have the stamina to make up ground on the leaders. Meanwhile, James stretched the lead to 6 minutes at 45 Km with another blistering 22:54 5 Km split and zeroed in on the 6-year-old record. Now tired, the new champion could only raise his hands in victory after a closing 5 Km split of 23:45. Five finished in under 4:10. There was only disqualification, but seven starters did not finish.

In a companion 30 Km race, Seattle's Bev LaVeck set a pending age group standard (55-59) of 3:14:45. Five walkers competed in the 30 Km challenge. 50 Km results: 1. Allen James 3:55:39 2. Jonathan Matthews 4:02:59 3. Herman Nelson 4:04:23 4. Andrzej Chylinski 4:07:48 5. Paul Wick 4:08:15 6. Rob Cole 4:14:46 7. Dave Marchese 4:32:24 8. Paul Malek 4:38:19 9. Steve Pecinovksy 4:42:16 10. Eugene Klits 4:46:10 (1st master) 11. Stan Chraminski 5:07:10 12. Ed Bouldin 5:23:56 DNF: Dave Caruthers, Marco Evoniuk, Carl Schueler, Andrew Herman, Dave Gwyn, Alvia Gaskill, and Ian Whatley. (Judges: Sonny Maynard, Chief, Bob Bowman, Martin Rudow, Larry Larson, Lori Maynard, Charlie Sheppard, Bob Wilson, and TONI Harvey. Referee--Ron Daniel.)

Vaill, St. Pierre win in D.C.

Washington, D.C., March 27--In today's National Invitational Walks, which have become a welcome fixture on the early season schedule, Teresa Vaill scored an easy win in the women's 10 Km race and Canada's Martin St. Pierre was a clear winner at 20 Km, in a race that featured the young and the old. St. Pierre and runner-up Phil Dunn are just 22 and fifth place finisher, Al Heppner still only 19. On the other end, Don DeNoon, now 50, continued to impress in sixth place, as did Jim Carmines, another who has reached the half century mark, in eleventh. Here are the results of the D.C. races.

Women's 10 Km: 1. Teresa Vaill (31) 45:14 2. Lynda Brubaker (37) 48:15 3. Dana yarbrough (27) 49:10 4. Cheryl Rellinger (28) 50:06 5. Gretchen Eastler (21) 51:09 6. Dee Walker (21) 51:55 7. Susan Horning, Can. (28) 52:31 8. Lisa Sonntag (30) 42:37 9. Sally Richards-Kerr (41) 53:24 10. Gayle Johnson (45) 55:41 11. Gloria Rawls (37) 56:06 12. Bobbijo Kukan (20) 56:12 13. Megan Garner-Holman (21) 57:17 14. Jennifer Pralgo (20) 60:13 15. Eileen Lawrence (40) 60:59 16. Valerie Meyer (35) 61:55 17. Sara O'Bannon (31) 62:18 (23 finishers)

Men's 20 Km: 1. Martin St. Pierre, Can. (22) 1:29:51 2. Philip Dunn (22) 1:30:37 3. Dave Marchese (28) 1:30:49 4. Dave McGovern (28) 1:32:05 5. Al Heppner (19)

1:33:28 6. Don DeNoon (50) 1:33:38 7. Pascal Pedneault, Can. (20) 1:35:56 8. Curt Clausen (26) 1:35:56 9. Ian Whatley (34) 1:36:45 10. Andrew Hermann (23) 1:39:35 11. James Carmines (50) 1:41:08 12. John Soucheck (28) 1:41:56 13. Dave Doherty (23) 1:47:42 14. Dave Lawrence (38) 1:49:21 15. Edgardo Rodriguez (29) 1:52:35 16. Thomas Zdrojewski (53) 2:00:06 17. Alvia Gaskill (39) 2:02:27 18. Martin Smith (44) 2:03:47 19. Alan Price (47) 2:04:19 20. James Goldstein (45) 2:05:05 21. George Fenigsohn (46) 2:15:09 22. Louis Free (63) 2:15:21

Jr. Women's 5 Km: 1. Deborah Iden (19) 26:05 2. Melissa Baker (17) 27:01 3. Anne Landowicz 27:10 4. Jennifer Van Axen (17) 28:42 5. Allison Zabrenski (15) 29:29 6. Corinne Colling (15) 30:00

Jr. Men's 10 Km: --1. Daren Ames 47:03 2. Yariv Pomeranz 47:19 3. Kevin Eastler 49:49 4. William Leggett 51:59 5. Mike Hersey 54:39 6. Brandon Perry 55:07

Other results

New England Championship Indoor 3 Km, Providence, Feb. 7--1. Kevin Eastler 12:55.4 2. Khang Vo, N.Y. 13:35.9 3. Joe Light (46) 14:18.5 4. Stephen Donald 15:27.8 5. Bob Ullman (45) 15:28.6 6. Justin Kuo 15:32.2 7. Tom Knatt (53) 15:42.2 **Women:** 1. Gretchen Eastler 14:04.1 2. Joanne Dow 16:20.5 3. Meg Ferguson (44) 17:22.1 **New York-New England Dual, Boston, Feb. 20:** Men's 3 Km--1. Kevin Eastler, NE 12:34.6 2. Mark Fenton, NE 13:03.8 3. Yariv Pomeranz, NY 13:08 4. Khang Vo, NY 13:25.8 5. Stephen Donald, NE 15:08.7 6. Mike Hersey, NE 15:25.6 7. Michael Roth, NY 16:06.1 **Women's 1 Mile--1.** Gretchen Eastler, NE 7:09.84 2. Jan Praigo, NY 7:43.21 3. Joanne Dow, NE 7:48.28 4. Anne Lankowicz, NY 8:25 **6 Km, Brockton, Mass., Feb. 21--1.** Mark Fenton 29:45 2. Steve Valtones 29:45 3. Phil McGaw (43) 30:41 4. Stephen Donald 30:52 5. Justin Kuo 31:53 6. Tom Knatt (53) 32:38 7. Bob Ullman (45) 32:54 8. Ken Mattsson 33:21 9. Paul Schell (56) 36:11 **Women:** 1. Joanne Dow 33:22 2. Carol Kuo 42:22 **Connecticut Indoor 1 Mile, New Haven, March 20--1.** Joe Light 7:20.1 2. Sharon Lyons 8:14.8 3. Jack Boitano 8:44.8 4. Susan Maxey 9:39 **High School 1500 meters, New York City, Feb. 20--1.** Minjee Kang 7:50 2. Loretta Schuellein 8:33 (25 finishers) **Masters 1 Mile, New York City, Feb. 25:** Women--1. Elton Richardson (55-59) 9:01 2. Sonia Morales (45-49) 9:12 3. Nadya Dimitrov (45-49) 9:27 (11 finishers) Men--1. Gary Null (45-49) 7:04 2. Franco Pantoni (45-49) 7:55 3. Bob Barrett (60-64) 8:17 4. Leo Rivera (60-64) 8:07 for 1 lap short (9 finishers) **3 Km, same place--1.** Yariv Pomeranz 13:35 2. James Spahr 13:52 3. Bruce Logan 15:30 4. Michael Roth 16:06 5. Rusty Edwards 17:01 **1 Mile, same place--1.** Khang Vo 6:56 **Women:** 1. Jennifer Praigo 7:57 2. Anne Lankowicz 8:12 3. Sarah Cabam 8:39 4. Tiffany Aley 8:56 5. Vincene Collura 9:00 **National Scholastic Indoor 1 Mile, Syracuse, N.Y., March 12:** Women--1. Melissa Baker, Shoreham, NY 7:16.01 2. Debra Carter, Hamlin, NY 7:29.90 3. Heather Incalcaterra, Islip, NY 7:32.55 4. Roselle Safran, Brettnwood, NY 7:37.25 5. Lisa Chumbley, Houston, Tex. 7:40.37 7. Georgia Poggioli 7:44.65 8. Kim Lando, New Rochelle, NY 7:49.09 9. Bhavna Bhambree, New Rochelle 7:58.04 10. Martine Rainville, Montreal 7:59.51 11. Eileen Donion, Middle Island, NY 8:00.55 12. Lisa Kutzing, Port Jefferson, NY 8:08.49 (22 finishers) Men--1. Kevin Eastler, Framington, Maine 6:22.24 2. Justin Murrujo, Temecula, Cal. 6:33.07 3. David Rose, Bayport, NY 6:44.30 4. Darren Eanes, Farmingville, NY 6:50.16 5. Brandon, Perry, West Palm Beach, Florida (Grade 9)

7:28.56 6. Mike Hersey, Farmington, Maine 7:30.12 7. Wayne Meeks, Houston 7:40.63 **5 Km, New York City, March 20--1.** Anne Lankowicz 27:47 2. Kim Lando 28:14 Men--1. Dave McGovern 22:00 2. Marc Varsano 22:03 3. Yariv Pomeranz 23:37 4. Khang Vo 23:47 5. Michael Korol 24:34 6. Bruce Logan 25:00 7. Bob Barrett 27:34 8. Nick Dispensieri 29:59 (44 finishers overall) **New Jersey Indoor 3 Km, Feb. 13:** Women 40-44--1. Phyllis Hansen 15:56.9 2. Pat Weir 16:17.3 Women 45-49--1. Donna Cetrulo 18:25.6 Women 55-59--1. Elton Richardson 17:09.6 Men 45-49--1. Patrick Drury 16:34.1 Men 50-54--1. Manny Eisner 16:28.1 **8 Km, Atlanta, Feb. 26--1.** Bohdan Bulakowski 39:31 (1st 40-49) 2. Burt Starzer 41:04 3. Gary Langley 47:56 (2nd 40-49) 4. Jim Norvill 48:32 (1st 50-59) Women: 1. Patti Henderson 48:04 2. Patti Voles 48:06 3. Julie Appel 50:24 (87 walkers, 21 disqualifications) **8 Km, Winter Springs, Florida, Feb. 12--1.** Edgardo Rodriguez 42:30 2. Burns Hovey 43:14 3. Paul Alvord 48:05 (1st 40-49) 3. Steve Christlieb 48:56 (2nd 40-49) 4. Steve Feith 49:54 (3rd 40-49) Women--1. Christine Hoffman 51:38 **5 Km, Davie, Florida, March 13--1.** Vivian Johnson 31:16 Men--1. Daryl Morrison 29:58 **5 Km, Miami, March 6--1.** Eric Schmook 23:28 2. Nicholas Harding 24:26 3. John Fredericks 24:48 (1st 40-49) 4. Brandon Perry 26:42 5. Don Stockwell (45) 27:59 6. Peter Black (51) 28:58 Women--1. Sara O'Bannon 29:04 2. Daysi Platero 30:12 **5 Km, Miami, March 5--1.** Burns Hovey 25:31 2. Jim Malone 27:51 3. Dave Littlehalos 28:32 4. Chuck McLaughlin 29:49 5. Steve Christlieb 30:14 Women: 1. Christine Hoffman 31:11 **5 Km, New Orleans, Feb. 20--1.** Sidney Holmes 28:33 **10 Km, Slidell, Louisiana, Feb. 26--1.** Barry Creppel 54:30 2. Sidney Holmes 58:19 Women: 1. Becky Comeaux 58:23 **10 Km, Westwego, Louisiana, March 6--1.** Barry Creppel 55:22 2. Sidney Holmes 60:26 Women: 1. Becky Comeaux 58:24 **5 Km, Metairie, Louisiana, March 13--1.** David Wilbanks 24:14 2. Barry Creppel 26:17 3. Sidney Holmes 27:15 4. John Powers 30:00 Women: 1. Becky Comeaux 26:18 2. Barbara Duplichain 27:53 3. Rachel Beer 30:45 **Indoor 1500 meters, Cleveland area, Jan. 9--1.** Ron Laird 7:52 2. Daryl Ann Kidder 8:08 3. Tim Bailey 8:21 4. Terry Grimme 8:48 **2 Mile Mile, Macomb College, Michigan, Feb. 19--1.** John Hunyadi (41) 15:15 2. John Elwarner (54) 15:39 3. Jim Sheldon (41) 17:44 4. Frank Soby (54) 18:44 **5 Km, East Grand Rapids, Mich., Feb. 12--1.** Jerry Camerud 27:43 2. Bill Reid 28:40 3. Ken Cyr 29:50 **3 Km, Carbondale, Illinois, Feb. 5:** Women--1. Gayle Johnson 19:19.6 2. Sandy Spiller 19:07 Men--1. Chad Eder 12:27.3 2. Don DeNoon 12:34.9 **5 Km, Monterey Park, Cal., Feb. 20--1.** Richard Lenhart 24:52 2. Chris Dreher 26:00 3. Adam Mendoca 26:45 4. Jack Bray 27:02 (1st 60-64) 5. David Crabb 27:29 (1st 45-49) 6. John Schulz 27:48 (1st 50-54) 7. Carl Acosta 28:04 (2nd 60-64) 8. Steve Leitner (2nd 45-49) 29:17 9. Mel Schulte 29:50 (3rd 60-64) (14 finishers) Women--1. Danielle Kirk 25:20 2. Margaret Govea 27:44 3. Margie Alexander 30:21 4. Michelle Kirk 30:25 (38 finishers overall) **3 Km, San Mateo, Cal., Feb. 12--1.** Susan Armenta 13:52 2. Chris Sakelarios 14:27 3. Therese Iknöian 15:49 4. Robin Fujinaka 15:54 5. Pamela Thornton 17:51 (22 finishers) **5 Km, Newburg, Oregon, Feb. 26--1.** Vance Godfrey 20:30.4 **10 Km, Portland, Oregon, Feb. 6--1.** Andrew Hermann 52:08 2. Jim Bean 53:50 3. Dustin Moeller 56:39 Women: 1. Tess Marino 58:38 **5 Km, Seattle, Feb. 12--1.** Glenn Tachiyama 25:45 2. Bob Novak 26:01 3. Ann Tuberg 27:55 4. Lew Jones 28:07 5. Bob Huppe 28:07 6. Claude Wrathall 29:16 **5 Km, Samsung Cup, Budapest--1.** Sandor Urbanik 18:56.05 2. Jiri Malysa, Czech Rep. 19:19 Women's 3 Km, same place--1. Tatyana Rogozina, Ukraine 12:38.81 2. Maria Rosza 12:41 3. Kamila Holpuchova, Czech Rep. 12:52

RACE SPONSORS WILL BE DELIGHTED TO SEE YOU TURN OUT FOR THESE EVENTS

Sat. April 9	5 Km, New Orleans, 8 am (M) 5 Km, Atlanta (D) 5 Km, Naples, Florida (Q) 5 Km, Darlington, S.C., 8 am (EE) 5 Km, Seattle (C)
Sun. April 10	3 Mile, New Orleans, 7:45 am (M) Capt. Ronald Zinn Memorial 10 Mile, Asbury Park, N.J., 11 am (A) Metro. 15 Km Championship, New York City, 9 am (O) Mt. SAC Relays 5 and 10 Km, Walnut, Cal., 7 am (B)
Sat. April 16	5 Km, Brookings, S.D., 8:40 am (BB) Julie Partridge 10 Km, San Francisco (G) Invitational 3 Km, Walnut, Cal. (B)
Sun. April 17	Mortland Invitational, 5, 10, and 20 Km, Columbus, Ohio (F) 3 and 5 Km, Dearborn, Mich. (E)
Sat. April 23	North Region 3 Km, St. Louis (AA) 3 Km and 1500 meters, Boca Raton, Florida (Q)
Sun. April 24	3 and 5 Km, Detroit (Z) 10 Km, Orlando, Florida, 8 am (S) 5 and 10 Km, Marin, Cal., 9 am (P) 5 Km, Shingle Springs, Cal., 9:10 am (R) Western Region 10 Km, Seattle, 9 am (C)
Fri. April 29	Penn Relays 10 Km Men, 5 Km Women, Philadelphia (V)
Sat. April 30	USATF South Region 3 Km, Columbia, S.C. (FF) 5 Km, Denver (H) Penn Relays Men's 10 Km, Women's 5 Km (Y)
Sun. May 1	3 Mile, New Orleans, 8 am (M) 5 Km, Providence, R.I., 10 am (CG) 5 Km, San Francisco (G) 5 Km, Denver (H) 5 Km, Studio City, Cal., 8 am (B) 10 Km, Toronto, Can., 10 am (CC)
Sat. May 7	5 Km, Detroit (Z) 5 Km, Gainesville, Florida (Q) 5 Km, Davenport, Iowa (CC) 5 Km, Sioux Falls, S.D., 8 am (DD) 5 Km Denver (H)
Sun. May 8	10 and 20 Km, New York City, 9 am (K) 5 Km, Kenosha, Wis. (W) 5 and 10 Km, Dearborn, Mich., 10 am (E)
Sat. May 14	8 Km, New Orleans, 8 am (M) 5 Km, Detroit (Z) 5 Km, Sacramento, Cal., 8 am (R) 5 Km, Denver (H)
Sun. May 15	10,20,50 Km, 50 Mile, Wall Twp. N.J. (Tentative) (A) North Region 5 Km, Yellow Springs, Ohio, 10 am (DD) 5 Km, Needham, Mass. (I)

Sun. May 22	5 Km, Coconut Creek, Florida, 8 am (Q) 5 Km, Boulder, Colorado (H) 5 Mile, Point Pleasant, N.J. (A) National USATF Championships: Jr. Women 10 Km, Sr. and Masters Women, Jr. Men 20 Km; Sr. and Masters Men 25 Km, Albany, N.Y. (N) Women's 5 Km, Men's 10 Km, Port Huron, Mich. (Z) 5 Km, New Orleans, 8 am (M) 5 and 15 Km, Riverside, Cal., 7:30 am (B) Women's 10 Km, Men's 20 Km, Palo Alto, Cal. (G) 5 Km, New Orleans, 6:30 pm (M) 5 Km, Chicago (T) 9 Mile, Lakewood, N.J., 9 am (A) Metropolitan and Eastern Regional Masters 20 Km, New York City, 8:30 am (O)
Fri. May 27	5 Km, Denver (H)
Sat. May 28	10 Km, Kentfield, Cal., 8 am (P)
Sun. May 29	5 Km, Rancho Cordova, Cal., 8 am (R) 5 Km, Fontana, Cal. (B) 5 Km, New Orleans (M) 5 Km, Denver (H)
Mon. May 30	
Sat. June 4	
Sun. June 5	

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FROM HEEL TO TOE

Note that it now says Volume XXX on the front page. I guess that means the ORW is launching its 30th year of typos but generally reliable information. And your editor, publisher, circulation manager, and overseer of sundry chores thanks all subscribers for their support through the years. The idea has been to gather what information from whatever sources arise and get out to those who are vitally interested in this sport. The notes of appreciation for the way I am doing this that appear from time to time on renewal slips are much appreciated in return. We started out in March of 1965 (we including publisher emeritus Jack Blackburn) with a speculative mailing of probably no more than a couple of dozen ditto copies of five pages to a few friends around the country. Surprisingly, some subscriptions came back so we kept going. It would now be interesting to know how many who received that original mailing have subscribed continuously since--I have no records of the original mailing list. So, if you have received the full 29-years worth, drop me a line and we'll publish a roll of honor. . .USATF Racewalking Chairman Bruce Douglass has a June wedding in the works. . .The 1994-95 U.S. Intermediate Team--athletes turning 20,21,22, or 23 this year--will be named after the National T&F Championships in June. It will include 5 men and 5 women, with selection based on: a. qualifying for and finish at the Nationals b. significant times recorded at 5 and 10 Km for women and at 10 and 20 Km for men during the year. The top "graduating" Juniors from the 1993 Junior Nationals--Al Heppner and Margaret Ditchburn this year--are part of the team for their first year out of Juniors. A proposed spring match against Mexico could not be finalized, but the Intermediate team will be a "B" team in September's Pan American Cup competition. Other opportunities may be arranged for this group. . .Qualifying standards for the Outdoor Nationals are 1:34.00 for men and 51:00 for women. These times, from a track race or on a certified road course in a sanctioned event or college meet, must have been achieved between May 1, 1993 and June 12, 1994, giving about a 13 months window. Results of races with qualifying performances should be sent to Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline MA 02146 for verification. . .Racewalker Herm Nelson was named Male Athlete of the Year for 1993 by the Pacific Northwest Track and Field Association. . .Stickers for inside car rear windows: USA Racewalking. These are 12 1/2" by 3" red and blue on a clear background. They are static cling, so there is no glue residue if you remove it to sell your car. Cost is \$1.00 each, including postage, from Ian Whatley, 240 Donington Drive, Greenville, SC 29615. . .Bev LaVeck shares the following about racewalking's late friend, Gordon Wallace, whose passing we reported last month: "I want to share with you part of a letter I received from Gordon at Christmas time. I had written him to say that some friends of mine, who had mountaineering interests very much like his own, had moved to Prescott and were

planning to contact him. He wrote back on December 22, saying that he was looking forward to their visit, and added the following: Mary and I celebrated our "50th" in early summer with a week in Sequoia National Park with our three children and five or our eight grandchildren. Then in September, I went to Cedar City, Utah, to fulfill a lifelong dream of becoming a college professor, where I taught an upper-division course in U.S. history (The Westward Movement) during the fall quarter at Southern Utah University. Gordon went on to say that he'd been unable to racewalk since August 1992 due to vertebrae compression fractures, but that he was "getting by". I know we will keenly miss his presence with us, but I'm so grateful to have this wonderful note describing his satisfying life. That's the way I am going to remember him." . .The IAAF Walking Working Group is designing a new communications system to better inform athletes of disqualification. A race Walking Grand Prix Series will be formed, along the lines of the IAAF Cros Country Challenge. . .The IAAF medical commission will recommend to the IAAF Council that the Atlanta Olympic marathons and walks start in the morning. The committee advises 8 am or earlier starts for the 20 Km walk and marathons and 7 am or earlier for the 50 Km. Opposition to the recommendations is likely to come from those who prefer the tradition of the men's marathon as part of the evening closing ceremony =ies. The morning starts, however, would play well to Asian and European TV audiences. . .Sorry we didn't announce this a month ago, but we didn't know about it then. So those of you who don't need to plan very far ahead might consider a racewalking cline in Bowling Green, Kentucky on April 9 and 10. Former national coach, racewalk instructional video producer, and author Martin Rudow will be on the Western Kentucky campus for sessions targeted at beginning racewalkers on the first day and personal coaching sessions on the second. Cost for the first day is \$15. Individual, 1/2-hour sessions on the second are \$25. For more information call Elizabeth Longton at 615-358-2227 (home) or 502-755-6178 (office). . .The Racewalking Committee has produced several hundred judges paddles that are available as follows: USATF Association Racewalk Chairmen and walking clubs can obtain one set of four warning paddles and one red DQ paddle for \$3.00, the cost of postage. (One set per association or club at this time.) Individual judges can obtain one or two warning paddles (no DQ) for \$2.25 for two (cost of postage). Send requests to Steve Vaitones, USATF-New England, P.O. Box 1905, Brookline, MA 02146. Offer good until supply runs out. Also, college coaches can write or call Steve (617-566-7600 days) for copies of the Advanced Racewalking book and video (Martin Rudow's, I presume) at no charge. Include name of college with request. . .Because we are running out of space for this month with all the important results, and don't want to turn the ORW into a single-issue newsletter, we are reserving further comment on contact, judging, shoes, etc. until next month, although we have some important and interesting responses on hand. We trust no one will be offended by this delay. In the meantime, a reader has suggested that the following editorial comment, which we offered in the January 1975 issue, is still rather timely today and might bear repeating--so repeat it we will. In those dark ages, nearly 20 years ago, your editor commented: "I would like to lay out a couple of problems in our sport that I guess would be regarded in the realm of growth pains. These were brought out in a letter I received a couple of months ago from a high school walker. . .We have all been encouraged by the recent growth of walking in age-group meets, on the high-school level in some areas, and in some of the colleges. These are the areas in which we must develop strong programs if the sport is to really grow. However, two problems quickly arise, closely related, and both brought out in the letter I mention. This boy, a fine

prospect, could be driven from the sport. First, is the lack of qualified judges. It is very discouraging for a boy to train hard, perfect a good legal style, and then lose races because no one is there who is qualified to judge. And the more the sport grows on the high school level, the greater this problem will become. And, just as there are two few judges to go around, there are equally few people to give knowledgeable advice on style, training, and tactics. Most programs on the high school and age-group level begin because there is a well-qualified and very interested walker around who gets them started. But as the program grows, this single individual is unable to respond to all who may need his help and people may be lost to the program as quickly as they are found because they cannot find anyone to go to with their problems. At this point, I'm certainly not offering any solutions. I am merely pointing out that these are problems that must be addressed immediately if we are going to continue to push for expanded walking programs. We would all like to see walking as a part of the program in all high school and college conferences throughout the country. But, supposing tomorrow that were reality. The result might be chaotic. Obviously, this is not going to happen tomorrow, but judging from the situation this one boy has encountered, growth is already occurring faster than our present system can respond. Tink about it." As my reader suggest, things haven't changed much.

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Racewalking, Colds, and Influenza

by Ian Whatley

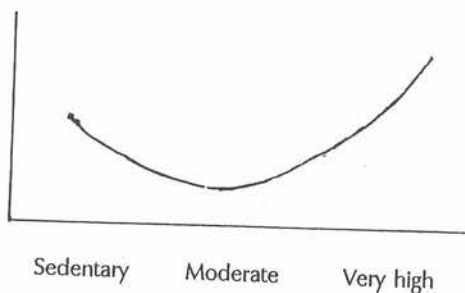
Colds and influenza are jointly referred to as upper respiratory tract infections (URTIs). Studies have shown a "J" shaped relationship between exercise intensity and the risk of URTI, as shown here:

Risk of URTI

Above average

Average

Below Average



Amount and intensity of exercise

URTIs decrease both training and racing capacity. There is an annual 90 percent infection rate with URTI, thus actions to decrease infection risks will almost certainly enhance performance of elite racewalkers. There is a slight reduction in the number of URTIs if training is increased from 1 to 3 hours a week but there is a progressive increase in URTIs as the training load moves above 4 1/2 hours a week.

Races of less than 90 minutes duration did not increase the risk of URTIs during the following week. Races of more than 1 1/2 hours and faster race pace were associated with higher infection rates. Other factors that make URTIs more probable are poor nutrition, psychological stress, and muscle soreness. The following advice is supported by scientific research studies:

- o Eat a well-balanced diet and include 600 mg per day of vitamin C supplement.
- o Keep non-training stresses to a minimum
- o Get adequate sleep
- o Avoid training to the point of chronic fatigue (that is, overtraining or long-term tiredness).
- o If winter competition or severe training is anticipated, get a flu shot.
- o Avoid ill people during hard training/racing periods or when suffering from muscle soreness, since URTIs spread by contact or breathing air around sick individuals.
- o Avoid hand to food/mouth/nose contact and regularly wash your hands with soap and water, then air dry.
- o Consider regular saunas during the winter, since there is some evidence that they may reduce the number and severity of colds.

If you get a cold or the flu, cut the volume and intensity of training to allow your immune system to focus on infection fighting rather than recovery from physical workout stresses. Easy workouts when suffering a common cold are not dangerous. When there are flu symptoms (fever, muscle aches, tiredness, swollen lymph nodes, etc.), **do not race** or train hard until at least 14 days after the illness has passed. This would make relapse or potentially fatal heart infections more likely.

(Ian Whatley is the racewalking representative on the USATF Sport Science Committee and a bioengineer. Racewalk Sport Science Bulletins may be copied by non-profit organizations providing that authorial credit is given.) ©1994 Ian Whatley

Coincidentally, in the March 1994 issue of his publication, *The Master Walker*, Alan Wood comments:

Don Johnson, Doc Sheehan, and Gordon Wallace all recently passed away, victims of prostate cancer. Marathon director Fred Lebow has had a relapse with his brain cancer. What do these men have in common?

They have been four of the most dedicated trainers/racers that we have known. All but Wallace have done a huge number of marathon-type races, which is known to compromise the immune system, and they continued to train and race after being diagnosed with cancer. Some experts feel that the latter practice is not advisable.

A doctor who treats chronic fatigue syndrome says that "If patients exercise before they are ready, it can lead to relapses. Even when you are recovered and feel normal, don't do any more than walk across the room for the first three months." A health newsletter editor says that this applies to many illnesses (though not all: "In ordinary depression, exercise is good.") He had been seriously ill, and says, "I have seen exercise make me worse when I was just too rundown to do it, but I did it anyway out of duty." People get seriously ill for a variety of reasons. It doesn't just happen. If large numbers of long races has anything to do with it, then few of our walkers are doing that, and few of you, if any, have that risk. But, if anyone else gets seriously ill, remember that the body is saying that the present course is unacceptable, and changes should be made. This presumes that you care about longevity. To some, the quality of life is all important, and

they will keep on pushing and take their chances. If backing off to just "health" walking would lead to a sense of hopelessness and/or a poorer mental outlook, that would not be good. To each his own.

* * * * *

1993 Top 10 U.S. Juniors--Track--Performances and Performers

(Compiled by Steve Vaitones. Note that the lists compiled by Paul Cajka and published a couple of months ago included both road and track performances)

Men's 10 Km

44:25.95	Will Van Axen	Oakdale, NY HS
45:34.0	Kevin Eastler	Farmington, Maine HS
45:52.94	Van Axen	
46:59.86	Justin Marrujo	Temecula, Cal. HS
47:15.66	Van Axen	
48:24	Adam Mendonca	Riverside, Cal. HS
49:10.76	Marrujo	
49:53	William Leggett	Woodbridge, Vir. HS
49:53	Leggett	
50:31	Mike Hersey	Farmington, Maine HS
50:31	Mendonca	
10 performances		
51:06	Chad Eder	Cedarville College
51:07.78	Al Heppner	U. of Wisconsin-Parkside
51:11	Joe Sheppard	San Jose, Cal.
51:16	Wayne Meeks	Houston, Tex. HS

Women's 5 Km

24:04.42	Debbie Iden	Bayport, NY HS
24:19.58	Lisa Chumbley	Houston, Tx. HS
24:29.18	Melissa Baker	Shoreham, NY HS
25:00:26	Chumbley	
25:09.06	Baker	
25:29.0	Danielle Kirk	Riverside, Cal. HS
25:49.15	Iden	
25:55.34	Chumbley	
26:01.81	Debbie Scott	Rye, NY HS
26:24.27	Roselle Safran	Brentwood,, NY HS
10 Performances		
26:45.49	Anne Lankowicz	NY HS
27:07.0	Tara Shea	Bayport, NY HS
27:15.0	Almee Parson	Roswell, NM HS
27:34.29	Margaret Ditchburn	UW Parkside

LOOKING BACK

25 Years Ago (From the March 1969 ORW)--In the National Indoor meet in Philadelphia, Local hero Dave Romansky zipped by Ron Laird on the final half lap to win in 6:21.9. Laird finished in 6:24.4, with Italy's 1964 Olympic 50 Km gold medalist, Abdon Pamich, third in 6:28.8. Following were Ron Kulik, Dan Tothoroh, and Jim Hanley. . .Bob Kitchen won the IC4A mile in 6:41.1 with Greg Diebold also under 7 minutes. . .Pamich won a mile in Albany over Ron Daniels and Kulik in 6:32.9. . .Out west, Goetz Klopfer edged Tom Dooley in a quick 10 km with a 45:40 performance.

20 Years Ago (From the March 1974 ORW)--The IC4A mile title went to Ellen Minkow in 7:36.1, probably making her the first woman to win a title in a major intercollegiated championship for men (primarily). Bill Hamlin actually finished about 15 yards ahead of her, but was DQ'd, and Howie Palamarchuk left the track with a commanding lead when he mistakenly thought he had been DQ'd. . .Floyd Godwin beat a strong field to win the National 35 Km title in Huntington Beach, Cal. in 2:55:29. He left pursuer John Knifton after 20 Km and won by over 4 minutes. Bill Ranney, Carl Swift, Jerry Brown, and Bryan Snazelle took the next four spots. . .Todd Scully put up a good performance in the US-USSR Indoor dual in Moscow, finishing third, but only 20 seconds back, with a 21:04 for 5 Km.

15 Years Ago (From the March 1979 ORW)--The US-USSR Indoor 3 Mile walk went to Yevgeniy Yesyukov in 19:03.3. Todd Scully was second in 20:02.2 with Jim Heiring third in 20:36.4. The Soviets put just one man in the race. . .Neal Pyke won the Pacific AAU 20 mile in 2:35:53, with Bill Ranney less than a minute behind. Pyke also set an American record for 5 Km with 20:41.6 and turned in a 1:28:06 20 Km. . .The National Master's 2 Mile went to Ron Kulik in an American record 14:13.7.

10 Years Ago (From the March 1984 ORW)--Carl Schueler edging away after the first 10 Km, held on to beat Jim Heiring for the National 35 Km title in 2:41:26. Heiring, 48 seconds back at 30 km, had cut the margin to 20 seconds at the finish. Vincent O'Sullivan was better than 10 minutes back in third. . .Dan O'Connor walked his second fast 20 Km of the year with a 1:25:56 in Long Beach. Vincent O'Sullivan (1:31:34) was second and Larry Walker (1:33:52) third. . .Ray Sharp and TOM Edwards both went under 1:30 in New York, with Sharp winning in 1:29:20.

5 Years Ago (From the March 1989 ORW)--In the National 50 Km in Atlanta, Paul Wick led Herm Nelson from the 10 Km mark on, but never by much, and took the title in 4:17:07, just 19 seconds ahead of Nelson. Dan O'Connor was third in 4:24:00, with Mike DeWitt just 42 seconds behind him. Eugene Kitts, Paul Malek, Dan Pierce, and Mark Green also bettered the 4:30 mark. . .National Indoor titles went to Tim Lewis at 5 Km in 20:00.46 and Teresa Vaill at 3 Km in 13:12.34. Gary Morgan was just 9 seconds in back of Lewis, with Ray Sharp third in 20:30. Lynn Weik and Susan Liers followed Vaill.