Knoxville, Tenn., June 18—In the 1982 TAC National Outdoor Track and Field Championships, race walking titles went to Jim Heiring and Susan Lierson-Westerfield. Both successfully defended titles won last year.

Heiring had a surprisingly path to his second successive title, as he won in 1:30:22, some 25 seconds faster than last year. The race started with nearly 6 laps of the track before going onto a road loop of about 1 3/4 miles. There were two more laps on the track at the finish. As the walkers left the stadium at the start, Jim already was out front by about 20-25 yards. He was able to move gradually out on the field and then really opened up the second half of the race.

The expected challenge from Marco Evoniuk, who took him stride for stride in that super-fast track race in Bergen a month earlier, never materialized. Ray Sharp, seventh in last year's race, walked superbly, and despite being sick on the course, finished well clear of Marco in second, although better than 2 minutes in arrears of the winner. Dan O'Connor, second last year, had to settle for fourth this time around, with veteran Todd Scully a rather distant fifth. (He was fourth in 1981. The faces didn't change too much.)

The weather was deceptive; a temperature of only about 65 at the start, warming to the low 70's, but very high humidity. That, together with a single hill on the course, took its toll on the competitors and slowed the final times. A very competent crew of judges was on hand and there were three disqualifications in the race, although we're not sure who at this writing.

Lierson-Westerfield was also able to take command of the women's 5 km from the start and won easily in 24:50.6, slower than last year but much slower than other recent performances. Bonnie Dillon, also second in 1981, was the only one to stay at all close to Susan, as she finished in 25:16.2. The Island Track Club's newest star, Teresa Vaill, was a solid third.

Results of the races, as we have them at press time (complete rundown next month) were:

Men's 20 Km:
1. Jim Heiring, Athletic Attic 1:30:22
2. Ray Sharp, Athletic Attic 1:32:30
3. Marco Evoniuk, Frank Shorter Track Club 1:33:48
4. Dan O'Connor, Stars & Stripes Track Club 1:34:37
5. Todd Scully, Shore Athletic Club 1:37:20

Women's 5 Km:
1. Susan Lierson-Westerveld, Island Track Club 24:50.6
2. Bonnie Dillon, West Valley Track Club 25:16.2
3. Teresa Vaill, Island Track Club 25:44.4
5. Debbie Spino, Kangaroo Boos 27:19.6
HEIRING UNCHALLENGED IN 10

Chicago, May 29—A heavy rain at the start did not deter Jim Heiring from his appointed rounds as he moved to a quick lead with a 6:46 first mile and went to an easy win in the National TAC 10 Km on the Stagg Field track. Although the rain stopped after the first mile, the track remained quite slippery and Jim tucked off his initial pace before losing in a 6:47 on his final mile for a final time of 44:17.6.

Behind Jim, a three-man race for second developed early and lasted throughout the race, with Mike DeWitt finally getting the better of Mike Morris and Tom McMillan. Gary Morgan walked an isolated fifth and had a good 47:55 as this newcomer continues to impress. Dave Lawrence and Mike Rumshart also dipped under 50 minutes. The Master's title went to Gerald Bocci.

Results:
1. Jim Heiring, Athletic Attic 44:17.6
2. Mike DeWitt, U. of Chicago TC 46:16
3. Mike Morris, Mt. SAC 46:19
5. Gary Morgan, Wolverine Pacers 47:55
6. Dave Lawrence, Niagara BC 49:29
7. Mike Rumshart, unapp. 49:35
8. Martin Kraft, Vallu. Pacers 50:15
9. Jay Evers, Green & Gold AC 50:23
10. John Padrick, WF 51:33
11. Paul Vick, Burr County TC 51:40
12. John Williams, Burr County TC 52:45
13. Mark Manning, Lake Aganias Pacers 53:30
14. Ken Rogers, Burr County TC 55:14
15. Andy Kaestner, BTC 55:16
16. Gerald Bocci, Motor City Striders 57:29
17. Frank Soby, MCAC 1:00
18. Dick Douglas, AC 1:00
19. Nick Schröder, unapp. 1:00
20. Paul Klug, BTC 1:05
21. George Lewis, BTC 2:00
22. Randy Inoue, BTC 2:02
23. Mike Rittenbury 2:15

LIERIS-WESTERFIELD BESTS BRODOK IN WOMEN'S 10

Santa Monica, Calif., May 22—Race walking two Susies tied up in yet another of their stirring duals today and this time the nod went to Liers-Westerfield in the National TAC 10 Km Championship. At 5 Kms, Liers-Westerfield had a slight lead as she went through in 25:26. Brodock was just 2 seconds back and Bonnie Dillon was right with her. Another 4 seconds back, Vicki Jones was running this a highly competitive race. Brodock managed to edge away from a determined Dillon over the second half, but could not hold onto the pace being set by her rival up front. Liers-Westerfield finished in 50:59 with a 9 second lead. Jones walked strongly throughout, and was less than a minute back in fourth. 15-year-old Jeanie Bocci captured fifth, beating a newcomer, 14-year-old Teresa Vaill. The Master's title went to Lori Maynard in 10th with a 55:00.

Results:
1. Sue Liers-Westerfield 50:59
2. Sue Brodock 51:08
3. Bonnie Dillon 51:25
4. Vicki Jones 51:52
5. Jeanie Bocci 52:56
6. Teresa Vaill 53:19
7. Norma Arnesen 54:03
8. Gernie Robertson 54:26
9. Paula Kash 56:48
10. Lori Maynard 59:17
11. Carol Brown 55:18
13. Karen Stoner 56:31
14. Cathy Pugh (age 13) 58:07
15. Kathy Curtis 58:14
16. Becky Bresnick (13) 60:20
17. Jessica Lattes 63:02
18. Tony Cologer 65:27
19. Suzette Russell 65:52
20. Alexia Marshall 72:03
21. Rose Kash (50) 72:32
22. Carol Kieschnick 74:47
2. California Walkers (Kash, Steigerwalt) 2:42:10
3. West Valley TC (Dillon, Stoner, Lattes) 2:50:58

MIKE NORRIS CAPTURES FIRST NATIONAL TITLE

New York City, June 6—In a race dominated by youth, Mike Norris, age 22, beat Pete Timmons, 1 year his senior, to win the National TAC 5 K walk in 21:26.4. Third place went to 19-year-old Ben Defibaugh, with Tom Magee in fourth at 22:15.4. The Master's category was 44-year-old Ron Kulik, finishing just ahead of first female, Susan Liers-Westefield, with quick times for both.

1. Mike Norris 21:26.4
2. Peter Timmons 21:37
4. Tom Magee 22:30
5. Andy Curillo 22:30
6. Bob O'Rooney 23:09
7. Bill Walcom 23:10
8. John Gresh 23:20
9. Ron Kulik 23:30
10. Sue Liers-Westefield 23:31
11. Ray Finlayson 23:40
13. Mike Rittenbury 23:52
14. Rob Timmons, Jr. 23:53
15. Bob Pieloch 23:57
16. Jose Rojas 24:10
17. Tony Yatch 24:14
18. Tom Viner 24:53

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TOP WALKERS OFF TO GOOD STARTS IN INTERNATIONAL COMPETITION

Annual races in Mexico, Haarburg, and Bergen, Norway always feature some outstanding performances, and this year was no exception. Paul Gonzales had fast 50K performances in both Mexico and Bergen (that one on the track) and Ronald Weigel was even faster at Haarburg. The 20K at Bergen saw that tremendous American record by Jim Heirig and Mario Vincenzi, as Yevgeniy Yevgenykov hung on to beat surprising Sweden, Bo Gustafsson in 1:22:13.

Mauricio Galván also had a fast 20K on the track in Italy.

On the women's scene, Alexandra Keremnitskaya broke the 50K record in Bergen, but Sue Cook took it back a week later in Adelaide. A day later, Cook bettered the 10K record on the track. Earlier, Sally Pierson had gone even faster in a road race (1:53:36). So, let's look at the results.

AUSSIE WOMEN CONTINUE TO MOVE QUICKLY


OTHER RESULTS

Focus on Footwear by Julian Hopkins

In recent years there has been a revolution in the design of shoes for athletic events. In particular, shoes designed specifically for running on roads have changed radically. Now, there is a wide range of shoes well suited to road running but very few that meet the needs of the race walker. Indeed, as shoes have evolved to meet the requirements of runners more closely, they have become less acceptable for race walking. This is due in the main to several factors:

1. The roll heel that many shoes have is not really desirable for race walking. Its shape affects the smooth rolling action of the foot from the heel through to the toes.

2. Most shoes designed for road running have too much cushioning for race walking. This makes the shoes too spongy in many cases. The mid-sole is frequently too thick under the heel of the shoe. In running this is necessary because heel strike can result in forces around three times body weight.

3. Many shoes have a relatively thick mid-sole in the fore-foot area. Again in running at moderate speeds, where the foot landing is almost flat, protection is needed in this region. For race walking this cushioning can reduce the amount of flexibility in the fore-foot area of the shoe whilst providing more protection than is necessary.

4. Many shoes feature a heel cup which curves inwards at the top edge and digs into the achilles tendon area. This can be a problem when running but tends to be more acute in walking because of the pronounced heel landing.

As a result of these considerations, few shoes on the market suit race walkers. Those that do fit the bill tend to be the less padded road race as opposed to training models. In the recent past the adidas "Galaxy" and Nike "New Boston" stand out as particularly suitable. At present, the Tiger model "New Jayhawk" and the Le Coq Sportif "Apollo Marathon" (very lightweigh both appear to be good, whilst some walkers have tried the Nike "Eagle".

I would appear that the new adidas shoe "adidas Runner" will be good for some walking whilst their "Super Elan" is suitable and cheap.

Some shoe companies have produced specialist walking shoes over the years—adidas and E B are two who have regularly produced specialist models. Some of the adidas "specials" have been very good whilst others have proved unpopular.

Generally, such shoes are difficult to obtain and the models are changed too rapidly for any continuity of use. The E B company has retained the same design for its walking shoe for many years now and it has proved very popular with a number of walkers. However, its outer sole is not very long lasting. The advent of various rubber solutions for the repair of shoes, such as "Shoe..."
Goo and Shoe Hatch, has been a big help to walkers in particular. Their shoe wear is especially great in the heel region and these compounds can considerably prolong the life of a pair of shoes.

It is important for a walker to maintain the correct height of the heels of his shoes for reasons of technique and injury prevention. Indeed, heels that are too high or too low can lead to pain in the tendon to the tibialis anterior muscle.

Races on all-weather tracks can present race walkers with two problems. First, many of these tracks, particularly new or recently resurfaced ones, are too yielding to be ideal. Clearly a shoe with minimal cushioning is required so that the track absorbs virtually all the force of heel strike.

I feel that most walkers do not experiment sufficiently with their footwear on these tracks. The second problem concerns the fact that many tracks become very slippery when wet. This is a much more difficult problem to solve and it could be that a special shoe with very low profile in the forefoot region (and heel?) should be tried. The problem here is that a very low foot action is essential for correct technique so care must be taken to ensure this condition is fulfilled. Spikes 5 cm in length might suffice.

Recently, many of the major companies have produced training shoes that attempt to reduce the amount of pronation of the foot following heel strike. Although it is too early to draw any conclusions, it could be that such models will assist some race walkers to obtain a better technique. This is due to the fact that excessive pronation after heel strike makes it difficult for a walker to maintain a straight supporting leg when it is directly below the trunk as the rules require.

Clearly, the shoe situation for race walkers is nowhere near as healthy as that for road runners, who seem to have an ever-expanding range of models at their disposal. More specialist models are required, but it is doubtful if they will be produced in the face of the market forces.

Looking Back

10 Years Ago (From the June 1982 Race Walker) — Ron Daniel won the National 50 Km in a blazing 3:52:40 on Long Island. Walkers weren't really that bad then, but the sun was blazing and the temperature in the 90s. Canadians Bill Grandy and Felix Capella were next at 4:00 and elders John Abbate and Dave Lacriote were the only others under 5:00. Ron won the 50 Km in Chicago, one against warm, conditions. Ron had 47:53.8 and was followed by Jack Mortland 48:50.3, John Allen 50:55.5, Jack Blackburn 49:50.8, and Capella 51:22.9. The Ohio Track Club took the team title as Tom Dooley, Jerry Broxton, and Tom Zinn captured the 10 Km title.

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50 Years Ago (From the June 1977 ORW) — Mexican Junior Marigot Castro overtook Todd Scully in the final 5 km to win the U.S. 20 Km title in 2:30:05 in Seattle. Scully was 31 seconds ahead as he passed 15 km in 1:06:29, but faded just as Castro accelerated and finished in 1:30:25. Neal Yeke was third in 1:31:29 and two other Mexican Juniors took the next two spots. Second of these was Ernesto Canto, the only one of the three to go on to bigger things. Dan O'Connor, Steve Dubinardo, and Jim Heiring were the next three Americans, clustered around the 1:35 mark.

Problems That Have Arisen

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Ellie D. Davis

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15 Years Ago (From the June 1982 Race Walker) — This time Larry Young won a hot-weather National 50 Km. With Chicago's temperature in the 90s, Larry blasted a 3:51:44 with 5:01 minutes behind. Again, having become somewhat long-winded over the years, Ron had 47:53.8 and was followed by Jack Mortland 48:50.3, John Allen 50:55.5, Jack Blackburn 49:50.8, and Capella 51:22.9. The Ohio Track Club took the team title as Tom Dooley, Jerry Broxton, and Tom Zinn captured the 10 Km title.

10 Years Ago (From the June 1977 ORW) — The Senior 1 Hour title went to Dave Romes, who covered 8 miles and 80 yards in Lawrenceville, N.J., to beat...