LONG BEACH, Cal., May 24—Ray Sharp managed to escape a very persistent Paul Wick over the final 5 km to capture the National Athletics Congress 25 km race walk championship today. In the accompanying women's 20 km National, Teresa Vaill was on her own all the way and finished better than 4 minutes ahead of twin sister Lisa. In the master's divisions, Larry Walker, now 44, was a very impressive third overall and an easy winner of the men's competition, and Jolen Steigerwalt beat a determined Caroline Butler for the women's title. Canada's 69-year-old Max Gould was the 60 and over winner with a world best for age 69.

Sharp and Gould took command of the men's 25 from the start, covering the first 5 km in 21:48. At that point, Ed Boulding was third, already 36 seconds in arrears and 3 seconds ahead of John Slavonic. Continuing their relentless pace, the leading duo went through 10 km in 43:51 and 15 in 1:06:03. Boulding had dropped out after 10 km and Slavonic was now third, but better than 4 minutes behind. On his heels were Aristeo Cortez and Walker.

With the pace slowing somewhat, Wick stuck with Sharp through 20 km, but when Ray was able to accelerate slightly over the final 5, Paul had to concede and settle for second, but in very impressive time. Walker moved into third just after 15 km (Cortez dropped out) and pulled easily away from Slavonic the rest of the way, finishing 1 second under 2 hours.

Vaill made a very quick start (23:53 at 5) and no one was up to challenging her. When she passed 10 km in 49:01, she was better than 3 minutes ahead of her sister and clearly in control of the race. Lisa, meanwhile, was being challenged by surprising 20-year-old Sarah Standley, who made a strong move the second 5 to pull within 11 seconds. However, Standley started to fade after 10 and was caught by Mary Howell just before the 15 km mark. But Howell, too, faded, and had to give in to a good finish by the youngster.

The results:


The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $5.00 per year ($7.00 for First Class Mail, $11.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Mortaro. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

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And, once again, sister Lisa was a strong second.

In the men's race, Tim Lewis had it all his own way, winning by more than a minute in 20123. Carl Schueler showed a good turn of speed to take an easy second, with third place Marco Ewonnik DQd.

The results:


STAUCh CAPTURES NAIA 10 KM

Rochelleville, Ark., May 21—University of Wisconsin Parks' Mike Staub broke the meet record as he easily won today's NAIA 10 K walk in 43:22. Former Parkside walker, Ray Sharp, held the old mark of 43:13.23, set in 1981. As has usually been the case, Parkside walkers dominated, taking three of the first four spots. Results:

American Youth On the Road Again... And Loving It

Overland Park, Kansas, May 24—American youth race walkers gathered here for the 2nd Annual TAC Youth Road Race National Championships. They learned that flat prairie is only a stereotype of Kansas. A hilly course proved challenging yet did not prevent records from being set in 9 of the 10 age-group divisions. The Southern Cal Roadrunners swept five individual trophies, but the Jenkins clan of Tucson recorded the best family performance, with Vickie and Vera going one-two in the 13-14 girls race and 7-years-old Nycole an impressive fifth in the age 10 and under division. Brother William was tagged with a DQ in the 11-12 boys race.

Most outstanding performance of the day was the 15:49 for 3 km by Naomi Sepulveda. This is almost a minute faster than the qualifying standard for the National Trials in Tucson. Unfortunately, she will have to wait four more years before she is old enough to enter that event.

Six TAC certified racewalk judges monitored the competition. They were led by IAAF judges Darlene Hicken and Gary Westerfield. Extensive coaching and judging clinics were provided free to youth and adults. The Saturday night banquet featured keynote speaker Larry Young and films of the Munich Olympic 50 km racewalk.

Results:


Scott Stewart, Overland Park, Kan. 25:11.59


OTHER RESULTS

National Masters Indoor 2 Mile, Madison, Wisc., March 28. (I don't think I have ever run these results)

Men 30-34: 1. Larry Crocker 18:52.1 2. Craig Hausgard 20:48.7

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10. Sabine Desmet, Belg. 14:01.11 11. Grazia Qrsani, Italy 14:07.52
Berthonnaud, France 14:12.64, 2. Ronald Weigel, GDR 18:44.97 2 .

A few months back --1. Josef Pribilnice, Czech, 19:08.44 2. Ronald Weigel, 


Women's 5 km, Birmingham, April 1--1. Lisa Langford 23:07 2. Sue Brown


Tostekl 47:04.1 10 Km (road), Jalapa, Mexico, April 5--1. Kjersti

Tysse, Nor. 45:06.2 2. Colin, Mex. 46:26.0 3. Chavez, Col. 49:00.1 4. E. C.


Km, Indoor, Jablonec, Feb. 15--1. Manuel Alea 1:09.40 5 Km, Indoor

Vavracova 13:00, 44 Km track, Lon China, Feb. 28--1. Xu Yigenova 45:00, 5 Km (track)

Sochi, USSR, Feb. 1--1. S. Eidikyte 23:30.8 2. M. Udharm, India

Km, Indoor, Beograd, Jun 21--1. I. Berdichevskaya 23:35.7 3. K.

Tysse, Nor. 45:06.2 2. Colin, Mex. 46:26.0 3. Chavez, Col. 49:00.1 4. E. C.

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FROM HEEL TO TOE

Well, we have no results on the annual Zinn Memorial races, now held at U. of Wisconsin-Madison, but we do not that there were four generations of Alans competing. Mike Alan, who was Ron Zinn's coach and the fourth Alan, is now in his 70s, but he competed in many more events along with members from three succeeding generations of his family, as yet unnamed to your editor. The Zinn races are in memory of Ron Zinn, a West Point graduate and one of our foremost walkers in the early '60s (sixth place in 1964 Olympic 20 Km), who was killed in Vietnam in 1965.

Sorry to report that Henry Lasak was not elected to the Track Field Hall of Fame. He was one of 16 on the ballot for this year. Those elected were Eula Peacock, Martha Watson, Bub Held, and Jim Bush. Racewalking got several pages of coverage in the June issue of VOGUE magazine, including pictures of Tim Lewis, Howard Jacobson, Maryanne Torrellas, and a group of South Florid walkers. Not having seen the article myself, I can't comment further.

The annual Casimir Alongi International Memorial Racewalk is scheduled for Dearborn Heights, Mich., on Sunday, September 27. The International 20 Km may see its finest field yet, as director Frank Alongi got many expressions of interest from European nations during the World Cup races in New York. The race has a 1:40 time limit. The schedule of events also includes a 2.2-mile fitness walk, a 3-Km for beginners, and 5-Km for women, men, and masters 10 Km walks. A special attraction for this year's races is the two $500 scholarships Frank is offering to competitors in the Junior Women's 5-Km and Junior Men's 10-Km. For further information on eligibility and requirements, write Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127.

Two race-walking coaching publications have just hit the streets. One, "Walk-Talk Newsletter," is published by The Athletics Congress and edited by Wayne Glusker, a former international competitor. In the first issue, Wayne has reproduced articles from several sources on the anatomy of sports performance, sports medicine, general fitness training, etc., that have some pertinence to racewalking. He will continue such articles, but is also seeking contributions related specifically to racewalking. The availability of this publication is unclear. It may be that it will be distributed by TAC to a select group of coaches and trainers. Anyway, no subscription information is given in the first issue. There is no set publishing schedule, but the hope is to get out three or four issues a year. For further information, write Wayne Glusker, 20531 Bollinger Rd., Cupertino, CA 95014, or The Athletics Congress, Book Order Department, PO Box 120, Indianapolis, IN 46206. The other publication is "The Race Walk Coach," edited and published by National Women's coach, Gary Westfield. According to the first issue: "The goal of The Race Walk Coach is to present and interpret timely information related to the event of racewalking. Its contents are not intended to provide personal recommendations for individuals or groups. Inquiries and letters are welcome."

Questions may be used in our "Ask the Coach" column. Please send comments and requests for articles on specific topics to: Gary Westfield, Editor, P.O. Box 11787, Chicago, IL 60610. Comments on this publication will be welcome four times a year and the subscription rate is $10.00 per year. Gary further states that the publication will "...seek to tie sports science and race-walking coaching together." It will "...seek to synthesize articles on biomechanics, physiology, nutrition, statistics..." The results of the Southeast Masters 5-Km in the last issue omitted B.B. Seeger (age 71), who finished in a half-minute and a lap ahead of Gordon Wallace. Whatever this was our mistake or he was omitted from the results sent to us. I don't know, but we apologize...
Who knows a good shoe doctor? Reader Charles Rattoballi owns a pair of Tiger racing shoes that need new soles and heels. All the shops he knows of want to put running soles on them, which will ruin the shoes for his purposes. If you know of a shoe repair shop that can help him, write Charles Rattoballi, Box 1, Valley Stream, NY 11582.

ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

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Based on these standards, certificates, at a cost of $10 a piece, will be given via the National Masters News, P.O. Box 2772, Van Nuys, CA 91404.

An Open Letter to the Editor and Others:

ALOHA FROM HAWAII'S RACERSWALKERS!

May 31, 1987

Our group is very concerned about the Athletic Congress' ruling that national records must be established in road races that are exclusively for racerswalkers. This rule ensures that only large racewalk communities will be eligible for records.

In Hawaii, we have a small walking club. The logistics and the number of volunteers and judges required by a legitimate race, prevent us from hosting our own race races. Since there is a running road race almost every weekend, we have concentrated our efforts on establishing separate racewalk divisions in these races. Each race is adequately judged but the walkers are intermixed with the runners.

The quality of Hawaii walkers is above question. The club is an outstanding example of regional development in a smaller community. We hold several masters national records. In the recent 20K and 25K National Championships in Long Beach, Team Hawaii fielded the first place teams in the men's and women's divisions. However, we are still not eligible for road race records.

If the Athletic Congress is committed to developing regional programs, the road racing records rules should be reconsidered. Please join Hawaii's walkers in fighting for its repeal at the convention in Honolulu in December. We encourage you also to write to the National Board before then. Your support and encouragement will further racewalking in the United States and especially within the smaller communities.

MAHALO (THANK YOU) FOR YOUR SUPPORT!
Walking can make you super SMART

WALKING is not only an excellent exercise for the body — it can make your brain work better at any age, too.

A recent test showed people increased their brain activity by walking for an hour three times a week, says Dr. John Dustman of Veterans Administration Medical Center, in Salt Lake City, Utah.

Walking improved response time, the way they used their eyes to organize problems, their memory and mental flexibility.

"People know how good walking is for the body, but it seems to improve the mind as well," he says.

"Aerobic exercise makes the body able to carry more oxygen and use it more efficiently. We can assume some of this extra oxygen goes to the brain and is beneficial to brain activity."

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Checkup

Dustman suggests that before starting a walking program, you get a thorough checkup from your doctor, who can determine how hard your heart should be worked, depending on your age.

Start your exercise sessions with warm-ups and stretches, then walk for 15 minutes at a fairly slow pace.

Walk at least three times a week, increasing your time by a minute or two and building your pace each day.

"Over two months, build up to walking for one hour, three times a week," Dustman says.