

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

VOLUME XX, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1985

U.S. CHAMPIONSHIPS: WORLD BEST FOR HEIRING, ~~WORLD~~ RECORD  
FOR VAILL

New York, Feb. 22--Jim Heiring bettered his own world's best for the indoor 2 Mile race walk in winning the Athletics Congress National Championship race tonight. Jim's 12:07.5 bettered the time of 12:11.21 that won last year's race for him. In the women's 1 Mile race, Teresa Vaill won in 6:58.6, 0.3 under Chris Shea's meet record established in 1979. Maryanne Torrellas, who has come back well from maternity leave, was not far back and just ahead of Esther Lopez.

Results of the races:

Women's 1 Mile--1. Teresa Vaill, Island TC 6:58.6 (Championship record) 2. Maryanne Torrellas, Abramas TC 7:03.3 3. Esther Lopez, S. Cal. RR 7:04.0 4. Carol Brown, Island TC 7:26.2 5. Susan Liers, ITC 7:29.0 6. Lynn Weik, Va. 7:33.0  
Men's 2 Mile--1. Jim Heiring, Bud Light 12:07.5 (World's best) 2. Tim Lewis, NYAC 12:26.5 3. Gary Morgan, NYAC 12:39.8 4. Tom Edwards, Island TC 12:44.9 5. Ed O'Rourke 12:51.5 6. Pat Moroney, Fordham 12:56.6 7. Tom McMillan, UCTC 13:08 8. Ray Funkhouser, Shore AC 13:09.9 9. Mark Manning 13:10.5 10. Jim Mann, Union C 1. 13:21.2 11. Dave McGovern, East Side TC 13:33.0 12. Wil Preischel 13:42.2

#### OTHER RESULTS

World Indoor Track and Field Games, Paris, Jan. 18-19: Men's 5 Km--1. Gerard Lelievre, France 19:06.22 2. Maurizio Damilano, Italy 19:11.41 3. Dave Smith, Australia 19:06.04 4. Roman Mazcek, Czech. 19:39.73 5. Jan Staff, Sweden 20:00.95 6. Jim Heiring, USA 20:11.69 (New American record) 7. Jorge Llopert, Spain 20:39.83 8. Erling Andersen, Norway 21:07.43  
Women's 3 Km--1. Giulia Salce, Italy 12:53.42 2. Yan Hong, China 13:05.56 3. Ann Peel, Canada 13:06.97 4. Dana Vavracova, Czech. 13:29.06 5. Ann Jansen, Sweden 13:47.18 7. Suzanne Greisbach, France 14:22.21 8. Symone Olsen, Norway 14:22.40 9. Karin Jansen, Denmark 14:40.59 10. Ingrid Adam, West Germany 14:54.67

1 Mile, Hanover, NH, Jan. 5--1. Teresa Vaill 7:13.0 2. Maryanne Torrellas 7:31.5 3. Susan Liers 7:47.7 4. Tina Weber 7:55.1 5. Celine Giguere 8:11.2 6. Kathy Owens 8:12 7. Pascal Grand 8:13 8. Kay Stroud 8:49  
2 Mile, Hanover, Jan. 5--1. Tom Edwards 12:57.9 2. Ed O'Rourke 13:48.4 3. Paul Schwartzberg 13:59.2 4. Pat Flannery 14:11.7 5. Jim Mann 14:21 6. Matt Kurzweil 15:20 7. Jack Boitano (1st Master) 15:29 8. Larry Weiss 15:53 9. Benoit Gauthier 16:39 10. Bob Falciola 16:40 11. Bruce Douglass 17:19  
1 Mile, Boston, Jan. 27--1. Pat Maroney 6:17.1 2. Troy Engle 6:37 3. Tom Knatt 7:23.2 4. George Lattarulo 7:58.6 (DQ--Paul Schwartzberg 6:22.9)  
2 Mile, Boston, Jan. 20--1. Paul Schwartzberg 13:13.8 2. James Mann 13:22.1 3. Bob Keating 13:43.5 4. Tom Knatt 15:09.5 6. Bruce Douglass 16:48.9  
1 Mile, Boston, Jan. 19--1. Maryanne Torrellas 7:21.1 2. Chris

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO

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Note: As you see, we are holding subscription rates, at least temporarily, despite the raise in postage rates. The ORW continues to be the biggest bargain in sports publications on the market. We might not look like much, but we sure are cheap.

Anderson 8:25.6 1 Mile, New Haven, Conn., Feb. 3--1. Teresa Vaill 7:06.53  
 2. Maryanne Torrellas 7:16.19 3. Susan Liers 7:17.18 4. Carol Brown 7:29.88  
 5. Kathy Owens 8:07.9 3 Km, New Haven, Feb. 3--1. Tom Edwards 11:35.69  
 2. Ray Funkhouser 11:56.39 3. Ed O'Rourke 12:20.95 4. Pat Maroney 12:45.93  
 5. Bob Kitchen 15:15.15 1500, Providence, RI, Jan. 20--1. Brian Savilonis  
 7:15.6 2. George Lattarulo 7:30.5 3. Herb Beall 7:31.6 4. Robert Fine  
 7:43.5 5. Bob Whitney 7:53.2 6. Ron Salvio 8:02.3 7. Jake Brederson 8:25.1  
 8. Marie Henry 10:01.2 Short 4 Mile, Braeton, Mass., Feb. 18--1. Tom Knatt  
 31:48 2. George Lattarulo 32:02 3. Bob Whitney 33:02 4. Paul Schell 37:31  
 5. Brian Counihan 38:06 TAC National Indoor 3000 meters, New York City,  
 Jan. 25 (At the Millrose Games; first five reported last month, but not as  
 championship race)--1. Tom Edwards, SUNY 11:47.7 2. Gary Morgan, NYAC  
 11:55.9 3. Tom Lewis, NYAC 11:56.7 4. Ray Funkhouser, Shore AC 11:59.3  
 5. Pat Moroney, Fordham 12:06.5 6. James Mann, Union Col. 12:12.5 7. Marco  
 Evoniuk, Bud Light 12:17.7 8. Ed O'Rourke, C.W. Post Col. 12:31.5 9. Pat  
 Flannery, SUNY 12:48.5 10. Dave McGovern, ESTC 12:51.6 11. Troy Engle,  
 Amherst TC 13:11.8 DNF--Jim Heiring. DQ--Paul Schwartzberg, Amherst Col  
 Metropolit. Junior 3000 Meters (Indoors), New York, Jan. 26--1. Curtis Fisher,  
 SUNY 13:38.4 2. Steve Capellan, SUNY 14:29.6 3. Scott Marshall, Sayville,  
 NY 14:56.8 4. Nick Harding, Island TC 16:03.3 Women's 1 Mile, New York City,  
 Jan. 26--1. Susan Liers 7:26.6 2. Lynn Weik 7:40.0 3. Linda Margo 8:42.7  
 4. Andrea Romano 8:45.9 Metropolitan Indoor Championships, New York City,  
 Feb. 17: Women's 1500 meters--1. Susan Liers 6:47.85 2. Carol Brown 6:56.54  
 3. Lynn Weik 6:58.32 4. Tricia Reilly 7:05.66 5. Linda Marrs 7:46.60 6.  
 Monica Molody 7:47.72 7. Dierdre Collier 7:48.62 8. Andrea Romano 8:20.97  
 9. Lori Seidel 8:20.97 Men's 2 Mile--1. James Mann 13:28.24 2. Dave McGovern  
 13:35.23 3. Curtis Fisher 14:27.34 4. Marc Bagan 14:28.04 5. Rick Mahnke  
 14:35.32 6. Steve Capellan 14:43.48 7. Robert Gottlieb 15:57.21 8. Scott  
 Marshall 16:04.85 9. Matt Kurzweil 16:50.30 (DQ--Ed O'Rourke 13:18.81)  
 1 Hour, Washington, DC Jan. 27--1. Sal Corrallo 6 mi 1186 yds 2. Alan Price  
 6 1/2 miles 3. Bill Hillman 5.0 miles Mason Dixon Games, Louisville, Feb. 9--  
 Men's 3000 meters--1. Jim Heiring 11:32.9 2. Tim Lewis 11:51.5 3. Gary  
 Morgan 11:59.2 4. Mark Manning 5. Jim Mann 5. Wil Preischel Women's  
 1500 meters--1. Maryanne Torrellas 6:31.63 (World and American best) 2. Ter-  
 esa Vail 6:33.6 3. Esther Lopez 6:47.2 3. Debbie Spino 5. Susan Liers  
 1 Mile, Macomb Col. Mich., Feb. 2--1. Frank Soby 7:54 2. Jeanne Bocci 7:59  
 3. Jennifer Green 9:13 4. Pamela Browne 9:37 2 Mile, same place--1. Gary M  
 Morgan 13:08 2. Mel McGinnis 13:57 3. Leon Jasionowski 15:32 4. Martin  
 Kraft 15:33 5. Norm Browne 15:45 6. Dan O'Brien 16:11 7. Greg Near 18:25  
 1500 meters, Windsor, Ontario, Feb. 17--1. Gary Morgan 5:59 2. Martin Kraft  
 6:35 3. Leon Jasionowski 6:38 4. Norm Browne 6:45 5. Frank Soby 7:21.6  
 6. Jeanne Bocci 7:33 7. Greg Near 7:54 8. Jennifer Green 8:30 9. Pamela  
 Browne 9:01 5 Km, Atlanta, Jan. 5--1. Bill Farrell 31:22 10 Km, Stone  
 (to page 3)

HARK! HARK! RACEWALKERS. SPRING IS NEAR AND WITH THESE RACING OPPORTUNITIES.

Sun. Mar.10--1 Hour, Albuquerque, NM, 9 am (F)  
 20 Km Houston, 8 am (N)  
 1 and 2 Mile, Arlington, Virginia, 10 am (Q)  
 Sat. Mar. 9--15 Km, Columbia, Missouri, (C) (My calendar is going backward.)  
 Sat. Mar.16--2 Mile, Grand Junction, Colorado, 9 am (K)  
 5 Km, Seattle, 10 am (P)  
 5 to 50 Km, Washington, DC, 8 am (Q)  
 Sun. Mar.17--Indoor 2 Mile, Boulder, Colorado, 12 noon (K)  
 Sat. Mar.23--1 Mile, Houston, 6 pm (N)  
 Sun. Mar.24--1, 5, and 10 Km, Albuquerque, NM, 9 am (F)  
 20 Km, Seattle (P)  
 Sat. Mar.30--NATIONAL ATHLETICS CONGRESS TEAM 20 KM, CARMEL, CAL., MEN, WOM-  
 EN, JUNIORS, AND MASTERS (G)  
 NATIONAL MASTERS 2 MILE (INDOOR), STERLING, ILLINOIS (H)  
 1 Hour, Columbia, Missouri, 2 pm (C)  
 Sun. Mar.31--5, 20, and 50 Mile, Columbus, Ohio, 7 am (I)  
 Sat. Apr. 6--10 Km, Bellingham, Washington (P)  
 NATIONAL ATHLETICS CONGRESS 30 KM, Colorado Springs, Col. (K)  
 Sun. Apr. 7--South Sectional 10 Km, Austin, Texas (M)  
 Sat. Apr.13--Women's 5 Km, Worcester, Mass., 10 am (C)  
 Sun. Apr.14--DC Marathon, Washington, DC, 8 am (Q)  
 5 Mile, Boulder, Colorado, 10 am (K)  
 Thu. Apr.18--10 Km, Boston, 7 pm (O)  
 Sun. Apr.21--NATIONAL ATHLETICS CONGRESS WOMEN'S 20 KM AND MEN'S 25 KM,  
 WASHINGTON, DC, 8 am (Q)  
 Thu. Apr.25--10 Km, Seattle (P)  
 Sat. Apr.27--3 Mile, Detroit (J)  
 5 Km, Boulder, Colorado, 9 am (K)  
 50 Mile, Columbia, Missouri, 6 am (C)  
 Sun. Apr.28--1, 5, and 10 Km, Albuquerque, NM, 9 am (F)  
 Sat. May 4--8 Km, Seattle (P)  
 5 Km, Detroit (J)

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 I--John White, 4865 Arthur Place, Columbus, OH 43220  
 J--Frank Soby, 3820 Harvard, Detroit, MI 48224  
 K--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
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# # # #

MORTON'S NEUROMA

by

Dr. Howard J. Palamarchuk

During a long race walk training spin you notice a sudden sharp  
 knifelike pain in your right foot. The pain is bad enough that you stop  
 and take off your shoe to rub your foot. The pain quickly subsides and

you are able to continue, but you notice a persistent numbness of your third and fourth toes that does not go away. This episode may repeat itself over and over until race walking or running becomes impossible. If you have ever experienced such an episode, you may be suffering from a foot condition called Morton's Neuroma.

Morton's Neuroma, or neuralgia, is an entrapment of the nerve or nerves running along the bottom of the foot into the toes. These particular nerves supply sensation to the toes. The nerves pass between the metatarsal bone heads just where the foot joins the toes. The nerves may become trapped or squeezed between the bones chronically, with the final result of the nerve becoming thick and enlarged, thus creating even more pressure. Some nerves of this size are even considered small tumors. When the nerve becomes trapped, signals to the toes are interrupted and numbness and pain result.

One of the leading causes of nerve irritation is tight shoes across the toebox (front of shoe) that tends to cramp the toes. Try to get a good fit in a shoe and look for a high enough toe box. If you have wide feet (E, EE, EEEE), consider a shoe that comes in widths, such as New Balance. You may also try to skip some eyelets in lacing shoes to gain more width.

If the metatarsal bones themselves are loose and the metatarsal arch falls or flattens, this will also create pressure on the nerves. A simple metatarsal pad placed in the shoe or into an arch support by a shoemaker will lift and separate the metatarsal heads and take the pressure off the nerves.

If symptoms are severe and the nerve thickened, a series of three steroid and anesthetic injections may be needed to shrink swelling and break up adhesions.

In severe cases, where all the above conservative treatment fails, surgical removal of the neuroma may be necessary. The recovery from this procedure is quick and performance should not be hampered. The only problem is that the sides of the toes involved will be numb permanently. This discomfort is oft times better than the sharp severe pain of the neuroma itself.

# # # #

#### FROM HEEL TO TOE

Note a possible error on the schedule on the preceding page; I just read a letter from Randy Mimm more carefully. The Colorado Association has bid on the race (it was not assigned at the Convention), but it hadn't yet been awarded as of Feb. 16, when Randy wrote. So, if it is in Colorado Springs on April 6, it will be held on the track with the lucky winner possibly getting an American record. Randy says anyone coming in for the race will be taken care of to a degree--housing and beer. They also plan a big party following the race, hopefully celebrating a new American record. . . Competitors at the National 20 Km Team race in Carmel, Cal. will find free lodging the night before the race (March 29) at the Hidden Valley Music Seminars, sans bedding--bring your own sheets, blankets, or sleeping bags. Also a free spaghetti dinner at the same site at 7 pm on the 29th. . . The Walkers Club of America, which has been promoting walking since it was founded in 1911, is taking on new life under the guidance of Executive Director Howard "Jake" Jacobson and President Henry Laskau. They recently published the first edition of Heel and Toe. The introductory issue of this magazine, which is scheduled to appear six times a year, featured Elliott Denman's reports on the Olympic walks, a report on the National 40 Km, and an article on Teresa Vaill, among other things. Membership in the

WCA is \$15.00 per year (you can be a Sponsor for \$50 or a Benefactor for \$100), which entitles you to:

- o Identification--Official embroidered emblem and a membership card.
- o "Step Lively"--An illustrated booklet on "How to turn a walk into a workout," with many tips on gear, programs, and motivation.
- o "Heel and Toe" --The official publication of WCA covering many subjects, including national, regional, and local news, fitness and nutrition, profiles, race results, upcoming events, and more.
- o Free Medical Advice--WCA's sports medicine team is available free for all members for advice on any physical or medical problem related to walking.
- o National Registry-- With affiliations all over the country, WCA can help you join others for their events and workouts when you travel.
- o Starting your own--If there is no chapter near you, WCA will show you how to start one of your own.

To join, or to get further information, write: Walkers Club of America, 445 East 86th St., New York, NY 10028 or call 212/722-2940. . . Jim Bean is holding a series of Racewalk Clinics in Oregon. By the time you get this, just one will remain--in Salem on Saturday, March 30 at 10 am. The series of six clinics started in Portland on January 12. The clinic is free and will be followed by a 3000 or 5000 meter race. Contact Jim Bean, 4933 Oak Park Drive NE, Salem, OR 97305. . . The Walkers Club of Los Angeles is making impressive strides these days with membership now at 250 and growing. At their Rose Bowl 10 mile handicap (we don't have results yet) they had 45 competitors at 10 miles, 30 at 3 miles, and 18 at 1 mile. A local TV show "2 on the Town" featured Larry Walker and other members of the club on their January 22 edition. I quote the promotional ad: "Why are all those joggers slowing to a weird-looking walk?" . . . Long-time ORW subscriber Elmer Plouzek represents the Life Engineering Foundation through his Plouzek enterprises, which has a "Health Camp" in Iowa that anyone can attend. He also markets a "Computerized Diet Plan that gets to the public through Chiropractors and Doctors of Holistic Medicine. If you are interested in either of these items you can write Elmer at 5606 Ruggles St., Omaha, NE 68104 or call 402/451-7824. . . Unbelievably, this issue completes 20 years of publication for the Ohio Racewalker. But it was only yesterday. . . Only yesterday that Jack Blackburn said we ought to start a newsletter. So we did--five pages reproduced on Jack's ditto machine that we mailed to 15 or 20 friends in the sport around the country. We did it again the next month--Mortland as editor, writing up whatever he could lay his hands on, and Blackburn as publisher, operating the ditto and getting it in the mail--and contributing some editorial matter. Friends told other friends about the hot new publication and soon we had a hundred or so dedicated subscribers and were locked in. Then Blackburn decided to move to other parts of Ohio, took his ditto machine with him, and willed me the address list. In December 1968, the ORW became a one-man enterprise and took on a slick new mimeographed appearance. Three years later I adopted the present format with some false steps that made that first "little" issue nearly unreadable. And somehow--even I sometimes don't believe my stupid dedication to that monthly deadline and I'm sure my wife doesn't--the thing has continued to go in the mail shortly after the first of each month. (Note: the February issue doesn't get mailed until the first few days of March, a fact that often confuses new subscribers, who expect to see the February, at least in early February. My feeling is that the February issue covers events of February. I've never quite seen why I should be buying the February Playboy, or other magazine, the

first week in January, or why I should get the February 25 issue of Time on February 20 and read in it about events that occurred before February 17. Actually, we started publishing around the middle of the month and gradually slipped back to the end. I have often thought of slipping back the other way, but have never done so.) Anyway, we are still around and all signs are that next month will see another issue to launch the 21st year. . .

# # # #

The following letter updates the continuing saga of Xenia, Ohio Centurion Rich Myers. Rich completed the Columbia 100 miler in both 1977 and 1978. After having a leg shattered to smithereens in a motorcycle accident, he vowed, in a poignant letter to the ORW, to be back in Columbia. Anyone with knowledge of his injury thought he could never do it, but indeed he has, though he has not yet gone the full 100 again to date (don't bet he won't.) His letter gives us another view on last year's race and brings us up to date on Rich's progress.

Friend Mort,

It has been some year. I got married in August to Joanne and now have two sons, J.R., 6, and Jack, 14. You probably will be seeing J.R.'s name in future race reports; he has a natural form and enjoys a quick sprint from the car to the grocery store. Jack has tried his feet at running, but prefers basketball. Joanne is not competitive, but when the weather is warm, she gets in a mile about every evening. My daughter got married 2 months after I did. Her husband is one of those runners, but has shown some interest in walking, so there may be some hope.

My training for the 100 did not start until July, and without Joanne's encouragement, I would have passed up the '84 race. As it turned out, it was one of the hardest races I have been in. I started out at a very slow pace, but when I needed the speed to hold my pace, my lower back, which has been getting worse ever since I got back on my feet, started hurting more and I could not maintain my pace. With the temperature falling to the low 30s, I had to get into my sleeping bag. I made it just as hypothermia set in. I slept for a couple of hours and when I awoke, I saw Blackburn leaving the track. Well, you know how competitive spirit can warm the bones. Need I say more. I put on all the clothes I could find and started out again. After I started making up ground on Jack and he couldn't find a motel to get out of the cold, he came back on the track. This brought out other Masters walkers and at the same time my back started to act up again and I started to get exhausted again. It was back to the sleeping bag again until sun up.

As the sun rose, so did my spirits and I started looking for a reason to continue since I was already out of the medals. I fixed my sites on the 80 mile mark, since that was what I had gone in '83. As more competitors returned to the track with 5 hours to go, I found myself racing again; this time with a walker from Texas. Thanks to him, I completed about 80 miles. The Texan made up all but 20 seconds of a three-lap lead I had when we locked (bull) horns 3 hours earlier.

Now I know Price won the race, but my eighth place was mighty sweet. It was a very successful race for me because, for the first time, I did not get sick; no blisters, and I was able to drink plain ice cold water. But I also knew that until I found the problem with my lower back, I would not make another attempt at the 100. Well, it seems that '85 will be my next attempt.

X-rays taken by my chiropractor confirmed our suspicions. My surgeon's guarantee that my left leg was not short was wrong; it was short by about 3/8 inch. While that doesn't seem like a lot, it left my backbone looking like an "s" turn. After only 3 days of using a lift or 1/4 inch in my left

shoe, I could sneeze without grabbing a telephone pole to keep from falling down. Now, if this snow will only let up, I can start my training.

You know, Mort, I was looking for an excuse to bow out of this insane racing--this fanatic training for one race. And, my shattered leg was the perfect excuse. But it was the race, that damned 100 mile trek to nowhere, that gave me the drive to walk and finally to race again. Whether I ever make that distance again really doesn't matter. With the support of my wife as a pit member and my chief boosters, and the possibility of my stepsons joining me on the starting line, I will be in Missouri on the last weekend of September for many years to come.

Richard Myers

#### LOOKING BACK

15 Years Ago (From the Jan. and Feb. 1970 ORWs)--Dave Romansky whipped through a wintry 10 miler in Asbury Park in 1:12:57 and won miles all over the east in times like 6:12.8, 6:23, and 6:29.8. . . Dave also won the National Indoor Mile in 6:14, with Ron Laird following in 6:19.7. Ron Kulik took third in 6:20.5, Steve Hayden fourth in 6:22.5, Larry Walker fifth in 6:23.7, and Floyd Godwin sixth in 6:29.0, 0.1 ahead of Ron Daniel. . . Laird and Godwin flew into Columbus the next morning and hooked up in a hot 3 mile that afternoon at the OSU Invitational. Laird just won in an American record 20:48 with Floyd a second back. Your old editor managed a 22:05, but couldn't avoid being lapped on the 220 track. The next day found the traveling pair in Denver for a 15 km race. . . Romansky also had a 6:16 mile in Baltimore and an American record 5:50.2 for 1500 meters in New York. . . Laird was named the recipient of the 1969 Ron Zinn Award as the outstanding walker in the U.S., the fifth time he captured the award in its nine year existence.

10 Years Ago (From the Jan. and Feb. 1975 ORWs)--Laird had the fast time in the Rose Bowl 10 Mile Handicap with 1:12:26. . . Jack Mortland won the first (and last) annual Mortland-Turns-Master 10 miler on the track in Worthington, Ohio in 1:23:12. (I suppose there should have been a Mortland-Turns-50 race this, but the several inches of snow on the ground that prevailed through the critical period saved me the embarrassment). . . Ron Daniel walked off with the National Indoor 2 Mile in 13:36.8 with Ron Laird and Larry Walker both less than a second behind in a blanket finish. Ron Kulik, Todd Scully, and Dave Ramansky followed closely (13:43 for Romansky). . . The Women's Mile title went to Sue Brodock in 7:22.5, 3 seconds ahead of her sister Linder and Ester Marquez. . . Bob Henderson captured the OSU Invitational 3 mile in 21:52. In the 5-year interval, your editor slowed to 23:17. . . Henderson also posted a 45:24 for 10 Km in Champaign, Illinois the next afternoon, after riding all night in the Mortland car (and also competing in the National 2 in New York the night before the Columbus race. Young Jim Heiring showed his potential in the Champaign race with a 47:35. Your editor occupied third in 50:07, and Heiring's college teammate, Chris Hansen, who went on to much better things, showed little promise at this time with his 54:30 in fourth. . . Sue Brodock had a world's best of 7:15.2 for 1 mile in Los Angeles and then bettered that with a 7:13.9. . . Vladimir Golubnichiy, nearing age 40, won the 3 Mile in the US-USSR indoor dual meet in a world's best of 19:46.2. Veniamin Soldatenko nosed out Ron Laird for second 20:24.8 to 20:27.6.

5 Years Ago (From the Feb. 1980 ORW)--Featured was an editorial on why President Carter's proposed Olympic boycott was a mistake. . . Marcel Jobin, of Canada, won a 1 Mile race in the Houston Astrodome in a blazing 5:54.6, a North American best. . . Two weeks earlier, Jim Heiring had done 5:57.5 in LA. . . In that same LA meet, Sue Brodock recorded a women's world's best of 6:58.1. . . Jeff Ellis, U. of Wisconsin-Stevens Point won the NAIA 2 Mile in 13:53.4 with Mel McGinnis second. . . Chris Hansen did 5 Km indoors in 21:28 in Racine, Wisconsin. . . The day after his fast mile, Jobin won a 50 Km in 4:01:34, also in Houston. . .

Mountain, Ga., Jan. 12--1. Gary Meinken 61:21 15 Km, Pine Mountain, Ga., Jan. 19--1. Tom White 1:35:09 Midwest Masters Indoor 2 Mile, Cincinnati, Feb. 24--1. Jack Blackburn 16:53 2. Jim Higgins 18:06 (1st 50-54) 2. Charlie Hall 19:30 4. Joe Vitucci 19:43 (1st 55-59) 5. Carl Brungard 20:17 6. Phil Lewis 21:37 7. Hugh Yeomans 21:57 (1st 65-69) 8. Jim Oliver 22:17 9. Ernestine Yeomans 22:21 (1st women 65-69) 10. B. Pike 23:15 (1st 75-79) 11. Ida Hall 24:38 12. Ann Reeb 24:47 1 Mile, Albuquerque, Feb. 3--1. Cal Phillips 9:04 (age 52) 2. Randy Dines 9:44 (age 11) 3. Gene Dix 10:07 (62) 4. Sam Murdoch 10:21 (63) Women: 1. Stephanie Barrett 10:24 (age 11) 2. Audrey Dix 11:18 (53) 10 Km, Beverly Hills, Dec. 2--1. Frederico Vario 46:21 2. Ed Bouldin 51:06 3. Ray Parker 52:00 4. Larry Burch 54:17 5. Carl Warrell 54:53 6. Fred Dong 55:25 7. Carl Acosta 56:00 8. Bob Brewer 56:23 9. R. Oliver 61:09 (19 finishers) Women--1. Esther Lopez 53:32 2. Sybil Perez 57:28 10 Km, Hollywood, Dec. 16--1. John Kelly 55:42 2. John MacLachlan 57:08 3. Ed Ricci 57:18 4. Ted Greiner 58:46 5. Mario Escobedo 58:50 6. Richard Hale 61:01 Women--1. Jolene Steigerwalt 57:06 5 Km, Pasadena, Dec. 16--1. Jay Byers 25:10 2. Larry Burch 25:39 3. Sybil Perez 28:29 4. Paula Kash 29:08 5. Allen Havens 29:10 10 Km, same place--1. Enrique Flores 57:00 10 Km, Century City, Cal., Dec. 16--1. Fred Dong 51:54 Long Beach Marathon, Feb. 3--1. Federico Martinez 3:47:52 2. Enrique Flores 4:24:34 3. Liz Kemp 4:25:24 4. Larry Burch 4:31:11 5. Mark Hartzell 4:34:27 (27 finishers) Central American Championships, Guatemala, Aug. 15-18: 20 Km--1. Santiago Fonseca, Hond. 1:34:01 2. Victor Alonzo, Guat. 1:38:33 3. Sergio Gutierrez, Costa Rica 1:40:25 50 Km--1. Fonseca 4:31:55 2. Arturo Roldan, Guat. 4:40:24 3. Gutierrez 4:50:24 4. Edgar Lopez, Costa Rica 4:53:53 South American Jr. Champ. 10 Km, Caracas, Oct. 4--1. Omar Guerrero, Ven. 46:32.84 2. Jorge Torrealba, Ven. 46:36:52 3. Maricio Gonzalez, Col. 46:37.36 4. Marcelo Palma, Braz. 47:59.56 Central American and Caribbean Jr. 10 Km, Champ., San Juan, June 21--1. Carlos Mercenario, Mex. 46:48.7 2. Joel Sanchez, Mex. 48:07

And here are additional finishers in the Women's National 1 Mile: . . . 7. Patricia Reilly, Adelphi 7:48.66 8. Jeanne Bocci, Motor City Striders 7:49.42 9. Jolene Steigerwalt, Vans-Walkers 7:51.85 10. Kathy Owens, Abraxas 8:02.85 11. Carol Romano, Wisconsin 8:12.21--Vaill led all the way and Torrellas did not catch Lopez until the final turn. Also note that the competition in New Haven on Feb. 3 was a Metor New York vs New England All Star dual track and field meet.

And, while cleaning up loose notes, a few more corrections to out annual lists in the December issue. In the U.S. Women's 5 Km, Lori Maynard should be credited with a 27:30, not 27:41. In the U.S. Women's 10 Km, add Mary Gosser-Baribeau with a 58:13. In the U.S. Men's 20 Km add Juan Santana 1:36:50, Alan Jacobson 1:37:44, and Juan Slavonic at about 1:38. These were in the same race, a result I may have received and either misplace or overlooked in some way.

To let you all know what is going on in the administrative side of the sport, without editorial opinion, we are reproducing the official minutes of the Race Walk Committee meeting at last year's National Athletics Congress Convention. (I have deleted the schedule of Championship races since we have already published and we don't quite have space anyway. Also omitted because of the space problem is the list of attendees.

#### MEN'S & WOMEN'S RACE WALKING COMMITTEE

November 30 - December 1, 1984

The meeting was called to order by Chairman Bob Kitchen at 9:11 a.m. The agenda was reviewed by the Chairman. The following record number of 66 committee members and guests were in attendance:

see page 15; we did have room.

#### Race Walking Executive Committee Report

Bob Kitchen reported on the Executive Committee meeting of the night before in which the 1985 Qualifying Standards were set as follows:

#### 1985 Junior and Senior Indoor and Outdoor Qualifying Standards

##### Indoor

##### 2-Mile (Men):

6:15 (mile), 5:50 (1500m), 13:30 (2 mile), or 12:35 (3000m)

##### 1-Mile (Women):

7:50 (mile) or 4:20 (1500m)

##### Outdoor

Sr. 20-Km (Men): 1:35:00

Jr. 10-Km (Men): 52:00

Sr. 10-Km (Women): 55:00

Jr. 3-Km (Women): 17:00

Notes (1) In the Sr. 20-Km (Men) and Sr. 10-Km (Women), the Committee recommends a road course with start and finish on the track.

(2) The Jr. 3-Km (Women) will be increased to 5-Km in 1986 to match the Jr. World Championship distance.

(3) All qualifying marks must be made on certified courses or tracks under proper judging.

#### National Sports Festival

For guest competitors to compete:

20-Km (Men): 1:38:00

10-Km (Women): 56:00

50-Km (Women): 4:45:00

#### Special Reports

(a) NAIA: Dr. Ralph Vernacchia, NAIA Representative to the TAC RW Committee and track coach at Western Washington University, updated the Committee on the NAIA walk situation which is so vital for our sport's development. Ralph noted that our Committee has supplied officials (judges) at the last two years' championship meets and that this proved to be a great help. Also the race walking clinic conducted by Bob Lawson helped our sport's visibility. At the NAIA coaches meeting there was a lot of discussion and support for the walks. John Knight, Bob Lawson, and Ralph lead this support and tried to reinstate the indoor 2-mile plus the addition of the women's outdoor walk. This proposal was tabled.

Ralph outlined some positive goals for 1985:

(1) Reinstate the indoor walk and introduce the women's 5-Km walk.

(2) Continue to provide judging support for the NAIA Championship Meet.

(3) Develop a strong RW Educational Program for local area coaches where the technical component of the sport needs strengthening. This could be done with regional clinics.

Ralph noted that the indoor 2-mile walk is gaining support with people like Joe Vigil, coach at Adams State and an old friend of our sport, speaking on our behalf. Ralph recommends we take a more positive attitude toward selling our event. He would like to see ex-NAIA walkers come back to the NAIA meets to stress the international significance of the event.

- (b) National Coach-Coordinator: Berny Wagner spoke to the Committee on the appreciation he has for our Committee. The Committee thanked him for his help and cooperation.
- (c) Race Walk Colony: Ron Laird reported on the highlights of the 3 1/2 year colony which was closed this year. Ron noted that many of the walkers have remained in Colorado Springs. The USOC Training Center liked them there and would welcome their return. Jeanne Bocci asked how we would get women into the Training Center. Ron's answer was that it would have to be a Pan Am or Olympic event and recommended by our Committee with proper coaching and supervision. Ron spoke about the problems of training at high altitude and that Colorado Springs is not the most ideal place to train. He would recommend a sea-level site. Ron thanked the Committee for his 3 1/2 year experience at the Center.
- (d) Track & Field Hall of Fame: Bob Bowman spoke to the Committee on the failure of National Track & Field Hall of Fame to recognize anyone from the event of Race Walking. Of the 110 enshrines, none are from race walking, despite several equally outstanding candidates to choose from. Elliott recommended we set up a subcommittee to pursue this matter. An ad hoc committee of Elliott, Bob Bowman, and Dean Ingram was appointed to do so.
- (e) TAC President: Jimmy Carnes addressed the Committee and thanked the chairman and everyone for their efforts on behalf of the sport.
- (f) TAC Executive Director: Ollan Cassell addressed the Committee on the IAAF. Currently the U.S. is ranked 2nd to the USSR within the IAAF on the strength of their overall track and field program. Ollan noted we have to give race walking more attention in TAC to improve our ranking and that TAC is working on this.

#### International Competition Reports

- (a) Pan Am Walking Cup: John Kelly reported on the U.S. Team's experience in the First Pan Am Walking Cup held in Bucaramanga, Colombia. John felt the U.S. walkers did a great job and that they were very warmly received in Colombia. Carl Schueler's 50-Km performance was very courageous under tough conditions of rough, hilly roads in hot weather. Our women displayed a very high standard of walking with Esther taking 3rd in the track near the finish. Ray Funkhouser had a tremendous effort taking 6th in the 20 while beating Marcellino Colin of Mexico. People in South America are starving for information on our sport. The next Pan Am Cup may be in Montreal in '86 and then in Sao Paulo in '88. Elliott Denman, who judged the competition, felt John did an outstanding job as Manager of the U.S. Team.
- (b) Mexican Walking Week: Ron Laird reported on this annual competition held in April. This last year we sent 7 men and 2 women. They stayed at the Mexican Olympic Training Center. The conditions were less than ideal with smog, etc. Dave Cummings did set a U.S. record at 1-Hour. Several walkers returned home early but Teresa Vaill won the women's 10-Km race in Mexico City.

- (c) Women's World Meeting: Lori Maynard reviewed the May 26th competition in Lomello, Italy. The U.S. Team of Debbie Lawrence, Sue Liers, Sam Miller, and Gwen Robertson. It was a very well-organized event with the U.S. Team finishing 9th.

#### Committee Reports

- (a) Marketing & Media: Dan Stanek felt that this could be a most important committee within TAC, but hasn't been as it has little power. A study will be made as to TAC's marketing strategy and policy. The committee has been willing to help and work, but other administrative elements have stymied their progress.
- (b) USOC: Bob Bowman deferred the Olympic Games report to Ron Daniel but noted a significant change in the USOC Constitutional which allows "those Olympic sports or events which do not currently include women may also be included in the National Sports Festival if there are National Championships for women conducted by the NGB . . ." Therefore, the women's 10-Km walk will be conducted at the 1985 Festival.
- (c) IAAF: Bob Bowman reviewed his report of the IAAF Walking Committee Meeting held in Los Angeles. Major actions taken were: a.) Inclusion of women's walking events in the European and World Championships; b.) Approval of all arrangements in the organization and conduct of the 1984 Olympic walks; c.) Approval of preparations for the 1985 RW World Cup; d.) Acceptance of three new U.S. members of the International Panel of Walk Judges (Ron Daniel, Gary Westerfield, and Darlene Hickman); and e.) Review of judging communication improvements.

There were questions on the international standard of judging and how to improve it via films, etc. Wayne Glusker presented a personal position paper on the state of the sport regarding judging and the legality problem. Bob Bowman will take up these concerns with the IAAF Walking Committee.

- (d) Officials: Larry Larson reported that Lawrie Robertson was elected Vice Chairman in charge of training. The Race Walk Judges subcommittee has developed a consistency of operation through meetings. The procedures for processing certification of TAC race walking judges were accepted. Larry discussed the booklet on RW judging, which has been under development for several years. The high school rule book has removed the section on race walking.
- (e) Budget & Audit: Augie Hirt reported that all 1984 monies were spent. The 1985 Lugano/Eschborn Cup expenses were accepted as a line item. This was relatively easy because the IAAF has awarded \$377,000 to TAC for World Championship expenses. RW was budgeted \$10,000 annually for administrative expenses. The Pan Am trip in November was expensed from this budget amount which has \$6,000 available for this. The USOC money battle will become a tough fight.
- (f) Membership: Bruce Douglass mentioned that this committee dealt with inactive Associations (i.e. those with less than 8 clubs) and formulated the Congress election procedure to be used at the General Session.
- (g) Records: Bruce Douglass noted that we now have road records which must be ratified in the same manner stipulated in the LDR course certification rules. Six indoor and outdoor American records were ratified with another pending receipt of application. They were the indoor 3000-meter by Ray Sharp, indoor 2-miles by Jim Heiring, outdoor 10-Km and 15-Km by Marco

Eveniuk, outdoor 5-Km by Jim Heiring, and outdoor 1500-meters by Ray Funkhouser. The indoor 10-Km is pending by Steve Pecinovsky.

- (h) **National Sports Festival:** Ron Laird reviewed the schedule for the 1985 Festival to be held in Baton Rouge, July 27-28 for Track & Field. The women's 10-Km will be 11:15 p.m. after the opening ceremony on July 26.
- The 20-Km will be on July 27 at 6 or 7 a.m. and the 50-Km on July 28 at 6 a.m. Questions followed on bringing in officials, the a.m. heat stress vs p.m. judging and lighting. The schedule was approved.
- (i) **Youth Athletics:** Darlene Hickman reported that there was good representation from the South at this year's J.O. Meet. The TAC Age Group Nationals in Utah had good western representation. Clinics for athletes, parents, and coaches were held at each event.
- (j) **Sports Medicine & Science:** Dr. Howard Palamarchuk feels our race walking sports medicine & science program is further along than many other standing sport committee programs in generating useful data. Howard has tried to disseminate information through our publications and noted the work with our elite athletes in Colorado Springs. Leonard Jansen has created a data bank of RW info which could be a "standard for the world." NIKE has been interested in working on a good shoe design. The January '84 Bio-mechanics Seminar in Colorado Springs had a well-received presentation by our people.
- (k) **International Competition:** Susan Liers reported on the International Competition Committee meeting. The Olympic Team staff recommended that there should be a 2 1/2 year selection lead time in order to travel, work, and meet with athletes. They also recommended that the staff size be increased with a race walking coach included.

Bob Bowman reported on the TAC tentative major national and international meet schedule, noting which meets most likely have walks included. They are as follows:

Jan. 18-19	World Indoor Games	Paris
Feb. 22	USA/Mobil Nat'l Indoor Champs (M&W)	New York
May 11-12	USA vs FRG vs FRA vs ITA	Monaco
June 14-16	USA/Mobil Nat'l Outdoor Champs (M&W)	Indianapolis
June 29-30	USA vs FRG	West Germany
July 26-28	National Sports Festival (M&W)	Baton Rouge
Aug. 29-Sept. 4	World University Games (M&W)	Kobe, Japan
Sept. 20-21	USA vs USSR vs Japan	Tokyo
Sept. 28-29	Race Walking World Cup (M&W)	Douglas, Isle of Man

#### Juniors

June 21-22	National Junior Champs (M&W)	Elmhurst, Illinois
July 20-21	USA vs Canada	Pullman, Washington
July 26-27	USA vs Canada	Vancouver, Canada

Elliott Derman raised the question on why no walks in meets such as the Pacific Conference Games, June 22-23, in Berkeley, California. A committee of the RW members (Ron Daniel, Dean Ingram, and Carl Schueler) of the TAC International Competition Committee was asked to investigate this.

- (l) **Development:** Dan O'Connor attended the special September 29 meeting of the TAC Development Committee. Many topics were discussed, including the Regional Athletic Training Center concept. They are looking for four

locations to serve developing athletes. Dan's annual "Race Walking Coaching Aids" was presented. Dan is looking for future contributions to this booklet.

Martin Rudow reported that the RW development budget was cut again this year to \$5,000, but that more money has been put in a general regional camp fund that can and should be used in part for race walking development. Requests should be sent to the Chairman of the Men's Development Committee.

- (m) **Athletes Advisory:** Augie Hirt and Paula Kash reviewed this very active committee's concerns. About 50 athletes received convention travel money. Money is from TV revenue. The committee has been focusing attention on drug testing and national training centers.
- (n) **Special Olympics:** Bev LaVeck reported that race walking is now a regular event vs an exhibition event in some areas of the country. Ron Laird's coaching information has been a big help, especially in areas which did not have established race walk programs. Special Olympics rules forbid running but do not prevent bent knees.
- (o) **Women's Advisory:** Darlene Hickman headed a special subcommittee with Gwen Robertson and Bev LaVeck that has been looking into the needs of the women's program. They distributed and collected a questionnaire aimed at defining the right priorities. One recommendation from this group was the need for a clearinghouse/info center of the sport and the need for educational programs that are quick and easy to follow and send out. The Pacific Northwest Association is willing to pursue this effort.
- (p) **Rules:** Ron Daniel reviewed the proposed sport rule amendments. Those affecting race walking were discussed for recommendations by this standing sport committee. The most significant rule changes were a.) amend Rule 180 to require doping control test for American records in IAAF world record events and b.) adoption of IAAF rule change clarifying what type of assistance during a race is considered illegal. Rule 65.5 is amended to allow pacing and hands-on medical examination.
- (q) **TAC Board of Directors:** Ron Daniel briefly reviewed key issues covered by the TAC Board of Directors, including a.) TAC insurance premium increase from \$.84 to \$1.00 with \$100 deductible and redefinition of athletic injury, and b.) USOC Olympic profit allocation controversy.

#### Report of Coordinator of National Championships

Lori Maynard reported on her efforts in helping race directors maintain a high standard of conducting national championships. She received limited response on requests for entry and results information. Lori recommends reducing the number of championships. The Committee discussed ways of improving the standard of our championships. The following motion was passed by the Committee:

"The coordinator of national championships for race walking shall be empowered by the RW chairperson to approve all performances submitted for entry in any TAC/USA event requiring qualifying times. Criteria for consideration of these marks shall include the following:

1. The event where the performance was recorded shall be a properly sanctioned TAC event.

2. The performance shall have taken place on a certified track or road course meeting the standards for certification set forth by the National Running Data Center.
3. There will have been at least four judges for the event, with at least one National level TAC certified judge in attendance for the entire event.
4. Events must be an exclusive race walking event (i.e. not in conjunction with a running event).

Any performance not meeting these standards may be rejected by the coordinator of national championships."

#### Sports Medicine & Science Seminar

Dr. Howard Palamarchuk chaired a very informative and professional seminar on the biomechanics of race walking and how these factors relate to maximum technique and performance. Leonard Jansen's study of foot placement and body center of gravity between world elite walkers and U.S. elite walkers was quite revealing. Some adjustments are required to close the gap. Frank Alongi discussed the g-forces on the body from the angle of head placement and Jim Coots discussed what to look for in efficient technique.

#### 1984 Olympic Games Report

Ron Daniel gave a very positive report on the splendid job done by the over 100 volunteers involved with the administration of the Olympic walking events. The LAOC was very pleased with the conduct of these events as was the IAAF and all other interested parties. Ron singled out Hal McWilliams for the great job of measuring many potential courses with the highest degree of accuracy possible.

#### Election of Race Walking Committee Positions

Per TAC By-laws, the following Men's & Women's Race Walking Committee positions were elected to a two-year term of office, except the Development and International Competition Committee positions, which are four-year terms.

Chairman: Sal Corrallo

TAC Board of Directors Rep: Ron Daniel

International Competition Committee: Dean Ingram, Ron Daniel, and Carl Schueler (Athlete)

Men's Development Committee: Howard Jacobson and Ralph Vernacchia (coaches)  
Leonard Jansen (Committee Rep) and Tom Edwards (athlete)

Women's Development Committee: Gary Westerfield and Wayne Glusker (coaches)  
Jeanne Bocci (Committee Rep) and Paula Kash (athlete)

Budget & Audit Committee: Augie Hirt

Officials Committee: Larry Larson

Youth Athletics Committee: Darlene Hickman

Law & Legislation Committee: Bill Hickman

Rules Committee: Steve Vaitones

National Sports Festival Committee: Ron Laird

Marketing & Media Committee: Ray Funkhouser

General Programs Committee: Ron Laird

Records Committee: Bruce Douglass

Membership Committee: Bruce Douglass

Sports Medicine & Sports Science Committee: Dr. Howard Palamarchuk (Medical Services) and Dr. Jim Coots (Sports Science)

Coordinator of National Championships: Lori Maynard  
USOC Rep: Bob Bowman

**Note:** The Committee Secretary and members of the Executive Committee will be appointed by the Chairman.

Respectfully submitted,

Bob Bowman  
Secretary

*In attendance were:*

Bob Carlson  
Bruce Douglass  
Tammie McPoland  
Bill Mongovan  
Henry Laskau  
Wayne Nicoll  
Dave Gwyn  
Mike Riban  
Augie Hirt  
Ron Laird  
Gary Westerfield  
Susan Liers  
Howard Jacobson  
Tom Edwards  
Frank Soby  
Frank Alongi  
Fabian Knizacky  
Jeanne Bocci  
Ruth White  
Troy Engle  
Steve Vaitones  
Sandy Kalb

Howard Palamarchuk  
Randy Mimm  
Randy Krakower  
Gene Dix  
Audrey Dix  
Dan Stanek  
A. C. Linnerud  
Elliott Denman  
Ray Funkhouser  
Paul Parent  
Elizabeth Worley  
Giulio dePetra  
Mary Jane Kober  
Harry Siitonen  
Lori Maynard  
Sonny Maynard  
Wayne Glusker  
Bev LaVeck  
Darlene Hickman  
Lawrie Robertson  
Bill Hickman  
Gwen Robertson

Sal Corrallo  
Bob Kitchen  
Mort Diamond  
Don Frazer  
John Kelly  
Murray Rosenstein  
Paula Kash  
Bob Hickey  
Larry Larson  
Bob Bowman  
Jim Hanley  
John MacLachlan  
Dean Ingram  
LaNelle Gagich  
Joseph Barrow, Jr.  
Leonard Jansen  
Carl Schueler  
Jim Coots  
Dennis Reilly  
Ralph Vernacchia  
Jolene Steigerwalt  
Ron Daniel