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**

**Men’s 2 Mile**

**Other Results**

**World Indoor Track and Field Games, Paris, Jan. 18–19**

**Men’s 5000m**
1. Gerard Lelievre, France 19:56.22 2. Maurizio Damilano, Italy 19:59.73 3. Dave Martin, France 20:06.94

**Women’s 3000m**

**1 Mile, Hanover, NH, Jan. 5**

**2 Mile, Hanover, Jan. 5**

**1 Mile, Boston, Jan. 27**

**2 Mile, Boston, Jan. 20**

**1 Mile, Boston, Jan. 19**
1. Maryanne Torrellas 7:21.1 2. Chris...

Women's 1,500 meters--1. Susan Liers 4:47.85. Carol Brown 4:47.85.

Jan. 25 (At the Millrose Games; first five reported last month, but not as

Kraft Morgan 1:15.08 2. Mel McGinnis 1:15.08. Leon Jasionowski 1:15.08.

Mile--1. Maryanne Torrellas 5:21.62 (World and American best) 2. Teres-

Amanda 1:15.08.

Jan. 30, 1985

Note: As you see, we are holding subscription rates, at least temporarily ,

during a long race walk training spin you notice a sudden sharp

During a long race walk training spin you notice a sudden sharp

knife-like 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, 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 (M, EE, 2EE), consider a shoe that comes in widths, such as New Balance. You may also try to slip 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 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 in that the sides of the toes involved will be numb permanently. This discomfort is oftentimes 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 Minis more carefully. The Colorado Association has bid on the race (it was not assigned at the Convention), but it hadn't 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 food. 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, Calif. will find free lodging the night before the race (March 29) at the Hidden Valley Music Seminars, same bedding—bring your own sheets, blankets, or sleeping bags. Also a free spaghetti dinner at the same site at 7 P.M. on the 29th...

The Walkers Club of America, which has been promoting walking since it was founded in 1911, in 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 Deman'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
first week in January, or why I should get the February 25 Issue of Time on February 20 and read 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 and 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 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. Her daughter, J.R., 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 should have passed up the '80 race. As it turned out, it was one of the hardest races I have ever run. I was in low 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 couldn't maintain my pace. With the temperature falling to the low 30's, 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 in to, he came back on the track. This brought out other Masters runners 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 looked for a reason to continue since I was already out of the medals. I fixed my sites on the 90 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 60 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 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 "a" turn. After only 3 days of using a lift or 1 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 reason to get out of the race. At Rich Myers' suggestion, 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 cheerer, and the possibility of my stepson joining me on the starting line, I will be in Missouri on the last weekend of September for many years to come.

Richard Myers

LOKING 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, 6:23.7, and 6:24.8. Dave also won the National Indoor Mile in 6:14, with Ron Laird following in 6:19.7. Ron Kulik took third in 6:20.3, Steve Hayten fourth in 6:22.5, Larry Walker fifth in 6:23.7, and Floyd Godwin sixth in 6:24.0, 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 OU Invitational. Laird just won in an American record 20:48 with Floyd a second back. Your old editor managed a 22:105, 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 of 9:30.2 for 5000 meters in New York. Lairen was named the recipient of the 1970 Ron Zimmer 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 1:22:12. (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 13:35.8 with Ron Laird and Larry Walker both less than a second behind in a blanket finish. Ron Kulik, Todd Scully, and Dave Romansky followed closely (13:43 for Romansky). The Women's Mile title went to Sue Brodcox in 7:22.5, 3 seconds ahead of her sister Linda and Eater Marquez. Bob Henderson captured the OU Invitational 3 mile in 21:52. In the 5-year interval, your editor slowed to 23:17. Henderson also posted a 4:52:26 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 Champs race with a 47:35. Your editor occupied third in 50:07, and Heiring's college teammate, Chris Hansen, who went on to win a better things, showed little promise at this time with his 54:50.6. Ron Daniel had a world's best of 7:15.2 for 1 mile in Los Angeles and then bettered that with 7:13.9. Vladimir Golubnichy, nearing age 40, won the 3 Mile in the US-RRR indoor dual meet in a world's best of 19:46.2. Veniamin Solodkostomo won out Ron Laird for second 20:20.8 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 1:54.6, a North American best. Two weeks earlier, Jim Heiring had done 5:06.5 in LA. In that same LA meet, Sue Brodcox recorded a women's world's best of 5:45.2. Jeff Ellis, U. of Wisconsin-Stevens Point won the NAIA 2 Mile in 13:53.4 with Neil McGinnis second...Chris Hansen did 5 K indoors in 21:28 in Racine, Wisconsin...The day after his fast mile, Jobin won a 50 K in 4:01:14, also in Houston.

Cheryl Hall 20:15 10. Sam Murdoch 10:25 (1st 65-69)


10. Ida Hall 2:38 12. Ernestine Yeomans 2:21 (1st two men)


2. Joel Sanchez, Mexico 48:07


And, while cleaning up lose notes, a few more corrections to an old list in the December issue. In the U.S. Women's 5 K, Lori Maynard should be credited with a 27:30, not 27:43. In the U.S. Women's 10 K, add Mary Gossett, Harbin with a 50:13. In the U.S. Men's 20 K add Juan Santana 1:16:50, Ajan Jacobson 1:17:44, and Juan Salavon 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 Walking 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 Kitchens at 9:11 a.m. The agenda was reviewed by the Chairman. The following record number of meeting members and guests were in attendance:

FEBRUARY 1985

Race Walking Executive Committee Report

Bob Kitchens reported on the Executive Committee meeting of the night before in which the 1985 Qualifying Standards were set.

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-K (Men): 1:35:00

Sr. 10-K (Men): 52:00

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

Jr. 3-K (Men): 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 1985 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

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

Special Reports

(a) NAIA: Dr. Ralph Vercachoa, 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 they would serve to be a great help.

(b) The race walking clinic conducted by Bob Lawton helped our sport's visibility. At the NAIA coaches meeting there was a great deal of interest and support for the walks. John Knight, Bob Lawton, and Ralph lead that support and tried to re-establish 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.

National Coach-Coordinator: Barry Wagner spoke to the Committee on the appreciation he has for our Committee. The Committee thanked him for his help and cooperation.

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 USC 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.

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 entrants, 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.

TAC President: Jimmy Barnes addressed the Committee and thanked the chairman and everyone for their efforts on behalf of the sport.

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

Pan Am Walking Cup: John Kelly reported on the U.S. Team's experience in the First Pan Am Walking Cup held in Bogotama, Colombia. John felt the U.S. walkers did a great job and that they were very warmly received in Colombia. Carl Schuler's 50-km performance was very courageous under tough conditions of rough, hilly roads in hot weather. Our women displayed a very high level 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 Marcelino Colín of Mexico. People in South America are starved for information on our sport. The next Pan Am Cup may be in Montreal in '86 and then in Sao Paulo in '88. Elliott Benson, who judged the competition, felt John did an outstanding job as Manager of the U.S. Team.

Medallist: 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 water, 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.

FEBRUARY 1985

Committee Reports

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 slowed its progress.

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 USOC ...." Therefore, the women's 10-Km walk will be conducted at the 1985 Festival.

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 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.

Officials: Larry Larson reported that Laurie 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 his booklet on RW judging, which has been under development for several years. The high school rule book has removed the section on race walking.

Budget & Audit: Augie Hirt reported that all 1984 monies were spent. The 1985 Laguna/Schornborn Cup expenses were accepted as a line item. This was relatively easy because the IAAF has awarded $377,000 to TAC for World Championships expenses. RW was budgeted $9,000 annually for administrative expenses. The Pan Am trip in November was expenses from this budget amount which has $6,000 available for this. The USOC money battle will become a tough fight.

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.

Records: Bruce Douglass noted that we now have road records which must be ratified in the same manner stipulated in the LDR courses certification rules. Six indoor and outdoor American records were ratified. There were the indoor 3000-meter by Ray Sharp, indoor 2-miles by Jim Heirig, outdoor 10-Km and 15-Km by Maurice
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-K will be 11:15 p.m. after the opening ceremony on July 26.

The 20-K will be on July 27 at 6 or 7 a.m. and the 50-K 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.

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.

Sports Medicine & Science: Dr. Howard Paalmarohuk feels our race walking sports medicine & science program is further along than many others standing sport committees 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." NIKK has been interested in working on a good shoe design. The January '84 Biomechanics Seminar in Colorado Springs had a well-received presentation by our people.

International Competition: Susan Lioka reported on the International Competition 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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jan. 18-19</td>
<td>World Indoor Games</td>
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<tr>
<td>Feb. 22</td>
<td>USA/Mobil Nat'l Indoor Champs (M&amp;W)</td>
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<td>May 11-12</td>
<td>USA vs FRA vs ITA</td>
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<tr>
<td>June 14-16</td>
<td>USA/Mobil Nat'l Outdoor Champs (M&amp;W)</td>
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<td>June 29-30</td>
<td>USA vs FRA</td>
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<td>July 26-28</td>
<td>National Sports Festival (M&amp;W)</td>
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<td>Aug. 20-Sept 4</td>
<td>World University Games (M&amp;W)</td>
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<td>Sept. 20-21</td>
<td>USA vs USSR vs Japan</td>
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<td>Sept. 28-29</td>
<td>Race Walking World Cup (M&amp;W)</td>
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Juniors:

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<th>Date</th>
<th>Event</th>
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<tr>
<td>June 21-22</td>
<td>National Junior Champs (M&amp;W)</td>
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<td>July 20-21</td>
<td>USA vs Canada</td>
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<tr>
<td>July 26-27</td>
<td>USA vs Canada</td>
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</tbody>
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Elliott Deman raised the question on why no walks in meets such as the Pacfic Conference Games, June 22-23, in Berkeley, Califorina. A committee of the NW members (Ron Daniel, Dean Ingram, and Carl Schueler) of the TAC International Committee was asked to investigate this.

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 RV development budget was out 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.

Athletes Advisory: Augie Hirn and Paula Kashi 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.

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.

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 training center in the West 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.

Rules: Ron Daniel reviewed the proposed sport rule amendments. Those that affect 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 record 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.

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 athlete 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 NW 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 on foot placement and body center of gravity between world elite walkers and U.S. elite walkers was quite revealing, so adjustments are required to close the gap. Frank Alongi discussed the g-forces on the body and the angle of head placement and Jill Coots discussed what to look for in efficient technique.

Operation Olympic Games Report

Ron Daniel gave a very positive report on the splendid job done by the over 100 volunteers involved in 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) Jeannie 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 Vaatones
National Sports Festival Committee: Ron Laird
Marketing & Media Committee: Ray Funkhouser
General Programs Committee: Ron Laird

Records Committee: Bruce Douglas
Membership Committee: Bruce Douglas

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

In attendance were:

Bob Carlson
Bruce Douglas
Tammie McPoland
Bill Mongovan
Henry LaShau
Wayne Nicoll
Dave Dunn
Mike Riban
Augie Hirt
Ron Laird
Gary Westerfield
Susan Liers
Howard Jacobson
Tom Edwards
Frank Soby
Frank Alongi
Fabian Knyacky
Jeanne Bocci
Ruth White
Troy Engle
Steve Vaatones
Sandy Kalh

...