VAIL BRAVES THUNDER AND LIGHTNING
TO CAPTURE NATIONAL 5 KM CROWN

Overland Park, Kan., May 15--A torrid early pace by Teresa Vaill had dis­
couraged by the 1 Mile mark, and she was able to move onto an easy win and
an American record in the National 5 Km Championship.

The course, located in the Corporate Woods Park of this Kansas City
suburb, is a 2½ Km loop of asphalt roadway, which was kept free of vehicle
by the local police. The first half of the loop has a slight upgrade,
with the second half fairly level. The course record for 5 Km was 24:06
until today.

At 8:30 am on this overcast Sunday morning, the racewalkers were
introduced while the drops of rain became more frequent. A typical mid­
western thunderstorm seemed to be cue'd to start with the start of compet­
tion. In a very short time, the course was covered with puddles of water
making some of the asphalt roads slippery for the competitors, as well as
the many spectators in attendance. Heavy thunder and lightning kept
everyone very attentive.

At the sound of the starter's horn, Teresa Vaill, Maryanne Torrellas,
and Debbi Lawrence (the local favorite) set an immediate blistering pace,
with Wendy Sharp and Victoria Herazo a few seconds back. Approaching the
mile mark, in the solid downpour of rain, Vaill continued to accelerate
her torrid pace, passing through in 6:50 and rapidly moving away from the
pack. Holding onto second place was Lawrence with a 6:57, followed by
Torrellas in 7:02. Sharp and Herazo were together in 7:19, 22 sec onds
ahead of the rest of the field. The continued hot pace being set by Vaill
was too much for Lawrence and Torrellas, and both began to lose contact
and sight of the leader. Near the 2-mile mark, with two "calls" and an
aching ankle, Torrellas dropped out of the competition. By about 2½ miles
Teresa had extended her lead over a struggling Lawrence by almost a full
minute, with the two California girls, Sharp and Herazo, 28 seconds back.

Looking very relaxed, but soaked, Teresa Vaill finished in 22:31.71
for a new American record. Considering the previous course record and
the accompanying rain, thunder, and lightning conditions, the times for
the complete field seemed satisfying to all competitors.

Local press coverage of the event by the Kansas City Star and local
radio-TV news coverage was exceptional. The results:
Oregon 28:12.38 10. Anita Herbach, un. 29:59.95 11. Barbara Ayers, Texas
35:28.91 DNF: Maryanne Torrellas, Connecticut
The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $3.00 per year ($5.00 for First Class, and $12.00 for Overseas Air Mail).

Editor and Publisher: John E. (Jack) Morland. Address all correspondence regarding editorial and subscription matters to: Ohio Racewalker, 718 Summit St., Columbus, Ohio 43202. Second Class postage paid at Columbus, Ohio. POSTMASTER: Send address changes to Ohio Racewalker, 718 Summit St., Columbus, Ohio 43202.

STAUDT BREAKS OWN RECORD
IN WINNING NAIA 10 KM

Azusa, Calif., May 27--Mike Stauch led Wisconsin-Parkside’s domination of the NAIA (National Association of Intercollegiate Athletics) 10 KM walk with a brilliant 41:56.4 effort. It was the third win in a row for Stauch in the event and the sixth in row for Parkside athletes. As a matter of fact, they have won 90% of the 12 years it has been held. Stauch broke his record of 43:22.2 set last year. Before that, Ray Sharp held the record at 43:53.2. Parkside took four of the first six spots in this year’s race. Dave Cummings, now at Central Washington, stopped a Parkside sweep of the first three places with his second place finish in 41:24.4.

Parkside coach, Mike Dewitt, spent a good deal of his time at the meet lobbying for retention of this event as a scoring part of the track meet. Most officials have been disappointed in the small number of athletes and of schools in the event. This year there were only 10 athletes from six schools (150 schools entered in the meet).


Other Results


Other Results

from NASA TO THE

One of the problems of including walking divisions in running races is suggested in the following letter to the editor of a local paper from the president of the Monterey Walk Walk Club. (The letter was reprinted in the Walk Club newsletter): "In your list of competitors at the Big Sur Marathon (April 18), two people listed under "race walkers" who, to my knowledge, have never race walked before. Moreover, their times are too fast to be realistic. Had the men's division winner finished in 3:12:5s as written, he would have beaten the fastest race walker in the world. Our editor: Not true. A 50 km walker doing in the low 3:12s would go 14.5 hours marathon distance somewhere in the vicinity of 3:30; a 3:12 at the marathon would mean a 50 km in around 3:5s. Nonetheless, it's far better than an inexperienced walker is going to manage. Don't you love these loop dehoop expressions in the middle of an event (now try to pick up the thought again) and would have established a world record for the distance. One must believe, therefore, that almost all the race wakers who, for running or jogging most of the time. I saw only two real race walkers during the race, and I couldn't find their names among those printed in your paper. This is not impossible because there was no monitoring for race walkers on the course. There were no race walking judges, and there was no way to visually distinguish race walkers from runners. This was not the case in the first Big Sur Marathon, and I hope it will not happen again. If the next Big Sur Marathon has a race walker's division, race walking judges should be present, as there are at important national marathons..."
Data analysis showed significant intersubject differences in ICKE, MKE, PGCMKE, stance time, cadence, and stride length. Analysis of intra-subject responses to greater heel height showed a significant increase in MKE and stance time for subject 1. In subject 2, MKE, ICKE, stance and stride length were significantly increased, and stance/swing ratio and cadence were significantly decreased. Comparison of these results to those of published studies indicated some kinematic differences between intermediate and elite-level racewalkers.

Results of this study have some implications for larger-scale kinematic and kinetic studies to further investigate the relationship between heel height and knee injury.

LOOKING BACK

25 Years Ago (From the May 1963 Race Walker edited by Chris McCarthy, which actually came out in late June) - Ron Zinn won the National 10 Km on the track in Chicago with an American record of 46:35.4, leaving Ron Laird a distant second in 47:46. Laird led the New York AC to a one-point team victory over the Ohio Track Club, which had Jack Blackburn (48:00) and Jack Mortland (48:10) in third and fourth. Zinn also won the National 2 Mile in St. Louis with 14:03.2 ahead of A. B. Zebedee and a honeymooning Jack Mortland. (That's right, a silver anniversary in mid-June.) Laird edged Matt Rutyna for fourth. The British 50 Km went to Ray Middleton in 4:16:43.

20 Years Ago (From the May 1968 OW) - Larry Young captured the National 35 Km title in Pittsburgh with a 2:53:16, ahead of Canadian Karl Merschens and Dave Romanski, who were about 4 minutes back... Bob Kitchen turned in a good track 50 Km on Long Island with 4:26:56, just 2 minutes ahead of Ron Daniel. ... In New York, Dave Romanski recorded 1:30:04 for 20 Km, Just 1:21 ahead of newcomer Jackie Somers. John Kruit had 1:32:16 and Daniel 1:33:08. ... The Zinn Memorial 10 Km in Chicago went to Gerry Boci in 48:38. ... Four other captured the Ohio 20 Km on a track in Asilomar in 1:40:00. ... Jack Blackburn was an easy winner in the Ohio 2 Mile in Dayton in 14:59 with Mortland trailing in 15:13.

15 Years Ago (From the May 1973 OW) - St. Consistency we called him. Bill Weigle won the National 50 Km in Des Moines with a 4:22:27. That marked his 7th 50 in 11 months with times ranging from 4:20:00 to 4:22:27. John Kruit was second in 4:30:42 and Ron Laird third in 4:32:51.

England's Roger Mills captured our 1 Hour title, covering 8 mi. 252 yrs., some 72 miles ahead of John Kruit. Todd Scully and Ron Daniel followed, with the first seven bettering 72 miles.

10 Years Ago (From the May 1978 OW) - Marcel Jobin (Canada) moved away from Todd Scully in the second half of the race to win the National 15 Km race at Nassau, N.Y. in 1:06:49. Scully (1:08:07) finished well ahead of Dave Romanski (1:11:29). ... The NAIA 10 Km went to Parkside's Chris Hansen in 50:20. John Van Driessen (Parkside) and Carl Schuler (Potsdam) followed. ... Sweden had a world best for 1 Mile with 4:00:56.

20 Days Later broke the American record for 5 Km with a 23:41.1. ... The Zinn Memorial 10 Km went to Jim Heiring in 46:59, with an 18-year-old newcomer. Ray Sharp, finishing fifth in 51:58. In Mexico, Saul Gonzalez did 50 Km in 3:45:32, nearly 7 minutes better than the previous best on record. He needed only 1:28:20 for the first 20 Km, and then accelerated with 4:14:30 for the next 10, before slowing to 1:33:35 over the final 20.

5 Years Ago (From the May 1983 OW) - Mexico invaded the U.S. and Martin Mendoza led the field home in the National 50 Km. His 3:50:43 was nearly 10 minutes ahead of countryman Felix Gomes in 4:01:43. Marcio Reznik won the U.S. title in 4:01:43, with Jim Heiring second in 4:07:28, just behind a third Mexican, Marcelino Colin. Dan O'Gorman and Tom Edwards followed, with 8 under 4:30. ... Two weeks earlier, Colin came home first in the National 15 Km in Santa Monica, his 1:02:58 edging Canada's Marcel Jobin (1:03:47). Heiring was the National champion in 1:03:26, a minute ahead of Sam Shick. Larry Walker, Pete Timmons, and Dave Cummings followed. ... Also at Santa Monica, Susan Liesz-Westerfield won the women's National 15 Km in 1:17:27, 50 seconds ahead of Teresa Vaill. Carol Brown and Vioki Jones were third and fourth.

SOURCES AND RESOURCES

The following bibliography and list of contacts throughout the country were compiled by Bob Carlson in Colorado. I personally would not recommend the book by Weinstein and Finley, having glanced at a book store several weeks ago, at least not for those interested in serious race walking. The authors do not appear to have a very good concept of what is involved in competitive race walking, but try to present themselves as experts. One man's opinion.

A BIBLIOGRAPHY OF INTERESTING WALKING AND HEALTH BOOKS

(Prices when given are as of 1987)

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Dix, C.D. Observing and Fitness Walking Manual, 1983. $9.95 pb. Order directly from author at 3501 E. 5th St. EP. Alhambra, CA 91801


Gray, John, Observers' Guide to Foot and Fitness, Franklin Watts, 1984, $16.95 pb, $7.95 pb.


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RAW TEXT START

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H. W. Martin, Advanced Respecting Techniques Productions, 4931 NE 44th, Seattle, WA, 98105.

S. Omm, Building the Easy Way, Tel Books Inc., 1993, $6.95.


Sweetgill, Bob, and Worecz, Robert, Ph.D., Respecting Magazine, (National magazine covering walking of all kinds with articles of interest to all), Box 24554, Denver, CO 80222, 513.00 per year.

Wallace, Gordon, The World's First! Ralph Yerkes Award, 1992, $4.70, $0 order directly from 102 Artes St., Prescott, AZ 86301.


USA WALKING CLUBS AND PROMINENT PROMOTERS OF WALKING
(Acros 100)

(IAAF judge = International judge—the top respectingCorrcellists in the USA)

ALABAMA

Ann Bledsoe, 2301 Airport Boulevard, Mobile, AL 36606.

ALASKA

Lyle Perrigo, 1921 Congress Cir #2, Anchorage, AK 99507.

ARKANSAS

V. Randy Taylor, Whetstone Bank, Box 1601, Little Rock, AR 72203.

CALIFORNIA

Benjamin Street Walkers c/o Ed Dukin, 9500 Pico Villa Rd, Downey, CA 90240.

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Breder's Bulletins c/o Bob Fewer, 6011 Hensley Circle, Long Beach, CA 90806.

California Walkers c/o John Kelly, 1034 3rd St, Santa Monica, CA 90403.

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Easy Striders Walking Club c/o Jim Coles, 2718 Homegrove Ave, Long Beach, CA 90808.

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Golden Gate Walkers c/o Harry Slitman, 10628 Santee St, #112, San Francisco, CA 94114.

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Lori Meyers, 2811 Kentingg Road, Redwood City, CA 94062.

Monterey Walk, Walk, Walk c/o Billa de Piuve, PO Box 2927, Carmel, CA 93923.

North American Respecting Foundation, c/o Elaine Vuld, 1000 San Pasqual #52, Pasadena, CA 91106.

Orange County Walkers c/o Dina Best, 110 S Pritchard Ave, Fullerton, CA 92533.

Seddiek Striders c/o Barb Erna, 34516 Sand Piper Lane, Yuma, CA 95369.

San Fernando Valley Walkers (Venus), c/o Jim Bentley, PO Box 720, Van Nuys, CA 91404.

Santa Barbara Sport Walkers Club c/o Charlotte Johnson, 7291 Center Ave., Santa Barbara, CA 93109.

Teens (Bay Area Athletics)—see Robert A. Hickey.

Tulip Walk, Walk, Walk c/o Barb Erna, 34516 Sand Piper Lane, Yuma, CA 95369.

Valleym Club of Los Angeles c/o Richnard Oliver, 11431 Sunshine Terrace, Studio City, CA 91604.

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New York Walkers Club c/o Dr. Joseph Delano, c/o Fairfield College, Fairfield, CT 06430-7366.

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Dan Stueck, 1213 Brooks, Wellington, FL 33461.

Teppo BoyWalkers c/o James McCarthy, 12500 S 277th St., Tampa Bay, FL 33512.

GEORGIA

Walkers Watch of Georgia c/o Dr. Bill Forreille, 101 Peach Tree Center South, Atlanta, GA 30303.

HAWAII

Debra Curry, 700 Fannert Street, Honolulu, HI 96826.

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Glen Velez, 1963 Leisure Circle, Salt Lake City, UT 84118.

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Jean Wood, 3502 Easton Drive, Springfield, VA 22151.

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Bernes Finsh, Box 55, Cheyenne, WY 82001.

From the Danish magazine Gangeport. Apparently some kind of all-time ranking at the time of the IAAF's 75th anniversary. But does it say anything about how the points were assigned? Who can tell me?

Fejrede i 1987 75 års jubileum (1912-1987), og man gjorde det bl. ved at votere de 10 største aliter gennem tidene (1000 int. navne gennemførte denne afstemning) og Kapgang var også med som kærede alle tildes 10 bedste over 20 km hen. 50 km distancerne.

Jeg deltog også og nedennævnte 20 navne og placeringer havde jeg selv fundet ud af for ikke mindre end 16 af disse 20 fremragende kapgangere. Mexicans store navn: Spawy, Gonzales dominerede selvsagt over 50 km og Vladimir Golubnich fra Sovjet klarede en fin førsteplads over 20 km, men han havde dog hård kamp med Mexicos 20 km specialist: Daniel Bautista.

Her følger IAAF off. ranglistor over alle tiders kapgangere gennem 75 år. Afstemningspunktene fortæller om den kamp som fandt sted, da man skulle vælge mellem ens favoritter.

20 km =
1) Vladimir Golubnich, SU 1527 p
2) Daniel Bautista, MEX 1426 p
3) Ernesto Canto, MEX 1290 p
4) Peter Frenkel, GDR 1015 p
5) Maurizio Damilano, ITA 924 p
6) Jose Pribilinicz, CS 708 p
7) Kenneth Matthews, GBR 520 p
8) Leonid Spirin, SU 357 p
9) John Mikaelsson, SWE 314 p
10) Jose Marin, ESP 311 p

Her havde jeg (foruden topplacr.) Pribilinicz som nr. 2, John Mikaelsson som nr. 3 og nr. 4 Maurizio Damilano.

50 km=
1) Raul Gonzalez, MEX 1489 p
2) Christoph Höhne, GDR 1172 p
3) Abdon Pamich, ITA 1130 p
4) Bernd Kannenberg, FRG 895 p
5) Hartwig Gauder, GDR 888 p
6) John Ljunggren, SWE 773 p
7) Ronald Weigel, GDR 744 p
8) Veniamin Soldatenko, SU 485 p
9) Giuseppe Dordoni, ITA 420 p
10) Harold Whitlock, GBR 329 p

Jeg havde Hartwig Gauder som nr. 2, Ronald Weigel nr. 3 og Bernd Kannenberg nr. 4.

Maximum points 2000 p

Canadian All-Time Top 10

20 km
1. 2:11.13 Guillaume Leblanc 624 St. Leonard 1 Oct 586
2. 2:11.66 Marcel Johnnie 42 St. Louis de Terrebonne 3 Sept 82
3. 2:11.89 Francois Lapointe 61 Montreal Nord 1 Oct 82
4. 2:20.83 Guillaume Leblanc 62 Montreal 1 Oct 82
5. 2:26.30 Martin Archambault 61 New York 72 July 82
6. 2:26.33 Martin Archambault 61 New York 72 July 82
7. 2:26.99 Bob Butler 52 Edmonton 73 May 83
8. 2:27.25 Patrick Farnley 53 North York 1 Apr 84
9. 2:27.30 Karl Marschbenz 50 Downview 4 May 86
10. 2:27.35 Tim De Groot 51 New York 72 July 82

50 km
1. 3:47.48 Marcel Johnnie 42 St. Louis de Terrebonne 2 Jun 82
2. 3:48.30 Francois Lapointe 61 Montreal Nord 1 Oct 82
3. 3:48.50 Guillaume Leblanc 62 Montreal 1 Oct 82
4. 3:49.22 Martin Archambault 61 New York 73 May 83
5. 3:49.33 Martin Archambault 61 New York 73 May 83
6. 3:51.38 John Ljunggren 66 New York 73 May 83
7. 3:51.70 John Ljunggren 66 New York 73 May 83
8. 3:52.25 John Ljunggren 66 New York 73 May 83
9. 3:52.27 John Ljunggren 66 New York 73 May 83
10. 3:52.46 John Ljunggren 66 New York 73 May 83

10000mW
1. 45.06 Ann Perd 61 New York City 1 May 87
2. 45.10 Janice McCaffery 61 Boston 16 Jan 87
3. 45.11 Barbara Powell 56 New York City 1 May 87
4. 45.15 Alison Baker 64 Vancouver 1 May 87
5. 45.16 Laura Rix; 56 New York City 1 May 87
6. 45.17 Joan Bender 63 Lisbon, Italy 12 May 87
7. 45.22 Louise Aubin 66 Vancouver 1 May 87
8. 45.29 Pascal Grand 67 Campbellford, NB 1 May 87
9. 45.30 Micheline Danseau 60 St. Leonard 15 Oct 86
10. 45.46 Gillian Grant 63 London 2 May 84