Wellington, Florida, Feb. 7 (by Jim Wilkeson, Palm Beach Post)—Going into the Wellington 15 Km race walk Saturday morning, many observers expected to see the men's American best fall, given the class field in attendance. They saw a record broken, but not the one they expected. Debbi Lawrence of Grandview, Mo., shattered the American record in the women's race by just under 6 minutes with a time of 1:13:39. (Ed. I should read what I'm going to put in here before I put it. Not very careful reporting on the part of the Post staff writer; but, then, he had probably never seen a walking race before. True, the American record is 1:19:49.8 by Sue Liers, but records must be made on a track. The American road best is 1:11:11, also by Liers, and that is what Debbi would have to have bettered in this race to go in the record books. So back to Mr. Wilkeson's report.)

"The conditions here were perfect," said Lawrence, 25, of the overcast skies and slight drizzle at race time. "I was just shooting for a strong, consistent pace, so I'm pretty surprised." Lawrence's husband, Don, who finished 15th in the men's race, set the pace for Debbi. "We didn't plan it that way at first," said Don Lawrence. "I'm training for the 50 Km, so her pace worked out to be about the same as mine."

The race was the second 15 km for Debbi. She was the 1986 national champion at 20 Km. The time in her previous 15 was 1:21:00. "I really wanted to walk at an 8:20 pace," Lawrence said. "This ended up more like a 7:50 pace. "I wanted to go out holding back so that I wouldn't burn out," Lawrence said. "I guess it worked out that way."

Lawrence's performance overshadowed a strong walk by men's winner Tim Lewis, who came across the finish line in 1:04:35, a little more than a minute over the American record of 1:03:07 set by Jim Heiring in 1984. (Ed. The American record is actually 1:02:24 by Marco Evoniuk in 1984.) But Lewis thought he could have done better. "I felt tired actually," said Lewis, who holds the world record in the indoor mile at 4:01:12 and the American record in the 20 Km (1:21:48—actually road best, not record). "I really felt sluggish and my legs were tired, so I went for it with the least amount of effort I could. I'm happy with the way I did as far as winning the race, but I really felt bad," said Lewis, 24, who is from Colorado Springs, Co. "There is no humidity in Colorado, so I think the humidity here had something to do with it."

Others were less convinced about Lewis having a bad race. "Tim is really solid," said Paul Wick, 24, who fought off a late challenge by Ray Sharp to finish second with a time of 1:06:27. "He is an extra-legal walker. It looks like his feet are glued to the ground."

Gary Morgan, who was in second behind Lewis most of the race, was disqualified with 3 kilometers to go. Sharp, a pre-race favorite who finished third, was surprised he finished in the top five. "I'm way out (See page 14 for National 50 Km results.)


OTHER


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**RESULTS NATIONAL 1 HOUR RACIAL RACE FOR 1986**


**WOMEN**


**MEN'S 20 KM:**


**WOMEN'S 10 KM:**


**MEN'S 40-44:**


**MEN'S 45-49:**


**MEN'S 50-54:**


**MEN'S 55-59:**


**MEN'S 60-69:**


**MEN'S 70 and up:**


**WOMEN'S 20 KM:**


**MEN'S 50 KM:**


**WOMEN'S 50 KM:**


**30 KM:**


**WOMEN'S 30 KM:**


**100 KM:**


**WOMEN'S 100 KM:**


**150 KM:**


**WOMEN'S 150 KM:**


**200 KM:**


**WOMEN'S 200 KM:**


**500 KM:**


**WOMEN'S 500 KM:**

WOMEN'S WORLD LIST—20 KM

1:15:52 Vera Osolova, USSR
1:15:58 Veronika Qvist, Sweden
1:16:00 1:16:00
1:16:00...}

SO IT'S A RACE YOU'RE LOOKING FOR...

Compared to last year's 25 Km Championship, this year's National Championship adds a new element to the mix. Without going back too far, there were 16 in 1985, 12 in 1984, and 20 in 1982. When one thinks about it, there aren't too many opportunities to race 50 Km, so it's important to take advantage of the chance. The National Championship is held at a more reasonable time of the year than February. That doesn't give the guys in the upper Midwest much time but it's hard to put in the needed training and a pair of real racewalking shoes, even on a good day, even a sledger like me can't go under 5:30 (200 pounds of slow of foot). If that's possible, then for the fringe of an elite race, sense to me if the Championship is held at a more reasonable time of the year than February.
Saturday or Sunday in October, there would be a regional held within driving distance (600 miles or less). I'd point my whole year toward it as I'm sure the guys on the fringe would. But the, what do I know? I'm just one of those back-of-the-pack walkers who pays his TAC dues and entry fees and tries to find a race nearby.

From Bill Tallmadge, Berea, Kentucky

The reason for my comments is that I was very nearly disqualified at Mitchell Field last summer in the 20 Km. I had two warnings from two judges in about 2 minutes. By adding about 20 minutes to my time and walking like a wounded stork, I survived to win my first place. Incidentally, I have raced in 11 walks and won 11 in my age 70-74 group (last year).

Anyway, I believe that I am legal in spite of the fact that I don't lock (hyperextend) my knees. I practiced doing it for about 20 days last summer after the National meet. My knees began to get worse and worse. I will never do it again.

Thus, I would like to say something about the problem of bent knee. First, recall that the rule about straight knee reads as follows:

"The supporting leg must be straightened (i.e., not bent at the knee) for at least a moment when in the vertical upright position."

Note that the rule says nothing about locking the knee. Nonetheless, some judges and some race walkers apparently believe that the rule implies locking, and that locking the knee also implies that the leg assumes for a moment a concave position, which in sports medicine is called hyperextension of the knee (a malady to be avoided and corrected). Pictures of race walkers often show the legs in this so-called locked, hyperextended position. Bob Mmm wonders about this point and states that, "A question arises about how strict we need to get with straight legs." He goes on to mention that he does disqualify some walkers because "they do not lock." More recently, Alan Wood wrote in the Master Walker (Jan. 1987): "Several men over 70 can walk a 50 and 'lock' all the way." I would add that they would be foolish if they did, else they had best be prepared for knee problems. When one is young, the body can accommodate all kinds of distortions, including hyperextended, locked knees in fast walking; but from 65 on, particularly if the walker only recently took up the sport, the walker should not lock his or her knees.

I do not lock or hyperextend my knees, and only once in the past two seasons have I been in danger of a DQ. I maintain that the knee can be straight for a moment without locking. To those judges who think a hyperextended knee looks good, I recommend they ask someone in sports medicine how he or she likes the looks of it. Straight legs? Yes! Concave legs? Not!

Coincidental to Bill's letter, the following editorial appeared in the most recent issue of the Southern California Racewalking News:

JUDGING KNEES

Competitive sports have rules and have judges (referees, umpires) to enforce their rules. No one is required to compete; in fact, 90 to 95 percent of those walking today do so for fitness and fun. At the same time, if someone likes the excitement of competing, he/she must be willing to accept negative judgments and learn from them. Good sportsmanship is just an important as good rule enforcement.

From FRONT RANGE WALKER Newsletter in Colorado:

Racewalking Faster - A Dozen "Little" Things

by Leonard Jansen

U. S. Olympic Committee

1) Set REALISTIC goals (but challenging ones):
   a) Long-term.
   b) Short-term.

2) Training Emphasis:
   a) Endurance foremost.
   b) Speed is secondary.

3) Perhaps you need to re vamp your ENTIRE training system.

4) Too much "quality" mileage and/or not enough recovery?
   a) add junk miles.
   b) get massages.
   c) take time off.
   d) see 3) above.

5) Too few quality miles or stagnating improvement?
   a) WHY?
   b) More quality mileage/speedwork.
   c) take time off.
   d) see 3) above.

6) Do supplementary work:
   a) STRETCH, STRETCH, STRETCH!
   b) weights.
   c) swimming.

7) Change activities completely or use as in 6) above:
   a) XC ski (diagonal stride best; then skating).
   b) Running.
   c) Trail/Speed hiking.
   d) N.B. Cycling is a poor supplementary exercise but good "change of pace".

8) Get a coach.

9) Get an "observer".

10) Lose weight:
    a) VO2 max is DIRECTLY related to this. Less weight=higher max.

11) Get some "real" shoes/equipment or change brands. Experiment.

12) KEEP A TRAINING LOG!!! Those who do not know history are doomed to repeat it.
Interview with Jim Costas from the California Walkers Club Newsletter

Ed: Jim, when you suggest a training program for your noncompetitive and competitive walkers, what do you emphasize?

Jim: I have a general program. First, we do not gauge our workouts in miles but in minutes and hours. This places an emphasis on endurance. Second, I recommend a workout schedule of one hard day followed by two easy days. A hard day might involve a long-distance walk.

Ed: How do you recommend that walkers increase the time increments of their workouts?

Jim: Beginning walkers frequently are champing at the bit to do long distance, day in and day out. They walk 13 hours on a Saturday, and then ask me, "Do you think I should have done that?"

Generally, I suggest walking according to how you feel. Start with a fairly modest goal of 30 to 45 minutes; then if you find that you are feeling really great, extend the time of your walk providing you do not break the hard-day, two-easy-days rule.

The first priority is health. If you overdo, you don't feel up to training. If you injure yourself, you cannot train. All real progress involves monitoring and protecting good health.

Ed: That takes patience.

Jim: The key to real improvement is an attitude of patience and confidence. You need to have the patience not to train to go fast today or tomorrow, but six months ahead. You need to have confidence that your training program is going to bring improvement over the long term.

Ed: How are you coaching your masters walkers for the World Games in Australia the beginning of December?

Jim: The general plan has two phases. At the moment, our focus is on the National Championships May 24. Right now, we are doing long-distance and walking. We will start track workouts in the middle of February and walking. After May 24, we will work towards peaking for the Championships. After May 24, we will work towards peaking for the Championships.

In the summer, we will start training again with the aim of peaking for the World Games.

I do not think that a long peaking period, say from now through November, is wise. Most of us have too many obligations with job, family and community to oversee. Elite walkers who live for racing walking can take a very long-range approach. But for the rest of us, I feel it is better to break up the training into two peak periods.

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FROM HERE TO THERE

From today's mail, we have an addition to the schedule of upcoming races: 5 K, Austin, Texas, Saturday, April 4, 10 am. Contact: Paul Wick, 6637 W. Hemmen, Seattle, WA 98115. The coordinator for the U.S. team. Now available from the Athletics Congress are the 1987 U.S. Athletics Calendar and Indoor Track '87. The calendar, which costs $5, gives dates, site, and meet contact information for all top events, including walks; separate schedules for national championships; qualifying standards for TAC senior and junior championships; and a list of state high school championships. Indoor Track '87 contains schedules, indoor records, all-time world indoor lists, and a 1986 review. It also costs $5. Order from Book Order Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206.

Paul Wicks' 20:29.62 for 5 K at the Hooters Dome Invitational last month is not an American record, as reported in the January issue. Tom Edwards had a 20:17.55 in 1985, which was approved at the 1985 convention, but is not yet listed in the TAC Rule Book records section. Thanks to Bob Bowman for bringing this to our attention.

LOOKING BACK

25 Years Ago (From the Feb. 1962 American Race Walker) - Ron Zinn won the National 3 Mile title in New York with a 6:36 clocking. Rima Vaschtschuk challenged Zinn on the eighth of 11 laps, received a caution, dropped back to settle for second, and then found he was DQ'd. Second went to the ex-OSU runner. His 6:41.2 left him well clear of Jack Hardt's 6:50.4 in 1962.

20 Years Ago (From the Feb. 1967 ORW) - Jack Blackburn won the first ever walk race in Ohio State's French Fieldhouse, a hallowed hall he had once been booted out of during a training session even though he was an ex-OSU runner. His 6:43.6 left him well clear of Jack Hardt's 6:56.4, with Chuck Newell third in 7:04.

In Chicago, Bob Gray beat Phil McDonald three times in a row in 1 mile races. Ron Daniel had a 6:29.5 in New York. Judy Halmuza was named the recipient of the Capt. Ronald Zin Award for 1966 as the outstanding U.S. walker.
However, the running soon blended with race walking, where there seemed to be more competitive opportunity. Then, walking took over and, behold, Olympic dreams of earlier years became reality. (In 1955, my motto had been "it's only a hop, step, and a jump to Melbourne." The triple jump— at that time hop, step, and jump—was a weak event, not really weak enough for me, and I never pursued that dream.) There were some other international teams during the '60s, some stirring back-and-forth duels with the guy who pulled me into the sport, Jack Blackburn, and several national team titles for the Ohio Track Club with Dave and Tom. Two sentences in the Columbus Dispatch for making the Olympic team—out of the way, a drift to the humble beginnings followed. And this was fine. The big prizes were never more than icing on the cake—angel food cake, I think it is, which really needs no icing—and were never the reason for being in the sport.

Racing became much less serious through the '70s—the turn to Marter's events didn't really inspire me to greater deeds—and some running races again blended into the running. Racing was fine occasionally, but not really necessary, and just getting out each day to train was sustaining me.

Then, really without warning, the string of 36 years of racing ended. In 1981, there were no races the entire year. So retirement—I just didn't get around to going to a race (other than the National 15 as a spectator and reporter). My only competition during the year was three tennis matches against my wife on three consecutive days while we vacationed at Burr Oak State Park. All were losing efforts, but I improved each day and even had her down 5-4 in the second set on the final day. Concentration and competitive fire won out over conditioning, however, and she swept the final three games.

So I didn't race. But I didn't quit walking. Not at all. As a matter of fact, only in the 1960 Olympic year did I cover more miles than in 1981. These 1981 miles were much slower than in more serious years and done much less intensively—but they were enjoyable. Training never was drudgery, or a duty—just a part of life. As a matter of fact, I have to go back to the summer of 1953, before I started my first year at Bowling Green, to find a stretch of more than 10 days in a row without a workout. That's not counting 8 weeks in Army basic training, during which we got some exercise.

So, I'm still out there, still enjoying it, and still walking. And there will be some more races as the mood strikes me— although they may be no more distinguished than the 300-yard dash that started it all. Maybe I'll even start another 36-year string. Then at age 83, I can decide if I want to go on in the sport.

UPDATE: So here we are, 5 years later, still putting in some miles but competing only rarely for one reason and another. Another string ended in December—that of not having more than 10 days in a row since the summer of 1953. From Dec. 13 to Jan. 2 I eschewed fast running or slow running completely. No reason other than I decided a break might be good. In retrospect, I can say that it was either good or bad. No real withdrawal symptoms, but it was good to start back. The period away also brought to an end a string of 70 consecutive months of at least 100 miles. I realize some serious people out there go for 100 miles weeks, but 100 to 130 miles, mostly at 10-11 minute pace, with occasional "speed" work keeps me fit, if not in racing trim. That's where we are today. Might have another report in another 5 years.


Following are the all-time world indoor lists for the two European Championships distances (from Indoor Track '87).

**5000-METER WALK**

18:54.6 Nikolay Matveyev (URS), 1982
18:58.1 Pawel Biasecz (TCH), 1986
18:59.2 Carlo Mattioli (ITA), 1980
19:06.22 Gerard Lellievre (FRA), 1985
19:06.8 Mattioli (ITA), 1980
19:07.8 Maurizio Danzino (ITA), 1984
19:08.59 Hartwig Gauder (GDR), 1981
19:11.41 Damiano (ITA), 1985
19:13.50 Danzino (ITA), 1984
19:13.58 Mattioli (ITA), 1984
19:13.90 Danzino (ITA), 1984
19:14.80 Danzino (ITA), 1980
19:16.04 Dave Smith (USA), 1985
19:19.93 Anatoliy Bobolin (URS), 1983
19:20.11 Josef Pribilínek (TCH), 1984
19:21.02 Leleivre (FRA), 1984
19:23.05 Damiano (ITA), 1984
19:24.07 *Pribilínek (TCH), 1986
19:25.00 Damiano (ITA), 1980
19:25.19 Edimil Filagün (POL), 1984
19:27.11 Alfons Schwar (FRG), 1985
19:27.88 Nikolay Matveyev (URS), 1982
19:32.6 Viktor Dorovskikh (URS), 1980
19:33.30 Alessandro Passatini (ITA), 1982
19:34.29 Sergey Kostylin (URS), 1984
19:35.7 Pauli Pirjola (FIN), 1981
19:35.8 Reina Salomon (FIN), 1978
19:37.5 Vittorio Visinelli (ITA), 1990
19:39.7 Roman Musaev (URS), 1985
19:41.0 Miguel Angel Prieto (ESP), 1986
19:41.66 Yevgeniy Tsuzhakit (URS), 1983
19:42.52 *Ronald Weigel (GDR), 1986
19:42.72 *Ivo Pštuch (TCH), 1986
19:44.3 Roberto Buccione (ITA), 1980
19:47.59 Giacomo Poggi (ITA), 1986
19:47.65 Hans-Josef Emselleck (FRA), 1986
19:47.95 Jean-Marie Neff (FRA), 1980
19:48.24 Jose Mari (ESP), 1987
19:49.9 Lubomir Ivanov (BUL), 1986
19:51.07 Leonid Tzepa (URS), 1977
19:52.02 *Ronald Weigel (GDR), 1983
19:52.13 Walter Arnao (ITA), 1984
19:55.5 Antanas Grgiljanas (URS), 1984
19:55.9 Francois Leclerc (CAN), 1981
19:56.8 Alwar Ruben (URS), 1984
19:57.03 Dominique Gobert (FRA), 1980
19:57.07 *Ralf Kowalsky (GDR), 1984
19:59.13 Guillaume Leblanc (CAN), 1984

**2000-METER WALK**

13:11.57 Giuliana Salce (ITA), 1983
13:11.68 Olga Yatskovskaya (URS), 1984
13:16.20 Salce (ITA), 1985
13:17.44 Salce (ITA), 1984
13:19.48 Salce (ITA), 1986
13:21.70 Salce (ITA), 1985
13:25.56 Brigitte Yan (FRA), 1985
13:28.09 Salce (ITA), 1984
13:29.09 Natalya Sebchenko (URS), 1984
13:29.21 *Dana Vavracova (TCH), 1986
13:29.40 Mia Kjolberg (NOR), 1980
13:29.86 *Dana Vavracova (TCH), 1985
13:31.92 *Birute Gikatilienė (Lituania), 1986
13:33.20 Mirja Hamalainen (FIN), 1984
13:40.41 Gikatilienė (Lituania), 1986
13:40.81 Gikatilienė (Lituania), 1986
13:41.67 Gikatilienė (Lituania), 1985
13:42.09 Frieda Nilsson (SWE), 1986
13:42.22 Maria Grassia Coglil (ITA), 1986
13:44.37 Alison Baker (CAN), 1983
13:45.05 Joan Benera (CAN), 1983
13:45.30 Thérèse Vlady (MON), 1985
13:47.09 Vavracova (TCH), 1984
13:47.18 Ann Jessen (DEN), 1985
13:48.3 Coculi (ITA), 1986
13:51.0 Hélène Astre (FRA), 1984
13:51.36 Maria Reyes Schirino (ESP), 1985
13:54.84 Salo Enkhbat (URS), 1986
13:54.86 Tendera (URS), 1984
14:01.99 Amelie Haragnouni (ITA), 1986
14:02.0 Valentina Antonio (Lituania), 1983
14:02.12 Olgka Christyénu (URS), 1984
14:10.11 Maria Hrubánová (TCH), 1984
14:10.34 Eunice Griesbach (FRA), 1986
14:10.59 Vasilij Perekalin (URS), 1981
14:06.09 Emilia Canno Camacho (ESP), 1985
14:09.20 Rosanna Peralta (ITA), 1986
14:11.5 Gisela Vaugas (SWE), 1976
14:12.0 Elisabeth Olgun (SWE), 1976
14:12.0 Petro Kamyshov (URS), 1980
14:13.6 Benita Miranda Castaño (ESP), 1986
14:16.0 Térèse Armbrust (SUI), 1981
14:17.0 Silvia Pernin (FRA), 1985
14:18.95 Anne-Catherine Berthoudau (FRA), 1986
14:18.55 Roger Corzere (FRA), 1986
14:20.24 Sonia Cossu (ITA), 1986
14:21.08 Evelina Karpovchenko (URS), 1981
14:23.00 Nataša Niketic (YU), 1986
14:23.90 Esipov (URS), 1984
14:24.25 Marita Nusov (POL), 1993
14:24.30 Debora Rose (CAN), 1986
14:24.31 *Dagmar Grässmann (GDR), 1986
14:24.61 Barbara Stosch (POL), 1983
14:25.3 Ines Kofler (I.W.), 1984
14:26.88 Viviane Humbert (FRA), 1985
14:27.6 Line Vink (NOR), 1982