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:


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Columbus, Ohio 43202.

5:02:46 (2nd 45-49) 6. Marie Henry, Shore AC 5:20:01 (1st 60-64) (Age
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Other results
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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, Salette (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)

SEPTEMBER 1988

35th 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, Miami (S)
Sun. Dec. 11—Bill Reilly/Todd Scully 10 Km, Long Branch, N.J., 1:15 pm (N)

Contacts
B—Dave Lawrence,
D—Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 90106
E—Bob Carlson, 2260 Glencoe St., Denver, CO 80207
F—Bev LaVeck, 6633 Windermere, Seattle, WA 98115
G—Gary Westerveld, P.O. Box 440, Smithtown, NY 11787
H—John White, 4865 Arthur Place, Columbus, OH 43220
J—Howard Jacobson, Box M, Livingston Manor, NY 12758
K—Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
L—Elliott Denman, 28 N. Locust, West Long Branch NJ 07764
N—Elliott Denman, 28 N. Locust, West Long Branch NJ 07764
S—Florida Racewalkers, 4223 Palm Forest Drive, Delray Beach, FL 33445
T—Bill Farrell, 225 Peachtree St., Suite 818, Atlanta, GA 30303
V—Brian Savilonis, 243 Mirick Rd., Princeton, MA 01591
W—Walking Circuit, 259 Nicholson St., Joliet, IL 60435
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 racetracing, 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 occasional 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
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.

Echoed: 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 Vishal Sedlak, is "decidedly 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 = 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 $5.00. 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 1-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.

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. There's 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.

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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):

Mr. Curt Gowdy, 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 seques 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 SELECTED TO GO TO 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
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-nipple 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 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 Helring, 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 6 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 to more people, we could then attract more people to racewalking. Those who prefer to walk 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 Palamarchuk, formerly of the Guano Press:

"Thank you for your fitting tribute 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 1978) — the highest honor ever bestowed upon us, short of threatened expulsion from the AAU and a threat of physical violence from a certain '68 soldier and marine."
"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. Palamarck, "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. Palamarck, "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 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. Palamarck 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 miles in Columbia, Missouri, covering the distance in 22:39, well off his best of 21:57.01 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. Palamarck presented a brief article on Knee Problems In Walkers.

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 Arbelhade, 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.
ATTENTION: RACE WALKERS  NORTH AMERICAN 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), CHAIRMED 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.

______________________________ PERSON TO CONTACT: __________________________
______________________________ CLUB NAME: ________________________________
______________________________ ADDRESS: ________________________________
______________________________ PHONE: __________________________________
______________________________ STATE: __________________ POSTAL CODE: _____
______________________________ CITY: _______________________________________
______________________________ COUNTRY: ________________________________
______________________________ 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

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