



# OHIO RACEWALKER

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202

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COLUMBUS, OHIO

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## PLETHORA OF NATIONAL TITLES

### LAWRENCE, SCHUELER WIN IN KANSAS

Overland Park, Kansas, April 6--Both Debbi Lawrence and Carl Schueler pulled away in the final stages to win National Athletics Congress race-walking championships today. Lawrence's title at 20 Km was her first and also marked her first win over defending titlist, Teresa Vaill. He 1:46:07 was less than 2 minutes off Vaill's U.S. road best, set in Washington, D.C. last year. Schueler won at 25 km, beating Jim Heiring, who was walking his first major race at a long distance since knee surgery last summer.

Lawrence, who also helped her husband Don organize and manage the races, trailed the favored Vaill in the early going. Teresa applied pressure early and led through 5 km in 24:27. However, that left the determined Lawrence only 10 seconds back. When Vaill slowed over the next 5 km, Debbi moved in and the two went through 10 km together in 50:23. From there, the local favorite pulled away from her Long Island rival to open a 44 second lead by 15 km, which she passed in 1:17:31. Vaill was able to close some to the finish, Lawrence perhaps feeling the effects of her pre-race activities and the hot pace, but the margin was still 33 seconds at the end.

Canada's Micheline Daneau could not match the early pace of the two leaders, but gained ground over the second half to easily best Susan Liers for third in 1:48:19. Liers hung on to finish ahead of the other Vaill--Lisa. Canada's Christine Osiugy and the rapidly improving Viisha Sedlak, from Denver, were sixth and seventh, both well under 2 hours.

In the men's 25, Heiring set out to see how fit he was with a 21:53 for the first 5, leaving Schueler and Gary Morgan nearly a minute behind. Although slowing somewhat, he widened the margin slightly as he passed 10 km in 44:30. Morgan was losing ground at this point and Dave McGovern closed on him.

Schueler took command from Heiring at about 19 km and led at 20 in a quick 1:30:33. He slowed only slightly from there and finished in an excellent 1:53:28, 63 seconds ahead of Heiring. Carl commented, "I didn't expect Jim to have a bad day. He went out way too fast. He probably would have won had he gone out with me. When he is doing well, he's a lot faster than I am."

McGovern also finished strongly, well under 2 hours and way ahead of the fading Morgan. Seventh overall was marvelous Max Green, age 53, I believe, who won the master's title in 2:17:01. Also marvelous was the 61-year-old 1960 Olympian, Bob Mimm, who was the second master, well under 2:30. The Junior 20 was won by John Shaeffer, a high school freshman in Kansas City, in 2:05:13. Results: (Turn to page 3.)

Cindy Best  
West Road  
Constableville, NY 13325

SECOND CLASS POSTAGE  
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## FORTHCOMING OPPORTUNITIES FOR COMPETITIVE EXPERIENCES

- Sat. June 7---5 Km, Denver, 8 am (K)  
15 Km, Columbia, Missouri, 9 am (G)
- Sun. June 8---Ron Zinn Memorial 10 Km, Kenosha, Wis., 9 am (O)  
10 Mile, Manitou Springs, Col., 7:30 am (K)
- Mon. June 9---5 Km, Long Branch, NJ (P) (And every Monday through Aug. 25)
- Fri. June 13---1500 meters, Kenosha, Wis., 5 pm (O)
- Sat. June 14---5 Km, Racine, Wis., 8:45 am (O)  
Masters 5 Km, Indianapolis, Ind., 4:30 pm (V)  
Metropolitan 5 Km, New York City, 9 am (BB)  
5 Km, Dearborn Heights, Mich., 10 am (W)  
5 Km, Los Angeles, (N)
- Sun. June 15---5 Km, New York City, 10 am (T)  
5, 10, and 15 Km, Pasadena, Cal., 7:30 am (N)
- Fri. June 20---NATIONAL ATHLETICS CONGRESS WOMEN'S 5 KM, EUGENE, ORE. (DD)
- Sat. June 21---NATIONAL ATHLETICS CONGRESS MEN'S 20 KM, EUGENE (DD)  
10 Km, Colorado Springs, Col., 9 am (K)  
5 Km, Los Angeles, 9:30 am (N)
- Tue. June 24---3 Km, Kenosha, Wis., 6 pm (O)
- Sat. June 28---NATIONAL ATHLETICS CONGRESS JUNIOR WOMEN'S 5 KM AND MEN'S 10 KM, Towson, Md. (EE)  
10 Km, Century City, Cal., 7:30 am (N)  
5 Km, Los Angeles, 8:10 pm (N)
- Sun. June 29---Triathlon (5 km walk, 5.5 Mile bike, 5 Km run), San Francisco (Q)
- Fri. July 4---10 Km, Long Branch, NJ, 9 am (P)
- Sat. July 5---10 Km, Columbia, Missouri, 8 am (G)  
10 Km Men, 3 Km Women, Dearborn Heights, Mich., 10 am (W)  
2.8 Miles, Seattle, 6 pm (A)
- Sun. July 6---5 Km, Kenosha, Wis., noon (O)
- Tue. July 8---1 Mile, Kenosha, Wis., 6 pm (O)
- Sat. July 12---NATIONAL ATHLETICS CONGRESS 10 KM, NIAGARA FALLS, NY, 9 am (FF)
- July 18-20---NATIONAL MASTER'S 5 and 20 KM, LONG ISLAND (E)
- Sun. July 20---5 Km, Kenosha, Wis., noon (O)
- Sat. Aug. 2---5 Km, Arrowhead, Okla. (F)  
10 Km, Columbia, Missouri, 7:30 am (G)

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Women's 20 Km--1. Debbi Lawrence, KC Walkers 1:46:07 (24:37, 50:23, 1:17:31)  
2. Teresa Vaill, Rockport 1:46:40 (24:27, 50:23, 1:18:15) 3. Micheline Daneau, Canada 1:48:19 (26:06, 53:02, 1:20:41) 4. Susan Liers, Rockport 1:52:24 (26:33, 53:16, 1:21:34) 5. Lisa Vaill 1:52:50 (26:48, 54:41, 1:23:41) 6. Christine Ostiguy, Canada 1:53:32 (27:20, 56:01, 1:24:29)  
2. Viisla-Sadlak Denver 1:56:55 (28:42, 56:44, 1:25:38) 8. Lorraine Green Denver 2:09:42 10. Barbara Pretz, KC Walkers 2:27:33 10. Margaret Berger, KC Walkers 2:33:58 11. Patricia Rupert 2:41:11 Team: 1. Kansas City Walkers 6:47:36

Men's 25 Km--1. Carl Schueler, Reebok/Eastside TC 1:53:28 (22:45, 45:29, 1:07:54, 1:30:33) 2. Jim Heiring, un. 1:54:31 (21:53, 44:40, 1:07:19, 1:30:46) 3. Dave McGovern, Reebok/Eastside 1:56:52 (23:01, 45:58, 1:08:41, 1:32:11) 4. Gary Morgan, NYAC 2:05:14 (22:45, 45:37, 1:09:20, 1:34:35) 5. Juan Santana, Reebok/Eastside 2:09:28 (24:15, 48:21, 1:12:48, 1:39:00) 6. Don Lawrence, KC Walkers 2:15:19 (23:01, 47:33, 1:12:47, 1:41:30) 7. Martin Smith, Iowa 2:30:14 8. Dave Thomas 2:37:15 9. Howie Jacobson, Eastside 2:41:04 10. Bob Jordan, Iowa 2:41:43 Team: Reebok 5:59:47

Master's 25--Age 50-59: 1. Max Green, Detroit 2:17:01 2. Howie Jacobson 2:41:04 3. Ray Franks 2:46:40 60 and over: 1. Bob Mimm, Shore AC 2:28:51 2. Don Johnson, Shore AC 2:47:32 3. Harry Drazin, Shore AC 3:12:26

Jr. 20 Km--1. John Shaeffer 2:05:13 2. Elmer Becker 2:18:01 3. Lennie Becker 2:33:11

## LEWIS, LIERS WIN AT 15

Long Beach, Cal., April 20--On a steaming hot day, Tim Lewis led all the way to win the National Athletics Congress 15 Km walk over Paul Wick. In the women's race, Susan Liers won easily as favored Teresa Vaill apparently folded up in the heat. Larry Walker, now 43, continues to impress as he took fifth overall and an easy win in the master's race. Curt Clausen, eighth overall, was the Junior titlist and Max Green had another great race as he won in the 50-59 age group.

When the race started at 8:40, the temperature was already 82 F under a bright sun. It warmed to about 90 by the finish. Lewis was undaunted and moved into a quick lead. Passing 5 Km in 21:46, he was 18 seconds ahead of Wick, with Gary Morgan another 5 seconds back in third. Steve Pecinovsky and Dave McGovern were locked in what turned out to be a race-long duel as they went through 5 in 22:18.

Lewis could not hold his pace in the heat, but continued to widen his lead to the finish, which he reached in 1:06:47. Morgan faded after the fi 5 and Wick had no trouble staying clear of Pecinovsky and McGovern for second. Those two finished in the same time, with Pecinovsky given the not for third.

In the women's race, Vaill led at 5, but dropped quickly away after that, so Liers was pretty much on her own. However, she had a good tussle with Max Green throughout and he finally edged her by 3 seconds.

Commenting on the race, Lewis said, "I'm really more comfortable walking by myself rather than with other people. I like to be in my own concentrated little groove." He added, "I just went out racing. I wasn't concerned about my time." The results:

Men: 1. Tim Lewis, NYAC 1:06:47 (21:46, 44:09) 2. Paul Wick, NYAC 1:08:07 (22:04, 45:14) 3. Steve Pecinovsky, Reebok, Eastside TC 1:09:44 (22:18, 45:29) 4. Dave McGovern, Reebok/Eastside 1:09:44 (22:18, 45:31) 5. Larry Walker, California Walkers 1:10:20 (22:37, 46:30)--1st master 6. Gary Morgan, NYAC 1:11:17 (22:09, 46:02) 7. Ed O'Rourke, CW Post College 1:13:00 (22:26, 46:25) 8. Curt Clausen, Reebok/Eastside 1:14:25 (23:41, 48:45)--

1st Junior 9. Enrique Flores, Walkers Club of LA 1:14:53 (23:30, 38:36)  
 10. Ed Bouldin, Bauchet St. Walkers 1:15:20 (23:35, 49:11) 11. Mark Hartzell, Easy Striders WC 1:15:32 12. John Ratto, un. 1:17:05 13. Aristeo Cortez, un. 1:20:04 14. Keith Ward, Walkers Club of LA 1:20:05 15. Max Green, Wolverine Pacers 1:20:57 16. Roger Brandwein, Cal. Walkers 1:22:44  
 17. Juan Izaguirre, Walkers Club of LA 1:23:05 18. Carl Warrell, Bauchet St. Walkers 1:26:11 19. Ron Daniel, Walkers Club of LA 1:27:29 (2nd 40-49)  
 20. Richard Oliver, Walkers Club of LA 1:30:51 (3rd 40-49) 21. Gerry Weltl Bauchet St. Walkers 1:32:24 22. R. Ted Greiner, Cal. Walkers 1:32:52 (2nd 50-59) 23. Ed Ricci, Cal. Walkers 1:35:15 (3rd 50-59) 24. Robert Granados, Walkers Club of LA 1:35:29 (40-49) 25. John Kelly, Cal. Walkers 1:35:33 (50-59) 26. Jesue Orendain, Sr., Walkers Club of LA 1:36:06 (40-49) 27. Ray Franks, Front Range Walkers 1:36:09 (50-59) 28. Maynard Mickelson, Walkers Club of LA 1:39:03 (1st over 60) 29. Joe Weston, Walkers Club of LA 1:39:27 (50-59) 30. Trevor Lee, Walkers Club of LA 1:40:53 (40-49) (39 finishers -- Dave Cummings among non-finishers) Team: 1. New York AC 2. Reebok/Eastside 3. WCLA Masters: 1. Cal. Walkers 2. WCLA

Women: 1. Susan Liers, Team Rockport 1:21:00 (26:11, 53:12) 2. Viisha Sedlak, Front Range Walkers 1:23:15 (27:05, 55:17) 3. Teresa Vaill, Team Rockport 1:24:26 (26:08, 54:03) 4. Mary Howell, Seattle TC 1:27:36 (27:50, 57:07) 5. Linda Hunter, Walkers Club of LA 1:30:28 (28:59, 59:35) 6. Paula Kash, Cal. Walkers 1:31:17 (28:28, 59:16) 7. Lizzy Kemp, Cal. Walkers 1:32:27 8. Jane Janousek, Cal. Walkers 1:42:03 9. Lorraine Green, Front Range Walkers 1:42:50 (17 finishers) Teams: 1. California Walkers

Judges: Bob Brewer, Jay Byers, Jim Hanley, Herman Reininga, Murray Rosenstein

#### 50 KM TITLE TO EVONIUK

Seattle, April 27--A week after the 15, a largely new cast of characters faced a very cool, blustery trek over 50 km for the national title. Marco Evoniuk was well clear at the finish as he annexed his fourth title at the distance, but he didn't have an easy time of it. Canada's Martin Archimbault set a rapid pace from the gun and went through the half way mark in 1:59:20, 4½ minutes ahead of Marco. He still had that lead at 37.5 km, but was DQ'd at that point. Of course he was not eligible for the national title in any case, but it would have been an impressive had he maintained.

However, the Canadian was not Evoniuk's only problem. A determined Dan O'Connor led him through 25 km and then gave ground only grudgingly over the next 10 before finally giving in. Eugene Kitts, last year's surprise, was a solid third. The 38-year-old from Hawaii bettered his personal record by 1 second and was gaining ground on O'Connor over the second half. Dependable Randy Mimm finished fourth, holding off John Slavonic, who shattered his personal best by 22 minutes.

The cool, windy conditions took their toll, as only half the 32 starters finished. However, half of those non-finishers were DQs and one, Canada's Paul Turpin, had no intention of finishing. He was seeking to nail a berth on the Canadian team for the Commonwealth Games, a 30 km race, and covered the distance in a smart 2:18:06 (1:30:29 at 20 Km). Results:

1. Marco Evoniuk 4:13:32 (50:13, 1:39:06, 2:29:00, 3:20:40) 2. Dan O'Connor 4:19:44 (48:18, 1:38:01, 2:29:40, 3:23:09) 3. Eugene Kitts 4:23:56 (52:20, 1:43:44, 2:35:15, 3:27:31) 4. Randy Mimm 4:28:33 (50:45, 1:40:33, 2:31:41, 3:27:43) 5. John Slavonic 4:30:54 (52:09, 1:43:32, 2:35:00, 3:31:37) 6. Mark Fenton 4:33:54 (52:52, 1:45:18, 2:38:08, 3:32:17) 7. Steve Pecin-

ovsky 4:37:43 (51:41, 1:43:18, 2:35:57, 3:35:14)  
 8. Marc Bagan 4:48:51 9. Bob Davidson 4:52:35 10. Don Lawrence 4:55:36 11. Tim Chelius 5:06:43 12. Glen Wells 5:14:43 (1st master, age 50) 13. Alan Jacobson 5:15:20 14. Jim Rowley 5:34:25 15. Jim Bryan 6:19:07 16. Doug Ermini 6:29:43 DQ--Martin Archimbault (3:02:58 at 37.5 km--46:27/1:35:42, 2:23:47), Gary Morgan 4:19:45 at 47.5, Ed Bouldin 4:51:06 at 47.5, John Alfonso 4:54:35 at finish, Tom Edwards 3:19:45 at 37.5, Harry Drazin 2:15:20 at 17.5, John Knifton 3:06:50 at 30, Mark Manning 2:10:13 at 22.5. DNF--Nick Blera 3:59:46 at 40, Emily Hewitt 2:18:30 at 20, Ed Kraem 1:53:39 at 15, Steve DiBernardo 2:09:46 at 25, Dave Gwyn 2:34:05 at 22.5, Juan Izaguirre 2:56:04 at 30, Paul Turpin 2:18:06 at 30.  
 Judges: Darlene Hickman, Laurie Robertson, Bill Hickman, Sharon Bowers, Ron Daniel, Char Englehardt, and Lori Maynard

#### VAILL AND LEWIS ADD TITLES

Denver, May 10 and 11--In the Rockport Grand Walk Finals, Teresa Vaill and Tim Lewis both scored twin victories. Vaill won Saturday's 5 Km and Sunday's 10, while Lewis scored at 5 and 20 Km. The 5 km races were also TAC Nationals, while the 10 and 20 represented TAC team championships. No details on these races yet.

Women's Grand Walk and National 5 Km--1. Teresa Vaill, Team Rockport 23:54 2. Debbi Lawrence, Danner Shoes 24:45 3. Gwen Robertson, Team Rockport 25:27 4. Viisha Sedlak, Front Range Walkers 25:34 5. Lisa Vaill, Team Rockport 25:41 6. Susan Liers, Team Rockport 25:50 7. Lynn Weik, Team Rockport 26:13 8. Mary Howell, un. 26:16 9. Frances Montes, Team Reebok 26:57 10. Gail Flew, Front Range Walkers 27:45 11. Lorraine Green, Front Range Walkers 29:25 12. Vicki Rottman, un. 29:37 13. Kathleen Huddleston, un. 29:44 14. Ann Billman, un. 29:56 15. Kate McQuiggen, Colorado Springs Walkers 30:03 16. Noreen Mimm, un. 32:06 17. Jane Janousek, Cal. Walkers 32:14 18. Sue Roszelle, Front Range Walkers 32:55 (65 finishers)

Men's Grand Walk and National 5 Km--1. Tim Lewis, NYAC 20:51 2. Carl Schueler, Team Reebok 21:16 3. Dave Cummings, Team Rockport 21:25 4. Ray Sharp, un. 22:21 5. Don Lawrence, Danner Shoes 22:54 6. Randy Mimm, Team Rockport 23:17 7. Mike Morris, Team Rockport 23:39 8. Glenn Sweazey, Can. 23:47 9. Leonard Jansen, Shore AC 25:35 10. Floyd Godwin, Front Range Walkers 25:54 (1st Master) 11. Carl Warrell, Bauchet St. Walkers 27:06 12. Paul Lightsey, Front Range Walkers 28:08 (2nd master) 13. Dennis Crook, Front Range Walkers 28:09 14. John Tarin, Front Range Walkers 28:20 15. Ray Franks, Front Range Walkers 29:10 (1st over 50) 16. John Maciachlan, un. 29:16 (2nd over 50) 17. Klaus Timmerhaus, Front Range Walkers 29:25 (1st over 60) 18. Marc Maser, un. 29:55 (37 finishers)

Women's Grand Walk Final and National Team 10 Km--1. Teresa Vaill 50:24 2. Debbi Lawrence 51:15 3. Lynn Weik 52:29 4. Susan Liers 52:46 5. Lisa Vaill 52:46 6. Viisha Sedlak 53:40 7. Gwen Robertson 54:28 8. Carol Brown, Team Rockport 55:09 9. Dee Collier, Team Reebok (age 16) 55:36 10. Mary Howell 55:45 11. Frances Montes 57:14 12. Gail Flew 58:19 13. Vicki Rottman 61:43 14. Lorraine Green 61:53 15. Jane Janousek 62:55 16. Kathleen Huddleston 63:26 17. Kathleen Miller, un. 69:55 18. Maureen Miller, un. 63:56 (23 finishers)

Men's Grand Walk Final and National Team 20 Km--1. Tim Lewis 1:28:40 2. Carl Schueler 1:32:21 3. Dave Cummings 1:35:48 4. Ray Sharp 1:36:28 5. Tom Edwards, Team Rockport 1:36:16 6. Dave McGovern, Team Reebok 1:38:53 7. Don Lawrence 1:41:07 8. Mike Morris 1:41:24 (12 finishers)

OTHER RESULTS: Metropolitan 10 Km Championship, Stony Brook, N.Y. (track), April 27--1. Curtis Fisher SUNY Stony Brook 44:33.1 2. Jeff Salvage, Islan TC 48:14 3. Pat Flannery, SUNY Stony Brook 48:41 4. Lynn Weik, SUNY Stony Brook 49:44 5. Jon Jorgenson, Centerreach, N.Y. 50:06 6. Scott

Marshall, Sayville, N.Y. 50:52 7. Susan Liers, Team Rockport 51:20  
 8. Nick Harding, Island TC 51:21 9. Nick Formica, Sayville, N.Y. 52:46  
 10. Matt McCormack, Sayville, N.Y. 53:17 11. Scott Petrisch, Canterreach,  
 N.Y. 53:27 12. Trish Reilly, Adelphi Un. 53:30 13. Carol Brown, Cornwall,  
 N.Y. 54:03 14. John Shilling, Island TC 54:58 15. Lori Goldberg, SUNY  
 Stony Brook 55:36 16. Ed Leitz, USMMA-Kings point 56:24 17. Pam Dickerson,  
 Abraxas TC 60:01 18. Karen Joyce, USMMA 62:04 5 Km, Penn Relays, April 24  
 (First walk in 9 years at Penn)--1. Pat M'rone, Fordham U. 20:35.1 2.  
 Curtis Fisher, SUNY Stony Brook 20:44.2 3. Ed O'Rourke, CW Post Co. 21:22  
 4. Ray Funkhouser, Shore AC 21:41 5. Jeff Salvage, Island TC 22:02 6. Juan  
 Santana, Reebok/Eastside TC 22:08 7. Richard Quinn, Potomac Valley Walkers  
 22:30 8. Jose Miranda, Shore AC 22:58 9. Bill Norton, Reading TC 23:05  
 10. Lynn Weik, Team Rockport 23:28 11. Keith Luoma, Potomac Valley 23:34  
 12. Robert Gottlieb, Hunter Col. 24:10 13. Nick Harding, Island TC 24:10  
 14. Clifford Mimm, Shore AC 24:33 15. Alan Price, Potomac Valley 24:48  
 16. Lee Bogart, Shore AC 24:52 17. Eduardo Rodriguez, Glassboro State  
 24:55 18. Susan Liers, Team Rockport 24:59 19. Frances Montes, Reebok/  
 Eastside 25:12 20. Tricia Reilly, Adelphi U. 25:20 21. Bob Ryan, Shore  
 AC 25:20 22. Deirdre Collier, Reebok/Eastside 26:37 Blueridge Odysey,  
Virginia to North Carolina Border, May 1-4--First Walker--Tom Kline 173  
miles with daily splits of 50,48, 35, and 40 miles. Mountainous course with  
daily climbs averaging 2,500 feet. 51 hours walking.  
Southeast Masters 20 Km, Raleigh, N.C., May 5--1. Ray Funkhouser (35) 1:37.3  
(seems to be adigit missing, but this is the way the times are reported)  
2. Eric Bigham (39) 1:43.2 3. Ray McKinnis (46) 1:45.4 4. Jack Tannachion  
(32) 1:57.5 5. Bob Mimm (61) 1:59.1 6. Max Gould, Can. (68) 2:02.3 8.  
Joel Holman (55) 2:12.5 9. Thomas Guzik (45) 2:14.4 10. Bill Tallmadge  
(70) 2:17.4 (17 finishers) Women: 1. Kathy Donley (32) 1:59.3 2. Marsha  
Hartz (46) 2:18.6 3. Anna Rush (57) 2:31.3 Florida Masters 5 Km--1. John  
MacIachlan (55-59) 28:19 2. Bob Fine (50-54) 28:31 3. Dan Stanek (45-49)  
28:57 4. A.F. Christiansen (60-64) 30:16 Jesse Owens Classic 5 Km, Col-  
umbus, Ohio, May 4--1. Jim Heiring, Team Nike 20:30.46 2. Todd Scully,  
Jock Shop 22:04.29 3. Dan O'Brien, University of Detroit 23:08.93 (only  
three in race) Missouri Cup 50 Mile, Columbia, Mo., April 19--1. Rob  
Spier (63) 11:07:21 2. Tony Adams 11:34:04 5 Km, Overland Park, Kansas,  
April 6 (with National 25)--1. Mike Sharp 27:07 2. Tim Smith 30:05  
Women: 1. Vicki Rottman 31:48 (101 finishers all together) 5 Km, Denver,  
April 13--1. Carl Schueler 21:56 2. Randy Mimm 23:56 3. Bob Carlson  
28:40 4. Dennis Crock 28:41 (20 finishers) Women: 1. Judi DuChene 32:30  
(33 finishers) 1 Hour, Denver, April 20--1. Randy Mimm 7 miles 910 yds  
2. Leonard Jansen 6 mi 1718 3. Dennis Crock 6 mi 456 5 Km, Denver, May 4--  
1. Bob Carlson (61) 28:44 2. Dennis Crock 29:37 (6 finishers) Women:  
1. Viisha Sedlak 26:47 2. Gail Allen 32:50 (5 finishers) Ron Laird  
Challenge 10 Km, Albuquerque, N.M., May--1. Ernesto Sanchez 48:42 2. Ron  
Laird 54:28 3. Stephen Baca 56:30 4. John Garcia 58:52 (7 finishers--  
Ron Fox 53:34 was DQ'd) 4 Mile, same place--1. Jesse Castenada 36:16 (30  
finishers) 5 Km, Long Beach, Cal., March 2--1. Larry Walker 21:22 2.  
Aristeo Cortez 23:18 3. Mark Hartzell 23:41 4. Carl Warrell 26:25 5.  
Jesus Orendain 27:57 6. Gerry Welti 28:18 7. Bob Brewer 28:36 8. Kath-  
leen Huddleston 29:09 (13 finishers) Los Angeles Marathon, March 9--1.  
Ed Bouldin 3:59 2. Alan Jacobson 4:12:20 3. Aristeo Cortez 4:16:54  
4. Dale Sutton 4:19:04 5. Dong 4:20 6. Hartzell 4:26:15 10 Km, San  
Diego, March 22--1. Dale Sutton 50:50 2. M.B. Woods 59:54 3. Jim Hagin  
59:26 4. Jolene Steigerwalt 60:06 5. Ted Greiner 60:56 5 Km, Pomona,  
Cal, March 29--1. Carl Warrell 26:37 5 Km, Stanford, Cal., March 29--1.  
Federico Valerio 21:30.3 2. Sam Shick 21:48 3. Enrique Flores 22:15

4. John Ratto 23:15 5. Keith Ward 23:27 6. Robert Edwards 24:35 7. Chuck  
 Marut 24:48 Women: 1. Gwen Robertson 24:26.4 2. Mary Howell 25:31 3.  
 Mary Bratton 25:58 4. Sybil Perez 26:22 5. Linda Hunter 27:04 6. Bev  
 LaVeck 28:02 7. Dindy Perez 28:29 10 Km, Walnut, Cal., April 27--1. Larry  
 Walker 45:52 2. Klores 48:16 3. Keith Ward 48:43 4. Hartzell 49:29  
 5. A. Cortez 51:29 6. Carl Warrell 55:32 7. Carl Acosta 57:36 8. Flood  
 58:03 9. Oliver 58:32 10. Welti 59:33 Women: 1. Maria Colin, Mexico  
 51:34 2. Sybil Perez 55:49 3. Linda Hunter 57:45 4. Jolene Steigerwalt  
 59:12 5. Cindy Perez 60:00 5 Km, San Francisco, April 1--1. Chuck Marut 24:51  
 2. Rob Edwards 26:56 2. Carl Krueger 26:38 (move Edwards to 3rd) 4. Fred  
 Dunn 27:29 5. Hector Flores 28:19 6. Karen Stoyanowski 29:42  
 10 Km (track), San Francisco, May 3--1. John Ratto 48:55 2. Chuck Marut  
 50:46 3. Robert Edwards 55:29 4. Kerry Bratton 55:46 5. Karen Stoyanowski  
 60:47 Big Sur Marathon, April 27--1. Piergiorgio Andreotti (48) 4:10:00  
 2. Karl Krueger 4:29:52 3. Mary Baribeau 4:45:45 4. Diane Mendoza 4:47:57  
 (16 finishers) NAIA District 2 10 Km, Salem, Ore., May 10--1. Bandy Jacobs,  
 Willamette 50:38 2. Fred Clair, Eastern Oregon 53:45 3. Troy O'Donnell,  
 Willamette 59:45 5 Km, Toronto, April 19--1. Jaan Roos 23:02 2. Brad  
 Lossard 24:10 3. Debbie Powell 24:10 4. Mike Freeman 26:16 5. Peter Bush  
 26:37 6. Dennis McGonigle 28:11 7. Max Gould 28:13

## SESTO SAN GIOVANNI 30 KM

This race annually draws some of the top names in walking to Italy. This year the U.S. sent a team and we have the following exclusive report from team manager Dr. Howie Palamarchuk, erstwhile walker, full-time podiatrist, and sports medicine enthusiast. This year's race was held May 1.

The U.S. representation consisted of Paul Wick, Carol Brown, Gwen Robertson, and yours truly as the manager.

Problems started upon arrival at the Milan airport. My bag was lost with all of my medical supplies. Paul Wick had suffered a severe tibial tendonitis of the left shin and we were counting on treating it early. So, we lost a valuable day in treatment. Ice is also very hard to find in Italy, so we tried the best we could. The women were healthy, with Gwen very fit and Carol just coming back into shape and being called upon to serve at the last moment. (Susan Liers could not come with us.)

Our hosts in the suburban town of Sesto San Giovanni were very gracious and made us feel quite welcome. The town lies about 10 miles from downtown Milan. It is somewhat industrial and was compared by a local resident as similar to Dearborn, Michigan. Frank Alongi is well known among the walking populous.

My bag arrived the next day and we started treating Paul's shin. We tried everything, but to no avail. He just did not improve. The pain greatly hampered his heel contact and toe off. Needless to say, he was very frustrated since he is in excellent shape otherwise. He had some high expectations here.

The race fields were stellar. Except for the absence of the East Germans this looked like a Lugano class field.

The race has good financial sponsorship and the potential for an expanded future into a European Race Walking Circuit or Grand Prix. This will include also a 20 Km and women's 10 Km in Spain, a 50 and 10 in Prague, and the annual Bergen races. With most expenses paid, this is an excellent opportunity for U.S. walkers to gain the international experience so desperately needed. Out walkers normally don't get this until they are thrown into a Lugano situation. And it could be easy on the budget. On to the race.

Race day was sunny with temperatures in the upper 70s to 80s. The women

raced at 11 am (8 km). The Soviets took it out fast with the first two laps on the track. Gwen went with the lead pack, with Carol holding in the top third of the field.

The race exited the Stadium to a four-loop road course with no splits given and no organized refreshments. Gwen faded some and was battling with the Spanish and Poles. Carol gained ground and strength over the last 3 Km. The Soviet woman was DQ'd, but another Soviet won easily. A very respectable performance by our women with a 10th and 18th place.

The men's race started at 3:45 with fans filling the Stadium and the road course. The hometown favorite is Raffaello Ducceschi, who won this race in 1984. The Canadians, Czechs, Mexicans, Italians, Norwegians, Swedes, and the lone wolf Soviet, Viktor Mostovik, promised a true fireworks show.

Paul at this point was very low and disappointed with his physical shape. We made a last ditch attempt at massage, ice, and taping. Overall, we did not want to risk the rest of Paul's season and had to make some very realistic and mature decisions.

Felix Gomez of Mexico and Guillaume LeBlanc offered advice, but we all realized that at this point he would not be effective for 30 Km in the best of form.

As the race started, the lead pack moved through a very fast first 400 meters, with the Canadians, Soviet, Mexicans quickly establishing their presence. In this pack also was a not familiar face, Paul Wick. On the second lap, Paul made his move into the lead.

Exiting the Stadium, Paul was still in the lead and clear of the field by 50 meters. No matter what, it certainly looked good. Not since Heiring towing the field at the L.A. Olympics in the early going can I remember an American holding the lead for as long as Paul did and looking rather good at it. I personally witnessed his excellent race in the 1985 Lugano Cup, and I know he has the heart to do it.

Alas, by 5 Km, Paul was still leading the pack (no splits were available), but shortly dropped out momentarily due to his left leg numbing from his knee to his toes. Paul ripped the tape from his leg and joined the chase pack, but could only survive another 2 Km. When we caught up to Paul, he was being treated in an ambulance. The shin was very swollen, but the feeling gradually came back.

Meanwhile, The Canadians and the Mexicans duelled back and forth along with the lone Soviet, Mostovik. Bermudez was doing a lot of the lead work. Ducceschi was bidding his time. Looking at him midrace, you never would have guessed the outcome.

We accompanied Paul back to the Stadium to secure ice and treatment. Race reports filtered over the PA system with a fierce battle raging between the Canadians and the Mexicans. By 25 Km, a new name made its presence known--Ducceschi, Italia, was with the leaders. The partisan crown went wild. At the gates of the Stadium, after better than 2 hours of walking, Raffaello appeared. The crowd was on its feet and basking in the glory of the local hero.

LeBlanc made a valiant attempt to catch their hero, but came up 8 seconds short. The Italian waved and blew kisses to the crowd. Another Italian, Poggi, closed quickly on LeBlanc, who was intent on catching the leader, and fell a mere 2 seconds short. They were followed by Mostovik, Canada's LaPointe, and the Mexican assault team. The Mexican placing down to 15th place was solid enough to secure the team cup. However,

Ernesto Canto suffered a severe hamstring strain and withdrew from the race hopefully to recover for the 20 Km race in Spain.

Men's 30 Km: 1. Raffaello Ducceschi, Italy 2:12:12 2. Guillaume LeBlanc, Canada 2:12:20 3. Giacomo Poggi, Italy 2:12:22 4. Viktor Mostovik, USSR 2:12:54 5. Francois LaPointe, Can. 2:13:02 6. Martin Bermudez, Mex. 2:13:12 7. Andablo Biliulfo, Mex. 2:14:58 8. Alessandro Pezzatini, Italy 2:15:21 9. Massimo Quiriconi, Italy 2:16:47 11. Grzegorz Iedzion, Poland 2:18:03 12. Erling Anderson, Norway 2:18:27 13. Felix Gomez, Mex. 2:18:29 14. Carlos Mercenario, Mex. 2:20:00 15. Roman Mrazek, Czech. 2:20:56 16. Z. Szlapkin, Poland 2:22:35 17. Sergio Spagnulo, Italy 2:23:02 18. Josef Pribilinec, Czech. 2:24:39 19. Miguel Prieto, Spain 2:25:10 20. Pavel Blazek, Czech. 2:25:50  
 Women's 8 Km: 1. Olga Kristop, USSR 28:07 2. Maria Grazia Cogoli, Italy 29:10 3. Rosanna Feroldi, Italy 29:22 4. Antonella Marangoni, Italy 29:45 5. Sotriano Reyes, Spain 40:57 6. Nie Hudi, Hung. 41:16 7. Jana Zarubova, Czech. 41:24 8. Brigitte Buck, Neth. 42:07 9. Paloma Prieto, Spain 42:11 10. Gwen Robertson, U.S. 42:17. . . 18. Carol Brown, U.S. 44:15

#### FROM HEEL TO TOE

Now available from TAC Book Order Department is The United States National Championships in Track and Field Athletics, 1876-1985, compiled by Dr. Bill Mallon and Ian Buchanan. The book is the definitive work on the U.S. championships for men, providing information on the meets, the records, the results, and the athletes for every men's track and field championship event, including the 20 and 50 km walks. It includes an alphabetical index of all athletes who placed at the nationals. (Not entirely accurate since they list John Eggart Mortland--it should be Eggert. But that's being rather picky.) Of course, the ORW has recently given you the history of the top six in both walking events (I haven't checked to see if the book and ORW are in total agreement. However, the book also gives some summary statistics. For example, I was surprised to see Jack Mortland is equal fourth for the most finishes in the top three at 20 Km (Laird 9, Deni 8, Laskau 6, Dooley, Mihalo, Mortland, O'Connor, Youn, and Zinn 5) and equal fifth for the most top 6 finishes (Laird 13, Deni and Scully 9, McDonald 8, Dooley, Mortland, O'Connor 7). Laird has the most wins at 20 (8), but Henry Laskau the most consecutive wins (5). Laird has won three in a row twice and Jim Heiring once. John Deni was the oldest winner in the 20--43 years and 57 days in 1946--and Laird the youngest--19 years 332 days in 1958. Larry Young has the most wins at 50 (8), a good record when one considers he only entered it eight times. Deni leads in top three and top six finishes (17 and 20). Sjogren and Young both scored four consecutive wins. Deni again was the oldest winner--47 years 181 days in 1950. Adolph Weinacker was the youngest--20 years 197 days in 1949. (Marco Evoniuk was just 149 days older when he won in 1978. The book is yours for \$12 (\$20 outside the U.S. and Canada. Order from Book Order Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206. And, for another \$7.50 you can get the 1986 TAC Competition Rulebook. It covers rules for track and field, race walking, and long distance running. A third book (\$6) is the 1986 U.S. Junior Track and Field Annual. . . The Pan-Am Junior Games in Orlando, Florida July 4 will include a 10 Km for Men and 3 Km for Women. The Junior Nationals will serve as qualifiers. Athletes from the Senior Nationals will qualify for the Goodwill Games in Moscow, July 6-9, with walks at 20 Km (men) and 10 Km (women). Juniors will also qualify for the World Junior Games in Athens, July 16-20--10 Km men and 5 Km women. Finally, in upcoming events, the U.S. Olympic Festival will be held in Houston, Aug. 1-3. Men will compete at 20 and 35 Km, women at 10 Km. . . The Walkers Club of America will hold its third annual training camp in the Pocono Mountains in Pennsylvania from August 24 to September 1.

Howard Jacobson directs this camp, which offers a fine opportunity for competitive, health, and fun walkers. You get 9 days of intensive training in beautiful country settings near Scranton, Pa. Cost, including meals, is \$400 per person, \$300 for children under 13. Or you can go for the 3 day Labor Day weekend for \$200. For information, write: Walkers Club of America, 445 E. 86th St., New York, NY 10028. . .The Florida Walkers Club has been formed, with Henry Laskau, John MacLachlan, and Dan Stanek as founding members. They are planning a full Florida championship program and expect to bid for national championships in the future. If you are interested in more information, contact: Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445. . . Bob Carlson has compiled a list of U.S. Walking Clubs and Prominent Promoters of Walking. Although he hasn't said so, I am sure he would be glad to send you a copy if you send him a buck or so to cover copying and mailing costs. His address is 2261 Glencoe, Denver, CO 80207. . .Ten of the walkers competing so well in the Penn Relays 5 Km are products of the New York State high school program. Despite such success, they are apparently dropping the walk from the state championship program. Incidentally, Frank Greenberg did a lot of work to bring the event back to the Penn Relays and deserves the thanks of all in the sport. If you want to do so personally, write him at 1414 PSFS Building, 12 South 12th St., Philadelphia, PA 19107.

#### LOOKING BACK

20 Years Ago (From the May 1966 ORW)--As usual, Ron Laird was in the headlines winning the National 35 Km in 2:55:50. Better than 15 minutes back, Goetz Klopfer edged Bob Bowman and newcomer, Larry Young, for third. . . Ron Danile and Karl Merschenz dead-heated in a fast 20 Km in Ontario in 1:32:48. . . Larry Walker covered 2 Miles in 13:54, with fast-improving Larry Young just 7 seconds back and Laird a distant third.

15 Years Ago (From the May 1971 ORW)--Tom Dooley edged teammate Goetz Klopfer to win the National 20 Km in San Francisco. Tom had 1:32:18, Goetz 1:32:38, and Larry Young 1:33:54 in third. Aging Ron Laird could manage only fourth ahead of John Knifton, Floyd Godwin, and Bill Ranney. Ranney finished in 1:35:40 and Bob Henderson, way back in 14th, brok 1:40 in the fastest mass finish in U.S. history to that date. . . Young did better at 35 Km, beating Laird on his home ground in Pomona with a 3:02:22. Ranney, Bob Bowman, John Kelly, and Mike Ryan followed. . . And, Laird did better in the 10 Km in Chicago, building an early lead and then hanging on to beat Floyd Godwin 47:10 to 47:18. Greg Diebold, Bob Henderson, someone named Mortland, and Jerry Brown followed. . . The following day, Laird dropped out of the Zinn Memorial 10 Km in Chicago with a sore groin and Godwin easily beat Mortland and Brown in 47:01 (to 48:40 and 48:45). . . The National Junior 20 Km went to soldier Todd Scully in 1:44:40 (Junior back then meant you still hadn't won a Senior or Junior. Should have been called Novice.). . . In the 50 Miler at Monmouth, N.J., Elliott Denman, the host, edged George Braceland 8:55:26 to 8:58:05, as our own Jack Blackburn hung on to beat Larry O'Neil by 3 minutes some 50 minutes further back. . . John Knifton turned in a 4:19:38 50 Km at the same site. . . Dave Romansky had 1:33:04 and 1:33:27 efforts in the East, before a disqualification in the National 20. . . Paul Nihill won the British 20 Km in 1:32:06 and also turned in a 2:32:24 for 20 miles. . . Other fast 20 milers in England went to Shaun Lightman in 2:34:03 and Olly Flynn in 2:35:04. . . In Luxembourg, Charles Sowa covered 214,050 meters in 24 hours.

10 Years Ago (From the May 1976 ORW)--After another 10 years it was still Ron Laird in the news. He won the National 20 in New York in 1:33:53, the National 10 in Boulder in 45:07, and the National 15 in Chicago in 1:08:49.

In the 20, Dan O'Connor was second in 1:35:41, followed by Larry Young, Wayne Glusker, Jim Heiring, and Bob Kitchen. In the 10, Jerry Brown stayed close for 3 miles (21:20 to 21:45) but was DQ'd at about 4. Greg McGuire came second in 48:36 and Floyd Godwin was third. John Knifton was second in the 15 (on the track in Champaign, quite a way from Chicago, as listed above) in 1:33:34, with Brown, Godwin, Alan Price, and Jerry Young next. . . Laird also got fourth, walking as a guest, in the 20 Km of a Mexico-Canada dual meet with a 1:29:51. Daniel Bautista had 1:25:13 and Raul Gonzales 1:25:53. In the 10 Km, Laird finished third in 45:23, with Domingo Colin returning 43:49. . . In East Germany, Peter Frenkel and Karl-Heinz Stadtmuller both did 1:25:40 ahead of Hans-Georg Reimann in 1:26:19. And in the USSR, it was Anatoliy Solomin in 1:26:32, Yevgeniy Yesyukov 1:26:41, and Pyotr Ptschenchuk 1:26:45. . . Jim Heiring won the NAIA 10 Km in 47:55. . . In Bergen, Norway, Daniel Bautista did a world's best of 40:51.6 for 10 Km. . . France's Rober Quemener had 9:23:56 for 100 Km. . . The U.S. beat Canada in a dual meet, as Dan O'Connor won the 20 in 1:35:31 (Todd Scully had 1:34:05 as a non-scorer) and Jerry Lansing the 35 Km in 2:46:20 (really just 32.66 Km as it turned out), just 8 seconds ahead of Augle Hirt.

5 Years Ago (From the May 1981 ORW)--Jim Heiring and Alan Price both won two national titles. Heiring took the 20 Km in Kenosha, Wis. in 1:30:47 and the 10 on the track at Stagg Field in Chicago in 45:07.6. Price took the 100 Km in Arlington, Vir. in 11:17:11 and 4 weeks later won at 100 miles in Methuen, Mass. in 20:09:18. In the 100 Km race, Israel's Shaul Ladany was the winner in a rapid 10:24:14, but not the national champion. Sal Corrallo, in third, won the Master's title. Bob Keating was just 22 minutes back of Price in the 100 miler and Jack Blackburn also went well under 21 hours. Heiring pulled away from Dan O'Connor in the second half of the 20, with Dan finishing in 1:32:20. Marco Evoniuk and Todd Scully followed. Steve Pecinovsky finished less than 4 seconds back of Heiring in the 10, but was DQ'd, so second place went to Evan Fox (46:50, ahead of Mike DeWitt and Jay Byers. . . Vicki Jones beat Paula Kash to win the women's National 20 in California. Vicki finished in 1:53:59, Paula in 1:55:03. Lori Maynard was another 2 minutes back.

#### A FURTHER RESULT

John Ljunggren Sweden Cup, May 9: Men's 20 Km--1. Hartwig Gauder, East Germany 1:21:15 2. Victor Ivanenko, USSR 1:22:18 3. Bo Gustafsson 1:23:24 4. Sergei Protsisshin, USSR 1:23:54 5. Jan Staaf 1:25:23 6. Roland Nilsson 1:21:21 7. David Castro, Cuba 1:28:47 8. Pierre Ekvail 1:28:53 9. Tom as Pomozi 1:29:40 10. Jesus Flores 1:30:06 11. Rey Elijor-Garces, Cuba 1:30:15 12. Jorge Velaques, Cuba 1:31:08  
Women's 20 Km--1. Vera Ossipova, USSA 1:35:52 2. Ann Jansson 1:36:18 3. Dagmar Grimmerstein, East Germany 1:38:11 4. Monica Gunnarsson 1:38:50 5. Mirva Hamalainen, Finland 1:41:10 6. Lidia Levandovskaya, USSR 1:41:19 7. Micheline Daneau, Canada 1:43:59 8. Siv Vera (nee Gustavsson) 1:44:53 9. Gunhild Christiansen, Denmark 1:45:28 10. Helena Astrom, Finland 1:45:48 11. Solvi Furnes, Norway 1:46:38 12. Margaretha Olsson 1:47:03 13. Vigdis Aarum, Norway 1:48:29 14. Kristin Andreassen, Norway 1:48:45 15. Veronica Oqvist 1:49:49 16. Monica Robertsson, Finland 1:51:55 17. Christine Ostiguy, Canada 1:55:16  
Jr. Men--1. Stefan Johansson 1:25:51 2. Richard Wiklander 1:38:11  
Jr. Women: 1. Maria Wikner 1:47:28 2. Magdalena Pettersson 1:47:49 3. Maria Sehlin 1:50:10 4. Ylva Tallberg 1:50:18 5. Asa Grandelius 1:51:28 6. Madelein Svensson 1:52:13 7. Ann-Lena Eriksson 1:52:50 8. Anna Arvidsson 1:55:25

Ron Laird, with 65 national walking titles to his credit and member of four U.S. Olympic teams, in addition to being coach at the U.S. Olympic Training Center Race Walking camp while it was open, has been closely involved with walking at the highest levels for nearly 30 years. More than a year ago, he penned an article on contact, in which he introduced the term "flight phase". While he didn't necessarily intend the article for publication at that time, it did sneak into these pages some way and raised a bit of controversy in the race walking world. In attempt to clarify his position on this controversial subject, Ron has spent considerable time and effort preparing the following article, which he has asked us to publish. The title is ours.

#### WALKING IN THE MODERN ERA

by Ronald O. Laird

My first article about racewalking's contact rule appeared early in 1985. It was not in its final form but somehow ended up being printed in our two national publications. There were a number of responses which I appreciated receiving. In this article I would like to talk about what happens during fast racewalking and how I feel it is affecting the future of our sport. My reasons for asking our national leaders to seriously consider repealing the outdated contact rule here in our country are also discussed. Material on technique and some personal opinions will also be expressed. I will try not to bore you so please bear with me. I use lots of repetition to help explain my main points in a more detailed and concise manner. Not everyone, quite frankly, is likely to be pleased with this fairly long presentation. There will be a strong need for clear and balanced thinking in an unbiased manner. All this just may get me banned from racewalking and my TAC card burned, but I hope it will be instructive, entertaining, and create in you the incentive to further study the subject. Thank you for your time and attention to this most important matter.

Ours is a unique sport with a rule that demands our participants to maintain contact with the ground at all times. This, as we all know, tells us the forward reaching foot must strike the ground before the rear foot is allowed to be pulled away. However, the better we do this sport (faster we go), the more we break this contact rule and thus illegally gain a few inches of distance with each step. Do we want to do anything about this or should we let it go by feeling all we have to do is develop better judges? I cannot see our qualified judges getting any better because they simply cannot be expected to make decisions on something they simply cannot see. We can only expect them to call something they can see or detect with their own eyesight. The solution to this problem is to write up a new rule that says when the walkers' loss of contact reaches human eye detectability, this will be reason for disqualification. When enough red cards come in, out they go! The present rule concerning the knees is fine.

Personally, I never feel comfortable being a racewalking judge because I know how easily we athletes break the contact rule. This is especially true of shorter and important races. The anxiety they create often causes nervous participants to blatantly lose contact. When I do judge I have to work on forcing the continual lack of contact fact of life nearly out of my mind and concentrate on two questions: Does the flight phase of the individual look bad enough to call and/or how are their knees functioning? As we know, the contact call is the most difficult of the two to make a decision on. Even a novice judge can quickly recognize all the basics of a racewalker's style (...hip rolling, correct knee straightening, upright body posture, arm pumping and heel and toe foot action) as they come up to and move on past them. But then so often there is that slight detection of floatiness of the feet as they so quickly skim across the ground right there in front of you. You know they are off but not so much that you actually have to write out that disastrous disqualification card. Let's not be hasty. We can always

compensate our convictions by giving them a strong verbal warning instead. At the same time we hope they soon slow down a bit or get more warmed up and fluent and thus look more solid the next time they come by. It's a rough job being a judge. If one or both knees are bending, I focus in on the offending leg to see exactly what it is doing. It must be straightening no later than in the vertical upright position. This, as we know, is the same as looking for a straight and perpendicular alignment of the leg as it passes directly under the upper body. I specifically concentrate to see if the bent knee is in any way being used to aid the forward progression of the walker by thrusting him or her forward. The expression "creeping" describes this nicely. The athlete will appear to be shuffling or even slightly jogging. It is even possible to display fairly good contact if they go slow enough. Often older walkers find it convenient to use this easier means of movement. Thank goodness this illegal knee action is easy to spot.

For many years now (probably since it was invented), our track and field event has had to come up with reasons and rules that try to prove it is walking and at the same time distinguish it from the art of running. Somewhere back in the 1930's, the British came up with our present day contact rule. The racewalking technique being used today is excellent but class competitors are so well-conditioned and fast they simply cannot keep continual contact with the ground. The other rule concerning bent knees needs no revision because it is very easy for the judges to detect and therefore call.

Things really started to get out of hand in the mid-1970's when the Mexicans began to dominate the world scene. Because of their intense and specialized training, national loyalty and desire to improve their social status, they soon set all the records and won all their races. Most of the once strong countries have now caught up and are joined by a few individual stars from here and there around the world.

The following is what I personally do and feel when I racewalk at high speed. My forward stepping leg swings, or better yet, is whipped forward. The knee is kept low enough to allow the bottom of the foot to barely clear the racing surface. Just as the toes flip upward and the heel is pulled backward into the ground, the rear foot is yanked away and in turn starts to be whipped forward. At this instant I float off the ground and glide slightly forward a few inches with each step. By trying to keep my backkick low, I achieve better looking contact. A low back kick is always a big help to racewalkers because it makes them appear more legal, especially if they are also being judged a bit from the rear. I sincerely felt I had adequate contact during my best competitive years, but now know this was not what was actually happening. As my heel makes contact my knee quickly straightens or hyperextends back into itself...I like to call this "locking". This early hyperextension of the knee joint was always naturally easy for me to perform. It greatly helped to increase my leg speed and the efficiency of my technique. They powerfully pull the ground underneath and behind me, thus thrusting my body forward and also helping to whip the rear leg into its next step. I've always relied on my hamstrings to do the majority of my work. Training up many hills and pulling an old tire strengthened these muscles a lot. A vigorous hip rolling and dropping action made it possible for me to achieve and maintain a very quick leg turnover. This leg speed has been measured at three to four steps per second. I feel that the hamstring muscles on the back of my legs do most of the work. I like to look at this as a pulling movement but others see it as a pushing one. If you feel you can push the ground underneath and behind you with what should be a straight or locked out knee, go ahead and use the term "push". It seems to me the only pushing is done by the toes, ankles, and calves of the trailing lower leg just before it leaves the ground. And if the high speed leg turnover is to be perfected and maintained the lower legs don't have much, if any, time to do any pushing because they are being whipped off the ground and forward into the next step too quickly. Getting some push right up and off the toes is also good because it looks a lot better to the judges. When you appear to be

pulling the ground with your heel and pushing away with your toe, you display the classic "heel and toe" action many want to see. Running appears to me to be a pushing move with the large muscles on the front of the upper thigh and calves doing most of the work. Over the years I intentionally neglected any form of frontal thigh, push type strength training. As I became a better racewalker, I in turn became weaker in those activities that depend so much on frontal upper leg strength, such as running, skating and bicycling. To this day I try to persuade serious competitors from over-developing this specific muscle group. It so often is just excess weight and hurts coordination of their technique. This slight loss of coordination can often get them in trouble with the judges. Anyone who develops even a little bent leg pushing in their racewalking style will easily be detected and in bad trouble if there are any competent judges around. Many of today's judges are very strict about this. Continuous and vigorous arm pumping helped keep my legs going at a high rate of turnover even after they became fatigued. This action also helped me maintain body balance and forward momentum. For the most efficient use of the arms I held them at an angle of 90 degrees at the elbow, kept them fairly close to my body and let them swing across my chest. Dedicated racewalkers should never neglect their upper body strength building program. All of the above is basically what I eventually found to be the most proficient way to racewalk for my particular physical structure. It eventually allowed me to win titles, set records, and qualify for international tours. All serious competitors should also try to discover the perfect technique that will work best for their own bodies. Always be aware of small changes that have to be made to accommodate your continual physical development and/or keep you from injuries.

The basic style being used all over the world today is fine. Nothing new has been created. The hips are rolling and the knees are straightening to give leg speed and efficiency. The arms are bent and pumping vigorously to provide more speed and balance while an upright and slightly forward posture also helps maintain momentum. This brings to mind pictures of skilled race walkers doing everything right and performing perfect style but a good one-half to three inches off the ground, even at the fifty kms. distance. You may recall the photos of Daniel Bautista finishing on the track in Montreal. Lovely style but flying through the air. I'm not out to say my style was always legal during my many years of competition. It certainly was not. I've seen plenty of pictures that show me off the ground and I've been disqualified from races. The biggest was the Tokyo Olympics back in 1964. Yes, I flipped off the ground as easily as anyone.

Recently we have been informed by our scientific experts that when one racewalks in a relaxed manner and just under eight minutes per mile (five minutes per kilometer), contact with the ground is often broken. I personally would have thought this speed to be down around a seven minute per mile pace. It only makes sense to realize the higher the speed, the longer the loss of contact and forward float through the air. At today's fitness levels, this is somewhere around three to seven inches per step. For future levels, it's going to be even more for men as well as women; especially if they combine a high rate of leg speed with overstriding. This will really float them through the air. Vigorous high knee drive won't allow the heel to get down in time to make correct double-phase contact either. This is where the heel and toe are on the ground at the very same instant. Overdoing the arm and/or shoulder move is another way for walkers to easily pull themselves off the ground. At today's racing speeds, our best judges simply can't see if necessary contact is being made by every athlete every step of the way. Our problems can only get worse in the future as men and women racewalkers get fitter and faster. The dignity and credibility is hurt because it converts the vast majority of serious competitors into knowing and regular rule breakers. Now, we either continue to ignore this problem, rewrite the contact rule, or in time have to fight those who would compose legislation that would eliminate racewalking as a legitimate

athletics event. A lot of track and field people would love to have seen this happen a long time ago. We should work together to rid our event of the rule that makes our athletes cheaters and burdens our judges with feelings of confusion and incompetence.

How depressing it must be for our judges to go to all sorts of indoor and outdoor track and field meets and allow our event to display its worse feature, blatant loss of contact. This always has to happen in front of so many top athletes, coaches, writers and fans. All those other track people who witness these shameful spectacles have a very honest and descriptive term for what they see happening...they call it running or just plain cheating. Even our own people quite often use these terms. So often we have to end up defending our sport by making up excuses to those who demand reasons and explanations. Our judges realize they cannot pull the majority of walkers out of races. This would look ridiculous and end up getting our event abolished. In turn this would hurt us because we would then lose the credibility, exposure and developmental benefits we need so very much. Plus, many of our athletes would abandon us for some other more legitimate sport. Sprint and especially indoor races helped to get me started and gave me much incentive to stick with it during my beginning years. If we could get one and two mile races into all high school and college meets throughout our country we know we would be world leaders in a few years. So many track and field people take one look at what our judges condone as legal racewalking with its contact rule (which they are quite aware of) and want nothing to do with us. Can we really blame them?

Let us have the foresight and courage to eliminate the contact rule for a couple of years to see how the reality of it actually works out. If there are any problems we can always bring it back. Disqualify the ones who we clearly see overextending their flight phase. Qualified judges have always been able to detect this excessive floating action. It is nothing new to them because they have been doing it for the history of the event all over the world. We have to realize there has always been and will always be controlled and/or uncontrolled loss of contact in our unique sport. We now can finally make this legal for all concerned. All we have to do is simply look for and call uncontrolled and excessive loss of contact just as we have always done.

Compare the competitive racewalker with a baseball pitcher. When he pitches a game, he must demonstrate control. If he fails to do this, obvious mistakes occur and he is taken out of the game. The racewalker must also demonstrate good control. When he or she starts to lose control, the lifting becomes obvious, the red cards start coming in and the head judge gets out his red flag and does his duty. As for Elliott Denman's recent O.R.W. article, no one is going to do a 1:09 for twenty kilometers or 31 for ten unless their degree of flight phase is at an acceptable detectability level to the judges who have been assigned to that particular race. Fourteen foot strides by any human being would certainly demonstrate a horrendous lack of contact. This extremely detectable flight phase would then get that person disqualified in no time. In that first article I wrote on all of this there was a series of drawings that showed the walker way up and off the ground. There should have been a note over these saying, "These drawings are an exaggeration. Excessive flight results in a gain of around 5 to 8 inches per step, not the huge distance illustrated below." If one couldn't figure this out, the drawings could easily trick them into thinking this guy really was getting at least a 14 foot stride. Presently I am 30 pounds overweight and not in very good shape. This keeps me from developing any sort of a flight phase when I race or train at a fast pace. How frustrating to work so hard and go so slow! As time goes by I trust my comeback efforts will take off the excess weight and get me into good physical condition. My future performances will then improve because I will be fit and light enough to once again achieve those precious little bits of distance through the air with each step. However, I must always be sure to work on flexibility and the kind of technique that will help me cover up what is happening to my diminishing lack of contact.

Let's take a break at this point and I'll tell you the story about how I'm going to win the next 20 km. final Olympic tryout. It's really quite simple. Since I didn't make the '80 or '84 teams, it's about time I get back to my old winning ways. I'll be 50 years old by then and that's a good age to be a U.S.A. representative at these most prestigious Games. I can't always rely on "looking back into the past" articles in the Ohio Racewalker to keep my image and legend going. If my training goes well I'll be thin and fit enough to push through an 8 min. per mile pace which is a one hour and forty minute 20 km. performance. Of course I don't have to go that fast but eights are an excellent incentive and goal for me to shoot for. I won my first national championship going this fast for twenty on a rainy day in Baltimore back in April 1958. Quite an experience but I won't go into that now. This conservative pace will give me adequate legal contact throughout the entire distance. Since everyone else will be going a lot faster and therefore losing their contact, I feel they will all be disqualified. This will leave me as the only competitor making it back into the stadium to claim the victory. If the judges honestly do their duty there is no way these speed merchants will ever get past 5 or 10 kms. These young men will get totally caught up in the spirit and competitiveness of it all and end up getting themselves quickly red-flagged off the course. It has been said that youth has no patience and I am sure they will live up to this old saying on that fateful day. If you think there was a lot of bitterness and cursing after the '84 trials, just wait until you see their reactions in '88! Since the judges tossed out so many at the last trials they should go all the way in '88 and toss everyone out. With so many judges present I am certain enough red cards will be issued to get me on that trip to Korea. After all, our judges will have to do something to justify their free trip and new uniforms. If the contact rule has not been abolished by our next Olympic trials, our judges will have no choice but to eliminate all of the fast but illegal participants. The existing rule definitely obligates them to do so. This courageous action will finally teach elite racewalkers here and all over the world their disgraceful acts of lawlessness will no longer be tolerated. Such a bold example just might cause a repeat performance at the Games later that year...the walkers leave the stadium but only one person returns. Who will that be? Let's not overlook the fact that I'm going to have to walk quite a bit faster in some race earlier in the year just to get into the trials. This shouldn't be too big a problem. They tell me it's been done by others here and there so where there is a will there is a way. Can't you just see it now as I enter the stadium and 60,000 fans rise to their feet in admiration and disbelief...Ron Laird has made another Olympic Team!

Let us face the issues. Even racewalkers with the most perfect style easily walk themselves off the ground. Our sport has a rule which forbids them to do this. The issue is, what are we going to do about it? Things will only get worse in the future as fitness levels continue to increase. With the contact rule erased from the rule book those off the ground are then made legal. Since everyone at today's elite racing speeds is off the ground, it would then be legal for them to be so. This is not the end of their problem; with the new rule the walker who extends the flight phase of his or her stride to an obvious human eye detectability level would first be warned. If this illegal behavior persisted, they would soon receive the cards that would disqualify them. This is exactly what judges are capable of doing and have been doing for many years now. Allow me to again repeat myself. The evolution of racewalking demands an updating of our current rules. By eliminating the contact rule, those who racewalk themselves off the ground would now be legal. With the addition of a new rule, the intention and/or careless detectable lifters would be warned and soon disqualified. Properly trained judges will be able to detect an excessive lifting and give the appropriate verbal warning and written disqualification cards to the head judge. The severe flight phase is only what is detectable and is penalized by competent judges if they are there to do so. The walkers who look bad, and therefore are bad, get thrown out. Those who look smooth and in control get through as usual. The way things have actually been done for so many years will not have changed. We won't have the stigma of hypocrisy -- contact at all times -- hanging over us as it now

and has been for so many years. Making it legal to walk yourself off the ground finally eliminates the burden we have made our athletes and judges suffer for so long. The bent knee rule is fine as it is. It is there to eliminate too much of a push off the frontal thigh muscles. Pushing off these upper leg muscles and shuffling or creeping along the ground is certainly the opposite of what our sport is supposed to be like and look like. This bent leg push, if done vigorously enough, can easily cause a flight phase just like a runner gets. If racewalking was meant to be primarily a pushing motion, then we would not need the straightening of the knee rule to eliminate this from happening. Excessive bending of the knee(s) is an abomination to our sport. It simply makes walking look like running and this cannot be tolerated. Let's allow our athletes to walk themselves off the ground by way of a straight or locked out knee, not by way of a bent knee as a runner does. We need to draw the line at this point.

Allow me to share this short story with you. Some years ago while on an international tour one of our major university coaches told me he felt our one and two mile competitions were much too long when it came to persuading people to try racewalking. He went on to say that if we were ever to get grade school and junior high kids interested we had to offer them short races of 50, 100, and 200 meters. He reasoned that these ultra short distances would entice hundreds and even thousands to at least try the event. The one and two milers simply scared them away. Once we got them "hooked" doing these short races we could then easily move them up to the longer competitive distances. His theory sounded good to me until I realized we could never even come close to enforcing the contact rule. With this law restricting us such a program was unthinkable. Too bad, for this might have been an excellent way for us to offer the opportunity and benefits of racewalking to so many young people all over the U.S.

I do like the concept of using cameras and video equipment but cannot see how this could be done fairly for all athletes throughout the entire competition. If we did use such equipment, I am afraid we would have to disqualify all but the slowest of walkers from any races because it would clearly show them breaking contact. Over the past five years I have viewed many slow motion films of all classes of racewalkers. This took place at the excellent cinematography facilities of the Olympic Training Center out in Colorado Springs. These films quickly brought me to the conclusion that if someone is off the ground, they always will be unless they drastically slow down. To tell you the truth, I used to think exactly the opposite. After seeing a picture of someone lifting I really felt it was only at that one instant they were unfortunate enough to actually be caught in the act. The art of good photography sure reversed my thinking on this in a hurry. Let us stick to competent judges using their own eyes and experience. Many times when I have confided in them about races they have told me so-and-so deserved to stay in and so-in-so looked bad and needed to be disqualified. Good judges know during their actual viewing of a competition who should be allowed to finish and who deserves to come out.

Nowadays so many coaches, athletes, and scientific research and support people from all over the world are racking their brains to make racewalkers go faster and faster over longer periods of time. Because of their dedicated efforts, flight phases and performances will eventually get to such ridiculous levels that the sport will probably get itself banned from the international athletics scene. All of these groups need to turn at least part of their efforts to improving and preserving our future survival and success. The way things are going now can only cause our bad situation to eventually ruin us. What we need is a new rule that would accommodate what is happening and provide for future development. The National Racewalking Committees of the world should put their efforts and experience into saving our sport by doing something about the contact rule as soon as possible.

Why make it legal to lift? Because it cannot be avoided! At today's elite racing speeds, continuous contact simply is not maintained and never will be. In fact, I feel it can only get worse as the flight phases continue to increase. This goes for all competitive distances, even the 50 kms. All we can actually do is honestly acknowledge lifting and call it when it reaches human eye detectability. This is how we will protect and save the future of our sport.

A few final words to all serious competitive walkers: If nothing is done about the contact rule you may not be able to enjoy (or torture) yourself in this unique athletics event in future years because it may just end up getting itself abolished. Even though the controlling bodies of world track and field (I.A.A.F. and I.O.C.) presently allow us to have our few moments of glory in the big international meets, I'm not sure they can always be trusted to do so. Only time will tell. Let us not forget how they eliminated the 50 kms. from the Montreal Olympics not too many years ago. However, please don't let anything I've said in this article discourage you. You have chosen a very demanding sport. Few realize their potential because they lack the perseverance to fully commit themselves. Years of time and lots of hard work will be needed. Always be consistent with a healthy life style and a quality training program. If you never win many races you'll always possess the key to achieving and maintaining superior physical fitness. I sincerely hope you will practice race walking the rest of your life and always be eager to teach it to others. Remember: "It's better to walk fast than run slow." As for your future, may your racing and training efforts be successful and may you develop a long, but undetectable flight phase. This, plus tons of hard work, lots of perseverance and injury free progress is how you'll eventually catch up to and beat the rest of the world. The best of courage, dedication, and luck to you all!

With all that said, here are the official rules of walking, as written in the Athletics Congress 1986 Rules of Competition.

## RULE 39

### JUDGES OF RACE WALKING

#### 1. JUDGING.

- (a) The Judges of Race Walking shall have the sole authority to determine the fairness or unfairness of walking, and their rulings thereon shall be final and without appeal. Judging decisions are made as seen by the human eye.
- (b) The appointed Judges of Race Walking shall elect a Chief Judge.
- (c) The Chief Judge shall assign the judges to their respective judging areas and explain the judging procedure to be used during the race.
- (d) All the Judges shall act in an individual capacity.

#### 2. WARNING.

- (a) Competitors must be warned by any judge when, by their mode of progression, they are in danger of ceasing to comply with the definition of race walking (See Rule 150); but they are not entitled to a second warning from the same judge for the same offense. Having warned a competitor, the judge must inform the Chief Judge of his or her action.
- (b) It is recommended that a system of signaling "warning" by a white flag be used as far as possible during a walking race for the information of the officials, competitors and spectators. Each Judge may also use a white paddle or disc with the symbol  indicating "Loss of Contact" and the symbol > indicating "Bent Knee" on reverse sides to show the reason for the warning.

#### 3. DISQUALIFICATION.

- (a) When, in the opinion of three Judges, a competitor's mode of progression fails to comply with the definition of race walking (See Rule 150) during any part of the competition, the competitor shall be disqualified and informed of the disqualification by the Chief Judge.

- (b) Disqualification may be given immediately after the competitor has finished, if it is impractical to inform the competitor of the disqualification during the race.
- (c) It is recommended that a system of signalling "disqualification" by a red flag be used as far as possible during a walking race for the information of the officials, competitors and spectators. The Chief Judge may also use a paddle or disc with the symbol  indicating "Loss of Contact" and the symbol > indicating "Bent Knee" on reverse sides to show the reason for the disqualification call.

## Section V RACE WALKING

### RULE 150

#### GENERAL RULES

1. DEFINITION OF RACE WALKING. Race Walking is a progression of steps so taken that unbroken contact with the ground is maintained.
  - (a) During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.
  - (b) The supporting leg must be straightened (i.e. not bent at the knee) for at least one moment when in the vertical upright position.
  - (c) Failure to adhere to the above definition of race walking will result in disqualification (See Rule 39).



Carl Schueler on his way to win in National 25 Km. Photo courtesy of Don Lawrence.