New Orleans, July 27-28—The favorites won pretty much as they pleased in the National Sports Festival walking races—Maryanne Torrellas at 10 Km, Tim Lewis at 15 Km, and Carl Schueler at 30 Km. The men’s races were shortened from 20 and 50 because of the conditions of high heat and humidity. (The marathoners went only half distance.) This decision probably made sense for the 50, but it’s hard to see the reasoning for the 20. If 20 Km is too far to go in these conditions, how could they let there be a 30 Km race?

In the women’s 10 Km, Maryanne Torrellas walked an excellent 49:13, considering the conditions. However, she did feel the heat, moving through 5 Km in a quick 23:39, and then needing 25:34 to cover the second half. Esther Lopez walked a very strong race in second and finished only 20 seconds back, easily beating Texesa Vaill, who missed breaking 50 minutes by a mere second. With the heat slowing everyone else in the race down from their times in the National 10 in Indianapolis, Lopez improved on that race by 80 seconds. The top three were all rewarded with pictures in Sports Illustrated, although we saw only the backsides of Maryanne and Teresa.

Following the race, Maryanne said: “I tried not to let the weather bother me. I was surprised we were under 50 minutes. It’s a fairly good course. You have to concentrate a lot more in walking because it’s a unique combination of technique and endurance. Hopefully, they’ll put a walk for women in the 1988 Olympics, and I’ll train for that.” Maryanne a former 2,13 half-miler from St. John’s is the mother of two boys, one aged 2, the other 11 months. Because of a knee injury, she had been unable to train on race walk technique for 2 weeks prior to the race, but had increased her weight training and swimming to maintain strength and endurance.

Lewis easily defeated Marco Evoniuk in the 15 Km, finishing better than 3 minutes ahead in a quick 1:05:45. Unfazed by the heat, Tim reeled off nearly even 5 Km splits of 25:07, 22:02, and 21:56. Ray Funkhouser edged Gary Morgan for third in the day’s most exciting finish. Commenting on the conditions, Tim said: “The weather situation surprised me. It wasn’t as tough as I had thought it would be. I could have walked 20 today. If the sun had been out, it might have been a different story.” (The race started at 6 am; the women’s 10 at 7:30).

Tim also said: “I was really glad the officials shortened it because I needed to run (I wonder if he really said that?) 15 Km. It was the best race for me at this stage of my schedule. A month ago, I set the American record at 10 Km and my next big race is 20 Km at the World University Games.”
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in Japan. This was really a good warmup for that one. I'm really pleased with my race, thinking about going 1:06, so I'm totally satisfied. I pulled away midway through the third loop and felt pretty good the rest of the way. I didn't expect it would become that way.

Schueler was accompanied by Randy Mimm and Bob Davidson for the first 2.5 km of the 30, but was able to pull steadily away after that. Carl went on to a 2:23:36 clocking, again very good in the heat. Marc Bagan and John Slavonic passed Davidson before the 5 km mark and were close to Mimm halfway, but Randy moved well clear over the second half. Slavonic meanwhile, opened a lead of 26 seconds on Bagan by 20 km, which he held most of the way, only to be overhauled on the final lap. Davidson, after getting back on terms with Slavonic by 17.5 km was DQ'd at that point.

In addition to the pictures in Sports Illustrated, the race received good TV coverage on ESPN. I just caught part of it, as soon Scott flipped near that point.

Results:


# # # # #

Our faithful correspondent, Bob Steadman, the former Aussie now resident in Lubbock, Texas, has heard once again from his friend, and Mongolian race walking immortal, Ts. Bombojab. The latter in as follows:

Ulian Bator
May 10

Dear Steadman:

Thanks for your letter of February 15. It must have contained a lot of your capitalist propaganda, because the censors had cut half of it away before it reached me. Some of your walking friends have sent copies of the National Geographic Magazine with the article on Mongolia that I have given one to every library in the city. They should have seen the article of May 1962, which contains a picture of the same language, the loan.

I am pleased to report that two of my grandsons beat up on the third place when he defended his indoor 10,000 m title in February. I've sent the results for you to transmit to that fellow in Ohio, as they are more important than half of what he prints. Actually, comrades, the first three finishers were Chinese from Inner Mongolia, but our Russian masters expect us to treat them as non-persons.

I was lucky enough to manage the junior team to Cuba and Mexico last January. We were completely trounced, but learned many things. One is that the water in Las is bad in Mexico as in Leningrad, but at least all our boys made it to the finish line.

My problems began when I was asked to judge in Guadalajara. The flags they gave me were huge pieces of cloth. I think the red one must be the Mexican flag at bullfights, because every time I pointed one out at a Mexican walker, the crowd cried "Bull sheet!" and yelled something about "40 millisecond flag phase". Afterwards, the officials gave me a lecture about the Gospel according to Tord, who wound like some sort of guru on you continent.

Perhaps next year we come to America. Tell your friends: no more National Geographics, thanks.

Your friend,
Ts. Bombojab
All of which brings us, by no logic whatsoever, to:

FORTHCOMING RACES OF THE VARIETY IN WHICH EXCESSIVE FLIGHT PHASE IS STRONGLY DISCOURAGED:

- Sat. Sept. 7---5 Km, Denver, 9 am (K)
- Sun. Sept. 8---NATIONAL ATHLETICS CONGRESS 2 HOUR, UPPER MONTCLAIR, NJ 10 am (T)
- Sun. Sept. 15---10 Km, San Leandro, Cal., 9 am (Z)
- Sun. Sept. 16---5 Km, Grand Junction, Col., 9 am (I)
- Sat. Sept. 17---5 Km, Denver, 9 am (K)
- Sun. Sept. 22---5 and 10 Km, Denver, 9 am (P)
- Sun. Sept. 23---2 Hr, Worthington, Ohio, 10 am (I)
- Sun. Sept. 29---8 Km, Washington, DC, 8:30 am (Q)
- Sat. Oct. 19---10 Km, Gillersville, Ga., (B)
- Sun. Oct. 20---5 Mile, Seattle (P)
- Sun. Oct. 21---10 Km, Seattle (P)
- Sun. Oct. 22---5 and 10 Km, Denver, 9 am (K)
- Sun. Oct. 28---NATIONAL ATHLETICS CONGRESS 100 MILE, COLUMBIA, MO, 1 pm (C)
- Sun. Oct. 29---8 Km, Washington, DC, 8:30 am (Q)
- Sun. Oct. 30---10 Km, Ft. Gillen, Ga. (B)
- Sun. Oct. 6---10 Km, Denver, 9 am (K)
- Sun. Oct. 7---10 Km, Interlaken, NJ (E)
- Sun. Oct. 15---10 Km, New York City, 11 am (X)
- Sun. Oct. 18---50 Mile, Oakland, 9 am (Z)

CONTACTS:
- E-Wayne Nicol, 3575 Glen Eagles Dr., Augusta, GA 30907
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- Q-Bill Hillman, 200 7th St., #141, Washington, DC 20024

LOCKING BACK

(Note: We goofed last month in this column, running things from the August 1965 and 1970 issues, rather than the July issues. As a matter of fact, we even labeled the 20 years ago bit as August. So this month we will hit July for 20 and 15 years ago.)

20 Years Ago (From the July 1965 ORW)—Ron Laird won the MAI 20 Km in Baltimore in 1:38:35 over Jack Mortland, Dean Reimann, Don DeNoon, and surprising Regina Dandar. Laird led from the start and was never seriously challenged. ...Baltimore was a big improvement over Ron's miserably 6th place finish in 50:40 a few weeks earlier in the National 10. The Mort won that race in 48:19.5 over Art Mark, DeNoon, Reimann, and Ron Daniel.

- ...Bob Brewer beat the Ohio TC's Chuck Newell to win the National Jl. 30 Km in Columbia, Mo. in 3:04:23. ...Laird was also an easy winner in the National 2 Mile leaving Daniel 27 seconds behind with his 14:04.2. DeNoon and Rudy Halina followed.

and Domingo Colin also got the heave. All three Mexicans, including world record holder Paul Gonzales, failed to finish the 50. Gonzales got sixth at 20. Following DaMiano was Piotr Ratachuck of the USSR and Roland Weisser of East Germany. Soviet Anatoly Solomin who assumed the lead when Bautista was pulled, quickly suffered the same fate. Spain's Jorge Lopez and Soviet Terygeny Ivecenko followed Gomez. In the women's world meet in Sydney, Australia's Sue Cook won the 5 km race in 23:39:9 with Sue Brodock just 0.5 second behind. Canada's Ann Paul beat Sue Liles-Waterrfield for third. The issue contained considerably more commentary on suggestions by one Julian Hopkins that the contact rule should be abolished. A lot of people didn't like such an idea then either.

From Heel to Toe

Does anyone know a Marybeth P. Jandreau somewhere in Western Pennsylvania? I have a check from her for a subscription, but no address. By the time I realized this, the envelope, which may have had a return address, was long lost in the trash. Further results hot out of today's mail: 5 Kms, Cambridge, Mass., July 14 (Bay State Games) - 1. Brian Savionis 23:43, 2. Steve Vaioles 23:50, 3. Kurt von Ahn 24:12, 4. Don Dresnak 24:58, 5. Bob Pielo 27:58. Women: 1. Emily Paul 24:08, 10 Kms (Track), St. Johns, New Brunswick, July 28-1. Rick Birkirski 46:04, 2. Steve Vaioles 51:02, 3. Walter, Paul, Aug. 24-1. Bob Keating 22:51, 2. Tom Knatt 23:16, 3. Frank Kula 31:08, 3 Kms, same place - 1. John Dove 1701, Women's 3 Kms, same place - 1. Precious Hill (age 15) 18:00. The NAIA is retaining the 10 Kms walk in the Championship Meet for another year on a probationary status. It is up to the race walking community to increase the field to include athletes from many more schools. Jerry Donley, Masters TAC Chairman, reports that the Masters TAC Committee of the Athletics Congress, which awards the annual Men's and Women's Master Racewalker of the Year Awards, welcomes nominations and recommendations from masters racewalking.

From Elliott Denman:

IS THIS ANYONE WE KNOW??????

Walker turned town into casbah

The Baltimore Sun

August 1985

NATIONAL TEAMS ANNOUNCED

Background. For the first time, The Athletics Congress Men's & Women's Race Walking Committee has designated National Teams; senior teams for men at 20 and 50 kilometers and women at 10 kilometers, and junior teams for men at 10,000 meters and women at 3,000 meters. Asterisked members were chosen on past performance by the coaching staff. All others were chosen from their past performance by the coaching staff. All others were chosen from their past performance by the coaching staff. In addition to domestic competition, the team members will be coached by recently appointed national coaches: Martin Rudow (Men), Seattle, WA; and Gary Kesterfield (Women), Smithtown, NY.

WOMEN--SENIOR 10 KILOMETER TEAM

Jeanne Bocchi (Motor City Striders)-766 Point Park, MI
Carol Brown (Island Track Club-New York City, NY/Cornwall, NY
Mary Howell (Seattle Track Club)-Seattle, WA
Debbie Lawrence (Danne Shoe)-Maryland Heights, MO
Susan Luehr (Island Track Club)-Smithtown, NY
Esther Lopez (Southern California Road Runners)-San Bernardino, CA/Rialto, CA
Deborah Robertson (Club Northwest)-Redmond, WA
Maryanne Torrellas (Abraxas Track Club)-Clifton, CT
Teresa Vaill (Island Track Club)-Lake Placid, NY
Lynn Wicks (Island Track Club)-Sayville, NY

Alternates: Mary Howell (Seattle Track Club)-Seattle, WA
Kathy Wynn (Abraxas Track Club)-Clifton, CT
Julie Wurman (Island Track Club)-Greenfield, WI

WOMEN--JUNIOR 3,000 METER TEAM (May not turn 19 in 1985)

Kerry Bratton (Woodside Striders)-Cupertino, CA
Diane Margraff (Island Track Club)-Nesconset, NY
Sybil Perez (Southern California Road Runners)-Los Angeles, CA
Christine Wehber (unattached)-Tampa, FL
Randy Wicks (Island Track Club)-Sayville, NY

MEN--JUNIOR 10,000 METER TEAM (May not turn 20 in 1985)

Gregory Dawson (Island Track Club)-Nesconset, NY
Curtis Fisher (Island Track Club)-Huntington, NY
Douglas Fournier (unattached)-Greenfield, WI
Danny Freed (Reading Track Club)-Reading, PA
Paul Schwartzberg (unattached)-Hammondsport, NY

MEN--SENIOR 20 KILOMETER TEAM

*David Cummings (New York Athletic Club)-Toledo, WA
Marco Evaniuk (Bud Light Track Club)-San Francisco, CA
*James Heiring (Bud Light Track Club)-Yardville, NJ
Andrew Kaestner (Island Track Club)-Colorado Springs, CO
Timothy Lewis (New York Athletic Club)-Colorado Springs, CO
Gary Morgan (New York Athletic Club)-Clarkstown, NY
Clark Todd Scully (Shore Athletic Club)-Blackburn, VA
Paul Wick (unattached)-Erik, WI

Alternates: Edward O'Rourke (New York Athletic Club)-Glen Cove, NY
Steve Weckinovsky (Air Force Track Club)-Korea/Colorado Springs, CO

August 1985 PAGE 2
and fitness can not know about competitive walking, but clearly brings out that there is
something else. He directs his book to that large tart of veteran fun and fitness walker (has competed in some national-level
events but not his primary incentive). Ra.cewalking --two words. Obviously, he does the same throughout the book, from the book title on.
The main criticism would have to be that the informal approach causes some
misinformation or distortion of the actual rules. There is a big difference
between conducting a local race with no championship involved and a
national-level competition. Unfortunately, he repeatedly refers to the
need for "one judge" who helps the walker by warning with comments like
"straighten your leg every stride or I'll have to give you a warning." These
statements can be misleading.

While a single Judge and such comments may be common in local, informal
walking events, from the view of the AC Judges' Committee another paragraph
needs to be included so that the full story (the actual rules) are brought
out at the same time. It is recommended that there be at least four judges
and that it takes at least three different judges to disqualify a walker,
and, further, that at a championship level race the walking judge does not
"coach" a walker but only gives a "warning" (white card). Gray does
include TAC rules (150—Rules of Walking and 39—Judges of Walking) at the
very back of the book, where they can be referred to, but few beginners
would do so. In that section he paraphrases the name of the sport to "Rules
of Racewalking" even though all the rule books refer to the name of the sport
as Race Walking--two words. Obviously, he does the same throughout the
book, from the book title on. (But the trend in our language is toward
to single words, eliminating hyphens and spaces. Why should racewalking be
reactionary. Witness the Ohio Racewalker, who has had that title for
many years. Of course the reason is that the designer who laid out our
masthead thought it looked better that way and took the liberty of dropping
the space. Larry has questioned it in the past but we always ignored him.
Now we rush to John Gray's defense.)

GROUND CONTACT PERCEPTION

by F. Alongi

SUBJECT:
Ground Contact Evaluation for Racewalking

PURPOSE:
To evaluate visual perception of ground contact for high legs speed and images up to 7Hz (cycles/second).

CONCLUSIONS:
1) Racewalking judgement can be made without use of high speed cameras or video systems.

2) 75% of the observers (novice people) can make affirmative judgement on ground contact to athletes with stride length of 90 to 115 cm
(35 to 45½, inches), moving at speed up to 15km/hour or 4.5 strides/second.

3) Colors contrast between the soles of the shoes and the walking surface, increase the visual perception for frequencies of 4.5
stride/second and above.

RECOMMENDATIONS:
White or yellow edges on the soles of the shoes will be a reference point to novice and trainee officials, in making affirmative
judgement decision on ground contact.

DISCUSSION:
The objective of this test is the interface between man and machine, and understanding the ability of making decisions on subjective
judgements in the sport of racewalking. Visual perception is the most important item in making any positive identification for judge-
ment. Small variation of perception is normal among all testees, and may not be a factor in the affirmative decision.
In the sport of racewalking, the officials should be trained people, with some experience, and ground contact identification shouldn't be an issue for judgement.

Assuming that racewalkers have strides length of 60 to 115 cm and velocity 10 to 15 km/hour, the legs frequency will be 2.6 to 7.0 strides/second, since the human eye parallax perception start at 15 hz ground contact identification should be in the limits of most observers.

SUMMARY OF TEST RESULTS:

1) Visual Perception Test Using an Electrodynamic Exciter

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<td>9/18</td>
<td>55.5</td>
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<td>6/18</td>
<td>44.4</td>
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<tr>
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With Black/White Sample

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<td>7.0</td>
<td>15/18</td>
<td>83.3</td>
</tr>
</tbody>
</table>

2) Visual Perception Test Using a Thread Mill

Athlete used -7-
Stride Frequency: 1.9 to 5.15 strides/second
Stride Length: 60 to 110 cm
Thread Mill Velocity: 6.2 km/hour and 14.6 km/hour
Number of People Evaluated - 16
Percentage of Affirmative Contact Identification - 100

APPENDIX:

- Nomogram for Racewalking - Page 13
- Visual Perception Curves - Page 4