

OHIO Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

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PIERCE CLOSES 1987 SEASON WITH WIN IN NATIONAL 100 KM

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, defendig 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 13, where he was joined by Pierce.

The two continued in tandem for less than 3 miles before Price 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, Seattleite 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 Kms 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)

RESULTS: 1. Dan Pierce, Converse East Side RWT, Seattle, age 31, 9:36:33 (4:47:26) 2. Dave Waddle, un., Norcross, Ga., 35, 11:01:04 (5:10:09) 3. Alan Price, Potomac Valley Seniors, Washington, DC, 40, 11:11:42 (5:19:08) 4. Jeanne Bocci, Wolverine Pacers, 40 plus, 11:30:28 (5:31:37) 5. Al Cruzado, River City Walkers, El Paso, 48, 12:33:56 (5:48:16) DNF: Aivi Gaskill, Durham, N.C. (6:02:55 at 50 Km, 53.2 miles in 11:47:56); Scott Demaree, Colorado Springs, 5:23:37 at 31.7 miles; Chuck Hunter, Longmont, Col., 27.3 miles, DQ; George Lattarulo, North Medford, 6:47:44 at 24.7 =

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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NOTICE: All those who have met the Olympic Trials qualifying standard for 50 Km (4:30) 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. Nor is it 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 6060, Indianapolis, IN 46206. Phone: 317-636-1988.

Other Results:

50 km, Houston, Dec. 20--1. Gene Kitts, Team Hawaii, 40, 4:23:19
2. Ted Greiner, un. El Cajon, Cal., 55, 5:46:54 3. Bob Rhode, un., Round Rock, Texas 5:47:24 1 Mile, Cambridge, Mass., Dec. 12--1. Phil McGaw 7:05 2. Justin Kuo 7:57 3. George Lattarulo 7:58 1 Mile, Providence, R.I., Dec. 16--1. Steve Vaitones 6:48 2. Brian Savilonis 6:51 3. Tim Good 7:23 1 Mile, Providence, Jan. 6--1. Steve Vaitones 6:41 2. Brian Savilonis 6:48 3. Will Desrosiers 7:05 4. Carol Brown 7:49 Women's 1 Mile, Hanover, N.H., Jan. 10--1. Maryanne Torrellas 7:04.4 2. Pascale Grande, Can. 7:12.5 3. Karen Rezach 7:32.3 4. Carol Brown 7:41.6 5. Tina Weber 8:15.9 6. Cynthia Burgess, Can. 8:42.9 2 Mile, Hanover, Jan. 10--1. James Mann 13:48.8 2. Benoit Gauthier, Can. 13:54.4 3. Roberto Gottlieb 14:31.9 4. Pat Flannery 14:35.8 5. Maryanne Torrellas 15:39 (Immediately following 1 Mile) 6. David Doherty 15:45.6 Women's 1 Mile, Ottawa, Can., Jan. 15--1. Maryanne Torrellas 6:35 (and some odd hundredths--somewhere, I have this result, but I can't find it, so I am relying on memory--American Record) 2. Ann Peel, Can. 6:37.77 3 Km, West Point, N.Y., Dec. 26--1. Dave McGovern 12:44.43 2. Jeff Salvage 13:22.97 3. Robert Gottlieb 13:32.43 4. Rob Cole 14:30.58 Women's 1 Mile, same place--1. Lynn Weik 6:47.95 (Seventh fastest time ever in the world at that time; the fastest time ever in the world for an indoor 1 mile not walked in February. That according to Gary Westerfield, who says it's esoteric, but. . . another indoor season begins.) 2. Nora Comans 7:30.47 3. Carol Brown 7:40.81 4. Dedee Meshan 9:17.49 Girl's H.S. 1500 meter, Farmingdale, N.Y., Dec. 27--1. Gustafson, Sayville 7:57.5 2. Fitzpatrick, Sayville 8:24.4 H.S. 1600 meter, Farmingdale, Jan. 2--1. Farley, Rocky Point 8:07.2 1600 meter, Farmingdale, Jan. 13 (H.S.)--1. Tom Krasnoff, Sachem 7:07.7 2. Farley, Rocky River 7:12.3 1 Mile, West Point, N.Y., Jan. 2--1. Pat Flannery 6:37.94 2. Robert Gottlieb 6:48.76 3. Rob Cole 6:55.82 4. Teresa Vaill 6:58.35 2 Mile, same place--1. Mike Stauch 13:08.2 2. Dave McGovern 13:18.06 Women's 1 Mile, Princeton, N.J., Jan. 10--1. Lynn Weik 7:09.24 2. Nora Comans 7:34.77 3. Frances Montes 7:34.84 4. Dorit Attias 7:47.23 2 Mile, Same place--1. Ray Funkhouser 13:18.39 2. Curtis Fisher 13:30.66 3. Jeff Salvage 14:26.30 4. John Fredericks 15:03.60 5. Bob Mimm 15:57.57 (1st over 60) 6. Bryan Gibson 16:52.56 7. Pat Bivona 19:19.91 10 Mile, New York City, Jan. 17--1. Marc Bagan 1:17:16 2. Gary Null

1:25:55 3. Tom Gustafson 1:32:28 Women: 1. Susan Travellin 1:40:30 2. Stalla Cashman 1:43:00 20 Km, New York City, Jan. 24--1. Marc Bagan 1:37:07 2. Gary Null 1:54:13 3. Stanley Schecter 2:05:39 Women: 1. Susan Travellin 2:05:40 Marathon, Greensboro, N.C., Nov. 22--1. Ray McKinnis 4:07:43 2. Alvia Gaskill 4:24:17 10 Km, same place--1. Kathy Donley 56:39 Marathon, Charlotte, N.C., Jan. 2--1. Alvia Gaskill 4:37:38 2. David Littlehales 4:38:13 3 Km, Bethel, Minn., Jan 2--1. Mark Manning 13:11 Women: 1. Sue Klappa 15:39.1 5 Km, Minneapolis, Minn., Jan. 9--1. Mark Manning 22:03.07 Women's 3 Km, same place--1. Sue Klappa 15:36 3 Km, Minneapolis, Jan. 16--1. Sue Klappa 15:11 2. Mile Boutz 18:49 (age 69) 5 Km, Arrowhead, Okla., Sept. 26--1. Dennis Bowles 23:30 2. Anthony Redding 23:53 3. Maxine Gunter 29:27 10 Km, Tahlequah, Okla., Oct. 10--1. Anthony Redding 62:35 8 Km, Oklahoma City, Oct. 24--1. Ron Marlett 44:44 2. Ken Cofer 44:45 3. Anthony Redding 51:52 4. Bob Baker 57:38 2 Mile, Boulder, Col., Dec. 5--1. Bill Hutchanson 15:36 2. Chris Amoroso 17:44 3. Ray Franks 17:49 4. Bob DiCarlo 18:25 5. Moe Coleman 18:44 (these four all age 52 or 53) 6. Bob Carlson (63) 19:30 7. Chris Amoroso, Jr. 19:50 8. Pate Palmer (60) 20:36 9. Velma Jacobs (72) 21:24 25 Km, Mission Bay, Cal., Dec. 27--1. Dale Sutton 2:30:12 2. John Meyers 2:37:17 3. Ted Greiner 3:02:32 15 Km, Pasadena, Cal., Nov. 15--1. Carl Acosta 1:31:12 10 Km, same place--1. Larry Burch 54:43 5 Km, Walnut, Cal. Nov. 21--1. Gary Iurig 26:46 2. Bob Fine 27:12 3. Jesus Orendain, Jr. 27:23 4. Jesus Orendain, Sr. 28:18 20 Km, same place--1. Ed Bouldin 1:38:07 10 Km, Beverly Hills, Cal., Dec. 6--1. Ari Cortez 47:08 2. Keith Ward 48:13 3. Brian LaBounty 53:56 4. Jesus Orendain, Jr. 54:03 5. Jesus Orendain, Sr. 55:15 6. A. Brumer 57:26 7. S. Stammes 61:12 Women: 1. Ester Lopez 55:11 2. Paul Kash 57:17 15 Km, Pasadena, Dec. 20--1. Ari Cortez 1:22:16 2. Larry Burch 1:26:53 3. Richard Oliver 1:27:15 5 Km, San Francisco, Dec. 26--1. Jack Bray (55) 24:58 2. JoAnn Nedelco 28:46 1 Mile, DeAnza, Cal., Dec. 12--1. Bob Edwards 7:46 5 Km, De Anza, Dec. 26--1. Bob Edwards 26:09 5 Km, Salem, Ore., Dec. 6--1. Steve Renard 25:50 2. Steve Tyrer 26:32 3. Troy O'Donnell 28:41 4. Bill Boyd 29:32 5 Km, Seattle, Nov. 22--1. Bob Burden 35:16 . . . 15. Doug Ermini 29:08 (handicap race) 16. Bob Novak 27:40 . . . 18. Jim Bryan 27:50 . . . 20. Blake Surina 26:15 (fast time) . . . 22. Terry Buchanan 29:00 . . . 24. Ed Glander 27:45 . . . 26. Paul Kaald 29:00 27. Gerry Follet 27:45 Honolulu Maerathon--1. Tim Lewis 3:36:23 2. Randy Mimm 3:51:29 3. Don Lawrence 4:30:55 4. Bob Mimm 4:32:28 5. Sal Corrallo 4:45:50 6. David Lawrence 4:50:55 7. Dave Thorle 4:55:21 8. Jim Bryan 4:57:01 9. Bob Carlson 5:22:10 10. Dean Ingram 5:30:01 Women: 1. Patricia Carroll 4:25:24 2. Bev LaVeck 4:38:47 3. Stella Cashman 4:49:51 4. Lois Wells 5:12:24 5. Patricia Hunter 5:26:54 5 Km, Toronto, Jan. 16--1. Tim Berratt 20:48 2. Dan O'Brien 23:06 3. Paul Guimond 24:55 4. Peter Bush 25:50 5. Jan Roos 26:33 6. Denis McGonigal 26:49 (Barrett from England, O'Brien the U.S., the best Canada.) 5 Km, Ballina, Australia, Jan. 11--1. Kerry Saxby 20:55.76 (Shatters women's world record.)

SCHEDULE OF NATIONAL CHAMPIONSHIP RACES FOR 1988

Feb 21--50 Km. Mon and Mast., Research Triangle Park, N.C., Contact: Alvia Gaskill, Jr., P.O. Box 12194, Research Triangle Park, N.C. 27709. Phone: 919-544-1663 home; 919-541-6743, office.

Feb. 26--Indoor 1500 meters women, 5 Km men. New York City. Contact: Helio Rico, c/o West Side YMCA, 5 West 63rd, New York, NY 10023. Phone 212-595-9647.

Mar. 19--Indoor 2 Mile, Masters men and women, Baton Rouge, Louisiana. Contact: Sam Seemes, Track Office, LSU, Baton Rouge, LA 70893, Phone 504-388-8627.

- 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, Pasadena, Cal 91106, Phone 818-577-2264.
- May 30--3 Km, Junior men and women, Long Island, New York. Contact: Gary Westerfield, P.O. Box 440, Smithtown, NY 11787, Phone 516-979-9603.
- June 4--15 Km, men and women, masters and junior men and women, Chicago, Illinois. Contact: Carol Garsee, 708 Dearborn Parkway, Chicago, IL 60611, Phone 312-644-0823.
- Jun. 17-18--10 Km women, 20 Km men, Tampa, Florida. Contact: TAC/USA, P.O. Box 120, Indianapolis, IN 46206, Phone 317-638-9155.
- Jun. 24-25--5 Km, junior women, 10 Km, junior men, Tallahassee, Florida. Contact: Florida Athletic Congress, 1330 N.W. 6th St., Gainesville, FL 32601, Phone 904-377-0134.
- July 9--10 Km, men, masters men and women, junior women, Niagara Falls, New York. Contact: Don Winiecki, 161 Stewart Ave., Buffalo, NY 14211.
- July 27-21--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 men and women, Orlando, Florida. Contact: see June 24-25.
- Sep. 11--40 Km, men, masters men and women, Ft. Monmouth, New Jersey. Contact: Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764.
- Oct. 16--20 Km, women and junior women, Long Island, New York. Contact: see May 30.
- Oct. 16--30 Km, men, masters men and women, Long Island, New York. Contact: see May 30.
- Dec. 4--1 Hour, junior men and women, Tucson, Arizona. Contact: Mike Jenkins, 7775 N. Casimir Pulaski, Tucson, AZ 85741, Phone 602-624-8711.
- Dec. 18--100 Km, men, masters men and women, Bellaire, Texas. Contact: Carl Birk, 8915 Broadway, #9262, Houston, TX 77061, Phone 713-645-3917.

OTHER KEY 1988 RACES

- Mar. 26--10 Km women, 20 Km men, Washington, DC. Contact: Sal Corrallo, 3466 Roberts Lane, North, Arlington, VA 22207, Phone 703-243-1290.
- Apr. 17--10 Km women, 20 Km men, 5 Km youth, Midwest Regional, Columbus, Ohio. Contact: John White, 4865 Arthur Place, Columbus, OH 43220 Phone 614-459-2547.
- May 1--20 Km, Southeastern Regional, Raleigh, North Carolina. Contact: Raleigh Parks and Recreation, P.O. Box 590, Raleigh, NC 97602.
- May 21--5 Km, Denver Regional. Contact: Joe Barrow, 675 Marion St., Denver, CO 80218, Phone 303-830-7121.
- May 26-28--NALA 10 Km Championships, Azusa Pacific University, Azusa, California.
- Sept. 11--10 Km, Atlantic City, New Jersey. Contact: Frank Greenberg, 1414 SFPS Building, Philadelphia, PA 19107, Phone 215-922-3690.

Sept. 25--Casimiro Alongi Memorial 5 Km and 20 Km International Walks, Dearborn Heights, Michigan. Contact: Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127, Phone 313-277-6060.

OLYMPIC TRIALS

- April 24--50 Km, Indianapolis. Contact: U.S. Olympic T&F/88 Organizing Committee, P.O. Box 6060, Indianapolis, IN, Phone 371-636-1988. Qualifying Time: 4:30
- July 15--20 Km, Indianapolis. Contact: same. Qualifying Time: 1:32.

AND, SOME OTHER UPCOMING EVENTS:

- Fri. Feb. 12--10 Km, Denver, 9 am (E)
- Sun. Feb. 14--10 Km, Denver, 9 am (E) (That's look fishy. I probably have some mistake here.)
- 10 Km, Seattle (F)
- Sat. Feb. 20--10 or 15 Km, Tacoma, Wash. (F)
- Sun. Feb. 21--5 and 10 Km, Los Angeles (D)
- Sun. Feb. 28--10 Mile Handicap, 3 mile, Pasadena, Cal. (D)
- 10 Km and Marathon, East Meadow, N.Y., 9 am (G)
- Wed. Mar. 2--2.8 Mile, Seattle (F)
- Sun. Mar. 6--Los Angeles Marathon, 8:40 am (D)
- Ohio TAC 1500 meters, Columbus (H)
- Sun. Mar. 13--3 Mile, Denver, 9 am (E)
- Women's 5 Km, East Meadow, N.Y., 9:30 am (G)
- 50 Km (track), Worthington, Ohio, 9 am (H)
- (You're welcome to go up to 100 Km if you bring your own lap counter.)
- Sat. Mar. 19--20 Km Women, 30 Km Men, East Meadow, N.Y., 10 am (G)
- Sun. Mar. 20--20 Km, Long Beach, Cal. (D)
- Sat. Mar. 21--10 Km, Seattle (F)
- Sun. Apr. 10--5, 20, and 50 Miles, Columbus, Ohio, 7 am (H)
- 5 Mile, East Meadow, N.Y. (G)
- (If you want to see your races listed here, please let me know about them.)

Contacts:

- D--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
- E--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
- F--Bev LaVeck, 6633 Windermere, Seattle, WA 98115
- G--Gary Westerfield, P.O. Box 440, Smithtown, NY 11787
- H--John White, 4865 Arthur Place, Columbus, Ohio 43220

Add:

- Mon. Feb. 15--8.2 Miles, Honolulu
- Sun. Mar. 6--Women's 10 Km, Honolulu, 7 am
- Sun. Apr. 3--15 Km, Honolulu, 6 am
- Contact: Deb Cottey, 708 Hausten St., Honolulu, HI 96826

FROM HEEL TO TOE

The Pan-American Senior Athletic Championships are scheduled for Santiago, Chile in April, including a 5 Km walk for men and women, a 10 Km for women, and a 20 Km for men. The walks are April 1 and 2. Men's events are for those 40 and up, but it appears the women's events may start with an age 25 category. Registration fee is \$7, due by March 4 to "Agrupacion de Atletas Senior de Chile. Cuentro Panamericano." (That's who you write a check to. Mail to Mateo Durruty Blanco, President of ASECHI, Casilla 4114, Santiago, Chile, S.A. Further information from Bev LaVeck. (See

address above. Phone 206-524-4721.). .The "Walk for the Health of It" clinic and race in Evansville, Indiana on April 16 will feature Gary Westerfield, national women's coach, Maryanne Torrellas and Lynn Weik. They will show a video, "A Long Walk to the Olympics," followed by a demonstration and discussion of proper walking techniques. The race will be at 5 Km. Write Myllis Ruthenburg, YMCA, P.O. Box 6106, Evansville, IN 47712 for further information. . .The patron Saint of walking in Columbus is Dr. John Blackburn, who first started in 1955, got his son Jack going 3 years later when said son's class schedule precluded his running track during his final quarter at Ohio State, and helped son Jack get Jack Mortland started a year later. The former medical editor of the ORW, now in Arizona, reports: "I am now 74-years old and, as of Dec. 31 last, have completed 32 years of race walking, covering 25,055 miles. I averaged 11:23 per mile, and 783 miles per year. This is all documented and includes 253 races. It does not include any running or jogging or street walking. I realize that many race walkers have logged more miles, including you and my son. But it might show another interesting aspect of race walking to hear from the rest of our seniors in this regard. I am still race walking every other day for 3 to 4 miles, averaging a little over 4 mph. This is disappointingly slow since I feel a good effort is being made in that my terminal heart rate is in the 144 to 156 beats/minute range. But I blame the altitude--7000 feet (everything that goes wrong with you in Flagstaff can conveniently be blamed on the altitude. . . . Gary Westerfield notes that the walk is still part of the New York State Public High School Athletic Association indoor championships for girls. But, he goes on: "Suffolk County may be the only section of the state that includes the walk for boys and girls in all their dual and invitational meets. They will do so for both seasons, even though the event is not on the outdoor state meet program. Interested parties, who care to write on behalf of the high school walk, can do so to: Alton B. Doyle, Executive Director, NYSRHSAA, Inc., Executive Park South, Albany, NY 12203. Perhaps letters might help, given the interest in walking today". . .The Youth Development Subcommittee of the TAC National Racewalk Committee announces the availability of a videotape of the Youth Coaching Clinic by Gary Westerfield in Kansas City May 1987. This 2-hour tape addresses technique questions relevant to Youth racewalk coaches, includes footage of the 1987 TAC Youth Road Racewalk Championships, and touches on some judging material. Production costs were underwritten by the TAC National Racewalk Committee. Copies are available for a 2-month loan for a \$3.00 postage and handling fee. Copying of the tapes is encouraged. For a tape contact: Doug Ermini, P.O. Box 4405, Bellingham, WA 98227. . .A note from Dave Talcott in upstate New York: "By the way, one of these days very concrete rules will be established for racewalking so most will be satisfied and no arguments will be justified. But, until then, I would rather have a cheater (lifter--creepers are easily detectable) beat me, and see the sport continue, than see the sport regress to the non-walk Olympics." . . . Commenting on Kerry Saxby's recent sub-21 effort for 5 Km (see results), Olympian John Allen, now residing in Australia, comments: "Wonder how the press would treat a 41 second improvement on 5000 meter run. They keep showing Kerry "trotting" into Rome Olympic Stadium. Was on TV from International Hotel, Sydney--a guest at ABC (Network TV) Sportsman of the Year Award. Motorcycle champ (world), Wayne Gardner, was winner. Saxby also ran. Well, she and the other trotter, Smith, have to perform or they get sent home from Australian Institute of Sport and university scholarship. This and other incentives (Mobil) for cash--records--wins adds to deterioration of sport."

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 .156 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, shins, 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 44 years, with a range of ages from 12 to 88. The mean number of years subjects had been race walking 8, with a range from 3 months to 62 years. Respondents reported 502 injuries total; 257 people reported one injury, 183 people reported two injuries, and 62 people reported three or more injuries. For their most serious injury, 40.6 percent of respondents said that no medical attention was required. Among those who received medical attention, 32.9 percent saw an orthopedist and 23.8 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 therapy. 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, 304 subjects said that they were active in another sport besides race walking, and of these subjects, 158 indicated that they were also runners.

The average number of days subjects walked was 5 per week. The average number of minutes per session was 60, and the average number of miles subjects walked per week was 29. Most subjects stretched before or after exercise. Most respondents said that they wore running shoes during exercise. Walking shoes took second place in this category. Nike was the most popular brand of shoe, followed by Tiger/Asics. Nike EKW shoes were the most popular model of shoe worn, by a large margin. Next in popularity was adidas race walking shoes. About 61 percent of subjects exercised exclusively on one type of surface. The most common surface was concrete, followed by asphalt. Of the 400 respondents, 357 engaged in race walking competitions. The most popular events were the 20 Km, 10 Km, and 5 Km distances, in that order.

(Readers can send comments or questions to Niles Richman at 2028 Emerald Street, San Diego, CA 92109.

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From the desk of Gary Westerfield

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,

and I am sure many of your are, or will be, asked what progress is being made. I thought it might be helpful if I fill you in on what I know of our event's Olympic status on the women's side.

In a recent phone conversation with Pat Rico, chairperson of the Athletics Congress/USA Women's Track and Field Committee and member of the International Amateur Athletic Federation (the world governing body for track and field) Women's Committee, I was told that the proposal to add a women's walk to the track and field venue of the Olympic Games had cleared all the proper committees of the IAAF--Race Walking--Women's--Technical--IAAF Congress, and that the matter is now in the hands of the International Olympic Committee (IOC).

At the Rome IAAF meeting, Primo Nebiolo, President of the IAAF, was asked of the event's status. According to Mrs. Rico, Mr. Nebiolo felt very positive about 1992. The IAAF had worked very hard. The women's walk, conducted at all major track and field competitions of the IAAF, is viable. According to Mr. Nebiolo, the event should have been added for 1988. Why hasn't it been? It is hard to explain. The IAAF and IOC are large multi-national organizations. They move very slowly. Mrs. Rico thought that perhaps a conservative mentality, of "the women should be satisfied, look how many events have been added," has slowed the process. Like the IAAF president, she too felt very positive about the walk being added. "It is gaining momentum. I think we'll see it in 1992."

Mrs. Rico, who has been very supportive of the walk, did not know what channels the proposal would take in the IOC. She suggested I contact the U.S. Olympic Committee. I spoke with Jim Page at the USOC, who heads the Games Preparation Department. He could not tell me what the event's status was either, nor was he aware of the route acceptance would follow within the bureaucracy of the IOC. He promised he would research these questions for me, and would forward information when he gets answers.

In the meantime, while we wait for specific committee heads to contact within the IOC, both Mr. Page and Mrs. Rico suggested supporters of the addition of women's race walk to Olympic track and field contact our International Olympic Committee representative. In the U.S., they are:

Robert H. Helmick	Anita DeFrantz
President of the USOC	2311 4th St., Apt. 312
2190 Financial Center	Santa Monica, CA 90405
Des Moines, IA 50309	

I will keep you updated as I receive information. If you are interested in seeing the women's race walk added to the 1992 Olympic Games, please write letters to your representatives. We must get started on this soon. From my understanding, an event must be approved at the Olympics prior to its inception. That means a 1992 women's walk must be accepted by the IOC in Seoul. Write today! Lobby. That is the way to effect change. We must have some input. Now!

* * * * *

A letter to Edwin Pope, Sports Editor, Miami Herald from Dennis Lerner, Vice President, Florida Racewalkers Club:

Rodney Dangerfield, the famed comedian, built his reputation around the line, "I Get no respect". The public laughed and it launched a successful career for him. We racewalkers have been likened to the Dangerfields of the sport world. . .we get no respect, but no one is laughing. The time has come for us to change all that--with your paper's help.

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 900 runners, 100 plus walkers, and myriads of spectators! This was a highly competitive, fun, and festive event. But in fact, there were actually three races being run. The 10 kilometer road race, a 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 racewalking 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 future! Saturday's race was a fantastic human interest story to report, and you chose to ignore it completely. The only mention of racewalking 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-8 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 racewalk 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 Racewalker's Club received over 750 responses from your reading public. It seems to me that the Herald should 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 races as participants, who have a long history of successful competition on an international level compete against each other. Why not report on it! I am sure that your public would find it interesting and it would give us the respect our sport deserves.

(Ed. 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 it in no way detracts from the excellence and importance of Dennis Lerner's letter to the press.

AVAILABLE FROM TAC PRESS INFORMATION CENTER

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 championships. Copies are available for \$8.00 each.

Indoor Track'88. Edited by Hal Bateman and Ed Gordon, this 331 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 1:15:50 10 mile in Asbury Park, N.J. on December 31, leaving John Knifton $4\frac{1}{2}$ minutes in arrears. . . Ron Daniel won the Metropolitan Indoor Mile in 6:39.7 and Ron Laird copped the LA Times Mile in 6:32.9. He then came back with a 6:28.2 in the Athens Invitational to top Tom Dooley's 6:33.9 effort. . . Laird won the Zinn Memorial Trophy as the outstanding walker in the country for the second straight year and the fourth time in its history. . . Published Jack Blackburn had some commentary on the political scene (costing us one subscriber, as I recall) and Mortland reviewed a Modern Jazz Quartet concert. Walking news was apparently a bit light. (We used to go astray in our subject matter quite frequently, including mention of sons' soccer exploits. Matter of fact, I was just asked on the phone the other night by a long time subscriber what was happening in soccer. Derek, now nearly two years out of high school is no longer playing. He played 2 years at Linden McKinly H.S. (they didn't have a team before that). He was the school's all-time leading goal scorer until last fall when brother Scott, now a junior, took over. Scott, more serious about the sport, was second team all-city in both his freshmen and sophomore years and first team last fall. He was also honorable mention all-district. Traveling with his very successful team in the summer has taken all around the midwest, to Williamsburg, Va. for 3 years, to Florida 2 years ago, add to Long Island last summer. He was also to England in 1984, as mentioned in these pages. To fill in his, time he has kicked for the football team the last 2 years. So how's that for going astray in the Looking Back column.). . . Finally, the ORW announced the first Dr. John Blackburn Award for the year's outstanding single accomplishment, which went to Larry O'Neil for his 19:24:52.4 100 miler.

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 Tyrer in 15:04, with newcomer Augie Hirt fourth in 15:55. . . 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, Howie Palamarchuk, known mostly for his libelous contributions to the infamous Guano Press (race walking's underground paper of that era), was a close third in 6:38. The eminent podiatrist now contributes much 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 Pecinovsky edged Chris Knotts for fast time honors in the New Year's Eve Handicap in Springfield, Ohio with a 48:21 (6 mile). Chris had 48:30. However, the handicapping was tough on the faster walkers as these two finished sixth and seventh and handicapper Jack Blackburn (50:27) brought up the rear, but for Jack Mortland (50:42). . . John Knifton had a good 30 Km (2:30:54) in Houston. . . In the Millrose Games, Todd Scully won in 6:34.3, with Ron Daniel 3 seconds back and John Fredericks third.

5 Years Ago (From the January 1983 ORW)--In the Millrose Games, Ray Sharp edged Jim Heiring, covering the mile in 5:46.21--the fastest ever. Heiring was just a second back and Tim Lewis also broke 5:50. Tom Edwards had 5:57 in fourth, and Jim Mann, way back in ninth, had 6:17. . . Edwards had earlier winning efforts of 6:04 and 6:12, and did 13:55 for a 2 miler. . . The ORW's Olympic history continued, with 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:

MEN

5:38.2 Tim Lewis, USA, 1987
5:38.9 Josef Pribilinec, Czech, 1987
5:41.26 Jim Heiring, USA, 1986
5:46.4 Martin Toporek, Aus., 1983
5:46.1 Ray Sharp, USA 1983
5:47.58 Tom Edwards, USA, 1986
5:53.15 Reima Salonen, Fin., 1977
5:53.36 M. Schennikov, USSR, 1987
5:54.6 Marcel Jobin, Can. 1980
5:55.10 Ed O'Rourke, USA 1986

WOMEN

6:28.46 Giuliana Salce, It., 85
6:28.8 Kerry Saxby, Aust., 87
6:29.0 Olga Kristoph, USSR, 87
6:35.47 Ann Paal, Can., 87
6:40.1 Teresa Vaill, USA, 87
6:40.52 M. Torrellas, USA, 87*
6:56.27 Lynn Weik, USA, 86
6:58.4 Sue Brodock, USA, 81
6:58.5 Susan Liers, USA, 81
6:58.9 Chris Shea, USA, 79

* List as of end of last season. Maryanne's time in Ottawa in January moves her just ahead of or just behind Paal, depending on the exact time. Lists from Indoor Race Walking Best Performances and All-Time Rankings.

