Lewis and Weik Shine in Rockport Series

Tim Lewis and Lynn Weik both scored double victories in the Rockport regional races held in Washington, D.C. on March 22 and 23. (The Rockport Grand Walk Series was described in detail in the January ORW.) Lewis blasted an American record in the 5 km on Saturday and came back the following day with a strong 1:25:43 for 20 km. Carl Schueler finished second in both races, but could not afford any real competition to Tim over these distances.

The 18-year-old Weik was able to pull well clear of Teresa Vaill over the second half of both women’s races—5 and 10 km. Her 10 km time of 48:22 was particularly outstanding.

In the men’s 5 km, Lewis left the field well in his wake and had a 16-second lead over Tom Edwards as he raced past 2.5 km in 9:46. Though slowing somewhat over the second half, he stretched his lead to just over a minute as he finished in 19:54. Edwards, although passing the finish line in 20:47, was disqualified, leaving Schueler with the silver medal in 21:09. Carl had to overcome a strong effort by Dave Cummings to secure that spot.

Weik also took command of her 5 km early, but could not shake the determined Vaill through the first 2.5 km. Lynn’s 11:38 put her 2 seconds up at that point. However, by the finish, Weik was nearly 40 yards, as she covered the distance in 23:36. In third place, a 19-year-old newcomer from Pittsburgh, Meg Manean, turned in a very impressive performance, beating Debbie Lawrence by 10 seconds with a 24:04.

Sunday’s 10 km saw 12 women under 55 minutes. Weik and Vaill separated themselves from the pack early and were together at the 5 km mark in 24:06. Lawrence, making a concerted effort to drop Manean, was alone in third and Manean led everyone else by nearly a minute. Weik was able to open a lead over the next 2.5 km and then stretched it to a very decisive margin at the finish. After a fast start, her pace was very steady and a bit too much for Vaill to hold on this day. Theresa, nonetheless, just missed breaking 49 minutes and was never challenged for second. Lawrence continued to widen the gap on Manean and finished in 50:10. The first nine finishers were the same as in the 5, with three switches in position.

Lewis again made the 20 km his race from the start, although he moved out at a rather leisurely pace, covering 2½ km in 11:15 and 5 in 22:17 (11:02) for the second lap. He then proceeded to accelerate through the next four laps (10:48, 10:42, 10:33, and 10:28), before slowing to a 10:39 and then blasting a 10:20 to finish (only 12 seconds slower than his second half of the 5 km race). He covered the second 10 km in 41:56.
The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $5.00 per year ($7.00 for First Class Mail, $11.00 for Overseas Air Mail). Editor and Publisher: John B. (Jack) Mortland. Address all correspondence regarding both editorial and business matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

Schuster, following the same race plan, i.e., an accelerating pace, albeit somewhat slower, dropped the rest of the field after 5 km. He finished an isolated second in 1:28:43, like Lewis, recording a personal best.

Ray Funkhouser got away from Dave McGovern, Paul Schwartzberg, and Randy Mill after 12½ km to take third in 1:31:14. McGovern had to put in a very strong finish to overcome the 19-year-old Schwartzberg, who was right on Funkhouser's heels at 15 km and had by far his best race to date. However, he was just able to hold off 50-km specialist Mill, who also shattered his personal best. Tom Edwards, right with Mill and McGovern at 17½ km faded badly at the finish, but still recorded an excellent 1:32:27 in seventh. There were 10 walkers under 1:35 and 19 under 1:40, probably the greatest depth of performance ever seen in this country outside of a national championship race. Results:

Men's 5 Km, March 22-1. Tim Lewis, Colorado Springs, 23 1:19:14 (9/442)
2. Carl Schueler, Colorado Springs (30) 2:10:49 (10/24)
3. Dave Cummings, Toledo, Wash. (25) 2:11:15 (10/22)
4. Don Lawrence, Overland Park, Kan. (26) 2:11:16 (10/33)
5. Randy Mill, Ohio Racewalker (31) 2:11:17 (10/36)
8. Joe Miranda, Aberdeen, Maryland (22)
9. Mike Schueler, Oklahoma City (30) 2:11:32 (10/36)
10. Tim Emery, New York City (25) 2:11:34 (10/37)
15. Keith Loomba, Fall Church, Va. (24) 2:11:50 (10/42)
16. Dave Funkhouser, Hayse s, Va. (20) 2:11:54 (10/43)
17. John benz, Capital Heights, Md. (26) 2:11:58 (10/44)
18. Bob Roper, New York City (27) 2:12:02 (10/45)
20. John Lugo, Panama (20) 2:12:10 (10/47)

Women's 5 Km, March 22-1. Lynn Weik, Sayville, N.Y. (18) 2:12:36 (11/38)
5. Michelle Dunaee, Montreal (25) 2:12:51 (11/42)
6. Owen Robertson, Redmond, Wash. (30) 2:12:52 (11/43)
7. Susan Liers, Smithtown, N.Y. (27) 2:12:53 (11/44)
8. Prince Forbes, Montreal (20) 2:12:54 (11/45)
10. Christine Ostiguy, Montreal (22) 2:12:56 (11/47)

Women's 10 Km, March 23-1. Lynn Weik 4:10:20 (11/52, 24/106)
5. Michelle Dunaee 4:10:44 (11/56, 24/110)
6. Owen Robertson 4:10:45 (11/57, 24/111)
7. Susan Liers 4:10:46 (11/58, 24/112)

Women's 20 Km, March 23-1. Tim Lewis 5:52:43 (11/60, 24/114)
2. Carl Schueler 5:52:44 (11/61, 24/115)
5. Richard Carlin 5:52:47 (11/64, 24/118)
7. John benz 5:52:49 (11/66, 24/120)
14. Lynn Weik 5:52:56 (11/73, 24/127)
15. Meg Manane 5:52:57 (11/74, 24/128)
17. Christine Ostiguy 5:52:59 (11/76, 24/130)
18. Michelle Dunaee 5:53:00 (11/77, 24/131)
20. Lynn Weik 5:53:02 (11/79, 24/133)
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<tr>
<td>Paul Robertson</td>
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<td>John Fisher</td>
<td>25:04</td>
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<td>26:52</td>
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<tr>
<td>Mike O'Keefe</td>
<td>28:01</td>
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**Other Results**

- **1500 meters, Lewiston, Maine, Feb. 23:**
  - Steve Valtunes: 6:36
  - John Fisher: 7:30
  - Jack Kocische: 8:12
  - Charles Serrafella: 8:30

- **1 Mile, Arlington, Va., Jan. 12:**
  - Paul Robertson: 21:08
  - Ed O'Rourke: 21:30
  - Nick Inglis: 21:30
  - John Stirling: 21:30
  - Beth Clyde: 20:30
  - Lynette Dzieranoski: 20:30
  - Lori Goldberg: 20:30
  - Diane Margraff: 20:30
  - Hope Hallock: 20:30
  - Beth O'Dwyer: 20:30

- **5000 meters, Lewiston, Maine, Feb. 23:**
  - Steve Valtunes: 11:50
  - Kevin Mccario: 12:10
  - Mike O'Keefe: 12:20
  - Doug Fournier: 12:30

- **5000 meters, Lewiston, Maine, Feb. 23:**
  - Paul Robertson: 14:45
  - Kevin Mccario: 14:45
  - Mike O'Keefe: 14:45
  - Doug Fournier: 14:45

- **100 meters, Lewiston, Maine, Feb. 2:**
  - Steve Valtunes: 6:36
  - John Fisher: 7:30
  - Kevin Mccario: 8:12
  - Jack Kocische: 8:12
  - Charles Serrafella: 8:30

- **3000 meters, Lewiston, Maine, Feb. 2:**
  - Steve Valtunes: 8:30
  - Kevin Mccario: 8:30
  - Mike O'Keefe: 8:30
  - Doug Fournier: 8:30

- **400 meters, Lewiston, Maine, Feb. 2:**
  - Steve Valtunes: 49.5
  - John Fisher: 50.5
  - Kevin Mccario: 51.5
  - Mike O'Keefe: 52.5

- **800 meters, Lewiston, Maine, Feb. 2:**
  - Steve Valtunes: 1:19
  - John Fisher: 1:19
  - Kevin Mccario: 1:19
  - Mike O'Keefe: 1:19

- **1500 meters, Lewiston, Maine, Feb. 23:**
  - Steve Valtunes: 3:45
  - John Fisher: 3:50
  - Kevin Mccario: 3:55
  - Mike O'Keefe: 4:00

- **5000 meters, Lewiston, Maine, Feb. 23:**
  - Steve Valtunes: 12:30
  - Kevin Mccario: 12:30
  - Mike O'Keefe: 12:30
  - Doug Fournier: 12:30

- **10000 meters, Lewiston, Maine, Feb. 23:**
  - Steve Valtunes: 24:30
  - Kevin Mccario: 24:30
  - Mike O'Keefe: 24:30
  - Doug Fournier: 24:30

- **Marathon, Lewiston, Maine, Feb. 23:**
  - Steve Valtunes: 2:22:30
  - Kevin Mccario: 2:22:30
  - Mike O'Keefe: 2:22:30
  - Doug Fournier: 2:22:30

- **50000 meters, Lewiston, Maine, Feb. 23:**
  - Steve Valtunes: 1:45:30
  - Kevin Mccario: 1:45:30
  - Mike O'Keefe: 1:45:30
  - Doug Fournier: 1:45:30
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COMMENTS REGARDING NATIONAL CHAMPIONSHIPS

The February ORW carried a questionnaire, prepared by Elliott Denman, soliciting opinions on the National Championship schedule—how many races we should have and the convention in, what distances Elliott explained his position in an accompanying letter. The ORW has received 40 completed questionnaires, which we are forwarding to Randy Mimm, the designated compiler. In the meantime, we have received two letters commenting on the situation. These follow.

An Open Letter to the U.S. Race Walk Community
Re: Championships

A great deal has been written about cutting down the National Championship Series. None of these letters would have been written nor the energy expended if one additional championship had been awarded: the two hour track walk. The primary reason it wasn't awarded is that the bid was late. Secondly, the bid had some technical difficulties that could have been corrected had it been in on time. Needless to say, there is no grand plan to cut back on championships.

Personally, I think we have more than a full schedule this year with the Rockport Regionals, the International Competitions, and the special "National" races (Penn Relays, Jesse Owens Games, Martin Luther King Games, Andalong International, and the National 40 km, the Sports Festival, and lots of solid local races.

However, to assure that we come up with a championship program that will support, I have appointed a Committee to review our championship race schedule. A preliminary report is due to be presented at the Outdoor Championships in Eugene, Oregon. The final report will be presented to the Convention in Tampa, Florida in December. Steve Vaitones is chairman. Elliott Denman and Randy Mimm will work with him on the report.

It is safe to say that there is a grand plan to enhance the quality of our championships. The Site Selection Committee is following TAC rules in asking for proposals and in awarding these events. But keep in mind that it is not the support of those who attend the convention since the body must approve of all subcommittee reports and recommendations.

Regardless of the Vaitones Committee report and recommendations, we will award all championships this year if we have the bids in on time and if they meet TAC requirements. If you need information or assistance just call Jack Mimm, 2261 Kensington, Redwood City, CA 94901, (415) 369-2801. She is there to help.

Sal Cervello, Chairman
National Race Walking Committee

Jack,

I would like to respond to Elliott's letter in the February ORW.

The procedures for bidding for 1986 championships were well publicized for a year, and policy was established with proper procedure. The 19-11 vote was on a question to reconsider a previously passed motion, which closed the bidding for championships and stated that any unawarded races would remain unawarded.

The requirement for receiving bids 60 days prior to the convention is not arbitrary—it is in the operating rules along with three pages of bidding procedures. This may be in conflict with "SHALL AWARD" section, but that's a question for law and legislation folks. The 60-day notice was well publicized, beginning with the 1984 convention. It was decided to (finally) comply with this rule in order to run a more efficient meeting and to avoid "eleventh hour" verbal bids, which too often lacked planning and thought. Whenever a bid from appeared (Execl Newsletter, etc.) this was noted.

I cannot give the full details regarding the apparent inconsistency in the cases of the 20 Km and 2 Hour. Similarly, both bids were received late and both considered due to protest by the submitter as to the "legalitv" of the 60-day rule. Both were reviewed by our championships subcommittee.
following the general meeting on the final day of the convention. The 30 Km bid was determined to be an event worthy of a national championship race. The 2-hour bid, without going into specific details, gave no indication that it would be championship quality, and was therefore rejected.

That last statement, in fact, is what the subcommittee was concerned with—having our racewalking championship program be a truly quality program. Each bidder, or their representative, was interviewed about their bid. Information was requested on topics including (but not limited to) the course, certification, judging, location, accessibility, and amenities for the athlete. The attitudes of the race directors to go to the extra step to ensure that a quality slate of championships was presented for the racewalking community.

Before judging whether the RW committee is deserving the walking program by not awarding all listed championship races, consider a few things. First, if a bid is received late, this seems to be an indication of the planning that a director has put into the event. If a bidder has submitted the bid according to the rules (which successful bidders did) then everyone should play by the same rules. We are trying to get some consistency and some semblance of professionalism into our sport.

Paralleling the RW committee action, the men's long distance running committee did not award championships at four distance for 1986 specifically because some bids were no up to a championship standard. For some of their more popular distances there were requirements for prize money. While we're not quite on the same level, we should be striving for more amenities than floor space for sleeping bags and vending machines for refreshments if our top athletes travel across the country to compete.

We are by no means trying to take away opportunities to compete. This year, in fact, there is a series of regional races being staged, all with planning and enthusiasm like of which many nationals in the past have never seen. If a race goes begging for a director, what sort of job can the eventual director be held accountable to? Do we need "just another local race"? If a race is not going to be conducted because it was not given national status, then what was its real worth to the sport? Finally, shouldn't a national have special significance to the competitors, be an event which is worthy to peak toward?

Just as other national sports committees, priorities are to produce the best TEAMS and ELITE athletes possible, we have to examine what the race program is contributing to international success. Can it be said that the 100 Km and 100 Mile do anything to advance the quality of the longest international contested event—the 50 Km? In retrospect, no. (Ed. I certainly can't agree with this thinking. That goal is being trying to be there without some mass beneath it. I would hope the National Committee is attuned to the interests of all those competing in the sport.)

Lastly, please don't finger the TAC/USA national committee in general or the championship program subcommittee in particular for the shortcomings of the local programs. Those around the country who have gripes should just jump in and get involved.

Finally, I hope that I', speaking for the rest of the championship subcommittee when I say that our efforts are aimed at bringing racewalking UP to the level of the other athletic disciplines and not just maintaining the status quo.

Yours in walking,
Steve Vahtonen
(Ed. Regarding the 2 Hour and its organization, we never have received the results of last year's race. But, to be fair, it's as much our fault as an o, since we have never specifically requested then either.)

FROM HEEL TO Toe

Speaking of results, we don't yet have any on the National 25 Km and Women's 20 in Kansas City on April 6 or the 15 Km in Long Beach on April 20. The National 50 is being held as we wrap this up (27th). So next month, we should be packed full with National Championship results and details—adding the 5 and 20 Km races in Denver in May... Race walking in taking fact in Oklahoma. Their state club, founded in November 1934, now has more than 50 members. Fifteen participated in a 5 Km race earlier this year with Bob Baker (51:55) and Heather McKeown (59:52) emerging as winners. Somehow, we overlooked the awards given to Masters Race Walking Awards given at last fall's TAC convention. The awards went to Ruth Leff of Milwaukee and Bob Mimm of Willingboro, N.J. Mimm has been consistent winner in the Master's ranks since it became a recognized category. Now 62, he was on the 1960 Olympic team at 20 Km. Leff featured her fine performances into 1986 with a 2:29.6 2-Mile to lead all women in the National Masters Indoors and an age 58 National 1 Mile record of 9:34.6 in February.

NOT JUST THE DREAD 10K BUT PRISON BARS IMPRISON A RACE WALKER IN WISCONSIN

(Special to the Ow from Harry Siitonen—Alan Price could get arrested in Wisconsin. In a state in which the university systems awards athletic scholarships to aspiring collegiate race walkers, it's against the law to race walk for too long a time.

It seems that in 1935, a state assemblyman named John Mulder proposed a law adopted by the legislature that bans "any physical endurance contest, exhibition, performance, or show in the nature of a "marathon," "skatathon," or any other physical endurance contest, exhibition, performance or show... wherein any person participates in such contest for a period of more than 16 hours in any 24 hours." (Somehow roller skating and bicycling events are exempted.) And Mr. Mulder was no wimp in the punishment department. Participant violators (and promoters) are subject to fines of up to $500 and a year in jail for each day of violation.

Even your loved ones in the grandstand and other spectating groupies are subject to the wrath of the state. Spectators can get a $25 fine and 10 days in jail. (You couldn't do worse in a raid on a cockfight or a pit bull arena.)

What was Mr. Mulder's motivation for such a drastic course, we might wonder? Alias, speculation on such will probably remain buried forever in the depths of the Great Depression. But isn't it high time that prohibition is repealed? Or, in the hopes that flattery might get us somewhere, if the National 100-Mile Race Walking Championship is even held in the state of Wisconsin, we might name it the "John Mulder Memorial Meander." Pull it over.
Mr. Sitonen has also updated Finnish mythology. He states, "The Kalevala is not nearly as well known as Beowulf or the Iliad or the Odyssey, although I think it's hot stuff. So to many ORW readers, most of the references may be completely esoteric." Esoteric or not, we choose to publish Harry's effort:

RACE WALKING IN KALEVALA

The race itself rewards us best,

The Sampo is just illusion,

Never & useless.

It doesn't really matter who,

looking knee, foot touching earth,

so that we see

Holy grail of lakes and forests,

Horn of Plenty for humankind--

For there shines the magic Sampo,

TO

As

Beckon to our stalwart striders

Garlands not, nor golden crosses

Trained in all her eraft and magic,

Louhi, Lapland's ancient mistress,

Deserts mother, wife and sweethearts

Thus, Yliamtemi leads the pack,

Speeding like the elk of Hiisi.

Through the dark and verdant forest,

Ilmarinen leaves his anvil

Heel and toe nimbly hurry

Along the paths lined with birches,

Tread

Ye shall walk upon the waters,

RACE WALKING

Ilfr. Suutonen is not nearly as well known as Beowulf or the Iliad or the Odyssey although they are not nearly as well known as Beowulf or the Iliad or the Odyssey although the land of the

they northward hie and hurry,

these ancient rules are followed,

though entirely Finnish mythology. He states, "The Kalevala

Steadfast Väinämöinen,

ancient bard and shaman of the

Kalevala, Finnish national epic,

Reincarnated in this life

as Harri Antero Siitonen, coach

for the Golden Gate Race Walkers

of San Francisco

April 15, 1986

C

APRIL 1986

LOOKING BACK

20 Years Ago (From the April 1966 ORW)---Shaul Ladany, who we labeled "tough est of the tough", bettered the American record for 50 miles with an 8:35:35 effort at Point Pleasant, N.J. Second was John Kely in 8:47:17. Ladany did the first mile in 8:45 and passed 50 Kms in 5:05:13. Elliott Dennen was third and Bruce MacDonald fourth. In San Diego, Ron Laird set American records at 55 Kms (3:08:57), 40 Kms (3:30:25), and 25 Kms (3:39:57). Jack Blackburn won a battle in 40 Kms Northampton. Once again your editor's "assault" or Laird's records fizzled out after 15 miles and ground to halt at 19 miles. The issue featured one of the paid ads in our history, a full-pager for Tiger shoes from Blue Ribbon sports. We don't waste space with that nonsense anymore, having plenty of other nonsense to waste it with.

Ron Daniel bested Bill Kaiser over 10 miles in New Jersey in 1:17:57 to 1:19:05.

15 Years Ago (From the Oct. 1971 ORW)---In Colorado's altitude, Ron Laird beat Floyd Godwin to win the National 1 Hour. Laird walked 7 mi 710 yds, leaving Floyd nearly 300 yards behind and coming back Larry Young another 96 behind. In a ding-dong battle for fourth, Bob Heftderson went 7 miles 1091 Kms to beat Karl Marseches by just 16 yards, with Jim Bean only 7 back of Karl. Steve Tyler was also over 73 miles and Bob Rowan missed by just 10 yards. In Europe, Christoph Hohn, East Germany, set a world mark at 30 Kms with 2:15:16. Peter Frenkel and Siegfried Schneide were also under the old record. John Knifton turned in a swift 4:10:42 50 Kms on the road and 6 days later took to the track for a 1:35:19 for 20 Kms. Ron Kulik was second in the 50 in 4:15:31 on a suspect course. Elliott Dennen won his annual 50 miler in 8:47, with our own Jack Blackburn struggling to third behind George Barcheland. On the local scene, Jerry Brown, then leading the pack, hit the wall soon after 11:17:57 to 1:19:05. In San Diego, Ron Laird set American records at 50 Kms in 3:39:57, 20 Kms in 1:35:19, as your editor's "assault" or Laird's records fizzled out after 15 miles and ground to halt at 19 miles. The issue featured one of the paid ads in our history, a full-pager for Tiger shoes from Blue Ribbon sports. We don't waste space with that nonsense anymore, having plenty of other nonsense to waste it with.

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Pat Farrelly has sent us a few interesting items on race walking from the mid-'50s era published in Ontario. From the program for 50 Km race in Guelph, the caption on a picture reads:

No. 107, Clair Windsor, No. 106, Nancy Ross, No. 105 Eva Dennis. They are members of the Maroon A.C., Hamilton. They competed in the 50,000 meters U.S.A. Championship held at Cincinnati in April last and the photo was taken as they crossed the finish line in 6 hours 20 minutes. They defeated many of the male contestants and all of the American girls who competed. Their walking action is perfectly fair. No. 107 will gladly face any amateur girl walker in the world at a distance of 10 to 25 miles.

Canadian A.A.U. rules prevented them competing today. They volunteered their services to assist the competitors in today's Championship Walk and will help the Vi-tone Company in serving refreshments. They will walk many miles servicing the men. Watch them step on Wyndham St.

It is interesting to see that women were allowed to participate in a U.S. championship race back in 1934. However, Sebastian Linehan used to have an 880 walk for women at an annual summer track meet at Coney Island in Cincinnati back in the mid '50s and probably before. He is listed as a competitor in the Guelph race and probably had a hand in the National 50m, which were held for many years in Cincinnati. (See our recent compilation of National 50 results.)

**Walking Records**

- **50,000 Meters (31 Miles 122 Yards)**
  - Canadian - H. Cleman (Canada) 4 hours 46 minutes 15 seconds.
  - American - H. Cleman (Canada) 4 hours 47 minutes 40 seconds.
  - Olympic - T. Green (England) 4 hours 50 minutes.
  - World's - T. Payne (England) 4 hours 34 minutes 47 seconds.

- **London to Brighton** (52 Miles)
  - Whitlock - Sept., 1935 - 7 hours 53 minutes.
  - **London to Brighton and Back** (104 Miles)
  - Baker - Sept., 1925 - 17 hours 24 minutes.
  - 24 Hours - T. Hammond - 131 1-3 Miles - 1908.
  - 24 Hours Run - A. Newton - 152 Miles, 540 yards - 1931.

And, a couple of other items Pat sent:

**Walking Rules**

- All competitors must pass a medical examination.
- Walking is a succession of steps maintaining unbroken contact with the ground.
- 4 men shall be named to constitute a team, with 3 to count in the scoring. (They must all be first claim members of the Club they are representing in this race).
- No competitor shall be led or followed by coaches, assistants or friends in automobiles.
- All competitors are included in the sealed handicaps.
- The first 12 to finish will each receive a prize. The 1st, 2nd and 3rd will receive Championship Medals in addition to their respective prizes. Prizes will also be awarded to the 1st, 2nd and 3rd teams to finish.
- 4 prizes in the sealed handicap.
- A prize to the oldest competitor finishing.
- Every competitor completing shall also receive a championship diploma.