WALKING RESULTS

No biggies to report on this month, so we will just get right into the general results from around and about.

TAC National Masters Championships, Orlando, Florida:


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Smilova 45:50 15. Larisa Voronskova 45:54 16. Irina Frasova 48:29 Junior 5 Km, 
6. Olga Leomenko 22:58 7. Olimpiada Ivanova 23:00 Junior 5 Km, Karl-Marx Stadt, 
S. Keburkina, USSR 43:43 2. T. Kovalenko, USSR 44:10 3. M. Papuc, Romania 45:05 
4. V. Oprea, Rom. 47:10 

Men 
Senior 5 Km, Karl-Marx Stadt, GDR, April 15—1. Kathrin Born 21:44 2. Thust 22:59 
10 Km, Bucharest, June 19—1. S. Keburkina, USSR 43:43 2. T. Kovalenko, USSR 44:10 
3. M. Papuc, Romania 45:05 4. V. Oprea, Rom. 47:10 

FROM OVERSEAS 

Women: 5 Km, Vilnius, USSR, March 11—1. Natalia Sarbinenko 22:17 10 Km, 
Novopolotsk, USSR, April 23—1. D. Baranauskaite 47:09 10 Km, Mieko, USSR, April 
M. Popikova 46:23 2. P. Lossieva 46:45 5 Km, Simferopol, USSR, June 4—1. A. 
Ivanova 21:48:46 10 Km, Alytus, USSR, May 11—1. Albina Lesnitskova 46:01 10 Km, 
May, Mozay, USSR, May 21—2. Olga Osiko 47:01 5 Km, same place, April 30—1. 
Karla Snyder 58:00 2. Lisa Sherman 57:11 3. John Hanan 57:54 
4. Karla Snyder 59:00 5. David McNayr 58:01 5 Km, Salem, Ore., July 3—1. Steve 
(28 under 50:00) 10 Km, Leningrad, June 11—1. Natalya Spiridonova 43:53 2. 

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2. John Elwanner 24:34
3. Terry Hicskey 25:27
Women's 5 Km. same place
Roberta Boyle 29:20 (Also first master) 2. Andrea Nardin 30:27

FROM HEEL TO TOE

With TAC funding, National Men's Coach, Martin Rudow, has prepared an excellent race walking technique video. The 20-minute video is now available through Technique Productions (see order form later in this issue). A strong point of the video is an emphasis on the naturalness of race walking-reinforced by a sequence on a treadmill in which the walker gradually goes from a stroll to a racing pace. My own complaint with the production is with the shots of competitive walkers, interspersed throughout. They are great shots, but there is never any indication of who is in them, or comment on the technique shown, some of which deserves comment. But that is a small point; the video should be very helpful to anyone trying to learn to racewalk or anyone already into the sport but struggling with technique. Well worth the $19.95 it will cost you. Another video Fitness Walking, has been developed by Henry Laskau, Olympian and winner of 42 U.S. racewalking titles. I haven't seen this one, so can't comment. It is available, also for $19.95, plus $3 postage, from New Orleans Walkers, 4236 S. Roman St., New Orleans, LA 70125.

Omitted from the list of racewalking clubs and race promoters that we published last month was the North Medford Club, which can be contacted through Phil McGaw, 156 Blue Hill Avenue, Milton, MA 02186. North Medford must be nearly as old as the sport itself. As noted, the list was developed by Bob Carlson, not the OW, so we put the blame at his doorstep. Another correction to the list: the contact for Walking (not Walkers) Club of Georgia should be David Waddle, 3237 Redfield Dr., Norcross, GA 30071. Add the Georgia Race Walkers, c/o Bill Farrell, 225 Peachtree St. NE, #818, Atlanta, GA 30303. He was listed as the Walking Club of Georgia contact. The 5 Km walk in New Haven in Oct. 9 (see schedule) is part of the S. Kinder/Quinnipiac College First Family Walk-A-Thon, which also includes the American Heart Association. Maryanne Torretas will conduct an accompanying clinic. The Casimiro Alongi Memorial Racewalk (see schedule) on September 25 in Dearborn is again offering $500 scholarships to the best U.S. Junior athlete competing in the 10 Km Men's and 5 Km Women's Divisions. The recipients must have a minimum 3.2 GPA and apply before September 15. See address in list of contacts

TICKLE YOUR HEELS AND TOES IN THESE RACES

Sat. Sep. 10-5 Km, Milano, Texas, 8 am (DD)
5 Km, Dearborn, Mich., 9 am (L)
5 Km, Palm Beach, Florida (S)
5 Km, Atlanta (T)
5 and 30 Km, Santa Barbara, Cali., 8 am (D)
10 Km, Salem, Oregon (P)
10 Km, Albuquerque (Q)

Sun. Sep. 11—NATIONAL TAC 40 km, MONMOUTH, NJ (N)
2 Hour, Worthington, Ohio, 8 am (H)
10 Km, Atlantic City, NJ (J)
5 Km, Denver, 9 am (E)

Sat. Sep. 17-50 and 100 Miles. Billings, Montana, 1 pm (X)
Nothing is missing - computer error.

10 Km, Seattle (F)  
10 Km, Bellevue, Wash. (F)  
1 Hour, Denver, 9 am (E)  

Fri. Sept. 23—OLYMPIC 20 KM, SEOUL  
Sat. Sept. 24—5 Mile, Stone Mountain, Georgia (T)  
Sun. Sept. 25—Oregon Marathon (F)  
Alongi Memorial 20 Km, Women's 5 Km, Master's 10 Km, Dearborn, Mich. (L)  
15 Km, Houston, 8 am (K)  
Marathon, 1/2 Marathon, and 5 Kms, Albuquerque (Q)  
Thu. Sept. 29—5 and 10 Km, Palm Beach, Florida (S)  
Fri. Sept. 30—OLYMPIC 50 KM, SEOUL

Sun. Oct. 1—10 Km, Atlanta (T)  
Sun. Oct. 2—3 Mile, Boston, 12 noon (A)  
Thu. Oct. 6—2.8 Mile, Seattle (F)  
Sat. Oct. 8—5 Km, Los Angeles, 7:30 am (D)  
5 Km, Cicero, Illinois (W)  
5 Km, New Haven, Conn. (Z)  
Sat. Oct. 15—5 Km, Houston (K)  
5 Km, Davie, Florida (S)  
Sun. Oct. 16—5 Km, Buffalo (B)  

NATIONAL TAC 20 KM WOMEN AND 30 KM MEN, LONG ISLAND (G)  
Sat. Oct. 22—5 Km, Dearborn, Michigan, 9 am (L)  
10 Km, Cartersville, Georgia (T)  
Sat. Oct. 29—5 Mile, Tacoma, Wash. (F)  
5 and 10 Km, Albuquerque (Q)  
Northeast 15 Km, Sterling, Mass., 10 am (V)  
Sun. Oct. 30—25 Km, Houston (K)  
5 Km, Hollywood, Florida (S)  
5, 20, and 50 Km, Columbus, 8 am (H)  
Sun. Nov. 6—10 Km, Austin (R)  
15 Km, Atlanta (T)  
Sat. Nov. 12—10 Km, Miami (S)  
Sun. Nov. 13—15 Km, Schenectady, N.Y., 10:30 am (O)

Contacts  
A—Jodie Portman, Exec. Office of Elder Affairs, 38 Chauncy St., Boston, MA02111  
D—Elaine Ward, 1000 San Pasqual, #35, PasadenA, CA 91106  
E—Bob Carlson, 2281 Glencoe St., Denver, CO 80207  
F—Bev LaVeck, 6633 Windermere, Seattle, WA 98115  
G—Gary Westerfield, PO Box 440, Smithtown, NY 11787  
H—John White, 4855 Arthur Place, Columbus, OH 43220  
J—Frank Greenberg, 1414 PSFC Building, Philadelphia, PA 19107

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K—Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072  
L—Frank Alongi, 26530 Woodshire, Dearborn, MI 48127  
N—Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764  
O—Jim Mann, 1605 Union St., Schenectady, NY 12308  
P—Jim Bean, 4688 Fuhrer St. NE, Salem, OR 97305  
Q—New Mexico Racewalkers, 2816 Solano NE, Albuquerque, NM 87110  
S—Florida Racewalkers, 4223 Palm Forest Drive, Delray-Beach, FL 33445  
T—Bill Farrell, 225 Peachtree St., Suite 16, Atlanta, GA 30303  
V—Brian Savilonia, 243 Mirick Rd., Princeton, MA 01591  
W—Walking Circuit, 259 Nicholson St., Joliet, IL 60435  
X—Carl McCoun, Box 576, Columbus, MT 59019  
Z—Jim Brochin, 82 Oliver Rd., New Haven, CT 06515  
AA—Doug Greiner, 1206 Merritt Dr., El Cajon, CA 92020  
DD—Timothy Doss, 3300 Parker Lane, Apt. 254, Austin, TX 78741

A MESSAGE TO THE RACE WALK COMMUNITY
From National Chairman, Sal Corrallo

It has been a while since I have reported to you on TAC Racewalking. This is, as you all know, the last year in the Olympic Quadrennium. It also marks the end to my term as Chairman of the TAC Race Walk Committee. So its time to think of the future. But first, a look at where we have been.

Over the past 4 years, the primary goal of the TAC Race Walk Committee has been the design and development of a program that would provide maximum support for our competitive athletes. The program was designed to assist them in their training so that they might compete to the best of their ability and desire. To that end, a very modest amount of financial support was provided and the team was activated.

By most measures, we have a better and deeper group of walkers now than 4 years ago, but still, we have a way to compete as effectively as we would like at the international level.

In addition to the National Team Program, a great deal of attention has been given to the development of activities to identify and encourage future National Team walkers. Starting with the youth, moving on to juniors, and continuing with the developing seniors, we have provided training camps and coaching assistance programs. We have also recognized the need for the improvement of the supporting functions. A fair amount of attention the enhancement of international and national judging, creation of coaching aids, the scheduling and conduct of championships, communications, sports medicine, and fund raising. Progress has been slower than I, as Chairman, would have liked, but perhaps greater than could be expected given the voluntary nature of TAC and the level of resources available. For example, I had hoped for greater progress in our drive to enlarge our high school and college programs. However, not enough people were available to help, nor did we have the coaching and judging aids to pass on. In addition, there is need to enlarge the number of judges that can be used to judge at the national championship level. Too many of our IAAF and national class judges are coaches and officials, which sometimes rules out their participation in championship and team selection meets. These are two high priority activities for the next quadrrennium.

Coincidentally with the development of the program for the competitive walkers, and increase in the popularity of walking for fitness has brought us attention and
sponsors. I need not tell you about the growth in fitness walking, since many of you have in fact participated in this movement by sponsoring clinics and fitness walks. The great marching herd of walkers continues to move quietly but doggedly. All in all, it is an exciting time to be involved in the sport of racewalking.

But, from TAC perspective, the bottom line is international competition, both in the Olympics and in World Championships. As I write this, we have just finished the Olympic qualifying races (Ed. see July ORW) for the top three finishers in each event (20 and 50 Km) to represent our nation in Seoul. This is what our athletes have been training for over the past months. It is the ultimate competition for athlete and nation. However, only six of the 30 athletes on the U.S. National Team qualified. What happens to the rest? As I suggested, the TAC is also concerned with World Championship competitions. Over the next year, we have two very important team races; the Pan American Championships, to be held this November in Argentina, and the World Team Championships scheduled for late May 1989 in Barcelona, Spain. Thus, it is important that all National Team members, once the Olympics are over, direct their attention to these very important team competitions. Twelve athletes will qualify for each of these teams (four each in men's 20 and 50 Km and women's 10 Km races), so it is vital that we provide the incentives for them to stay in shape and keep their competitive edge. We cannot afford to lose any of these athletes. To keep the non-Olympians sharp, a European trip has been planned. The team will include eight men and the top five women. In addition, other team members will be encouraged (and partially financed) to compete in the major national class meets this fall scheduled around the nation. Thus, the work goes on.

And what of the Committee? This is not a single person's effort. Many have contributed at all levels. And we need them all, from the youth to the masters. However, over the past three and one half years, there have been times when a few appear to have forgotten what this program is all about. In short, the Committee is here to help our national class athletes gain the confidence and experience they need to compete with the world's best in the international arena. The sport is for the athlete, not the Committee Chairman or members, not the judges, not the race official, not the sponsors, not the coaches. All too often, some have forgotten that our purpose is to aid the athlete, to the general detriment of the athlete and the sport. They sometimes act in a unilateral and selfish manner. And, while there are few, because we are a small community, their actions stand out. We in the race walk community must not forget our responsibilities; committee people that take on jobs that they do not do or use them for their own benefit; coaches who do not keep informed or are not sensitive to the needs of the athletes; sponsors who do not recognize that support of the athlete does not buy the person and that long term benefits are as important as short term activities; and judges whose standards differ from those at the world level and don't know it or who create their own rules and apply them in races. Names are not important, but we all need to conduct a self-examination of how we look at our actions and carry them out. We will soon be selecting a new slate of officers and committee people. First, we must encourage new people to become involved. Then, we must examine each candidate carefully. Why are they running, what is their agenda, and can they contribute? Will they be able to perform their duties in a manner that is consistent with the committee's prime focus of providing support to the athletes. We should accept nothing less.

Two additional bits of news. I have appointed a long range planning committee, the purpose of which is to identify a set of goals and a set of activities designed to achieve those goals over the next five years for the sport of racewalking.

Convention in Phoenix. It includes Bob Kitchen, Gary Westerfield, Bruce Douglass, and myself. The results of this effort will be published in a future newsletter prior to the convention. If you have any thoughts on where we have been and where you think we ought to be going, please write to me or any of the committee members. Also, anyone wishing to run for office, contact me and indicate your preference. Those interested in running for chairman will be provided with special briefings over the next months, so it is important that these people step forward as soon as possible. In addition, I have appointed a special study committee to review the 1988 Olympic Trails. Their task will be to take a critical look at the past and offer suggestions for the future. Steve Vaitones will chair that group.

In closing, let me urge you all to send a note or card to one or all of the Olympians between now and the Olympics. They are the best group we have ever sent, but they will need all the encouragement they can get, and you can help. Names and addresses follow:

Gary Morgan, 9821 Norman, Clarkson, MI 48016
Carl Schueler, 226 1/2 East Cache Le Poudre, Colorado Springs, CO 80903
Tim Lewis, same as Schueler
Marco Emoniuk, 1343 3rd Avenue, San Francisco, CA 94122
Jim Haring, 3704 Sovereign Dr., Racine, WI 53406
Andy Kastner, 5330 South Lake Shore Dr., Racine, WI 53406

(Ed. Note that by the time you get this, these guys will be in a training camp or on their way to Seoul. You might want to mark the envelope in some way that I might get forwarded.)

LOOKING BACK

20 Years Ago (From the August 1968 ORW)—Larry Young was hot at the Olympic training camp in Lake Tahoe's altitude. He turned in a 1:16:53 for 10 miles, 1:34:42 for 20 Km, and 2:27:46 for 30 Km. Don DeNoon gave him a close race in the 20 and also did 21:50.5 for 5 Km, beating Tom Dooley by 1.5 seconds. The National 40 Km, firmly in emplaced in Long Branch, New Jersey, went to Dave Romansky in 3:30:34, with Coetz Klopfer less than 3 minutes back. The New York AC won the team title with Ron Daniel, Ron Kulik, and John Knifton finishing 3, 4, and 6.

15 Years Ago (From the Aug. 1978 ORW)—The feature story was on the possibility of walking being removed from the Olympics. As it turned out, we did lose the 50 Km in 1976, but it was back again for Moscow in 1980. A lot of hard work by a lot of people over several years prevented something worse happening. Randy Mimm and Mitch Patton were walkers on the first U.S. Junior Track and Field team to tour in Europe. They had 10 Km races in West Germany, Poland, and the USSR, both turning in the best times in the final meet-49:47 for Patton and 49:52 for Mimm. In Lening Branch, John Knifton overcame Ron Laird to win the 40 Km in a course record 3:28:45. Ron had 3:31:14. Gary Westerfield and Todd Scully were back in third and fourth. Shaul Ladany won both the 20 and 50 in the Maccabiah Games in 1:38:54 and 4:23:31.

10 Years Ago (From the Aug. 1978 ORW)—Still we were in Long Branch for the 40 Km with Dan O’Connor prevailing this time in 3:31:25. Carl Schueler was 8 1/2 minutes back beating Ron Daniel and Bob Kitchen. And the 10 Km with Ron Daniel winning in 38:04, 8 seconds ahead of Carl Schueler. Carl Schueler’s time was 3:28:45. Ron had 3:31:14. Gary Westerfield and Todd Scully were back in third and fourth. Shaul Ladany won both the 20 and 50 in the Maccabiah Games in 1:38:54 and 4:23:31.
Empire Games 30 Km in Edmonton in 2:22:04. Australians Willi Sawall and Tim Erickson came next. Canadian favorite Marcel Jobin had a bad day, and after setting the early pace, faded to ninth... Jim Heiring, having previously concentrated on shorter races, moved up to 30 Km with some success, winning the National in 2:30:50. Augie Hirt was way back in second, ahead of John Knifton... Otto Bartals and Anatoly Solomin won Soviet titles at 30 and 20 Km respectively, in times of 3:56:36 and 1:23:30—at that time the second fastest road 20 ever... Dave Cotton won the British 50 in 4:14:25, with a U.S. contingent of Dan O'Connor, Augie Hirt, Bob Kitchen, and John Knifton finishing 12th, 13th, 16th, and 24th. 5 Years Ago (From the August 1983 ORW)—In the first ever World Championship Track and Field Meet in Helsinki, Mexico's Ernesto Canto won the 20 Km walk in 1:20:49. He got away from Czechoslovakia's Josef Pribil in the last 2 kilometers to win by 10 seconds. The Soviet Union's Yevgeny Yevyukov beat Spain's Jose Marin for the third medal. Canadian Guillaume Leblanc was eighth. Jim Heiring was the first U.S. walker with 5:25:49 in 19th... Five days later, the GDR's Ronald Weigel won the 50 in 3:43:08, as Marin came back to capture the silver in this one (3:46:42). Sergei Jung of the Soviet Union was the third medalist in 3:49:03. Marco Evoniuk, who also walked the 20 but dropped out in 13th place when he was told he had another loop to complete (he did not) near the end, was the first U.S. finisher with a brilliant 3:56:57 in eighth... Teresa Valli won the 5 Km at an International Racewalking Festival on Long Island in 25:10.7. Susan Liars-Westerfield won the 10 in 52:09... Finally, we repeat one of our many attempts at race walking limericks through the years:

Before going out for a stroll,  
Heed this advice rather droll.  
Put some grease where its needed,  
Let this not go unheeded,  
Last your skin pay a terrible toll.

A QUICK LOOK AT THE OLYMPICS

I guess the ORW editor is generally expected to give some sort of preview of Olympic walks, at least we have done so in the past. Doesn't seem an easy task this time around, since some people seem to be laying a bit low. However, at 20, one can never ignore the experienced veterans Maurizio Damilano, Josef Pribilene, and Jose Marin. They always seem to be there in the big races and one expects to see them battling for medals in Seoul. We haven't had a peep from Viktor Mostovik this year, but with his second and fourth place finishes in last year's two world races, one would expect to see him on the Soviet team and in contention. Mexico's Ernesto Canto has had an up and down career, but has dominated championship races before and could do it again. Last year, he appeared to have the World Cup in his hip pocket, but overextended himself and folded the last 2 kilometers. Then he strained a hamstring in the Pan-Am Games and got DG'd trying to come back 3 weeks later in the World Championships. But if he is back in last May's form and walks a more sensible race, he could defend his title. His teammate, young Carlos Mercenario, so brilliant in taking over and winning the World Cup race last year, has not shown that form since and was also disqualified in the World Championships. East Germany's Axel Noack is totally unpredictable, but appears to be the other primary contender.

At 50, the GDR duo of Hartwig Gauder and Ronald Weigel have completely dominated the scene for the past 6 years and it is hard to see that changing. It's a
Race Walking Technique

Finally, there's a way for everyone to race walk legally and correctly, for the best results in fitness and competition. Beginners to world class athletes alike can benefit from *Race Walking Technique*, the dynamic new video presentation by U.S. Men's Race Walking Coach Martin Rudow. Professionally produced to insure the highest video quality, *Race Walking Technique* features detailed action footage of leading race walkers both in competition and controlled demonstrations. *Race Walking Technique* first covers the basics, and then takes the viewer all the way to fine-tuning technique for maximum competitive success. It's absolutely the best video aid ever produced for helping everyone perfect this most important part of a race walking program.

Each sale benefits The Athletics Congress and TAC's Race Walking Committee.

**Order Form**

Please send me _______ copy(ies) of *Race Walking Technique* on the following price schedule:

One video tape ............ $19.95 (plus $1.50 postage and handling)
Three or more video tapes ...... $14.95 (plus $.75 each postage and handling)

Send me □ VHS □ BETA format.

Full payment of $ ________________ is enclosed (US funds only).
Make checks payable to Technique Productions.

**SHIP TO:**

NAME: ____________________________________________

ADDRESS: _________________________________________

CITY/ST/ZIP: _____________________________________

SEND ORDER TO:
Technique Productions
4831 NE 44th · Seattle, WA 98105 · USA

Any repeaters here? Above we see 1980 20 Km gold medalist Maurizio Damilano of Italy on the left and 1980 50 Km gold medalist Hartwig Gauder of the German Democratic Republic on the right. Below is Raul Gonzales, Mexico, who won the 1984 50 Km gold as well as the 20 Km silver.