Weik, O'Connor Capture Nationals at 20 and 30 Km

East Meadow, N.Y., Oct. 16--Area walkers captured national titles today--Lynn Weik leaving the rest of the field 10 minutes behind in a 1:45:37 20 Km effort and Dan O'Connor scoring an easy win at 30 Km in 2:24:15.

The 21-year-old Weik, coming back after a lengthy bout with mono, won her first national title. She was just over 3 minutes off Teresa Vaill's championship record of 1:42:24, set last year, but nearly 10 minutes off her own pending national record of 1:36:28. She did that last fall. Karen Rezach and Susan Travellin in second and third also had their highest national finishes. Susan Liers, after a long absence from national level walking following knee surgery, walked easily for fourth, just behind Travellin. Stella Cashman in sixth won the unofficial master's division. Marie Henry claimed age 65 records at both 15 and 20 Km.

Veteran internationalist O'Connor (36) was winning his second straight Athletics Congress 30 Km on his "home" course. Youngsters Jeff Salvage (21) and Curtis Fisher (22) were also on their home course and had their highest national finishes in second and third. The master's trophy went to rapidly improving Gary Null in sixth. Gary Morgan, the first U.S. finisher in the Seoul 20 Km, had to leave the course at 15 Km with intestinal problems. He was following O'Connor at the time.

The results:
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OTHER RESULTS


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2.8 Mila,

Seattle, Oct. 9--1. Glenn Tachiyama 38:01

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5 Mila, Willsonvilla, Ora.--1. Randy Jacobs 4:53
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resident Olympic racewalkers, Jim Heiring and Andy Kaestner
(see news article elsewhere in this issue). Lots of good
publicity, VIP's in attendance, live music, good
organization, and two huge cakes marked the occasion...

New Mexico's Jesse Castenada completed 328.9 miles of non-
stop walking in 116 hours and 39 minutes from Oct. 31 to
Nov. 5, breaking his own American record set in 1973. (He
was allowed a 5 minute break each hour, but had to stay
awake the whole time)... Entry forms are now available
for next years National Masters Indoor Track and Field
Championships, March 31 - April 2 at Ohio State's French
Fieldhouse in Columbus. The 3000 meter walk will be on
Saturday, April 1 at 5:30 pm. We are planning another race
on Sunday morning, outdoors. Details on that later. In
the meantime, entry forms for the Nationals are available
from James Pearce, 2449 Southway Dr., Columbus, Ohio 43221;
phone 614-481-8766 evenings. A little diddling with the
figures from the Olympic walks. In the 50, Ivanenko
averaged 4:22.2 per Km and 7:02 per mile. At the 40 Km
mark, he was averaging just (!) 4:24.8 and 7:06, indicating
his tremendous acceleration to win the race. His
interpolated marathon time was 3:06:11. In the 20,
Pribilinec averaged 3:59.9 per km and 6:26 per mile. His
last 5 Km in 19:35 was at a 6:13.7 mile pace. In the 20,
there were 11 different countries represented in the first
20 finishers (and 13 in the first 22). At 50, 10 countries
were represented in the first 20.

Wrapping up the NBC Fiasco

Gordon Wallace is wrapping up his dissertation for a
Ph.D. in American Civilization at the University of Texas
(he's in his late 70s). His subject: The History of
American Race Walking. He spent a few days at my place
last spring doing some of his research. Anyway, he is
including a chapter reflecting media effects on image. I
hope he won't object to some pre-publication excerpting:

"What is seen (or not seen) and heard (or not heard) on
television has a tremendous influence on contemporary
American society. This is so important that I must call
attention to the most recent put-down of the sport or race
walking and its elite walkers. Hopefully, future
historians of race walking in America will be in a position
to record this as a bad dream that passed with the
enlightenment of the awakened populace. This occurred on
the early morning of September 30, 1988 during the NBC
broadcast of the Olympic Games in Seoul, and the ignorance
and insensitivity of the announcer (Bob Costas) was so
obnoxious and the coverage so fleeting that it caused cries
of outrage to erupt from the race walking community all
over the USA. Some of the comments that ensued follow:
(Here he included excerpts from the three letters carried
in these pages last month and from comment by Elaine Ward
in the Southern California Racewalking News.)

"As for Robert Costas the Man: a pertinent, revealing,
and more understanding sidelight may be viewed in an
article appearing in a recent issue of TV Guide. Written
by Ahmad Rashad with Peter Bode, it is a segment titled "My
Warning to Costas", excerpted from their forthcoming book,
Rashad: Vikes, Mikes and Something on the Backside.
Rashad, a celebrated former National Football League All-
Pro wide receiver, now a sportscaster who was nominated for
an Emmy for his work as a feature reporter and analyst,
lays it on the line for Costas, with whom he shares the
spotlight on NBC's NFL Live!

"Rashad tags Costas as having a trace of the "persona"
syndrome, i.e., always working on how he behaves and acts
on- and off-camera. "You sense that he's always made his
way with his quick wit... always ready with a little
verbal sparring." Rashad comments that "his particular
brand of humor doesn't sit well with pro-football players
(and certainly not with the race walking community) ...
Athletes resent that kind of humor... The crux of it is
that it's not participant humor (which they accept) but
observer humor... The unspoken rule is that if you haven't
done it, don't criticize it (italics are Wallace's)."

"Rashad then recalls, 'A while back, I had a little talk
about barbed humor with Costas. I told him there are only
so many lines you can cross when you haven't played the
game. You can't cut a guy up with a few quips and keep the
respect of the players... (they) will write you off as
worthless.' It's unfortunate that Bob Costas did not pay
attention to this sound advice in his treatment of race
walkers in the Olympic Games where his sarcastic
denigration of them has made him persona: non grata.

"NBC had at its disposition a total of 179 1/2 hours to
broadcast the coverage of the 1988 Olympic Games. It
devoted to race walking a fraction of one minute to the
total 10,770 minutes available, and even this grudging nod
was marred by an inexcusable presentation. It was not one of NBC's finest hours--or rather, minutes. Much has been made above of what occurred in Seoul, but the facts so strikingly present one of the most severe problems that handicap the acceptance and development of race walking as a recreational, fitness, and competitive sport in the USA that it has a solid and significant place in this history.

Master's World Bests at 50 Km
(From the British Race Walking Record)
M40 Yevgeniy Ivchenko, USSR 3:50:24
M45 Gerhard Weidner, West Germany 4:00:49
M50 Gerhard Weidner 4:14:37
M55 Max Gould, Canada 4:50:37
M60 Max Gould 4:59:58
M65 Leonard Creo, Great Britain 5:38:39
M70 Tom Daintry, Australia 5:37:36
M75 J. Grimwade, Great Britain 5:19:34!

Of interest:
The following abstract does not relate directly to walking, but the conclusion that women have about a 10 percent disadvantage in working capacity in a task like walking is interesting, since that is about the difference in performance we see in both walking and running records.

ERGONOMICS, 1988, Vol. 31, No. 8, 1177-1192

Sex differences of physical working capacity in normoxia and hypoxia

ROY J. SHEPHARD†, H. VANDEWALLE,
E. BOULHE and H. MONOD
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University of Toronto, Ontario MSS 1A1, Canada

Keywords: Sex differences; Work capacity; Maximum oxygen intake;
Muscle volume; Hypoxia.

A balanced Latin square design examined sex differences in working capacity for four endurance tasks involving different volumes of muscle (two-leg, one-leg, arm plus shoulder and arm ergometry) in eight women and eight men under normoxic and hypoxic (12% oxygen) conditions. There was a substantial (30-40%) sex difference in maximum oxygen intake during two-leg ergometry. Much of the

From the Cornbelt Running/Walking Newsletter

AN OPEN LETTER TO RACE DIRECTORS
THE "FIVE SENSES" OF RACEWALKERS

Can you see us?
We are growing. From a handful of fledging ducklings a year ago, into this year's flock of waddling "racewalking ducks." Every week we see more people interested in joining our sport. As we increase the numbers of participants in your race, our visibility becomes more and more apparent. See us!

Can you hear us?
We are becoming more vocal. At every run, with every handout for our upcoming event, we are asking: "What about racewalking?" "Do you have a division for us?" "Will you give us age brackets and not just an "overall"? Hear us!

Can you touch us?
We are sweet with eagerness, but we are hungry too. Hungry for recognition. How we savor the entries the runners bring to you, but we will contribute some choice appetizers. Taste us!

Can you smell us?
We are like the smell of an upcoming storm before you hear the thunder and see the lightening; before you feel the rain. We are out there in the distance. Many of us behind the runners, some of us in their midst, a few of our best leading them. We bring the aroma of excitement. Smell us!

Can you touch us?
We are feeling somewhat isolated and lonely. We contribute to the success of your race with our participation, our enthusiasm and our entry fees. As you plan your next event keep us in mind. The cost of recognition couldn't be too great. We realize some extra planning will be necessary on your part, but we are eager to help. Our numbers will increase with your support; your numbers will increase with our support. Touch us!

JoAnn Sandberg
Cornbelt Racewalker

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JoAnn Sandberg
Cornbelt Racewalker

* * * * *
Olympians' day
one to remember

By Randy LeCount
Journal Times

For Andy Kaestner and Jim Heiring, October 6 will be a day that will be hard to forget.

After all, not many can boast having a day named in their honor.

Thursday was officially proclaimed "Andy Kaestner and Jim Heiring Day in Racine County" at Bank One of Racine by County Executive Dennis Kornwolf. Kaestner and Heiring, both racewalkers, were members of the U.S. Olympic team which competed in the recently-completed Seoul Olympics.

The recognition day was co-sponsored by Bank One and the Journal Times.

Along with Kornwolf's proclamation, presentations were made by Racine Mayor Owen Davies, Journal Times Publisher Robert Fusie and Bank One President Jerry Schwallier. Among the gifts given were a gold commemorative clock, a certificate of commendation and a letter of accomplishment.

Those who attended the ceremonies greeted the race walking heroes with warm smiles, eager handshakes — and, of course — requests for autographs.

And why not? Kaestner, a native and 1982 graduate of Horlick High School, and Heiring, a native of Kenosha and seven-time All-American at UW-Parkside who now makes his home in Racine, finished 38th in the 20-K walk in 1:27:30, his best time since the 1984 Olympic Trials.

"Right now, I've accomplished all I set out to do, so I'll enjoy life for awhile." — Andy Kaestner

"That's it — three times is enough. I can retire knowing I did the best I could." — Jim Heiring

Heiring also was a member of the 1980 team which boycotted the Moscow Games and competed in the 1984 Los Angeles Olympics.

Both walkers faced different challenges in their respective races. "I had a good start," Kaestner said. "I hooked up with two guys from Great Britain and one from Japan early on. Then, at about 25-K I got real dizzy, so I slowed the pace down." If that wasn't enough, Kaestner got a severe cramp in the arch of his foot.

"(The cramp) lasted about two miles," Kaestner said. "Then, I just tried to finish hard." Heiring and teammate Gary Morgan had the same race plan — follow the lead pack of approximately 20 runners and wait for them to break apart near the end.
From the Golden Gate Race Walker

Koach's Korner:

HOW TO TAKE A LONGER STRIDE WITHOUT REALLY TRYING

By Ray Sharp

The most effective way to increase your stride length in racewalking is to maintain an upright posture with the hips forward. Keeping the pelvis forward under the torso, as opposed to sticking your rear end out behind you, will add to the length of your step without requiring extra energy. Some racers mistakenly try to gain these extra inches by reaching the lead foot too far forward of the center of gravity, or by using an exaggerated or excessive hip motion. These actions waste energy and lead to overstriding.

Overstriding refers to any increase in stride length which decreases overall efficiency, or any action which is perceived as increasing stride length but actually doesn't. For example, when you try to lengthen your stride by reaching too far forward with the swinging leg, the following problems occur: The foot is carried too high, wasting energy and sometimes leading to loss of contact. When the heel makes contact there is a deceleration which interrupts forward momentum. Finally, by emphasizing the forward reach of the foot the hips may shift back and decrease stride length. When an excessive hip motion is used oftentimes the increased motion is mostly lateral, not forward, and this wasted motion adds nothing to propulsion (and makes you waddle like a duck).

So you can see that many times when you try to take a longer stride all you really do is waste energy. There is, however, a way to make your stride as long as possible and still efficient. Concentrate on driving the hip forward and then put the foot down quickly. At first it may feel like you are shortening your stride by dropping the foot too close to your body, but in reality the hips have already done the work so you are merely eliminating the pause in your rhythm and the breaking force of the overextended foot. Videotape analysis by the biomechanists at the US Olympic Committee shows that the fastest walkers keep their hips forward and put their heels down less distance, percentage-wise, ahead of their centers of gravity. In other words, more of the stride length is behind the body, and less is in front. Not only is the stride longer, but it's easier to roll the foot down quickly to overcome the break in inertia caused by the heel-strike and get to the propulsion phase sooner.

To practice walking with the hips forward, try walking alternate 100 meters with your new and old techniques. Count the strides each way. With the hips forward, although the perception is that you are putting the foot down directly under the body and cutting your stride length, you should actually find that it takes about the number of steps as it did the old way. Now walk several times 400 meters, alternating using the old or new style for the entire repetition. I'm sure that when you keep the hips in their proper forward position you will walk faster with less effort.

How does this article about taking a longer stride reconcile with last month's advice to take quick steps and not worry about stride length? By keeping the hips forward and putting the heel down quickly, you can walk with longer and faster steps by not overstriding. So next time you want to walk fast don't think about pumping your arms or reaching with your foot. Just focus on quick forward hips and you'll be on your way to faster, easier racewalking.

And sneaking in at the last minute from Saturday afternoon's mail, because the printer was not open on Saturday morning is this addition to the schedule. 5 Km races in Central Park, New York City, on Dec. 11 and 17. Contact: Stella Cashman, 320 E. 83rd St., 2C, New York, NY 10028. Coney Island 10 Mile Handicap: Ed Hernan with actual time of 1:46:30. Fast Times: Dan O'Connor 1:13:49 and Curtis Fisher 1:13:59.