



OHIO RACEWALKER

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SEPTEMBER 1986

LEWIS IN ANOTHER SWIFT PERFORMANCE

Seattle, Sept. 13--Tim Lewis added another to his list of fast 20 Km races during 1986 with an American best of 1:23:25 in the Rockport Grand Walk Regional today. Carl Schueler also continued to impress over the shorter with a 1:25:38 in second, and up-and-down Ray Sharp was up this time with a 1:26:42 in third. Paul Wick also went under the 1:30 mark. Back in 11th place, aging Ron Laird showed the fruits of recent serious training with a U.S. age 45 and over record of 1:39:11

In the women's 10 Km, Teresa Vaill prevailed again in 49:30, with Debbie Lawrence just over 50 minutes in second. Results:

Men's 20 Km--1. Tim Lewis 1:23:25 2. Carl Schueler 1:25:38 3. Ray Sharp 1:26:42 4. Paul Wick 1:29:05 5. Randy Mimm 1:32:59 6. Mike Stauck 1:35:50 7. Mike Morris 1:37:37 8. Tom Edwards 1:37:48 9. John Slavonic 1:37:59 10. Dave Cummings 1:39:03 11. Ron Laird 1:39:11 (48:21 at 10 Km) 12. Dan Pierce 1:44:12 13. Steve Renard 1:44:28 14. Randy Jacobs 1:47:38

Women's 10 Km--1. Teresa Vaill 49:30 2. Debbie Lawrence 50:04 3. Lisa Vaill 51:11 4. Gwen Robertson 51:20 6. Mary Howell 51:45 6. Susan Liers 52:18 7. Christine Ostiguy, Can. 54:00 8. Bev LaVeck (master) 57:12 9. Judy Groombridge (master) 66:48

OTHER RESULTS:

European 50 Km Championships: 1. Hartwig Gauder, East Germany 3:40:55 2. Vyatcheslav Ivanenko, USSR 3:41:54 3. Valeriy Suntsov, USSR 3:42:38 (Where was Ronald Weigel? We don't know. We have no further detail at this time on either this race or the 20 Km, results of which we ran last month.)

Empire State Games Masters 5 Km, Tonawanda, N.Y., Aug. 9--1. Larry Naukan (38) 29:17 2. Frank Pina (56) 29:26 3. Greg Wittig (52) 29:54 4. Frank Skvarek (50) 29:54 5. Gloria Brown (54) 30:29 6. John Zulick (50) 30:48 7. Jim Brown (61) 31:09 (11 finishers) 5 Miles, Atlanta--Shaul Ladany, Israel 47:35 2. Gary Meinken 48:48 3. Bill Farrell 49:28 4. Alan Harvey 51:43 5. Tom Newman 52:01 5 Km, Dearborn, Mich., Aug. 16--1. Gary Morgan 20:31 2. Dan O'Brien 22:45 3. Mark Green 24:33 4. Max Green (52) 25:08 5. Norm Browne 26:29 6. Larry Green 27:04 7. Walter Lubzik 28:45 3 Km, same place--1. Greg Near 17:02 Women's 3 Km, same place--1. Jennifer Green

18:33 2. Sue Cecchini 20:51 10 Km, Dearborn, Aug. 30--1. Gary Morgan 43:30 2. Dan O'Brien 46:02 3. Max Green 50:31 4. Greg Near 57:20 5. Gary Gray 63:49 Beginners 3 Km--1. Roberta Boyle 19:30 2. Susan Cecchini 20:30 3. Ettie Handelman 20:45 5 Km, Arrowhead State Park, Okla., Aug. 2 (very hilly)--1. Dennis Bowles 29:37 2. Mike Hogben 30:20 3. Dale Toepfer 31:19 (11 finishers) 10 Km, Denver, Aug. 24--1. Bill Hutchinson 53:20 2. John Tarin 54:24 5 Km, same place--1. Bob Carlson 29:45 5 Km, Los Angeles, June 14--1. Larry Walker 21:10 2. Keith Ward 23:14 3. Juan Isaguirre 23:16 4. Jolene Steigerwalt 27:01 5. Jane Janousek 30:58 10 Km, San Diego, June--1. Dale Sutton 55:28 2. Jolene Steigerwalt 56:30 3. Liszy Kemp 57:08 4. Woody Woods 59:30 5 Km, Los Angeles, July 20--1.

Ted Greiner 27:44 2. Bob Brewer 28:21 3. Robert Meador 28:30 (to p. 7)

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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A LITTLE BIRDIE HAS TOLD US YOU CAN RACE ON THE FOLLOWING DATES AT THE LISTED PLACES:

- Sat. Oct. 11--5 Km Men, 3 KM Women, Dearborn Heights, Mich., 10 am (W)
3 Km and 10 Km (track), Arlington, Mass., 11 am (L)
5 Km, Denver, 8 am (K)
3 Km, Raleigh, NC (S)
- Sun. Oct. 12--20 Km, San Francisco, 9 am (Q)
- Sat. Oct. 18--10 Km, Los Angeles, 5:30 pm (N)
5 and 10 Km, Albuquerque, NM, 8:30 am (M)
- Sun. Oct. 19-- $\frac{1}{2}$ Marathon, Honolulu, 6 am (X)
5 Km, Aurora, Col., 9 am (K)
Marathon, Detroit, 7:30 am (CC)
15 Km, Pasadena, 7:30 2m (N)
1 Hour, Ocean Twp., N.J., 11:30 am (P)
- Oct. 24--26--North American Masters, 5 and 20 Km, Tampa, Fla. (S)
- Sat. Oct. 25--5 Km, Dearborn Heights, Mich., 10 am (W)
10 Km, Monterey, Cal., (Z)
5 Mile, Cartersville, Ga. (S)
4 Mile, Los Angeles, 8 am (N)
25 Km, Honolulu, 7 am (X)
- Sun. Oct. 26--15 Km, Sterling, Mass., 10 am (B)
Henry Laskau 10 Km, East Meadow, N.Y., 2:30 pm (C)
1 Hour, Arlington, Va., 9 am (H)
- Sat. Nov. 1--5 and 10 Km, Los Angeles (N)
New York Marathon Walkers Division
- Sun. Nov. 2--Women's 10 Km, 7 am and 50 Km, 5:30 am, Honolulu (X)
5, 20, and 50 Km, Columbus, Ohio, 8 am (R)
- Sat. Nov. 8--5 Km, Coconut Creek, Fla. (S)
15 Km, Atlanta (S)
2 Mile, Oklahoma City (F)
- Sun. Nov. 9--5 Km, Los Angeles, 7:50 am (N)
10 Km, Denver, 9:30 am (K)
1 Hour, Long Branch, N.J., 10 am (P)
10 Km, Honolulu, 7 am (X)
- Sat. Nov. 15--5 and 10 Km, Albuquerque, N.M., 9 am (M)
Southwest Regional Grand Walk 5 Km, San Diego (D)
- Sun. Nov. 16--10 Km, Handicap, Long Branch, N.J., 1:30 pm (P)
10 Km, Handicap, Sterling, Mass., 10 am (B)
Southwest Regional Grand Walk Women's 10 Km and Men's 20 Km, San Diego (D)
- Sun. Nov. 23--10 Mile Handicap, Brooklyn, 10 AM (T) (The great Coney Island extravaganza)
- Sat. Dec. 6--10 Km, Boston area, 11 am (B)

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FROM HEEL TO TOE

As interest in recreational and health walking grows, walking publications continue to proliferate. The latest we have seen is The Walking Magazine. There have been two issues to date and they far outclass anything else that has been done in the periodical field. Both have numbered nearly 100 pages and the number of ads, as well as who is advertising, attests to the fact that the publisher went into the venture with a good deal of thought and preparation. Both issues have included a competition department, a page or two long, which have been quite favorable to the sport, but, of course, geared to promoting interest, not to bringing anything new to the seasoned competitor. The competition column in the first issue begins: "Racewalking has been one of the best-kept secrets around since the 17th century, and our mission is to expose it once and for all as the best sport we know. (Ed. We couldn't ask for a more positive approach than that.) Why? It's aerobic, it's easy, it's demanding, it's fun, it can be done by the old, the young, the middle aged, beginners with a little walking experience, injured runners, marathoners--the list is a long one. As a natural extension of walking, we feel it's the creme de la creme of the walking experience." Features in that initial issue include 5 Easy Paces, Backroads & Byways, Best Foot Forward, 22,000 Miles, Walking, Walking on Top of the World. Departments include: News and Reviews, Fitness and Health, Portfolio, Gear, Competition, and Ramblings. Obviously, the magazine is geared to fitness and recreational walkers, but they plan to continue to feature racewalking, at least in the one feature a month. Initially, the magazine is publishing quarterly, but they plan to go to six times a year soon, and possibly monthly sometime down the road. If you're looking for more on racewalking, pass this one up. If you are interested in a very well done magazine promoting all the benefits of getting out and walking, you might want to gamble the \$9.95 for 6 issues. (\$17.95 for 12 issues.) Or, maybe you can find it on your newstand and check out a single copy. The address is 711 Boylston St., Boston, MA 02116. . . The World Veteran's Games (7th edition), which includes walking races, will be held in Melbourne next year. The dates are Nov. 28 to Dec. 6. Write to VII World Veteran's Games, P.O. Box 282, Essendon 3040, Victoria, Australia for further information. . . In addition to his wins in the European Masters meet, Giulio de Petra had other notable successes while touring Europe. (We reported the European golds last month.) On June 8, he won his division (over 70) in the Regional Masters in Rome, covering 3 Km in 18:19. A week later, he won at 5 Km in the Italian Masters Championships with a 31:34. In July, he won a 13 km race in Italy in 1:20:48. . . Beginning racewalkers are often bothered, maybe even discouraged by extreme soreness in the shins as they get into the sport. My personal experience with this and what I have observed in those I have helped is

that this is something the walker can go through in each workout, by gritting the teeth and ignoring it, and that there will be no residual soreness the next day. But, it can be expected to keep returning at some point into each workout for a while. But, let's turn to more expert opinion, for those who might be troubled by this phenomenon. In the Southern California Racewalking News, Dr. Paula Kash answered the question: "I am a new racewalker. After about 10 minutes of racewalking, my shins hurt. Is there anything I can do? How long will this continue? And what are "shin splints" anyway?" Paula, a long-time racewalker who is a Doctor of Chiropractic and holds an M.S. in exercise physiology and B.A. in biochemistry, answered: "Pain along the shins is common for many racewalkers. As coordination and conditioning improve, the problem usually resolves itself. However, there are some guidelines you can follow: 1. Make sure you have suitable shoes for racewalking and for your individual foot. 2. Get an adequate warmup consisting of 15 to 25 minutes of easy paced racewalking prior to fast-paced efforts. 3. Calf stretches and foot exercises will help prevent problem shins as tight and weak muscles are contributing factors. 4. Elevate your legs and massage ice over the shins for 15 minutes after your workout. 5. Allow yourself time to make a smooth transition from regular walking to using the racewalking technique." . . . A mistake in the results we had last month for the National Masters: In the 5 Km for 70 and over, the winner was Bill Tallmadge in 33:10.2, not Harry Drazin. Harry was third behind Ed Seeger. . . In the Olympic Festival results reported last month, we managed to omit the Men's 20 Km. Don't know how, but we did. So here they are: 1. Tim Lewis, North 1:29:15 2. Carl Schueler, North 1:30:13 3. Dave McGovern, East 1:36:59 4. Mel McGinnis, South 1:38:52 5. Mike Stauch, North 1:40:07 6. Ray Sharp, West 1:42:14 7. Curtis Fisher, East 1:44:31 8. Mike Morris, East 1:44:57 9. Eric Bigham, South 1:45:28 10. Ray McKinnis, South 1:46:33.

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ON THE SUBJECT OF NATIONAL CHAMPIONSHIPS

Commentary from Elliott Denman

Let me say, I am very tired of people stating why we must slice our list of National Championships to the bone. I am also very tired of writing letters in defense of the National Championship program of the U.S.A. as it now exists under TAC, as it formerly existed under the AAU, and as I feel so strongly served the best interests of the greatest number of walkers in the U.S., over a long period of years. This may well be the last letter I ever write on the subject because it is becoming increasingly obvious that my personally strong feelings on the subject are increasingly going unheeded and I get the oh-so-strong feeling I am "swimming against the tide."

Let me also say, I feel it is a tide artificially generated by a small group of people who are becoming quasi-fulltime "committeepersons" dedicating hours and hours of labor and effort to such matters as "championship matrices" and "operating systems" when they might, I strongly feel, dedicate themselves to real--as in real life--promotion of our sport.

Let me, thus, take a few moments to state the obvious I've stated so many times. All the Nationals are good. They promote the sport. I don't care if Carl Schueler or Jim Heiring or Marco Evoniuk or Todd Scully can make every race or not. That's their business. But a National without any of them is not any less worthy. Sadly, even some of these top walkers are showing decreased respect for the Nationals. Most recent example: the National 30 Km in New York City. Many "name" walkers were there. The

majority, it seemed, used the race as "just another time trial" going 20 Km and then not finishing. How sad that they think so little of a National medal. At one time, placing in the top six of any National was considered a walker's big ambition--because he thus won a coveted National medal. Now so few give a bleep. How sad.

I note that the majority of the proposed deletions are of the longer-distance races, including the 40 Km, in which I have been so personally involved over the past quarter century. I don't know if you recognize this or not--but I certainly do: We seem to be falling much further behind world pace in the 50 Km than we are in the 20. Up-and-coming 50 Km specialists are an endangered species. Where are they? What encouragement are they getting? What "longer" races in the U.S., apart from the annual 50 Km itself, can the point to? If we do not see fit to promote the 35 and 40 Km Nationals, we're cutting out two vital, potential sources of 50 Km talent. There is an abundance of shorter distance racing opportunities around America. But there's a real shortage of 50 Km type "long" events. We have too few walkers around Maerican willing to "tough out" the long ones. I can think of many instances of good walkers failing to finish long ones on ground of temporary discomfort. I tend to think the walkers of two and three decades back were tougher minded.

Let's all of us, as race walkers, feel the pride in having "the longest Olympic track and field event" as our very own. Let's show that pride by promoting longer-distance walking in the U.S. every way we can.

I suggest that, if we're ever going to make 50 Km progress, we develop an outreach program to lure marathone-type runners into 50 Km walking. That may be the last great hope. Right now, we're just spinning our 50 Km wheels.

I strongly feel the National 100 Km and 100 mile walks are valuable events and need to be retained. They are tough-tough-tough. They deserve all our encouragement. Let us find promoters for them if none are immediately forthcoming.

The concept of "Regional" championships is valuable, but can never replace the idea of staging a National Championship.

Please, whatever we do in the future, let's not decide anything on the results of a "National Team Survey" or anything such. Such a survey merely acts as a sounding board for the currently elite. In no way does it represent the feelings of those who were formerly elite, as well as those who hope to be elite in the years ahead. And those people, the elite of the future, are those who must have opportunities.

Looking at my own experience, I came up through the ranks. I always aimed for the "Nationals". They meant everything to me, as well as others of my competitive day. They were the springboard to international competition, and more.

I strongly suggest we take away no springboards, lest we find ourselves floundering in the pool down below, but unready to enter the next Olympic Trials in the 200 meter backstroke.

AND WHILE I'M AT IT: OPEN LETTER TO MR. RONALD O. LAIRD, WHEREVER YOU ARE:

1. Most sincere congratulations on your election to the National Track and Field Hall of Fame, as first race walker so honored!
2. Please let me hear no more of "flight phase" idiocy. It will be nothing less than the death of our sport. We have good rules. We must live with them. We must train judges to enforce them. Speaking of "friends" outside walking in T&F, we will have no more if we continue

this "flight phase" stuff. Please stuff "flight phase" any place convenient. * * * * *

. . . which bings us to:

FLIGHT PHASE AND CONTACT AND CONTACT RULING

Commentary by Henry H. Laskau (highly respected former competitor--second only to Mr. Laird in National titles --coach, and judge.)

This is my "Swan Song Statement" on judging in general, since my term as an IAAF judge will be terminated as of September, 1986. Although, I must state that my physical, mental, eyesight, and reflex conditions are as normal and exact as anyone else, I must adhere to the IAAF rules and step down as a judge. Perhaps, in later years, this rule might be revised, in my lifetime, I hope. At present, I claim to be the Senior ranking U.S. IAAF judge since my appointment by the late Joe Tigerman in 1968.

Before discussing the subject, I must say that Ron Laird has done a lot for race walking, devoting most of his years to coaching, writing training manuals, conducting special training sessions for prospective Olympians at the Olympic Training Center in Colorado Springs, lecturing, and in general promoting our sport or race walking. As to my recollection, Ron Displayed a perfect style, with accurate leg extension, planting the heel correctly, and getting propulsion from his upper body. From the beginning, I predicted he would make the next Olympic team, which he did in 1960, followed by 1964, 1968, and 1976.

MAIN OBJECTIVE: Indoor Speed Walking:

I have been judging indoor meets for the past 30 years since my retirement from the sport in 1957. Thus, I have observed the individual athlete, his or her rate of speed and form. In view of the resiliency and springing action of the wood boards on an indoor track, the athlete is racing into a floating phase, which creates an additional bounce--to fly through the air. This is easily detectable; consequently the Flight Phase and contact rule should not ever be allowed in this type of competition. Our American race walkers have established a style that has been copied from the Europeans and perhaps Mexicans. During indoor meets, walkers try to maintain a high speed, that is uncontrollable, not showing race walking perfection. Upon completion of the event, I frequently received comments from TAC officials questioning the legality of the athlete's walking style, which was also echoed from the spectators. Only a few competitors showed the correct style of what race walking actually should be.

OUR JUDGES INTEGRITY:

All of our American judges are competent, well trained, many of them former race walk competitors coming through the ranks. Most have judged in National and International competitions, this acquiring the technical, practical know-how, expertise to fulfill their task efficiently. I have had the pleasure to be associated with them during these competitions and found each one of them to be fair, impartial, and, above all, capable of filling the full capacity of their specific duty.

ATHLETE'S STATUS:

Since the amateur status for any sport is on the verge of being outdated, the new incentive in monetary rewards is, of course, very tempting. Consequently, each and every athlete in all sports, tries to achieve his or her utmost potential to reach popularity through the media, which sub-

sequently will put the athlete in higher income brackets. Don't let us be influenced by these actions. All of us should work together to ensure that our unique sport is kept in its proper perspective. The athlete should show his competitive spirit and legality of walking without thinking of "Flight Phase". Let him achieve the ultimate by exhibiting the correct style. He still will be able to set records and record top performances, if his training is supervised by a qualified coach, who knows the athlete and how fast he can accelerate.

Summarizing, my personal view is that our American walkers are actually showing the superior style compared to European and Olympic champions. During my observation as a judge during the 1984 Olympic Games in Los Angeles, I could see how the "flight phase and contact rule" was applied by various foreign competitors. Some of them were warned and others were DQ'd, based on their mode and style of walking. I try not to be old fashioned, and I know our sport has vastly progressed in the last 10 years. However, the fundamental base should remain, and I quote: "Walking is a progression of steps so taken that unbroken contact with the ground is maintained. 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."

Our sport of race walking is truly delicate and sensitive. In various track meets, they try to eliminate the event in view of our debates at conclusion of races. Only now our sport is really coming into the foreground with health kick and drive of the physical fitness program by our government. Health and race walking have been put on a National level and have gained priority. Howard Jacobson has generated interest by establishing Health/Racewalk clinics nationwide, resulting in the ultimate goal of a better life and continued good health.

I conclude in saying this to all top race walkers: Portray your walking style properly as set forth in the basic rules. Let the public see what walking really is and stands for. Our sport is a unique one and should be appreciated as such.

I do hope I have not offended any competitor, or any other individual who will read this article. This is only my opinion, and expresses as such. * * * * *

RESULTS (cont.)

1 Mile, Los Angeles, Aug. 1--1. Keith Ward 6:54.06 2. Ray Parker 7:08.43 (1st master) 3. J. Izaguirre 7:09.2 4. S. Tabb 7:53.5 5. J. Orendain 7:56.5 6. John Kelly 8:01.5 Women--1. Paula Kash 8:04.2 2. J. Fairchild 8:29 3. H. Kewish 9:44 4. C. Greene 9:54 15 Km, Pasadena, Cal., Aug. 3--1. J. Izaguirre 1:20:24 2. R. Oliver 1:27:12 3. Carl Acosta 1:29:29 10 Km, same place--1. E. Flores 51:58 2. Ron Daniel 62:07 5 Km, same place--1. Carl Warrell 27:22 2. J. Orendain 28:05 3. H. Gallegos 29:46 4. R. Granados 29:59 5. R. Brumer 30:00 10 Km, Rancho Palos Verdes, Cal., Aug. 17--1. A. Cortez 48:16 2. E. Salgado 53:40 3. S. Tabb 56:03 4. E. Bouldin 58:53 8 Km, Norwalk, Cal., Aug. 23--1. Fabian 36:32 2. Hartzell 36:33 3. Bouldin 42:21 4. Warell and Daniel 43:15 6. Greiner 44:17 7. Oliver 44:22 8. Snyder 45:48 9. Meador 46:24 9. Orendain 46:30 1/2 Marathon, Santa Monica, Cal., Aug. 25--1. Ari Cortez 1:47:55 2. Enrique Flores 1:48:39 3. Juan Izaguirre 1:53:28 4. Roger Brandwein 1:59:39 5. Stephen Tabb 2:01:10 6. John Kelly 2:05:10 7. Richard Oliver 2:07:34 8. Carl Acosta 2:07:50 Women: 1. Paula Kash 2:23:32 5 Km, San Francisco, July 20--1. Jack Bray 26:55 5 Km, San Francisco, Aug. 16--1. Jack Bray 25:29 (age 54) 2. Bkie Reybina 29:49 5 Km, San Francisco, Aug. 23--1. Andy Silver 28:43 2. Denise Dunbar 29:18 5 Km, Seattle, Aug. 16--1. Bob Novak 27:33 2. Bev LaVeck 28:04 3. Toshihisa Hattori 29:18 4. Glen

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 Bob Novak 56:31 4. Bev LaVeck 58:19 5 Km, same place--1. Gwen Robertson
 25:39 2. Glen Tachiyana 25:50 3. Man in dark shirt 33:29
 15 Km, Albuquerque, Sept. 20--1. Rick Wadleigh 1:29:40 2. Stephen Baca
 1:33:06.

FROM HEEL TO TOE REPRISE

Gene Dix would like information on any ultra-distance walks (100 miles to 6 days) to be held in the U.S. during the next years. His address is 2301 El Nido Ct. NW, Albuquerque, NM 87104. . .The Athletics Congress annual convention will be held at the Hyatt Regency in Tampa, Florida, Dec. 2-7. The Men's and Women's Race Walking Committee will be busy, meeting from 8-11 pm on Wednesday, Dec. 3; from 9-12 am and 2-6 pm on Friday, Dec. 5; and from 9-12 am and 1-6 pm on Sat. Dec. 6. Also, the Executive Committee will meet from 8:30-11 am on Tuesday; the Site Selection Subcommittee from 1-4 pm on Thursday; the National Team Subcommittee from 4:15-6 pm on Thursday. There will be Coaching and Judging Seminars from 9-12 and 1-6 on Wednesday, and a Race Walking Sports Medicine Seminar from 8:30-11 am on Thursday.

LOOKING BACK

20 Years Ago (From the Sept. 1966 ORW)--East Germany's Dieter Lidner beat the Soviet duo of Vladimir Golubnichiy and Nikolai Smaga to win the European 20 Km Championship in 1:29:25. Italy's 1964 Olympic gold medalist, Abdon Pamich, won the 50 Km in 4:18:32 over two more Soviets, Agapov and Tscherbina. . .Ron Laird won the National 25 Km on a very hot day in Seattle with a 2:06:16. Tom Dooley was second, nearly 12 minutes back. . .The Canadian 50 Km went to Ajax Oakley in 4:44:52, 12 minutes ahead of Shaul Ladany. . .Another Canadian, Felix Cappella, won the Mackinac Bridge 4½ mile race in 34:36.

15 Years Ago (From the Sept. 1971 ORW)--Young, Laird, Ladny Dominate September Headlines, we said at the top of page 1. Larry Young fro his victory in the National 30 Km in Seattle and an American record at 100 miles. In the 30, he pulled clear of Ron Laird in the final 10 Km to win in 2:25:40 to Ron's 2:28:10. Bill Ranney, Goetz Klopfer, Bob Bowman, and Steve Tyrer followed. In the 100 miler in Columbia, Missouri, held on a 200-meter indoor track because of monsoons, Larry took it easy for 96 miles and then picked up the pace to finish off his record 18:07:12 with miles of 9:40, 9:21, 7:59, and 7:50!!! . . .Laird for a National title at 25 Km on Long Island in 2:01:49. But not without competition, as John Knifoon in 2:03:34, Bob Kitchen in 2:04:13, Marcel Jobin in 2:05:28, Gary Westerfield in 2:06:36, Ron Kulik in 2:07:18, and Todd Scully in 2:08:03 gave chase. . .And Shaul Ladany for his win in the Longon-to-Brighton 52 plus miler in 7:57:17 (37½ minutes ahead of second) a few weeks after winning the Hastings-to-Brighton 38 miler in 5:33:36 by 9 minutes. . .Up-and-coming Bill Weigle won the National Junior 35 Km in 3:14:45. . .In a 10 miler in Continental, Ohio, Jack Blackburn edged Jack Mortland 81:01 to 81:09, with Phil MacDonald better than a minute back. Phil got his revenge a week later, as he wiped out both Jacks while finishing 10th in

that National 25 Km. . .Dennis Reilly won the National Junior 15 Km in 1:22:17. An Accompanying open race went to Larry Walker in 1:12:47.

10 Years Ago (From the Sept. 1976 ORW)--Larry Young captured the National 30 Km in Des Moines in 2:27:26. Floyd Godwin stayed close most of the way, and finished just 3 minutes back. Augie Hirt was a distant third, ahead of Ron Laird. . .Hirt won the National 100 miler in Columbia, Mo. in 19:55:16, with Chuck Hunter, finishing the race for the fourth straight year, only 10:34 behind. There were seven finishers, with our own Jack Blackburn joining Hirt as a new Centurion. Jack was fourth in 21:57:11. . .The World 50 Km Championship race, held because the 50 was left out of the Montreal Olympics, went to the USSR's Veniamin Soldatenko in 3:54:40. He was followed by Enrique Vera, Mexico, in 3:58:14, and Reima Salonen, Finland, in 3:58:53. Larry Young was the first U.S. competitor in 21st with 4:16:47, but he lost eight places while taking more than 58 minutes for the final 10 Km. Augie Hirt had 4:28:35 in 27th. . .Steve Pecinovsky just beat Marty Kraft for the National Class B 15 Km title at Mackinac Island, as both walkers were given a time of 1:12:12. In the bridge walk the next day, Ron Laird won in 34:06.5, with Pecinovsky and Bill Walker titing for second about 2 minutes back. . .In East Germany, Hans Gauder won the 20 Km title in 1:26:25 and Junior Ralf Berner had a 1:25:37 on the track.

5 Years Ago (From the Sept. 1981 ORW)--Todd Scully beat Canada's Glenn Sweazey to win the National 25 Km in Lewiston, Maine. Todd had 2:02:02, better than a minute and a half ahead of his Canadian rival. Alan Price passed a fading Randy Mimm to take third. Jack Boitano won the master's title in 2:13:55, finishing 9th overall. . .Uwe Dunkel was an upset winner of the East German 50 Km, beating Hartwig Gauder 3:45:51 to 3:46:57. Dietmar Meisch and Roland Weigel were also under 3:50. In the 20 Km, Ralf Kowalsky zipped through in 1:21:39 to beat Roland Weiser, who had 1:22:12.

 An Elliott Denman column from the Asbury Park Press, April 15, 1986:

Suddenly, it's hip to go walking

Now it can be revealed, folks. The word is out and it could be the sweetest music to reach the ears of some of the longest-suffering people you'll ever meet.

For years, they've been telling the world "we've got a super thing going for us; you, too, can experience its joys and challenges by giving it a simple try," only to be told by some simple-minded to "go take a hike."

Actually, that's what they themselves had been advising all along, only to be advised that what they were advising was both inadvisable at all costs and unsafe at any speed.

So you can imagine just how insufferable this put-upon minority had become in struggling to convince the non-believers that the form of exercise it was advocating really had something going for it.

Its American advocates over the years had ranged from George Bonhag to Henry Laskau to Larry Young, in the competitive branch, to Meriwether Lewis & William Clark and Henry David Thoreau and Harry S. Truman, in the recreational division.

No matter the distinction of the advocates, the same old "go take a hike" frequently rang out as a command of derision.

Bonhag and Laskau and Young walked a long, blistery path, all the way to the Olympics, trying to popularize walking as a sport. Lewis & Clark, Thoreau and Truman pounded both the forest pathways and the city pavements trying to make the pitter-patter of grown-up feet a sound heard and appreciated in all corners of the land.

We'll even so far as to wager that Meriwether Lewis, out on the Oregon Trail, and Harry S. Truman, in a Fifth Avenue constitutional, heard a "go take a hike" along the way.

Well, where to go next?

Analyze all this and you'll see the walking art's been lacking a vital ingredient all these years. Check out some recent news bulletins, though.

It is early April 1986, 180 years since the Lewis & Clark feet/feet, 80 since Bonhag. At long last, the Missing Something is at hand.

Its name is glitz/glamour/celebrity and her name is Julianne Phillips.

Anything Bonhag-Laskau-Young/Lewis & Clark-Thoreau-Truman ever did may bear no relation whatsoever to the good this young woman can now do for walking/walkers/Americans of this feeling out of every walk of life.

Her husband, Mr. Bruce Springsteen, "The Boss" himself, has long been known as a young man "Born To Run," one who takes the lyrics to his runaway hit-seller literally in a personal conditioning program involving much running.

But word that "The Boss' Wife" is a young lady "born to walk" and is totally dedicated to the art of rapid-fire strolling has long been kept top secret.

Well, as stated at the top, now it's out.

Julianne Phillips tells of her dedication to walking on the pages of the current issue of "Vogue" and the revelation is bound to be as eye-opening as Mrs. Springsteen herself.

She is portrayed as convinced her

sport is the surefire route to super health/fitness/figure.

She is far more attractive than either Meriwether Lewis or Larry Young. Without a moment's hesitation, absolutely certainly, we can say the example she sets as a front-walker will inspire waves of new walkers out on the highways and byways trying the Julianne Phillips path to personal improvement.

The Jersey Shore area has long been known as one of America's hotbeds of walking action. From Takanassee Lake in Long Branch to the Asbury Park and Seaside Heights boardwalks, walkers have long known where to gather in the cause of group-commiseration.

They were there long before "the running boom" and their members included such names as Todd Scully and Ray Funkhouser and John Fredericks, who walked their way to racing exploits across North America and two or three other continents. Alas, they were often trampled by the rush of the boom-runners.

Now, though, new opportunity knocks on every local walkway. All it will really take is a few more public declarations by Mrs. Springsteen, Monmouth County resident, that "walking has everything" and, as the visionary sees it, it will be the runners soon trampled by the walking-boomers.

The new first lady of walking is an adopted Jersey Girl. Be advised the first to suggest Mrs. Springsteen "go take a hike" would be born to run directly into the wrath of "The Boss" himself.

□ Elliott Denman is an Asbury Park Press staff writer. His column appears Sunday, Tuesday and Thursday.

From the Walkers Club of Los Angeles Newsletter (apparently prepared by Ron Daniel):

Overview of Training for Race Walking

The following recommendations are based on over 25 years of personal experimentation as well as current training plans of many U.S. and Foreign elite athletes.

General Fitness (all ages and fitness goals)

- o Daily stretching and flexibility for lower back, hamstrings and hips
- o Good nutrition
- o Rest
- o Good posture and body balance
- o Minimum three days per week of at least 30 minutes continuous walking at your exercise heart rate

Serious Training

- o Set performance goals (be realistic)
- o Avoid crash training programs (allow at least 8 to 10 weeks to prepare for a significant event)
- o Train at least 5 days per week with a total volume of at least 25 miles
- o Allow at least 4 weeks before the event to be doing high intensity training (use unimportant races as quality training)
- o Supplementary exercises (weights, swimming etc.)

More Serious Training

- o Set long range racing program of 9 to 10 months before important race
- o Set realistic performance goal
- o Be consistent with training (know and understand your commitment and the time you potentially need to achieve your goal)
- o First 4 months - low intensity, high volume (concentrate on Technique). Increase weekly mileage by 50 - 100%
- o Months 4 to 7 - gradually increase intensity of training and start decreasing total volume. (intensity to peak in 7th month)
- o Start competitions in 6th month
- o Expect to reach peak performance midway through 8th month
- o Total volume at lowest level during peak racing period
- o Intensity of training also at low point
- o Expect to hold peak from 8 to 10 weeks; this will carry you through the 11th month

Rule of Thumb for High Intensity Speed Training

<u>Distance of Race</u>	<u>% Training Miles at Race Pace or Faster</u>
up to 2 miles	80%
2 - 4 mile	60%
10Km	40%
20Km	20%
50Km	10%