Santa Monica, Cal., Sept. 1--Paul Wick, a member of the U.S. Lugano Cup team, got in some good preparation for that race with a win in the National 15 km Race Walk today. The 23-year-old from Wisconsin won his first national title in 1:10:25, leaving Federico Valerio and super-vet Larry Walker better than 2 minutes back. Hawaii's Bob Davidson was a close fourth. In the women's race, Esther Lopez, also on the National team for the women's Eschborn Cup, was an easy winner over those two outstanding lady masters, Jolene Steiger­walt and Bev LaVeck, who waged a spirited duel for second. Results:

**Men:**
1. Paul Wick 1:10:25
2. Federico Valerio 1:12:35
3. Larry Walker 1:12:57
4. Bob Davidson 1:13:06
5. Eugene Kitts 1:14:04
6. Ed Bouldin 1:17:54
7. Dan Fitzpatrick 1:18:25
8. K Ward 1:19:31
9. Ron Brennen 1:20:09
10. Jay Byrne 1:21:31
11. Saul Loya 1:22:26
12. Carl Warren 1:23:30
15. Rudy Halusa 1:25:12
16. Larry Burch 1:25:27
17. Mike Corder 1:26:00
18. Mike Cour 1:25:36
19. Stephen Tabb 1:26:33
20. R. Ward 1:26:48
22. Doug Greiner 1:27:48
23. Ted Greiner 1:28:03
24. John MacLachlan 1:29:20
25. Richard Nester 1:30:32
26. Jesus Orendain 1:30:40
27. Robert Mador 1:32:23
28. C. Scherber 1:36:25
29. Ed Ricci 1:36:25
30. Maynard McKelton 1:37:15
32. Robert Granados 1:42:00
33. Joe Weston 1:44:26
34. John Galleher 1:45:02
35. Harry Stilton 1:50:47
36. Ralph Crosby 1:57:32
37. Freddie Guzman 2:00:22
38. Jesus Orendain Jr. 2:02:29
39. Victor Garcia 2:04:17
40. Air Cortes
41. Hal McWilliams, Bill Kveton, Bob Brewer.

**Teams:**
1. Hawaii 1:46:42
2. WCIA 4:03:42
3. Banquet Street Walkers 4:05:34

**Women:**
1. Esther Lopez 1:10:25
2. Jolene Steigerwalt 1:12:35
3. Bev LaVeck 1:13:06
5. Lori Maynard 1:51:32
7. Lorri Green 1:58:00
8. Jan Janousek 1:58:22
9. Cindy Ruffalo 1:59:39
10. Veda Roubidoux 1:41:38
11. Patricia Chudwick 1:44:38
12. Caroline Butler 1:45:04
13. Louise Warner 1:48:40
14. Rosey McLeod 1:56:27
15. B. Richards 2:12:27
16. Myra Jackson 2:14:31

**CUP TITLES TO GDR, CHINA**

Douglas, Isle of Man, Sept. 28-29--The German Democratic Republic (East Germany) won their fifth Lugano Cup title over two days of competition, thanks to Hartwig Gauder's strong performance in winning the 50 km race. Meanwhile, the women from the People's Republic of China were dominate as they swept to their second Eschborn Cup titles. The two cups are given every other year to the winning teams in competition that brings the best walkers in the world together. (To page 11)
SO YOU WANT TO RACE? TRY THESE:

Sat. Oct. 12-12 KM, Los Angeles (D)
Sun. Oct. 13-RACIonaL ATHeLIcS CoNSERG 40 KM, FT. mOOnfUTh, NJ, 9 am (E)
Sat. Oct. 19-10 KM, Gilliverville, Ga. (B)
Sun. Oct. 20-5 Miles, Seattle (P)
Sat. Oct. 26-10 KM, San Diego, 8 am (D)
Sun. Oct. 27-15 KM, Boulder, Col. 9 am (K)
Sat. Nov. 2-10 KM, Denver, 9 am (E)
Sun. Nov. 3-10 KM, Menlo, NJ, 2:30 pm (R)
Sun. Nov. 9-5 and 10 KM, Washington, DC, 9 am (Q)
Sun. Nov. 10-Shore AC Marathon, 11 am (E)
Sun. Nov. 17-1 Hour, West Long Branch, NJ, 10 am (E)
Sun. Nov. 24-10 Miles, Long Branch, NJ, 1:30 pm (K)
Sun. Dec. 1-10 KM, New York City, 10 am (X)

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C-Joe Duncan, 2930 Maple Bluff Dr., Madison, WI 53711
D-Elaine Ward, 358 W. California Blvd., Pasadena, CA 91105
E-Elliot Demma, 28 N. Locust, West Long Branch, NJ 07764
G-Giulio dePietra, P.O. Box 2997, Carmel, CA 93921
K-Kob Carlson, 2251 Glenn St., Denver, CO 80207
P-Dan Pierce, 1337 NW 57th St., Seattle, WA 98107
Q-Bill Millham, 705 7th St. SW, Washington, DC 20024
R-Inland Track Club, Box 490, Smithfield, NC 27577
S-John Knifton, 10620 Catkill Trl, Austin, TX 78750
U-Larry Pelletier, 19 Juniper St., Bangor, ME 04401
V-Reading TC, 112 S. Sterling St., Shillington, PA 19607
X-Howard Jacobson, 445 E. 86th St., New York, NY 10028
Z-Harry Siltanen, 106 Sanches, Apt. 17, San Francisco, CA 94114

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SOME SCATTERED RESULTS


ADMINISTRATION

FIA

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FIFA


**From Steve Vaitones, Gloucester, Mass.**

Maybe those of us involved in racewalking need to define a little more clearly the direction the sport is taking. Racewalking is a competitive event and just as every swimmer/splasher is not a potential diver or competitive butterfly specialist, everyone who walks with a modified racewalking style is not a potential Lugano-Eschborn team member. Not all walkers are racewalkers.

Racewalking is an event in track and field, and we have to work to first regain the respect due to us while at the same time making it a viable competitive alternative to the aspiring young athlete. We don't see massive “triple jumps for joy”, recreational hammer throwers, or social pole vaults. These events seek out promising individuals and work with them to become top-shelf athletes.

Before we spend a lot of time and effort to turn thousands of casual and health walkers into back-of-the-pack competitors, let’s focus some more attention on our underdeveloped Junior Olympic program (for example, J.O. region I had only two walkers IDTAL for all divisions), let’s bring our nationals to be true nationals. A lot of folks have worked too long and too hard to keep racewalking alive as a racing event to let it turn into a beer and t-shirt fund event.

I enjoy giving clinics on walking for fitness and competition, but I’ll give full attention to the potential competitor over a health walker at such clinics, because that is the body and soul of our event. I plan to make this a major agenda item at the Athletics Congress convention in December. Anyone else?

**One Man’s Opinion**

By Bob Bowman, Oakland, Cal., Member International Amateur Athletic Federation Walking Committee (in a letter to the Editor of the Athletics Congress Race Walking Newsletter)

I’m somewhat surprised and disappointed to learn that our National Chairman feels that “Perhaps the biggest problem we face, next to fund raising, is that of judging, both here and abroad.” He further claims that the problem of “lifting” (loss of contact) is allowed by some countries and judges and perhaps even encouraged! Since he is neither an IAAF judge himself nor an experienced international race walking official, I must come to this outrageous conclusion other than by first-hand observation.

I know of no country that would tolerate such nonsense nor have I ever heard such charges from my fellow IAAF walking judges. The fact is that in the last 5 years, the standard of international judging has been quite good as evidenced by improved consistency among the judges and the video and photo evidence taken.
It is a false impression to say that our walkers are at a competitive disadvantage with the rest of the world. Quite the contrary, the Soviets had the best team at the '89 Lugano Cup from both a time and technical standpoint. Fast walking and fair walking are complementary, not the opposite. For example, Josef Pribilin in the '89 Lugano Cup 20 km in 1:10 while walking well within the rules as evidenced by the many black and white pomes taken of him. So the answer is not to cry foul, but to work on improving our standards by developing better athletes with better coaching.

We don't need to change our rules to accommodate losses of contact (this will eliminate the sport) and we don't need video judging (this is very impractical, unnecessary, and often misleading). We do need to educate those who are unaware of the solid improvements that have been made in recent years in the area of judging in our sport. The IAAF Walking Committee only meets once a year, so it is largely up to the National Walking Committees to educate its officials, judges, athletes, and coaches on the rules of fair walking and to enforce them.

We still have a lot of work to do. The IAAF will help with some leadership, guidance, and even some funding as time goes, on, but the problem as stated by our National Chairman is grossly distorted and shows a lack of recognition of the progress being made in the area of officiating by our sport, both domestically and abroad.

TANG MARCH ACROSS AMERICA TO BENEFIT MADDD

Howard Jacobson, Executive Director of the Walkers Club of America, reports that the WCA has joined with General Foods and Mothers Against Drunk Driving (MADD) to walk across America. The WCA has organized the entire route for the walk, which began in Los Angeles on August 17 and will end in Washington, DC on December 9.

In many cities across the country, local MADD chapters are conducting mini-marches (usually 5 miles) to raise money to fund their campaigns and lobbying efforts. Howie reports that the WCA has joined this effort because everyone will win:
- General Foods "Tang" will get their credit
- WCA will receive recognition for their cause
- WCA will receive attention to health walking/racewalking.

At this writing, the walk is in Oklahoma. The total distance covered will be 4,205 miles, with Ron Laird and John Fredericks driving the support van and putting in 8 or 10 miles a day themselves. About 20 other walkers will participate as the trek continues. The remaining schedule shows:
- Kansas City, Kansas, October 12; Jefferson City, Mo., Oct. 16; St. Louis, Mo.
- Springfield, Ill., Oct. 22; Chicago, Oct. 27; Terre Haute, Ind., Nov. 1.
- Indianapolis, Nov. 3; Cincinnati, Nov. 9; Dayton, Nov. 10; Columbus, Nov. 13; Wheeling, W. Va., Nov. 16; Pittsburgh, Nov. 17; Greensburg, Pa., Nov. 23; Fort Lee, Va., Nov. 29; New York City, Dec. 1; Philadelphia, Dec. 1; and Washington, D.C., Dec. 9. Write the WCA, 445 E. 86th St., New York, NY 10028 or call 212-722-WALK for further information.

LOOKING BACK

20 Years Ago (From the Sept. 1965 ORW) -- Ron Laird overcame a muddy track (including one huge puddle that forced walkers into the fourth lane as they entered the homestretch) at Chicago's Riles Park to win the National 1 Hour title. He covered 7 miles 14/32 yards. Laird took a quick lead and stretched it to 56 seconds by 5 miles (37:39). Second place Jack Montiand closed some ground from there, but was still 90 yards back at the finish. His teammate, Jack Blackburn, was another 127 yards behind. Fourth was

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Ron Daniel with 7 miles 95). The issue contained very entertaining descriptions of the Mackinac Bridge Walk by Doc and Mrs. Doc Blackburn. Jack Blackburn authored an interesting article entitled "Walkers of the New Era" outlining emergence of the sport over the previous 7 years.

15 Years Ago (From the Sept. 1970 ORW) -- John Knifton, better known for his exploits at shorter distances, won the National 50 km in Santa Barbara in 3:55:02. John Kelly was nearly 3 minutes back and Bob Kitchen another minute behind in second and third. Rounding out the top five were Jim Klipper, Jim Lopez, and Byron Overton. Dave Romansky survived a severe electrical storm during the contest to win the National 25 km from Knifton in under 2 hours. The Canadian 50 km went to Gerry Booci in 4:54:57 ahead of Pat Parrelly. Jeanne Booci set unofficial American records from 25 km up, gain the distance in 5'45:20. Larry Young started on the comeback trail with his eye on Munich with a 1:25:09 for 10 miles in Ft. Osage, Kan., somewhat out of the limelight, one might say... In Australia, Noel Freeman ran a 1:50:02 for 15 miles on the track, passing 20 km in 1:30:40. Eivor Johansson, of Sweden, won the Women's International 5 km in 24:40.

10 Years Ago (From the Sept. 1975 ORW) -- Larry Young, holder of two Olympic bronze medals and two Pan-American golds, added another National 50 km title in Smithtown, N.Y. His 4:18:56 left second-place Anglir Hirt nearly 12 minutes back. John Knifton, Tom Kratt, Ray Somers, and Paul Ile also broke 4:40. Sue Brodock was an easy winner of the Women's National 10 km in 32:03, nearly 7 minutes ahead of Sandy Briscoe. Roland Weissler set a World's Junior record for 10 km in East Germany with 41:46.8.

5 Years Ago (From the Sept. 1980 ORW) -- Dan O'Connor was an easy winner of the National 50 km race in Santa Barbara with Dennis Heil (3:11:28) and Bill Hanney (3:13:01) following. Alan Price won a 75 km walk in Fort Lauderdale, Fla. in 8:31:41 ahead of Jack Blackburn's 9:00:25. In a 100-miler in Leicester, Eng., Dave Boxall did a quick 17:45:10 (60 miles on editor, 17 hours is not quick), though it may be a very good time for 100 miles. Ten competitors bettered 20 hours and 64 finished under 24 hours.

From the Walkers Club of Los Angeles Newsletter

John Holbrook Kelley, one of the most beloved and dedicated members of the racewalking community, passed away on Saturday, Aug. 18, 1985. (Note: This is not John Kelly, the Irish Olympian of Santa Monica.) John was born in Butte, Montana on May 3, 1922. He is best known for his leadership as Mid-State Director during the Olympic Trials and Games. His superior planning not only made this immense and detailed job run smoothly, it made his crew have an esprit de corps unmatched by any other. His many abilities will be sorely missed and we all look forward to having Marge's active participation in our activities.

A few more results


The Walkers Club of Los Angeles Newsletter
As more and more people take up walking, the interest in racewalking specifically and its possible health benefits grows. With it comes a proliferation of books, not all of them worthwhile, as one could guess. There are also various articles and books appearing, almost ready to try and define the activity of "racewalking" whether or not they have any real knowledge. The following review, prepared by Steve Vaitones, tells you of one new book you may as well leave on the shelf of your friendly bookstore.

**Book Review**

**RACETRACKING** by William Finley and Marion Weinstein

The Stephen Greene Press, 1985

9.95 ($12.95 Canada. 7.95 pounds sterling UK)

Take your preconceived notions of what the public thinks racewalking is about. Add illustrations of armless Greek statues, Oreo Marathon, and Fred Astair, along with photos of the authors rigidly posing to demonstrate a facet of racewalking. Mix well with a cute, folksy narrative style that includes several footnotes and quotes to add legitimacy. Package it in an 8 1/2" by 11" format book, and you have RACETRACKING: A Safe and Healthy Alternative to Jogging.

When the publisher of "Boston Running News" handed me the promotional copy of this book that he received, he said that the "trend" of racewalking was "already well underway in this country." What he didn't say is that the book is a "thoroughly researched book" that gives only approximate World Bests for the mile, misses the IAAE, only partially focuses on nutrition, and focuses on being the sport of the future. Chapters on philosophy and clothing are longer than the one on nutrition.

"Some photos in the book look like they were from Monty Python's Silly Walks skit - not bad, but no wholesome model to follow in an activity like racewalking. Another drawback is the lack of photos of the actual athletes. The authors need to emphasize that they are serious athletes and not just some random people who happen to walk for exercise.

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As the book progresses, we learn that racewalking is "a smooth, even, somewhat rapid motion of the legs, with the arms swinging naturally. Its benefit is a slow and efficient way of locomotion." Thus, the question of whether racewalking is a sport is settled. Racewalking is a sport. If it was strictly a maraschino's guide to fitness, it could be passed off as pulp. However, the above statements are mixed with ones like "The Olympics brought a new dimension to racewalking," and a noted 3-19 New York City Marathon winning time "will give you an idea of how the best in the world walk."

"The authors emphasize that they have "been known to racewalk barefoot" and this thoroughly researched book gives only approximate World Bests for the mile, only partially quotes the rules of racewalking, and highlights only one competitor - Ron Laird and Henry Lasko in a section focusing on the sport of the future. Chapters on philosophy and clothing are longer than the one on nutrition.

Some photos in the book look like they were from Monty Python's Silly Walks skit - not bad, but no wholesome model to follow in an activity like racewalking. Another drawback is the lack of photos of the actual athletes. The authors need to emphasize that they are serious athletes and not just some random people who happen to walk for exercise.

In my opinion, this is one book that should not be recommended to any competitive or fitness walkers. There are other books on the shelf that do the sport more justice, and the inquisitive reader more good.

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