

OHIO RACEWALKER



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SLAVONIC TAKES 40 KM FOR FIRST NATIONAL TITLE

Ft. Monmouth, N.J., Sept. 28 (From Elliott Denman)--When the going got tough in the Athletics Congress 40 Kilometer National Race Walking Championship event today, John Slavonic really got going. The 31-year-old resident of Nevada City, Cal., was challenged stride-for-stride for over 23 miles of the 24.8-mile test by U.S. Air Force Capt. Steve Pecinovsky, of Arlington, Va. But Pecinovsky's energy reserve couldn't match Slavonic's. As Slavonic found a new homestretch gear to cruise to a clecut triumph in 3 hours, 29 minutes, and one second. Pecinovsky dropped off the pace and wound up settling for second in 3:30:47.

This was the 48th annual National 40-Kilometer Championship race and it was sponsored by Blue Cross and Blue Shield of New Jersey, the Mazola Co., and Point Pleasant Distributors. Sixty walkers from 15 states started the race around the ground of the Army post, and 41 of them finished the tough grind.

Stella Cashman of New York led all women's finishers in 4:42:05, while Ray McKinnis of Raleigh, N.C. topped the men's Masters division (40 and up) in 3:58:45. Slavonic led the Reebok/East Side Track Club to the men's team championship, while 1960 Olympian Bob Mimm pace Shore AC, the host team, to the men's Masters crown.

For Slavonic, a freelance carpenter and painter, this was the high point of a four-year walking career that started on the sidewalks of New York. It seems he was a natural for the sport. He was a New Yorker back in 1983 and his original inspiration was Gary Null, the WABC "Natural Living" radio health show host and race walker. "That program really got me going," he said after cooling down. "Right then I decided I'd race walk to my home in Brooklyn."

Well, the experience went so well that he soon wound up at the races. In his first race, he covered 10 kilometers in a brisk 56 minutes, showing immense potential. Ever since, it's been one good thing for him after another in race walking. He's been a member of the TAC National Walking Team the past two years and will be a leading candidate for 50-kilometer spots on U.S. teams bound for the World Race Walking Cup races in New York next May and the IAAF World Championships in Rome next September.

Slavonic started relatively slowly yesterday as Reebok teammate Tony Morales blitzed to a big early lead. But Morales dropped out at 25 Km and it was then Slavonic at the front of a seven-walker lead pack. By 38 kilometers, that lead pack was just two, and then Slavonic made his race-breaking move.

"The trip East was well worthwhile," said the new Champion. "And winning my first National title was a great accomplishment. Unlike last year, when Olympian Carl Schueler won in a walkaway and Slavonic was fourth,

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SECOND CLASS POSTAGE
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Above: 1985 World Cup 20 Km on Isle of Man. Number 58, Jose Marin, Spain, won in 1:21:42. Italy's Maurizio Damilano, between 69 and 8 was second. Australia's Dave Smith (no. 8) was dq'd.

Below: Canadian International Classic last May. Martin Bermudez leads Guillaume Leblanc, Francois Lapointe, and Tim Lewis. Leblanc won in 1:23:17, with Bermudez third in 1:23:44, Lewis fourth in 1:23:58, and Lapointe fifth in 1:24:10. Ernesto Canto was second. (Photos by Martin Archimbault)

this was a most competitive race. "A very tough for me, too," said Slavonic, a smooth-striding 6-1, 151 pounder.

Another Reebok entry, 19-year-old Duke University freshman Curt Clausen finished third and set a U.S. junior national best of 3:33:15. Among the individual fold-medalists in the Masters division were Shore AC's Mimm 60-64 age bracket), Don Johnson (65-69), and Harry Drazin (70 and up). Results:

1. John Slavonic, Reebok/Eastside TC 3:29:01 (53:27, 1:43:32, 2:35:13)
 2. Steve Pecinovsky, Reebok 3:30:47 (53:28, 1:43:32, 2:35:13) 3. Curt Clausen, Reebok 3:33:15 (53:36, 1:43:32, 2:35:13) 4. Nick Biera, Reebok 3:37:45 (53:30, 1:45:24, 2:40:00) 5. Eric Bigham, Carolina Godiva TC 3:40:03 (54:27, 1:49:49, 2:44:09) 6. Ray Funkhouser, Shore AC 3:42:35 (53:28, 1:43:36, 2:40:00) 7. Ajan Jacobsen, Reebok 3:49:07 (53:38, 1:48:02, 2:44:11) 8. Brian Savilonis, Central Mass. Striders 3:52:59 (53:42, 1:48:02, 2:48:17) 9. Arnis Paeglis, Abraxas TC. (Conn.) 3:56:18 (55:08, 1:51:56, 2:51:08) 10. John Alfonso, Shore AC 3:58:22 (56:50, 1:56:54, 2:57:03) 11. Ray McKinnis 3:58:45 12. Edgardo Rodriguez 4:04:30 13. Alan Price 4:05:09 (started 19:43 late) 14. Reinaldo Hernandez 4:06:42 15. Bob Mimm 4:09:46 16. Tom White 4:12:20 17. Howard Jacobsen 4:13:29 18. Dr. John Shilling 4:15:02 19. Steve Sparrow 4:18:55 20. Jack Tannachion 4:21:33 21. Bill Norton 4:28:22 22. Robert Jennings 4:35:53 23. Cervin Robinson 4:40:35 24. James Lemert 4:40:42 25. Don Johnson 4:41:16 26. Dr. Patrick Bivona 4:42:19 27. Dr. Shaul Ladany 4:46:21 28. Paul Robertson 4:49:27 29. Ralph Edwards 4:51:10 30. Joseph Ciaquinto 4:53:52 31. Bernard Kaufman 4:59:55 32. Sam Meerkræbs 5:13:14 33. Harry Drazin 5:14:07 34. Walter Wilowatjy 5:15:40 35. George Bradley 5:26:31 36. Richard Frisch 5:28:15 37. Mil Wood 5:36:14
 Women: 1. Stella Cashman 4:42:05 2. Emily Howitt 4:43:45 3. Cynthia Reznick 4:47:47 (led through 35 km) 4. Marian Spatz 5:03:15

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OTHER RESULTS

Rockport Regional Walks (including U.S.-Canada-Mexico-Guatamala races), Los Angeles, Nov. 1--International Women's 10 Km--1. Maria Colin, Mex. 47:42 2. Debbie Lawrence, US 49:28 3. Deb Powell, Can. 50:02 4. Teresa Vaill, US 51:14 5. Maricela Chavez, Mex. 52:08 6. Lisa Vaill, US 53:36 7. Gwen Robertson, US 55:18

International 20 Km--1. Carlos Mercenario, Mex. 1:24:25 2. Martin Bermudez, Mex. 1:24:54 3. Carl Schueler, US 1:27:25 4. Daniel Levesque, Can. 1:28:18 5. Guillaume Leblanc, Can. 1:28:19 6. Tim Lewis, US 1:29:42 7. Ray Sharp, US 1:32:52 8. Nelson Funes, Guat. 1:33:01 9. Glenn Sweazey, Can. 1:38:56 10. Curtis Fisher, US 1:39:22 DQ--Dave Cummings, US. DNF--Tom Edwards, Randy Mimm, Mike Morris US Mexico's Gabriella Mendoza was DQ'd in the 10)

Rockport 10 Km--1. Paula Kash 55:58 2. Sybil Perez 57:06 3. Vicki Roitman 58:01 4. Jolene Steigerwalt 58:21 5. Virginia Scales 59:04 6. Jane Janousek 60:02 7. Carolyn Holquin 60:05 8. Annie Nance 61:09 9. Jane Fairchild 61:11 10. Caroline Butler 62:14 11. Lyn Marsh 62:33 12. Kathy Blackmar 63:25 (23 finishers)

Rockport 20 Km--1. Enrique Flores 1:39:20 2. Juan Izaguirre 1:42:02 3. Don Lawrence 1:43:43 4. Ron Brennan 1:46:19 5. Jim Coots 1:54:32 6. Larry Birch 1:57:20 7. Richard Oliver 1:59:24 8. Carl Acoستا 1:59:29 9. John Meyer 2:00:46 (12 finishers) 5 Km--1. Roger Brandwein 24:59 2. Carl Warrell 26:33 3. Nester 27:47 4. LaBounty 28:35 5. Blaiser-Wilson 28:44 6. Callegos 31:24 Women--1. Cunningham 29:38 2. Richards 30:07 3. Mooney 31:35 (25 finishers) Masters: 1. John Kelly 26:55 (over 50) 2. John MacLachlan 27:46 (50-59) 3. Ted Greiner 27:49 (50-59) 4. Pappas 27:57 (50-59) 5. Orendain 28:04 6. Meado 28:07 (53 finishers)

1 Hour, Arlington, Mass., Oct. 11--1. Bob Keating 12,669 meters 2. Dave McGovern 12,600 3. Phil McGaw 11,233 4. Dick Ruquist 10,483 5. Paul Scheil 10,392 6. Janice Ash 9964 7. John Gray 9930 (12 finishers)
 Northeast AC 15 Km, Sterling, Mass., Oct. 26--1. Arnes Paeglis 1:09:48 (46:20 at 10 Km) 2. Bob Keating 1:10:06 3. Brian Savilonis 1:14:18 4. Phil McGaw 1:20:32 5. Fred Looft 1:22:29 6. Don Drennick 1:25:52 (first over 40) 7. Jack Moynihan 1:28:11 8. Herb Beall 1:33:56 (11 finishers)
 3 Mile, Chatam, Cape Cod, Oct. 19--1. Tom Knatt 24:31 2. Phil McGaw 24:41 3. Dick Ruquist 24:51 4. George Lattarulo 26:27 5. Jack Moynihan 28:00 6. Joe Kay 28:13 7. John Gray 31:04 (10 finishers) 10 Km, Sterling, Mass., Nov. 16--1. Don Drennick 53:48 2. Bob Keating 46:17 (handicap race, actual times shown) 3. Phil McGaw 52:44 4. George Lattarulo 57:23 5. Jack Moynihan 59:56 5 Km, Buffalo, Oct. 26--1. Dave Lawrence 22:41 Marine Corps Marathon, Washington, DC, Nov. 2--1. Dave Lawrence 4:15:40 20 Km, Burlington, Ont., Nov. 16--1. Dave Lawrence 1:38:05 Henry Laskau 10 Km, Long Island, Oct. 26--1. Jeff Salvage 45:30 2. Tony Morales 45:57 3. Paul Warburton 46:34 4. Reinaldo Hernandez 48:25 5. Curtis Fisher 48:34 6. Nicholas Harding 48:55 7. Reginald Davenport 48:59 8. Pat Flannery 50:22 9. Alan Jacobsen 51:20 10. Scott Petritsch 53:12 ...40-49--1. Frank Mollignano 58:46 50-59--1. John Shilling 55:51 60 and over--1. Bob Mimm 54:48 Women--1. Teresa Vaill 49:09 2. Lynn Weik 49:48 3. Lisa Vaill 51:36 4. Carol Brown 51:51 5. Laura Nokland 56:20 6. Cynthia Resnik 61:39 7. Vicki Mollignano 61:39 (The latter two were first over 50 and 40-49, respectively) 1 Hour, Washington, D.C., Nov. 16--1. Keith Luoma 7 mi 1068 yds 2. Alan Price 7 mi 188 3. Sal Corrallo 7 mi 142 (1st master and 1st 55-59) 4. Jim Lemert 6 mi 812 5. Joel Holman 6 mi 190 (2nd 55-59) Women: 1. Marsha Hartz 5 mi 1369 (1st 45-49) 2. Patricia Willis 5 mi 418 (1st over 50) 5 Km, Atlanta, Nov. 1--1. Bill Farrell 28:45 1 Hour, Raleigh, NC, Oct. 25--1. Curt Clausen 12,554 2. Ray McKinnis (age 46) 12,065 3. Eric Bigham 11,219 4. Alvia Gaskill 10,131 5. Andrew Briggs (age 55) 9,773 Florida AC 5 Km, Coconut Creek, Nov. 8--1. John Vicino 28:44 2. Bob Fine 29:09 3. Dan Stansk 30:03 4. Dick Jones 31:31 (11 finishers) Michigan AC 5 Km, Grosse Pointe, Nov. 1--1. Gary Morgan 21:22 2. Dan O'Brien 23:12 3. Max Green 24:18 (1st Master) 4. John Elwarner 26:47 (2nd Master) 5. Greg Near 27:14 6. Walt Lubzik 27:58 7. Paul Perry 29:54 8. Gary Gray 30:31 Women--1. Jeanne Bocci 28:42 2. Roberta Boyle 32:01 50 Km, Columbus, Ohio, Nov. 2--1. Francois Lapointe, Can. 3:58:45 2. Martin Archimbault, Can. 4:09:31 3. Victor Sipes 5:32:14--splits for Lapointe: 24:55, 49:37, 1:12:48, 1:35:36, 1:58:09, 2:20:47, 2:44:07, 3:08:16, 3:33:24. Between 10 and 30 km he had a 1:31:10. Archimbault, who was better than 10 minutes under his personal best, had splits of 24:55, 49:37, 1:13:56, 1:37:57, 3:01:53, 2:26:02, 2:50:11, 3:15:49, and 3:42:57. A certified course, measured by Pete Reigel, who heads the TAC certification committee. Pete was also head timer for the race, which was primarily a running race. In his written comments on the race, Pete said: "We have had racewalkers at Woffpack races before, but never ones like these. Their form was just at the fine edge of legal, where a walker needs to be to excel. And it had the smoothness that is absent in racewalkers of lesser caliber. They looked efficient and fast, and were a pure pleasure to watch." 5 Km St. Paul, Minn., Sept. 27: 1. Andy Nordberg 28:40 2. Craig Haugaard 32:14 Women: 1. Lora Haugaard 31:04 2. Sally McMillan 32:55 (53 finishers in total) 10 Km, same place--1. Mark Manning 44:59 2. Mark Shafer 56:09 3. Terry Lee 58:24 Women: 1. Sue Klappa 63:25 15 Km, Albuquerque, N.M., Oct. 18--1. Don Pettit 1:28:49 2. Leslie Stammer 1:35:39 3. David Tomasko 1:36:04 10 Km, same place--1. Rick Wadleigh 58:49

5 Km, Antelope Valley, Cal., Oct. 4--1. L. Burch 25:46 2. M. Grantham 31:45 10 Km, Coronado Bridge, Cal., Oct. 12--1. Jolene Steigerwalt 59:14 2. Liz Kemp 59:43 3. John Meyer 59:48 10 Km, Fullerton, Cal., Oct. 18--1. Ed Bouldin 49:25 2. Jim Coots 52:17 3. R. Nester 56:50 4. Bob Brewer 59:42 5. J. Weston 60:12 10 Km, Pasadena, Cal., Oct. 19--1. Keith Ward 54:05 2. Larry Burch 54:05 5 Km, Same place--1. Keith Ward 23:15 2. Jay Byers 27:15 20 Km, Pasadena, Sept. 21--1. Keith Ward 1:38:19 2. A. Cortez 1:41:13 3. Larry Burch 1:52:38 4. Jolene Steigerwalt 2:00:54 20 Km, San Francisco, Oct. 12--1. John Ratto 1:39:01 2. Bob Edwards 1:43:11 3. Mark Green 1:44:28 4. Andrew Silver 1:55:54 10 Km, Monterey, Cal., 1. Karl Kruger (age 56) 55:57 2. Andrew Silver 56:26 3. Mary Baribeau 59:46 4. Don Janowsky 61:47 (19 finishers) 2.8 miles, Seattle, Oct. 2--1. Glen Tachiyama 23:03 2. Dan Pierce 23:57 (for 5 Km) 3. Ed Glander 25:57 4. Bob Hendrickson 26:50 5 Km, Tacoma, Wash., Oct. 12--1. Glen Tachiyama 26:11 2. Bob Novak 27:28 3. Cathy Cassingham 30:34 10 Km, same place--1. Jim Bryan 57:33 2. Bev Iaveck 58:27 5 Miles, Seattle, Oct. 12--1. Dan Pierce 39:19 2. Mary Howell 41:58 3. Jenny Fisher 43:42 Portland Marathon, Sept. 28--1. Jim Bryan 4:46 10 Km, Seattle, Oct. 26--1. Mary Howell 52:22 2. Jenny Fisher 58:50 5 Km, Honolulu, Sept. 7--1. Dan Fitzpatrick 24:34 Women: 1. Linda Matsueda 30:51 1 Mile, Punahou, Hawaii, Oct. 8--1. John Weick 9:27.8 2. Michael Morgan 9:40.4 Women--1. Julia Fitzpatrick 9:57.8 1/2 Marathon, Hawaii, Oct. 19--1. Eugene Kitts 1:44:32 2. Dan Fitzpatrick 1:51:52 3. John Weick 2:22:23 Women: 1. Linda Matsueda 2:20:38 25 Km, Hawaii, Oct. 26--1. Eugene Kitts 2:00:56 2. Dan Fitzpatrick 2:11:54 British National 50 Km, July 12--1. G. de Jockneere, Belg. 4:10:21 2. G. Berwick 4:23:22 3. A. Figg 4:25:29 4. Bob Gardner 4:26:53 5. Bob Dobson 4:28:59 6. M. Smith 4:30:55 British National 10 Km, July 12--1. Helen Elleker 49:27 2. S. Brown 50:27 3. L. Langford 51:07 4. B. Sworski 51:34 5. V. Birch 51:43 6. B. Lupton 53:29 100 Miles, Leicester, Eng., July 25-26--1. R. Prown 18:17:17 2. J. Vos 19:06:49 3. D. Timmermans, Belg. 19:29:32 4. D. Vanheape, Belg. 19:29:32 5. G. Davies 19:45:32 6. W. Wittenboer 19:51:52 7. J. Dijkstra 20:17:37 8. C. Keown 21:08:05 9. P. Petessen, Den. 21:08:46 10. G. VanDelft 21:08:52 (33 of 59 starters finished with 33rd place at 23:22:38) Hastings to Brighton 38 Miles, Aug. 2--1. Bob Dobson 5:46:11 2. A. Geal 5:50:48 3. A. Sturney 5:52:24 Great Britain vs France, Brighton, Sept. 27: Women's 10 Km--1. Ginny Birch, GB 51:08.6 2. B. Sworski, GB 51:16.6 3. L. Simpson, GB 51:54.5 4. M. Petrus, Fr. 52:34 Men's 20 Km--1. Chris Maddocks, GB 1:28:08 2. Phil Vesty, GB 1:28:21 3. J. Lemontagner, Fr. 1:30:52 4. P. Detoma, Fr. 1:31:12 Men's 35 Km--1. D. Terraz, Fr. 2:45:50 2. Barry Graham, Fr. 2:50:17 3. M. Viardot, Fr. 2:53:29 4. G. Berwick, GB 2:54:20 5. T. Nuttin, Fr. 2:54:56 6. A. Tripp, GB 2:56:51 Cadets 5 Km--1. R. Hutchings, GB 22:17.5 2. C. Holloway, GB 22:33 3. J. Bott, GB 22:37 Jr. Women's 5 Km--1. J. Drake, GB 24:26.2 2. M. Marchand, Fr. 25:35 3. K. McAdam, GB 25:57 Jr. Men's 10 Km--1. D. Stone, GB 44:51 2. O. Brosseau, Fr. 45:31 3. D. Langlois, Fr. 46:09 4. A. Penn, GB 46:52. Team Score: Great Britain 75 France 50 European Veterans Championships, Malmo, Sweden, July 29-Aug. 1: Men 40 5 Km--1. Armando Zambaldo, Italy 22:13 2. G. Niero, Italy 22:53 Men 45 5 Km--1. D. Zschiesche, WG 22:54 2. R. Pelliccia, Italy 23:40 Men 50 5 Km--1. A. Nokela, Fin. 23:20 2. Dave Stevens, GB 23:42 3. G. Affeldt, WG 24:13 Men 55 5 Km--1. K. Sevansson, Swed. 25:03 2. D. Fotheringham, GB 25:24 3. B. Nilsson, Swed. 25:42 Men 60 5 Km--1. A. Sturni, Fr. 26:05 2. L. Creo, GB 26:58 3. A. Lundstrom Swed. 26:58 Men 65 5 Km--1. A. Svensson, Swed. 28:36 Men 70 5 Km--1. J. Grimede, GB 27:56 2. C. Magnin, GB 28:07 Men 75 5 Km--1. Giulio De Petra, Italy 31:04 Men 40 20 Km--1. Zambaldo 1:34:43 2. G. Niero 1:37:15 3. M. Niero, Italy 1:38:11 Men 45 5 Km--1. D. Zschiesche 1:35:16 2. R. Pelliccia 1:37:16 Men 50 20 Km--1. A. Nokela 1:36:03 2. D. Stevens 1:43:06 Men 55 20 Km--1. P. Pempelforth, WG 1:43:12 2. D. Fotheringham 1:46:55 3. K. Svensson 1:47:26 Men 60 20 Km--1. A. Sturni 1:52:43 2. C. Bombia, It. 1:55:18

3. L. Creo 1:55:39 Men 65 20 Km--1. A. Svensson 2:01:18 2. J. Stuetzle, WG 2:04:27 Men 70 20 Km--1. J. Grimade, 1:58:10 2. C. Megnin 2:01:35 Men 75 20 Km--1. De Petra 2:11:47 Women 35 5 Km--1. J. Bonet, Fr. 25:42 Women 40 5 Km--1. C. Bean, GB 27:59 2. E. Kuchenbecker, 28:16 3. K. Lindgren, Swed. 29:01 Women 45 5 Km--1. V. Heikkila, Fin. 25:51 2. E. Tursoz, Pol. 27:51 Women 50 5 Km--1. L. Marloth, WG 28:00 Women 55 5 Km--1. O. Meyer, WG 27:58 2. M. Worth, GB 29:14 Women 60 5 Km--1. K. Larsson, Swed. 31:44 Women 65 5 Km--1. B. Tibbling, Swed. 29:37 2. M. Bengtsson, Swd. 30:33 Women 70 5 Km--1. J. Luther, WG 35:07 Women 75 5 Km--1. F. Bonnans, Fr. 34:54 Women 35 10 Km--1. J. Bonnett 55:40 2. G. Kutze, WG 57:14 3. W. Hartman, WG 58:25 Women 40 5 Km--1. E. Kuchenbecker, WG 56:40 2. C. Bean, GB 56:50 Women 45 10 Km--1. L. Kalweit, WG 56:34 2. G. Bornwasser, WG 59:52 Women 55 10 Km--1. O. Meyer, WG 56:42 2. M. Worth, GB 58:36 Women 60 10 Km--1. K. Larsson 62:52 Women 65 10 Km--1. B. Tibbling 58:41 2. M. Bengtsson 62:26 Women 70 10 Km--1. J. Luther 70:33 Women 75 10 Km--1. F. Bonnans 72:24

GUAN IN RECORDS

Associated Press reports out of China have Ping Guan (the reports say Guan Ping) setting two women's worlds records in October. She first did 5 Km in 21:26.5 in Beijing and two days later covered 10 Km in 44:42.2 in Peking. Presumably, both races were on the track. (There always seems to be confusion about the order of Chinese names, but this young lady has been Ping Guan in the past, so we will continue to call her that until someone tells us different.)

From the Golden Gate Walker

BILL RANNEY (July 6, 1935--October 20, 1986)

Bill Ranney, one of the best known racewalkers in Northern California sports history for many years, died of a heart attack at age 51 on Monday, October 20. He was working out on a rowing machine early that evening at the World Gym in Kentfield when he was stricken. Paramedics were unable to revive him and he was pronounced dead at Marin General Hospital at 7 pm.

After switching from competitive running, in which he excelled as a young man, he made his mark over many years in race walking both regionally and nationally. While never attaining an Olympic berth, he nevertheless was long a nationally ranked athlete, and also competed internationally. He was long affiliated with the West Valley Track Club. When he moved into the masters ranks at age 40, he won a number of national titles and was always in that division's top echelon.

Bill was also diligent in supporting racewalking as an official. For several years, he was racewalk chair for the Pacific Association, during its transition period from affiliation with the AAU to the Athletics Congress. He was the race director of the National 50 Km Championships at Cupertino in 1979 and of the 1980 35 Km at Belvedere.

At the time of his death, Bill was an English teacher at San Rafael High School, employed there since 1969. For the past 12 years, he had been coach of the school's swimming and water polo teams. Most recently, Bill had become seriously involved in competitive bicycling, and was reported to have been training to ride the bike relay leg of an upcoming triathlon when the shocker of his death came. The last couple of years, he had been accompanying the lead runners of the SF Marathon as un race bicyclist.

Bill was also a personal coach for competitive runners and race walkers who have sought his services, including our current Pacific Association star, John Ratto. For the last year or so, he had conducted a racewalking class for beginners and for those more advanced who wanted to hone their competitive skills.

He was born in Quincy, Mass., had spent some of his formative years in Placerville, and had attended Stanford University. He had a bachelor's degree from Sonoma State and a Masters from SF State. Prior to entering the teaching profession, he had worked in advertising. Survivors include his father, Charles Ranney, of Marshall, Cal.

Donations in Bill's memory may be made to UC Research Institute, c/o Dean Ornish, 2302 Dividadero St., San Francisco, CA 94115.

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FROM HEEL TO TOE

The IAAF World Indoor Championships will be held in Indianapolis on March 6-8, 1987, including a 5 Km walk for men and 3 Km for women. The qualifying standards are 20:35 and 14:05, respectively. A new 200-meter track is being laid in the Hoosier Dome by Mondo Rubber of Italy for the event. As of October 29, 48 nations had registered to compete in the event. If you are interested in attending you can write the Hoosier Dome Ticket Office, 200 South Capitol Ave. Suite 150, Indianapolis, IN 46225 for further information. . . There was official scoring for the Pan-Am Cup. Overall team scores were: Mexico 149, U.S.A. 123, Canada 114, Columbia 69, Venezuela 60, Puerto Rico 36, Guatemala 28, Honduras 16, Argentina 11. My unofficial scores for each of the three events were inaccurate because I was regarding only nations with three entrants, but all those with at least two in an event were scored. . . Plans are proceeding apace for the IAAF World Race Walking Cup in New York next May. The 50 Km race on May 2 will start at 8 am. On May 3, the women's 10 km will start at 9:30 am and the men's 20 km at 11 am. There will also be a People's Race at 5 Km starting at 8 am. The opening ceremony will be held at 3 pm on Thursday April 30. The races will be held on a 2500 meter loop in Central Park. An International Race Walking Clinic from 9:30 am to 3 pm on Friday, May 1, geared to the international level coach, will be open to all those who are interested. For the first time, the race is open to all IAAF member nations (there have been qualifying regionals in the past), with a maximum of five entrants per event and a minimum of three from each entering nation. Men may walk both races. . . Ron Daniel, who has done so much to rebuild our sport in the LA area through the Walkers Club of Los Angeles, will be leaving that area, having taken a job in Northern California. . .

THE SCHEDULE

Sat. Dec. 13--1 Hour, Atlanta (S)
10 Mile, Columbia, Missouri, 9 am (G)
5, 10, and 20 Km, Seattle, 1 pm (A)
Marathon and 10 Km, San Diego, 7 am (N)
1 Mile (Indoor), Cambridge, Mass., 1 pm (L)

Sun. Dec. 14--10 Km, Long Branch, NJ 1 pm (P)
4 Mile, Honolulu, 7 am (X)
4 Mile, Seattle, 10 am (A)
 $\frac{1}{2}$ Marathon, San Francisco (Q)

Sun. Dec. 21--NATIONAL ATHLETICS CONGRESS 100 KM, HOUSTON (J)
5 Mile, Honolulu, 7am (X)
5, 10, and 15 Km, Pasadena, 8:30 am (N)

Sun. Dec. 28--10 Mile, Asbury Park, N.J., 10 am (P)
 15 Km Handicap, Honolulu, 6:30 am (X)
 Sat. Jan. 3--50 Km, Seattle (A)
 Sun. Jan. 4--10 Km, Honolulu, 7 am (X)
 Sat. Jan. 10--7 Mile, Honolulu, 7 am (X)
 5 and 10 Km, Albuquerque, N.M., 9 am (M)
 Sun. Jan. 11--2 Mile Men and 1 Mile Women, Hanover, N.H., 10 am (L)
 Sun. Jan. 18--10 Km, Honolulu, 7 am (X)
 Indoor Miles, Dec. 16, 23, 2nd 26, Providence, RI (C)

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 X--Dan Fitzpatrick, 95-311 Alo Pl., Mililani, HI 96789

LOOKING BACK

20 Years Ago (From the Nov. 1966 ORW)--Don DeNoon won the National 1 Hour from Rudy Haluza, the favorite, covering 8 miles 138 yards. Haluza was 112 yards behind. Ron Laird, in third, covered 7 miles 1430 yards, 69 yards ahead of Larry Walker. . . In the Ohio Track Club Distance Carnival "A gutsy Jack Blackburn, showing the zest of his long forgotten youth, moved easily away from decrepit old Jack Mortland in the last 5 miles of Sunday's 15 miler to cop individual walking honors." Blackburn took that one in 2:04:31 to Mort's 2:07:28. On the day before, Mortland had won a 7 miler in 55:57, but then succumbed to a fresh Blackburn in the 2 Mile, 14:16 to 14:56. In the women's 5 Mile, Jeanne Bocci turned in an excellent 43:54. .

15 Years Ago (From the Nov. 1971 ORW)--Ron Laird won a fast 15 miler in Long Branch, N.J. with a 1:58:27, just over 2 minutes ahead of Todd Scully. . . Bill Weigle did 50 Km in 4:40:59 on the track in Boulder, Col. . . In the ORW Race Walking Orgy, three races saw three winners. Phil McDonald walked a classy 10 Mile on Saturday morning--1:20:12. Jack Blackburn, recovering from the flu was more than 20 minutes back. However, a few hours later he took to the track and matched a fresh Jack Mortland stride for stride as they deadheated in 14:58.4. The next day, Jerry Bocci captured the 20 miler in 2:59:56, with Blackburn struggling through in 3:29. Macdonald stayed with Bocci for 12 miles and then called it a day and Mortland stopped at 14 miles, some 6 minutes behind Bocci.

10 Years Ago (From the Nov. 1976 ORW)--John Knifton was an easy winner in the National 35 Km in Pittsburgh with a 2:59:52. Detroit's Bill Walker and Martin Kraft followed in 3:06:20 and 3:07:09. Ray Somers, Ray Floriani, and Tom Hamilton rounded out the top six. . . Locally, the rapidly aging Jacks engaged in a 2 Miler and Mortland prevailed by $\frac{1}{2}$ -second in 15:57.5, with Laurie Tucholski not far back in 16:31. . . Bob Rencrantz did a 4:29:48 for 50 Km on the track in Seattle. . . In the ORW's Annual World Rankings, Mexico's Daniel Bautista, the Olympic champion, was ranked first at 20 Km, followed by Peter Frenkel, East Germany, and Raul Gonzales, Mexico. Soviet ace Veniamin Soldatenko led Mexico's Enrique Vera and Finland's Reima Salonen at 50. In the U.S. rankings, Ron Laird was placed ahead of Toddy Scully, Larry Walker, and Larry Young at 20, and Young led Augie Hirt, Dan O'Connor, and Floyd Godwin at 50.

5 Years Ago (From the Nov. 1981 ORW)--Dan O'Connor easily won the national 40 Km in Long Branch. His 3:21:51 left him 8 minutes ahead of Ray Sharp. Randy Mimm and Brian Savilonis followed. . . In the Can-Am Cup races at Niagara Falls, Quebec was an easy winner over Wisconsin, Ontario, and the Niagara Association. At 20 Km, Quebec's trio swept honors, led by Guillaume Leblanc's 1:26:31. Marcel Jobin had 1:27:22 and Francois LaPointe 1:27:39. Jim Heiring, walking for Wisconsin, was fourth in 1:28:04. The women's race went to Ann Peel of Ontario in 50:54 (10 Km), with Jeanne Bocci second in 52:31. . . Alan Price won his fourth straight 100 miler in Columbia, Missouri finishing in 20:14:45. Bob Chapin was nearly 1½ hours back and Leonard Busen also completed the distance.

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Now, scientific research gives us the answer to all our judging problems, and it's so simple--simply put weights on the competitors to hold them down. My source: the following abstract from Ergonomics, Vol. 29, No. 10, pp. 1191-1202, 1986.

The effect of carried loads on the walking patterns of men and women

By PHILIP E. MARTIN
 and RICHARD C. NELSON

In order to determine the effect of loads worn or carried on walking mechanics. 11 men and 11 women were filmed using high speed cinematography as they performed overground walking at 1.78 m/s under five load conditions. The loads included a baseline condition in which subjects carried no added load, and additional loads of approximately 9, 17, 29 and 36 kg consisting of standard military items. The latter two loads were added in the form of a framed rucksack system. Values for several variables frequently used to describe temporal and kinematic characteristics of walking were quantified from the film. These included stride length, stride rate, single leg support time, double-support time, swing time and the forward inclination of the trunk. The results of the study demonstrated that the males and females displayed significantly different gait patterns under all load conditions. Not unexpectedly, the females required a higher rate of stepping than the males because of their shorter stride lengths. The results also demonstrated that the walking patterns of both the male and female subjects were affected by the increases in carried load. In general, stride length and swing time decreased while stride rate and double-support time increased with increases in load. There was also an increased forward inclination of the trunk but only for the two heaviest loads which were carried in a rucksack. While the changes in gait characteristics were relatively small for the male subjects, the females were affected to a greater extent thereby demonstrating a greater sensitivity to load magnitude. It was concluded that careful consideration must be given to the absolute loads carried by males and females. Not only is it important for load requirements to be lower for females because of the physiological implications but also because of biomechanical implications and the associated mechanical stresses which must be endured during locomotion. While this study was directed primarily towards military applications, the results should also have implications for load carrying in a variety of situations and environments, including industrial and recreational applications.

Making it easy on ourselves this month, we reproduce three more items from other sources. The first, a special column by Elliott Denman, which appeared in the July 8, 1986 *Asbury Park Press*, the other two from the Long Island newspaper, *Newsday*. The article on Sue Liers' baseball exploits on Oct. 26, the other article November 9.

ELLIOTT DENMAN

Szekely's a special American

Knute Rockne. Patrick Ewing. Bobby Thomson. Martina Navratilova. Pancho Segura. Bert Blyleven. Sonja Henie. Mario Andretti. Alex Olmedo. Steve Van Buren. Henry LaSkau. John Lee. Patrick J. Ryan.

They are or were champions all, kings and queens of their own spheres, headline-makers. And they were right back on the list of honored adopted Americans last week, as this nation called timeout to salute the Great Lady who had spent the last century greeting New Americans (among so many millions more.)

It's stretching a point far, far too far to say the New American champions, or their parents, came here tired or poor or even among the huddled masses. But they did come here seeking a brand of liberty and opportunity not readily available in some other nations. Well, they found it and blossomed out in nearly every possible athletic direction.

And so, among other things, Liberty Week became a week to celebrate the New American athlete.

We don't think They mentioned Akos Deszo Szekely in any of this, however. And since They didn't, we will.

We will because no New American ever gave any more to his new country than he did. Akos Szekely gave his life for America, at age 25.

Born in Hungary in 1942, young Akos Szekely fled that troubled land with his family as the 1956 insurrection against Soviet rule was mercilessly put down.

The Szekelys sought their liberty in America and Akos, a bright lad, took every advantage of newfound opportunities. The Szekelys made Silver Spring, Md. their home and young Akos adopted to his new surroundings quickly enough to excel in all his high school work.

He did so well, so rapidly that he won appointment to West Point.

There could be no higher calling than this and the lad who had seen Soviet military might strike down Hungarian Freedom Fighters' own bid for liberty eagerly volunteered to serve the cause of American liberty, the obligation of every West Pointer.

Along the way, he also developed into a national-caliber track and field athlete. There are two good reasons, however, why you may not have heard all that much about his exploits in the sport. One was that he was constantly overshadowed by a West Point contemporary, Ronald Zinn. Two was that both competed in race walking, an "orphan" event in too many outposts of America.

But they loved him in selected enclaves of this land.

One early year in the history of racing on the Asbury Park boardwalk, it was Zinn and Szekely outclassing the pack in a dead heat of a 10-miler. They crossed the Asbury Avenue finish line together to the applause of a large Eastertime throng.

When Zinn made the Pan-American Games team in a 1963 trial race in Chicago, Szekely just missed, a close but no-go third.

When Zinn made his second Olympic team, at Pittsburgh in 1964, Szekely again just missed, placing a good-try but stay-home sixth.

Well, the Vietnam war was now on and "duty, honor, country"-bound West Pointers were rushed into Southeast Asia and the leadership roles they had been trained for.

Ronald Zinn was killed in action in 1965 and Akos Szekely two years later. Teammates on The Long Gray Line just a few years earlier, these "trained and worthy leaders" were teammates to the eternal finish line.

Their names, of course, are engraved, with those of all their slain comrades, on the Vietnam veterans' memorial in Washington. Invariably, there's not a dry eye to be noted on any member of the vast throng of daily visitors.

Not too many American athletic enthusiasts ever got to know or appreciate this special kind of New American. But we knew him and saw him at the races and remember him as a supreme kind of a competitor, a crew-cut lad brimming all the standard dreams of young men ready to face the world. Like so many other Americans caught up in Vietnam, that world closed in on him too soon, too cruelly.

All these years, all the Liberty Week festivities, all the salutes to New American athletic celebrities later, we think it is time more Americans knew about Akos Deszo Szekely, Hero.

"On the tracks of friendly strife."
..."

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

When Sue Liers accompanied Jerry Kelly to a Stan Musial League game earlier this fall, the last thing she expected to do was put on a uniform and participate. With only eight players and forfeit time approaching, Stony Brook Cardinal manager George Altemose turned to Liers and asked her to play. She eagerly obliged and thus became the first woman to play baseball at the Stan Musial level.

Her effect on the game may not have been as significant as teammate Rob Marto's 15 strikeouts, but without her there would have been no game. "If I wasn't there they wouldn't have been able to play," said Liers. "The guys were happy I played. But the opposing players felt uncomfortable."

To Altemose, it was the only alternative. Now Liers regularly attends Cardinal games, not as a spectator but as a roster player. "She can run real well and does a decent job in the outfield," said Altemose. "She gives 100 percent and is working on her hitting."

A 27-year-old computer science graduate of Stony Brook University, she took the field that misty September evening at Sawyer Park in West Bab-

ylon knowing not to expect to be a world-beater. "I wanted to do my best," said Liers, who has played softball for 19 years. "I know the basics but baseball is a lot harder than softball."

Her presence enabled the Cardinals to pull out a 4-3 victory. "Without Sue we would have forfeited," said Kelly.

"I knew we'd be short players at times and I'd asked her what she thought about playing. She was excited about it but her parents weren't too wild about the idea. Her father's been very skeptical about her safety."

As a racewalker, Liers has been successful since the 10th grade. She is a member of the United States National team and placed third in the National Track and Field Championships in June in Eugene, Ore. Conscious of injury that would affect her racewalking, she wears red pads to protect her knees. "The pads are to prevent injury," said Liers. "Baseball is fun but racewalking is serious business."

A string of victories includes an indoor title at Madison Square Garden in February of 1981 and four Track and Field Championships. "I did well

in most major events," said Liers. "But qualifying and competing in the Good will Games in Russia was great."

In her first at-bat, she walked, stole second and went to third on an overthrow. "Her second time up I threw inside and tried to intimidate her," said opposing pitcher Mike Kozyrski of the Pirates. "But give her credit, she hung in there." Liers worked the count to 2-2 and grounded out to first. In her final at-bat she struck out.

The following Sunday morning at Murphy Junior High School in Stony Brook, Liers pinch ran for the 43-year old Altomose. "There's no question that it's a plus for us to have her on the bases for me," said Altomose. "She can score from second on a single."

With the 5-foot, 100-pounder on second base, the next batter lofted a fly ball to rightfield. After the ball was caught she tagged up and raced to third challenging the arm of the Pirates' Bobby Graham. "I never expected her to go," said Graham. "It jolted my pride and ego when she tagged safely." Graham, who later took the mound and struck out Liers in the seventh inning, said, "I was determined

A bone-chilling drizzle was falling two weeks ago as the last of 241 runners finished a soggy five-mile race around Eisenhower Park. While the rain-soaked runners headed for drier surroundings and cars began filing out of the parking lot, about 60 people who had been waiting patiently assembled in front of the field house for another race.

This group was a bit different. Most were students or senior citizens. Many were present or former Olympians, national champs and record-holders. None was out there to run. They were racewalkers, competing in the Henry Laskau 10K Olympian Racewalk.

Laskau was a member of three U.S. Olympic racewalking teams and held 42 national racewalking titles from 1947 to 1957. Having barely escaped Hitler's concentration camps in his native Germany, he went on to become one of the greatest Americans in the history of his sport. Evidence of just

to strike her out. I needed something to regain a little self-esteem. She's earned the respect of all players on the field."

"Batting was difficult at first, because I was afraid I wouldn't see the ball well enough to get out of the way of a wild pitch," said Liers, who wears glasses. "I've always wanted to play baseball. Although it was unrealistic, I told my eighth-grade math teacher that my ambition was to be a baseball player. Now I know what it's like to play the game."

The Fall Stan Musial League is not made up of the same caliber talent one would find in the spring, but it does offer the chance for players to enjoy baseball a little longer. Some college and high school players are there to seriously sharpen skills for the upcoming spring season, but the majority of players sacrifice football Sunday's, family outings and leaf cleanup to enjoy the beautiful fall weather and a twinbill. For Sue Liers, it's been an experience she'll always remember.

how close-knit a community that is was apparent when Laskau himself appeared to start the race.

"On your mark . . . get set . . . go," shouted the diminutive 70-year-old, who still looks like he could outwalk men 20 years his junior. Off the competitors shuffled in their distinctive wobbling gaits, moving at speeds that would stop most recreational runners in their tracks. But there was hardly anyone around to impress, since most of the spectators and participants had left after the road race. That's nothing new. Racewalkers are used to playing second fiddle to runners.

Then again, there's nothing new about racewalking, either. It's been around, in one form or another, since the Middle Ages. The sport enjoyed a heyday in the mid-1800s, when "pedestrians," as they were called, competed in such endurance feats as walking the 500 miles from Boston to Washington. It's been an Olympic

sport since 1906 and, in fact, the 50K (31.1 miles) racewalk is still the longest endurance event in the Games.

These days, racewalking's brain-trust is trying to give the old sport a new image. How? By taking out the "race" and calling it health or fitness-walking, instead. "We're saying that you can emulate the style of the racewalker and get all the benefits, but you need never compete," explained Howard Jacobson, president of the New York Walkers Club and executive director of the Walkers Club of America.

The idea is to make walkers out of all those Americans who would like to get in shape, but don't like the idea of pounding the pavement in jogging shoes. That could be a sizable constituency. The President's Council on Physical Fitness estimates that 55 million Americans walk for health. As of now only about 25-30,000 racewalk. Jacobson is hoping that will change in the year ahead, primarily as a result of increased corporate sponsorship dollars, enabling the club to hold more clinics and exhibitions around the country.

So far, the numbers are encouraging. According to Jacobson, the New York club, which counted all of 12 members in 1979, has grown to 1,600, most of them recent recruits, and he expects memberships in the Walkers Club of America to skyrocket from 12,000 to 100,000 by next June.

The message is that walking is a safer route to fitness than running — and that racewalking technique makes it an even better exercise. Gary Westerfield of Smitthtown, a TAC (Track Athletics Congress) national racewalking team coordinator and national women's team coach, cites biomechanical studies showing that the amount of "g-force" — or pounding — in walking is half that of running. That means half the stress and less potential for injury.

"The average walker can improve to 10-12 minutes a mile using racewalking techniques," he says. "That's slow for competition, but it's a nice goal for a person looking to get in shape."

The top competitive racewalkers are anything but slow. According to Westerfield, the really good ones can handle sub-seven-minute miles for 20K (12.4 miles) and sub-eight-minute miles for 50K (31.1 miles) — those being the two official competitive distances for men. (Women racewalkers compete at 10K and 5K.)

Over the years, some of the country's best racewalkers have come from New York (although that's probably news to most New York sports fans). The cream of the current crop includes Sue Liers of Smitthtown, who has been competing internationally for nine years, and Lynn Weik of Sayville, a sophomore at SUNY / Stony Brook, who has shown promise in national competitions and finished second at the Laskau race in 49 minutes, 48 seconds. Among local men, Dan O'Connor of Bellmore was a 20K and 50K competitor in the 1984 Olympics, and Curtis Fisher of Huntington, now a junior at Stony Brook, was Junior National Champ in 1985 and finished sixth at the national team trials at 20K in Eugene, Ore., this year.

The national record for a 20K racewalk, 1 hour, 21 minutes and 48 seconds, was set by Tim Lewis, who went to high school in the Albany area. The fastest American woman is Teresa Vail from upstate Pine Plains, who did 46 minutes and 47 seconds in the 10K. She was also the winner at the Laskau 10K, at 49:09. Her twin sister, Lisa, finished third.

With times like that, it's no wonder that veteran runners have nothing but respect for racewalkers, many of whom can be seen strutting their stuff alongside runners in road races. Jack Dowling, president of the LI Road Runners Club, maintains that "you know you've arrived as a marathon runner when you can pass the first racewalker in the race. They're that good."

Getting good in racewalking, like anything else, takes practice. But learning the basic technique isn't all

that hard. "Anybody who wants to learn racewalking technique for purposes of fitness and health can learn it within two or three sessions," claims Laskau, who now teaches the sport to fellow retirees in Florida. The problem is that the movement doesn't look as graceful as running. Thus, many people are self-conscious about trying it.

"It only looks strange because it's not familiar," claims Bruce MacDonald, a teacher and coach at Port Washington High, who was a member of the U.S. Olympic racewalking team in 1956 (the year that four of the six U.S. racewalkers were from the New York metropolitan area), 1960 and 1964, as well as a manager and coach in the 1972 and 1976 games. "We tend to put down things that are unfamiliar," he said. "It's like a person who has never watched ballet. They see these people spinning around on their toes and think it looks unnatural. To me, racewalking looks very natural."

As MacDonald explains it, the key to learning how to racewalk is "being lazy. That is, to move as economically as possible." He describes the technique as a combination of body alignment, relaxation and balance, with all forces pushing forward, not up and down.

"When a racewalker is in proper form," he says, "the head is erect. The shoulders are down and relaxed, and the arms are dropped close to the side.

The hip movement is slightly down and forward, not side to side." The walker's leg must be straight, but not locked, as it passes under the hip. You come down on the heel, and then roll the toe, while planting the other heel.

The heel-toe movement, although easy to learn, is tough to judge in a competition. The "double contact" rule stipulates that one foot must be on the ground at all time. "But when walkers are going really fast," says Westerfield, "cameras will catch them off the ground momentarily. That's one of the most difficult aspects to judge. Are they running. . . or are they racewalking?"

During the Laskau 10K, everybody was racewalking. . . or at least trying. The judges and organizers, always on the lookout for new recruits, were glad to offer advice. "Pump your arms like a sprinter," urged Jacobson to one of the novice walkers. "Looking good," shouted Westerfield, patrolling the course on a bicycle. "Straighten up," signaled Henry Laskau a few meters later.

Getting advice from an athlete of Laskau's accomplishments is akin to having Ted Williams step in the batter's box to adjust your stance during a weekend softball game. But that's the nature of racewalking: a sport where champions mingle easily with beginners; a sport that welcomes anyone who's willing to put one foot in front of the other, and be humble about it.

From the *NY Times* 11/11/86

PROPOSAL 1:

The following selection process will be used for major racewalking events in 1987.

Lugano/Eschborn - New York City - May 1987

Women's 10K - Top 4 finishers at designated qualifying race
Men's 20K - Top 4 finishers at designated qualifying race
Men's 50K - Top 4 finishers at National 50K championship

World Championships - Rome Italy - August 1987

Women's 10K - Top 3 finishers at National 10K race 6/27
Men's 20K - Top 3 finishers at National 20K race 6/27
Men's 50K - Top 3 finishers at National 50K championship

Pan American Games - Indianapolis IN - August 1987

Women's 10K - Finishers 4-5 at National 10K race 6/27
Men's 20K - Finishers 4-5 at National 20K race 6/27
Men's 35K - Finishers 4-5 at National 50K championship

U.S. Olympic Festival - Raleigh NC - July 1987

Women's 10K - Top 3 finishers per region at National 10K race 6/27
Men's 20K - Top 3 finishers per region at National 20K race 6/27
Men's 50K - Top 3 finishers per region at National 50K race

The following additional stipulations will apply to USOF athletes. Any athlete competing at BOTH 1) Lugano/Eschborn and 2) PanAms or World Championship walks will not compete at the USOF.

All regions will 1 entrant, regardless of performance. Beyond the first entry, the following stipulations will apply:

1. Athletes must have competed at the National championships at the respective distance.
2. If a region does not have 3 athletes at the national, selection of additional performers will be based on having met minimum performance standards of 1:40:00, 5:00:00, and 60:00.
3. Should no athletes from a region have met those standards within the previous year, remaining spots will be filled from outside the region based on highest finishing non-selected athletes at respective national championship events.

PROPOSAL 2

National Team - Selection and composition

National teams for racewalking shall be comprised as follows.

Teams will be selected for Senior men's 20K and 50K, Senior women's 10K, Junior men's 10K, and Junior women's 5K.

Senior teams will consist of 10 athletes. The top 8 finishers at the various national championship races will be named to the team.

The remaining 2 positions will be selected by consensus of the national coaching staff, non-athlete development committee members, and Racewalking committee chairman.

Junior teams will consist only of the top 6 finishers at the respective national championship event.

Any individual may be selected to be a member of only one national team.

Should an athlete qualify for more than one team, they must decide which team they desire to be part of immediately following the second qualifying event.

Athletes must, from time to time, submit their training programs to the respective national coach for review, as deemed appropriate.

The national team will be used for selection of athletes to compete in events where the USA sends teams. Should the end of the team be reached without all positions being filled, a consensus of the national coaching staff will select athletes to fill such positions.

PROPOSAL 3

Team Managers - Selection and qualification

All managers selected to head TAC/USA racewalking team trips must be a member in good standing of TAC/USA in some form - registered athlete, official, coach, or sustaining member.

All nominations for a year's managerial positions must be submitted by the end of the convention of the preceding year. A review committee will review qualifications, the history of the individuals' involvement with TAC racewalking, and any special abilities. A ballot will be prepared and submitted to those eligible to vote by 1 January of the year being voted on. Individuals will rank 5 choices 5-4-3-2-1, with nominees receiving points based on these votes. Ballots will be totaled on 31 January and the results published in the executive newsletter.

Assignments will be given in order of voting rank finish. Higher ranked individuals will have their choice of available assignments. Once a trip has been assigned, there will be no changes allowed except for resignations. Resignations will be filled by the next ranked nominee.

Assignments will be completed by the day following the TAC/USA Indoor Track & Field Championship meet.

A member of the national coaching staff may head a trip as coach/manager, but may not serve as a manager of any trip where both coaches and managers are traveling. A national team coach may serve as coach/manager for a combined men's/women's team, but may not otherwise serve as a manager for a team that he or she does not serve as coach.

A manager may only serve in such a capacity for one trip per year. There will be no limit on positions in consecutive years, though it is recommended that no individual serve more than twice in any three years period.

PROPOSAL 4

National coaches - selection and requirements

The following coaching positions shall be appointed within the TAC/USA Racewalking Committee:

Senior Men Junior Men
Senior Women Junior Women

Terms of coaching positions shall be four years, commencing January 1 of each Olympic year. Appointments shall be reviewed at the mid-point of a term. Coaches may serve two complete consecutive terms.

A committee shall be established to set forth criteria for the selection and duties of National Racewalking Team coaching staffs.

Effective January 1, 1988, all individuals holding National coaching positions must have obtained at least Level I TAC/USA coaching certification.