

5 Km Titles to Lawrence, Seaman

Wilkes-Barre, Pa., August 25 (Reported by Colleen Smith)--Tim Seaman and Debbi Lawrence were the big winners in the USATF National 5 Km Racewalk Championships held here today. Taking advantage of favorable weather and a good course, both winners stormed to American and Championship records.

The 24-year-old Seaman, from North Babylon, N.Y., claimed his title in 19:59 with Dave McGovern hot on his heels in 20:07. "With 1500 meters to go, Dave took off on us," Seaman said. "Then, with 600 meters remaining, I caught Dave. I opened it up just a little after that. But a little is all you need for a win, and a win is a win."

Gary Morgan was not far back in third and was well clear of fourth place finisher, Curt Clausen. Seaman broke the American road record and Championship best of 20:12, set by Jonathan Matthews in 1994. Jim Heiring holds the American record on the track, 20:01.9, set in Columbus, Ohio in 1984.

Kenosha's 34-year-old Debbi Lawrence was an easy winner over Michelle Rohl in 21:15. Lawrence said that she wanted to work with Rohl side-by-side on pushing for some fast times. Defending titlist Victoria Herazo finished third. Lawrence was a minute under the American road record she set in 1991. Her American record on the track is 21:32.87. Rohl, who finished in 21:54, held the former Championship record of 22:27, which she did two years ago.

Master's titles went to 53-year-old Jim Carmines, New Cumberland, Pa., in 23:02, and Phyllis Hansen, Fords, N.Y. in 26:20. Very notable performances came from Josh Ginsburg, 19, Fredricksburg, Va., who captured seventh in 22:25 and 72-year-old William Flick, Corry, Pa., who finished in 28:23. The first ten in each event, which is what results we have, were:

Men: 1. Tim Seaman (24), North Babylon, N.Y. 19:59 2. Dave McGovern (31), LaGrange, Ga. 20:07 3. Gary Morgan (36), Clarkston, Mich. 20:23 4. Curt Clausen (28), Durham, N.C. 20:54 5. Al Heppner (22), Columbia, Md. 20:59 6. Don Lawrence (36), Kenosha, Wis. 22:16 7. Josh Ginsburg (19), Fredricksburg, Vir. 22:25 8. Tim Nicholls (36), Pembroke Pines, Fla. 22:28 9. Jim Carmines (53), New Cumberland, Pa. 23:02 10. John Soucheck (30), Little Silver, N.J. 23:03
Team: 1. Shore AC (Clausen, Soucheck, Curt Sheller) 67:05 2. LaGrange TC (Seaman, Mike Rohl, Shaun Foster) 67:37

Women: 1. Debbi Lawrence (34), Kenosha, Wis. 21:15 2. Michelle Rohl (30), LaGrange, Ga. 21:54 3. Victoria Herazo (37), Lilburn, Ga. 22:30 4. Kristen Mullancy 23:08 5. Maria DeRojas-Moulton (36) Mountaintop, Pa. 23:46 6. Lisa Sonntag (32), Indianapolis 24:24 7. Kaisa Ajaye (32), New York City 24:51 8. Margaret Ditchburn (22), North Babylon, N.Y. 25:31 9. Linda Dewitt (33), Stowe, Ver. 24:54 10. Monetta Roberts (37), Mobile, Ala. 23:55
Team: 1. Shore AC (DeRojas-Moulton, Gloria Rawls, Phyllis Hansen) 76:19

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Racewalkers Kati McIntire (above) and Deborah von Seutter (below) help carry the torch to Atlanta. (See item in "From Heel to Toe" in last month's issue.)

Yeager Easy Winner at 40 Km

Fort Monmouth, N.J., Sept. 8 (From Elliott Denman)--U.S. Navy chief petty officer Warrick Yeager covered 40 Km in 3:38:19 to win the 58th annual USAT&F 40 Km championship in a breeze. One place, behind, Curt Sheller of Asbury Park, N.J. improved from seventh last year to second in this one to win the first open division medal of his life in national championship competition.

Forty-two walkers from nine states took part in the challenging test and 28 finished the 20 laps around the Army post. At 42, Yeager, stationed in 29 Palms, Cal., has left his Junior Olympic eligibility far behind. But walking his way to the real Olympics remains his dream. "I'll be 46 in 2000, but I'm really going to shooting for the Games in Sydney," he said. "I'll really be ready for it by then."

A former distance running star at Northern Arizona University, Yeager is virtually self-taught as a racewalker. Stationed in Okinawa with plenty of time to train, Yeager studied a book on racewalking and quickly mastered the technique. The rest has been history. As a virtual unknown, he won the World Masters 40-44 gold medal in the 5 Km last summer in Buffalo, then walked his way into the '96 Olympic trials at 50 Km.

"I really cramped up badly the last couple of laps," said Yeager commenting on today's race. He has 10 Km splits of 50:38, 1:40:11, and 2:35:29. But he was never in danger after early threat Dave McGovern, the 1994 40 Km king, dropped out at the halfway mark. Sheller, 42, walked an even-paced race and come on strong over the second half as others faded. Al Leibold of Morland, Kan., snared third in 4:03:19, just 10 seconds ahead of Michigan's World 60s champion, Max Green. Results:

1. Warrick Yeager, US Navy 3:38:19 (1st 40-44) 2. Curt Sheller, Shore AC 3:59:57 (2nd 40-44) 3. Al Leibold, Morland, Kan 4:03:19 4. Max Green, Wolverine Pacers 4:03:29 (1st 60-64) 5. Chris Knotts, Miami Valley TC 4:04:13 (3rd 40-44) 6. Brian Savilonis, New England Walkers 4:08:48 (1st 45-49) 7. Malcolm Hall, Shore AC 4:28:32 (1st 50-54) 8. Alan Price, Potomac Valley 4:32:06 (2nd 45-49) 9. Dr. Pat Bivona, Park Walkers USA 4:34:28 (1st 55-59) 10. Benno Stein, Park Walkers USA 4:36:32 (2nd 55-59) . . 14. Bob Mimm, Shore AC 4:53:13 (1st 70-74) . . 22. Tim Dyas 5:26:08 (1st 75-59) Team: 1. Shore AC (Sheller, Hall, Mimm) 13:21:21 2. Miami Valley TC (Knotts, Al Cowen, Jack Blackburn) 13:24:44 Women: 1. Maureen Robinson, New England Walkers 4:34:50 (1st 40-44) 2. Sandy Rubel, Shore AC 5:11:50 (1st 45-49) 3. Nancy Linky, Shore AC 5:13:22 (2nd 45-49) 4. Fran Emanuel, Shore AC 5:18:56 (1st 50-54)

(Ed. Elliott Denman has done a terrific job of putting on this race for many years, but he can't make the athletes come. And again, the question arises about a national championship race for which only one member of the national team appears and nine of the first ten finishers are in the master's category--and few of the top masters competitors were even there. I'm not questioning this race in particular, but just the participation in any of the off-distance championships. Comments welcome.)

OTHER RESULTS

National Masters 5 Km and open, Kingsport, Tenn., Sept. 14--Jonathan Matthews, who just turned 40 in July, took advantage of his new senior status to walk off with the National Masters title in a record 20:45. The old Championship mark was 22:21, set by Ray Funkhouser in 1993. Perhaps this made up some for a disappointing 1996 in which injury kept him from a legitimate shot at the US Olympic team. Jonathan has apparently moved from Stanford to the U. of Indiana, as he is listed as competing out of Bloomington, Indiana. (He hasn't sent me an address change,

however.) In the Open Division, Dave McGovern was shooting for Tim Seaman's national record set three weeks earlier, but fell short of his own time in Wilkes-Barre as he won in 20:27. Michelle Rohl won the Women's Open Division, finishing sixth overall in 22:40, and beating Victoria Herazo by 9 seconds. Overall results, with ages in brackets: 1. Dave McGovern (31), LaGrange, Ga. 20:27 2. Jonathan Matthews (40), Bloomington, Ind. 20:45 3. Gary Morgan (36), Clarkston, Mich. 21:14 3. Curt Clausen (28), Durham, N.C. 21:23 5. Ian Whatley (37), Greenville, S.C. 21:29 6. Michelle Rohl (30), LaGrange, Ga. 22:40 7. Mike Rohl (31), LaGrange, Ga. 22:46 8. Victoria Herazo (37), Lilburn, Ga. 22:49 9. Don DeNoon (53), Carbondale, Ill. 23:18 10. Keith Luoma (34), Martinez, Ga. 23:46 11. Ray Funkhouser (45), Toms River, N.J. 24:39 12. Gene Ophem (50), Tallahassee, Fla. 25:04 13. Tom Flora (34) Kingsport, Tenn. 25:04 14. Bruce Booth (48) Salem, Vir. 25:07 15. Sally Richards (44), Evergreen, Col. 25:53 16. Monetta Roberts (37), Mobile, Ala. 26:08 17. Douglas Johnson (46), Morganfield, Ken. 26:14 18. Ed Fitch (35) Mechanisburg, Ohio 26:16 19. Victor Sipes (53), Detroit 26:18 20. Gloria Rawls (39), Mountaintop, Pa. 26:37 21. Jeanette Smith (47), Indianapolis 27:11 22. Andrew Smith (46), Whittier, N.C. 27:12 24. Teresa Aragon (50), Sante Fe, N.M. 27:19 24. Sally Evenden (53), Knoxville, Tenn. 27:34 25. Gene Miller (52), French Creek, W.V. 27:35 26. Jackie Jessup (48) Indianapolis 27:46 27. Dick Petruzzi (63), Carmichael, Cal. 27:52 28. Tish Roberts (47), Aishers, Ind. 28:27 29. David Wade (40), Kingsport, Tenn. 28:37 30. Michael Bird (48), Indianapolis 28:55 31. Paul Cajka (43) Virginia Beach 29:15 32. Elton Richardson (58), New York City 29:16 33. Ray Everson (61), Mooresville, Ind. 29:43 34. Mike Michel (65), Lynn, N.C. 29:57 35. Rosemary Wiles (45) Kingsport, Tenn. 30:00 37. Cedric Hustace (62), Evansville, Ind. 30:15 38. Bob Steward (63), Indianapolis 30:37 38. Judy Witt (47), Midlothia, Vir. 30:39 40. Martitia Beach (47), Tallahassee, Fla. 30:39 (57 finishers) (Old course records: 20:54, Gary Morgan; 22:48, Victoria Herazo.)

National Youth Championships, Salt Lake City, July 3-7--Bantam Girl's 1500 meters--1. Sarai Boyle 9:07.68 2. Valerie Garza 9:39.24 Bantam Boys 1500--1. Ryan Mazur 10:05.56 2. Nathan Benson 10:12.70 Midget Girls 1500--1. Tikecia Downs 9:16.48 2. Keri Leombruno 9:21.58 3. Larisa Benson 9:25.12 Midget Boys 1500--1. Ben Bean 8:24.23 2. Michael Collins 8:33.52 3. Scott Boyle 8:41.61 Youth Girls 3000--1. Elizabeth Paxton 17:08.26 2. Kimberlee Smith 17:44.27 3. Melissa Garza 18:26.40 Youth Boys 3000--1. Tristan Ruoss 15:24.43 2. Matt Van 17:02.75 3. Jacob Delebut 18:30.12 Ineetmediate Girls 3000--1. Amy McMurtrey 17:36.20 2. Lara Ruoss 17:55.87 3. Nicole Ciomek 18:31.37 Intermediate Boys 3000--1. Louis Cuellar 16:19.17 2. Nathan Williams 16:56.91 3. Justin Thorne 18:18.66 Young Womens 3000--1. Maria Ruoss 15:20.98 2. Erin Taylor 18:10.09 Young Mens 3000--1. Justin Christensen 20:39.56 **National Junior Olympics, Houston, Texas, July 23-28**: Bantam Girls 1500--1. Sarai Boyule 8:17.30 2. Robyn Lee 8:44.20 3. Alyssa Guerres 8:46.35 Bantam Boys 1500--1. Dominic Boyd 7:58.16 2. Jason Wettlin 8:22.21 3. Trevor McGuire 8:32.97 Midget Girls 1500--1. Cassie Woodley 8:04.37 2. Corrine Atkinson 8:48.71 3. J. Spezzacatena 8:55.71 Midget Boys 1500--1. Scott Boyle 7:36.47 2. Michael Lee 8:14.67 3. Jensen Scott 8:16.85 Youth Girls 3000--1. Ericka Akeret 15:33.84 2. Brandy Woodley 15:41.13 3. Elizabeth Paxton 16:43.75 Youth Boys 3000--1. Eric Tonkyn 16:17.43 2. Javin Martin 16:26.16 3. Eric Smith 17:13.36 Intermediate Girls 3000--1. Ketherine Rulapaugh 16:00.43 2. Emma Carter 16:17.42 3. Virginia Jones 16:25.36 Intermediate Boys 3000--1. Jim Heys 15:00.71 2. Peter Brown 15:15.98 3. Nathan Williams 15:57.88 Young Womens 3000--1. Denise Mondragon 16:04.44 2. Erin Taylor 17:30.64 Young Men 3000--1. Scott Crafton 14:22.39 2. Shaun Foster 16:08.11 3. Brian Daly 17:44.83 **CADL Invitational, LaVal, Quebec, July 7**: Women's 5 Km--1. Martine Rainville, Can. 24:45.3 2. Micheline Daneau, Can. 25:09.4 3. Samantha Cohen, US (Junior) 25:47.6 4. Marina Crivello (Junior) 26:17.1 5. Keri Cohn, USA (Jr.) 26:41.6 6. Joanne Fox 27:04.6 Men's 10 Km--1. Martin St. Pierre 41:33.6 2. Gordon Mosher 45:14.5 3. Josh Ginsburg, USA (Jr.) 48:19.9 4. Brian Colby, USA (Jr.) 48:28 **North and Central America and Caribbean WAVA**

(Veterans) Championships, Eugene Ore., Aug. 21 and 23: Men's 5 Km: 35-39--1. Brad Lau, Hawaii 26:59 40-44--1. Robert Frank, Ore. 26:46 2. Doug Vermeer, Ore. 28:39 45-49--1. Gene Ophem, Fla. 25:46 2. Robert Novak, Wash. 26:25 50-54--1. Kirk DeFord, Ore. 30:07 55-59--1. Ed Kousky, Ore. 25:24 2. John Schulz, Cal. 28:16 60-64--1. Max Green, Mich. 25:26 2. Jack Bray, Cal. 25:30 3. Stuart Summerhayes, Can. 28:01 65-59--1. Bob Fine, Fla. 30:08 2. John Kelly, Cal. 32:27 70-74--1. Bob Mimm, N.J. 30:53 75-79--1. Paul Geyer, Minn. 36:34 80-84--1. Bill Tallmadge, Ken. 35:09 2. Bill Patterson 36:27 Men's 10 Km: 40-44--1. Vermeer 49:47 2. Frank 56:08 45-49--1. Ophem 54:30 2. Novak 54:59 3. Art Grant, Alaska 61:40 50-54--1. K. De Ford 63:26 60-64--1. Green 52:59 2. Bray 53:43 3. Dick Petruzzi 57:49 4. Summerhayes 57:59 65-59--1. Fine 67:30 70-74--1. John Snaden, S.C. 83:58 Mimm DQ 75-79--1. Geyer 77:37 80-84--1. Patterson 76:10 Women's 5 Km: 35-39--1. Kelly M-Glenn, Idaho 27:07 40-44--1. Connie Tapp 31:08 45-49--1. Sue Laks, Ore. 31:07 50-54--1. Jolene Steigerwalt, Cal. 29:59 2. B. Steffens, Hawaii 30:28 55-59--1. Beth Young-Grady, Ind. 32:09 60-64--1. Bev LaVeck 29:34 65-59--1. Ruth Eberle, Missouri 29:55 70-74--1. Joan Rowland, N.Y. 35:44 Women's 10 Km: 35-39--1. M-Glenn 60:59 50-54--1. Steigerwalt 60:40 55-59--1. Grady-Young 66:29 60-64--1. LaVeck 59:30 2. June-Marie Provost, Can. 64:48 65-59--1. Eberle 62:07 **38th Win Benton 11.7 Mile, Taunton, Mass., Aug. 26**--1. Brian Savilonis 1:47:59 2. Joe Light 1:53:12 3. Paul Schell 1:59:34 4. Meg Savilonis 2:00:15 5. Charlie Mansbach 2:00:49 6. Mary Claire Hess 2:09:23 (11 finishers. Race was unjudged, but they thing they were legal.) **Cheetah Chase 5 Km, Providence, R.I., Setp. 15**--1. Joanne Dow 23:13 2. Stanley Sosnowski (46) 27:49 3. Robert Ullman (47) 27:57 4. Larry Titus (47) 29:31 5. Robert Luby 29:37 6. Pamela Powers (42) 29:43 (33 finishers) **5 Km, Atlanta**--1. Dave McGovern 20:55 2. Mike Rohl 23:08 3. Shaun Foster 26:55 4. Bob Torstrick (48) 28:15 5. Dan Strohl (49) 29:17 Women: 1. Denise Jacobson 30:04 **5 Km, Orlando, Florida, Aug. 18**--1. C.S. MonteCarlo 28:47 2. Phil Brown 30:41 **Florida State 3 Km, Miami, Sept. 10**: 1. Juan Yanes (45-49) 16:45 2. Bob Cella (55-59) 17:03 3. Bob Fine (65-59) 17:48 Women: 1. Linda Stein (45-49) 16:36 2. Donna Pape (40-44) 17:59.2 **5 Km, Miami**--1. Tim Nicholls 22:25 2. Ron Raymond (50-54) 28:35 Women--1. Rosie Sidelko (40-44) 29:45 2. Elizabeth Nelson (45-49) 29:48 3. Judy Altman (50-54) 30:16 **3 Km, Pasadena, Tex., June 9**--1. Alison Hartney 17:58.2 **1 Mile, Houston, June 14**--1. Lisa Chumbley 8:23 2. Josh Zunigo 8:40 **1 Mile, Houston, June 28**--1. Chumbley 8:13 2. Dave Gwyn 8:32 **1 Mile, Houston, July 12**--1. Chumbley 8:09.8 **1 Mile, Houston, July 26**--1. Bob Watson 8:07.3 **1 Mile, Houston, Aug. 2**--1. Jay Byers 7:38.55 2. Lisa Chumbley 7:47.90 3. Bob Watson 8:24.10 **5 Km, Pasadena, Tex., Aug. 16**--1. John Knifton (56) 26:58.6 2. Lisa Chumbley (20) 27:01 3. Dominic Byrd (10) 31:49 **5 Km, Nassau Bay, Texas, Sept. 8**--1. Dave Gwyn 28:43 2. Lojza Vosta 28:46 **5 Km, Lafayette, Col., June 20**--1. Dan Pierce 26:53 2. Daryl Meyers (53) 28:38 3. Marianne Martino (46) 29:05 **5 Km, Ft. Collins, Col., July 21**--1. Alan yap (53) 26:39 2. Lonnie Schreiner (53) 26:56 **8 Km, Denver, July 4**--1. Patty Gehrke 45:59 2. Marianne Martino 47:31 **5 Km, Denver, July 25**--1. Mike Blanchard 26:16 2. Peggy Miiller (42) 28:21 3. Nicki Miller 29:26 **5 Km, Ft. Collins, Col., Aug. 3**--1. Dan Pierce 26:46 2. Steve Santana (45) 29:14 **olorado State Games, Cherry Creek State Park, Aug. 3**: **5 Km**--1. Mike Wiggins (47) 24:51 2. Daryl Meyers 30:46 **10 Km**--1. Mike Blanchard 53:49 2. Peggy Miiller (41--which is strange since she was 42 on July 25, or so it says above) 58:05 **Rat Race 5 Km, Ault, Col., Sug. 31 (Unjudged)**--1. Lonnie Schreiner (52) 26:57 2. Don Lake (50) 29:42 3. Beth Miller 29:59 **5 Km, Denver, Aug. 11**--1. Sally Richards (43) 26:55.9 2. Chris Vanoni (45) 29:45 **Doc Tripp 10 Km, Broomfield, Col., Aug. 18**--1. Debby Van Orden 50:28 2. Alan Yap (54) 55:34 3. Scott Richards (46) 55:56 **5 Km, Loveland, Col., Aug. 23**--1. Alay Yap 26:12 2. Lonnie Schreiner 26:42 3. Christine Vanoni 28:02 4. Daryl Meyers 28:40 **5 Km, Denver, Aug. 25**--1. Mike Blanchard 25:56 2. Kevin Molick (43) 28:41 **5 Km, Ft. Collins, Col., Aug. 31**--1. Mike Blanchard 25:02 2. Alan Yap 25:21 3. Scott Richards 24:46 4. DanPierce (40)

26:18 5. Sally Richards 26:24 6. Brad Bearheart 26:42 7. Lonnie Schreiner 26:44 8. Karen Davis (47) 28:29 9. Jim Crafton (45) 28:30 10. Steve Santana (45) 29:02 11. Nicki Miller 29:24 12. Terence Jones (45) 30:13 **5 Km, Denver, Sept. 1--1.** Kevin eastler (18) 23:02 2. Mike Blanchard 26:17 3. Daryl Meyers 29:33 **Western Regional 15 Km, Albuquerque, Sept. 1--1.** Rob Cole 1:08:40 2. Andrzej Chylinski 1:09:50 3. Curtis Fisher 1:13:38 4. Theron Kissinger 1:16:04 5. Vince Sheehan 1:16:21 6. Norm Frable (51) 1:22:54 7. Louis Jaramillo (40) 1:25:33 8. Winston Crandall (56) 1:29:34 9. Robert Reedy (54) 1:30:28 10. Peter Armstrong (51) 1:30:40 11. Iris Delpilar (43) 1:31:25 12. Dirce Grauke (40) 1:31:26 13. Jackie Kerby-Moore 1:32:35 14. Denise Mondragon (16) 1:35:00 15. Glenda Muirhead (45) 1:35:53 16. Ken Uecker (59) 1:36:28 (25 finishers, 2 DQs, 1 DNF) **5 Km, same place--1.** Art Ortega 28:09 2. Mark Adams (57) 28:35 3. Ellen Roche 28:48 (30 finishers) **5 Km, Deming, N.M., Aug. 24--1.** Theron Kissinger 23:44 2. Art Ortega 27:51 3. Alex Woelper 28:18 4. Mark Adams 28:28 5. Teresa Aragon 28:49 6. Ken uecker 29:52 (13 finishers) **10 Km, Carson City, Neva., Aug. 25--1.** Bill Penner 59:32 2. Fred Belt 62:03

World Junior Championships, Sydney, Australia: Men's 10 Km, Aug. 22--1. Francisco Fernandez, Spain 40:38.25 2. David Marquez, Spain 41:03.73 3. Nathan Deakes, Australia 41:11.44 (no U.S. athletes qualified) **Women's 5 Km, Aug. 24--1.** Irina Stankina, Russia 21:31.85 2. Olga Panferova, Russia 21:52.27 3. Claudia Iovan, Romania 21:57.11. . .23. Anya-Maria Ruoss, US 25:43.48 24. Alison Zabrenski, US 26:56.56 (Not too much of a challenge, who won last year's World Championship 10 Km at age 18, but was disqualified in the Atlanta Olympics while challenging teammate Nikolayeva for the gold.) **10 Km, Sdr. Omme, Denmark, May 25--1.** Claus Jorgenson 40:29 **20 Km, Odense, Den., June 1--1.** Jorgensen 1:30:57 **European Community Racewalking Championships, Copenhagen, June 22:** 20 Km--1. Jose Urbano, Port. 1:22:27 2. Claus Jorgensen, Den. 1:22:55 3. Joao Viera, Port. 1:23:49 4. Juan Antonie Porras, Spain 1:25:09 5. Stefan Johansson, Swed. 1:26:16 6. Benjamin Leroy, Belgium 1:26:48 **Women's 10 Km--1.** Susan Feitor, port. 43:37 2. Isilda Goncalves, Port. 47:20 3. Elina Salvador, Italy 49:33 **Men's 35 Km, May 26--1.** Dirk Nicque, Bel. 2:47:32 2. Harold vanBeek, Neth. 2:49:49 3. Benjamin Leory, Bel. 2:50:44 4. Henk Plasman, Neth. 2:50:49 5. Pedro Huntjens, Neth. 2:51:03 6. Jacob Sorensen, Den. 2:52:14

Olympic Women's 10 Km (incomplete results last month)--1. Yelena Nikolayeva, Russia 41:49 2. Elisabetta Perrone, Italy 42:12 3. Yan Wang, China 42:19 4. Yan Gu, China 42:34 5. Rossella Giordano, Italy 42:43 6. Olga Kardapolitseva, Belarus 43:02 7. Kartazyna Radtke, Poland 43:05 8. Valya Tsybul'skaya, Belarus 43:21 9. Maria Urbanikne Rosza, Hungary 43:32 10. Yelena Gruzina, Russia 43:50 11. Annarita Sidoti, Italy 43:57 12. Kerry Saxby-Junna, Australia 43:59 13. Susana Feitor, Portugal 43:59 14. Michelle Rohl, USA 44:24 15. Kathrin Boyde, Germany 44:50 16. Sari Essayah, Finland 44:50 17. Natalya Misulya, Belarus 45:11 18. Graciela Mendoza, Mexico 45:13 19. Anne Manning, Australia 45:27 20. Debbi Lawrence, USA 45:32 21. Svetlana Toistaya, Kazakhstan 45:35 22. Anita Liepina, Latvia 45:35 23. Deirdre Gallagher, Ireland 45:47 24. Annastasia Raj, Malaysia 45:47 25. Janice McCaffrey, Canada 45:47 26. Jane Saville, Australia 45:56 27. Aniko Szerbensky, Hungary 45:57 28. Maria Vasco, Spain 46:09 29. Norica Cimpean, Romania 46:19 30. Tatyana Ragozina, Ukraine 46:25 31. Nathalie Fortain, France 46:43 32. Tina Poitras, Canada 46:51 33. Vicky Lupton, Great Britain 47:05 34. Geovanna Irueta, Bolivia 47:13 25. Maya Sazonova, Kaz. 47:33 36. Valerie Nadaud-Leveque, France 47:49 37. Sonata Milusanauskaitė, Lithuania 48:05 38. Kado Delic, Bosnia. DNF--Encarna Granados, Spain. DQ--Hongmiao Gao, China; Beate Gummelt, Germany; Victoria Herazo, USA; Yuka Mitsumori, Japan; and Irina Stankina, Russia.

Racewalking adventures await you at these sites

- Sat. Oct. 5 3 Mile, Atlanta (D)
WAVA North and Central American and USATF South Region 8 Km Championship, Columbia, S.C. (I)
5 Km, New Orleans, 8 am (X)
5 Km, Kalamazoo, Mich., 9 am (N)
5 Mile, Indianapolis (V)
- Sun. Oct. 6 5 Km, Coconut Grove, Fla., 8 am (Q)
1 Hour, Alexandria, Vir., 10 am (J)
13.1 Miles, Long Branch, N.J. (A)
- Sat. Oct. 12 5 Km, Atlanta (D)
5 Km, Seattle, 9 am (C)
5 Km, Indianapolis (V)
- Sun. Oct. 13 5 Km, New Orleans, 8:30 am (X)
5 Mile, Deal, N.J., 9 am (A)
5 and 10 Km, Dearborn, Mich. (Z)
USATF National 1 and 2 hour, Cambridge, Mass. (G)
3 Km, St. Louis (S)
1 Hour, Denver (H)
1 Hour, Kentfield, Cal., 8 am (P)
5 Km, Pasadena, Cal. (B)
- Wed. Oct. 16 5 Km, Chicago (AA)
- Sat. Oct. 19 5 Km, Atlanta (D)
5 Km, Indianapolis (V)
- Sun. Oct. 20 Western Regional 8 Km, Las Vegas, Nev., 7:30 am (T)
5 Km, St. Louis (S)
1 Hour, Alexandria, Vir. (J)
Eastern Regional 30 Km, New York City (F)
Marathon, Half-marathon, 5 Km, Denver, 8 am (H)
- Sat. Oct. 26 Henry Laskau 5 Km and Florida State 10 Km, Ft. Lauderdale (Q)
10 Km, Monterey Bay, Cal., 9 am (BB)
- Sun. Oct. 27 5 Mile, Freehold Twp., N.J., 9 am (A)
5 and 10 Km, Dearborn, Mich. (Z)
1 Hour, St. Louis (V)
5 Km, Pasadena, Cal. (B)
- Sat. Nov. 2 1 Hr., 10,30, and 50 Km, Washington, D.C. (J)
5 Km, Picayune, Mississippi, 8:40 am (E)
10 Km, Longmont, Colorado (H)
- Sun. Nov. 3 4 1/2 miles, San Francisco (P)
1 Hour, Alexandria, Vir., 10 am (J)
Eastern Regional 50 Km, Washington, D.C. (J)
5 Km, Miami, 8 am (Q)
5 Km, Monterey Park, Cal. (B)
- Sat. Nov. 9 5 and 10 Km, Miami, 7:30 am (Q)
5 Km, Seattle, 9 am (C)
- Sun. Nov. 10 10 Km and Florida State 20 Km (Q)
10 Mile Handicap, New York City (F)
1 Hour, Kentfield, Cal., 9 am (P)

Sat. Nov. 16	10 Mile, Clarksville, Tenn., 8 am (T)
Sun. Nov. 17	1 Hour, Fort Monmouth, N.J., 10 am (A)
Sat. Nov. 23	5 Km, Ft. Lauderdale, Florida (Q)
Sun. Nov. 24	1 Hour, Fort Monmouth, N.J., 10 am (A)
	5 Km, New York City, 9 am (F)
Thu. Nov. 28	4 Mile, Denver, 10 am (H)
Sat. Nov. 30	5 Km, Aurora, Col., 9:05 am (H)
	5 Km, Daraville, Georgia (D)
Sun. Dec. 1	5 and 10 Km, San Francisco, 8:30 am (P)
	5 Km, Point Pleasant, N.J. (A)
	5 Km, New York City, 9 am (F)
	5 and 10 Km, Coconut Grove, Florida (Q)
Sun. Dec. 8	1 Hour, Fort Monmouth, N.J., 10 am (A)
	5 Km, San Francisco, 8 am (P)

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FROM HEEL TO TOE

Regarding the photo captions in the August issue of the ORW, the mystery photographer was Jim Bentley. I also created some confusion with the captions on page 15, but you probably figured it out. The above and below designations are correct, but it would certainly have been more logical to have placed the "above" caption above the "below" caption. . . Tom Dooley is looking for video of the Atlanta Olympic walks and would like to buy

copies of anything that is available. Did anyone tape from Canadian or Mexican TV? Contact Tom at P.O. Box 1009, Cupertino, CA 95105 if you have any offers. . . We also hear from Dudley Harris that New Zealand had much better coverage of the walks than we got here. Dudley's comments are interesting: "It seems that what we saw on TV here was a little better coverage than you got; although the transmission broke down during the men's 20 and we didn't see quite as much as was intended. Then, when the international hook-up was restored, TVNZ chose to screen what was going on in the horse-jumps stadium. . . well, NZ was doing very well and eventually collected a gold and a silver medal. But what some of us found annoying was that it wasn't competitive stuff--it was a rider-and-mount warming up (American, not even New Zealander!). But, of course, horses warming up make better pictures than men racing. The commentator (a Brit, I think) actually knew what he was talking about--and if that wasn't a big enough sin, he committed the cardinal sin as a TV commentator by saying 'I'll just let the pictures tell the story!' I expect they took him out and shot him! Didn't he know that TV viewers are all assumed to be morns? (Ed. So things are much the same in the southern hemisphere, we see.) However, the women's 10 Km and men's 50 Km had good screen-time here, especially when recorded on a VCR and then the over-cooked commercials zapped out with the fast-forward button! Which reminds me of the opening ceremony--my wife agreed with me that we were zapping out the wrong things--the 'commercials' were far more watchable than the opening ceremony. I understand that the athletes who were present were not impressed, from the way they were treated. Chucking money at the production of a so-called 'spectacular' is not the way to go." (Ed. Well said. I figure I got to be a part of what may have been the last decent opening ceremony in Tokyo. Things just keep getting increasingly out of hand and the significance of the ceremony is completely buried.) Dudley continues: "As for ill-informed criticism of walking, feel free to copy what John Davies--an erstwhile Olympic runner-medallist (Ed. Beaten by a whisker by the Czech Josef Odlozil for the 1500 m silver at those same Tokyo Olympics as teammate Peter Snell completed his 800-1500 double. Great day for the Kiwis.)--says on TVNZ about racewalkers: 'they are like football players--they push the rules to the limit.' He says that because rugby-union football is the national religion in New Zealand, and the man-in-the-street would understand that.). . . According to Dave Gwyn, John Knifton recently retired (early) from Huntsman Chemical in Austin. He's begun consulting for Shell Chemical in Houston. Among the 30 employees in his new work group is Dave, perhaps best known as director of the end-of-year John Evans 50 Km (Dec. 29 this year). Knifton was national champion fourteen times at various distances in the '70s and continues to compete. In real life, he's the holder of 200 chemical patents. John got his start in the sport in his native England. . . In corrected results of the Olympic 20 Km, we find that Curt Clausen was a bit faster than first reported. He had 1:31:30 rather than 1:32:11. The original results were off starting with place 29 where Claus Jorgensen had 1:25:28 rather than 1:25:30. From there, everyone through 52nd actually had the time of the athlete one place ahead of him in the original results. But, to complicate matters, we left out 33rd place Hataem Choula in the results we published. So, here are the amended results from 29th on: 29. Claus Jorgensen, Denmark 1:25:28 30. Jan Staaf, Swed. 1:25:30 31. Jose Urbano, Port. 1:25:32 32. Scott Nelson, New Zealand 1:25:50 33. Hatem Ghoulia, Tunisia 1:25:52 34. Michele Didoni, Italy 1:26:02 35. Jean-Olivier Brousseau, France 1:26:29 36. Martin St. Pierre, Can. 1:26:37 37. Mohieddine Beni Daoud, Tunisia 1:27:15 38. Robert Valicek, Slovakia 1:27:27 39. Fernando Vazquez, Spain 1:27:35 40. Justus Kavulanya, Kenya 1:27:49 41. Fedosei Ciunacenco, Moldova 1:27:57 42. Arturo Huerta, Can. 1:28:23 43. Luis Garcia, Guat. 1:28:28 44. Valdas Kazlauskas, Lith. 1:28:33 45. Costica Balan, Rom. 1:28:36 46. Pavol Blazek, Slovakia 47. Dion Russell, Australia 1:30:04 48. Tomas Kratochvil, Czech. 1:30:11 49. Claudio Bertolino, Brazil 1:31:04 50. Curt Clausen, USA 1:31:30 51. Jimmy McDonald, Ireland 1:32:11 52. Hubert Sonnek, Czech. 1:32:42 53. Myint Htay, Malaysia 1:42:28. . . Bob Steadman, former Canadian international, long-time subscriber, and our trusty supplier of piquant commentary from Aussie land, sent along a

clipping from the weekly TV Guide that comes with the Melbourne "Age". For Friday, July 26th, the Guide notes: "7:30 am to 2 pm: Finally, the athletics. Cathy Freeman's first heat of the 400m takes place about 2 pm, while the silliest event of all, the 20 Km walk, will also be decided. Bob penned the following letter to the editor (which they never published): "The unknown author of your 'What to Watch' column, dropping opinions all over the place, described the 20 km walk as the 'silliest event of all'. I doubt that he could run as fast as the competitors walk, but, if he is striving for superlatives, he could correctly describe the three walks as the hottest events of all. In the search for silliness, he need not look into track and field. Despite some problems with judging, walkers are an intelligent bunch. Their success does not depend on expensive appliances or on flogging horses; they do not face backwards when they compete; and they do not try to inflict brain damage on their opponents. Once again, the 20 Km walk got Australia's athletics team off to a good start, despite Channel Seven's missing the first four finishers. In track and field, we compete against the whole world, not just the handful of countries rich enough to contest many Olympic sports. Your anonymous critic could sit back and enjoy the Russians, Mexicans, Kenyans, and, if he knew how to spell them, the Ukrainians, who have excelled in walking." Bob also chose to "touch up" the photos of your editor and the Olympic torch that appeared in the July issue of the ORW. Couldn't resist the urge, he said. On the photo of me emerging from the van with torch in hand, he appended the word bubble: "Are there any instructions to go with this?" On the next photo of me kissing wife Marty, he added a bubble with me saying: "They said something about Atlanta. I'll phone you as soon as I arrive." And on the final photo of me and my escort moving out with the torch, he has me saying: "Ever since I got lost in that 5 Km race, I've brought my navigator along."...

LOOKING BACK

39 Years Ago (From the September 1966 ORW)--Ron Laird won the National 25 Km title in 2:06:16 on a very hot day in Seattle. Tom Dooley trailed by nearly 12 minutes in second. . In the European Championships, East Germany's Dieter Lindner walked 20 Km in 1:29:15 to beat Soviet aces Vladimir Golubnichiy and Nikolai Smaga. Italy's Abdou Pamich won the 50 Km race in 4:18:32 over another Soviet pair--Gennadiy Agapov and Tscherbina. . Alex Oakley captured the Canadian 50 Km in 4:44:52, 12 minutes ahead of Shaul Ladany. . Another Canadian, Felix Cappella, won the annual Mackinac Bridge 4 1/2 mile race in Michigan in 34:36.

25 Years Ago (From the Sept. 1971 ORW)--Larry Young won the National 30 Km in Seattle and bettered the American record for 100 miles in Columbia, Missouri. In the 30, he pulled clear of Ron Laird in the final 10 Km to win in 2:25:40. Laird had 2:28:10, ahead of Bill Ranney, Goetz Klopfer, Bob Bowman, and Steve Tyrer. The 100 miler was held on a 20-meter indoor track because of monsoon-like weather. Larry took it easy for 96 miles and then accelerated to finish his 18:07:12 effort with miles of 9:40, 9:21, 7:5, and 7:50! . . . Laird took the National 25 Km on Long Island in 2:01:49, after a good tussle with John Knifton (2:03:34), Bob Kitchen (2:04:13), and Canadian Marcel Jobin (2:05:28. . . Shaul Ladany prevailed in the prestigious London-to-Brighton 52 miler in 7:57:17 (37 1.2 minutes ahead of second) just a few weeks after he had won the Hastings-to-Brighton 38 miler in 5:33:36. What was so attractive to Shaul in Brighton that he had to be constantly walking there? . . . In a 10 miler in Continental, Ohio, Jack Blackburn edged Jack Mortland on a hot day, 1:21:01 to 1:21:09. Phil McDonald was better than a minute back. Phil had his revenge a week later as he wiped out both Jacks while finishing 10th in the National 25 mentioned above.

20 Years Ago (From the Sept. 1976 ORW)--The National 30 Km, held in Des Moines, Iowa, went to Larry Young in 2:27:26. Floyd Godwin stayed close most of the way, but finished better

than 3 minutes back. Augie Hirt was a distant third, followed by an aging Ron Laird. . Hirt took the National 100 Mile in Columbia, Missouri in 19:55:16, with Chuck Hunter, finishing the race for the fourth straight year, only 10:34 behind. There were seven finishers, with our own Jack Blackburn joining Hirt as a new Centurion, finishing fourth in 21:57:11. . The World 50 Km Championship, held because the event was dropped from the Montreal Olympics, went to Soviet Veniamin Soldatenko in 3:54:50. He was followed by Enrique Vera, Mexico, in 3:58:14, and Reima Salonen, Finland, in 3:58:53. Two-time Olympic bronze medalist was the first U.S. finisher in 21st with 4:16:47, as he needed over 58 minutes for the final 10, dropping eight places. Augie Hirt had 4:28:35 in 27th (this was before the 100 miler).

10 Years Ago (From the Sept. 1986 ORW)--Tim Lewis had a U.S. best ever as he won the Rockport Series 20 Km in Seattle. Tim finished in 1:23:35, ahead of Carl Schueler (1:25:38), Ray Sharp (1:26:42) and Paul Wick. Teresa Vaill (49:30) beat Debbi Lawrence in the women's 10 Km at the same site. . Hartwig Gauder won the European 50 Km title in 3:40:55, a minute ahead of Vyacheslav Ivanenko, USSR.

The following two articles offer some very interesting commentary and views on our sport. They appeared in the British publication *Track Stats*, the quarterly magazine of the National Union of Track Statisticians. The first is by editor Bob Phillips. The second is by Colin Young, long-time competitor and commentator on racewalking. Colin has walked very well at all distances and excelled at the ultra-distances. He once set a world's best for 24 hours. At age 61, he is exactly 3 days older than your editor and still does the 2500 miles a year he has been doing since 1951. He was one of the founding members of statisticians union.

Are Standards being Lifted? Or Is It Just Plain Lifting?

Racewalking gets a bad press, and it's of no help to its defenders that there are such bizarre occurrences as in the World Championships last year when one athlete lost a bronze medal by disqualification after the race was over and another won bronze despite a vehement and seemingly justified protest.

Yet does this highly idiosyncratic branch of athletics deserve its sullied reputation? Is racewalking fair? Is it legal? Is everyone lifting? Is the evidence of the TV cameras conclusively damning or intrusively misleading? Would the views of many of walking's British detractors be different if the likes of Don Thompson, Paul Nihill, Stan Vickers, and Ken Matthews were around and winning gold medals today, as they all did at Olympic or European level between 1958 and 1969?

In few other disciplines of the sport have standards risen so dramatically. For the 20 Km walk, the 30th best performer of all-time is now almost 10 percent quicker than his counterpart was at the end of 1968, and at 50 Km the difference is almost 11 percent. The comparative figure for the men's marathon, which has enjoyed an unprecedented boom during this period, is a fraction under 5 percent. The skeptics will presumably cry "foul" and proclaim that modern competitors are not really walking, anyway. It could be that they are right.

It is beyond doubt that techniques have improved out of all recognition. The mode of progression is very different to what it was on that emotional occasion 36 years ago when a little man in sunglasses with a handkerchief tied to the back of his cap marched purposefully through the tunnel of Rome's Stadio Olimpico and we all stood up and sang "Keep Right On To The End Of The Road". Don Thompson won the Olympic gold that day in 4:25:30, a Games record. Last

year, Valentin Kononen, of Finland, was World champion in 3:43:42. Yet, even though Kononen was more than 15 percent the quicker of the two, his computer-aided training-program was surely not so much superior to Thompson's 10-miles-a-day and homemade bathroom sweat-sessions that he could finish over 40 minutes ahead.

What should be beyond argument to those who take the trouble to go out on the roads and watch the walkers in action is that these are superbly fit athletes with enormous reserves of stamina and powers of concentration, able to maintain an excruciatingly demanding gait for very long periods of time. No other athletics event lasts unbroken as long as the 50 Km walk, and I had no hesitation, nor any qualms, about listing Valeriy Spitsyn, the European champion of 1994, among my Athletes of the Year. Nor did I have to think long and hard before choosing the 18-year-old World champion in the 10 Km walk, Irina Stankina, as the leading junior woman athlete for 1995. (Ed. Nor, did I.)

Yet, changes to the rules now brought into effect would seem to acknowledge that racewalking is no longer walking at all in the generally accepted sense of the term, but rather straight-legged running, and I wonder whether this different interpretation will seem to the critics to be no more than cosmetic surgery? I accept, too, that rejection of video-camera evidence will be seen by many observers, however strong their loyalty to walking, as ignoring an obvious technical aid.

My belief is that walking still needs to re-examine its future and maybe take a similar decision to one of some 40 years ago when presented with the same problem of image. The 10 Km walk was contested in the 1952 Olympics, as it had been in four previous Games, and provided the unsavory spectacle of a Swiss and Russian both flagrantly running in the last 50 meters as they raced for silver and bronze. Because of this travesty, the event was replaced by the 20 Km road walk from the 1956 Games onwards, and this remained to everyone's satisfaction for considerable time.

Now, it may be opportune to again consider increasing the distances--to, say, 30 and 60 Km for men and to 20 or 25 Km for women. Experience of past Championships indicates that there are no less disqualifications at longer distances, but they usually seem to be effected less contentiously.

Whatever is done, if anything, it is important to recognize that walking is a far more universal sport than it has ever been before. At the end of 1968, the Soviet Union was totally dominant, with 23 of the top 30 at 20 Km and 21 of the top 30 at 50. East Germany came next with five places in each event. Britain and Poland took the two remaining places at 20 Km, and Britain (2), Italy, and Sweden the other four places at 50. So only six countries were represented.

At the end of 1995, Russia led with 10 places at 20 Km and 8 at 50. Also contributing at 20 are Belarus, China, and Mexico (3 each); Czech Republic, Germany, and Italy (2 each); and Australia, Lithuania, Poland, Spain, and Sweden (1 each). The other countries at 50 Km are Germany (4); Belarus, Mexico, and Spain (3 each); Finland and France (2 each); and Australia, China, Czech Republic, Italy, and Ukraine (1 each). So now, there are 15 nations involved, and even allowing for the fact that athletes from Belarus, Lithuania, and Ukraine would previously have competed for the Soviet Union, this still means that more than twice as many nations have top 30 walkers than was the case in 1968.

It's also interesting to note the appearance in high-ranking positions in 1995 of walkers from Brazil, Colombia, Ecuador, Tunisia, and Guatemala. Altogether, 17 countries were represented in the provisional World Top 50 for 1995 at 20 Km and 20 countries were in the 50 Km list--with neither Britain nor Sweden among them, incidentally--and that makes for a formidable lobby on racewalking's behalf.

For those who feel that racewalking has no place in the Olympic Games or World Championships, I can only suggest patience and tolerance. It will not readily go away. . . either at an easy amble or an undignified trot.

The above are my views of a sport to which I have remained staunchly sympathetic over the years. For the opinion of one of the World's experts on the subject, I turned to Colin Young, who as a competitor and spectator has experienced the metamorphosis at first hand. Or maybe I should say 'feet'.

Political Correctness: The Route To Destruction

by Colin Young

As from January 1, 1996, the definition of racewalking includes the following:

"The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the vertical upright position."

This is in addition to the contact rule, which is phrased thus:

"Racewalking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of constant occurs."

Having been an ardent follower of the sport and a dedicated competitor for nearly 50 years, it is clearly evident to me that during recent years greater emphasis has been put by competitors, judges, and coaches on the straightening of knees rather than on keeping contact with the ground. This has resulted in a concentration on leg movement other than keeping contact with the ground. It is the latter, I submit, which is the essential difference between running and walking, as understood by the general public and, indeed, by those involved in athletics.

The argument over what is fair "heel and toe" has raged for over 200 years, but the sport has remained a legitimate event due to the officials in charge--and particularly due to walking judges coming down hard on those who infringed the rules. However, during the past 20 years or so, officials responsible for the events have in the cause of 'political correctness' not been strict like their predecessors in applying the contact rule: to the extent now that in any race, whether at international level or club level, the vast majority of the first half of the field are 'lifting'.

In order to keep racewalking events in the athletics program at various levels, the IAAF Racewalk Commission has gradually added to what was a basic and clear definition of walking in order to make it more 'technical' and in an effort to pacify those who wish to eliminate walks from major championships. Those with just a passing interest in the sport are baffled.

There are many who will try and convince doubters that participants are fitter and that the leg speed is such that it is impossible to judge the maintenance of contact. Nevertheless, they wish to retain judging by the human eye, and they turn a blind eye when photographs or TV cameras clearly emphasize that the sport is now dominated by 'flying feet'.

There are those of us, however, who believe we have seen a worthy sport deteriorate, and we have plenty of evidence by means of film and photos that pre-1975 even the fastest performers had safe contact when breaking records and winning Championships. When there were those like Vaclav Balsan and Werner Hardmo, who were recording times over 50 years ago that, allowing for track conditions and improved clothing, would be equivalent to today's clockings, they were stopped from going even faster by responsible judging. Through the years, there have been competitors who have put in startling performances either unknowingly or deviously, but have always been prevented by judging from making the sport a joke.

It seems to me that the vast majority of top performers are not meeting the basic requirements which separate walking from other forms of progression. Do those in control of the sport recognize this fact? Or, are they merely adding some camouflage to the definition?

The resent judging system, in which a board is displayed with the number of warnings accumulated by each competitor, has encouraged walkers to 'hide' in bunches in the early stages of

an event and then throw caution to the winds in the closing kilometers when they have warnings to spare. Just look at some of those crazy 5 km splits in major Games!

I certainly do not condemn the walkers, whose fitness, endurance, and determination cannot be questioned. It is the judges, who should enforce the contact rule as consistently and humanly as possible. Misguidedly, they probably think they are preserving the sport, whereas, in reality, they will eventually bring it to destruction.

The most recently introduced Championship event is the women's 10 Km, and this event has caused the greatest controversy. Again, the existing judging methods are to blame, but there is also the factor that the majority of female walking exponents have greater flexibility of hip and pelvis than their male counterparts, and thus they are even more likely to flaunt the contact rule.

In conclusion, then, I would say that racewalking faces an uncertain future, as it frequently has through its checkered past. To prevent the event becoming a complete lottery, judges will have to be strict, though I sadly forecast they will concentrate on knee movement rather than on constant contact.

That being so, the farcical finishing witnessed in major races in recent years will be repeated again and again, and the sport, which has meant so much to me for so long, will destroy itself.

* * * * *

On a more positive note, Viisha Sedlak, Director of the American Racewalk Association, P.O. Box 18323, Boulder, CO 80308, offers the following:

How To Build The Sport Of Racewalking

The elders of the beautiful sport of racewalking perhaps too easily recall the days of obscurity and the resultant difficulties for walkers: little financial or educational support for competitors and empty bleachers by the time the racewalkers stood at the start line, more than a fair share of mockery towards a rarely understood technique, and near-total anonymity of the benefits of racewalking as a fitness alternative.

Those days are over in all but the last machisimo-ridiculous strongholds in the world. We are part of a growing fitness sport and racewalkers like you are setting powerful examples as you join competitive events. Your friends, family, and strangers see you losing weight, getting stronger, and finding a small bit of peace in your workout time and they are following suit. Enough fans of walking have paid their dues by being at the forefront of the sport and by donating time, personal moneys, and a lot of passion towards building the sport in the United States.

How can we reinforce and expand upon this growth, and slow and reverse the problems competitive walking faces at the local, national, and international levels? Some suggestions:

1. Learn about walking healthfully so you do it safely and efficiently.
2. Always be positive about walking and your participation in the sport.
3. Support your fellow walkers in fitness to encourage them through the uncertainties you felt when you first learned the initially awkward and unique technique.
4. Support your fellow competitors; when you out-race them, be grateful for the motivation of their presence. When they beat you, be grateful for their example.

5. Put in a few hours of research periodically to learn more about the behind-the-scenes work of racewalking: judge, organize, help out as a volunteer with your local club, become a certified coach, or any of hundreds of possible contributions.
6. Rather than feel you have to defend racewalking from skepticism, set an example with yourself and the sport; outwalk runners, with a smile. Quit talking about that fat you want to shed and walk it off. Walt the Talk.
7. When problems occur with the logistics or awards or anything else at a running/walking or walking event, be patient, diplomatic, and **look for a solution** rather than simply criticize. You have good ideas to improve the sport: let's start applying them together.



Following the women's 10 Km at the Atlanta Olympics, we find (from left to right) Jim Hanley (noted official, "lap counting" author, and former competitor), Kerry Saxby-Junna, Australia (12th in Atlanta and many times world record breaker), and Victoria Herazo (many-time US champion, DQd in Atlanta), who, according to photographer Jim Bentley, are discussing weather (heat and humidity), the road course, and the DNFs and DQs.