LEWIS, TORRELAS WIN AS EXPECTED
AT T&F CHAMPIONSHIPS

San Jose, Cal., June 26-27--Maryanne Torrellas broke her own meet record
overcome a strong challenge from Lynn Weik and win the National Athletics
Congress 10 Km walk. Torrellas finished in 47:23.8, bettering the mark
of 48:38.16 she set in Indianapolis two years ago. Weik, who had the lead
with 1 Km to go, finished in a personal record 47:36.5. Debbi Lawrence,
winner in 1984 and 1986, was third, but also bettered the old record.
Torrellas winning time is also a new American record.

In the men's 20 Km, Tim Lewis won his third straight title, walking
unchallenged all the way. His 1:24:12 was better than a minute under his
own meet record. It was his fifth fastest 20 and also the fastest ever by a U.S. walker--Tim would appear to be a dominant force at this
time. Carl Schueler slipped easily away from Ray Sharp over the last 5 K
and took second for the second straight year. Gary Morgan bettered his
personal record by more than 2 minutes to take fourth, and the third spot
on the U.S. team for the World Championships, where Schueler will walk
50 K.

In the women's race, Torrellas, Teresa Vaill, Lawrence and Weik
broke from the pack during the second kilometer. Lawrence took the lead
after 4000 meters, as Vaill dropped off the pace. At 7700 meters, Weik
moved in front with Torrellas right behind her, while Lawrence dropped
back. Torrellas moved back in front at 9100 meters and broke away for
a decisive win. Biggest surprise of the race was 20-year-old Sara Standley
who finished a strong fifth in a personal best.

The first four all bettered the former American record (track) of
49:16.4, which Torrellas set in 1985. After the race, Torrellas said:
"I thought the race would go in this race. I thought whoever won the
race would get the record. You had a baby last year and I just
starting to get into training. Over the next 2 to 3 years, with good
solid training, I think I can reach
my
potential."

Results:
1. Maryanne Torrellas, Reebok FT 47:23.8
2. Lynn Weik, un. 47:36.5
3. Debbi Lawrence, un. 48:30.3
4. Teresa Vaill, un. 48:57.2
5. Sara Standley, Southern Cal. Roadrunners 50:53.3
6. Mary Howell, un. 51:39.5
7. Karen Rezach, Shore AC 52:34.3
8. Vilma Seda, un. 52:47.9
9. Sue Klapa, un. 54:03.1
10. Dorit Attias, Shore AC 54:40.4
11. Chris Sakellaris, SCRR 55:17.5
12. Meg Mangan, Robert Morris College 55:12.4
13. Valerie Smith, U. of Wis.-Parkside 55:52.2
14. Avra Jain, East 31st Racewalk Team 57:24.8
15. Carol Romano, U. of Wisconsin 58:35.9

Disqualified: Carol Brown, un., Julie Wunrow, UW-Parkside, Lisa Vali, un.
Did not finish--Kim Wilkinson, Monterey WW Club
A photo of China's Yan Hong is shown after being disqualified in the World Cup 10 Km after blitzing the field and shattering the world's best mark. Many thought it was a bad call. This picture seems to vindicate the judges. (Race Walking Record photo.)

Below: A girl to watch. Naomi Sepulveda, Los Angeles, on her way to a win in the National 11-12 year 3 Km (see results last month). She walked 15'49". (Photo courtesy Bari Garner-Holman.)

James Bryan (the only name among all of these I recognize from days of long ago.) Women's 1500-55-59--1. Nikki Ryan, Vancouver, B.C. 10:06.62 2. J. John Elwanski, Englewood, Colo. 10:27.34 3. Helen Butler, Large, Fla. 10:27.34 4. Jane Payne, Victoria, Tex. 11:04.81 5. and up--1. Anna Ward 12:41.67 (More than 200 others.)


RESULTS


Rich Torrellas writes:

"After reading the story on the TAC youth championships, I had to laugh a little. Those fine young athletes had a plethora of qualified judging. "Six TAC certified racewalk judges monitored the competition. Proper treatment indeed for a national championship."

"Why then was it that 6 days later at the National 5 K there was not even one sixth the proper judging? There is no doubt in my mind that the lack of experienced judges there caused the unfortunate disqualifications of both Maryanne Torrellas and Marco Evoniuk."

"Attached is a copy of a letter that I sent to several individuals following the race. I believe that clearly explains a problem that should be discussed at the next convention. If we are to insist on having the number of championships that we do, the same insistence should be given to having qualified officials present."

Rich's letter, addressed to Lori Maynard, Championship Coordinator for Race Walking, follows:

In all the discussions about submitting bids on time and having properly certified courses, having the proper judges at races may have been mistakenly placed on the back burner for all these championships. Unfortunately, I have a case in point.

The National 5K Championships took place in Denver on May 30. There was one "National" judge (you know, the read the book and take the test type), and several locals utilized as judges. Acustomed to seeing the long striding type of walker, they disqualified two people utilizing the most prominent style today: short stroke, high frequency. Those two were Maryanne Torrellas and Marco Evoniuk. In Maryanne's case, she was finished racing by 9:24 am but was not notified until 11:30 am. Many protested the decisions, including Leonard Jansen, who was standing next to the "National" judge when he made the call in the last 300 meters and could not see any infraction. Indeed, upon being questioned by the athlete who was concerned about correcting what she might have been doing wrong, the "judge" merely stated, "I can't explain what you were doing wrong, but I called it as I saw it." If you can make sense out of that explanation, please give me a call.

In discussing this matter with Elliott Denman, he stated that at a national championship, there should be three national judges with experience, one of which is an international judge. In addition, he stated that a 30-minute time limit is currently being utilized following a race. In lieu of those facts and those stated above, I am officially lodging a protest on the grounds of improper procedure.

A national championship race should not be awarded or take place without the added stipulation that the proper judging will be provided for. The sport of racewalking is delicate enough without making certain that the athletes are receiving the fairest possible scrutiny at the hands of experienced judges.

SPEAKING OF JUDGES...

Once again, the question of judging is raising its ugly head. This time the question is not one flying walkers, but rather of having well-qualified judges on hand for national races. I have received two letters recently regarding races at different sites where the judging was not deemed competent.
With this protest, I am not looking to have Maryanne reinstated as the champion. Teresa Vaill worked very hard in an outstanding race at altitude and should not be denoted to a runner-up slot after the fact because the judging was suspect. However, Maryanne’s disqualification should be overturned. The reasons are obvious.

Hopefully, this letter and the problem it addresses will incur an additional requirement to a championship bid: the presence of proper judging. Whose responsibility is it? That question will have to be answered by the racewalking committee. Perhaps this can be discussed in San Jose.

Rich notes in a RS on his covering letter that at the Nationals in San Jose there were eight judges around the track, including at least six IAAF judges.

The other letter, from Richard Charles, in New Orleans, covers another matter as well:

"Jack, I'd appreciate some input from the walking community on the following. The racewalking event in the Senior Olympics was a 1500 meter. (See results this issue.) The racewalking track in the Masters Track (per TAC Competition 1987-88) lists 5000 meters. I think that the Senior Regional and Senior National should change to a 5 km racewalk.

It seems to me that a 1500 is too demanding physically, requiring that walkers move out from the starting line at a top speed, maintain, and not allow any race tactics other than go-go-go. Instead of racers at the finish line, there’ll be EMTs.

"In fairness to all the participants, who spend a considerable amount of money to attend, I believe that every effort must be made at qualifying sites to have mature, qualified judges. Unfortunately, this was not the case at all qualifying sites. At the National site, the judges were not experienced, having undergone the barret of training. This was obvious to those walkers who themselves have served as judges. Perhaps the fact that only one walker in over 200 was dQ'd says something. He came to the judges attention because of pushing and showing his way forward."

Editor: I’m not sure under whose auspices the Senior Olympics are conducted, but obviously it does our sport no good to crown national champions with no qualified judges on hand. The two letters point up a situation that has long bothered me. As we push for a much broader competitive base, seeking to place the sport on school and college programs, where are the judges going to come from? We can’t even cover national champions adequately. I’m not suggesting we pull back, but certainly we have to recognize that this is a major problem. Comments from the crowd, please.

EARLIER CONTROVERSIAL MATTERS:

Since we invite comments, we had best give them space when they arrive. In the following letter, Steve Valtonea replies to the letter from Hawaii in last month's issue:

"As the Racewalking Committee’s representative to TAC/USA’s Rules Committee and Records Committee, I would like to respond to Hawaii’s plea for amending the Rules of Competition to allow records to be set in running races.

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"First, any attempt to change this cannot be made until the 1989 TAC Convention. Competition rules are amended every 2 years in the even-numbered years. By-laws and Operating Rules are amended in odd-numbered years."

"To put some order into road racing (running and walking) course measurement, event conduct, and record collecting procedures on state and national levels, TAC/USA was established by TAC/USA during 1986. The need for this was evidenced by the fact that by then the TAC/USA recognized 9209 walking records due to the inability of the racewalking community in general to follow simple directions, certify courses, produce documentation, and reply to requests for information on pending national records.

Allowing records in mixed running/walking races goes against internationals records and records responsibilities to running races director, and simplifies the record-keeping procedure.

Most regions of the country have small walking programs, yet such programs still maintain an autonomous competitive racewalking environment, which can be complemented by occasional walking divisions in runs. Logistics of road walks are simplified by the rules recommendation that loops of 2500 to 5000 meters be used. This reduces the number of workers needed and provides a convenient method of ascertaining validity of performance through recorded split times during an event without additional transit needs. In contrast, runs are generally held on one loop, point-to-point, or out-and-back courses.

"As an example of how fair judging is impossible in such events, consider the following: A minimum of three judges on a 10 kilometer single loop course with a judging density of one per 400 meters, and assume a constant transit speed of 30 mph, and a range of walkers’ abilities from 7 minutes per mile to 10 minutes per mile. The rearmost judge must leapfrog 1200 meters and leave the moment the final walker passes. Problem number one is determining who the final walker is. Even if that walker is easily identified in a mile or two, the judge will catch up to and meet the leader at increasingly longer distances from the previous judge after just 2000 meters. Four or five judges only postpone the gap several minutes, and we have only considered a tight field with optimum transit of judges. Wider ranges of ability, walkers mixed with runners, and delays in moving judges reduce the chances of a judge seeing a walker multiple times, and ultimately produces an unfairly judged race.

"I question how the Hawaii race walking community can conduct 'adequately judged' divisions in running races while the number of judges needed for a walkers-only 'legitimate road race' is an impossibility.

"As the number of runners increase in races, it becomes progressively more difficult for judges, timers, and fellow athletes to pick out walkers. Race timing systems generally use select timing when numbers stream in very quickly, leading to less accurate times. Add to this the opportunity for basic cheating while buried in a crowd, and the potential for runners to pace walkers (pace in illegal when done by racers not eligible for the same awards—men/women, runner/walker), and the validity of performances will be questioned forever.

"the third paragraph ends with a statement that is simply incorrect. Walkers from Hawaii are eligible for road records; they must simply adhere to the rules of competition, which are few and simple: a minimum of five competitions; courses certified in accordance with established TAC standards; and adequate documentation of the event. This can be accomplished with a small number of competent officials.

"Every race need not be an attempt for a record. Some best serve the
 athlet as a casual competition, or a chance to joi the festivities of running races conducted on a scale that walking cannot provide due to numbers and sponsorship. Far from stunting the growth of racewalking on a regional level, requiring separate walking races for record performance maintains the event's separate identity while keeping the respect of casual fans, fellow athletes, and all involved in athletics.

Editor: I very much agree with the sentiments in Steve's final paragraph. I think running has become much to record conscious to tape. Okay. just something I've always wanted to say when I

On the other hand, I have always had problems with the rules regarding "illegal pacing". So what? You still have to cover the ground on your own two feet. Obviously, artificial aids are out, such as running behind a vehicle with a huge windscreen. But having a "rabbit" in front, or a man leading a woman, or a runner leading a walker--again, I say: "So what?" What is the difference between being paced by someone who drops out and being paced by someone you outrun at the finish? If pacing is to be illegal, then the only way to set a record should be to lead from gun to tape. Okay, just something I've always wanted to say when I read about "pacing". Obviously, I'm not arguing with Steve, who was simply quoting the rules. And obviously, this has nothing to do with the crux of the matter, which I will leave for readers to comment on if they so desire.

BE IT HITHER OR YON--THERE SHALL BE A WALKING RACE

Sat. Aug. 8--1 Mile relay (3 person), Zuni, N.M., 8:30 am (O)
10 Km Handicap, Houston, 8 am (Z)
10 Km, Hollywood, Fla. (K)
Sun. Aug. 9--5 Km, Denver, 8 am (H)
1 and 2 mile, Dela. (F)
Mon. Aug. 10--Pan American Games Men's 20 Km, Indianapolis, 7 am
Wed. Aug. 12--Pan American Games Women's 10 Km, Indianapolis, 6 am
Sat. Aug. 15--Pan American Games Men's 50 Km, Indianapolis, 7 am
5, 10, and 15 Km, Pasadena, Calif., 8 am (G)
5, 10, 15, and 20 Km, Atlanta (A)
5 and 10 Km, Brookfield, Conn., 8 am (H)
15 Km Men, 8 Women, Dearborn Heights, Mich., 9 am (J)
NATIONAL ATHLETICS CONGRESS MASTERS 5 KM, EUGENE, ORE. (Y)
Thu. Aug. 16--NATIONAL ATHLETICS CONGRESS MASTERS 20 KM, EUGENE (Y)
Sat. Aug. 22--8 Km, Norwalk, Conn., 8 am (G)
Sun. Aug. 23--5 and 10 Km, Denver, (H)
25 Km, Honolulu, 6:30 am (W)
Sat. Aug. 29--5 Km, Denver (G)
5 Km, Miami (K)
Sun. Aug. 30--3 Mile, Santa Monica, Calif., 7 am (G)
Thu. Sep. 3--2.8 Mile, Seattle, 6 pm (D)
5 Km, East Meadow, Long Island, N.Y. (R)
Sun. Sep. 6--4 Mile, Seattle (D)
NATIONAL ATHLETICS CONGRESS 2 HOUR, CAMBRIDGE, MASS, 8:30 (J)
NATIONAL AC WOMEN'S 1 HOUR, CAMBRIDGE, 11 am (I)

LLOYD RAK

BE IT HITHER OR YON--THERE SHALL BE A WALKING RACE

Sat. Sep. 12--5 Km, Milano, Tex., (C)
Gulf Association 15 Km, Houston, 8 am (Z)
Sun. Sep. 13--2 Hour, Columbus, Ohio, 8 am (Q)
Eastern Regional 10 Km, Atlantic City, 10:30 (W)
5 Km, Denver, 4 pm (R)
Sat. Sep. 19--10 Km, Columbus, Ohio, 9 am (your editor)
2 Km, Arrowhead State Park, Okla. (P)
Sun. Sep. 20--5 Km, Ft. Lauderdale, Fla. (K)
10 Km, Honolulu, 6:30 am (H)
NATIONAL ATHLETICS CONGRESS 40 KM, FT. MYRTLESBURG, NJ (E)
1 Hour, Denver, 9 am (N)
100 Mile, Columbus, Missouri (C)
Sun. Sep. 26--24 Hour, Atlanta (A)
Sun. Sep. 27--15, 10, 15 Km, Encino, Cal., 7:45 am (A)
Alongi Memorial 20 Km, Women's 5 Km, Open, Masters, and Junior 10 Km, Dearborn, Mich. (S)
Sun. Oct. 4--10 Km, Denver, 9 am (R)

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LOOKING BACK
20 Years Ago (From the July 1967 ORW) -- Run Laird scored an easy victory in the Los Angeles International meet with the British Commonwealth in 1:36:59. A promising young walker named Larry Young also beat the best of the Commonwealth with a 1:40:47 in second. The Commonwealth walkers suffered noticeably in the heat and smog, with England's Ron Wallwork thir... on 1:43:47. Two weeks earlier, Laird had walked 1:32:24 in Santa Barbara to beat Don Deaton (1:39:25). Young (1:35:30) and Tom Dooley (1:35:10) in the National. Another promising newcomer, Steve Hayden, won the National Junior 2 Mile in Buffalo in a record 1:45:52, with teammate Young Jacobsen second in 1:45:02.

15 Years Ago (From the July 1972 ORW) -- The U.S. Olympic Trials were contested in Eugene, Oregon, and Larry Young won both the 20 and 50. In the 20 on July 1, the times were much slower than expected. With heat not a factor, some suspected a long course. Nevertheless, Larry pretty much controlled the race, leading by nearly a minute at 30 Km and winning in 1:39:35. Goets Kroger (1:38:02), Tom Dooley (1:39:40), and Todd Sully (1:39:12) followed. Two-time Olympian, Rudy Calus, finished in 1:40:30, but was DQ'd. In the 50 on July 4, Young toyed with the field through a 2:08 first half and then accelerated the rest of the way to win...
uncontested on what was a very hot day. The surprises were in second and third, with both Bill Waigle (4:20:09) and Steve Hayden (4:23:43) making massive improvements in their personal bests. A solid favorite for the team, Bob Kitchen, had to settle for fourth in 4:25:06. In Erfurt, E.G., Hans-Georg Reimann and Peter Franken broke the world’s record with a 1:25:19.4 for 20 km on the track. Gerhard Spelzig also broke the old record (1:25:50) with a 1:25:17.8. Young won the National 15 km in Fordham, N.Y., on July 15 in 1:30:21.8. Jerry Brown and Bill Waigle were 2 and 3 minutes back in second. Jeanne Bocci set an American woman’s 1-mile record with 4:35:3. British walker completed a walk across the U.S. in 53 days 12 hours and 15 minutes for 2,932 miles from Venice, Cal., to New York’s City Hall. The performance bettered the transcontinental record for a runner, as Lewis averaged 53 miles a day. He did 73 miles on the final day, his longest trek of the journey.

10 Years Ago (From the July 1977 OW)—Neal Dyke became the first U.S. walker ever to win the 20 km in the U.S.- USSR dual meet. He did it in 1:28:18 in Sochi, leaving Yevgeny Teynov 2 minutes behind. (However, Teynov of the USSR, walking as a guest, actually won the race in 1:27:50.) Todd Scully was fourth in 1:30:45. Neal also won a 10 km against West Germany, beating Scully 42:22.6 to 43:41.8. Against Italy, he won DQ, as Vittorio Visini won in 1:15:5 with Scully second in 1:22:53. Dan O’Connor led all the way to win the National 25 km in Washington, D.C. in 2:05:12. Carl Schneuer, Dave Rosenary, and Bob Kitchen took the next three spots.

5 Years Ago (From the July 1982 OW)—Eisenhower Falls, Todd Scully won the National 30 km in 2:28:45 and Speed Lister-Westerfield the National 15 km in 1:26:11 in West Germany. Last weekend at the Great American Track Meet in Innsbruck, Austria, both Scully and Cusack were Canada’s Sloan Beam, Ray Scaree, and Martin Krist. Jane MacDonald, Norma Arnesen, and Teresa Vali followed Westerfield. Pat Moroney was second to Miles. Jim Hellingh finished a close second to Yevgeny Teynov in the U.S.-USA dual meet in Indianapolis. Teynov won in 1:31:46.2 for the 20 km and Hellingh in 1:27:05. A week later in East Germany, Jim was faster (1:26:13), but finished behind Werner Heyer (1:24:12) and Michael Boeck. Ray Sharp, after struggling in Indianapolis, had 1:28:45 in this race.


From Heel To Toe

In the Pan-Ams Games walks (see schedule on page 8 for dates) U.S. competitors are: 20 km—Tia Lewis, Carl Schneuer; 50 km—Dan OConnor, Randy Mims; Women’s 10 km—Maryanne Torrellas, Lynn Weik. Ann the World Championships in Rome in September, we will be represented by: 20 km—Tia Lewis, Gary Morgan, Ray Sharp; 50 km—Marco Evoluk, Jim Hellingh, and Carl Schneuer. Women’s 10 km—Debbi Lawrence, Maryanne Torrellas, and Lynn Weik. Carl Cronenwett, in Silver Spring, Maryland, classifying himself as an "almost-extinct-but-beginning-to-revive-racewalker," sends the following note: "Query: Those of you who have flown by the new extinct Adidas TR Marathon as your usual racewalking shoe — what is your opinion?"

A reminder to those planning to bid for a 1988 Race Walk Championship: bids must be received by Lori Maynard by October. In order to meet IAWF Operating Regulations Application forms, if you do not have them, may be obtained from Lori at 2821 Kensington Road, Redwood City, CA 94061; or call her at (415) 368-2801. The Athletic Congress Race Walking Committee looks forward to high quality races to be conducted on certified courses. (Remember that certification number is to be included in bid.)

From the Denver Post, Saturday, July 11.

By Michael Knisley
Denver Post Sports Writer

When his Olympic dream became a nightmare in the summer of 1984, Tim Lewis walked away from it.

Literally.

He’s still walking. But this time, he’s walking faster than anyone in America, and he’s walking straight to Seoul and the 1988 Summer Games.

Lewis, 24, holds American records in five different race-walks, from five kilometers to 25 kilometers. He’s won the 20-km race-walk at the national outdoor meet three times, including last weekend at the USA-Mobil Outdoor Track and Field Championships in San Jose, Calif. Last Saturday, he bettered his own national record, walking 20 kilometers in one hour, 28:12. His previous record was 1:25:42.

But all of that success has been since 1984, when the nightmare happened.

"During the Olympic trials in 1984, I was way, way off," said Lewis, who has lived in Colorado Springs since June 1982. "In terms of potential and pre-trial rankings, I was sort of expected to make the team. But when it came right down to it, I screwed up big-time. I was entered in both the 20 km and the 50 km, and I didn’t finish either race.

"Deep down, I don’t think I was mentally ready. Subconsciously, I just didn’t see myself making the Olympic team. It was sort of destiny. I really couldn’t see myself doing it. I didn’t sit there and say, ‘My God, I’m not going to make this team.’ But I really think I wasn’t quite ready to do it, and it just led me to screw up."

A native of Clifton Park, N.Y. (near Schenectady), Lewis has been race-walking in earnest since 1979, when he took it up with his high school track team because it ‘looked really easy.’ It wasn’t, of course, but Lewis had enough success with it in high school to
The Olympic dream began that long ago. "It was sort of a shock," he said. "One day, my high school coach called me aside and told me I had a chance to go to the Olympics. That was it."

When the U.S. Olympic Training Center in Colorado Springs offered a camp for race-walkers before the 1984 Games, Lewis was there. When that ended, he enrolled at the Colorado Springs campus of the University of Colorado and earned a degree in computer programming.

By now, race-walking is a habit, supported by a contract job with Digital and a promotional arrangement with Reebok out of Boston. When he isn't at work, he trains along with roommate Carl Schueler, who is America's best in the 50-kilometer race-walk. Last year, the training began to pay off.

"I sort of made major progress in 1986," Lewis said. "This is the third time I've won the national 20 km, but I really only made my progress last year. People in race-walking call it a breakthrough. I synthesized a lot of information I'd learned in the past and it sort of all came together. I think I've realized what it takes to win."

I think I've overcome that mental problem I had in '84. I think I'm positive enough now. I know I'm in shape to do it. Now, I just want to race the best I can, and in that situation, you can't really lose."

The International Amateur Athletic Federation (IAAF) doesn't recognize world records in them, but Lewis has recorded world-best times in both the indoor mile and 1,500-meter race-walks. But the outdoor races are what will get him to Seoul, and if not Seoul, then there is always Barcelona in 1992.

"I'm concentrating on 1988 right now, but I can see myself doing this until 1992, if it takes that long," he said.

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<td>ACCOMPLISHMENTS</td>
<td>Three-time national champion at 20-kilometers ... Holder of American records in 5-, 10-, 15-, 20- and 25-km race-walks ... Recorded world-best times in indoor mile and 1,500-meters ... Won USA-West Germany 10-km in American record time of 40:20 ... First athlete to win the same event in junior national championships for three straight years ... Finished 13th at World Cup in New York in May ... Qualified for Pan Am Games.</td>
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"I guess what's keeping me going for the 1988 Olympics is a belief in myself that I have a very good chance at winning a medal. It would be hard to finish the rest of my life if I don't at least give it a try."

Olympic Profile

Name: Tim Lewis
Age: 24
Hometown: Clifton Park, N.Y.
Height: 6-foot
Weight: 167
Event: Race-walking
Accomplishments: Three-time national champion at 20-kilometers ... Holder of American records in 5-, 10-, 15-, 20- and 25-km race-walks ... Recorded world-best times in indoor mile and 1,500-meters ... Won USA-West Germany 10-km in American record time of 40:20 ... First athlete to win the same event in junior national championships for three straight years ... Finished 13th at World Cup in New York in May ... Qualified for Pan Am Games.
Quote: "I guess what's keeping me going for the 1988 Olympics is a belief in myself that I have a very good chance at winning a medal. It would be hard to finish the rest of my life if I don't at least give it a try."

Above: Michael Tomaso, Los Angeles, is on his way to victory in National 13-14 year 5 km. Vickie Jenkins, Tucson, second from left, won the girls race. Below: Race walking getting a foothold in Kentucky. Ohio County Judge C.B. Emery, Jr. leads the Bluegrass State 1500 meter in Lexington. Several races across the state the last 18 months have had field of 10 to 150.