Some results


Dix 9:48 1 Hour, Santa Monica, Cal., Dec. 10 1. Rene Haarpainter 13,440 meters


3. JoAnn Nedelco 2:00:11 4. Brier Reybine 2:10:57 10 Km, San Francisco, Dec. 11 1. Carl Acosta, 54, 1:35:02 ...


From Lori Maynard, National Race Walk Committee:
Although it is barely into 1989 and we have not yet held a major race, it is not too soon to begin thinking about 1990. We would like to encourage all associations and clubs to consider bidding for a national or regional championship next year. We have a nucleus of associations that have conducted race walk championships each year for the past several years. We appreciate their efforts and hope they will continue to submit bids. We would also like to see bids from areas that have never conducted a championship or
have not done so recently. Ideally, we would like to get as many areas of the country as possible represented.

Hosting a national race walk championship does require a good deal of organization, work, and commitment, but there is also a commensurate satisfaction for a job well done and for helping our national program. If you feel you’re not quite ready to hold a national championship your group can get good experience by putting on a regional race. One requirement for holding a national or regional level competition is to have a TAC certified course, preferably a 2500 meter loop or out/back. Bids are not due until October 1, 1989. This gives ample time to consider putting together a bid package. If you have questions or need any information regarding bids, course certification, or other details, please feel free to contact me. Lori Maynard, 2821 Kensington Road, Redwood City, CA 94061.

FROM HEEL TO TOE

Hats off to Bob Costas. Although it wasn’t exceptionally prompt, he replied personally to my letter regarding Olympic coverage of the walks and specifically his remarks in showing a smidgin of the 50. (See October issue for letter.) His reply, hand written on personal note paper was, “Thank you for your thoughtful letter following the Olympics. Every Point you made is valid, of course—and my only explanation (not excuse) is that sometimes in the midst of dozens of on-air hours (I’m speaking of that portion I personally anchored) most of it extemporaneous—there will be occasions when you miss the mark. Either in tone, sensibility, content, whatever. In the case of our brief coverage of the 50 Km walk—I was glib—but not thoughtful. I apologize. Best wishes for the New Year...” Well, he didn’t address the issue of more coverage, but that’s not really not his decision. Has anyone else who wrote letters to NBC been honored with replies? As usual, we have a few mistakes in our annual rankings and lists, beyond the above results that we simply did not have. First, I can’t read my own newsletter too well. Paul Wick’s 4:07:22 came in Arras, France on Aug. 21, a race duly reported in these pages, that I somehow overlooked. Bo Gustafsson, Sweden, won the race in 3:45:44. Also in the race, and not reported in the ORW result, were Mark Penon, sixth in 4:26:01, and Eugene Kitts, ninth in 4:33:23. Herm Nelson had 4:37:41, as reported. None of these changes my rankings of any of these athletes. I also stated in my notes on the U.S. women’s 10 Km that Debbie Lawrence had won the National, a race she didn’t compete in, as the summaries that I listed clearly showed. Terrible blunder, but again it doesn’t change the rankings. Wendy Sharp was apparently not a newcomer this year as I reported in Clinton, CT. As usual, we have a few mistakes in our annual rankings and lists, beyond the above results that we simply did not have. First, I can’t read my own newsletter too well. Paul Wick’s 4:07:22 came in Arras, France on Aug. 21, a race duly reported in these pages, that I somehow overlooked. Bo Gustafsson, Sweden, won the race in 3:45:44. Also in the race, and not reported in the ORW result, were Mark Penon, sixth in 4:26:01, and Eugene Kitts, ninth in 4:33:23. Herm Nelson had 4:37:41, as reported. None of these changes my rankings of any of these athletes. I also stated in my notes on the U.S. women’s 10 Km that Debbie Lawrence had won the National, a race she didn’t compete in, as the summaries that I listed clearly showed. Terrible blunder, but again it doesn’t change the rankings. Wendy Sharp was apparently not a newcomer this year as I reported in these summaries and early in the year, and as others had told me. Ron Daniel says he competed some in 1986. Kaisa Ajaye should be added to the U.S. Women’s 10 Km result from Columbus. That should be Frank Soby. Place your right hand one key left of the home keys and type Frank Soby and you’ll see where it came from, but not why I didn’t catch it. The unidentified walker in the Olympic 50 Km photo on pge 2 of the December issue is fourth place finisher Aleksandr Potasov. Thanks to Bob Bowman for that bit of information... Also thanks to Bob and Larry Larson for pointing out my misstatement on page 13 of the December issue. There I suggested the insertion of the phrase “as seen by the naked eye” into the rules of walking. As they reminded me, such phraseology has been in the TAC rules since 1984, but has never made the IAAF rules... Bob also comments on an interview with Martin Rudow I reprinted in the October issue. Bob says: ‘Even though Marty is usually quite accurate in his observations, his noting that there weren’t enough judges in the last kilometer of the Olympic 20 Km simply is not true. Unfortunately, Marty wasn’t a witness to the event, but apparently got his information from someone else. In fact, we had three judges, as usual, assigned to the last 10,000 meters. I was one of those, along with the Chief Judge and one other. A fourth judge was stationed at the point where the walkers headed into the stadium area; so we had good coverage. To me that was the easiest part of the race to judge in that the walkers had separated from their early groupings by then. Only a couple of two-man battles remained.”... The qualifying standards for 1976 National Team are 1:34:35 (20 Km) and 2:30:50 (50 Km) for men, and 1:53:54 (10 Km) for women. The 10 and 20 Km standards also apply to the U.S. Mobil Outdoor Championships. Standards for the National Junior Meet in Columbus on June 9-10 are 25:55 (5 Km) for men, 29:38 (5 Km) and 16:45 (6 Km) for women. Standards for participants in the Olympic Festival are 1:40, 5:00, and 10:00. The 1989 U.S. Athletics Calendar is now on sale through the Book Order Department of the Athletics Congress. It includes monthly date, site, and meet contact information for all top T&F events; separate schedules for national championships, IAAF Permit Meets, and IAAF Grand Prix meets; qualifying standards for the TAC senior and junior championships; and a separate list of state high school championships. Order for $8 per copy from Book Order Department, The Athletics Congress, P.O. Box 120, Indianapolis, IN 46206. Another new typeface for the ORW, it seems we strive to find what’s best. Bear with us, one of these months we will take on a recognizable look that will last. The following members were elected to the National Race Walk Committee at the National Convention in Phoenix: Chairman and U.S. Olympic Committee Delegate: Bruce Douglass, Mystic Conn. TAC Board of Directors: Darlene Hickman, Seattle, Washington Masters Track and Field Liaison: Bev LaVeck, Seattle, Washington Youth Athletics Liaison: Bari Garner-Holman, Shawnee Mission, Kansas Assoc. Officers Com.: Coaching, Education Com.; Cultural Exchange Com.: Gwen Robertson, Washington Men’s Development Committee: Bob Kitchen, International Falls, Minnesota Women’s Development Committee: U.S. Olympic Festival Com.: Rich Toreellas, Clinton, CT International Competitions Committee: Lori Maynard, Redwood City, California Law and Legislation Committee: Bill Hickman, Seattle, Washington Marketing and Media Committee: Ray Funkhouser, New Jersey Membership Committee: Richard Charles, Texas Officials Committee: Lawrie Robertson, Seattle, Washington Records Com.: Rules Com.: Steve Vaitones, Waltham, Mass. Medical Services Subcommittee: Howard Palamarchuk, Longhorne, Pennsylvania Sports Science Subcommittee: Frank Long, Dearborn Heights, Michigan Women’s and Men’s Team Facilitators: Gwen Robertson and Rich Torrellas National Championship Chair: Lori Maynard National Newsletter: Mary Howell
LOOKING BACK

5 Years Ago (From Dec. 1983 and Jan. 1984 ORWs—we didn’t run this feature last month, so we’ll also pick up on December.)—Josef Pribilnecke also led the World 20 Km rankings for 1983, barely over Ernesto Canto. They traded wins in the World Championships and World Cup. Likewise, Ronald Weigel was on top in the 50 ahead of Spain’s Jose Marin. Soviet Olga Yurtkina led the women’s 10 Km rankings. Top ranked in the U.S. were Jim Heiring at 20, Marco Evoniuk at 50, and Mryanne torrellas at 10... A very early 20 Km (Jan. 8) in Santa Monica saw Canada’s Guillaume Leblanc edge Dan O’Connor by 1 second in 1:26:12. Marco and Mryanne torrellas at 10... A very early 20 Km...Evoniuk was also close in 1:26:59... Larry Young... R.N--Heliodoro rico, P.O. Box 427, Crugers, NY 10521

10 Years Ago (From Dec. 1978 and Jan. 1979 ORWs)—just realized I am going opposite of the usual order in which I start out with the more ancient years. Like to keep the readers guessing.—The National 25 Km was held in San Antonio in conjunction with the National Convention. Neal Ppyke’s 1:51:02 left Canada’s opposite of the usual order in which I start out with the more ancient years. Like

15 Years Ago (From Dec. 1973 and Jan. 1974 ORWs)—In a late season dual with Canada held in Colorado, the U.S. took 1-2 in the 20 and 3-4 in the 50 to win the meet. Carl Swift won the 20 in 1:42:23 and Pat Farrelly the 50 in 4:50:45. Dan O’Connor was second in the 50. In results from Hither, Thither, and Yon, we reported that Freddy Flyer won the 10 Km in Hither, Outer Mongolia in 38:24, Chief Bent Knee a 100-yard affair in Thither, Pago Pago with 11.2, and Slip Slider the 3 Km in Yon, Greenland in 11:57... Featured as tough Cats of the third year in a row.

20 Years Ago (From Dec. 1968 and Jan. 1969 ORWs)—Chuck Newell, unheard of in 6 months, came striding out of limbo to win the annual New Yer’s Even race in Worthing over a 6 mile 536 yard road course. Given an 8-minute handicap on the cold (8 F), windy night, Newell easily held off stalwarts Jack Blackburn and Jack Mortland, as he recorded a 55:30. Blackburn took fast time honors in 49:30, escaping Mortland down the final hill... Gerry Willwerth won the National Junior... (for those who had not won a National title in those days) 35 Km in Columbia,
FROM HEEL TO TOE (CONT.)

One more goof last month, which no one has called me on yet, was the issue number. It should have been Number 10, somehow I called it Number 3. I have no idea where that came from. In the Pan-Am Cup races reported last month, Maryanne Torrella had a leg problem of some sort, explaining her relatively poor performance. Marco Evonuk was also in the 50, walking in the lead pack for the first 25 Km. However, he dropped out at that point. Natural Ovens of Manitowac, Wisconsin has been giving walking some good press on one-page newsletters they put in their bread wrappers. In one, they had an article on race walking. Another had the little article you will see below.

A LETTER OF SEMI-DISSENT ON THE OLYMPIC TV COVERAGE ISSUE

We had received one other letter related to Bob Costas’ remarks during the 50, which we ran out of space for last month. The thoughts deserve a forum, however. This is from Marcella L. Tobias in New York City.

I wholeheartedly empathize with the feelings of angst brought on by the noncoverage of the 1998 Olympic racewalking events and will, for the sake of discussion, accept as Gospel (inasmuch as I didn’t see the Bob Costas broadcast which caused such a brouhaha) the various versions of Mr. Costas’ coverage. I must, nevertheless, voice my objections to the printing of portions of Ahmad Rashad’s personality profile of Bob Costas in Ohio Racewalker (Nov. 1988), excerpted from Gordon Wallace’s Ph.D. dissertation.

That Mr. Wallace does not know Mr. Costas personally, but elects, despite this conspicuous omission, to make use of another’s personal and offensive attack on Mr. Costas, is unforgivable in what presumes to be an intellectual dissertation. (A Ph.D. dissertation requires, among other particulars, original thought and the ability to prove one’s statements. Mr. Wallace, by using another’s “research” fails on both of these counts.) And the fact that the Ohio Racewalker chose to reprint what is essentially mean-spirited gossip is, of course, the very essence of meanness. I would wholeheartedly think that OR is above such attitudes.

One cannot justify a personal attack on Mr. Costas simply because he said something to which one objects. The only issues are the relevancy of his remarks and how one chooses to respond to them. What is not the issue is Ahmad Rashad’s (or anyone else’s) subjective evaluation of this gentleman, no matter how justified or pertinent it may have been to his purpose.

There is, of course, always room for constructive criticism. Let’s leave “trashing” to those who do it best—the purveyors of cheap gossip.

Fair thoughts, but the I must add that I did not intend to endorse the indictment, which was attributed as one man’s opinion. Perhaps my endorsement was implied, and for that, I apologize.

Walking Improves Memory

Polish up your walking shoes to improve your memory and mental alertness, as well as stay fit. “What’s good for the heart is good for the head,” says Dr. Robert Dustman.

FROM NATURAL OVENS OF MANITOWAC, WISCONSIN

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January 1989

A brisk walk three times a week does wonders for memory, reaction time and mental flexibility, according to the results of one research study. Apparently increased oxygen capacity from aerobic exercise can retard and even reverse normal mental declines that come with age, say researchers.

In Dustman’s first study, 43 sedentary men and women ages 55 to 70 were split into groups. One group remained inactive, a second group took brisk 50 minute walks three times a week, and one group began stretching exercises.

In mental testing before and after the four month period, the walkers showed big improvements in memory, reaction time and mental flexibility. The stretchers enjoyed modest improvements. A second study compared “superfit” to sedentary men in two age groups, one elderly and one in their 20’s.

FROM NATURAL OVENS OF MANITOWAC, WISCONSIN

And, from Oregon Walking News, July 1988

Ramblin Ron

"Racewalking Technique"

by Ron Laird

(This is one of a series of articles this little local newsletter, published by Jim Bean, has been running written by the four-time Olympian.)

Proper racewalking technique allows you to move your legs very fast. The style for doing this is the same all over the world. Nothing really new has been added to the sport since the English created it back around 1840. Today, competitive walkers are much fitter, so they can go faster for longer periods of time. The key to moving fast is how you move your hips. They must move in a rolling or swinging motion. This “wiggle” is what allows your legs to move quickly and efficiently. A lady once told me, “Oh you want me to walk the way my mother told me not to when I was a teenager.”

The proper knee action also has a lot to do with technique. At the instant your heels lands out in front of you, make sure your knee is straightened, or as far back as it will go without forcing it. At the same time, sit back into your hip joint as your leg moves underneath and behind you. This energetic hip action thrusts the opposite leg forward quickly into the next step. You may find it more comfortable to land on a slightly bent knee. This is fine, but make sure to straighten it out underneath you. I find this more efficient to do the instant my heel hits. Women do this quite naturally and easily. Maybe this is why we get a lot more women attending our clinics than we do men.

When the right knee and hip action work together, you will create the leg speed and efficiency similar to that of an Olympic.

The arms are held at a 90 degree angle and close to your sides. They are to be pumped vigorously to provide more speed and balance. Let them move naturally across your chest. It’s quite all right to straighten them out if you are going slow. As soon as those arms come up into that classic right angle pumping action, people will spot you as being a race walker. An upright, but slightly forward, posture also helps maintain momentum. Direct all your arm and leg
power straight to the front and to the rear. Do not waste any motion off to your sides with your hips and arms. Please don’t overstride. This causes you to land on a bent knee and in turn, can easily cause you to lose your hip rotating motion. When this happens, you will be trying to go fast by using a giant-stepping, forward leaning hike instead of correct racewalking style. Go for shorter, quick steps. They will lengthen out as your legs and hips get warmed up and in time become stronger and more flexible. All this will come with practice.

It was easy for me to do the hip rolling and knee locking when I first started. I had speed, but very little endurance to carry it very far. Endurance had to be built up year after year. After 6 months of training, I could do a half mile in 3:05, but only 7:14 for a mile. That 7:14 placed me fifth in the 1956 National 1 Mile Championships. Race walking is an endurance test rather than a contest of pure skill, even though a particular technique must be perfected before you can move your legs really fast. All decent teachers will always make sure you can do it correctly before encouraging you to train fast or enter a race. It’s like wanting to go in a bicycle race, you had better learn to ride the thing first. Some people learn it faster than others. From what I have observed, young children and women pick it up the quickest. Many mature men have problems because their bodies aren’t as flexible and they usually feel self-conscious about doing the necessary hip swinging movement. Like the song says, “It don’t mean a thing if you aint got tht swing!”

And, from the August issue of the same newsletter:

Early Benefits of Race Walking
by Ron Laird

Growing up, I had always done poorly in sports that required strength and stamina. Even though I avoided them, I had a deep desire to master them instead of letting them master me. Running, and later competitive walking, gave me the opportunity to take up this challenge. They required more plain hard work than skill. This I could adapt to. Once I got into it, I really enjoyed an activity I could work at entirely on my own. I didn’t have to depend on others to throw or hit some sort of a ball to me. I was totally responsible for how hard I worked and raced. This was exactly how I like it. No coach yelling at me.

Because my fitness level was so poor when I first took up running, the races were very painful affairs, especially the mile. Even today, I get nervous when remembering exactly what I suffered in high school practice sessions and races. Since I really wasn’t all that serious about race walking when I first got into it, I didn’t have the same fears concerning it. These fears would develop soon enough as I slowly, but surely, dedicated my mind and body to this new form of foot racing.

What really blew my mind was the indoor season with all its super fast and painful sprint races of only 1 mile. For a 17-year-old, competing in Madison Square Garden alongside all the track and field stars of the day was both exciting and nerve racking.

I did no sports for my high school during my senior year even though I did give our track team one more try that spring. I still had a bit of that dream to be a famous runner left in me. It was fun to start running again, but during this time I took no racewalk workouts. Four weeks after a steady diet of running, a 5 mile walk came up in New York City. What a shock that race was! My high speed coordination felt terrible! It was like starting all over again. Even some of the walkers that I worked so hard to consistently beat, destroyed me that afternoon. What a depressing experience! Before that race was even over, I knew my days and dreams of running certainly were. The next day, I emotionally went to my high school coach and quit the team for good. To this day, I have never tried to mix the two sports. About as close as I come to mixing any sports is a half-hour swim once or twice a week. However, some of today’s top competitors do successfully mix the two activities.

As my racewalking improved over the years, my running muscles got weaker. Those frontal thigh muscles were not getting the specific exercise needed to develop them. Ten years later, in the fall of 1966, I did take gentle workouts for awhile. At the end of 5 days, the tendons on the outside of my knees were killing me. I had to stop running and return to racewalk workouts. My knees functioned fine in a locked back or hyper-extended position, but would really start to ache as two to three times my body weight pounded down on top of them with each running step. We often get knee injured athletes to try our sport because of these same sore knee problems. Many have told me that race walking looks like it would be hard on one’s knee joints. I tell them that in reality, the opposite is true. The knee is very strong in a straightened or brace-back position. If proper race walking style is used, only about one and one-half times your body weight goes into in with each step. There will be some soreness in back of the knee, but it will diminish as you get stronger. Your body is simply adjusting to its muscles and tendons being worked and stretched at different angles.