

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

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COLUMBUS, OHIO

SEPTEMBER 1988

Clausen Captures National 40 Km In New Jersey

Union, N. J., Sept. 11—Curt Clausen, representing the Converse/East Side TC of New York City, took the lead at the halfway mark and went on to win the National Athletics Congress 40 Km racewalk title in 3:25:51. At age 20, Curt is the youngest ever to capture this title, which has been contested in New Jersey for many, many years. Mark Fenton was distant second.

It was the first National title for Clausen, a Duke University junior from Stevens Point, Wisconsin and atoned somewhat for a subpar showing in the Olympic 50 Km Trial in April, where he finished a disappointed 15th. Having turned in a 6:11 mile a few weeks before, Clausen decided to take off at the 20 Km mark and see what he could do. What he did was destroy the field with a 48:47 for the next 10 Km. Defending titlist, Nick Bdera, finished a distant fifth today.

The Master's title went to Gary Null, sixth overall, in 3:48:08. Bob Mimm, sixth in the Master's category, not only led the over-60 walkers, but also beat all those over 50. Leading the women was Dorit Attias of the host Shore AC. Team titles in both the open and master's races went to the Converse/East Side Track Club of New York, with the Shore AC taking runner-up honors in both cases. Results:

Men: 1. Curt Clausen, Converse/East Side 3:25:51 2. Mark Fenton, Team Reebok 3:31:10 3. Alan Jacobson, Converse 3:36:34 4. David Waddle, Walking Club of Georgia 3:40:57 5. Nick Bdera, Converse 3:46:18 6. Gary Null, Converse 3:48:08 7. Phil McGaw, North Medford Club 3:52:55 8. Marc Bagan, Shore AC 3:54:21 9. Alan Price, Potomac Valley Seniors 3:54:47 10. Brian Savilonis, Central Mass. Striders 3:58:01 (finishing the race for the 12th consecutive year)

Master's Men: 1. Null (1st 40-44) 2. Price (2nd 40-44) 3. Tom Gustafson, Converse 3:59:16 (1st 45-49) 4. Lon Wilson, Converse 3:59:54 (3rd 40-44) 4. John Fredericks, Shore AC 4:05:00 (4th 40-44) 6. Bob Mimm, Shore AC 4:11:35 (1st 60-64) 7. Dr. Patrick Bivona, Shore AC 4:19:20 (2nd 45-49) 8. Nelson Fisher, Oswego, N.Y. 4:20:32 (3rd 45-49) 9. Dr. John Shilling, Walk USA 4:22:11 (1st 50-54) 10. Paul Robertson, Potomac Valley 4:43:34. . . Don Johnson, Shore AC 4:50:43 (1st 70-74) . . . Harry Drazin, Shore AC 5:14:20 (1st 75 and up)

Women: 1. Dorit Attias, Shore AC 4:12:39 2. Stella Cashman, Converse 4:22:45 (1st 45-49) 3. Emily Hewitt, New England Walkers 4:36:57 (1st 40-44) 4. Lo-Ann Fletreich, Middlebury, Conn. 4:51:28 (2nd 40-44) 5. Marsh Hartz, Potomac Valley

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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5:02:46 (2nd 45-49) 6. Marie Henry, Shore AC 5:20:01 (1st 60-64) (Age 64 U.S. records at 20 Km—2:26:20—and 30 Km—3:04:32) 7. Mary Amour, New York 5:35:25 (The starting field for all races was 64)

Other results

1988 Junior Summer Games, Columbus, Ohio, July 23: Women's 3 Km—1. Maria Grazia Orsani, Italy 13:05.77 2. Annarita Sidoti, Italy 13:08.06 3. Gabrielle Blythe, Australia 13:09.14 4. Miora Papuc, Romania, 13:45.16 5. Julie Drake, U.K. 14:19.63 6. Aleya Nabey, Australia 14:27.36 7. Deirdre Collier, U.S. 14:43.79 8. Sybil Perez, U.S. 14:55.79 9. Karla Castro, Mexico 15:02.84 10. Ivana Rubia Henn, Brazil 15:18 Men's 5 Km: 1. Alberto Cruz, Mexico 20:27.32 2. Nick A'Hearn, Australia 21:03.71 3. Sergio Vieira Galdino, Brazil 21:16.42 4. Arturo Di Mezza, Italy 21:19.11 5. Greg Robertson, Australia 21:57.01 6. Davide Arena, Italy 22:14.81 7. Lennie Becker, U.S. 22:43.23 8. John Marter, U.S. 23:15.02 World Junior Games, Sudbury, Ontario: Women's 5 Km, July 31—1. M. Diaz, Spain 21:51.31 2. O. Sanchez, Spain 21:58.17 3. M. Orsani, Italy 22:04.74 4. A. Sidoti, Italy 22:36.47 5. Y. Wang, China 22:38.33 6. N. Marchand, France 22:39.25 7. G. Blythe, Australia 22:44.82 8. T. Titova, USSR 23:00.82. . . 12. Deirdre Collier, U.S. 24:40.14. . . 20. Sybil Perez, U.S. 26:34.44 Men's 10 Km, July 29—1. A. Cruz, Mexico 41:16.11 2. V. Massana, Spain 41:33.95 3. M. Chmelnitsky, USSR 41:38.86 4. G. Nieto, Spain 41:46.41 5. A. Shapkinas, USSR 42:17.93 6. V. Kolev, Bulgaria 42:40.45 7. N. A'Hearn, Australia 42:51.19 8. S. Galdino, Brazil 43:04.29. . . 18. John Marter, U.S. 47:39.39 DNF: Lennie Becker, U.S.

North American Masters Championships, Toronto: 5 Km: Men 40-44—1. Gordon Roberts, Can. 28:29.56 Men 45-49—1. John Elwarner, U.S. 26:23.8 50-54—1. Jaan Roos, Can. 23:22.6 2. Gerald Bocci, U.S. 26:24.6 55-59—1. Bob Fine, U.S. 28:03.7 2. Moshe Meyerowitz, U.S. 29:22.2 3. Ron Turner, Can. 30:37 60-64—1. Salvatore Brancaccio, Can. 29:18.9 65-59—1. Uno Limit, Can. 31:06 70-74—1. Max Gould, Can. 30:32 75-59—1. Ernie Sharpe, Can. 36:56 80 and up—1. Byron Fike, U.S. 37:24 Women 35-39—1. Liliana Whalen, Can. 27:59.5 40-44—1. Jeanne Bocci, U.S. 29:09.6 2. Stella Cashman, U.S. 29:38 3. Roberta Boyle, U.S. 29:38 50-54—1. Cecilia Roth, Can. 31:24 60-64—1. Ruth Leff, U.S. 31:39 65-59—1. LaVonne Hottensmith, U.S. 31:42 20 Km: Men 40-44—1. Victor Sipes, U.S. 1:48:46 50-54—1. Jaan Roos, Can. 1:45:16 2. Gerald Bocci, U.S. 1:56:36 55-59—1. Bob Fine, U.S. 2:05:14 2. Moshe Meyerowitz, U.S. 2:06:56 3. Ron Turner, Can. 2:14:16 70-74—1. Max Gould, Can. 2:07:42 Women 40-44—1. Stella Cashman, U.S. 2:07:37 2. Marilyn Morehead, U.S. 2:10:34 DQ—Jeanne Bocci 50-54—1. Cecilia Roth, Can 2:16:30 65-69—1. LaVonne Hottensmith, U.S. 2:05:05

U.S. Junior Olympics, Gainesville, Florida, July 29: Women's Intermediate (15-16 3 Km—1. Gretchen Eastler, Farmington, Maine 15:37.21 9Meet record) 2. Jennifer Utz, Indianapolis 15:56.68 3. Desiree McCauley, Brentwood, N.Y. 16:34.12 4. Vickie Jenkins, Tuscon, Arizona 17:04.33 5. Kim McGearey, Imperial, Penn. 17:49.96 6. Sissy Bushong, Kettering, Ohio 18:19.20 (Recieved no results on other races)

1500 Meters, Atlanta, July 24—1. Jerry Newsome 7:59 2. Bill Farell 8:10 3. Wayne Nicoll 8:11 5 Km, same place—1. Jerry Newsome 29:12 2. Wayne Nicoll 29:13 3. Bill Farell 30:41 5 Km, Boca Raton, Florida, July 16—1. Bob Fine 28:52 2. Bill Halford 29:52 3. Susan Fränz 30:36 5 Km, West Palm Beach, Fl., July 22—1. Bob Fine 29:37 2 Hour, Worthington, Ohio, Sept. 11—1. Gayle Johnson 20,270 meters (28:36, 57:03, 1:27:02, 1:58:25) 2. Bob Padilla 19,080 3. Jack Shuter 16,620 4. Katherine Lu 15,360 (age 48, race walking about 3 weeks) Charles Deuser did 9870 meters in 1 Hour, with 30:04 at 5 Km; he's 58. Regional Senior Olympics, Sioux Falls, N.D., June 3-4: 1500 meters—1. Glen Peterson 7:32.6 (1st 55-59) 2. Delbert Bender 9:49.6 (70-74) 3200 meters—1. Peterson 18:39.2 2400 meters—1. Peterson 13:42.1 5 Km, Brookings, S.D., July 9—1. Glen Peterson 31:11 Minnesota 20 Km Championships, Aug. 27: Men—1. Terry Lee 2:13:05 Women—1. Sue Klappa 1:59:29 10 Km, Keystone to Dillon, Col.—1. Ray Franks 49:31 2. Bob Carlson 61:04 5 Km, Broomfield, Col., Aug. 15—1. Klaus Timmerhaus 29:41 2. Lorraine Green 31:02 10 Km, same place—1. Ray Sharp 45:58 2. Bill Hutchinson 48:19 3. Leonard Jansen 48:44 4. Wendy Sharp 54:26 5. Martha Iverson 54:58 6. Bob DiCarlo 59:31 (1st over 50) 7. John Tarin 59:33 5 Km, Los Angeles, Sept. 3—1. Victoria Herazo 24:08 2. Carl Warrell 26:41 3. Carlos Santin 27:52 4. Bob Meador 28:11 5. Joan Smith 29:41 (101 F) 5 Km, Pebble Beach, Cal., Sept. 3—1. Giorgia Andreotti, Italy 24:23 2. Kim Wilkinson 24:41 3. Mary Baribeau 27:16 4. Lance Writ 27:23 5. George Peter 28:50 6. Bob Mihamoto 29:51 10 Km, Pasadena, July 9—1. Ari Cortez 52:47 2. Carl Acosta 58:31 (1st 50-59) 3. Clyde Harfield 60:35 5 Km, same place—1. Eugene Kitts 26:03 2. Carl Warrell 27:02 3. Sybil Perez 28:02 4. Virginia Scales 28:09 5. Cathy Mish 29:38 6. Caroline Underwood 29:38 Western Regional Masters, Northridge, Cal., July 16: 5 Km—Men 35-39—1. Carl Warrell 26:39 2. R. Nester 27:32 Men 45-49—1. Jesus Orendain 27:33 2. D. Snyder 28:12 3. W. Wurzberger 29:15 Men 53-54—1. Richard Oliver 26:57 2. A. Brumer 27:43 3. R. Meador 27:45 4. Carl Acosta 28:30 Men 55-59—1. John Kelly 27:36 Women 45-49—1. Jo Ann Nedelco 26:37 2. Virginia Scales 28:41 20 Km—Men 45-49—1. Jim Coots 1:55:14 (track) 2. D. Snyder 1:59:55 Men 50-54—1. Richard Oliver 1:58:08 2. Carl Acosta 2:04:28 1/2 Marathon, Santa Monica, Cal., Aug. 28 (unjudged race)—1. Enrique Camarena 1:54:40 2. Carl Warrell 2:04:32 3. Carl Acosta 2:08:37 4. Jesus Orendain 2:09:45 5. Jim Coots 2:09:45 6. Steve Stamnes 2:10:25 Women—1. Shiela Smith 2:16:15 8 Km, Norwalk, Cal., Aug. 27—1. R. Fabiañ 35:44 2. A. Cortez 38:28 3. M. Alvarez 41:24 4. Carl Warrell 42:16 (unjudged race) 5 Km, Monterey, Cal., Aug. 20—1. Kim Wilkinson 25:56 2. Gary West 27:13 3. Steve Pendlay 29:16 4. George Peter 30:38 1 Hour, San Mateo, Cal., Aug. 21—1. Jack Bray (age 55) 11,061 meters (26:07, 53:54) 2. JoAnn Nedelco 10,539 (27:17, 56:43) 3. Fred Dunn (59) 10,238 4. Ron Daniel 10,165 5. Huey Johnson 10,052 6. Cindy Paffumi 10,049 (59:44) 55 Km, Gresham, Ore., July 9—1. Bob Korn 24:06 2. John Kerfoot 26:33 3. Philip Dunn 26:55 4. Lisa Sherman 28:52 5. John Hanan 29:36 1 Mile, Portland, Ore., July 13—1. Colin Peters 6:59.5 2. John Hanan 8:09.1 3. Dan Deakins 8:18 3 Km, Portland, July 16—1. Bob Korn 13:37 2. Bob Brewer 18:00 3. Julie Gebron 18:22 4. Don Jacobs 21:46 5 Km, Salem, Ore., July 3—1. Steve Renard 27:23.5 2. Karla Snyder 27:31 3. Charles Monismith 30:00 5 Km, Detroit, Ore., Aug. 20—1. Colin Peters 23:09 2. John Hanan 28:30 3. Bob Brewer 30:25 5 Km, Salem, Ore., Aug. 7—1. Bob Korn 23:25 2. Bob Brewer 30:13 2.8 Miles, Seattle, Aug. 4—1. Allen James 22:35 2. Craig Duffy 26:36 3. Glenn Tachiyama 26:36 4. Terry Hagen 26:52 5. John Frost 26:52 6. Ed Glander 27:22 7. S. Chraminsky 27:23 10 Km, Seattle, Aug. 1—1. Glenn Tachiyama 50:13 2. Stan Chraminski 54:55 3. Bob Novak 56:27 4. Craig Duffy 58:49 Women: 1. Daniela Hairabedian 58:39 2. Bev

47:28 10 Km, Kole Kole Pass, Oahu, Aug. 6—1. Marco Evoniuk 48:06 2. Eugene Kitts 52:15 1/2 Marathon, Idaho Springs, Col., Aug. 13—1. Marco Evoniuk 1:41:03 15 Km, Littleton, Col., Aug. 21—1. Marco Evoniuk 1:04:20 African 20 Km, Championship, Aug. 29—1. Mohammed Boumala, Algeria 1:27:43 2. Abdel Wahan Gerguene, Algeria 1:34:65 Women's 10 Km, Gdansk, Poland, Aug. 28—1. Maryanne Torrellas, U.S. 46:17 (13:38, 22:53) American Record 2. Debbi Lawrence, U.S. 47:06 (13:52, 23:15) (Also betters previous American road record) 3. Jolanta Fryszak, Pol. 47:40 4. Kristin Andreassen, Norway 47:56 5. Anita Blomberg, Norway 48:53 6. Wendy Sharp, U.S. 48:48 (personal best) 7. Sarah Standley, U.S. 53:53 Teresa Vaill disqualified after finishing in 46:27 20 Km, same place—1. Zbigniew Sadlej, Po. 1:26:32 2. Zbigniew Wisniowski, Pol 1:27:08. . .5. Dan O'Connor, U.S. 1:29:38. . .10. Richard Quinn, U.S. 1:34:25. . .12. Don Lawrence, U.S. 1:36:39. . .Ray Sharp disqualified at about 10 Km while near the lead.

SOME IDEAS TO FILL OUT YOUR FALL RACING PLANS

Sat. Oct. 1—10 Km, Atlanta (T)
 Thu. Oct. 6—2.8 Mile, Seattle (F)
 Sat. Oct. 8—5 Km, Dearborn, Mich. (L)
 Ohio TAC 10 Km, Columbus, 9 am (your editor)
 5 Mile, Coconut Grove, Florida (S)
 8 Km, San Diego, Cal., 7 am (AA)
 50 Mile, Fountain Valley, Cal. (D)
 Sun. Oct. 9—15 Km, Los Angeles, 8 am (D)
 5 Km, Cicero, Illinois (W)
 5 Km, New Haven, Conn. (Z)
 5 Mile, Seattle (F)
 5 Mile, deal, N.J. (N)
 Sat. Oct. 15—5 Km, Houston (K)
 5 Km, Davie, Florida (S)
 10 Km, Fullerton, Cal., 5:30 pm (D)
 Sat. Oct. 16—5 Km, Buffalo, Oct. 16 (B)
 National AC Women's 20 Km, Men's 30 Km, Long Island (G)
 4 Mile, Denver, 9 am (E)
 10 Km, Van Nuys, Cal., 8 am (D)
 Sat. Oct. 22—5 Km, Dearborn, Mich., 9 am (L)
 10 Km, Cartersville, Georgia (T)
 5 Km, Hawthorne, Cal. (D)
 Sun. Oct. 23—10 Km, Denver, 10:15 am (E)
 10 Km, Ocean Twp. H.S., N.J., 11:10 am (N)
 Sat. Oct. 29—5 Mile, Tacoma, Wash. (F)
 5 and 10 Km, Albuquerque (Q)
 Northeast AC 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)
 10 Km, Westlake Village, Cal., 8 am (D)
 Thu. Nov. 3—2.8 Mile, Seattle (F)
 Sun. Nov. 6—10 Km, Austin (R)
 15 Km, Atlanta (T)
 New York City Marathon RW Division (J)
 Sat. Nov. 12—10 Km, Miami (S)

10 Km, Austin, Texas (R)
 Sun. Nov. 13—15 Km, Schnectady, N.Y., 10:30 am (O)
 1/2 Marathon, Long Beach, Cal., 7:30 am (D)
 1 Hour, West Long Branch, N.J., 10 am (N)
 Sat. Nov. 19—4 Mile, Ft. Worth, Texas (K)
 Sun. Nov. 20—5 Mile, Seattle (F)
 78th Annual Coney Island 10 Mile Handicap, Brooklyn, 10 am (J)
 Sun. Nov. 27—35 Km, Houston (K)
 5 Km, Niagara Falls, N.Y. 12 noon (B)
 Sun. Dec. 4—10 Km, Coconut Grove, Florida (S)
 Sun. Dec. 11—Bill Reilly/Todd Scully 10 Km, Long Branch, N.J., 1:15 pm (N)

Contacts

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 J—Howard Jacobson, Box M, Livingston Manor, NY 12758
 K—Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
 N—Elliott Denman, 28 N. Locust, West Long Branch NJ 07764
 R—John Knifton, 16900 Catskill, Austin, TX
 S—Florida Racewalkers, 4223 Palm Forest Drive, Delray Beach, FL 33445
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 Z—Jim Brochin, 82 Oliver Rd., New Haven, CT 06515

The Gombojab Report

It has been just over 5 years ago that Bob Steadman filled us in on Ts. Gombojab—the Ron Laird of Mongolian racewalking, who he quickly refuted as a fictitious character—only to be refuted in turn by a note from the great Ts. himself. Since, then, Bob passes on the occassional letter from Ts., the last one recounting exploits in Mexico. Another has just arrived.

Dear Steadman,

I am—what you say in English?—P.O.'d that your friend Mortland gave the world the birth notice of my first grandson, who is a Mongolian Mexican. Those Mexicans seem to use diapers like they came off trees, and it is all costing me a fortune in child support, my grandson having no job except professional walker, which, as you all know, does not pay well.

Now that I am on the mailing list, I get these catalogs advertising fancy walking shoes, which I can buy for a week's wages, or two weeks if I buy a pair. My son Jonas, who is training for veterans' races, thought of buying some but instead bought a set of weights, and has joined the hemorrhoids set.

We saw a videotape of your winter indoor championships, and did not know how well

I should have written sooner, but it took some time to get the enclosed \$20 on the black market. For my granddaughter, please go to thrift shop and buy me some of those tacky jeans and warmups with the brand across the back like a pick-up truck.

Yours sincerely,

Ts. Gombojab

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A letter to the editor:

Dear Jack:

I must chide you for noting in your August, 1988 issue, on your lead page, "No biggies to report on this month", after which you list the TAC Masters National Championships.

The explosion in our sport is due to people over 40, not youngsters or open competitors. At the TAC Masters Championships, over 11 percent of the competitors were walkers. We had 105 entered in the 5 Km walk and 73 entered in the 20 km walk.

I have been involved in competitive athletics for 42 years. Some of the most competitive races that I've been privileged to watch have been in Masters' competition. In Orlando, Sam Skinner upset John Knifton by 3 seconds in the 45-year-old division and Tom White upset Max Green in the 55-year-old race. In the latter, Tom "outkicked" Max in the last 50 meters after shadowing him for most of the race.

These races were just as competitive, if not more so, than those in open competition; the competitors are just as dedicated; and this competition is a legitimate national championship.

I'm enclosing information about National Masters Rankings and the establishment of a North American Masters Circuit. I'd be most appreciative if you would publish same in your publication--consider it a penance--be "big" about it.

Regards,

Bob Fine

Editor: Said information appears later in this issue, although I don't consider it a penance, or being "big." All Bob says is quite true and I will try to avoid such slurs in the future--it was probably insensitive. Nonetheless, from my view (and I have been in competitive athletics for 43 years at all levels), the Masters races are not "biggies" in the same sense as world and national class races involving the young whippersnappers. All a matter of opinion, I guess.

FROM HEEL TO TOE

Speaking of the National Masters, I did have a definite error in those results that bears correction. In the Men's 40-44 5 Km race, Gary Null was second, not third, and walked 23:46, not 25:57, as I reported. Have no idea now if the error was mine or was in the results sent to me, but I apologize; that's quite a difference in

time. . . And a correction to a correction: the address for the Walking Club of Georgia is P.O. Box 956174, Duluth, GA 30136. The club now has more than 100 members and conducts more than 20 races a year. . . Also, change the address of the Tulsa Walkers, as given in the July issue, to: Tulsa Walkers, 14104 East 36th Street, Tulsa, OK 74134. . . There is a 5 Km race in San Marcos, Texas on October 8, but the notice I have gives no address for a contact. Melissa Carter is the person to contact, and I suppose there was an address on the envelope, but I always throw those away. . . The American Racewalk Association, directed by Viisha Sedlak, is "Dedicated to good health through walking and personal growth through competition." A \$25.00 annual membership fee includes the quarterly newsletter with information and updates on: health walking; video = eo coaching; competitive walking, nutrition; self-care; USA coast-to-coast networking for walkers; tours, camps, clinics in USA and abroad; and member discounts on all ARA activities and products. Write American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323 for further information. . . Gotcha! That's apparently what some readers say when they send in their renewals. It's been about four months ago that we announced our rate increases, which we publish in our postal statement on page 2 in each issue. However, in a few cases we have sent out renewal notices on which we have neglected to change the rates on one of two places on which they show on the notice. Apparently this looks like a good loophole to some, who circle the \$5.00 there, ignore the "Please renew my subscription at \$6.00 per year. . ." and send me \$5.00. "Yeh. Zapped the corporate giant again." Timid soul that I am, I accept this. But please note, the subscription is only set to allow me to break even on this operation. It doesn't take much knowledge of costs to see that there is no profit in sending out a newsletter 12 times a year at a price of \$6.00. I'm sure I could charge \$30 to 40 a year and retain at least half the suckers out there, but my only purpose has been to provide a service to the community of dedicated racewalkers and recover my costs for doing so. Many thanks to those of you who annually show their appreciation with kind notes on their renewals. . . Each year the Wolfpack Track Club of Columbus gives out service awards to those who have contributed to amateur track and field. Your editor was privileged to receive one of these a few years ago. This year, the four recipients include Frank Alongi. The citation reads: "Frank Alongi, of Dearborn, Michigan, is one of the beloved leaders of the American racewalking community. Among his many accomplishments, Alongi is counted as the dean of the U.S. racewalk officials. His contributions and abilities were recognized when he was selected to be a head racewalk official at the 1984 Olympic Games in Los Angeles. He is the coach of the U.S. Junior Men's racewalk team and director of the Wolverine Athletic Club. Alongi organizes the Casimiro Alongi Racewalk Invitational each September, which attracts one of the largest fields achieved in North America. This year, he was the head official at Wolfpack's Jack Mortland Racewalk Invitational on April 17, an event that featured both the male and female winners at the U.S. Olympic Trials in Indianapolis." The Ohio Racewalker thanks John White and the Wolfpack Track Club for this outstanding recognition of one of race walking's fine gentlemen. . . Bev LaVeck is eager to get nominations for the 1988 Zinn Awards for Outstanding Contributor, Outstanding TC association, and Male and Female Racewalkers of the year. Names should be sent to her by October 15, with supporting information included. The address: 6633 Windermere, Seattle, WA 98115. Ballots will be sent to all Racewalk Committee members and Association Chairpersons, and winners will be announced at the Athletics Congress Convention in December. . . The Shore AC is coordinating their annual I-Hour Postal walk with awards in open, junior, and all masters divisions for men and women. Contact Don Henry, 24 Fairview Avenue, Bricktown, NJ 08724 for further information. Does anyone out there know the whereabouts of Dick

Paladino, who sponsored the Utica 20 Kilometer race in 1959. The race, according to Lou Neishloss, included Zinn, Oakley, Kurr, Allen, etc. It was one of Lou's best races ever, he says, and he knows Paladino had a wonderful film of the race. . . The Master Walker is a monthly newsletter primarily for older walkers, but it has frequent articles on training, health, and nutrition for all ages. \$4 gets you one year plus a chronological index and summary of major points covered in the M.W.'s 14 years. Or, you can get that index and a sample issue for a stamped, self-addressed envelope. The newsletter is generally one 8 1/2 x 14 sheet printed on both sides. Contact Alan Wood, Regency House, Pompton Plains, NJ 07444.

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THE ELLIOTT DENMAN PHILOSOPHY OF WALKING

1. Walking is one of the greatest sports in the world.
2. To be able to walk is a great gift. To be able to racewalk is an even greater gift.
3. Walkers are among the nicest people on earth. I consider them my greatest friends.
4. Those putting on races and officiating are the greatest heroes. They are volunteering to do all this out of the goodness of their hearts. They spend countless hours out there, and behind the scenes, with no reward at all. All they ask is your support and cooperation. It's easy to show up for a race. It's a lot harder putting on a race.
5. Training is great fun. There is no greater feeling than being "in shape." If you can find company for training walks, that's just great. But if you can't, learn to train on your own. One way or another, "go for it."
6. While training is great, races are even greater. The intensity and exhilaration of being in a race, and "putting it on the line," cannot be topped. Personal opinion is that the value of competing in any race is about six or seven times the value of training over the same distance. So when there's a race coming up, and you can possibly make it, make every effort to be there.
7. Race walking is a judged sport. The judges are good people doing their very best to see that justice and fairness are available to one and all. Theirs is a tough job. They do not appreciate being hassled. In all cases, they'll be very happy to explain their views on what's right and what's not. Race walking is no more controversial than any other sport, or any other event in track and field. "Opinion" calls are basic to all sport.
8. If you ever have any problems, don't moan and groan over them. In all cases, the best solution is to go out and take a good walk. By the time you reach the finish line, you'll see things in a different light. Guaranteed.
9. All walks must be taken one step at a time. It doesn't matter whether the first step is a left or a right. Just keep on walking!
10. Any questions? Come out to the next race, and let 'em fly.

An open letter (well, not really as such, but since I was on the distribution, I assume that was the general intent—and it contains a message worth airing, if only to the elite ORW readership):a

Mr. Curt Gowdey, Jr.
ABC Sports
1330 Avenue of the Americas
New York, NY 10019

Dear Mr. Gowdy:

As you must know, the sport of Walking has been an official Olympic event since the beginning of the modern Olympics. In fact, Walking events were being contested way back in 1868 in this country. One such event featured England's own Charles Dickens officiating! (See Sport's Illustrated 2/15/88.)

As we know, both the 20 Km Walk and the 50 Km Walk caused a great stir and interest when given a little attention during the 1984 Olympics here in Los Angeles. Since then, Walking as a competitive sport as well as a fitness exercise has increased tremendously and shoe companies are vying for our attention.

Still, we all know Walking is hardly a glamour sport with star athletes and, unfortunately, at times even the source of humor by being used as program sequels or bumpers into commercials. But, to be totally ignored by ABC as it was during the recent Olympic Trials in Indianapolis, is outrageous, especially coming from a network proud of its sports coverage.

We know the realities and can only hope for a quick playback of the finish sometime, but to be shunned as we were during the Track & Field Trials is rude to those hard working athletes who often put in 100 miles a week and can walk faster than some runners. It's also a snub to a very difficult sport. But, alas, that is what occurred. There I was watching the Trials on Saturday, July 23, and the final men's event, the 5 Km run was being held. The announcer said, something to the effect of "while the race is going on, we will now show you the names of the men selected to represent the United States in Track and Field in Seoul. I watched and waited. I am still waiting.

THERE WAS NO MENTION OF THE 20 KM WALK AND THE THREE SELECTED TO GO TO THE OLYMPICS THERE WAS NO MENTION OF THE 50 KM WALK AND THE THREE ATHLETES WHO MADE THE OLYMPIC TEAM.

It's a sad state of affairs for a network that is supposed to excel in sports coverage. I trust NBC Sports will be more thorough and considerate in their coverage.

Thanks for your attention

Richard Oliver
Vice President
Walkers Club of Los Angeles

COMMENTARY

From Charles Serritella, D.C.
Manchester, Maine

A few years ago I sent some suggestions along regarding joint exercises for flexibility and strength that I had devised for my patients to help them recover from strains of sprains and to help them avoid future occurrences. I found that the same movements, performed regularly helped me in my renewed walking efforts, after a 16-year hiatus. As I have had four surgeries within the past 2 years and I am nearing the 75-year mark, I would like to appss three more suggestions on to fellow walkers.

The first one is relative to the hands and arms in the racewalking stride. In watching the Olympic tryouts on TV, I noticed that three World class athletes—Florence Joyner, Carl Lewis, and the triple champion were all running with the arms pumping straight ahead, going no further than the mid-niple line. In practicing the straight arm, hand and shoulder motion, I found that my hands didn't go any further than a line perpendicular to the nipples. My hands for my short body build were about 7 1/2 inches apart. Of course, this would change with shorter or taller walkers. I was surprised at the ease in which I was walking faster. The palms should face the sides of the body, with the tuumbs and forefingers pointing straight ahead. It seems that walking with the back of the hands forward will lead to upper body and lower body sway, which would be counterproductive.

My second recommendation is that I believe that in order for Americans to catch up and pass the European and Mexican distance racewalkers we must build greater upper body strength via free weights or using the Nautilus type resistive exercises. Swimming, pushups, or chinups or whatever type is preferred and will get the job done. I've noticed the heavier builds in the European walkers in the Ohio Racewalker through the years. Walkers like Jim Heiring, Tim Lewis, and Todd Scully have done well in short races, of course. LEg straightening exercises wouldn't hurt either, especially at 50 to 100 miles. The strength would be there when needed. How about it Alan Price?

Finally, while in my home state of New Jersey, I became acquainted with Jim Hocking, one of the World's greatest long-distance walkers. He established many long distance records in the U.S. and in Great Britain. Jim was in his late 80s when he joined us in our weekly hikes and it was a pleasure to know this fine gentleman who lived to a ripe age of 101. Jim used a modified racewalking style in his long walks. At present, I have been teaching a modified style of walking to people from 8 to 70 at a slow pace of two or three miles an hour. Anyone who can walk can learn it and then they can go faster when they wish. With opening the door tomore people, we could then attract more people to racewalking. Those who prefer to wak as an enjoyable hobby or for fitness are then free to go their way. As the racewalking style is the most efficient way to walk, all walkers would benefit regardless.

From Howie Palarmarchuk, formerly of the Guano Press:

"Thank you for your fitting tribut to the Guano Press. A flush of pride passed over me to the point of finding my original Guano Press t-shirt. I also would like to mention that, unlike the Facetight, the Guano was recognized by Track and Field News (April 1973)—the highest honor ever bestowed on us, short of threatened expulsion from the AAU and a threat of physical violence from a certain '68

Olympian if we didn't stop printing that crap. I would also like to add that Gary Westerfield joined our staff in 1972 as a writer and illustrator.

(Editor: The following article shows you a little about where Howie is at today.)
From *Strides*, Vol. 24, Number 3, August 1987, a journal of the Pennsylvania College of Podiatric Medicine.

Sentimental Journey

THE LAST PATROL MARCHES TO "BRING THE BOYS HOME"

There is a camaraderie, born of shared pain, that lasts a lifetime. Long after the battle is won or lost, comrades-in-arms feel a kinship and brotherhood different from any relationship they will ever know again. There is a haunting sadness about such friendships. For many, these bonds were forged in hell. And so it was that ten Vietnam veterans from the Philadelphia area went out on their last patrol—a march from the Vietnam Memorial in Washington, D.C. to Philadelphia, carrying with them the names of 628 young men who would never come home again.

The Last Patrol was part of a fund-raising effort labeled Operation Brotherly Love, a long overdue plan to erect a memorial to honor the young men from Philadelphia who had died in action in Vietnam. The project needed \$600,000 or there would be no monument to mark their passing. It was at this juncture—sometime last February—that the Last Patrol was formed. The participating veterans got sponsors, made plans and, on Mother's Day, set out to walk 140 miles over a period of six days. The goal was to arrive at Penn's Landing by noon of the following Saturday and present the names of the 628 fallen soldiers and marines.

It seemed appropriate that the men who made up the

Last Patrol also were soldiers and marines, ranging in rank from private to lieutenant general (some said this was the longest walk a general ever took). A distance of 140 miles shouldn't daunt such stout-hearted men of war, you say. Perhaps. But their war had ended almost twenty years earlier, and some of the eleven had suffered wounds that would never heal. Several of the veterans were partial amputees. One had lost part of his foot; another lost one leg above the knee; another had no legs at all. And still, they persisted.

Despite the emotionalism of their journey, they had the good sense to prepare themselves properly. They knew what a march like this could do. So, in February, they contacted PCPM and asked for professional help. The College took their cause to heart and enlisted—albeit behind the scenes—to aid their effort.

Help was dispatched in the person of Howard J. Palamarchuk, D.P.M., director of Sports Medicine and instructor in Clinical Orthopedics. Dr. Palamarchuk figured, and rightly, that the march was similar to the six-day races and endurance marathons he had attended professionally. "Each day would be worse than the day before," says Dr. Palamarchuk. He set up a slide

presentation, talked to them about blisters, shin problems and appropriate shoe selection; showed them how to apply ointments and medications and anticipated that, for the most part, they would be able to care for themselves.

The College put together a travel kit containing tapes, dressings, various paddings, bandages, antiseptics, etc. "We tried to devise padding for the stumps, so the amputees could walk on their prostheses," says Dr. Palamarchuk. "We also instructed them regarding proper clothing, forced fluids to keep hydrated and everything we could think of to make it possible for them to do this. It was so important to them."

At the end of day one, Dr. Palamarchuk got a call. The Last Patrol was somewhere outside of Baltimore and in trouble. Their feet were bloody, they had nail problems and blisters and, in some cases, their feet were swollen two sizes larger than usual. Dr. Palamarchuk made plans to join them early the next morning. He found them on Route 40, set up his portable table and began treating his patients by the side of the road. With a scalpel he then cut off portions of their shoes, making them open-toed and allowing the swollen feet some freedom. After finishing his roadside clinic, Dr. Palamarchuk drove home to Philadelphia for routine office hours and three hours sleep, then drove south again, this time to stay with the Last Patrol for the rest of the trip.

"I felt totally committed to them," he says. "It became the most moving experience I have ever known in my life. All the work I've done with athletes in competition seemed to pale in comparison. These men were truly heroic."

They camped out at night, in areas set up for them by the corps of engineers who traveled ahead of them, setting up and breaking camp much as they did in combat. "At night," says Dr. Palamarchuk, "we'd sit together and they'd tell war stories and share their experiences. Although I had been too young to serve in their war, they made me feel like one of them."

Day three was a highlight of sorts, both physically and psychologically. Their objective was to "take the bridge"—in this instance, it was the bridge

over the River Susquehanna. Though it was not as hazardous as other bridges they had taken, it did present its own set of obstacles, all of whom were wearing state police uniforms. Pedestrians were forbidden to cross that bridge, but cross it they did, and that crossing became the turning point of the journey.

By day four the blisters were healing but the legs were starting to go. They were suffering from fatigue. Their middle-aged bones were weary. "At that point," says Dr. Palamarchuk, "we did whatever was necessary to get us home."

They finished, as they had promised they would, at high noon on Saturday at Penn's Landing. They were a tired, rag-tag band of men who had set a mission for themselves

and carried it through. They were proud and happy not to have failed. They were smiling but dangerously close to tears.

Dr. Palamarchuk was presented a plaque in recognition for his services. "Afterward," he says, "a gold-star mother hugged me and thanked me for helping 'the boys' bring her son's name home. A black marine shook my hand and thanked me for helping to bring his brothers home. Can you imagine how I felt?" Yes indeed. ■

LOOKING BACK

20 Years Ago (From the Sept. 1968 ORW)—In the U.S. Olympic Trials in Alamosa, Colorado, Ron Laird prevailed at 20 Km in 1:37:45 with Rudy Haluza (1:38:14, Larry Young 1:38:40, and Tom Dooley (1:41:03) following. Young was an easy winner at 50 in 4:34:10, followed by Goetz Klopfer (4:44:02), Dave Romansky (4:47:23), and Bob Kitchen (4:50:56). (Remember the races were at high altitude.) When Young chose not to double, Dooley was added to the team. . . We also reported the birth of first son, Derek Douglas Mortland, which occurred on the day of the 50 Trial, September 14. . . Tom Dooley zipped a quick 5 miler in California (35:20) leaving Bill Ranney and Klopfer well back. . . A week before the Olympic trials, Young scored a very easy win in the National 30 Km in Columbia, Missouri in 2:31:20. Jack Blackburn was second, some 24 minutes behind, as few people showed up for the race. . . A few days after the Trials, a few of those competitors traveled to Atlantic City for the National 15 Km. Laird won in 1:09:03, with Romansky 39 seconds back. The next four spots went to Ron Kulik, Jack Blackburn, Ron Daniel, and Steve Hayden.

15 Years Ago (From the Sept. 1973 ORW)—The U.S. women took the first four places to win an international dual match with Canada. Ellen Minkow was the winner in 26:32, followed by Esther Marquez, Cindy Arbelhide, and Sue Brodock. . . The National 35 Km went to John Knifton in 3:00:31. Bill Ranney was more than 3 minutes back, with Jim Bean and Bob Bowman next in line. . . Hartwig Gauder won the European Junior 10 Km title in 44:14.

10 Years Ago (From the Sept. 1978 ORW)—In the European Championships, East Germany's Roland Wieser won at 20 and Spain's Jorge Llopert at 50. Wieser pulled away from three Soviet competitors on the final 50 Km to win in 1:32:12. He had a 20:30 on that last loop. Pyotr Potschenchuk and Anatolily Solomin finished in 1:23:43 and 1:24:12. Jose Marin was fifth and Maurizio Damilano sixth. Llopert took command after 30 Km to win in 3:53:50. Next were Soviet Veniamin Soldatenko in 3:55:12 and Pole Jan Ornoch in 3:55:16. Four others broke 4 hours. . . The U.S. 50 Km Championship saw Mexicans Domingo Colin, Pedro Aroche, and Enrique Vera take the first three spots. Colin had 3:55:50. Marco Evoniuk took the U.S. title in 4:24:05, with Augie Hirt and Carl Schueler also under 4:30. . . U.S. Junior titles went to Pete Timmons at 5 Km (25:31) and Mike Morris at 20 (1:47:10. Dave Cummings was second at 5 and Timmons at 20. . . Sweden won the women's World meet with Britt Marie Carlsson first at 5 Km (23:05) and Elisabeth Olsson first at 10 (49:22). Sue Brodock was the top U.S. finisher in the 5 with a 24:41 in 8th. Liz Dufour was seventh at 10 in 52:39. The U.S. team finished third behind Norway.

5 Years Ago (From the Sept. 1983 ORW)—Alan Price won his fourth U.S. title at 100 miles in Columbia, Missouri, covering the distance in 22:39, well off his best of 18:57:01 in 1978. The only other finisher in extremely hot conditions was Chris Custer in 23:50, her first attempt at the distance. She became the 42nd U.S. Centurion and the fourth lady. . . Our analysis of the T7F News rankings for the previous 12 years showed the USSR as the leading walking nation during that period, followed closely by East Germany (German Democratic Republic), and Mexico. Everyone else was far back, with the U.S. ninth. Probably time we updated those statistics. . . Dr. Palamarchuk presented a brief article on Knee Problems In Walkers.

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ATTENTION: MASTERS RACE WALKERS

NATIONAL RANKINGS

RUDY CLARENCE, 484 TROY AVE., BROOKLYN, N.Y. 11203, HAS VOLUNTEERED TO COMPOSE NATIONAL MASTERS RACE WALKING RANKINGS, BY FIVE YEAR AGE GROUPS, FOR MEN AND WOMEN OVER THE AGE OF FORTY.

ALL PERFORMANCES MUST BE ON A TRACK OR A CERTIFIED COURSE, WITH TAC OFFICIALS OFFICIATING. RUDY WILL COMPOSE RANKING FOR 1988. IN ORDER FOR THE RANKINGS TO BE MEANINGFUL IT IS NECESSARY THAT ALL WALKERS COOPERATE. ALL WALKING CLUBS SHOULD SEND RUDY COPIES OF THEIR NEWSLETTERS FOR 1988 AND PLACE RUDY ON THEIR MAILING LIST. ALL INDIVIDUALS SHOULD ALSO SEND IN THEIR RESULTS. THE RANKINGS WILL BE PUBLISHED IN THE NATIONAL MASTERS NEWS. THE LEVEL OF PERFORMANCE IS NOT IMPORTANT. RUDY NEEDS AS MANY RESULTS AS POSSIBLE.

NAME _____ ADDRESS: _____
CITY: _____ ZIP: _____
PHONE: _____ BIRTHDAY: _____ SEX: M _____ F _____
DATE DIST. LOCATION
ANCE TIME OF EVENT
AGE

ATTENTION: RACE WALKERS NORTH AMERICAN CHAMPIONSHIPS

IN THE UNITED STATES, THE MASTERS TRACK & FIELD COMMITTEE HAS JURISDICTION OVER RACE WALKERS OVER FORTY YEARS OF AGE AND THE OPEN RACE WALKING COMMITTEE HAS JURISDICTION OVER WALKERS UNDER FORTY. IT WAS AGREED THAT THE OPEN RACE WALKING COMMITTEE WOULD HAVE MASTERS DIVISIONS IN ALL OF THEIR NATIONAL CHAMPIONSHIPS EXCEPT FOR THE INDOOR 2 MILE AND OUTDOOR 5 KM AND 20 KM RACES WHICH WOULD BE HELD AS PART OF THE MASTERS NATIONAL CHAMPIONSHIPS

RACE WALKING IS THE FASTEST GROWING SPORT IN ATHLETICS, WITH THE OVERWHELMING MAJORITY OF THE NEW PARTICIPANTS BEING MASTERS. RATHER THAN RUN A COMPLETE SLATE OF NATIONAL MASTERS CHAMPIONSHIPS, IT HAS BEEN PROPOSED THAT THE MASTERS HOLD CERTIFIED NORTH AMERICAN CHAMPIONSHIPS FOR MEN OVER FORTY AND WOMEN OVER THIRTY-FIVE AT ALL OF THE STANDARD DISTANCES. THIS WOULD BE IN KEEPING WITH PLANNED WORLD MASTERS CHAMPIONSHIPS.

UNDER THE AUTHORITY OF THE NORTH AMERICAN COUNCIL OF THE WORLD ASSOCIATION OF VETERAN ATHLETES (WAVA), CHAIRED BY DAVE PAIN, I AM COMMUNICATING WITH POTENTIAL SPONSORS. ANY GROUP IN NORTH AMERICA IS WELCOME TO PARTICIPATE. THOSE INTERESTED GROUPS SHOULD COMPLETE THE ENCLOSED FORM AND RETURN IT TO ME.

WE WISH TO START THE CIRCUIT IN 1989. DEPENDING ON THE RESPONSES WE CAN ALSO PLAN RACES THROUGH 1991. THE RACES MUST BE ON CERTIFIED COURSES, USING CERTIFIED OFFICIALS. OFFICIAL NORTH AMERICAN MEDALS ARE AVAILABLE. BY DEVELOPING A CIRCUIT WE CAN SAVE EXPENSES ON PUBLICITY, ENTRY FORMS AND MAILINGS. WE SEEK SPONSORS FOR THE FOLLOWING DISTANCES: 3, 5, 8, 10, 15, 20, 25, 30, 40, AND 50 KILOMETERS.

 CLUB NAME: _____ PERSON TO CONTACT: _____

ADDRESS: _____ CITY: _____

STATE _____ POSTAL CODE: _____ COUNTRY: _____

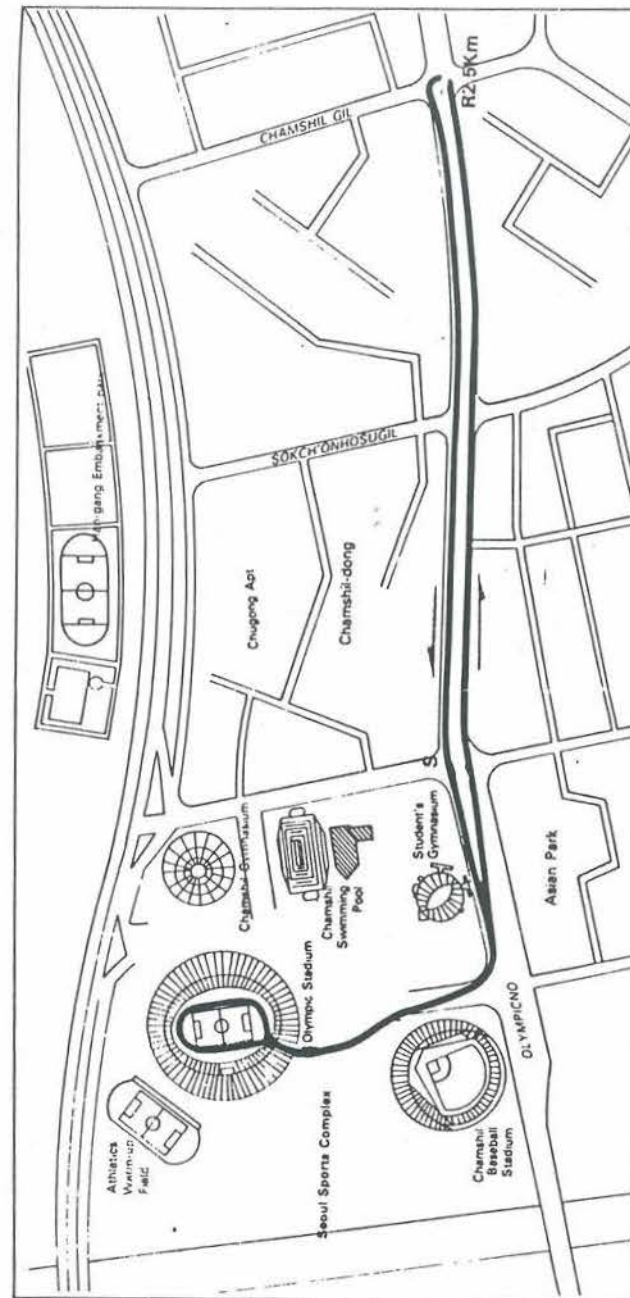
PHONE: _____ :DATE _____ CERTIFIED COURSE: YES NO

SITE: _____

COMMENTS: _____

SIGNATURE: _____ DATE: _____

Please return to: BOB FINE, 4223 PALM FOREST DRIVE NORTH,
 DELRAY BEACH, FLORIDA, 33445; 407-499-3370



Walking Race Course

- Location: Olympic Road
- Length: 20km, 50km

THE OLYMPIC RACE WALKING COURSE IN SEOUL (Courtesy of Jim Hanley)