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# 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 65records 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:
**Women's 20 Km:** 1. Lynn Weik, Walk USA 1:45:37 2. Karen Rezach (28) SHore AC 1:55:20 3. Susan Travellin (35) Walk USA 1;57:04 4. Susan Liers (29) Walk USA 1:57:04 5. Christine Ostiguy (25) Canada 1:58:06 6. Stella Cashman (46) Eastside TC 2:04:08 7. Daniela Hairabedian (34) un. Washington 2:06:22 8. Vicki Molignano (46) un. Nevada 1:10:42 9. Marguerita Olsen (54) N.J. Masters 10. Kathy

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Schneider (33( un. Wyoming 2:14:38 11. Elinor Edelstein (49), Metro RW 2:22:09 12. Rena Burg (41), Metro RW 2:22:09 13. Joan Rowland (62) Eastside TC 14. Marie Henry (65) Shore AC 2:28:09 (1:50:31 at 15 Km). Team Champion: Walk USA 4:39:45

**Men's 30 Km:** 1. Dan O'Connor (36) Walk USA 2:24:15 2. Jeff Salvage (21), Eastside TC 2:29:14 3. Curtis Fisher (22), NYAC 2:30:57, 4. Curt Clausen (21), Eastside TC 2:33:23 5. Dan Pierce (32), un. Penn. 2:35:47 6. Gary Null (43), Eastside TC 2:39:46 7. Philip McGaw (38), North Medford Club 2:41:26 8. Alan Sangeap (27) Eastside TC 2:44;40 9. Nick Bdera (40), Eastside TC 2:44:50 10. Tom Gustafson (46), Eastside TC 2:44:54 11. Bob Keating (41), NE Walkers 2:45:55 12. Richard Ruquist (50), North Medford 2:48:29 13. Franco Pantoni (42), Eastside TC 2:51:12 14. Lon Wilson,(41), Eastside TC 2:51:50 15. Stan Chraminski (40, un, Washington 2:54:42 16. Bob Mimm (63), Shore AC 2;55:55 17. Alvia Gaskill (33), Godiva TC 2:58:03 18. Bob Ryan (41), Shore AC 2:58:48 19. Alan Jacobson (33), Eastside TC 2:58:54 20. Justin Kuo (34), NE Walkers 3:05:20 21. John SHilling (52), Walk USA 3:05:29 22. Bob Falciola, N. Medford 3;09:13 23. Jack Tannachian (35), Shore AC 3:11:20 24. Patrick Bivona (47), Shore AC 3:12:53 25. Tim CHelius (32), Shore AC 3:14:03 26. Bernie Finch (48), un., Wyoming 3:14:51 27. Pete Villiers (30) N. Medford 3:17:00 28. George Lattarulo (40), N. Medford 3:17:05 29. John Gray (64), un., Mass. 3:27:02 30. Bernard Kaufman (54), Eastside TC 3:27:05 31. Don Johnson (71), Shore AC 3:32:56 32. Ralph Edwards (47), Shore AC 3:34:40 33. John Montairo (44), un. Mass. 3:35:15 34. Frank Sofo, un., NY 3:38:28 35. Harry Drazin (75), Shore AC 3:38:28 36. J. B. Jemmott (58), un., NY 3:52:05 37. Sol Tanenbrank (71), Metro RW 3:57:21. WOmen finishers (continued on after 20): Cashman 308:49, Edelstein 3:34;01, Burg 3:38:27 Rowland 3:46:22 Teams: 1. Eastside TC 7:42:23 2. North Medford Club 8:47:00 3. Shore AC 9:06:03



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**OTHER RESULTS**

**Open 20 Km, East Meadow, Oct. 16**--1. Evan Fox (27), un., Conn. 1:36:20 2. David Mendoza (21), Venezuela 1:45:51 3. Frank Molignano (48), un., NY 1:55:13 4. George Shilling (50), Eisenhower Park TC 2:17:07 **7th Annual Henry Laskau Race Walk (5 KM), East Meadow, Oct. 15**--1. Mark Barber 15:00 2. Gerald Patrick 26:41 3. Kaisa Ajayne 28:13 4. Gustave Davis 28:22 5. Frank Lamorte 28:32 6. Richard Goldman 28:44 7. James Baochin 29:19 8. Melissa Baker (age 12) 30:26 9. George Heller 30:26 10. Adam Tanners 30:51 (44 finishers) **5 Km, New York City, Oct. 9**--1. Robert Gottlieb 23:01 2. Gary Null 23:10 3. Franco Pantoni 25:17 4. Richard Harper 27:00 5. Frank Lomorte 28:05 6. Robert Green 28:55 7. Abdulla Wiggins 29:49 8. Edward Hernon 30:41 (20 finishers) Women: 1. Stella Cashman 28:56 2. Kaisa Ajaye 29:40 (13 finishers) **Great Autumn Racewalk (6 Km), Hanover, Pa.**--1. Brenda Moore 35:03 2. Carol Myers 38:37 3. CIndy Small 40:47 (25 finishers, 3 DQs) **2 Mile, Bolwing Green, Ky.,. Oct. 8**--1. Gene Weddle 20:54 2. Rich Pingel 21:17 (65 finishers) **1 Mile, Hodginville, Ky., Oct. 9**--1. David Buckman 7:58 2. Jeff Whittinghill 8:02 3. C.B. Embry, Jr. 8:05 4. Gene Harrison 8:09 **1 Mile, Scottsville, Ky., Oct. 29**--1. David Buckman 9:03 2. C.B. Embry, Jr. 9:58 (89 finishers) **1 Mile, Glasgow, Ky,, Nov. 6**--1. David Buckman 7:19 2. C.B.Embry, Jr. 7:31 **2 Mile, Bowling Green, Ky., Oct. 22**--1. Ian Whatley 13:51 2. David Buckman 14:01 3. Gene Harrison 16:28 4. C.B. Embyr, Jr. 17:06 5. Burch Oglesby 17:56 6. Richard Murphy 17:59 7. Jack Gerbic 18:00 8. William Parsons 18:39 9. Kenneth Hegel 19:11 10. Cletus Pearl 19:14 11. Richard Pingel 19:16 (85 finishers. One doesn't like to question, but this set of results certainly raises suspicion about the length of miles, judging, ore something.) **5 Mile, Stone Mountain, Ga., Sept. 24**--1. Zophia Wolan, Poland/USA 41:42 2. Dan Strohl 49:41 **10 Km, Atlanta, Ga., Oct. 1**--1. Zophia Aolan 52:01 2. Jack Shuter 67:10 **10 Km, Cartersville, Ga., Oct. 22**--1. Bill Farrell 59:59 2. Jerry Newsome 60:05 3. Carmen Jackinsky 61:30 **15 Km, Atlanta, Nov. 6**--1. Jerry Newsome 1:34:55 2. Bill Farrell 1:39:17 3. Juliet Newsome 1:46:00 4. Jack Shuter 1:46:20 **5 Km, Grosse Pointe, Mich., Nov. 5**--1. Gary Morgan 21:00 2. Dan O'Brien 23:12 3. Terry McHoskey 25:54 4. Patrick Dugan 27:29 5. Wally Lubzik 27:30 Women: 1. Roberta Boyle 29:54 **2 Mile, same place**--1. Jerrold Jenkens 18:59 **5 Km, Davie, Florida, Oct. 15**--1. Terry Harville 24:39 2. Bill Halford 30:06 (1st over 40) 3. Tullio



Carrillo 30:50 (1st over 60) **5 Km, Austin, Texas, Nov. 5**--1. John Knifton 23:47 2. Adam Pawlik 24:19 3. Robert Rhode 26:33 4. Heidi Epp 27:23 5. Bill Adams 27:25 6. John Stowers 27:26 7. David Gwyn 27:48 8. Mike Putnam 29:06 (21 finishers) **3 Mile, Livingstone, Texas, Sept. 2**-1. Cindy Arbeldide 30:21 2. John Cook 30:43 **2 Mile, Austin, Tex., Oct. 1**--1. Adam Pawlik 15:08 2. Cindy Arbeldide 18:21 (35 finishers) **South Dakota Senior Olympics, Pierre, Sept. 9-10:** 5 Km--1. Glen Peterson 30:! 2400 meters--1. Glen Peterson 14:52 1500 meters--1. Patricia Farrar 9:45 (1st over 55) Vince Durkin 9:46 (1st over 65) **5 Km, Hawthorne, Cal., Oct. 22**--1. Ed Bouldin 23:49 2. Victoria Herazo 23:50 3. Richard Nester 2700 4 Don Richmond 28:01 5. Ken Yoshihara 28:03 6. Stephen Stamnes 29:02 7. Art Grant 29:59 **5 Km, Riverside, Cal., Nov. 13**--1. Victoria Herazo 24:15 2. Carlos Santin 27:27 **5 Km, Van Nuys, Cal., Oct. 16**--1. Victoria Herazo 24:01 2 Richard Oliver 26:28 3. Jesus Orendain 28:07 4. Cathy Mish 28:08 **15 Km, Riverside, Oct. 10**--1. Enrique Camarena 1:18:02 2. Jim Coots 1:22:46 (1st over 40) 3. Ron Laird 1:25:55 (1st over 50) 4. Richard Oliver 1:26:05 (2nd over 50) 5. Jesus Orendain, Jr. 1:26:29 6. Brian LaBounty 1:27:03 7. Dave Snyder 1:27:26 (2nd 40-49) 8. Ari Cortez 1:28:51 9. Ted Greiner 1:30:40 (3rd over 50 Women: 1. Victoria Herazo 1:18:43 2. Viisha Sedlak 1:26:46 (1st ove 40) 3. Fraceme Bustos 1:30:01 **5 Km, Los Angeles, Oct. 30**-1. Ed Bouldin 23:36 2. Jim Coots 24:32 3. Juan Izaguirr 26:12 4. Bob Meador 26:26 5. John Kelly 27:01 6. Jesus Orendain Jr. 27:31 7. Ken Yoshihara 28:22 8. Bill Neder 30:18 9. Richard O'Hara 30:18 10. Mel Grantham 30:44 (Ron Laird walked 28:06, but is too cheap to enter--by his own admission in a letter to your ORW editor. Anyway, the old fellow is showing a promising return to form.) Women: 1. Victoria Herazo 23:55 2. Virginia Scales 28:20 3. Jil Latham 29:00 4. Cathy Mish 29:17 5. Joan Smith 29:49 6. Donna Cunningham 29:52 7. Lynne Marsh 30:45 **10 Km, Seaside, Cal., Oct. 22**--1. Kim Wilkinson 49:59 2. Jack Bray 54:01 3. Lance Wright 56:36 4. Cindy Paffumi 57:30 5. John Murphy 57:38 6. Mary Baribeau 59:28 7. Steve Pendlay 59:28 8. Bob Miyamito 59:49 9. Brirly Reybine 60:19 10. Buzz Achulte 60:35 11. Geroge Peter 60:54 **10 Km, San Jose, Cal., Oct. 30**--1. Ron DSaniel 57:50 2. John Murphy 58:08 **20 Km, Redwood City, Cal., Oct. 23**--1. John Ratto 1:45:20 2. JoAnn Nedelco 1:52:51 **Portland, oregon Marathon, Sept. 25**--1. Stan Chraminski 4:22:07 2. Jim Bryan 4:38:32 3. Richard Hutting 4:40:30 4. Daniela Hairabedian 4:44:50 **5 Mile, Portland, Sept. 25**--1. Glenn

Tachiyama 38:53 2. Jozef Barbuzynski 40:35 3. John Hanan 44:48 4. Doug Ermini 48:44 5. Bob Brewer 51:54 **50 Km, Willsonville, Ore.**--1. Randy Jacobs 4:53 **2.8 Mile, Seattle, Oct. 7**--1. Glenn Tachiyama 24:47 2. Jay Haavik 24:48 3. Bob Novak 24:56 4. Stan Chraminski 24:59 5. Terry Hagen 27:38 6. Ann McCulley 27:41 7. Ed Glander 28:36 **5 Mile, Seattle, Oct. 9**--1. Glenn Tachiyama 38:01 2. Stan Chraminski 42:53 3. Bob Novak 43:54 4. Daniela Hairabedian 47:03 5. Bev LaVeck 47:12 6. Paul Kaald 48:30 7. Terry Hagen 50:42 **5 Mile, Tacoma, Wash., Oct. 29**--1. Bob Novak 43:24 2. Jim Bryan 43:28 3. Bev LaVeck 47:01 4. Berry Hagen 50:30 **Nordic Junior Championships, Aug. 20:** Sweden 97, Norway 84, FInland 80, Denmark 30: Girl's 12-13 2 Km--1. Linda Tenggran, Swed. 9:35 Boy's 12-13 3 Km--1. Tobias Persson, Swed. 14:52 Girl's 14-15 3 Km--1. Nina Johannessen, Nor. 14:38 Boy's 14-15 3 Km--1. Jani Lehtinen, Fin. 14:00 Girl's 16-17 5 Km--1. ANita Blomberg, Nor. 23:23 2. Mira Saastamoinen, Fin. 23:46 3. Anne Mork, Swed. 23:52 Boy's 16-17 5 Km--1. Peter Lundin, Swed. 22:15 2. Martin Hedlund, Swed. 22;59 Girl's 18-19 5 Km--1. Madeleine Svensson, Swed. 25:10 Boy's 18-19 10 Km--1. Goran Linde, Swed. 43:16 2. Valentin Kononen, Fin. 43:21 **International Match, Holland, Aug. 27:** Belgium 52, Switzerland 43, Holland 42, Denmark 21: 10 Km--1. Fabian Hume, Bel. 48:08 35 Km--1. Godfried DeJonckheere, Bel. 2:36:49 2. Jan Cortenback, Hol. 2:50:44

**SOME FUTURE RACES FOR YOUR CONSIDERATION**

Sun. Dec. 4---**National TAC 1 Hour, men and women, Tucson, Arizona** (A)
Sat. Dec. 10--2 Mile, Hilton Head, SC (C)
1 Hour, Raleigh, NC, 10 am (D)
5 Km, Westfield, IN 46030 (I)
Sun. Dec. 11--San Diego Marathon (F))
Sat. Dec. 17--1 Hour, Atlanta (C)
5 Km, Salem, Oregon (H)
Sun. Dec. 18--**National TAC 100 Km, Bellair, Texas** (B)
5, 10, and 15 Km, Seattle, 1 pm (E)
Sun. Jan. 15--10 Mile and 3 Mile, Pasadena (F)
Sat. Feb. 4---10 Km, Key Biscayne, Florida (G)

**Contacts**

A--Mike Jenkins, 7775 N. Casimir Pulaski, Tucson, AZ85741
B--Carl Birk, 8915 Broadway, #9262, Houston, TX 77061
C--Bill Farrell, 225 Peachtree St. #818, Atlanta, GA 30303
D--Ray McKinnis, 1436 Sedwick Dr., Durham, NC
E--Bev LaVeck, 6633 Windermere, Seattle, WA 98115
F--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106



G--Bay Bridge Race, Inc., P.O.Box 490189, Key Biscayne, FL 33149
H--Jim Bean, 4658 Fuhrer St. NE, Salem, OR 97305
I--Paul Alvord, Westfield H.S., Westfield, IN 46074

**FROM HEEL TO TOE**

Three-time U.S. Olympian, Henry Laskau, has been named to the Florida Athletics Congress Hall of Fame. Henry, now 71, won 42 national titles between 1947 and 1957 and was the gold medalist in the 1951 Pan-American Games 10 Km. H won 10 consecutive Indoor 1 Mile titles, with a best of 6:19 in 1953. He continues to walk daily, though not competitively, and for years has devoted large portions of his time to officiating and promoting the sport. He also was another who took time to write a letter to NBC rgardin their deplorable coverage of the Seoul Olympic walks (see October ORW and summary later in this issue). Among other things, Henry said: "For the many thousands of fans who follow the sport and countless others who walk for fitness and good health, it would have been proper for NBC to show some of the athletes during the events. It is with much regret that you didn't.". . .Bob Fine reports that Florida will be bidding to become a permanent training site for a National Race Walking Team. He says: "We can obtain low cost housing and will be trying to arrange career opportunities in business for the walkers so that they may continue to train, but also be able prepared for their futures. Sal Corrallo suggested the idea." Bob also says that Howie Jacobson is planning to move part of his operation to South Florida and that they are developing chapters of the Florida Race Walkers throughout the state. And Bob was another who joined the list of letter writers to NBC. Incidentally, you're editor has never been honore by any sort of reply from Mr. Costas, but I didn't really expect to be. . .Doug Ermini reports that he has the perfect Christmas gift for that hard-to-please race walker It is a 90-minute videotape of the National 50 and 100 mil walks. (Unfortunately, no one has sent the ORW results of those races in Montana. Maybe we can buy the video and pick them up from it.) Anyway, the video consists of race footage and interviews with Alan Price, Viisha Sedlak, Dav Waddle, and others. It costs $19.95, plus $2.00 postage and handling. It is availabe in VHS or Beta. Write Doug Ermini, P.O. Box 4405, Bellingham, WA 98227. . .Racine, Wisconsin gave a great welcome home reception to its two

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 walk;ing 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 braodcast 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 | 5:38:59 |
| 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. BOUHLEL and H. MONOD

Laboratoire de Physiologie du Travail, C.N.R.S., C.H.U. Pitié-Salpetrière, Paris, France and School of Physical and Health Education, University of Toronto, Ontario M5S IA1, 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 difference was size related. The discrepancy was reduced by expressing data per litre of active leg muscle, and (more simply) was largely eliminated if expressed per kilo of skinfold-estimated fat-free body mass. However, a part of the sex discrepancy in the performance of two-leg ergometer work arose from a limitation of oxygen transport in the female. The balance thus shifted progressively in favour of the women in tasks that involved a smaller proportion of the total body mass. Likewise, hypoxia exacerbated the female disadvantage in large muscle but not in small muscle tasks. From the viewpoint of physical employment, the female is at little disadvantage in light activities; indeed, because of small hands and light bones, the working capacity of the arms per unit volume of muscle is greater for a woman than for a man. However, if body mass must be displaced against gravity, as in walking, the average woman has a disadvantage of some 10%, and if maximum aerobic power must be exerted against an external machine, the handicap rises to 30–40%. Nevertheless, inter-individual differences in working capacity are large, and in most types of industrial task some women will be able to out-perform some men.



**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 interest 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 your 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 taste us?**
We are sweet with eagerness, but we are hungry too. Hungry for recognition. How we savor the sensation when we receive it. We represent numbers that would not equal the many and varied entrees 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 then.. We all 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**

## National Race Walking Team

(1988/89)

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From the *Racine Journal Times*, Friday, Oct. 7.

# 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 Racine native and 1982 graduate of Horlick and 1987 graduate of UW-Parkside, finished 34th in the 50-kilometer walk in four hours, 12 minutes and 49 seconds.

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.

"It (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.

"We had the splits we wanted at five and 10-K," Heiring said. "But, the front pack never split, so all we could do was pick off individual runners at the end."

Nevertheless, Heiring managed one of his best-ever times.

"This was a perfect race to end my career on," Heiring said. "I gave it my best shot."

When asked if this was definitely his last Olympics, Heiring left no doubt.

"That's it — three times is enough," he said. "I can retire knowing I did the best I could."

Kaestner, on the other hand, isn't saying for sure.

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

As for the 1992 Olympics?

"I'll be in my physical prime four years from now," Kaestner said. "It's still too early to tell — but if I miss the competition, I'll be back."

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 interrrupts 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, percentagewise, 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 heelstrike 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, alternately 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.

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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**: 1. Ed Hernan with actual time of 1:46:30. Fast times: Dan O'Connor 1:13:49 and Curtis Fisher 1:13:59.