

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XXII, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1987

LAWRENCE, LEWIS LAUNCH '87 CAMPAIGN WITH IMPRESSIVE WINS AT 15 KILOMETERS

Wellington, Florida, Feb. 7 (by Jim Wilkeson, Palm Beach Post)--Going into the Wellington 15 Km race walk Saturday morning, many observers expected to see the men's American best fall, given the class field in attendance. They saw a record broken, but not the one they expected. Debbi Lawrence of Grandview, Mo., shattered the American record in the women's race by just under 6 minutes with a time of 1:13:39. (Ed. I should read what I'm going to put in here before I put it. Not very careful reporting on the part of the Post staff writer; but, then, he had probably never seen a walking race before. True, the American record is 1:19:49.8 by Sue Liers, but records must be made on a track. The American road best is 1:11:11, also by Liers, and that is what Debbi would had to have bettered in this race to go in the record books. So back to Mr. Wilkeson's report.)

"The conditions here were perfect," said Lawrence, 25, of the overcast skies and slight drizzle at race time. "I was just shooting for a strong, consistent pace, so I'm pretty surprised." Lawrence's husband, Don, who finished 15th in the men's race, set the pace for Debbi. "We didn't plan it that way at first," said Don Lawrence. "I'm training for the 50 Km, so her pace worked out to be about the same as mine."

The race was the second 15 km for Debbi. She was the 1986 national champion at 20 Km. The time in her previous 15 was 1:21:00. "I really wanted to walk at an 8:20 pace," Lawrence said. "This ended up more like a 7:50 pace. "I wanted to go out holding back so that I wouldn't burn out," Lawrence said. "I guess it worked out that way."

Lawrence's performance overshadowed a strong walk by men's winner Tim Lewis, who came across the finish line in 1:04:35, a little more than a minute over the American record of 1:03:07 set by Jim Heiring in 1984 (Ed. The American record is actually 1:02:34 by Marco Evoniuk in 1984.) But Lewis thought he could have done better. "I felt tired actually," said Lewis, who holds the world record in the indoor mile at 5:41.12 and the American record in the 20 Km (1:21:48--actually road best, not record). "I really felt sluggish and my legs were tired, so I went for it with the least amount of effort I could. I'm happy with the way I did as far as winning the race, but I really felt bad," said Lewis, 24, who is from Colorado Springs, Col. "There is no humidity in Colorado, so I think the humidity here had something to do with it."

Others were less convinced about Lewis having a bad race. "Tim is really solid," said Paul Wick, 24, who fought off a late challenge by Ray Sharp to finish second with a time of 1:06:27. "He is an extra-legal walker. It looks like his feet are glued to the ground."

Gary Morgan, who was in second behind Lewis most of the race, was disqualified with 3 kilometers to go. Sharp, a pre-race favorite who finished third, was surprised he finished in the top five. "I'm way out (See page 14 for National 50 Km results.)

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

shape," Sharp, a ski instructor from S^Uda Springs, Col., said. "With my fitness level, I really wasn't expecting to finish in the top 10, but everyone expected me to do better. I guess everyone else was right.

The results:

Women: 1. Debbi Lawrence, un. 1:13:40 (24:17, 48:54) 2. Lynn Weik, un. 1:14:27 (24:18, 49:04) 3. Susan Liérs, un. 1:19:49 (25:44, 52:44) 4. Mary Howell, un. 1:20:23 (25:51, 52:50) 5. Gwen Robertson, un. 1:22:36 (26:15, 54:01) 6. Karen Rezach, Shore AC 1:23:08 (27:03, 55:01) 7. Meg Mangan, Robert Morris College 1:23:34 (26:41, 55:21) 8. Carol Brown East Side TC 1:24:22 (26:57, 54:58) 9. Frances Montes, un. 1:25:12 10. Katie Warren, un. 1:33:32 11. Maureen Bolton, un. 1:40:47

Men: 1. Tim Lewis, Reebok Racing Club 1:04:35 (21:07, 42:32) 2. Paul Wick, NYAC 1:06:26 (21:39, 44:05) 3. Ray Sharp, un. 1:06:39 (21:07, 44:05) 4. Paul Schwartzberg, Amherst College 1:06:53 (22:14, 44:39) 5. Michael Stauch, U. of Wisconsin-Parkside 1:08:01 (22:14, 45:40) 6. Dave McGovern, East Side TC 1:08:01 (22:14, 44:48) 7. Jim Heiring, U. of Chicago TC 1:08:59 (21:45, 44:20) 8. Jeff Salvage, Drexel U. 1:09:24 (22:30, 46:00) 9. Andy Kaestner, UW Parkside 1:09:43 (22:15, 46:05) 10. Richard Fenton, East Side TC 1:09:46 (22:16, 46:05) 11. Ray Funkhouser, Shore AC 1:10:57 12. Doug Fournier, UW Parkside 1:12:01 13. Curtis Fisher, State U. of NY, Stony Brook 1:12:12 14. David Lawrence, Niagara Walkers 1:12:46 15. Don Lawrence, un. 1:13:26 16. Curt Clausen, Duke U. 1:14:16 17. Todd Scully, Shore AC 1:17:19 18. Alan Jacobsen 1:18:20 19. Tom Coti, un. 1:34:58

Masters Women: Over 40--1. Emily Williams, Fla. Coast Walkers 1:33:44 2. Vanessa Hilliard 1:50:02 Over 50--1. Jov Clingman 1:38:12 2. Anna Rush, Daytona Beach TC 1:47:54

Masters Men: Over 40--1. John Elwarner, Wolverine Pacers 1:24:47 2. Frank Soby, Motor City Striders 1:25:39 3. Bernie Finch, SC Striders 1:33:37 4. Walter Lubzik, Wolverine Pacers 1:33:42 5. Ronald Smith, Florida Racewalkers 1:41:19 6. Douglas Brown, Sun Coast Walkers 1:45:29 Over 50--1. Max Green, Wolverine Pacers 1:20:10 2. Tom White, Team Walking Store 1:25:27 3. Robert Fine, NY Masters 1:28:01 Over 60--1. Max Gould, Canada 1:31:24 2. Valdemar Granby, Palm Beach Runners 1:45:27 3. Sol Tannenbaum, Metro Racewalkers 2:02:36 Over 70--1. Bill Tallmadge, un. 1:40:48 2. William Stone, un. 1:52:32

OTHER RESULTS

Olympic Invitational, New York, Feb. 13: Men's 1500 meters--1. Tim Lewis, Reebok 5:17:17 (World best bettering 5:22:7 by Austria's Martin Torporek in 1983) 2. Jeff Salvage, Drexel 5:46:89 3. Pat Flannery, SUNY-Stony Brook 5:48:99 Women's 1500--1. Maryanne Torrellas, Abraxas TC 6:01:16 (World best bettering 6:28:46 by Italy's Giuliana Salce last year) 2. Ann Peel, Canada 6:02:04 3. Teresa Vaill, Pine Plains, N.Y. 6:13:71

1 Mile, Boston, Jan. 25--1. Tim Lewis 5:42.3 (second best all time) 2. Paul Schwartzberg 5:58.4 3. Carl Schueler 6:05.8 4. Mark Fenton 6:17.4 5. Bob Keating 6:31.4 6. Will DesRosiers 7:13.9 7. Paul Winke 7:17.8 8. Phil McGaw 7:28.2 9. Don Drewniak 7:40.5 10. Joe Studley 7:40.6 11. Dick Ruquist 7:45.7 12. George Lattarulo 8:06 13. Joe Kay 8:58

Women: 1. Diane Margraf 8:10.5 2. Carol Kay 9:36.4 1 Mile, Providence, R.I., Feb. 1--1. Steve Vaitones 6:52.4 2. Tim Good 7:00.4 3. Phil McGaw 7:30.6 4. George Lattarulo 7:58.8 5. Diane Margraf 7:59.4

3000 Meters, New Haven, Conn., Feb. 7 (N.Y. vs. New England dual track meet)--1. Pat Flannery 12:53.42 2. Steve Vaitones 13:18.68 3. Reggie Davenport 13:36.10 4. Mike Heitzman 14:51.95 DQ--Arnis Paeglis, Robert Gottlieb, and Phil McGaw. Women's 1 Mile, same place--1. Teresa Vaill 6:50.48 2. Lisa Vaill 7:16.20 3. Trish Reilly 7:38.89 4. Diana Margraf 7:43.34 5. Deedee Meehan 8:41.69

The Ohio Racewalker (USFS 306-050) is published monthly in Columbus, Ohio. Subscription rate is \$5.00 per year (\$7.00 for First Class Mail, \$11.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. Second Class postage paid at Columbus, Ohio. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

1 Mile, Princeton, N.J., Jan. 18 (N.J. Championships)--1. Karen Rezach, Shore AC 7:44.6 2. Frances Montes, un. 7:45.7 3. LauraAnn Nokland, Manhattan College 7:46.4 4. Diane Margraf, Bryant College 8:17.5 5. DeDee Mehan, SUNY Stony Brook 8:37.7 6. Noreen Mimm, Shore AC 8:51.6
2 Mile, same place--1. Jeff Salvage, un. 14:06.4 2. John Fredericks, Shore AC 15:19.9 3. Roberto Gottlieb, Westchester Puma 15:33.8 4. Eduardo Rodriguez, Glassboro College 15:52.3 5. Cliff Mimm, Shore AC 16:25.7 6. Robert Mimm, Shore AC 16:45.7 7. Andy Duggan, un. 16:52.2
20 Km, New York City, Jan. 25--1. Mark Bagan 1:39:00 (temperature at 10 F, with -10 wind/chill) 2. Reginald Davenport 1:50:52 3. Gary Null 1:51:12 Women: 1. Stella Cashman 2:19:41 7 Mile, New York City, Feb. 1--1. Marc Bagan 53:13 2. John Alfonso 57:40 3. Gary Null? Women: 1. Stella Cashman 70:57 2. Meri Waynr 1:19:04 10 Km, Long Branch, N.J., Jan. 25--1. Cliff Mimm 52:22 2. Bob Mimm 56:32 (1st 60-69) 3. Lee Bogart 57:59 (1st 40-49) 4. Don Johnson 63:26 5. Jim Brown 64:24 (Mistake: Fourth was Dr. Pat Bivona in 62:30) 1 Hour, Atlanta--1. David Waddle 6:87 miles 2. Bill Farrell 5:90 miles 3. Alan Harvey 5:77 miles 4. Bob Lemming 5:70 2 Mile, Macomb College, Mich., Jan. 24--1. Gary Morgan 13:06 2. Dan O'Brien 14:22 3. Max Green 15:13 4. Norm Browne 15:50 5. John Elwarner 15:55 6. Frank Soby 17:04 7. Walt Lubzik 17:38 8. Geeg Near 18:15 9. Gerald Bocci 19:01 10. Bob Campbell 20:42 3 Km, Arden Hills, Minn., Feb. 14 (Eric Liddell Games)--1. Mark Manning 12:27.63 Women's 1 Mile, same place--1. Sue Klappa 8:48.12 2 Mile, Boulder, Col., Jan. 3--1. Eric DeMillard 16:51.4 2. Viisha Sedlak 17:22.6 3. Bernie Finch 17:50.3 4. Ray Franks 17:54.9 5. Verne Carlson 18:01.9 6. Lorraine Green 18:27.7 7. Bob Carlson 19:31.9 8. Bob DiCarlo 20:29 5 Km, Denver, Jan. 17--1. Eric DeMaila 28:50 2. Bob Carlson 32:51 2 Mile, Boulder, Jan. 17--1. Eric DeMailard 16:51 2. Gary Koenig 17:00 3. Viisha Sedlak 17:10 4. Bernie Finch 17:57 5. Lorraine Green 18:32 6. Claus Timmerhaus 18:54 Southwest Walkers Diamond Jubilee Statehood Walks (no indication of where or when) 15 Km: 1. Rick Wadleigh 1:27:54 2. Joe Cameron 1:34:08 (5 finishers) 10 Km--1. Joe Sutton 66:58 (16 finishers) 5 Km--1. Larry Martinez 30:13 (29 finishers) 5 Km, Los Angeles, Jan. 11--1. Ari Cortez 23:24 2. Paul Kash 27:40 3. Stephen Tabb 28:25 4. John Rodriguez 30:56 (16 finishers) 26th Rose Bowl 10 Mile Handicap, January 18 (actual times shown)--1. Joe Jacobsen 1:31:19 2. Carolyn Butler 1:47:11 3. Noel Castle 1:58:18 . . . 19. Fdereico Valerio 1:16:01 . . . 21. Keith Ward 1:18:38 . . . 23. Mark Hartzell 1:20:05 . . . 29. Ed Bouldin 1:20:28 30. Enrique Flores 1:22:40 1 Mile, Los Angeles, Jan. 24--1. Ari Cortez 7:01 2. Sara Standley 7:50 3. Carolyn Holquin 8:04 4. Jane Janousek 8:38 5. Julie Robles 8:52 10 Km, Los Angeles, Jan. 31--1. Ari Cortez 45:15 2. Mark Hartzell 45:57 3. Ed Bouldin 47:21 4. Robert Meador 55:30 (1st over 40) 5. Herbert Kieppela 56:17 6. Gary Ihri 56:19 7. Ron Brown 59:01 8. Richard Nester 59:21 9. Doug Greiner 59:40 Women: 1. Paul Kash 57:00 2. Jane Janousek 61:10 3. Carolyn Butler 61:47 (1st over 40) 4. Carmen Kindreich 62:11 4 Km, San Francisco, Jan. 31--1. Jack Bray 27:29 2. Jeanine Swift 29:34 3. Huey Johnson 29:59 5 Mile, Seattle, Dec. 30--1. Bob Novak 46:48 1 Mile, Seattle, Jan. 11--1. Dan Pierce 6:49.2 2. Allen James 7:09.9 3. Sian Sapcey 7:25 4. Mike Scott 8:09 (1st Master) 5. Bob Novak 8:21.1 6. Ed Glander 8:32.8 7. Bev LaVeck 8:44.3 8. Doug Ermini 8:51.5 9. Cathy Cassingham 8:53.4 10. Kal Brauner 9:30.9. Mary Howell 7:25.3 DQ

28 Hours, Roubaix, France, Sept. 20-21--1. J.C. Gouvenaux, Fr. 248.540 Km in 28:10:44 2. C. Sterpin, Italy 239.890 in 28:10:50 3. E. Shillabeer, G.Br. 239.890 in 28:10:55 7 Mile, Belgrave, Eng., Nov. 22--1. Chris Maddocks 47:54 2. M. Easton 48:07 3. Phil Vesty 49:35 4. J. Ball 49:47 (Obviously, we have here some late arriving 1986 results from other lands, with which we continue.) 50 Km, Adelaide, Australia, Aug. 17--1. Willi Sawall 3:59:48 2. Michael Harvey 4:04:27 20 Mile, Canberra, Aus. June 8--1. Willi Sawall 2:26:26 2. Andrew Jachno 2:30:06 20 Km, Adelaide, Aug. 17--1. Kerry Saxby 1:38:27 2. Lorraine Jachno 1:44:42 3. Anne Ryan 1:50:48 5 Km, Richland, Aus., Aug. 30--1. Kerry Saxby 22:38 20 Km, Canberra, July 19--1. Sue Cook 1:41:12 20 Km, Sydney, July 19--1. Bev Hayman 1:39:42 20 Km, Melbourne, July 19--1. Lorraine Jachno 1:43:28 2. Sharon Schnyder 1:44: 5 Km (track), Sydney, Sept. 14--1. Kerry Saxby 22:02 5 Km (track), Udine, Italy, Sept. 3--1. Carlo Mattioli 18:48.88 2. Walter Arena 18:51.2 20 Km, (track), Colleferro, Italy, Oct. 12--1. Marcelle Villa 1:35:41 20 Km (track), Linate, Oct. 18--1. Rosanna Feroldi 1:44:19 20 Km, Bovisio, Italy, Oct. 11--1. Sergio Spagnolo 1:25:43 20 Km (track), Bologna, Italy, Oct. 12--1. Carlo Mattioli 1:26:17 2. Fiorella 1:26:33 20 Km, Piacenza, Italy, Sept. 14 (Italian Championship)--1. Maurizio Damilano 1:23:55 2. Carlo Mattioli 1:25:08 3. Sandro Bellucci 1:25:54 4. M. Villa 1:26:13 5. P. Fiorella 1:26:55 25 Km, Canberra, May 10--1. David Smith 1:43:43 2. Simon Baker 1:48:09 3. Willi Sawall 1:49:54 Spanish 20 Km, Madrid, Aug. 2--1. Daniel Montere 1:26:51 Women's 5 Km, same place--1. Maria Cruz Dias 22:30.9 2. M. Reyes Sobrino 22:56.3 50 Km, Woluwe, Spain, June 22--1. Jose into, Port. 3:59:45 200 Km, Vallorbe, Switz., Sept. 28-29--1. Jean Flaude Gouvenaux, Fr. 21:16:15 2. Norbert Bruno, Fr. 22:17:53 20 Km, Odansk, Poland, Aug. 31--1. Zbigniew Wisniewski 1:23:59 2. Jacek Bednarek 1:24:31 3. Jerzy Wroblewicz 1:24:52 Women's 10 Km, Warsaw, Pol., Sept. 13--1. Kjersti Tysse, Nor. 48:09 2. Zofia Wolan 49:08 3. Anna Bak 49:14 20 Km, same place--1. Jan Klos 1:22:39 2. Jacek Bednarek 1:24:19 3. Jerzy Wroblewicz 1:24:20 Women's 10 Km (track), Tashkent, USSR, Sept. 16--1. Yelena Rodionova 46:22 2. Nataliya Dmitrochenko 46:25 3. Yelena Kuznetsova 46:57 4. Natalia Spiridonova 47:18 5. Julia Iisnik 47:37 6. Olga Kardopolceva 47:41 5 Km (track), Beijing, China, Sept. 6--1. Sujie Li 21:35 (World record) 2. Bingjie Jin 22:02.75 3. A. Ymei 22:05.72 4. Wang Yan 22:15 Jr. Women's 5 Km (track), Qingdao, China, Oct. 17--1. Li Chun Xu 22:21.4 2. An Limei 22:26 3. Li Shufang 22:57 4. Yang Shuyun 23:03 Women's 5 Km (track), Dnepropetrovsk, USSR, Sept. 27--1. Olimpiada Ivanova 22:30 2. Natalia Sykova 22:41.2 3. Sada Eidikite 22:57 Women's 10 Km, Zitimir, USSR, Sept. 26--1. Irina Strahova 44:37 2. Olga Kistop 44:56 3. Olga Radapoitseva 46:00 4. Yelena Veremeitsuk 26:05 5. Natalia Navarsina 46:30 6. Valentina Ksenofomtova 46:30 (15 under 48:00) 20 Km, Zitimir, USSR, Sept. 26--1. Anatoli Solomin 1:25:21 50 Km, Zitimir, Sept. 27--1. Staislav Vezel 3:56:33 2. Ionat Olikh 3:57:04 3. Vladimir Vassilenko 3:57:31 4. Andrei Popov 3:59:29 5. Vladimir Nefyedov 4:01:43 (12 under 4:09) 10 Km (track), Zitimir, Sept. 6--1. Lidia Levandovskaya 45:21 2. Raissa Sinyavina 45:29 3. Yelene Veremeitsuk 45:33 4. Tatyana Krichohiza 46:42 20 Km (track), Kiev, USSR, July 25--1. Franz kostyukevits 1:25:15 5 Km (track), same place--1. Galina Yezova 22:36 2. Marina Supilo 22:38 3. Julia Iisnik 22:39 4. Maria Vassilko 22:56 10 Km, Moscow, July 29--1. Natalia Spiridonova 45:44 20 Km, Bryansk, USSR Aug. 14--1. Aleksandr Boyarsinov 1:21:00 20 Km, Leningrad, Aug. 17--1. Vitali Matsko 1:24:49 2. Andrei Popov 1:25:49

RESULTS NATIONAL 1 HOUR POSTAL RACE FOR 1986

Jr. Men: 1. Curt Clausen, Reebok, ESTC 12, 554 meters 2. Reggi Davenport, BX, Intl. 11,345 Men 40-44: 1. Larry Walker, Cal. Walkers 12,952 2. Floyd Godwin, Frt. Range 11,738 3. Lee Bogart, Shore AC 10,749 4. Bill Farrell, Metro Atl. 9,986 5. Ralph Edwards, Shore AC 9,891 Men 45-59:

1. Ray McKinnis, Car. Gdva 12, 065 2. Ned Stone, Pot. Val. Seniors 10,758 3. Scott Bentley, PVSTC 8,047 4. Paul Robertson, PVSTC 9,700 5. Dr. Patrick Bivona, Shore AC 9,671 6. Dennis Dombrowski, Shore AC 9,629 Men 50-54: 1. James Lemert, PVSTC 10,584 2. Ben Ottmer, Shore AC 10,497 3. Jonathan Johnson, Cal. Walkers 9,290 Men 55-59: 1. Sal Corrallo, PVSTC 11,395 2. Joel Hoffman, PVSTC 9,829 3. Andrew Briggs, PVSTC 9,772 4. Car Croneberg, PVSTC 9,007 Men 60-64: 1. K.D. Temmerhaus, Front Range 9,942 2. Sid Wright, Front Range 9,183 Men 65-69: 1. Don Johnson, Shore AC 9,659 2. Howard Channel 9,484 (8 finishers, the largest of any division) Men 70 and up: 1. Edward Seeger, PVSTC 9,170 2. Paul Fairbank, PVSTC 8,451 3. Harry Drazin, Shore AC 8,175 4. Mil Wood, PVSTC 8,103 Men's Open: 1. Ray Funkhouser, Shore AC 13,135 (8 mi. 285 yds) 2. Larry Walker 3. Curt Clausen 4. Keith Luoma, PVSTC 12,383 4. Dave Talcott, Shore AC 12,138 6. Ray McKinnis 7. Alan Price, PVSTC 11,977 8. Bill Hutchinson, Front Range 11,866 9. Floyd Godwin 10. Dan Talcott, Shore AC 11,521 11. Leonard Jansen, Shore AC 11,277 12. Dave Waddle, Metro Atl. 10,955 13. Bob Rayn, Shore AC 10,836 14. James Wass, PVSTC 10,609 15. Dennis Crock, Front Range 10,955 16. Stephen Tabb, Cal. Walkers 10,069 Jr. Women: 1. Nicole Enrico, Jr. Striders 9,250 Women 40-44: 1. Jolene Steigerwalt 10,131 Women 45-49: 1. Marsha Hartz, PVSTC 9,298 Women 50-54 1. Dolores Randazzo, Shore AC 9,012 Women 60-64: 1. Marie Henry, Shore AC 8,372 Women 65-69--1. Rose Kash, Cal. Walkers 7,794 Women's Open: 1. Jolene Steigerwalt 2. Lorraine Green, Front Range 9,974 3. Jane Fairchild 9,745 4. Noreen Mimm, Shore AC 9,641 5. Doritt Attias, Shore AC 9,413 6. Marsha Hartz Men's Open Teams: 1. Shore AC 2. Potomac Valley Sniors 3. Front Range Walkers Men's Masters Teams: 1. Potomac Valley Seniors 2. Front Range Walkers 3. Shore AC Women's Open Teams: 1. Shore AC 2. Potomac Valley Seniors 3. Shore AC Women's Masters Teams: 1. Potomac Valley Seniors 2. Potomac Valley "B" A total of 57 men and 25 women walker 563,375 meters in aggregate. Average distance for the men was 9,883 meters, for the women 8,392 meters. Youngest walker was Thomas Pedrick, age 7, who went 8,175 meters. Oldest was Paul Fairbank, age 80, who did 8,451. Patrick has 73 years to improve by 276 meters if he is to catch up.

UPDATE

Well, all the late results once again raise havoc with our 1986 World Lists (see December 1986 issue and Errata in the January 1987 issue). In the 20 Km for men, Aleksandr Boryaschinov (not Boyarsinov as above) is now fifth on the list with his 1:21:00. We previously had him with a best of 1:23:34 Jan Kloss, Poland, improves from 1:23:29 to 1:22:39, and Zbigniew Wisniewski, Poland, is added to the list with his 1:23:59. In the 50 Km, four athletes are added to the list: Quian Ku, China 3:54:08, Ionat Olikh, USSR 3:57:04; Vladimir Vassilenko, USSR 3:57:31; and Andrei Popov, USSR 3:59:29. Jose into, Portugal, who occupied the 50th and last spot on the list with his 4:03:01, should be at 3:59:45. In the women's 10 Km, Lidia Levandovskaya has a best of 45:21, not 46:12; Yelena Veremeitschuk is at 45:33, not 46:38; Natalia Spiridonova at 45:44, not 47:00; Julia Iisnik at 47:00, not 47:03; and Raissa Sinyavina at 45:29, not 47:17. In the women's 20 Km, there are enough additions and corrections to simply redo it.

WOMEN'S WORLD LIST--20 KM

1:35:52	Vera Osipova, USSR	1:48:45	Kristin Andreassen, Norway
1:36:19	Ann Jansson, Sweden	1:49:49	Veronica Ogvist, Sweden
1:38:11	Dagmar Grimmenstein, EG	1:50:10	Maria Sehojn, Sweden
1:38:27	Kerry Saxby, Australia	1:50:28	Ylva Tallberg, Sweden
1:38:42	Mirva Hamalainen, Finland	1:50:48	Anne Ryan, Australia
1:39:42	Bev Hayman, Australia	1:51:28	Ass Grandeliv, Sweden
1:41:12	Sue Cook, Australia	1:51:37	Mary Howell, USA
1:41:19	Lidia Levandovskaya, USSR	1:51:55	Monica Robertsson, Sweden
1:43:28	Lorraine Jachno, Australia	1:51:58	Vieno Heikilla, Finland
1:43:59	Micheline Daneau, Canada	1:52:13	Madelia Svensson, Sweden
1:44:19t	Rosanna Meroldi, Italy	1:52:24	Susan Liens, USA
1:44:53	Siv Vera-Ybanex, Sweden	1:52:50	Lisa Vaill, USA
1:44: ?	Sharon Schnyder, Australia	1:52:50	Ana-Lena Eriksson, Sweden
1:45:28	Gunhild Christiansen, Den.	1:53:32	Christine Ostiguy, Canada
1:45:48	Helena Astrom, Finland	1:53:47	Gwen Robertsson, USA
1:46:07	Debbi Lawrence, USA	1:55:25	Anna Arvidsson, Sweden
1:46:38	Salvi Frunes, Norway	1:55:45	Anneli Kuukanen, Finland
1:46:40	Teresa Vaill, USA	1:56:55	Viisha Sedlak, USA
1:47:03	Marfaretha, Sweden	1:58:38	Sigrid Leinppinsel, Finland
1:47:28	Maria Wilkner, Sweden	1:59:03	Kathy Donley, USA
1:47:49	Madgalena Petersson, Swed.		
1:48:29	Vigdis Aarum, Norway		

SO IT'S A RACE YOU'RE LOOKING FOR . . .

Sat. Mar. 7---	5 and 10 Km, Washington, DC, 10 am (F)
Sun. Mar. 8---	5 Km, Los Angeles (G)
	5 Km, Atlanta (A)
Sat. Mar 14---	2 Mile (ind), Boulder, Col., 12 noon (H)
Sun. Mar 15---	3 Mile, Denver, 9 am (H)
	1500 meters, Providence, R.I., 12 noon (K)
	H.S. 1500 meters, New Haven, Conn. (M)
Fri. Mar 20---	50 and 10 Km, Willametter, Ore. (I)
Sat. Mar.20---	10 Km, Seattle (D)
	35 Km, Atlanta (A)
Sun. Mar 22---	5, 10, and 15 Km, Washington, DC, 10 am (F)
	50 Km (track), Worthington, Ohio, 9 am (Q)
	3 Km, Salem, Ore. (I)
	20 Km, Boylston, Mass., (L)
Sat. Mar 28---	1 Hour, Columbia, Missouri, 2 pm (C)
	NATIONAL ATHLETICS CONGRESS INDOOR 2 MILE, MADISON, WIS. (N)
	10 Km, Atlanta (A)
Sun. Mar 29---	10 Km, Seattle (D)
	20 KM, MEN, 10 KM WOMEN, WORLD CUP TRIALS, WASHINGTON, DC,
	10:15 and 8 am (F)
	5 Km, same place, 9:15 am (F)
Sat. Apr. 4---	5 Mile, Denver, 9 am (H)
	5 Km, Atlanta, Handicap (A)
Sun. Apr. 5---	10 Km, Sandy Hook, N.J., 10 am (E)
	2 Mile and 10 Km, Oklahoma City, Okla. (P)
	5, 20, and 50 Miles, Columbus, Ohio, 7 am (Q)
	3 and 15 Km, Dearborn, Mich., 10 am (S)
Sat. Apr 11---	1, 5, 10, 15, and 20 Km, Atlanta (A)
Sun. Apr 12---	10 Mile, Asbury Park, N.J., 11 am (E)
	5 Km, Albuquerque, N.M. (Q)
	5 Mile, Columbus, Ohio (Q)
	5 and 20 Km, Dearborn, Mich., 10 am (S)

Sat. Apr. 18---	5 Km, Piscataway, N.J. (E)
	50 Miles, Columbia, Mo. (C)
Sun. Apr. 19---	50 Km, Atlanta (A)
Thu. Apr. 23---	5 Km, Penn Relays, Philadelphia (E)
Sun. Apr. 26---	Marathon, Jersey City, N.J. (E)
Sat. May 2----	IAAF WORLD CUP MEN'S 50 KM, New York City
	Southeast Masters 5 Km, Raleigh, N.C., 11:30 am (R)
	5 Km, Atlanta (A)
Sun. May 3----	IAAF WORLD CUP WOMEN'S 10 KM AND MEN'S 20 KM, New York City
	Southeast Masters 20 Km, Raleigh, 7:30 am (R)

CONTACTS

A--DR. Bill Farrell, 818 Peachtree Center South, 225 Peachtree St., Atlanta GA 30303
C--Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65201
D--Bev LaVeck, 6633 Windemere, Seattle, WA 98115
E--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
F--Jean Wood, 5302 Easton, Dr., Springfield, VA 22151
G--Elaine Ward, 358 W. California Blvd., Pasadena, CA 91105
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
I--Jim Bean, 4933 Oak Park Dr. NE, Salem, OR 92705
J--Steve Vaitones, 90 Summit St., Waltham, MA 02154
K--Neil Steinberg, 40 Roberts Ave., Providence, RI 02912
L--Brian Savilonis, 243 Mirick Rd., Princeton, MA 01541
M--Heliodoro Rico, PO Box 1504, Ansonia Sta., New York, NY 10023
O--Gene Dix, 2301 El Nido Ct. NW, Albuquerque, NM 87104
P--Ron Marlett, 2712 NW 48th, Oklahoma City, OK 73112
Q--John White, 4865 Arthur Place, Columbus, OH 43220
R--SE Masters, c/o Raleigh Parks and Recreation, PO Box 590, Raleigh, NC 27602
S--Frank Alongi, 26530 Woodshire, Dearborn, Heights, MI 48127

#

COMMENTARY

From Bob Jordan, out Iowa way:

Track and Field News bemoaned the demise of the 50 Km walk in the U.S. (Ed. Only 11 walkers broke 5 hours in 1986, the fewest in the history of the race). Without going back to far, there were 16 in 1985, 22 in 1984, 23 in 1983, and 20 in 1982). When one thinks about it, there aren't too many opportunities to race 50 km where there is judging, not to mention having the National Championship at a more reasonable time of the year than February. That doesn't give guys in the upper Midwest much time to put in the needed mileage to do a successful 50. What with the Alberta Clippers and glare ice on the roads, which stays around all winter, it's hard to put in heavy mileage. A fall 50 Km to choose the next year's national team makes more sense to me. That way, several months of training can be planned for a successful showing at international meets. Personally, I'm not much of a threat to unseat or even challenge elite walkers, as anybody who had seen me at last year's 25 Km Championship can attest. But, for guys on the fringe of the elite, a more reasonable date for a 50 Km championship or four or five regional championships 50s (dependent on when the climate is best suited for them) makes sense to me if the racewalking community wants to develop a larger base of 50 Km walkers. With four or five months of good training and a pair of real racewalking shoes, on a good day, even a slogger like me can go under 5:30 (200 pounds of slow of foot). If that's possible, then the guys on the fringe with some inducement could be going under 5 hours every year at the Nationals or regional races. It sure would simplify matters if everyone in the upper Midwest knew that every third

Saturday or Sunday in October, there would be a regional held within driving distance (600 miles or less). I'd point my whole year toward it as I'm sure the guys on the fringe would. But the, what do I know? I'm just one of those back-of-the-pack walkers who pays his TAC dues and entry fees and tries to find a race nearby.

From Bill Tallmadge, Berea, Kentucky

The reason for my comments is that I was very nearly disqualified at Mitchell Field last summer in the 20 Km. I had two warnings from two judges in about 2 minutes. By adding about 20 minutes to my time and walking like a wounded stork, I survived to win my first place. Incidentally, I have raced in 11 walks and won 11 in my age 70-74 group (last year). Anyway, I believe that I am legal in spite of the fact that I don't lock (hyperextend) my knees. I practiced doing it for about 20 days last summer after the National meet. My knees began to get worse and worse. I will never do it again.

Thus, I would like to say something about the problem of bent knee. First, recall that the rule about straight knee reads as follows:

"The supporting leg must be straightened (i.e., not bent at the knee) for at least a moment when in the vertical upright position."

Note that the rule says nothing about locking the knee. Nonetheless, some judges and some race walkers apparently believe that the rule implies locking, and that locking the knee also implies that the leg assumes for a moment a concave position, which in sports medicine is called hyperextension of the knee (a malady to be avoided and corrected). Pictures of race walkers often show the legs in this so-called locked, hyperextended position. Bob Mimm wonders about this point and states that, "A question arises as to how strict we need to get with straight legs." He goes on to mention that some strollers could be disqualified because "they do not lock." More recently, Alan Wood wrote in the Master Walker (Jan. 1987): "Few men over 70 can walk a 50 and 'lock' all the way." I would add that they would be foolish if they did, else they had best be prepared for knee problems. When one is young, the body can accommodate all kinds of distortions, including hyperextended, locked knees in fast walking; but from 65 on, particularly if the walker only recently took up the sport, the walker should not lock his or her knees.

I do not lock or hyperextend my knees, and only once in the past two seasons have I been in danger of a DQ. I maintain that the knee can be straight for a moment without locking. To those judges who think a hyperextended knee looks good, I recommend they ask someone in sports medicine how he or she likes the looks of it. Straing legs? Yes! Concave legs? No!

Coincidental to Bill's letter, the following editorial appeared in the most recent issue of the Southern California Racewalking News:

JUDGING KNEES

Competitive sports have rules and have judges (referees, umpires) to enforce their rules. No one is required to compete; in fact, 90 to 95 percent of those walking today do so for fitness and fun. At the same time, if someone likes the excitement of competing, he/she must be willing to accept negative judgments and learn from them. Good sportsmanship is just as important as good rule enforcement.

Recently, I was asked to judge at a competition and had the privilege of studying many different race walking styles and many fine competitors. What impressed me most was the problem the judge faces in trying to enforce the bent knee rule uniformly. I realized that acting as a judge is a valuable teaching experience. Knees can hyperextend, straighten as required, be ever so slightly bent, or be consistently flexed as in running. Chances are that none of the walkers are trying to cheat and in fact, are trying as hard as they can to walk correctly. Nonetheless, judges are confronted with the problem of strict enforcement and possible discouraging some walkers with DQs or weighing in such factors as age and whether any competitive advantage is being gained by one or both knees being bent slightly.

To bridge the gulf between competitors and judges, racewalking coaches and instructors might ask their students to take turns judging during class workouts. Not only would the problem of enforcing the straight knee rule become much clearer, each student judge would gain greater insight on the form required to keep knees straight.

From FRONT RANGE WALKERS Newsletter in Colorado:

Racewalking Faster - A Dozen "Little" Things
by
Leonard Jansen
U. S. Olympic Committee

- 1) Set REALISTIC goals (but challenging ones):
 - a) Long-term.
 - b) Short-term.
- 2) Training emphasis:
 - a) Endurance foremost.
 - b) Speed is secondary.
- 3) Perhaps you need to revamp your ENTIRE training system.
- 4) Too much "quality" mileage and/or not enough recovery?
 - a) add junk miles.
 - b) get massages.
 - c) take time off.
 - d) see 3) above.
- 5) Too few quality miles or stagnating improvement?
 - a) WHY?
 - b) More quality mileage/speedwork.
 - c) take time off.
 - d) see 3) above.
- 5) During workouts CONCENTRATE!
 - a) on technique.
 - b) on style.
 - c) on positive achievement; not how rotten you feel.
- 6) Do supplementary work:
 - a) STRETCH, STRETCH, STRETCH!
 - b) weights.
 - c) swimming.
- 7) Change activities completely or use as in 6) above:
 - a) XC ski (diagonal stride best; then skating).
 - b) Running.
 - c) Trail/Speed hiking.
 - d) N.B. Cycling is a poor supplementary exercise, but good "change of pace".
- 8) Get a coach.
- 9) Get an "observer".
- 10) Lose weight.
 - a) VO2 max is DIRECTLY related to this. Less weight=higher max.
- 11) Get some "real" shoes/equipment or change brands. Experiment.
- 12) KEEP A TRAINING LOG!!!!!! Those who do not know history are doomed to repeat it.

TRAINING TIPS FOR NONCOMPETITIVE AND COMPETITIVE WALKERS

Interview with Jim Coots from the California Walkers Club Newsletter

Ed: Jim, when you suggest a training program for your noncompetitive and competitive walkers, what do you emphasize?

Jim: I have a general program. First, we do not gauge our workouts in miles but in minutes and hours. This places an emphasis on endurance. Second, I recommend a workout schedule of one hard day followed by two easy days. A hard day might involve a long-distance walk.

Ed: How do you recommend that walkers increase the time increments of their workouts?

Jim: Beginning walkers frequently are champing at the bit to do long distance, day in and day out. They will walk 1½ hours on a Saturday, and then ask me, "Do you thing I should have done that?"

Generally, I suggest walking according to how you feel. Start with a fairly modest goal of 30 to 45 minutes; then if you find that you are feeling really great, extend the time of your walk providing you do not break the hard-day, two-easy-days rule.

The first priority is health. If you overdo, you don't feel up to training. If you injure yourself, you cannot train. All real progress involves monitoring and protecting good health.

Ed: That takes patience.

Jim: The key to real improvement is an attitude of patience and confidence. You need to have the patience not to train to go fast today or tomorrow, but six months ahead. You need to have confidence that your training program is going to bring improvement over the long term.

Ed: How are you coaching your masters walkers for the World Games in Australia the beginning of December?

Jim: The general plan has two phases. At the moment, our focus is the National Championships May 24. Right now, we are doing long-distance walking. We will start track workouts in the middle of February and work towards peaking for the Championships. After May 24, we will ease up and return to distance workouts. Towards the end of the summer, we will start training again with the aim of peaking for the World Games.

I do not think that a long peaking period, say from now through November, is wise. Most of us have too many obligations with job, family and community to oversee. Elite walkers who live for racewalking can take a very long-range approach. But for the rest of us, I feel it is better to break up the training into two peak periods.

#

FROM HEEL TO TOE

From today's mail, we have an addition to the schedule of upcoming races: 5 Km, Austin, Texas, Saturday, April 4, 10 am. Contact: John Knifton, 10900 Catskill Trail, Austin, TX 78750. . . To the list of clubs and promoters published a couple of months ago, add: Portland Masters TC, 4185 SW 83rd, Portland, OR 97225 and Jim Bean, 4933 Oak Park Dr., NE, Salem, OR 97305. . . The National 1 Hour Postal for 1987 is being

sponsored by the Shore Athletic Club. This is a race in which everyone can participate without traveling to a central location. You will be pitting your best walking performance for 1 hour against those within your division and see how you rank nationally for the year! (See results for 1986 elsewhere in this issue.) The divisions are: Open--men and women of all ages; Masters--Men and women in the categories 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 up; Juniors--men and women 10 and under, 11-14 and 15-19. Performances must be on a certified 400 meter or 440 yard track with at least two judges on hand. For further information, write: Mr. Don Henry, 24 Fairview Ave., Bricktown, N.J. 08724. . . The proper contact for the World Veterans Games in Australia the end of this year: VII World Veterans Games, P.O. Box 311, Greensborough 3088, Victoria, Australia. Sports Travel International, who we gave as a contact last month, is a private travel agency with no official capacity relative to the Games. I don't recall now where we got the information showing that agency as the contact, but we apologize for the error and any inconvenience it may have caused. . . Further information on these Games: There will be team awards in the 20 Km walk for men in five year groupings from age 40 to 59 and thereafter in 10 year groupings. For women, it will be from 35-39, 40-49, and 50 plus. Three members will score on a cumulative time basis. An athlete may go down in age for team scoring. Teams will be composed by country, with one team per country. Bev LaVeck, 6633 Windemere, Seattle WA 98115 is the coordinator for the U.S. team. . . Now available from the Athletics Congress are the 1987 U.S. Athletics Calendar and Indoor Track '87. The calendar, which costs \$8, gives date, site, and meet contact information for all top events, including walks; separate schedules for national championships; qualifying standards for TAC senior and junior championships; and a list of state high school championships. Indoor Track '87 contains schedules, indoor records, all-time world indoor lists, and a 1986 review. It also costs \$8. Order from Book Order Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206. . . Paul Wick's 20:29.67 for 5 Km at the Hoosier Dome Invitational last month is not an American record, as reported in the January issue. Tom Edwards had a 20:17.55 in 1985, which was approved at the '85 convention, but is not yet listed in the TAC Rule Book records section. Thanks to Bob Bowman for bringing this to our attention. . .

LOOKING BACK

25 Years Ago (From the Feb. 1962 American Race Walker)--Ron Zinn won the National 1 Mile title in New York with a 6:36 clocking. Rimas Vacaitis challenged Zinn on the eighth of 11 laps, received a caution, dropped back to settle for second, and then found he was DQ'd. Second then went to the cagey old veteran and one-time Polish Falcon, John Humcke, in 6:50.2 with young Ron Daniel grabbing third in 6:59.4, just 0.2 ahead of Bill Omeltchenko. . . A list of all-time U.S. Senior titles showed Henry Laskau in front with 42, followed by Bill Mihal's 21, and Harry Hinkel's 18. Ron Laird, who eventually went well beyond Henry's mark, had just 9 at that time.

20 Years Ago (From the Feb. 1967 ORW)--Jack Blackburn won the first ever walking race in Ohio State's French Fieldhouse, a hallowed hall he had once been booted out of during a training session even though he was an ex-OSU runner. His 6:43.6 left him well clear of Jack Mortland's 6:56.4, with Chuck Newell third in 7:40. . . In Chicago, Bob Gray beat Phil McDonald three times in a row in 1 and 2 mile races. . . Ron Daniel had a 6:29.5 in New York. . . Rudy Haluza was named the recipient of the Capt. Ronald Zinn Award for 1966 as the outstanding U.S. walker.

15 Years Ago (From the Feb. 1972 ORW)--Dave Romansky won the National Indoor 1 Mile title for the third time in four years, slicing 0.6 off his own Championship record with 6:13.4. Ron Laird challenged all the way, but his 6:14.6 fell just short. Not far back were Larry Walker (6:17.5) Todd Scully (6:20.4), and Ron Kulik (6:22.6)...A week earlier, Dave had finished the Olympic Invitational 1500 meter in a record 5:48.7, but was DQ'd. The race went to Laird in 5:50.2 with Ron Daniel second in 5:51.5 and Kulik third in 5:53.3. . .On the West Coast, Goetz Klopfer stormed through 40 Km in 3:20.7. . .Here in Columbus, your all-ready aging editor managed to outkick Phil MacDonald in an Indoor 3 Mile, 22:53.8 to 22:55.6.

10 Years Ago (From the Feb. 1977 ORW)--February was Todd Scully month as the Virginia pig farmer set two American records. He won the Olympic Invitational 1500 in 5:48.6, leaving Dave Romansky and Ron Daniel way back. Two weeks later, he took the National 2 Mile in 13:02.5, pulling away from Neal Pyke over the last half mile. Dan O'Connor, Ron Daniel, and Dave Romansky took the next three spots. . .Rising star Jim Heiring had two fast races in Wisconsin--a 13.39 for 2 miles and 21:06 for 3. . .Walker walked away with the LA Times 1 Mile in 6:23.9.

5 Years Ago (From the Feb. 1982 ORW)--National Indoor titles went to Jim Heiring in the 2 Mile and Sue Brodock in the 1 Mile. Heiring won in 12:24.82 with Ray Sharp a distance second in 12:57.49. Todd Scully and Dan O'Connor were right behind Ray. Brodock got away from Susan Liers over the final quarter mile to win in 7:07.14. Liers had 7:12.02. Jeanne Bocci (7:39.05) edged Vicki Jones for third. . .The National 100 Km in Houston was an easy win for Bob Keating, whose 11:22:23 left him nearly 45 minutes ahead of second-place Jack Blackburn. . .Heiring also turned in the world's fastest ever indoor mile in Richfield, Ohio with a 5:47.39. Todd Scully just broke 6 minutes in second. . .Dan O'Connor won the LA Times Mile in 6:13.4 with Scully second there, too. . .We also published the following personal nostalgia bit, which will acquaint many new readers with who it is that brings them this monthly mish-mash.

Reprinted from the February 1982 Ohio Race Walker:

A STRING IS BROKEN

In the spring of 1945, a frail fourth-grader at Galion's North Elementary School took his marks for the 50 yard dash at Field Day. This annual affair brought together the elite sportsmen in grades 3 through 6 from the Ohio town's four elementary schools--imaginatively named North, South, East, and West. The 50 marked the competitive running debut for our skinny hero--one who has gone onto the prestigious post of editor of the Ohio Racewalker. An undistinguished and disappointing debut it was--sixth place as I recall. From humble beginnings, humble careers grow. But it did start an impressive string.

During each of the next 35 years, I competed in foot races of some description. The glory years in the fifth and sixth grades--kingpin of the sprints and jumps in Galion, Ohio--were followed by heroics at Galion Junior and Senior Highs and then Upper Arlington High School when the family moved to Columbus. There, they offered cross country, and I found I could run further than a quarter mile. On to Bowling Green State University, where it eventually took American steeplechase record holder Sid Sink and Olympic gold medalist Dave Wottle to make them forget Mortland's back-to-back fifth place finishes in the Mid-American Conference 440 yard dash.

Surprisingly, even then--placed in a small Ohio school in the mid '50s--the dull, unimaginative '50s, we are told--a time when there was virtually no life after school for a runner unless he (shes just didn't run at all) was of Olympic caliber or fortunate enough to be a road runner in New England--I knew I was in the sport for life. And so it has been.

However, the running soon blended with race walking, where there seemed to be more competitive opportunity. Then, walking took over and, behold, Olympic dreams of earlier years became reality. (In 1955, my motto had been "it's only a hop, step, and a jump to Melbourne." The triple jump--at that time hop, step, and jump--was a weak event, but not really weak enough for me, and I never pursued that dream.) There were some other international teams during the '60s, some stirring backyard duels with the guy who pulled me into the sport, Jack Blackburn, and several national team titles for the Ohio Track Club. With fame--e.g., two sentences in the Columbus Dispatch for making the Olympic team--out of the way, a drift back to the humble beginnings followed. And this was fine. The big prizes were never more than icing on the cake--angel food cake, I think it is, which really needs no icing--and were never the reason for being in the sport.

Racing became much less serious through the '70s--the turn to Master's events didn't really inspire me to greater deeds--and some running races again blended in here and there. Racing was fine occasionally, but not really necessary, and just getting out each day to train was sustaining me.

Then, really without warning, the string of 36 years of racing ended. In 1981, there were no races the entire year. No retirement--I just didn't get around to going to a race (other than the national 15 as a spectator and reporter). My only competition during the year was three tennis matches against my wife on three consecutive days while we vacationed at Burr Oak State Park. All were losing efforts, but I improved each day and even had her down 5-4 in the second set on the final day. Concentration and competitive fire won out over conditioning, however, and she swept the final three games.

So I didn't race. But, I didn't quit walking. Not at all. As a matter of fact, only in the 1964 Olympic year did I cover more miles than in 1981. These 1981 miles were much slower than in more serious years and done much less intensely--but they were enjoyable. Training never was drudgery, or a duty--just a part of life. As a matter of fact, I have to go back to the summer of 1953, before I started my first year at Bowling Green, to find a stretch of more than 10 days in a row without a workout. That's not counting 8 weeks in Army basic training, during which we got some exercise.

So, I'm still out there, still enjoying it, and still skinny. And there will be some more races as the mood strikes me--although they may be no more distinguished than the 50 yard dash that started it all. Maybe I'll even start another 36-year string. Then at age 83, I can decide if I want to go on in the sport.

UPDATE: So here we are, 5 years later, still putting in some miles but competing only rarely for one reason and another. Another string ended in December--that of not having more than 10 days in a row since the summer of 1953. From Dec. 13 to Jan. 2 I eschewed fast running or slow running completely. No reason other than I decided a break might be good. In retrospect, I can't say that it was either good or bad. No real withdrawal symptoms, but it was good to start back. The period away also brought to an end a string of 70 consecutive months of at least 100 miles. I realize some serious people out there go for 100 miles weeks, but 100 to 130 miles, mostly at 10-11 minute pace, with occasional "speed" work keeps me fit, if not in racing trim. That's where we are today. Might have another report in another 5 years.

FLASH! European Indoor Championships, Feb. 22: Men's 5 Km--1. Josef Pribilinec, Czechoslovakia 19:09.44 2. Ronald Weigel, East Germany 19:08.93 3. Roman Mrazek, Czech. 19:10.77 Women's 3 Km--1. Natalia Dmitrochenko, USSR 12:57.59 2. Giuliana Salce, Italy 12:59.11 3. Monica Gunnarsson, Sweden 13:06.46.

FLASH! U.S. 50 Km Championships, Feb. 22, Monterey, Calif.--1. Carl Schueler 4:00:19 2. Marco Evoniuk 4:06:42 3. Jim Heiring 4:10:36 4. Dan O'Connor 4:12:21 5. Randy Mimm 4:13:41 6. Andy Kaestner 4:20:38 7. Mark Fenton 4:21:21 8. Mike DeWitt 4:27:30 9. Dan Pierce 4:33:01 10. Dr. Eugene Kitts 4:35:26--complete results and full details next month.

Following are the all-time World Indoor lists for the two European Championship distances (from Indoor Track '87):

5000-METER WALK

18:54.6 Nikolay Matveyev (URS), 1982
 18:58.1 Pavol Blazek (TCH), 1986
 18:59.2 Carlo Mattioli (ITA), 1980
 19:06.22 Gerard Lelievre (FRA), 1985
 19:06.8 Mattioli, 1980
 19:07.96 Maurizio Damilano (ITA), 1984
 19:08.59 Hartwig Gauder (GDR), 1981
 19:11.41 Damilano, 1985
 19:12.50 Damilano, 1984
 19:12.58 Mattioli, 1984
 19:13.90 Damilano, 1981
 19:14.8 Damilano, 1980
 19:16.04 Dave Smith (AUS), 1985
 19:19.93 Anatoliy Solomin (URS), 1983
 19:20.1 Jozef Pribilinec (TCH), 1984
 19:21.02 Lelievre, 1984
 19:23.05 Damilano, 1984
 19:24.07 *Pribilinec, 1986
 19:25.0 Damilano, 1980
 19:25.39 Zdzislaw Szlapkin (POL), 1984
 19:27.1 Pribilinec, 1986
 19:27.51 Alfons Schwarz (FRG), 1985
 19:27.85 Mikola Matveyev (URS), 1984

 19:32.6 Viktor Dorovskikh (URS), 1980
 Valdas Kazlauskas (URS), 1980
 19:33.30 Alessandro Pezzatini (ITA), 1982
 19:34.29 Sergey Protsishin (URS), 1984
 19:35.7 Pauli Pirjeta (FIN), 1983
 19:35.8 Reima Salonen (FIN), 1978
 19:37.5 Vittorio Visini (ITA), 1980
 19:39.73 Roman Mrazek (TCH), 1985
 19:41.40 Miguel Angel Prieto (ESP), 1986
 19:41.66 Yevgeniy Yevsyukov (URS), 1983
 19:42.1 *Ronald Weigel (GDR), 1986
 19:42.3 *Ivo Pitak (TCH), 1986
 19:46.3 Roberto Buccione (ITA), 1980
 19:47.59 Giacomo Poggi (ITA), 1986
 19:47.65 Martial Fesselier (FRA), 1986
 19:47.95 Jean-Marie Neff (FRA), 1986
 19:48.24 Jose Marin (ESP), 1982
 19:49.9 Lubomir Ivanoff (BUL), 1986
 19:50.2 Leonid Vilgota (URS), 1977
 19:52.0 *Ronald Weigel (GDR), 1983
 19:52.73 Walter Arena (ITA), 1984
 19:55.5 Antanas Griqalunas (URS), 1984
 19:55.9 Francois Lapointe (CAN), 1983
 19:56.8 Aivars Rumbenieks (URS), 1984
 19:57.03 Dominique Gueby (FRA), 1986
 19:57.0 *Ralf Kowalsky (GDR), 1984
 19:59.13 Guillaume Leblanc (CAN), 1984

3000-METER WALK

12:31.57 Giuliana Salce (ITA), 1985
 12:46.8 Olga Yarutkina (URS), 1984
 12:48.96 Salce, 1986
 12:53.42 Salce, 1985
 12:56.70 Salce, 1984
 12:57.1 Salce, 1986
 13:01.70 *Salce, 1985
 13:05.56 Hong Yan (PRC), 1985
 13:06.97 Ann Peel (CAN), 1985
 13:08.09 Salce, 1984
 13:09.39 Natalya Serbinenko (URS), 1984
 13:21.6 *Dana Vavracova (TCH), 1986
 13:24.0 Mia Kjolberg (NOR), 1980
 13:29.06 Dana Vavracova (TCH), 1985
 13:32.92 Sirkka Oikarinen (FIN), 1986
 13:36.20 Mirva Hamalainen (FIN), 1986
 13:39.41 Oikarinen, 1986
 13:41.04 Peel, 1984
 13:41.67 Oikarinen, 1985
 13:42.0 Froydis Hilsen (NOR), 1980
 13:42.22 Maria Grazia Cogoli (ITA), 1986
 13:43.9 Alison Baker (CAN), 1983
 13:45.05 Joan Bender (CAN), 1983
 13:45.0 Thorill Gylder (NOR), 1978
 Vavracova, 1985
 13:45.89 Oikarinen, 1985
 13:46.1 Margareta Simu (SWE), 1978
 13:46.34 Oikarinen, 1985
 13:46.8 Vavracova, 1984
 13:47.18 Ann Jansson (SWE), 1985
 13:48.3 Cogoli, 1986
 13:51.0 Helena Astrom (FIN), 1984
 13:53.96 Maria Reyes Sobrino (ESP), 1985
 13:58.4 Sada Eilikyte (URS), 1986
 13:59.56 Teresa Vaill (USA), 1985
 14:01.99 Antonella Marangoni (ITA), 1986
 14:02.0 Valentina Antonova (URS), 1983
 Petra Kampf (GDR), 1986
 14:02.12 Olga Chrustyeva (URS), 1984
 14:03.4 Marla Hrubanova (TCH), 1984
 14:04.54 Suzanne Griesbach (FRA), 1986
 14:05.15 Sari Essayah (FIN), 1985
 14:05.29 Pier Carola Pagani (ITA), 1986
 14:06.7 Kathrin Born (GDR), 1986
 14:08.2 Emilia Cano Camacho (ESP), 1985
 14:09.80 Rosanna Feroldi (ITA), 1986
 14:11.5 Siv Gustavsson (SWE), 1976
 14:12.0 Elisabeth Olsson (SWE), 1976
 14:12 Berit Karlsson (SWE), 1981
 14:13.8 Begona Miranda Sastillio (ESP), 1985
 14:15.0 Synnove Olsen (NOR), 1985
 14:18.0 Margaretha Olsson (SWE), 1977
 14:18.26 Antonella Marangoni (ITA), 1985
 14:18.48 Anne-Catherine Berthonnaud (FRA), 1986
 14:18.5 Marcia Onos-Zethof (HOL), 1983
 14:20.24 Josianne Chevrier (FRA), 1986
 14:21.8 Svetlana Kirpitschenok (URS), 1981
 14:23.0 Dora Rugutto (CAN), 1986
 14:23.90 Ingrid Adam (FRG), 1984
 14:24.0 Debbie Powell (CAN), 1986
 14:24.1 *Dagmar Grimmenstein (GDR), 1986
 14:24.61 Barbara Niewojt (POL), 1983
 14:25.3 Ines Estedt (GDR), 1986
 14:26.88 Viviane Humbert (FRA), 1985
 14:27.0 Line Viken (NOR), 1982