

James, Rohl rule boards

Atlanta, March 2--Launching a new season of national championship racewalking, Allen James and Michelle Rohl won titles in the USATF National Indoor Championships tonight. James, defending his title at 5 Km and winning for the third time in the last four years, overcame a strong challenge from 1992 winner, Gary Morgan. The 31-year-old James recorded the fifth fastest time in the history of the event, which replaced the 2 mile in 1987. (The 2 mile replaced the 1 mile in 1974, but had also been contested in the early years of this century.) James' 20:01.59 has been bettered by Tim Lewis (twice), Morgan, and Jonathan Matthews. Lewis holds the record at 19:30.70 in 1987. Morgan was less than 3 1/2 seconds back at the finish.

Rohl also won for the second year in a row, with her 12:55.90 bettering her 1995 performance by 9.09 seconds. She was well clear at the finish, as Maryanne Torrellas, now hot on the comeback trail, beat out Victoria Herazo, Debbi Lawrence, and Sara Standley in a close race for second. Torrellas, now 37, won the race in 1987 and 1988. Her 12:45.38 in 1988 has been bettered only by three-time titlist Lawrence, who did 12:35.79 in 1993.

In the men's race, James was accompanied by Tim Seaman, Morgan, and Curt Clausen as they tore through the first kilometer in 3:55.69. Seaman hung with James for about another three laps (200 meter track) before dropping back a bit. With about three laps to go, Morgan, who had moved into second earlier, surged ahead of James, who stayed on his heels for one lap before taking command again. Six men finished under 21 minutes, with one of them, Rob Cole, losing 10 seconds in midrace when he has to stop to recover from an abdominal stitch.

The women's race saw a pack of four (Rohl, Torrellas, Lawrence, and Standley) pushing and jockeying for position for the first three laps. Rohl then decided to "get out of here" and quickly distanced herself from the pack. She proceeded to walk amazingly even splits, with kilometers of 4:18.69, 4:18.97, and 4:18.24. In the battle for second, Torrellas pulled in front of Herazo and Lawrence with two laps to go. At the finish, there was less than 6 seconds between second and fifth. Results:

Men's 5 Km: 1. Allen James, Athletes in Action 20:02.59 2. Gary Morgan, NYAC 20:06.02 3. Curt Clausen, Shore AC 20:17.96 4. Tim Seaman, LaGrange 20:38.87 5. Dave McGovern, NYAC 20:47.65 6. Rob Cole, LaGrange 20:58.82 7. Chad Eder, Cedarville College 21:45.92 8. Don Lawrence, Natural Sport 22:09.62 9. Sean Albert, St. Peter's College 23:14.64 (Splits for James 3:55.69, 7:51.19, 11:50.43, 15:58.80)

Women's 5 Km: 1. Michelle Rohl, Parkside AC 12:55.90 2. Maryanne Torrellas, Abraxas TC 13:09.35 3. Victoria Herazo, California Walkers 13:12.29 4. Debbi Lawrence,

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Natural Sport 13:13.71 5. Sara Standley, un. 13:15.24 6. Lyn Brubaker, LaGrange 13:25.19 7. Cheryl Rellinger, Potomac Valley 13:46.65 8. Michelle Kirk, Wis. Parkside 14:09.11 9. Kelly Watson, Parkside AC 14:19:07 10. Deborah Iden, Wisconsin Parkside 14:19.45 11. Lisa Sonntag, Industrial Rehab. Assoc. 14:21.83 12. Samantha Cohen, State Univ. of NY at Albany 15:00.74

RESULTS

3.8 Mile, Brockton, Mass., Feb. 19--1. Steve Vaitones (40) 29:40 2. Bill Purves (53) 29:55 3. Joe Light (48) 30:22 4. Phil McGaw (45) 31:47 5. Stanley Sosnowski (45) 32:12 6. Daryl Meyers (53) 33:41 7. Ken Mattsson 34:34 8. Tom Knatt (55) 34:43 9. Bob Ullman (47) 34:58 10. Justin Duo (41) 35:06 11. Steve Donald 35:18 12. Dick Ruquist (58) 36:20 (17 finishers) **Women:** 1. Annie Montgomery (48) 37:51 **Millrose Games 1 Mile, New York City, Feb. 2:** 1. Allen James 5:50.46 2. Curt Clausen 5:51.61 **New York State H.S. 1500 meter championship, Ithaca, March 2:** 1. Lisa Kutzing 6:59.04 2. Sally Rapp 7:10.37 3. Suzanne Scavera 7:17.23 4. Allyson Boccad 7:22.87 **3 Km, Washington, DC Jan. 28:** 1. Cori Colling (17) 15:24 2. Louis Brown (16) 15:58 3. Jim Goldstein (47) 16:32 4. Tim Good (36) 16:53 5. John Gersh (48) 17:18 6. Victor Litwinski (52) 17:34 (17 finishers) **5 Km, Ft. Lauderdale, Florida, Feb. 3:** 1. Linda Stein (48) 27:33 2. Susan Perry 28:00 3. Suzette Dobson 29:32 4. Roswitha Sidelko (42) 30:15 **Men:** 1. Tim Nicholls (36) 23:06 2. John Fredericks (48) 26:30 3. Michael Laseter (14) 29:20 4. Gerry Gomes (63) 29:25 5. Bob Fine (64) 29:40 **5 Km, Ft. Lauderdale:** 1. Linda Stein 27:09 2. Sarah Perry 27:15 **Men:** 1. Juan Yanes 27:03 2. Bob Fine 29:01 3. Thomas Hairston 29:27 **20 Km, Cooper City, Florida, Feb. 11:** 1. Dave Esson 2:01:03 2. Chuck Deuser (63) 2:06:35 (A young Ohio lad spending some time in Florida) 3. Tom White (60 plus) 2:08:31 **10 Km, same place:** 1. Tim Nicolls 54:22 2. Juan Yanes 55:11 3. Michael Laseter 59:29 **Women:** 1. Linda Stein 58:56 **8 Km, Winter Springs, Florida, Feb. 17:** 1. C.S. Monte Carlo 45:19 2. Phil Brown 48:21 **Women:** 1. Pam Betz 49:14 **5 Km, Orlando, Florida, Feb. 24:** 1. Edgardo Rodriguez 25:21 2. Sterling Kerr 28:42 **10 Km, Winter Haven, Florida, March 2:** 1. Edgardo Rodriguez 52:52 2. C.S. Monte Carlo 56:44 3. Wim Verhoef 60:37 **Women:** 1. Pam Betz 62:12 **5 Km, Orlando, March 8:** 1. Steve Christlieb 30:21 **Women:** 1. Pam Betz 30:42 **10 Km, Harahan, Louisiana, Feb. 4:** 1. Jose Villalta 58:00 2. Rick Wendel 58:57 **5 Km, same place:** 1. Tom Marhevko (46) 29:40 **5 Km, New Orleans, Feb. 11:** 1. Jose Villalta 28:50 2. Tom Marhevko 30:20 **10 Km, Slidell, La., Feb. 24:** 1. Ricky Wendel 56:24 2. Jose Villalta 56:29 **Women:** 1. Becky Comeaux (40) 62:02 **Indoor 3 Km, Kent, Ohio, March 3:** 1. Harlan Van Blaricum 15:00 2. Daryl Ann Kidder (44) 16:22 3. Bill Flick (70) 17:02 4. Jan Comi (44) 17:19 5. Jim Troutman 17:56 (11 finishers) **Indoor 1 Mile, Boulder, Colorado, Feb. 10:** 1. Alan Yap (53) 7:36 2. Scott Richards (45) 7:47 **5 Km, Denver, Feb. 10:** 1. Mike Blanchard 25:49 2. Marianne Martino (45) 28:37 3.

Christine Vanoni (44) 28:55 4. Jim Twark (48) 29:13 **5 Km, Denver, Feb. 20:** 1. Mike Blanchard 25:18 2. Dee Walker 25:39 3. Sally Richards (29) 27:18 4. Chris Vanoni 28:18 5. Jim Twark 28:58 6. Lori Rupoli (44) 29:05 **Indoor 3 Km, Colorado Springs, Feb. 25:** 1. Mike Blanchard 15:44 2. Marianne Martino 16:59 **Indoor 1 Mile, Boulder, March 2:** 1. Mike Blanchard 7:37.4 2. Alan Yap 7:38.4 3. Dan Pierce 7:49.5 4. Patty Gehrke 8:18.2 5. Daryl Meyers (53) 9:11.7 **5 Km, Albuquerque, N.M., Feb. 18:** 1. Steve Petrakis (46) 26:48 2. Louis Jaramillo 27:57 3. Laurie Starr (17) 28:05 4. Brandy Woodley (13) 28:55 5. Louis Cuellar (15) 29:04 6. Amie LeVick (60) 29:11 (14 finishers) **3 Km, same place:** 1. Steve Petrakis 16:03 2. Winston Crandall (55) 16:06 3. Ellen Roche 17:03 **State 5 Km, Albuquerque, March 17:** 1. Dave McGovern 22:41 2. Michelle Rohl 24:33 3. Louis Cuellar (age 15) 27:45 4. Louis Jaramillo 27:53 5. Wnston Crandall (55) 27:58 6. Ellen Roche 28:26 7. Peter Armstrong (50) 28:57 8. Jackie Kerby-Moore 29:28 9. Amie LeVick (60) 29:47 10. Jo Owen (49) 29:59 (23 finishers. National team members McGovern and Rohl are training in Albuquerque during March. Apparently, they weren't real serious about this race as they can both go much faster.) **Western Regional 5 Km, Pasadena, Cal., Feb. 25:** **Men 35--**1. Chris Dreher 25:24 2. Pedro Santoni 27:30 **Men 45--**1. Enrique Camarena (45) 24:14 2. William Penner (49) 27:03 **Men 50--**1. David Crabb (50) 25:37 2. Stuart Ray (53) 30:20 **Men 55--**1. Winston Crandall (55) 26:47 **Men 60--**1. Jack Bray (63) 25:42 2. Carl Acosta (62) 28:20 **Women 20--**1. Susan Armenta (22) 24:22 **Women 30--**1. Fran Bustos (31) 25:57 2. Margaret Govea (33) 26:44 3. Linda Adams (33) 29:17 **8 Km, Roseville, Cal., Feb. 11:** 1. Chris Sakelarios 44:08 2. Susan Heiser 47:24 3. Terri Brothers 47:30 **Men:** 1. Roger Welborn (40-44) 44:25 2. Dick Petrucci (60-64) 47:32 **3 Km, Berkeley, Cal., Feb. 4:** 1. Jack Bray 15:35 2. Brenda Carpino 17:33 3. Virginia Fong 17:40 4. Huey Johnson 17:41 5. Ed Lane 17:54 6. Lani LeBlanc 18:06 **5 Km, Seattle, Feb. 10:** 1. Stan Chraminski 26:08 2. Bob Novak 26:16 3. Ann Tuberg 29:22 4. Teri-L. Taylor-Smith 30:12 5. Bev LaVeck 30:30 **20 Km, Isle of Man, Feb. 24:** 1. Darrell Stone, GB 1:23:58 (20:49, 41:44, 62:39) 2. Jimmy McDonald, Ireland 1:27:35 (21:06, 42:42, 65:02) 3. Steve Partington, GB 1:28:16 4. Chris Maddocks, GB 1:28:27 5. Pierce O'Callaghan, Ire. (age 20) 1:29:20 6. Chris Cheesman, GB 1:29:50 7. Bobby O'Leary, Ire. 1:30:01 8. Jamie Costin, Ire. (18) 1:31:03 **Women's 10 Km, same place:** 1. Dierdre Gallagher, Ire. 45:12 (Irish record) 2. Cal Partington, GB 48:00 3. Verity Snook, GB 48:13 4. Gillian O'Sullivan, Ire. 49:01 **New Zealand 5 Km Championship, Auckland, March 1:** 1. Steve Nelson 20:31.84 **Women's 10 Km, same place:** 1. J. Jones-Billington 47:38.9 **Women's 5 Km, Hobart, Australia, Feb. 25:** 1. Kerry Saxby-Junna 20:13.26 (Breaks own world record by nearly 4 seconds. Her previous record was set on Jan. 14, 1990.) **German Indoor 5 Km Championship, Fairsruhe, Feb. 25:** 1. Axel Noack 18:37.70 (national record) 2. Tsamonikian 19:19.23 **Women's 3 Km Championship, same place:** 1. Beate Gummelt 11:53.03 2. Thrust 12:45.66 3. Leddin 12:46.44

Here they are! Races! Go for it!

Fri. April 12	2 Mile, New Orleans, 6:15 pm (X)
Sat. April 13	5 Km, New Orleans, 8:30 am (X)
	5 KM, New Orleans, 8:30 am (X)
	5 Km, Denver, 9 am (H)
Sun. April 14	Mt. SAC Relays 10 Km, Walnut, Cal., 8 am (B)
	Metropolitan 15 Km, New York City, 9 am (F)

- Fri. April 19 5 Km, Denver (H)
10 Km, Kenosha, Wis. (AA)
North American Masters 5 Km and Southern Region 10 Km,
LaGrange, Georgia (S)
- Sat. April 20 5 Km, Ft. Lauderdale, Fla., 7 pm (Q)
50 Km Olympic Trial, LaGrange, Georgia
5 Km, Detroit (O)
5 and 8 Km, Coconut Grove, Fla., 7:45 am (Q)
5 Km, Denver, 9 am (H)
- Sun. April 21 5 Km, New Orleans, 8:30 am (CC)
3, 5, and 10 Km, Dearborn, Mich. (Z)
5 Km, Denver (H)
5 Km, Roseville, Cal., 9 am (R)
5 Mile, Westerly, R.I., 10:30 am (W)
- Sat. April 27 3 and 5 Km, Warren, Mich. (O)
5 Km, Atlanta (D)
3 Mile, New Orleans, 7 am (X)
Penn Relays Women's 5 Km and Men's 10 Km (BB)
Northwest Regional 10 Km, Seattle (C)
5 and 10 Km, Lake Worth, Fla., 7:30 am (Q)
5 Km, Kalamazoo, Mich. (N)
- Sun. April 28 Women's 10 Km, Men's 20 Km, Dearborn, Mich. (Z)
Pacific Assn. 10 Km (G)
4 Mile, Denver (H)
2.8 Mile, Seattle, Wash., 6 pm (C)
- Thur. May 2 Southeast Masters 5 and 20 Km, Raleigh, N.C. (Call 919-831-6640)
- May 3-5 5 Km, Detroit (O)
5 Km, Decatur, Georgia (D)
- Sun. May 5 **USATF National Junior Women's 10 Km, Women's 20 Km, and
Men's 25 Km, Albany, NY (Y)**
3, 5, and 10 Km, Dearborn, Mich. (Z)
8 Km, Miami, 7:30 am (Q)
5 Km, Ventura, Cal. (B)
- Sat. May 11 5 Miles, Columbia, Missouri, 8 am (DD)
5 Miles, Larkspur, Cal. (P)
Master's 5 Km, Atlanta (D)
- Sun. May 12 Jack Mortland 20 Km (North Region Championships; 5 and 10 km,
Yellow Springs, Ohio (M)
20 Km, London, Ontario (O)
10 Km, New York City, 8 am (F)
5 Km, Miami, 7:30 am (Q)
- Sat. May 18 Western Regional Women's 10 Km and Men's 20 Km, Palo Alto,
Cal. (G)
- Sun. May 19 **USATF Men's 10 Km, Niagara Falls, NY (E)**
Inland Empire 15 Km and 5 Km, Riverside, Cal. (B)
1 Hour, Washington, DC area (J)
5 Km, New Orleans, 8 am (X)
5 Km, Kenosha, Wis. (AA)

- Fri. May 24 5 Km, New Orleans, 6 pm (X)
- Sat. May 25 5 Km, Ann Arbor, Mich. (O)
Pacific Assn. 5 Km, (G)
USATF Youth Road Walk Championships, Bridgeton, Mo. (T)
- May 25 - 27 5 Km, Marin, Cal. (P)
20 Km, New York City, 8 am (F)
- Sun. May 26 5 Km, Miami, 7:30 am (Q)
5 Miles, Boca Raton, Florida, 7:30 am (Q)
Senior 5 Km, Sacramento, Cal. (P)
5 Km, New Castle, Penn., 9 am (CC)
5 Km, Fontana, Cal. (B)
- Mon. May 27 Weinacker Cup 5 and 10 Km, Windsor, Ont. (O)
3 Km, Kenosha, Wis. (AA)
2.8 Mile, Seattle, 6 pm (C)
- Sat. June 1 1500 meters and 3 Km, Seattle (C)
Ohio 10 Km Championships, Cedarville (M)
- Sun. June 2
- Thur. June 6
- Sat. June 8

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FROM HEEL TO TOE

From a recent issue of the *Washington Post*: "Two Austrian researchers suggest that men who walk faster are more attractive to women. Alain Schmitt and Klaus Atzwanger of the University of Vienna clocked the pace of randomly selected pedestrians on the streets of Vienna and then questioned them. Faster walking was, for men, correlated with 'high status' and affluence. Curiously, no evidence mentioned in the piece supports the lead-in about attractiveness, though Schmitt and Atzwanger wrote that 'Habitual fast walking might be a means to show high resource-holding potential (ambition), to signal actual status, and last, but not least, to acquire resources (hunting, rushing in business life).' They make the familiar reference to hunter-gatherer ancestry." . . . Frank Alongi will be in Marin, California over Memorial Day weekend for the third consecutive year, presenting seminars and semi-private technique and training sessions. Through his biomechanic expertise, Frank offers solid help in improving walking technique. Contact Jack Bray, P.O. Box 21, Kentfield, CA 94914 for details on the weekend's activities, which include races on May 26. . . . Traveling clinician Martin Rudow will be in Kalamazoo on April 27 and 28. Well known for his books and videos, the former national coach will present a group clinic on Saturday from noon to 5 pm with classroom and walking activities, and will conduct 30-minute individual coaching sessions all day Sunday. The Saturday clinic costs \$45 and the private sessions \$30.00. Contact Bill Reed, 8242 Greenfield Shores, Scotts, MI 49088 for further information, or call Bobbi Jo at 616-345-7095. . . . Rudow, who, incidentally is on the judging panel for the Atlanta Olympics this summer, has also announced his first-ever racewalking clinic in his hometown, Seattle. Gets him off the road for a bit. He has chosen the week of August 19-23, which falls between the US Master's Meet in Spokane, Wash. (Aug. 17-18) and the WAVA (World masters) meet in Eugene, Oregon the following weekend. The 5-day clinic is open to racewalkers at all levels and will allow participants to pick and choose from sessions that interest them the most, or enroll for the entire week. Three daily 3-hour session on topics of vital interest will be held. Those interested in more information can contact Martin at 4831 NE 44th, Seattle, WA 98105, or call 1-800-WALKMAX. . . . The 3 Km in Providence on Feb. 11 reported in last month's results was actually in Milford, Conn. and was held in a shopping mall. Gustave Davis wonders if Stan Sosnowski's 15:12 effort is a new "world's mall record", and asks if there are any other "mall-walk" races. Well, there was at least one. In 1965, the first McKeesport (Pa.) International 20 Km (that's what they called it, but no one from outside the U.S. showed up) was held in a mallway. Mallways were not very common in those days, but the McKeesport shopping center had one, though not very large. The race required 34 1/2 laps up and down the mallway and was won by Art Mark in 1:38:06, with your editor 53 seconds back in second. Unfortunately, they opened the mall for business before the race finished and we were dodging people going in and out of stores during the final laps. No doubt we were under 15 minutes at 3 Km, but that wasn't recorded, so Stan may have a record. The National 20 Km was held at the McKeesport in both 1966 and 1967, but after the 1965 experience, the race moved onto the parking lot. Any other reports of mall races? . . . Mid-Atlantic Racewalk Chairman and former competitor Jeff Salvage has put together a Web site for the National Racewalk Committee. Salvage says the site will be a "one-stop shop" for racewalk information, including the national newsletter (which is mailed only to selected individuals), racewalk ladders and rankings, walkers' bios, contacts, race schedules, and Salvage's own racewalk book with animated pictures. By pointing and clicking on pictures throughout the site, users access information desired. Salvage has spent many hours designing the site that

debuted Feb. 17. Expect continued construction. To enter the site, access the Internet's World Wide Web. The addresses (<http://www.racewalk.com> or <http://www.wellnesscenter.com>) include a Netscape 1.1 enhanced version, a non-enhanced graphical version, and a text-only version. The enhanced version is the best way to view the site, Salvage says, but it will recommend the correct version for your computer. Justin Kuo is the information clearinghouse (617-731-9889). Salvage is donating the space, time, and technology, but plans to sell advertising. If you would like more information about ads or possible commissions from ad sales, contact Salvage, 609-985-1492 or at jsalvage@wellnesscenter.com. . . If you are interested in hosting a national championship race in 1997, you have until September 30 to submit a bid. Bid forms are available from Lori Maynard, 2821 Kensington Road, Redwood City, CA 94061. You can call or FAX Lori at 415-369-2801. . . I noted a few months ago how few days of training I was missing in 1995. Well, I wound up getting out on 344 days, 31 more than any previous year. For the year, I ran 24 miles and walked 1468 for a total of 1492 miles. I have been racewalking on a year-around basis since 1960, my first year of full time training for racewalking. (I first walked competitively in the summer of 1958--not counting an 880 walk at the 1955 AAU All-Around Championships-- but was on active duty in the army from Nov. '58 through April '59, when I got serious about walking. Before that, I had been running year around since 1953.) For those 36 years, I have averaged 276 days of training or racing a year on a very steady basis. Except for taking December off several years ago, I have never had more than 10 consecutive days off. My average annual mileage has been 129 running and 1251 walking, for a total of 1380, or 5 miles per session. Most productive year was 1983, when I decided I should do 2000 miles in a year some time. Wound up with 2005 (1803 walking) on 313 days. Next to that was 1964 when I did 1952 miles on just 274 days, about 7 miles a day. Interestingly, I have been doing greater mileage since essentially retiring from racing. Since 1978, I have raced only 21 times, but have averaged close to 1450 miles a year. Before that, I was averaging about 16 races a year, with a high of 34 in 1965. However, as I noted in that earlier issue, my training pace has dropped off considerably. . . While on a personal note, I am going to be one of the Olympians carrying the Olympic torch when it comes through Columbus on its way to Atlanta (it goes through here on June 8). There are 9 local Olympians plus 33 "local heroes" carrying it through here, including tracksters Butch Reynolds, Mark Croghan, Joe Green, and Stephanie Hightower. I have to get fit to run a whole kilometer with 3.5 pound torch in hand.

COMMENTARY

New York H.S. memories

The piece that Al Heppner did for us on the U.W. Parkside a couple of months ago caused some reflection on the part of long-time subscriber Andy Liles. In a letter to Al, of which he sent a copy to the ORW, Andy says:

"I agree with you that the New York State high school program produced lots of good walkers, but I would like to correct some of the details that you provided. Tom Edwards graduated in 1980 from Monroe-Woodbury High School in Central Valley, New York, which is in Orange County, about 45 miles north of New York City. (Monroe-Woodbury is best known as the home of John Trautmann, 1992 Olympian at 5000 meters.)"

Edwards' high school teammates included racewalkers Tom Magee, Bill Lakis, and me. The three of us graduated from M-W in 1981. In 1980, I walked 1600 meters in 6:57, only to find that I was the fourth best walker in my school. We were very fortunate to have each other to train with and compete against. Magee was a New York State HS outdoor champion with a 1600 meter best of 6:29; he later walked 78 minutes for 10 miles as a freshman in college. Lakis was a New York State HS indoor champion with a 1600 meter best of 6:33 who placed fifth in the 1982 Junior National 10 Km. I won the Eastern States High School indoor mile walk, had a high school 1600 meter best of 6:38, and won the Junior National 10 Km in Bloomington, Indiana in 1982. Tom Edwards achieved the most success of the M-W walkers. His highlights included, as you probably know, third in the 1980 Junior Nationals in Knoxville, fourth place in the 1984 Olympic 50 Km Trials, and 23rd place in the Lugano 50 Km in 1983. The track coach at M-W in 1978-79, Dick Weis, was an excellent walking coach. Even though he left after only one year to coach the women's team at the University of Missouri, we all continued walking, mostly self-coached.

"It is true that there is a Long Island connection in this story. Gary Westerfield of State University of New York-Stony Brook and the Island Track Club always was extremely supportive and helpful, beginning when Tom and I were still in high school. Gary later coached Edwards at Stony Brook. Gary's recent award for contributions to walking certainly is well deserved.

"Racewalking was a scoring event in all high school track meets in New York in the late '70s and early '80s for both boys and girls. Besides Edwards, other male walkers who got their start in New York high schools include Tim Lewis, Dave McGovern, Troy Engle, Curtis Fisher, Paul Schwartzburg, Mike Rohl, Mark Fenton, Mel McGinnis, Don Lawrence, Mike Stauch, Ed O'Rourke, Peter Timmons, Michael Morris, and James Mann. I am not sure, but I think that Rob Cole, Doug Fournier, and Reggie Davenport also came from New York high school programs. On the women's side, Teresa Vaill and Lynn Weik came from the New York program. I am sure there are many others who I have not included. This really makes one wonder what would be possible if walking were a scoring event in high school track in all 50 states."

Judging and broadcasting

(The following comments of Martin rudow were pulled from the Internet Racewalk List and run in the February 1996 *Southern California Racewalking News*.)

Does anyone remember the superb coverage TV gave us from the 1972 Olympics? Since Larry Young was a known medal contender (having a bronze medal from 1968), they did a special segment on him and the sport; at least 5 minutes long. Then, they showed a lot of the 50 Km race as Larry repeated his bronze. Also, they showed quite a bit of the 50 Km in 1984, probably due to the large Hispanic audience in the U.S. and a Mexican winning the gold. Again a U.S. walker did well. Carl Schueler came in sixth. **Point:** They will show more of the sport when we have a medal contender. The chicken-and-egg syndrome.

OK? What about this year? Frankly, one of my fears about electronic media is that someone will show a lot of the walk and make a big point about how everyone is off the ground. This did happen in 1992, and it was worse than just "off the ground." I was afraid that the coverage and commentary would affect the sport in the public's eye enough to really hurt its future. Though there proved to be no direct effects, I can't help but think that the

sport has suffered in the eyes of the serious track fans who saw the telecast on the enhanced package.

The suggestion of educating the commentators is a good one. I will take this on as a personal mission, and will have some credibility since I am one of the walk judges at Atlanta. Working through official channels is best, although one wonders how much of what you send the media will really reach the right parties. Perhaps it will be possible to reach the commentators on a one-to-one basis. I actually did this in 1988 underneath the stands at Seoul. But again, the damage had already been done. Many of us remember the outrageous way Bob Costas ridiculed the short clip they showed of the 50 Km.

Final thought: Would you rather have no coverage than poorly informed, even mocking coverage? I prefer no coverage. Remember, television has no interest in being fair or in helping our sport. All the commentators care about is ratings and calling attention to themselves. If they can use us for comic relief or sensationalism (Walk Champ Was Running in Race"), they will. Better nothing than a repeat of that.

(Ed. Martin's comments remind that I have never seen any commentary on coverage of last year's World Cup walks on ESPN2. We didn't have ESPN2 on our cable at that time, so I didn't get to see it. However, I had spoke on the phone with Larry Rawson, who was the TV commentator, and supplied with what information I could on very short notice. He called me a couple of days before he was scheduled to do the voice over trying to learn what he could about the sport. He seemed very sincere and I received a nice note from him later thanking me for my help and indicating he had drawn on what I provided. But, I have never heard anything about how well they covered the event. Anyone have a tape of it or care to comment?)

Judging seminar summary

(Following is a summary of a judging seminar held as part of Racewalk Committee sessions at the USATF National Convention last fall. It is written by session presenter Ron Daniel, IAAF Judge and USATF Racewalk Judges Subcommittee Coordinator.)

More than 50 judges, athletes, and others attended the session, which focused on bringing attention to the issue of consistency among judges at racewalks. Topics discussed were the difficulties in judging with the new rules, a procedure to help determine when to give a caution, and giving the benefit of the doubt to the athlete.

Definition of consistency. If there were 100 judges watching the same walker at the same place on the course, they would all make the same observation on their judging cards.

Judges are reminded that the judging process is a visual sampling of several consecutive strides. Therefore, any single stride event appearing to be a violation should be considered an aberration unless that single stride event repeats itself several strides later.

Difficulties judging by the new rules. The most significant change to the rules applies to the leg straightening requirement. It is now required that the walker's advancing leg be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until in the vertical upright position. The difficulty may exist in accurately observing that "first moment". The eye must now simultaneously detect ground contact (most likely with the foot) and leg straightening, both occurring more than 12 inches apart,

all in a split second. Previously, the judge had several milliseconds to watch a planted foot/leg as it moved into the vertical position.

An additional difficulty is presented when a walker is using a technique that has his or her advancing leg actually accelerating backward into the ground. Lastly, while the heel is expected to make first contact with the ground, some walkers may have a short stride in front of their center of gravity and appear to be landing flat-footed. This is not necessarily an infraction.

Determining when to give a caution. The "old" warning of showing the white paddle is now a *caution*. Consider that with video equipment, the exact moment that a racewalker is in violation of either the leg straightening or loss of contact rule can be detected, which is the boundary between legal and illegal walking. A rule violation takes place at a finite time.

Also, imagine that with some other sophisticated equipment, the progression of a legal walker can be tracked in such a way as to be able to detect subtle changes in the walker's technique. These might be changes related to fatigue or biomechanical stresses or anything that is causing a deterioration of the walker's technique. With this kind of equipment, we could chart a walker's condition on either side of the legal/illegal boundary, and even detect when the walker approached the boundary.

Unfortunately, as judges, we don't have either of these pieces of technology at our disposal. In fact, we are mandated to make our decision using only our unaided eyes. What are we to do to make meaningful caution calls?

Let's try to answer that using two imaginary walkers as examples. The first is a "very" legal walker, who, by our observation, we suspect is deteriorating. Our observation leads us to believe that *this walker is moving toward becoming illegal*, i.e., in danger of becoming illegal. This is the condition for a caution. Our second *legal* walker always walks right on the edge. He or she may at times be more marginal than our first walker, but may never display any visible signs of deterioration or technique change. In effect, this walker never progresses toward the legal/illegal boundary, meaning we should give no caution.

What about the walker who has crossed over the boundary (now illegal), but is still in that fractional time frame that occurs faster than is visible to the unaided eye? This is easier because, yes, if you can't see it, you must not call it. But, this is another condition for the caution.

Benefit of the doubt. In many ways, you are to let your conscience be your guide. An event is not a judging contest. More calls are not necessarily a sign of better judging.

The preceding discussion embodies the element of the benefit of the doubt that is to be given to the athlete. In other words, don't judge a single stride infraction. Don't judge effects caused by something out of control of the athlete. Don't judge extraneous movements of the body, arms, head, or legs. Better consistency can be obtained by applying the foregoing methodology to one's judging practices.

The Cumming's file

(Excerpted from the book *Walking for Road and Track* by George Cummings, billed as the world's greatest and fastest walker. It was published sometime in the 1920s by Link House Publications, Ltd., in London. This is not the first time I have borrowed from

it, but it has been a long time since I have done so. This is taken from his final chapter "Road Adventures.")

A few years ago a certain Leicester newspaper correspondent wrote: "I wish Mr. George Cummings, the famous long-distance walker, would refrain from wearing shell-rimmed glasses and hair like G. K. Chesterton. Last night when I chatted to him at his hotel in Leicester, I had to keep closing my eyes and whisper to myself, 'You're George Cummings, the man who's going to walk a thousand miles,' in order to dispel the illusion that he was a professor of entomology, or a teacher of minuet music from Kew."

One would hardly suspect a grey-haired man of being capable of phenomenal walking feats, but, all the same it is true I became the World's Champion at walking and broke the one hour's record at the age of 59! I covered almost 8 1/4 miles in the hour, beating the previous record, held by Meagher, the American, by no less than 43 1/2 yards. I also held records varying from 1 to 420 miles.

(Ed. note: Cummings was a professional walker so you won't find him in the record books. But here are the records he lists at the start of his book:

Apart from beating horses running while he walked, George Cummings has put up the following world's records:

Walked 1 mile in 6:22

London - Edinburgh, 420 miles in 82:05

London - York, 200 miles in 37 hours

Walked 8 miles 345 yards in 1 hour at age 51 (Says at age 59 in the text, as seen above.)

London - Burton, 135 miles in 23:50

London - Leeds, 202 1/4 miles in 39:30

Walked 14 1/2 miles in 2 hours at age of 56)

On one occasion I was training near a foomour racing center, and I was out for a good long walk dressed in ordinary clothes, not in singlet and shorts; I was swinging along the highway when I noticed a very smart-looking pony and trap which, I found out later, belonged to the head lad of a certain racing establishment. As he passed he asked if I wanted a lift, but as I did not want to dry off until I reached my bath, I thanked him and replied that I was in a hurry. He looked at me and then applied the whip to his pony, the animal shooting forward. With a grin to myself, I set off after him, making ood time. The pony drew more and more ahead, but I wasn't worrying at all, I knew that the hill ahead would probably enable me to pass him.

It happened as I had thought, and I came into the town an easy winner. I was in my bath by the time the pony and trap reached the hotel where I was putting up.

When I came downstairs, the driver of the trap was talking about his experience to a number of folk in the smoking room, and they looked slyly at each other as they chipped him about his pony, one offering to purchase it for his children rather than hear of it being destroyed.

Another man and horse story may not be out of place. At one time, I was a boiler-maker by trade, and my firm had sent me from Middlesborough to Barrow-in-Furness to do a job there. I was a comparatively young man and, although I realized by capabilities as a walker, I had not then taken up walking as my profession.

When I reached Barrow, I found the first engineers' lockout strike in this country in progress and I thought that the best thing I could do would be to return to Middlesborough. I had recently heard that somebody had walked the distance in a week, so I took up the challenge that it could not be done in 4 days. Actually, I did it in 42 hours.

During the walk, I had stopped to have some bread and cheese at a village inn, and I saw a pony and trap which belonged to a man in company with two ladies, one his wife and the other his daughter. They also were having lunch, and they finished their meal some time before I did. When I was ready to start off again, the trap with its occupants was some 100 yards on its way. To amuse myself, I started out to make up leeway on it, but it was not until we came to the first hill that I succeeded.

The daughter, sitting at the back of the trap, could see me gaining ground, and she became more and more surprised as I drew nearer. She then entered into the fun of the thing and urged her father to get the pony to go even faster. The advantage was mine, however, for near the top of the hill I passed them. As I strode past, still going strongly, I heard the daughter call to her father, "Ask him to give us a pull, Daddy!"

LOOKING BACK

30 Years Ago (From the March 1966 ORW)--Rudy Haluza launched what was probably his most successful year in racewalking (although his fourth place finish in the 1968 Olympics was the single highlight) with a storming last lap to nip Don DeNoon in the National Indoor 1 Mile. In Albuquerque's altitude, DeNoon's very fast early pace proved to be his downfall. Going through 440 in 1:31 and 880 in 3:06, DeNoon was nearly 50 yards up on Rudy, who had 1:38 and 3:18. However, Rudy maintained his pace, while DeNoon staggered through a final quarter in 1:53. Gaining 20 yards on the final lap, Haluza caught his struggling opponent at the line to win in 6:39.2. Ron Daniel was third in 6:43.8, with Larry Walker fourth. . . Ron Laird, only fifth in the mile, earlier broke three American records in a San Diego race. He covered 15 miles in 1:57:36, 25 Km in 2:02:01, and did 15 miles, 501 yards in 2 hours. . . DeNoon set an American outdoor 2 Mile record of 13:38.6, also in San Diego.

25 Years Ago (From the March 1971 ORW)--Tom Dooley did a 20 Km in 1:32:33 in San Francisco. . . Although well behind Dooley in that 20 Km, Goetz Klopfer shone in a Seattle race, setting American records at 15 miles, 25 Km, and 2 Hours--1:52:44, 1:56:53, and 15 miles 1578 yards. However, since he was in a 20-mile race that he failed to finish, he never got the times in the book. . . Greg Diebold won the IC4A 1 Mile indoors in 6:51.8. He also had a 6:37.6 for 1 Mile in Albany, N.Y., edging Ron Kulik.

20 Years Ago (From the March 1976 ORW)--In the National Indoor Meet, veteran Ron Laird captured the 2 mile in 13:37 and Sue Brodock won the women's 1 Mile in 7:12.7. Although he controlled the race throughout, Laird was only 1.6 seconds ahead of Larry Walker and Todd Scully at the finish. Ron Daniel and Dave Romansky were also under 13:50 in a tight finish. The Ohio Track Club's Laurie Tucholski was second to Brodock in 7:39.6. . . Laird and Scully journeyed to Leningrad with the U.S. track team, but couldn't quite cope with the Soviets. Yevgeniy Yesyukov won in 20:21.8 (5 Km) with Alexis Troitski close behind in 20:31.6. Scully had 21:06.1 and Laird 21:56.2. . . Jim Heiring won

the NAIA Indoor 2 Mile in 14:07.3, breaking his own meet record. Carl Schueler was second in 14:49. . . On his way from Leningrad to Mexico, Mr. Laird stopped off in Springfield, Ohio for a friendly 6 miler, winning handily in 44:39. In a battle of aging Jacks, Mortland beat Blackburn 49:39 to 50:00. Larvie Tucholski did 51:56. . . Larry Walker won the LA Times Indoor 1 Mile in 6:28.1.

5 years Ago (From the March 1991 ORW)--Carl Schueler captured the U.S. 50 km title for the sixth time in Long Beach. (Larry Young won eight.) Carl's 4:11:03 put him better than 2 minutes clear of Marco Evonkuk at the finish. Third in 4:15:13 was Eugene Kitts, on the far side of 40. Paul Wick and Tim Lewis followed, both under 4:20, with Dan O'Connor, Herm Nelson, and Bob Briggs going under 4:25 and Mark Manning just missing. . . In a U.S.-Great Britain Indoor track meet, Victoria Herazo edged Britain's Julie Drake in an exciting 3 Km. Victoria had 13:28.05 to Julie's 13:29.73. Susan Liers was fourth. Doug Fournier completed a U.S. sweep of the walks, winning in 11:34.24, 9 seconds ahead of Britain's Mark Easton. Tim Seaman was fourth in 11:50.71. . . Fournier also won the Millrose Games 1 Mile in 5:51.87, nearly 4 seconds ahead of Curtis Fisher, with Don Lawrence edging Seaman for third, both under 5:58.

We have nothing above from 1981 and 1986 issues, because there wasn't a lot of exciting news. However, we carried the following two items in the March 1981 issue, and they seem worth repeating for their anecdotal value. Particularly the 1896 item that predicts the demise of our sport.

From the book *Track Athletics*, by Albert Lee, Harper Brothers, New York, 1896:

One Mile Walk (p. 41)--This event is the least athletic of any on the schedules and will be doubtless dispensed with in a year or two. There are few exercises for the general run of men any better than walking. . . but "athletic" or "heel-and-toe" walking is exaggerated, artificial, and of no particular benefit. It is not harmful, of course, because it is exercise and all normal exercise is beneficial. . . (p. 45) Walking has fallen somewhat into disrepute of late, because unscrupulous athletes, proficient in the heel-and-toe method, can frequently run without appearing to alter their form, and when the judge of walking is not at their very heels, they travel rapidly, but unfairly, over the course. But this is not sport."

From the *New York Daily Mirror*, May 31, 1942:

If you think you're being abused because you are forced for one reason or another to walk more these days, get a load of Jim Hocking, the man who never once during his 85 years has been nicknamed "Hitch". With the help of Ray Van Cleef, the Hotel New Yorker's rub-downer par excellence, we have some of Hocking's feats at hand.

Hocking has walked a quarter of a million miles, without replacements. When he was a sprightly lad of 61, he walked from Times Square to the City Hall in Philadelphia, 97 miles, in 19 hours and 16 minutes. Seven years later, he strolled from New York to Chicago in 17 days, 11 hours. It took him only 83 walking days the time he ankled from Coney Island to San Francisco. Sergeant John Walsh, when 61, did the same 3,684 miles in 85 days, didn't like San Francisco, did an about face, and walked back. Made nice time coming back: 91 days. Jim Ennis is another who contracted the same curious siege of vagabondia at Coney Island and immediately lit out for San Francisco.

Last year, at the age of 84, Hocking walked from Yonkers to Poughkeepsie, 61 miles, in 13 hours and 40 minutes. On his 84th birthday, he legged it from old Teaneck,

N.J., his home when not walking, and made it to Bear Mountain Inn, 55 miles away, in 12 hours. Edward Payson Weston, at 75, walked from Minneapolis to New York, 1,546 miles in 60 days.

So what are you griping about? Boy, call me a cab.

Information from the Internet on choosing racewalking shoes (continued from last month)

SECTION II—SHOE COMPANIES AND WEB SITES

Order Company Addresses

EASTBAY, INC. 427 Third Street Wausau, WI 54403 1-800-82-2205 (Orders) 1-800-628-2205 (Customer Service) 1-800-528-631 (Fax)

<http://www.eastbay.com/>

<http://www.pinnaclemall.com/SE/Eastbay/AGi.html>

1-800-826-2205

HOY'S SPORTS, 1632 Haight Street, San Francisco, CA 94117 1-800-873-4329 (Orders)

<http://www.best.com/blholmes/hoys/>

Open 10 a.m. - 6 p.m. Pacific

ROAD RUNNER SPORTS, 6150 Nancy Ridge Road, San Diego, CA 92121

1-800-551-5558 (Orders) rrunner@cts.com

1-800-662-8896 (Customer Service)

1-619-455-6470 (Fax)

SHOE COMPANY ADDRESSES

ADIDAS, 541 N.E. 20th St. Ste. 207, Portland, OR 97232 1-800-67-6638, 1-800-448-1796 (Customer Service)

REEBOK, 100 Technology Center Dr., Stoughton, MA 02072 1-800-843-4444 1-800-443-1357 (Orders) 9:30 AM-5:00 PM (EST). Mon

day-Friday

SHOE COMPANY WEB SITES

ADIDAS—<http://WWW.GLOBALSPORTS.COM/adidas> Canada:

NEW BALANCE—<http://www.newbalance.com/nb/>

REEBOK—<http://planetreebok.com/>

SAUCONY—<http://www.saucony.com/>

OTHER WEB SITES OF INTEREST

GOLDEN GATE WALKERS—<http://www.sfgate.com:80/-moored>

TEAM OREGON—<http://www.teleport.com/-teamore/>

USA TRACK & FIELD—<http://www.usatf.org/usatf/>

SECTION III—SHOE CONSTRUCTION

By removing the insole of the shoe, you can tell the type of construction of the shoe.

Slip lasted shoes have a sewn seam running the length of the shoe. They are the most flexible, yet are less stable. This construction is better for feet with high arches.

Board lasted shoes have a cardboard board running the length of the shoe. They are opposite the slip lasted shoe in that they are very stable, but are less flexible. This construction is better for flatter feet.

Combination lasted shoes have cardboard in the rear half and a seam up the front half. They are a compromise between slip and board lasted. They are more flexible than board lasted shoes, and more stable than slip lasted shoes.

OUTER SOLE The outer sole of the shoe would ideally be carbon rubber as that material is very durable. However, carbon rubber adds weight to the shoe and is not very flexible. A blown rubber outsole is very lightweight, but not very durable.

SHOE LAST If you look at the bottom of the shoe, you can tell what last the shoe is formed on. A **CURVED LAST** has a thin strip connecting the heel and ball of the foot. This construction makes the shoe light and flexible and is intended for people with a high arch. A **SEMI-CURVED LAST**, is more flexible than the straight last, yet more stable than the curved last. It has a wider It is intended for people with normal arches. A **Straight Last** is the least flexible and the most stable. It is intended for people with flat feet.

To tell what type of foot you have, and thus which last is probably best for you, take the simple Wet Test. Dunk your foot in water and then place it on a surface that will leave an imprint of your foot. If the ball and heel of your foot are not joined or are joined by a narrow band, then you have a high arched foot. If they are joined by a wide band, then you have a normal foot. If they are joined by a really wide band and have little flair where the arch should be, then you have a flat foot.

SHOE CATEGORIES

MOTION CONTROL (MC)—Motion control shoes are the most rigid shoes. They are designed to be inflexible because they are meant to limit overpronation. They are generally heavy, but durable. Many are built upon a straight last, and may have a dual density midsole, with the denser material on the inside of the foot to help correct for pronation. Primarily, motion control shoes are for overpronators and heavier people. Often people with flat feet do well in these shoes. The problem with most motion control shoes is that they tend to have a thick heel which makes walking in them the same as walking uphill with every step.

STABILITY—Stability shoes are a compromise type of shoe. They are more flexible than a motion control shoe while providing good support and durability. Often they are built upon a semi-curved last and may have a dual density midsole for support. Stability shoes are for people who do not have severe motion control problems and mid-weight people. They tend to have a thick heel as well, though not as thick as a MC shoe which makes walking in them the same as walking uphill with every step.

CUSHIONED SHOES—Cushioned Shoes generally have the softest midsoles, the least support, but are very flexible. Usually they are built upon a semi-curved or curved last. These shoes are for people who do not overpronate or need extra support. Often people with high arches do well in these shoes. Again, a thick heel makes it the same as walking uphill with every step.

LIGHTWEIGHT TRAINER/RACER—These shoes are lighter versions of standard trainers and are used for fast paced training or racing.

RACING FLAT—These shoes tend to have very little stability, cushioning, or durability. However, this also means that they have a low heel, are flexible, and are very light.

RACE WALKER—These shoes are built to accommodate the motion of race walking and are similar to racing flats. They tend to not have a thick midsole nor knobs or lugs on the outsole.

Ed Note: The compiler of this information—F. Paul Adams, Jr.—is a Subject Matter Specialist with the U.S. Corps of Engineers at the Waterways Experiment Station in Vicksburg, MS 39180. He is anxious to get input from race walkers on their experiences with different race walking shoes—good or bad. He also welcomes suggestions for improvement of the data or other comments. His Email address is: adams@kona.wes.army.mil He apparently is planning on sending out updates at least semi-annually over the Internet, and is willing to send the data to any racewalker with an email address.