Houston, Dec. 20 (Special to the ORW from Dave Gwyn—I think—rather hope—that’s who sent this)—For the second consecutive year, the 100 Kilometer National TAC Championship was won by an athlete who had never contested the distance before. Dan Pierce entered with the intention of bettering the national record—Augie Hirt’s 10:19 from 1978 being the standard—and succeeded admirably.

With the top four walkers from 1986 returning to the same 0.72 mile asphalt loop in Houston, Pierce anticipated a bit of competition. Of particular concern was the presence of frequent ultra-distance winner Alan Price, of Washington, D.C. And early on, it was Price who was setting the record pace, following fairly closely in the wake of a concurrent 50 Km walk (Gene Kitts led that event from the start and recorded a PR 4:23:19, his second sub-4:30 in four weekends. The early followers, in order, were Al Cruzado of El Paso, Dave Waddle, defending champ Scott Demaree, Pierce, and Jeanne Bocci. An early nature break—county officials opened the restroom 2 hours after scheduled, and the athletes even had to climb a fence to reach the course—put Cruzado in the lead for 3 miles, with Pierce and Waddle close behind.

Price took the lead again before the 6 mile mark and held it to mile 10, where he was joined by Pierce. The two continued in tandem for less than 3 miles before Pierce found the steady pace, near 9 minutes per mile, too quick to his liking. From there, Pierce gradually built a lead and the big question was whether he could maintain such a tempo through the end of a distance double the longest he had ever attempted. Looking strong and relaxed throughout, Seattlite Pierce reached the halfway mark in a sterling 4:47:26. There was no change in the pace through 50 miles (7:41:10), and it became apparent that Dan’s first mile would be his only one slower than 10 minutes. The finish time of 9:36:33 makes Pierce the first American to string two sub-5 hour 50 Km back-to-back.

Dave Waddle caught up to Alan Price at 21 miles and quickly built a lead that remained about 1 mile through the remainder of the race. Waddle, from suburban Atlanta, has only been a race walker for 17 months. Fourth place went to Jeanne Bocci of Detroit, who collected a Masters women’s record at 50 Km (5:31:37), as well as the full distance (11:30:28).

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) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3194 Summit St., Columbus, Ohio 43202. Second Class Postage paid at Columbus, Ohio.

NOTICE: All those who have set the Olympic Trials qualifying time for 50 km (1:26:31) are urged to submit your entry for April 24 qualifying race in Indianapolis immediately. The committee wants to get started on housing and travel arrangements. No one too early for qualifiers at 20 km (1:32) to post their entries. For further information, contact James Perkins, U.S. Olympic T&F/88 organizing Committee, P.O. Box 6050, Columbus, IN 43206. Phone: 317-605-9988.

Other Results:
55 km, same place--1. Brian Savionios 5:00.
5 km, same place--1. Mike Stauch 26:45.
1 Mile, West Point, N.Y., Jan. 26--1. Dave McCover 14:49.5.

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SCHEDULE OF NATIONAL CHAMPIONSHIP RACES FOR 1988

Feb. 21--50 km, Men and Master, Research Triangle Park, N.C., Contact: Alvia Cashman, J.R., P.O. Box 12194, Research Triangle Park, N.C. 27709. Phone: 919-543-1633 home; 919-543-4735, office.
Feb. 26--1500 meters walkers, 5 km men. New York City, Contact: Hello Rice, c/o West Side YMCA, 5 West 63rd, New York, NY 10023. Phone 212-592-9677.
May 15--5 Km, men, women, junior men, Overland Park, Kansas. Contact: Don/Debbi Lawrence, 4500 W. 107th St., Overland Park, KS 66207, phone 913-341-WALK.

May 29--Youth 3, 5, and 10 Km, Walnut, Cal. Contact: Elaine Ward, 1000 San Pasqual #35, Ranada, CA 91106, Phone 818-577-8764.

May 30--3 Km, Junior men and women, Long Island, New York. Contact: Gary Westfield, P.O. Box 490, Smithtown, NY 11787, Phone 516-979-9503.

June 4--15 Km, men and women, masters and junior men and women, Chicago, Illinois. Contact: Carol Carver, 708 Dearborn Parkway, Chicago, IL 60611, phone 312-633-0823.

Jun. 17-18--10 Km, women, 20 Km men, Tampa, Florida. Contact: TAG/USA, P.O. Box 120, Indianapolis, IN 46205, Phone 317-694-9135.

Jun. 24-25--5 Km, Junior women, 10 Km, Junior men, Tallahassee, Florida. Contact: Florida Athletic Congress, 1350 NW 6th St., Gainesville, FL 32601, Phone 904-377-0134.

July 9--10 Km, men and women, masters and junior men and women, Niagarra Falls, New York. Contact: Don Winiecki, 151 Stewart Ave, Buffalo, NY 14211.

July 25-26--3 Km and 5 Km, youth men and women, Gainesville, Florida. Contact: see June 24-25.

Aug. 4-7--5 Km and 20 Km, masters and women, Orlando, Florida. Contact: see June 24-25.

Sep. 11--40 Km, men, women, junior men, Walnut, Cal. Contact: Mike Jenkins, 7755 N. Casimir Puaski, Tucson, AZ 85714, Phone 602-624-8111.

Dec. 4--1 Hour, junior men and women, Tucson, Arizona. Contact: Mike Jenkins, 7755 N. Casimir Pualski, Tucson, AZ 85714, Phone 602-624-8111.

Dec. 18--100 Km, men and women, Bellaire, Texas. Contact: Carl Birk, 8915 Broadway, #2650, Houston, TX 77061, Phone 713-645-3917.

OTHER KEY 1988 RACES

Mar. 29--10 Km, men, women, 20 Km men, Washington, DC. Contact: Sal Corrallo, 3466 Roberts Lane, North, Arlington, VA 22207, Phone 703-283-1290.

Apr. 17--10 Km, men, 5 Km youth, Mideast Regional, Columbus, Ohio. Contact: John White, 4065 Arthur Place, Columbus, OH 43220, Phone 614-459-2977.

May 1--20 Km, Southeastern Regional, Raleigh, North Carolina. Contact: Raleigh Parks and Recreation, P.O. Box 500, Raleigh, NC 27602.

May 21--5 Km, Denver Regional. Contact: Joe Barrow, 675 Marion St., Denver, CO 80218, Phone 303-830-7121.

May 26-28--NAIA 10 Km Championships, Arizona Pacific University, Arizona, California.

Sept. 11--10 Km, Atlantic City, New Jersey. Contact: Frank Greenberg, 1414 KFS Building, Philadelphia, PA 19107, Phone 215-922-3930.
Feeling cum., n't.,<>, nil includes 2 races. It does not include any running or
Coaching of the tasks is encouraged. For more information, contact:
All on B. Doyle, Executive Director, NY52Ill SAA, Inc., Executive
ti l l part of the New York State Public High School Athletic Association
university scholarship. This and other incentives (Mobil) for cash-
premises would treat a 41 second improvement on
continue, than see the sport regress to the non-walk Olympics."...
will be justified. But, until then, I would rather have a cheater
coaches were underwritten by the TAC National Racewalk Committee. Copies
production took place in Louisville, Indiana on A, ill 16 will feature Gary
Westfield, national women's coach, Maryanne Torrellas and Lynn Nee.
They will show video, "A Long Walk to the Olympics," followed by a dem-
plantation of proper race techniques. The race will be at 5 Kms. Write Phyllis Ruthenburg, YWCA, P.O. Box 6106, Evansville,
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**STUDY OF RACE WALKING INJURIES**

by Niles Richman

A study of injuries occurring among race walkers was done, in which
many of the readers of the Ohio Racewalker took part. Four hundred valid
responses were received (294 males, 106 females). The rate of return was
60 percent. Results indicated that the majority of subjects had been
injured at least once, to some degree. An injury rate of .56 injuries
per person per year was found, which compared well to running and some
other activities. A total of 502 injuries was reported. The area of the
body most often injured was the knee, and the foot, shin, hip, back, and
hamstrings were also involved in a large number of the reported injuries.

Hamstring strains, shin splints, all other muscle strains, sprains,
and tendinitis of the foot were the most commonly reported specific
ailments, in that order of prevalence. Many subjects believed that the
primary cause of injury was a significant increase in the amount of
exercise they did. It was concluded that serious race walking injuries
were relatively rare, and that the prevalence of knee and foot injuries
may be associated with the walking technique mandated by the rules of the
sport.

Other information about race walkers was obtained. For those who
responded to the questionnaire, the mean age was 34 years, with a range
of ages from 11 to 55. The mean number of subjects who had been race
walking 6, with a range from 2 months to 52 years. Respondents reported
502 injuries total: 257 people reported one injury, 183 people reported
two injuries, and 68 people reported three or more injuries. For their
most serious injury, 6.6 percent of respondents said that no medical
attention was required. A few those who received medical attention,
31.9 percent saw an orthopaedist and 83.6 percent saw a podiatrist for
their most serious injury. The most common specific treatment was a
reduction in the level of activity, followed by some form of physical ther-
apy. A total of 34.6 percent of subjects indicated that they began race
walking after being injured in another sport. Of these subjects, 88
percent listed running as that other sport. Interestingly enough, 39
percent said that they were active in another sport besides race walking,
and of these subjects, 38 percent listed running as that other sport.

The average number of days subjects walked was 5 per week. The average
number of minutes per session was 60, with a range of 15 to 200 minutes.
Subjects walked per week has as 29, most subjects exercised before or after
exercises. Walking shoes took second place in this category. Most
respondents said that they wore running shoes during
exercise. Walking shoes were most popular as race walking shoes. About 51 percent of subjects
exercised exclusively on one type of surface. The most common surface was
cement, followed by asphalt. Of the 400 respondents, 357 engaged in
race walking competitions. The most popular events were the 20 Kms, 10
Kms, and 78 miles events per

From the desk of Gary Westfield

What is the status of a women's walk in the 1992 Olympic Games?

This question will no doubt pop up in conversation as the 1988 Games
approach. I have been getting requests from the media for information,
First, however, we want to bring to your attention a gross oversight in sports reporting, offer a possible solution, and hope it will not happen in future events. Here are the facts: This past Saturday evening, January 9, 1988, the Bay III Race over the Rickenbacker Bridge towards Key Biscayne drew hundreds of participants. There were over 500 runners, 100 cyclists and 500 bicyclists all in a huge spectacles of energy, speed, fun, and festive event. But in fact, there were actually three races being run. The 10 kilometer road race, the centipede race, and the Henry Laskau 4 Mile Fitness Walk. Your paper reported on the road race and the centipede race, but completely ignored the racewalk. This particular race was in honor of Henry, who is a three-time Olympian, gold-medal winner of the Pan-Am Games in 1951, and winner of hundreds of other long-distance championship events in this country! Henry also competed in this walk along with other serious participants, and came in fourth overall with a time of less than 37 minutes. Not bad for a man of 71.

Our club is comprised of athletes who see competitive walking as one of the healthiest exercises people can do. And we, as racewalkers, have a responsibility of promoting events and making the public more aware of this up and coming sport/exercise. Our hope is to encourage responsible journalism on your part, and to not let this kind of oversight happen in the near future. And Saturday's race was a fantastic human interest story to report, and one you chose to ignore it completely. The only mention of race-walking was the time of Katie Warren on the results of the race. Katie is a young woman who is quite possibly the fastest woman walker in Florida today, doing sub-6 minute miles, which is an incredible feat for male or female! The winner of the men's division was a young man attending the University of Wisconsin on a race-walk scholarship-the only one of its kind in the nation today! No mention was given of his accomplishment.

Our club consists of men and women whose background on a national and international level of racewalking places Florida as a viable voice in the sport of racewalking.

In a Herald article printed on November 2, 1987 on walking, in the Living Today section, The Florida Racewalkers Club revealed over 750 responses from your reading public. In the Herald, the Herald seems to solicit for readers to more and more. The Herald seems to recognize that there is a large and growing segment of Florida's population who want more information and exposure on this newly emerging sport. It has been around as an Olympic event since 1980 and today thousands of people throughout the country are clamoring for more reporting on it.

We would appreciate you giving us more press coverage on future competitive events. Our 1988 schedule is enclosed. There is a human interest in almost every one of our events and other race-walking championship events in this country! Henry also competed in this walk along with other serious participants, and came in fourth overall with a time of less than 37 minutes. Not bad for a man of 71.

More letters like this in more places might help. Now the ORW faces a problem-trying to point out an oversight without coming across as being sarcastic, which is not the intent at all. But, the fact is, we can't report on the above race because we have not received the results, nor do we have the club's 1988 schedule. As a one-man operation, the ORW relies almost entirely on readers to supply our material. If you don't see your results, it's probably because we didn't receive it. (But not always. We are prone to oversight, too, and also have some strange, undefined standards by which we limit what gets in to some extent.)

Anyway, we need to remind you from time to time to send results, schedules, news notes, and remarks, and this seemed a good opportunity. We hope in no way detracts from the excellence and importance of Dennis Lerner's letter to the Editor.
1988 U.S. Athletics Calendar. A compendium of all U.S. track and field, road running, and race walking events for the coming year. Includes date site, and meet contact information for all top events; qualifying standards for TAC senior and junior championships, and separate list of state high school championship events. The book is available for $9.00 each.

Indoor Track '88. Edited by Hal Peterson and Ed Gordon, this 337-page book contains schedules, indoor records, all-time World indoor lists, USA/Mobil Indoor Grand Prix information, a 1987 season review, and an index. It also goes for 8 bucks.

Order from: TAC Book Order Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206.

LOOKING BACK
20 Years Ago (From the Jan. 1968 ORW)—Dave Romansky turned in a sparkling 19:51.5 5000 meter in Asbury Park, N.J. on December 31, leaving John Knifton 4½ minutes in arrears. . . . Ron Daniel won the Metropolitan Indoor Mile in 4:14.0, and Ron Laird copped the LA Times Mile in 4:13.9. . . .

15 Years Ago (From the Jan. 1973 ORW. We'll try not to get carried away again here.)—The Colorado Track Club's 10-man relay team covered 162 miles 275 yards for a world's walking record in the 24-hour relay. And they did it indoors. Jerry Brown led the effort with an average of 7:05.2 for his 17 miles (team members go alternate miles). Floyd Godwin averaged 7:29 and Pete Van Arsdale 7:37.4. . . . The NAIA 2 Mile went to Steve Tyer in 21:04, with newcomer Augie Hirt fourth in 21:55. . . . Ron Kulik was King of the boards in the East with a 6:40.5 win the Mets and a 6:35.2 in Philadelphia. Ron Daniel was second in both. In Philly, Wally Palmerchuck, known mostly for his libelous contributions to the infamous Quano Press (race walking's underground paper of that era), was a close third in 6:36. The eminent podiatrist now contributes such to the sports medicine aspects of our sport.

10 Years Ago (From the January 1978 ORW)—The first page and a half were devoted to the editor's discussion of Columbus in the blizzard of '78 and its effect on training and such. . . . Steve Pechinsky edged Chris Knotts for fast time honors in the New Year's Eve Handicap in Springfield, Ohio with a 4:02.2 (6 miles). Chris had 4:03.30. However, the handicapping was tough on the faster walkers as these two finished sixth and seventh and handicap Jack Blackburn (50127) brought up the rear, but for Jack Mortland (50142). . . . John Knifton had a good 30 Km (1:20:15) in Houston. . . .

5 Years Ago (From the January 1983 ORW)—In the Millrose Games, Ray Sharp edged Jim Heiring, covering the mile in 4:14.21—the fastest ever. Heiring was just a second back and Tim Lewis also broke 4:15. Tom Edwards had 4:17 in fourth, and Jim Mann, way back in ninth, had 4:17. . . . Edwards had an earlier winning efforts of 6:14 and 6:12, and did 13.55 for a mile . . . The ORW's Olympic history continued, complete results from 1968, 1972, and 1976.

In anticipation of more fast times this winter, here are the World All-Time lists for the indoor 1 Mile, men and women:

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
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<tr>
<td>1:46.9 Tim Lewis, USA, 1987</td>
<td>1:58.81 Giancola, It., 85</td>
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<tr>
<td>1:49.9 Josef Pribilina, Czech, 1987</td>
<td>1:58.81 Olga Yeghiazarian, USSR, 87</td>
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<tr>
<td>1:51.26 Jim Heiring, USA, 1986</td>
<td>1:56.20 Olga Suchonov, USSR, 87</td>
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<tr>
<td>1:51.4 Martin Trpovek, Aus., 1983</td>
<td>1:54.00 Tina Vaill, USA, 87</td>
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<tr>
<td>1:51.56 Tom Edwards, USA, 1986</td>
<td>1:52.50 M. Torresco, USA, 87*</td>
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<tr>
<td>1:51.61 Ray Sharp, USA, 1987</td>
<td>1:52.92 Teresa Vaill, USA, 87</td>
</tr>
<tr>
<td>1:52.58 Tom Edwards, USA, 1986</td>
<td>1:51.52 M. Torresco, USA, 87*</td>
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<tr>
<td>1:52.76 M. Schneidstock, USSR, 1988</td>
<td>1:51.52 Sue Brodock, USA, 81</td>
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<tr>
<td>1:52.86 Marcel Jobin, Can., 1982</td>
<td>1:51.52 Sue Brodock, USA, 81</td>
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<td>1:53.10 BI O'Rourke, USA 1986</td>
<td>1:51.52 Sue Brodock, USA, 81</td>
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* List as of end of last season. Maryanne's time in Ottawa in January moves her just ahead of or just behind Peil, depending on the exact time. Lists from Indoor Race Walking Best Performances and All-Time Rankings.