

Ohio Race Walker
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OHIO RACEWALKER

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COLUMBUS, OHIO

APRIL 1994

Morgan, Sonntag capture Mortland invite titles

Columbus, April 17--Gary Morgan, making his fourth trip down from Detroit for the Mortland Invitational, won his fourth 20 Km title, cruising through in 1:36:24. This was the seventh year for the event, sponsored by the Wolfpack Track Club and ably directed by John White. Morgan, just coming off a successful cross country skiing season, was lacing a bit in leg speed, but was strong throughout and easily got away from 20-year-old Chad Eder after the first 5 Km. Eder, nursing a sore leg, was about 3 minutes slower than he had been 2 weeks earlier in Racine, Wis. But, the 20-year-old Cedarville (Ohio) College, by way of the state of Washington, is just start training for the 20 Km distance and will be seeing a lot better days soon. In third place, and capturing the master's title was Dayton's 44-year-old Bill McCray.

Earlier, Indiana's 30-year-old Lisa Sonntag had things her own way in winning the women's 10 Km in 51:41. Lisa took the lead from Gayle Johnson from the gun and was able to stretch her lead throughout the race for a 2-minute win. Johnson finished well ahead of Annella Smith for the masters title. Results follow:

Women's 10 Km--1. Lisa Sonntag (30) 51:41 (12:43, 25:46, 38:48) 2. Gayle Johnson (44) 53:43 (12:59, 26:29, 40:07) 3. Annella Smith (40) 57:21 (14:01, 28:28, 43:01) 4. Jackie Jessup (45) 57:31 (14:01, 28:28, 43:01) 5. Daryl Ann Kidder (42) 59:11 (14:40, 29:33, 44:25) 6. Rita Bogan (39) 61:22 7. Dorothy Wihten (51) 62:06 8. Sami Bailey (57) 63:30 9. Beth Young-Grady (57) 65:11 10. Judy Muskal (29) 66:06 11. Pat Walker (46) 73:21 12. Jo Presser (65) 76:58

Women's 5 Km--1. Judy Forman (37) 32:50 2. Kelly Miller (16) 32:55 3. Jill Ward (14) 41:05

Men's 20 Km--1. Gary Morgan (34) 1:36:24 (23:16, 47:23, 1:11:54) 2. Chad Eder (20) 1:42:30 (23:23, 48:00, 1:14:15) 3. Bill McCray (44) 1:50:20 (26:17, 53:42, 1:21:35) 4. Don Anderson (44) 1:54:22 (27:08, 55:34, 1:24:43) 5. Max Walker (47) 1:59:17 (27:08, 55:34, 1:26:08) 6. Vince Abell (46) 30:45, 61:36, 1:31:51) 7. Chuck Deuser (63) 2:11:12 8. Rick Meyers (39) 1:40:44 9. Marvin Eisenstein (65) 2:23:15 DNF--Jim Spitzer (63) 1:55:30 at 17.5

Women's 20 Km--1. Ernestine Yeomans (75) 2:49:45 (39:50, 1:20:57, 2:04:06)--U.S. age 75 records at 10 and 20 Km.

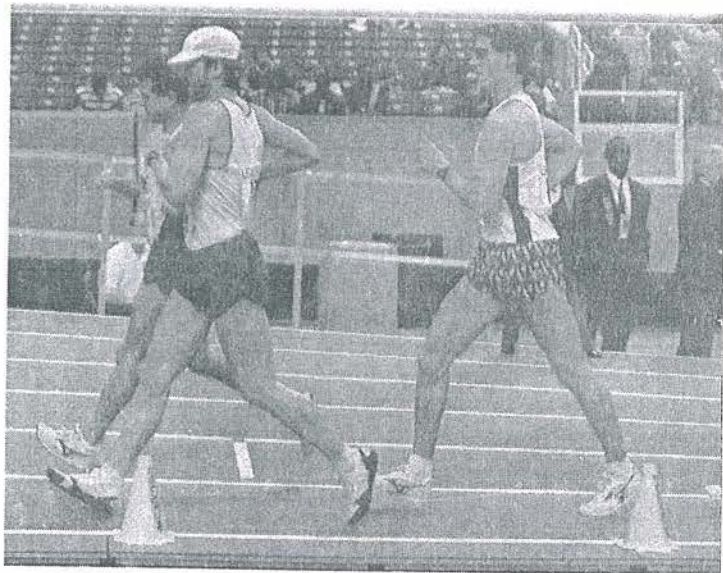
Boy's 5 Km--1. Nick Brunson (13) 29:46 (14:32) 2. Danny Dalton (12) 29:50 (15:07)

Men's 10 Km--1. Jerry Muskal (36) 59:23 (13:59, 29:09, 44:24) 2. Jack Shuter (64) 63:56 3. Dennis Withem (52) 64:01 4. Larry Reitz (54) 64:59 5. Anthony Thomas (34) 75:47 6. Hugh Yeomans (78) 81:14

Judges: Ron Laird (Chief), Wayne Armbrust, Mike McGuire, Jack Mortland, Vince Peters

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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At the indoor nationals. At about 4000 meters (above), 5 Km winner Jonathan Matthews (inside) laps Doug Fournier, with Allen James right on his heels, where he stayed until the finish. In the women's 3 Km race, winner Debbi Lawrence is about to lap Cheryl Rellinger. (John Allen Sportsfotos.)

OTHER RESULTS

Indoor 3 Km, Connecticut, Feb. 27-- 1. Gary Null 13:47 (1st master) 2. Robert Gottlieb 14:10 3. Joe Light 14:43 (2nd over 40) 4. Franco Pqntoni 14:55 (3rd over 40) 5. Sharon Lyons 16:33 6. Sonia Morales (1st woman over 40) 17:03 7. Jack Boitano 17:13 (1st over 60) 8. Meg Fegurson 17:23 (2nd over 40) 9. Louis Free 17:44 (2nd over 60) 10. Jan Gero 18:01 (3rd over 60) (23 finishers) **New England 10 Km Championship, Framingham, Mass., April 10:** Women--1. Gretchen Eastler 52:18 2. Meg Ferguson 60:43 3. Suzan Maxey 67:54 (7 finishers) Men--1. Mark Fenton 48:25 2. Kevin Eastler (16) 48:38 3. Steve Vaitones 49:03 4. Brian Savilonis (43) 50:46 5. Joe Light (46) 52:55 6. Steve Donald 53:32 7. Don Gallegos 53:57 8. Phil McGaw (43) 56:16 9. Bob Ullman (45) 58:30 10. Dick Ruquist (56) 58:55 11. TOM Knatt (53) 59:42 12. Charlie Mansbach (49) 63:20 13. Bill Banks (63) 67:27 **National Invitational 5 K, Washington, DC, March 28** (10 and 20 Km races reported last month)--1. Ray Funkhouser (43) 24:58 2. Tom Bower (49) 26:37 3. Tim Good (34) 28:44 4. Bill Goodwin (47) 29:18 5. Ron Shields (5) 29:18 6. Louis Bronw (14) 29:35 7. Fred Shaffer (63) 29:40 8. David Bower (46) 31:35 (16 finishers) **5 Km, Darlington, S.C., April 9--** 1. Keith Luoma 24:18 2. Mike Michel 30:02 (1st over 60) (8 finishers) **8 Km, Atlanta, Georgia, Feb. 26--** 1. Bohdan Bulakowski (44) 39:31 2. Bert Starzer 41:04 3. Gary Langley (46) 47:56 4. Jim Norvill (50) 48:32 (12 finishers) **Women:** 1. Patti Henderson 48:04 2. Patti Voyles 48:06 (54 finishers) **5 Km, Florida, March 5--** 1. Burns Hovey 25:31 2. Jim Miller 27:51 3. Dave Littlehales 28:32 4. Chuck McLaughlin 29:49 5. Steve Christlieb 30:14 **Women:** 1. Christine Hoffman 31:11 **10 Km, Winter Haven, Florida, March 19--** 1. John Fredericks 52:29 2. Edgardo Rodriguez 53:39 3. Burns Hovey 54:37 4. Paul Alvord 61:07 **Women:** 1. Christine Alt 64:29 **5 Km, Davie, Florida, March 12--** 1. Daryl Morrison 29:58 **Women:** 1. Donna Pape 29:58 **10 Km, Winter Haven, Florida, March 26--** 1. Burns Hovey 51:25 2. Paul Alvord 60:33 **Women:** 1. Lynn Tracy 61:28 **Ohio USATF Indoor 3 Km Championships, Feb. 27--** **Women:** 1. Lisa Sonntag 14:38.7 2. Sami Bailey (55) 17:58 **Men:** 1. Chad Eder 12:38 2. Max Walker (47) 15:38.2 3. Gene Harrison (40) 15:54 4. Nick Burnson (14) 16:41 5. Dan Dalton (13) 16:54 6. Vince Peters (40) 17:07 7. Chuck Deuser (63) 17:42 **Parkside Easter Bunny Open Walks, Racine, Wis., April 2:** **Men's 20 Km--** 1. Tim Seaman 1:29:27 ((45:15, 1:07:24) 2. Don Lawrence 1:32:44 3. Will Van Axen 1:33:25 (46:44) 4. Lennie Becker 1:36:13 (47:22) 5. Chad Eder 1:39:17 (46:51) 6. Steve Harvey 1:44:36 DNF-- Paul Tavres 28:00 at 6 km **10 Km--** 1. Al Heppner 46:42 2. Kelly Watson 50:40 3. Deb Scott 52:27 4. Ali DeWitt 52:34 5. Don Mowles 53:17 (1st over 40) 6. Deb Iden 53:21 7. Liz Fashun 53:33 8. Sue Kisting 54:31 9. Matt Rutyna (55:46 (1st over 60) 10. Dani Kupkovits 56:04 11. Ann Stokman 56:41 12. Margaret Ditchburn 56:55 13. Steve Fry 58:02 14. Lynn Tracy 58:34 15. Vince Peters 61:20 16. Ron Winkler 61:34 (28 finishers) **5 Km, Denver, Feb. 13--** 1. Sally Richards-Kerr (41) 26:25 2. D. Walker 26:50 3. John Tarin (41) 28:10 4. Lori Rupoli (42) 29:23 5. Charlie Corder (50) 30:27 **Indoor 3 Km, Colorado Springs, Feb. 27--** 1. Mike Blanchard 13:31 2. Bib DiCarlo (60) 16:31 3. John Lyle (60) 17:25 4. Howard Channell (75) 17:35 5. Harry Burns (47) 17:42 6. Vilmaris Strautins (59) 17:43 **1 Mile, Boulder, Col., March 6--** 1. Mike Blanchard 7:36.2 2. Alan Yap (51) 8:08 3. Bob DiCarlo 8:30 **Women:** 1. Lori Rupoli 8:40 2. Marianne Martino (43) 8:54 3. Breta Skinner 9:15 **5 Km, Denver, March 5--** 1. Bob DiCarlo 27:17 2. John Tarin 27:59 3. Lori Rupoli 28:14 4. Marianne Martino 28:48 5. Daryle Meyers (51) 29:28 **Los Angeles Marathon, March 6:** **Women--** 1. Margaret Govea 4:34:35 2. Laurie Kahn 4:53:33 (15 finishers) **Men:** 1. Bill Neder 4:38:33 (1st over 50) 2. Charles Cutting

4:40:33 (2nd over 50) 3. David Wormald 4:53:40 (1st 40-49) 4. Clyde Hatfield 4:55:12 (3rd over 50) 5. Dave Thorpe 4:55:2 (2nd 40-49) 6. Buck Ehrgoop 4:59:45 (3rd over 40-49) (28 finishers) **20 Km, Huntington Beach, Cal., March 20:** Women: 1. Janic McCaffrey, Can. 1:37:31 2. Margaret Govea 1:57:25 3. Gwen Drenick 2:08:50 (10 finishers) Men--1. Richard Lenhart 1:49:49 2. Chris Dreher 1:50:06 3. Carl Acosta 1:56:36 (1st over 60) (11 finishers) **5 Km, same place:** Women--1. Francene Bustos 24:48 2. Danielle Kirk 26:47 3. Donna Cunningham (47) 28:34 4. Margie Alexander 29:39 (29 finishers) Men: 1. David Crabb (48) 27:35 2. Steve Leitner (48) 28:49 (9 finishers) **10 Km, Walnut, Cal., April 10:** Women--1. Sian Spacey, Can. 50:46 2. Therese Iknoian 53:05 3. Joann Fox, Can. 55:46 4. Tracy Ross, Can. 56:24 5. Donna Cunningham 57:23 (13 finishers) Men--1. Justin Marujo 46:54 2. Enrique Camarena 52:56 (1st over 40) 3. Paul Johnson 55:46 (1st over 50) 4. John Schulz 56:21 (2nd over 50) 5. Carl Acosta 56:26 (1st over 60) 6. Adam Mendonca 57:39 7. Jack Bray 57:58 (2nd over 60) 8. Richard Oliver 58:28 (3rd over 50) 9. Mel Schultz 58:36 (3rd over 60) (17 finishers) **5 Km, same place:** Women--1. Francene Bustos 26:00 2. Danielle Kirk 27:05 3. Margie Alexander 29:21 4. Belinda Hutman 30:12 (20 finishers) Men--1. Richard Lenhart 23:54 2. Chris Dreher 25:27 3. Danny Lawson 28:16 (10 finishers) **1/2 Marathon, Chico, Cal., March 5--1.** Pete Giachetti 1:51 2. Karen Stoyanowski 2:04:36 3. Dave Lutzow 2:16 4. Phil Lydon 2:18 (21 finishers) **Julie Partridge 10 Km, San Francisco, April 16--1.** Michelle Rohl 47:12 2. Jim Lenschau 47:38 3. Lynda Brubaker 49:36 4. Kim Wilkinson 50:50 5. Chris Sakelarios 52:24 6. Karen Stoyanowski 55:19 7. John Schultz 56:41 8. Pete Giachetti 56:57 9. Bryan Winter 57:55 10. Jennifer Granucci 59:37 11. Skip Bockoven 60:33 12. Terri Brothers 61:59 (30 finishers) **15 Km, Seattle, Wash., Feb. 26--1.** Lew Jones 1:29:56 2. Steve Frederickson 1:29:56 **Indoor 3 Km, Seattle, March 5--1.** Dan Sutich 12:54.05 2. Pascal Pedernault, Can. 13:20.77 3. Jason Glover 14:44 4. Joanne Fox, Can. 15:25 4. Tracy Ross, Can. 15:38 6. Valerie Chan 15:45 **5 Km, Seattle, March 12--1.** Glenn Tachiyama 25:25 2. Bob Novak 25:52 3. Bob Huppe 27:44 **Women's 3 Km, Seattle, March 19--1.** Joanne Fox, Can. 14:37.3 2. Sian Spacey, Can. 14:43 3. Trach Ross, Can. 15:11 4. Valerie Chan 15:28 5. Ann Tuberg 16:16 6. Bev LaVeck 16:41 7. Annemarie Oswalk 16:53 Men: 1. Ian Hetherington 14:20 2. Blair Miller 14:24 3. Robert Vanderhall 14:43 **5 Km, same place--1.** Dan Sutich 22:12.4 2. Glenn Tachiyama 24:21 3. Gary Briggs 25:24 4. Bob Novak 25:31 5. Stan Chraminski 26:29 6. Matt anderson 29:07 **5 Km, McMinnville, Ore., March 12--1.** Vance Godfrey 20:35 **3 Km, Tacoma, Wash., March 5--1.** J. Glover 14:40 Women--1. V. Warewzyaki 17:19 **National Masters Indoor 3 Km Championship, Columbia, Missouri:** Men 30--1. Danny Vogel, Park RW 14:48 Men 35--1. Albert Leibold, Front Range 14:04 2. Dave Couts, St. Louis RW 14:40 Men 40--1. Mike DeWitt, Parkside AC 13:18 2. Bohdan Bulakowski, un. 13:27 3. Don Anderson, Indiana RW 15:19 Men 45--1. Gary Null, Natural Living 13:39 2. Michael Wiggins 13:41 3. Max Walker, Ind. RW 15:32 4. Vince Abell, Ind. RW 16:45 5. Steven Geary, un. 17:54 6. Erio Hedges, Col. TC 17:55 Men 50--1. Don DeNoon, un. 12:45.39 2. Edgar Kousky, Oregon Masters 14:56 3. John Elwarner, Wolverine Pacers 14:57 4. James McFadden, Tulsa RW 15:23 5. James Norvill, un. 16:57 6. Gary O'Daniels, Lincoln TC 16:58 7. Bernie Finch, Wol. Pacers 17:02 8. Frank Soby, Motor City Striders 17:02 9. Dennis Withem, Ind. RW 17:52 Men 55--1. Paul Johnson, un. 15:41 2. Ray Everson, Ind. RW 17:23 3. Alan Poisner, un. 17:36 Men 60--1. Cedrio Hustace, un. 17:53 2. Joe Rogers, Walking Club of Georgia 18:00 Men 65--1. Ed Gawinski, Phast 16:52 Men 70--1. Don Cotner, Corona Del Mar 19:41 Men 75--1. Bill Tallmadge, un. 19:46 Women 30--1. Jackie Moore, un. 16:51 Women 35--1. Therese

Iknoian, Golden Gate 15:32 2. Kathy Finch, Wol. Pacers 17:38 Women 40--1. Jeanette Smith, Ind. RW 16:21 2. Anella Smith, Ind. RW 16:30 3. Laurel Williams, Club Arkadelphia 17:41 Women 45--1. Jackie Jessup, Ind. RW 17:18 2. Olga Figueroa, Ind. RW 19:35 Women 50--1. Valerie Stowe, Wol. Pacers 17:49 2. Dorothy Withem, Ind. RW 18:06 3. Sandy Spiller, un. 18:50 Women 55--1. Elton Richardson, un. 17:36 2. Sami Bailey, Ind. RW 18:16 3. Beth Young-Grady, Ind. RW 19:12 Women 60--1. Ruth Eberle, RW of St. Louis 17:32 2. Maurine Lie, RW ST. L. 18:35 Women 65--1. Jean McClaran, un. 20:39 Women 70--1. Jean Cotner, Corono Del Mar 25:44 **1993 National 1 hour Postal (Sponsored by Shore AC):** Women: 1. Victoria Herazo, Cal. Walkers 13,044 meters 2. Gretchen Eastler, Simons Col. 11,565 3. Phyllis Hansen, Shore AC 11,162 4. Therese Iknoian, Golden Gate 11,030 5. Pat Weir, SAC 10,840 6. Robin Fujinaka, un., Cal., 10,526 7. Sally Focacci, Sierra RW 10,377 8. Valerie Meyer, Pot. Valley 10,293 9. Bev LaVeck, Pacific Pacders 10,282 10. Elton Richardson, un., NY 10,202 11. Joyce Decker, Parkside AC 10,153 12. Gloria Rawuls, SAC 10,121 13. Jolene Steigerwalt, Cal. Walkers 10,095 14. Virginia Fong, Marin RW 9,652 15. Lelise Folse, Cal. Walkers 9,635 Women 40-44--1. Hansen 2. Weir 3. Focacci Women 45-49--1. Diane Graham = Henry, Chicago WC 9,622 Women 50-54--1. Richardson 2. Steigerwalt Women 55-59--1. LaVeck 2. Decker 3. nancy Whitney, Pot. Valley 9,661 Women 60-64--1. Ruth Eberle, RW St. Louis 9,623 2. June-Marie Provost, Naples WC 9,600 Women 60-65--1. Ruth Leff, Parkside 9,210 2. Patricia Nesley, Pto. Valley 8819 Women 70-74--1. Polly Bailey-McCarthy, RW St. Louis 7,102 2. Lucille Schutte, Naples WC 7,075 Boys 15-19--1. Mike Hersey, West. Maine 11,195 2. Joe Sheppard, Golden Gate, Golden Gate 11,150 Men' Open--1. Jonathan Matthews, Golden Gate, 14,059 meters 2. Ray Funkhouser, SAC 13,001 3. Dave Marchese, Athletes in Action 12,673 4. Larry Walker, Cal. Walkers 12,276 5. Albert Leibold, Front Range (Col.) 12,049 6. Curt Clausen, SAC 12,035 7. James Carmines, Pot. Valley 11,707 8. Glenn Tachiyama, Pac. Pacers 11,683 9. Don Mowles, Parkside AC 11,655 10. Joe Light, New England Walkers 11,601 11. Michael Blanchard, Front Range 11,585 12. John Soucheck, SAC 11,494 13. Stan Chraminski, Pac. Pacers 11,406 14. Daniel Vogel, Park RW 11,400 15. Alan Price, Pot. Val. 11,349 16. Jack Bray, Marin RW 11,346 17. Paul Johnson, Ft. Smit = h RR 11,339 18. Cliff Mimm, SAC 11,314 19. Dave Couts, Rw St. Louis 11,254 20. John Elwarner, Wolverine 11,213 21. Hersey 22. Bob Novak, Pac. Pacers 11,134 23. Dave Romansky, SAC 10,862 24. Jim McFadden, Tulsa WC 10,815 25. Malcolm Posey, Pot. Valley 10,780 Men 40-44--1. Funkhouser 2. Novak 3. Dean Easterlunc, Cornbelt 10,628 4. Jim Wass, Pot. Valley 10,426 5. Jerry Parrish, Durham, NC 10,326 6. Bob Huppe, Pac. Pacers 10,183 Men 45-49--1. Light 2. Chraminski 3. Price 4. Lew Jones, Pac. Pacers 10,316 5. Steve Leitner, WCLA 10,264 Men 50-54--1. Walker 2. Carmines 3. Mowles 4. Elwarner 5. McFadden 6. John Schulz, Marin RW 10,714 7. Kirk DeFord, Golden Gate 10,507 8. Thomas Zrodjewski, Phast 10,358 9. Pat Bivona, SAC 10,229 10. Manny Eisner, SAC 10,222 11. Amir Garrison, Marin RW 10,168 12. Ronald BVAers, Easy Striders 10,022 Men 55-59--1. Johnson 2. Romankys 3. Carl Acosta, WCLA 10,631 4. Richard Oliver, WCLA 10,425 Men 60-64--1. Bray 2. Sal Corrallo, Pot. Val. 10,585 3. Tom White, Florida AC 10,038 4. Dick Petruzzi, Sierra RW 9,745 5. Robert Fine, Florida AC 9,716 6. Gerry Comes, Fla. AC 9,699 Men 65-59--1. BOB Mimm, Shore AC 10,046 2. Ed Gawinski, Phast 9,923 3. William Moremen, Golden Gate 9,883 4. Ken Long, NCRC 9,319 5. Klaus Timmerhaus, Front Range 9,278 6. Bob Eisner, Sierra RW 9,254 Men 70-74--1. Sidney Wright, Front Range 9,051 2. Richard Bennett, Pac. Pacers 8,878 3. Troy Grove, Marin RW 8,838 Men 75-79--1. Howard Channell, Front Range 9,278 Men 80

and over--1. Harry Drazin, SAC 7,823 Teams: WOMen's Open--1. California Walkers 2. Shore AC 3. Potamac Valley A Men's Open--1. SHore AC A 2. Golden Gate RW 3. Pacific Pacers A. A total of 248 participants walker 2,034.621 km. There were 160 men and 88 women. The 1994 postal is now open for entries. Performances must be on a certified 400 meter or 440 yard track with a minimum of three judges on hand. Cumulative times must be shown for each entrant. For more information write Elliott Denman, 28 North Locust, West Long Branch, NJ 07764 (Phone 908-222-9080)

Indoor 5 Km, Moscow, Russia, Feb. 4--1. Mikhail Schennikov 18:45.97 2. Grigoriy Kornev 18:51.12 3. Orlov 18:56.28 4. Troshin 19:15.56 **Women's 3 km, same place--1.** Arsintseva 12:08.13 2. Saiko 12:11.07 3. Ivanova 12:16.83 4. Ramazanova 12:21.07 **Women's 3 Km, Lievin, France, Feb. 13--1.** Beate Gummelt (nee Anders), Germany 12:06.24 2. Nikolayeva, Rus. 12:15.35 3. Sari Essayah, Finland 12:31 **5 Km, Ostrava, Czech., Jan. 8--1.** Malysa 19: > 01.8 **5 Km, Prague, Jan. 23--1.** Kratochvil 19:07.5 **5 Km, Moscow, Jan. 26--1.** Andreyev 19:03 2. Troshin 19:05 **Womens 3 Km, same place--1.** Ivanova 12:23.8 **French 5 Km Indoor Champ., Bordeaux, Feb. 26--1.** Corre 18:54.03 2. Langlois 19:18 3. Brousseau 19:30 **5 Km, Nogoent-sur-Oise, France, Feb. 13--1.** Corre 18:56.8 2. Langlois 19:14 **Russian Indoor 5 Km, Champ., Lipelak, Feb. 26--1.** Mikhail Schennikov 18:47.02 2. Andreyev 18:48.13 3. Kornev 18:49.08 4. Orlov 18:54.72 **Women's 3 Km, same place--1.** Arshintseva 12:01.81 2. Nikolayeva 12:02.25 3. Saiko 12:11.45 4. Ramazanova 12:25.10 **Women's 5 Km, Sydney, Australia, March 10--1.** Kerry Junna-Saxby 20:45.03

PUT ON THE OLD WALKING SHOES AND MOSEY ON DOWN TO THESE EVENTS

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)
Fri. May 13	Senior Olympics 5 Km, Albuquerque (L)
Sat. May 14	8 Km, New Orleans, 8 am (M) Shane Vieregge Memorial 5 Km, Somerset, Penn., 9:15 am (EE) 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) 5 Km, Coconut Creek, Florida, 8 am (Q) 5 Km, Boulder, Colorado (H) 5 Km, Bedford, N. H. (I) 5 Mile, Point Pleasant, N.J. (A)
Sat. May 21	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)
Sun. May 22	

	1500 m and 3 Km, Columbus, Ohio (AA) 5 Km, Rocky River, Ohio (Call 333-5074) Women's 5 Km, Men's 10 Km, Port Huron, Mich. (Z) 5 Km, New Orleans, 8am (M) 5 and 10 Km, Denver, 8 am (H) 5 and 15 Km, Riverside, Cal., 7:30 am (B) Women's 10 Km, Men's 20 Km, Palo Alto, Cal. (C) 5 Km, New Orleans, 6:30 pm (M) 5 Km, Chicago (T) 9 Mile, Lakewood, N.J., 9 am (A) Walk Pentathlon (3 Km, 1500, 800), Upper Arlington, Ohio (F) Metropolitan and Eastern Regional Masters 20 Km, New York City, 8:30 am (O) 3 Km, Kennebunk, Maine (I) 5 Km, Denver (H) 5 Km, Marin, Cal. (P) 10 Km, Kentfield, Cal., 8 am (P) 5 Km, Arlington, Mass. (I) 2.8 Mile, Seattle, 6 pm (C) 5 Km, Rancho Cordova, Cal., 8 am (R) 5 Km, Fontana, Cal. (B) 5 Miles, Manchester, N.H. (I) 5 Miles, Grafton, Mass. (I) 5 Km, New Orleans (M) 4 Mile, Cleveland Heights, Ohio (Call 831-4435) Midwest Masters 5 Km, Rock Island, Illinois (BB) 5 Km, Denver (H) 5 Km, Albuquerque (L) Seattle International 5 and 10 Km (C) 5 and 10 Km, Dearborn, Mich., 10 am (E) NW Masters 1500 and 3 Km, Seattle (C) 5 Km, Winthrop, Mass. (I) 5 Km, Miami (Q) 5 Km, Denver (H) 7 Miles, Litchfield, Conn. (I) 10 Km, Queens, N.Y., 10 am (O) USATF National Women's 10 Km, Knoxville, Tenn., 9 am (GG) 5 Km, Lockport, Illinois (Y) USATF National Men's 20 Km, Knoxville, Tenn., 8 am (GG) 5 Km, Florence, S.C., 9:45 am (FF) 3, 5, and 10 Km, Pasadena, Cal. (B) 5 Km, Denver (H) 2 Mile, New Orleans (M) 5 Km, Denver (H) 2 Miles, New Orleans (M) 5 Km, Eugene, Oregon (X) North Region 24 Hour, St. Louis Park, Minn. (S) 5 and 10 Km, Dearborn, Mich., 10 am (E)
Fri. May 27	
Sat. May 28	
Sun. May 29	
Mon. May 30	
Thu. June 2	
Sat. June 4	
Sun. June 5	
Tue. June 7	
Sat. June 11	
Sun. June 12	
Thu. June 16	
Sat. June 18	
Sun. June 19	
Thu. June 23	
Sat. June 25	
Sun. June 26	

	10 Km, Buzzards Bay, Mass. (I)
	National USATF Jr. 5 and 10 Km, Tallahassee, Florida (HH)
Sat. July 2	5 Km, Rock Island, Ill. (V)
Mon. July 4	10 Km, Dedham, Mass. (I)
	5 Km, Evergreen, Colorado (H)
Thu. July 7	2.8 Miles, Seattle, 6 pm (C)

Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
 D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
 E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180
 F--John White, 4865 Arthur Place, Columbus, OH 43220
 G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580))
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
 K--Jake Jacobson, WCA, 445 East 86th St., New York, NY 10028
 L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104
 M--NOTC, P.O. Box 52003, New Orleans, LA 70152
 N--Bob Ryan, USATF Adirondack, 8 Spruce St., Lake Placid, NY 12946
 O--Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028
 P--Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
 R--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
 S--Fern Anderson, 3152 Kentucky Ave. S., St. Louis Park, MN 55426
 T--Al Fisher 312-525-4492
 U--Columbia TC, P.O. Box 1872, Columbia, MO 65205
 V--Jerry Tutsky, 1320 24th St., Rock Island, IL 61201
 W--Mike DeWitt, UW-Parkside, Kenosha, WI 53144 (414-551-0142)
 X--Jim Bean, 4658 Fuhrer St., NE, Salem, OR 97305
 Y--Keith Reed, 1911 S. Lawrence Ave., Lockport, IL 60441
 Z--Frank Soby, 3907 Bishop, Detroit, MI 48224
 AA--Curtis Stitt, 2605 Wellesley Rd., Columbus, OH 43209
 BB--Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244
 CC--B. Apollonio, 260 Town Centre Blvd, Suite 103, Markham Ontario L3R 8H8, Canada
 DD--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
 EE--Fouad ElBaly, RD # 1, Box, 235, Friedens, PA 15541
 FF--Florence Track Club, P.O. Box 1476, Florence, SC 29503
 GG--George Watts, Ath. Dept., Box 15016, U. Of Tennessee, Knoxville, TN 37901
 HH--Track Office, Florida State U., P.O. Box 2195, Tallahassee, FL 32370

FROM HEEL TO TOE

Here are the splits for the first six in last month's National 50 Km (see March ORW): Allen James 24:53, 48:35, 1:12:31, 1:36:21, 2:00:09, 2:23:16, 2:46:28, 3:08:49, 3:31:43, 3:55:39. Jonathan Matthews 24:30, 49:19, 1:12:16, 1:36:05, 2:00:18, 2:24:28, 2:48:41,

3:13:20, 3:37:53, 4:02:59 Herm Nelson 24:30, 48:35, 1:12:32, 1:36:23, 2:00:17, 2:24:28, 2:48:41, 3:13:20, 3:38:16, 4:04:23 Andrzej Chylinski 24:53, 48:48, 1:12:53, 1:36:50, 2:00:43, 2:24:57, 2:50:03, 3:15:23, 3:41:17, 4:07:48 Paul Wick 24:50, 48:36, 1:12:31, 1:36:41, 2:01:03, 2:25:36, 2:50:46, 3:16:32, 3:42:27, 4:08:15 Rob Cole 25:57, 51:36, 1:16:45, 1:41:57, 2:07:10, 2:32:22, 2:57:22, 3:22:26, 3:48:24, 4:14:45. Marco Evoniuk was with Chylinski at 25 Km, but dropped out at 32.5. Cole improved his personal best by 15 minutes in finishing sixth. . . From Ken Mattsson: The Racewalkers' Electronic Mailing List now contains walkers from eight states, Japan, and Australia. We exchange information about races, results, and anything else someone wants to ask. It's very informal, but good that we can answer peoples questions when they have them, and someone knows the answer. Since racewalkers tend to be spread out, it's a really nice way to connect. For example, there are people in Colorado that know the results of the 10 Km we had here yesterday, weeks before they would see it in the ORW. Also, if you had an electronic mail account, I could just send you the information, and then you wouldn't have to retype it. Even if people don't have it at work, there are services like Compuserve of America On Line that people can subscribe to. Most colleges, universities, and many companies have a connection to the Internet, so I assume that there are many more racewalkers out there who have electronic mail accounts, but we don't know about them. Anyone who is interested in being added to the list can contact me via email at ken_mattsson@heinle.com or Jennifer Peters at ae221.dayton.wright.edu. . . Starting times for the walks at the USATF National Track and Field Meet in Knoxville are 9 am, Thursday June 16 for the women's 10 and 8 am on Saturday, June 18 for the men's 20. . . There will be a mini-camp for walkers under age 23 in Niagara Falls on July 17-18, following the National 10 Km race. Walkers are responsible for their transportation, room, and board, but there is no cost for attending. The focus is one East Coast walkers, but all can attend. Apply ahead of time to Sal Corrallo, 3466 Roberts Lane, Arlington, Virginia. List best three times at any distances in the past 3 years and your coaches name, address, and phone number. . . Another feature of the Niagara Falls 10 Km weekend will be the Second Annual Martin Rudow Racewalking Seminar, July 15-17. Martin is the former national coach, author, and video producer. Contact Paul Geyer, P.O. Box 1816, Detroit Lakes, MN 56502, Tel/FAX 218-847-0410 for more information. . . Frank Alongi, Detroit, well-known and respected coach and judge will be in Marin, California for clinics and seminars from May 28 to 30. The weekend will also include a 5 Km race. For further information, contact the Marin Race Walkers, P.O. Box 21, Kentfield, CA 94914, or call Jack Bray at 415-461-6843. . . Viisha Sedlak and the American Racewalk Association are holding a Racewalk Training Camp in Boulder, Colorado from May 26- to 30. Viisha will be the primary coach in a camp that features two-a-day workouts, seminars, video coaching, and individual attention in a beautiful locale. Seminar topics include speed, strength and form drills, biomechanics, mental training, fat reduction, and racing strategy. The cost is \$425. Contact the American Racewalk Association, P.O. Box 18323, Boulder, CO 80308, Phone 303-447-0156. . . Well, I haven't heard from anyone yet claiming to be a charter subscriber to the ORW. I have heard only from Shaul Ladany, in Israel, who says he has subscribed continuously since October or November of 1965, which puts him close. As noted last month, we started publication in March 1965.

LOOKING BACK

30 Years Ago (From the Spring 1964 issue of Chris McCarthy's Midwest Race Walker)--Ron Laird won the National 1 Hour in Chicago, covering 8 miles 159 yards (with an extra 7 or 8 seconds because the "stopping" gun wouldn't fire). Ron Zinn was second at 7 miles 1732 yards. Art Mark covered 7 miles 1649 yards with a rapidly closing Jack Mortland just 9 yards back. . . McCarthy won the Ohio 50 Km in 4:43:44, 3 minutes ahead of Jack Blackburn. Phil McDonald was another 2 minutes back. Mortland called it a day at 24 miles while leading McCarthy by 5 minutes. . . Laird did a track 20 Km in 1:35:26, an American record and broke records from 8 miles on while doing it. (There were official records at most every distance imaginable in those days.) In another race, Laird set records at 4 and 5 Km with 17:51.2 and 22:14.4.

20 Years Ago (From the April 1974 ORW)--Within a 3-week period, Shaul Ladany (the same one listed above as a near-charter subscriber) won both the National 75 and 100 Km titles. (More National title races in those times, too.) The 100 came first in Des Moines, where he had a 10:12:53, leaving Augie Hirt better than 38 minutes back. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes in second, with Tom Knatt third and Alan Price fourth. . . Jerry Brown beat Colorado TC teammate Floyd Godwin in the National 1 Hour in Boulder's altitude, covering 7 miles 1671 yards. Godwin was just 34 yards back. Bob Henderson went 7 mi 1242 yards and Augie Hirt captured fourth.

10 Years Ago (From the April 1984 ORW)--Carl Schueler walked an impressive 4:07:23 in very muggy conditions to win the National 50 Km in Cleveland. Vincent O'Sullivan had 4:10:00 in second and Ton Edwards 4:14:39 in third. Troy Engle, covering the second half of the race faster than anyone took fourth in 4:18:11. . . Teresa Vaill was an easy winner in the women's National 20 Km in Seattle. She established an early lead and steadily lengthened to finish in 1:45:20. Gwen Robertson was second in 1:51:46 and Carol Brown third in 1:52:52. . . In the Men's National 25 Km at the same site, Tim Lewis pulled away from Jim Heiring in the last 10 Km to win in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:54:57, Carl Schueler 1:55:40, Dave Cummings 1:58:38, and Tom Edwards 1:59:01. . . In Canada, Marcel Jobin had a quick 3:55:16 for 50 Km, and in the Spanish Championship, Jose Marin was even more impressive, winning in 3:50:12.

5 Years Ago (From the April 1989 ORW)--In Trials for the U.S. World Cup team, Debbi Lawrence prevailed in the women's 10 Km and Tim Lewis in the men's 20. In Tampa, Lawrence got away from Lynn Weik in the final 3 Km to win in 47:45.9. Weik had 48:10 and Teresa Vaill took third in 48:35. Wendy Sharp, Maryanne Torrellas, and Susan Liers rounded out the top six. In Washington, D.C., Lewis dominated the race to win in 1:26:52. The next five spots were hotly contested throughout the race with Doug Fournier finally pulling away to capture second in 1:29:06, followed by Mark Manning 1:29:22, Gary Morgan 1:29:25, Steve Pecinovsky 1:29:42, and Curtis Fisher 1:29:47. . . Morgan won the Mortland invitational 10 Km in 44:57 and Gayle Johnson took the women's race in 54:33.

Okay, after an issue's respite, back to the Furlong device. First, let me note that Mr. Furlong himself makes the point that he never intended to introduce the device as a judging tool, although he could see that as a possibility down the road. Rather, he was looking at it more as an aid to the walker in training, something that would alert him or her when they were losing contact. All he is seeking now is fair evaluation.

Letters

From Bob Steadman in Australia (formerly in Canada, Texas, and Colorado):

Dear Jack,

A few last-minute thoughts stimulated by the continuing judging controversy--regrettable, but significant, that it sometimes fills up half the ORW. Who knows what news it displaces?

I was interested to read that the new style of pseudo-walking began with the Soviets in the 1956 Olympic Games. Their sweep of the medals in the Melbourne 20 Km made us all take notice of their system. Whatever people say about pseudowalking and its "flight phase", it has unfairly treated those former walkers (not all of who were fair) whose honest records were taken out of the books.

If, as some seem to want, pseudowalking is legitimized, how long will it, in turn, survive, before it becomes indistinguishable from running?

Walking, while better than tennis, is an over-officiated sport. Many of us have been in teams that contained more officials than walkers. Advanced devices of the Furlong type promise to bring to judging the level of automation found in other aspects of our society. I notice that most of the opposition in your pages comes from members of the much traveled official cast, just as opposition to Toyoda's (1894) automatic loom came from weavers.

Judges of recent decades have let the sport down. Therefore, the prototype of Furlong, even in its earliest form, may represent an improvement. In these days of total quality management, we should be looking positively toward constant improvements, until the world produces a universally accepted device, which could be unimaginably different from the present one.

As long as every spectator and commentator can see that pseudowalkers are not doing what the audience paid to see, we can only expect to hear more generally what we have heard from Frank Shorter, until we are all--fair and foul alike--taken off the programs.

From Elaine Ward:

In response to Mr. Bowman's comments about the Run-Alarm in the ORW, the real issues are not whether Mr. Bowman can or cannot understand its technology (please see Lee Danisch's explanation following) or whether his unflattering claims about me and Dr. Furlong are appropriate. The real issue concerns the inadequacy of the human eye to judge loss of contact at the speeds walkers are going today.

As the Olympic Organizing Committee is strongly proposing to cut down the number of athletes participating in the Olympics, we must consider the possibility of this scenario. The Olympic Committee makes the qualifying standards for the 1996 walks sufficiently high to guarantee a relatively small field. As only the fastest will remain, the television cameras will undoubtedly show a major portion of the field lifting in apparent

violation of the existing contact rule with some seeming to be unfairly DQed while others are not. This familiar showing could well serve the cumulative purpose of those bent on discrediting our sport to justify its future elimination from the Olympics.

I question that any subtle changes in the rule's wording will suffice to dramatically change the predicament our sport faces. Our judging leadership has been talking about the necessity for educating the media and the public for years about the concepts of "apparent" contact and "human eye judging", but black and white concepts such as lifting versus non lifting are easier for people to perceive and understand and may always be. (Following is the commentary by Mr. Danisch, who is well qualified to comment, though I can't locate the credentials on the man that Elaine provided, and some commentary by Dennis Furlong--both items published by Elaine in the Southern California Racewalking News.)

TECHNOLOGY OF RUN-ALARM.....

BY LEE DANISCH, P. Eng.

Apparently Bob Bowman is not familiar with developments by John Vranish of NASA, patented as the "capaciflector." In the capaciflector (patented by NASA), nearfield electric field effects are exploited to detect the presence and range of nearby objects. This work is similar to that used in the intershoe communication link, which also relies on nearfield electric field pickup. The same phenomenon is used in many elevator buttons and light switches (the kind one simply touches without mechanical deflection) and is generally referred to as capacitive sensing.

What distinguishes capacitive sensing from radio frequency propagation? The answer is very simple: capacitive sensing fields are almost entirely electric (E) fields, whereas radio frequency propagation involves an electromagnetic (EM) field which propagates over significant distances. The propagation is due to energy sharing between the E and M components of the wave. The sharing allows propagation around the world under the right conditions. Since simple electric fields have no M component, they do not propagate. Any field established by an antenna of a few centimeters at frequencies of less than a megahertz will not have any magnetic component, and is a virtually pure electric field. This is the case with the shoes (which operate below 100 kHz) the NASA proximity device

(about 100 kHz), Canadian Space Agency capacitive proximity devices invented by myself (10 kHz to 1 megahertz), and elevator buttons. In case Mr. Bowman does not believe these theoretical arguments, at RPC we thoroughly tested the speed of the communication link using fiber optic communication as a control (so there would be no chance of interfering with the fields). Communication was found to be essentially instantaneous. Perhaps Mr. Bowman is thinking of the much larger delays involved in communicating with satellites. I believe he once did some work for NASA.

THE COMMUNICATION IS VERY SIMPLE: ON/OFF.

So how does a weak electric field provide communication between one shoe and another? Normally, a weak field like that in the shoe would extend usefully about as far as the field of an elevator button. In the shoes on an individual racewalker, the field can be used to a greater distance when the racewalker is off the ground because then the body provides one half of the communication path, and the field is established between the two shoes. When the racewalker is on the ground, the field couples preferentially to ground, and the communication path is broken.

Luckily, we need shoes that communicate only when both feet are off the ground, and this is exactly when they are capable of communication. The communication is very simple: on/off. There is no code to send which might cause a delay such as Mr. Bowman is suggesting. Mr. Bowman should know that an electric field is established at lightspeed so that any delay is in the sub-microsecond range. If we allow for establishment of a full cycle of field at, say 50 kHz, the delay is 20 microseconds. We are still nowhere near a delay of even 1 msec. It has been established elsewhere that delays that

can be perceived by judges are at least 30 msec, and more likely 50 msec, which indicates that the communication is more than 1000 times faster than required.

SCHEMATIC DIAGRAM

Detection of an off-ground shoe condition is performed by another circuit that also relies on near field capacitive sensing. This circuit is not shown in the schematic diagrams sent to me (and Mr. Bowman), and I would advise keeping it proprietary. The logic circuitry involved, however, is very simple: if the "slave" shoe is off the ground, it tries to establish an electric field. If the other (master) shoe is also off the ground, it is capable of detecting this field, due to the excellent half-path provided by the human body. If its off-ground detection sensor is activated and it also detects the field from the slave, then an alarm is generated.

How are signals between adjacent racewalkers kept from interfering? This is very simple. Because there is no contact between the racewalkers, the human body half-path is not present, and the fields extend usefully no farther than those of elevator buttons. However, for an individual racewalker, the body path is present, and detection (only of his/her) other foot) is possible and practical.

Mr. Bowman may be familiar with some of the excellent work being done by NASA on these subjects, but in case he is not, I have attached a list of references that may assist in understanding the phenomenon. When it is declassified, I will send along my report on capacitive sensing for the Canadian Space Agency, which references the NASA work in more detail and includes many practical examples and simulations of near field capacitive sensing to ranges of approximately two meters.

Mr. Bowman has improperly used the term "bio-feedback" link' in referring to an electronic communications path. "Bio-feedback" refers to monitoring some physical phenomenon in a subject and presentation of an aspect of this phenomenon to the subject, usually for the purpose of training the subject to control the phenomenon. An example would be auditory presentation to a subject of his/her EEG waves in an attempt to control anxiety, etc.

ENERGY EXPENDITURE BY DERMIS FURLONG

I have always had the feeling as a racewalker that when I was walking legally according to the Contact Rule, it was very demanding and energy expensive as opposed to walking illegally. If you think about the biomechanics of it, when an athlete is trying to maintain contact, he has to rotate his hips on a plane that is up and down through the body. Illegal walking does not require this full hip swivel.

I have designed a preliminary VO₂ study in conjunction with the physiology lab at the University of New Brunswick comparing the oxygen uptake of an athlete maintaining ground contact versus floating. All other factors will be the same including using the same athlete. The statisticians have determined there should be eight to ten repeats over two days. The experiment will take place on a treadmill and will be constantly filmed with a high speed video camera.

Again, it is my speculation that rotating the hips to keep contact is very energy expensive when compared to the energy cost of being off the ground. If this is true, not only do "illegal" walkers gain air time, they also save cardiovascular energy when compared to legal walkers. I am not naive enough to think that this study can be extrapolated to the whole world. As I said, it is just one study and involves one athlete. However if it shows any statistical difference in oxygen uptake between "legal" and "illegal" walking, it will give us an indicator that the issue of energy cost and "fairness" needs to be studied further. If there isn't any difference, then we will also have a clear indicator that we are not dealing with a cardiovascular component between the two types of walking, but dealing just with air time and gaining distance.