

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

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## Lewis, Vaill Win Indoors; Wick Edges Nelson In 50

Another race walking season is in full swing with the National TAC Indoor titles and the national 50 Km championship contested just 9 days apart. In New York's Madison Square Garden on February 14, Tim Lewis continued to reign supreme at shorter distances as he withstood a challenge from Gary Morgan to win the National 5 Km title. In the women's 3 Km, Teresa Vaill beat Lynn Weik for the National title. In Atlanta on March 5, Paul Wick hung on to win a close race from Herm Nelson in 4:17:07.

Lewis' winning time in the 5 Km was 20:00.46, leaving Morgan nearly 9 seconds back and Ray Sharp another 20 seconds back of him. Another excellent performance by Tim, who seems untouchable to his countrymen at such distances, but well off his own American record of 19:18.40 set at the World Indoor championships 2 years ago. The first six finishers bettered 21 minutes.

In the women's 3 Km, Vaill turned in a 13:12.34, leaving Lynn Weik about 12 seconds back. Come backing veteran Susan Liers captured third. Vaill was well off Maryanne Torrellas' American record of 12:45.38. Torrellas was entered, but did not compete. Results of the two races:

Men's 5 Km: 1. Tim Lewis, un. 20:00.46 2. Gary Morgan New York AC 20:09.37  
3. Ray Sharp, un. 20:29.98 4. Doug Fournier, U. of Wisconsin-Parkside 20:43.43 5.  
Tim Berret, Queens U. 20:49.49 6. Curtis Fisher, New York AC 7. Dave  
McGovern, un. 21:19.45 8. James Mann, Nike TC 21:30.82 9. Don Lawrence, un.  
21:41.68 10. Rob Cole, Shore AC 21:43.78 11. Reggie Davenport, U. of Wisconsin-  
Parkside 21:57.74 12. Von Jorgenson, U.W.P. 22:42.16 DQ--Richard Quinn,  
Potomac Valley (Morgan topped Lewis in the Grand Prix standings for the winter  
and won \$2,084. Lewis and Quinn were second and third in the standings.)

Women's 3 Km: 1. Teresa Vaill, Walk USA 13:12.34 2. Lynn Weik, Walk USA  
13:24.91 3. Susan Liers, Walk USA 13:52.80 4. Victoria Herazo, California Walkers  
13:57.20 6. Mary Howell, Oregon International 14:58.29 7. Christina Izzo, Niagara  
Walkers 15:17.69 DQ--Wendy Sharp, un. (Canada's Ann Peel was the Grand Prix  
winner for the season, winning \$2,400. Vaill and Weik followed in the standings.  
Lisa Vaill, Teresa's twin sister, forsook the walking wars and finished fourth in the  
3000 meter run in 9:28.82.)

In Atlanta, Curt Clausen led the 50 Km through the first 20 in 1:34:09, but retired at that point. Ignoring Clausen's hot pace, Wick, Nelson, and the always present Dan O'Connor were locked in a tight struggle. Behind them, eight others were battling for the other two slots on the U.S. team for May's World Cup in Spain.

The leaders passed the halfway point still walking at an 8 minute mile pace (2:04:14 for Wick) with Nelson continually pressing Wick for the lead. O'Connor was beginning to drop off the pace. The race for fourth and fifth appeared to be shaping up as an exact copy of last year's dual for those places between Dan Pierce and Mark Green. However, behind Green, the (to page 3)

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



**NATIONAL INDOOR 5 KM.** Tim Lewis (105) crosses the line in New York's Madison Square Garden to win the National 5 Km title. The finish isn't that close. Curtis Fisher and Don Lawrence, the next two across, were both lapped. (AP photo)

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pack of walkers, which included Mark Bagan, Mark Fenton, Mike Rohl, Mike DeWitt, Gene Kitts (leading the masters by miles), and Steve Vaitones, had begun to move and were picking up the pace as individuals within the pack tried to break away. By 35 Km, what had appeared to be a sure trip to Spain for Pierce and Green was now anyone's ticket. Malek moved by first, only to be passed by the veterans Gene Kitts and Mike DeWitt. At 40 Km, it was clear that anything could still happen as O'Connor was fading and in danger of getting caught by the group that was fighting it out for fourth, with only 14 seconds separating Kitts, Malek, Green, and DeWitt and Pierce still very much in the picture.

With 5 Km to go, Wick held his largest lead of the day before Nelson came back strong over the last 2.5 Km. Dan O'Connor retained third with Mike DeWitt coming on strong to secure fourth place by being by far the fastest competitor over the last 5. Gene Kitts also had a strong finish to take the final team spot and continue his great string of very consistent performances. To my memory, he will be the first over 40 walker to represent the U.S. in international competition. Of course, Dan O'Connor, at 37, is nearing that age (Thanks to Dave Waddle for the excellent report on this race.) The results:

1. Paul Wick 4:17:07 (49:22, 1:38:49, 2:29:31, 3:21:01) 2. Herman Nelson 4:17:26 (49:22, 1:38:54, 2:29:43, 3:21:12) 3. Dan O'Connor 4:24:00 (49:30, 1:38:59, 2:31:41, 3:29:26) 4. Mike DeWitt 4:24:42 (53:45, 1:47:17, 2:40:03, 3:32:12) 5. Eugene Kitts 4:25:44 (53:46, 1:47:16, 2:40:03, 3:32:22—1st Master) 6. Paul Malek 4:26:52 (53:44, 1:47:16, 2:39:18, 3:31:25) 7. Dan Pierce 4:28:22 (52:56, 1:44:33, 2:38:26, 3:32:19) 8. Mark Green 4:29:17 (53:17, 1:45:51, 2:38:56, 3:31:36) 9. Steve Vaitones 4:32:40 (53:43, 1:47:15, 2:40:32, 3:35:15) 10. Mike Rohl 4:42:46 (53:44, 1:46:39, 2:42:47, 3:40:34) 11. Mark Fenton 4:44:45 (53:49, 1:47:16, 2:41:13, 3:40:55) 12. Alan Price 5:04:01 (2nd master) 13. Adam Pawlik 5:05:26 14. John Stowers 5:09:20 (3rd master, 1st over 60) 15. John Knifton 5:17:28 (4th master) 16. Alvia Gaskill 5:33:41 17. Richard Oliver (5th master) 5:40:25 18. Dan Strohl (6th master) 5:50:36 19. Jill Latham 5:52:21 (1st woman, 1st woman over 50) 20. Bernie Finch 6:04:19 21. Cokey Damon 6:18:14 (1st over 70) 22. Don Johnson 6:36:34 (2nd over 70) 23. John Monteiro 6:41:24 24. Elizabeth Petterson 6:50:15 25. Dee Dee Walker 7:45:51 26. Beverly Kramer 8:18:48 DQ—Davie Gwynn (3:08:13 at 30 km), Doug Brown (2:28:33 at 20 km). DNF—Ray McKinnis (4:06:25 at 40 km), Ivan Hernandez (2:52:53 at 30), Alan Sangeap (2:53:00 at 30), Marc Bagan (2:46:01 at 30), Alan Jacobson (1:45:51 at 20), Paul Alvord (2:13:02 at 20), Curt Clausen (1:34:09 at 20).

#### OTHER RESULTS

**5 Km, Hamden, Conn., Oct. 9, 1988** (Obviously, a late-arriving result)—1. Maryanne Torrellas 25:03 2. Arnis Paeglis 25:49 3. Jack Boitano 25:56 (1st over 50) 4. Maike Salmond 26:07 5. Justin Kuo 26:16 6. Karen Rezach 26:26 7. Jim Brochin 28:21 8. Jim Jansson 28:24 9. Lisa Tennes 28:51 10. Joseph Kay 28:59 (35 finishers) **3.8 miles, Brockton, Mass., Feb. 20—1.** Steve Vaitones 27:35 2. Phil McGaw 29:50 3. Richard Ruquist 30:21 4. Tom Knatt 31:38 5. Justin Kuo 31:37 6. Bob Falciola 31:55 7. Paul Schell 33:02 8. Alan Segal 34:44 9. Charles Mansback 35:35 10. Joseph Kay 37:09 (18 finishers) **Eastern Masters Indoor 3 Km, Providence, March 18—1.** Phil McGaw 14:28 2. Gerald Patrick 15:12.9 (1st over 40) 3. Jack Boitano

15:15.1 (1st over 55) 4. Larry Simmons 15:24 5. Tom Knatt 16:03 6. George Lattarulo 16:14.5 7. Justin Kuo 16:25.5 8. Gustave Davis 16:35.4 9. James Brochin 16:45.4 10. John Gray 17:49.6 11. Charles Mansback 18:13.3 1/2 Marathon, Brooklyn--1. Marc Bagan 1:44:48 2. Gary Null 1:46:28 (1st over 40) 3. Nick Bdera 1:58:46 Women: 1. Susan Hendricks 2:12:16 2. Linda Summers 2:12:22 St. Patrick's Day 5 Km, New York City, March 18--1. Roberto Gottlieb 22:52 2. Gary Null 22:53 3. Nick Bdera 24:28 Women: 1. Lynn Weik 24:50 5 Mile, New York City, March 19--1. Gary Null 30:01 (must have been 4 miles) 2. Nick Bdera 32:20 3. Franco Pantoni 34:10 Women: 1. Susan Hendricks 36:16 2. Julie Blanchard 37:12 1 Mile and 3 Km, Ithaca, N.Y., Feb. 12--1. Dave Talcott 6:41.1 and 13:26.8 3 Km, Syracuse, N.Y., Feb. 17--1. Dave Talcott 13:10.2 5 Km, Coral Gables, Florida, Jan. 14--1. Alan Jacobson 23:06 2. John Fredericks 25:28 (1st over 40) 3. Lee Duffner 27:25 (1st over 50) 4. Howard Jacobson 28:11 (2nd over 50) 5. Bob Fine 28:59 (3rd over 50) 6. Max Gould 30:10 (1st over 60) 7. Peter Black 30:29 8. Tulio Carrillo 30:34 (2nd over 60) Women: 1. Elena Simons 30:55 2. Bonnie Stein 31:22. 4. Lavonne Hottensmith 33:50 (1st over 60) 15 Km, Washington, DC, March 19--1. Steve Pecinovsky 1:09:18 2. Bobby Briggs 1:11:15 3. Alan Price 1:19:17 (1st master) 4. Michael Steadman 1:26:43 5. James Lemert 1:32:52 (1st over 50) 6. Scott Bentley 1:35:51 Women's 10 km, same place--1. Maryanne Torrellas 52:28 (first race following surgery) 2. Karen Rezach 53:09 5 Km, same place--1. James Wass 24:43 2. Christine Izzo 26:00 3. Beth Wilson 27:45 4. Pauline Stickels 28:05 5. Jane Ann Hein 28:23 6. Brenda Moore 29:39 7. Janice Seeger 30:03 5 Km, Davie, Florida, March 5--1. John Fredericks 24:35 2. Lee Duffner 27:32 3. Bob Fine 28:07 4. Bill Halford 29:03 8 Km, Miami, March 11--1. Alan Jacobson 39:10 2. John Fredericks 39:16 3. Howie Jacobson 46:36 4. Bob Fine 46:47 5. Peter Black 47:48 Women: 1. Kathryn Warren 50:14 10 Km, Lake Worth, Florida, March 18--1. Bill Halford 61:21 20 Km, same place--1. Al Cruzado 2:07:58 Midwest Masters Indoor 2 Mile, Cincinnati, Feb. 18: Men--1. Chris Knotts 15:15 2. Jack Blackburn 16:15 (1st over 50) 3. Paul Alvord 17:48 4. Rich Myers 19:45 (2nd over 50) 5. Allan Jackson 20:52 (1st over 60) 6. Bob Gardewing 22:28 (1st over 65) 7. Hugh Yeomans 22:27 (1st over 70) Women: 1. Gayle Johnson 15:47 2. Cahti Sullivan 19:48 3. Mary Corley 21:58 (1st over 50) 4. Ernestine Yeomans 23:00 (1st over 65) Ohio TAC Indoor 1500 meters, Columbus, March 12--I should have results, having competed (a rare appearance), but haven't gotten them yet. I can tell you that Chris Knotts won in something like 6:30 with Mike Roberts not far behind in second. Gayle Johnson, choosing to walk with these young men rather than the other women or us old men, in order to get some competition, was also under 7 minutes, perhaps a U.S. record for women over 40 (just). Jack Blackburn beat Jim Spitzer for the masters title in something under 7:30. Your editor was a distant third. Perhaps by next month we will have some real results. It's tough getting that local stuff. 5 Km, Denver, Jan. 22--1. Bob Carlson (age 64) 29:12 5 Km, Denver, Feb. 12--1. Bob Carlson 29:54 2 Mile, Albuquerque, March 5--1. Bentley Lyon (age 59) 16:07 2. Joe Anderson 16:38 3. Joe Sutton 16:51 4. Peter Armstrong 18:54 5. Joaquin Baca 19:12 6. Debra Krywick 20:24 5 Km, Albuquerque, Feb. 18--1. Larry Martinez 28:02 2. Bentley Lyon 28:11 Women: 1. Holly Roberts 29:57 10 Km, same place--1. Rick Wadleigh 53:20 2. Pat Bryan 61:42 Show-Me State 48 Hour Indoor Run, Caper Gerardeau, Missouri, Jan. 2. . . 3. Al Cruzado (49) 150 miles 193 yds--race walked Los Angeles Marathon--1. Gary Null 3:59:58 (also first over 40). . . 3. Franco Pantoni 4:09:07 10 Km, Paramount, Cal., Jan. 28--1. Jim Coots 49:42 (1st over 40) 2. Brian LaBounty 52:27 3. Jose Espinosa 55:02 4. Richard Oliver 55:03 (1st over 50) 5. Richard Nester 55:59 6. Ted Greiner 56:59 (2nd over 50) 7. Jesus Orendain Jr. 57:04 8. Clyde Hatfield 57:41 (3rd over 50) 9. Dana Marsh 58:50 10. Jesus Orendain 59:36 Women: 1. Carmen Jackinsky 55:48 2. Francine Bustos 56:38 3. Kathy Blackmar 59:44 4. Jill Latham 60:44 (1st over 50)

5. Lynn Marsh 61:47 (2nd over 50) 3 Km, Los Angeles, Feb. 2: Women: 1. Sara Standley 14:24.4 2. Cindy Perez 15:33 3. Francene Bustos 15:58 4. Carmen Jackinsky 16:23 5. Virginia Scales 16:46 6. Jane Janousek 17:27 7. Jill Latham 17:44 (1st over 50) Men: 1. Larry Walker 12:16.4 (1st over 40) 2. Keith Ward 13:52 (2nd over 40) 3. Andy Hecker 16:03 4. Wayne Wurzberger 16:11 (3rd over 40) 5. John Burns 17:51 (1st over 60) 6. Richard O'Hara 17:56 (2nd over 60) 7. Mel Grantham 18:08 (3rd over 60) Women's 1 Mile, LA Times Indoor Games, Feb. 17--Women: 1. Victoria Herazo 6:53.3 2. Susan Liers 7:07 3. Kerry Bratton 7:08.8 DQ--Mary Howell, Sara Standley Men: 1. Gary Morgan 6:02.1 2. Jim Mann 6:08 3. Dave Doherty 6:13.7 4. Larry Walker 6:17.5 (The 23rd time the 46-year-old Walker has participated in this event!) 5. Joseph Barbuzyński 6:29 6. Juan Izaguirre 6:42.4 7. Keith Ward 6:52.1 DQ--Rene Haarpainter 6:07.3 10 Km, Los Angeles, Feb. 19--1. Richard Nester 55:10 5 Km, Riverside, Cal., March 11--1. Victoria Herazo 23:41 2. Cathy Rehage 31:14 1 Mile, Salem, Oregon, Jan. 1--1. Steve Renard 6:30.35 2. Bob Korn 7:03.92 2 Mile, Salem, Oregon, Jan. 8--1. Bob Korn 14:38 2. Charlie Monismith 19:07 10 Km, same place: Women--1. Julie Gebron 60:50 Men--1. Steve Renard 49:48 2. Philp Dunn 57:53 3. Malcolm Dunn 59:35 4. Marvin Dunn 60:01 5. Dave McNayr 61:41 6. Bob Brewer 62:46 1 Mile, Eugene, Oregon, Feb. 10--1. Josef Barbuzyński 6:38.2 2. Bob Korn 6:40.5 3. Dave McNayr 7:54 4. Joel Estrin 8:39 5 Km, Tacoma, Wash., Jan. 1--1. Glenn Tachiyama 24:58 2. Jim Bryan 26:38 3. Brian Overton 29:01 (A name from the distant past emerges on the walking scene yet again.) 4. Judy Mosher 29:22 5. Diane Schurr 31:09 1 Mile, Seattle, Jan. 8--1. Allen James 6:39.2 2. Stan Chraminsky 7:56 3. Bev LaVeck 8:46 25 Km, Seattle, Jan. 14--1. Glenn Tachiyama 1:18:35 2. Bev LaVeck 2:35:39 3. Jim Bryan 2:36:50 10 Km, Tacoma, Jan. 21--1. Dominic Urbano 46:11 2. Glen Tachiyama 50:34 3. Jim Bryan 54:45 3. Bev LaVeck 58:52 5. Judy Mosher 62:08 6. Diane Schurr 62:49 10 Km, Portland, Ore., Feb. 11--1. Steve Renard 46:55 2. Josef Barbuzyński 49:23 3. Philip Dunn 51:52 4. John Hanan 58:00 30 Km, same place--1. Glenn Tachiyama 2:40:22 2. Randy Jacobs 2:52:10 15 Km, Tacoma, GFeb. 18--1. Randy Pascoe 1:13:57 2. Glenn Tachiyama 1:20:30 3. Jim Bryan 1:25:31 4. Bev LaVeck 1:30:30 5. Blake Surina 1:31:45 6. Doug Ermini 1:31:45 1 Mile, Seattle, March 4--1. Dominic Urbano 6:51 1/2 Marathon, Mercer Island, Wash., March 4--1. Steve Frederickson 2:16:43 2000 meters, Tacoma, March 11--1. Dominic Urbano 8:38.3 2. Charlie Lewarne 11:13.5 20 Km, Tacoma, March 18--1. Jim Bryan 1:54:57 2. Bev LaVeck 2:02:52

## CHANCES FOR SERIOUS HEEL AND TOE ACTIVITY

- Sun. Apr. 9 3 Km and 10 Km, Dearborn, Mich., 10 am (P)  
Masters 5 Km, Delray Beach, Florida (M)  
5, 20, and 50 Mile, Columbus, Ohio, 7 am (J)
- Sun. Apr. 16 Men's 20 Km World Cup Qualifier, Open 10 Km, Women's 5 Km,  
Washington, DC (Q)  
5 and 10 Km, Denver (F)
- Sat. Apr. 22 New Mexico TAC 5 Km, Albuquerque (R)
- Sun. Apr. 23 5 Km, Dearborn, Mich., 10 am (P)  
10 Km, Walnut, Cal. (G)  
5 Km, Grand Island, NY, 12 noon (U)
- Sat. Apr. 29 5 Km, North Miami Beach, Florida (M)
- Sun. Apr. 30 5 Km, Denver (F)  
National TAC 15 Km, Long Beach, California (G)  
10 Km, Deerfield, Illinois, 9:15 am (A)
- Thu. May 4 2.8 Mile, Seattle (C)
- Sat. May 6 10 and 20 Km, Atlanta (D)

- Sun. May 7 5 Mile, Denver, 9 am (F)  
Long Beach Marathon (G)
- Sat. May 13 5 Km, Lake Worth, Florida (M)  
2 Mile, Denver, 9 am (F)  
10 Km, Columbia, Missouri (I)
- Sun. May 14 3 and 10 Km, Dearborn, Mich. 10 am (P)
- Sat. May 20 5 Km, Atlanta (D)  
5 Km, Denver, 9am (F)
- Sun. May 21 5 and 10 Km, Grand Island, NY, 12 noon (U)
- Sat. May 27 5 Km, Traverse City, Michigan, 8 am (T)
- Sun. May 28 1 Hour, Upper Arlington, Ohio, 9:30 am (J)
- Mon. May 29 5 Km, Coconut Creek, Florida (M)  
10 Km, Denver, 8 am (F)  
National Youth Road Walk Championships, 3 Km, 5 Km, and 10 Km, Cincinnati, Ohio (W)
- Thu. June 1 2.8 Mile, Seattle (C)
- Sat. June 3 Maine State 5 Km, Bangor, 11 am (L)  
5 Km, Coconut Creek, Florida (M)  
15 Km, Columbia, Missouri (I)
- Sat. Jun 10 National TAC Junior Championships, 5 Km Women, 10 Km Men  
Columbus, Ohio (V)  
Women's 6 Km, Hanover, Pennsylvania (S)

#### Contacts

- A-Illinois TAC, 111 W. Butterfield Rd., Elmhurst, IL 60126  
C-Bev LaVeck, 6633 Windermere Rd., Seattle, WA 98115  
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I-Columbia Track Club, 2980 Maple Bluff Dr., Columbia, MO 65201  
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M-Florida Racewalkers, 4223 Palm Forest Dr. N., N. Delray Beach, FL 33445  
O-Dave Talcott, RD 3, Box 152A, Owego, NY 13827  
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Q-Sal Corrallo, 3466 Roberts Lane, N. Arlington, VA  
R-Joe Sutton, 2818 Solano NE, Albuquerque, NM 87110  
S-Jay Gobrecht, 740 Fairview Dr., Hanover, PA 17331  
T-Terry McHoskey, P.O.Box 443, Suttons Bay, MI 49682  
U-Greg Wittig, 14 Kingsten Lane, Buffalo, NY 14225  
V-Russ Rogers, Track Office, 410 Woody Hayes Drive, Columbus, OH 43210  
W-Ray Braudis, P.O. Box 214, Columbia, MO 65205

#### FROM HEEL TO TOE

TAC/USA National Championship 1989 Youth Road Racewalk will be held the weekend of May 28-29 in Cincinnati. A novice judging clinic and a coaching clinic are scheduled for Sunday followed by a welcome by Viisha Sedlak, a member of the U.S. Senior Racewalk Team. The races will be from 7:45am to noon on Monday. In conjunction with event, there will also be a 5 Km race open to all master division racewalkers on Sunday, May 28 at 8 am, followed by a fitness walk at 9:30 am. If you are a walker, competitive or recreational, young or old, they have a race for you. Make arrangements to come to Cincinnati and celebrate Memorial Day with walkers from all over the country. The event has a national sponsor, Partridge Meats of Cincinnati. This sponsorship will be a major benefit to all competitive youth racewalkers in the country. For additional information, call or write: Ray Braudis, P.O. Box 214, Columbia, MO 65205. . .A racewalk judging

clinic is scheduled for Saturday, May 29 in Deerfield, Illinois. The all-star list of instructors includes Martin Rudow, Men's National Coach, author of *Advanced Race Walking*, and producer of the video *Race Walking Technique*; Larry Larson, primary author of the *Race Walk Judges Handbook* and head racewalk umpire at the 1984 Olympics; Augie Hirt, Executive Director of Chicago Walkers Club and former national champion; Frank Alongi, nationally recognized expert on judging; and Mary Byers, Wisconsin Women's Racewalk Chairperson. TAC Officials testing and certification is a part of the clinic. For further information, write Illinois TAC, 111 W. Butterfield Rd., Elmhurst, IL 60126. . . Barbara Ayers is presenting a *Walkers Weekend at Waldemar* at Camp Waldemar in Texas on the weekend of April 28-30. You get a host activities, including racewalking instruction with video analysis, for \$195. Barbara Ayers is a consultant, trainer, and lecturer in health and fitness who has been racewalking for 9 years and instructing on the sport for 6. For further information, write Heel 'n Toe, Barbara Ayres, 809 Edgecliff Terrace, Austin, TX 78704, or call 512-444-2701. . . Eugene Dix has just published a new book *Youth Race Walking Manual*. The 84-page text is designed to encourage and develop race walkers in the 9 to 19 year old range. It contains technique and style information, a step-by-step explanation on how to race walk, a section on the development of women's race walking, where to get more race walk information in your own state or section of the country, a chapter on judging with illustrations, photos of current young walkers, lists of outstanding walkers during the past 30 years, and a special personal section for the owner of the book. It will be available about April 9, by mail only. Total cost is \$7.25. Send check to: Gene Dix, 2301 El Nido Ct., NW, Albuquerque, NM 87104. . . Note that the National 15 Km in Long Beach is on April 30, not May 7 as we listed it last month. . . Remember the National Postal 1 Hour for 1989. Write Don Henry, 24 Fairview Avenue, Brick, NJ 08724, or call him at (201) 899-1550, for further information. . . From time to time we get inquiries about what is available in the way of racewalking videos. A reminder of those we know about. *Racewalking Technique*. Done by Martin Rudow, Technique Productions, 4831 NE 44th St., Seattle, WA 98105; (206-524-6081); \$19.95 plus \$1.50 shipping and handling. Geared to the serious competitive walker but useful to the beginner as well. Based on Marty's excellent book and very well done. *Why Walk?* Done by Tom Knatt and Rob Roy McGregor, LaGitana Enterprises, 83 Riverside Avenue, Concord, MA 01742, \$29.95. A large part of this video is devoted to the benefits of walking, particularly to those with back problems, but Tom gives an excellent introduction to the techniques of racewalking in the final minutes. *Long Walk to the Olympics*. Done by Harvey Ardman and David Chauner, CWI Productions, PO Box 606, Armonk, NY 10504, 914-921-0318; \$24.95 plus \$2.50 shipping and handling. Haven't seen this one, so I can't comment on its content. Anyone aware of other videos of interest let us know and we will pass the word on. . . Speaking of Tom Knatt, he passes along the following thoughts he had after attending the TAC Convention in Phoenix last December: "A good coach has to tread the fine line of recognizing talent, applying a proper training regimen, and encouraging the desire of the athlete to excel (or finding someone with that desire built in). We really don't know if an athlete is a more talented underachiever or if he/she, in fact, has reached his/her maximum potential. We have not got the complete testing tools to make this assessment. Even if we thought we had, we can not adequately measure the positive or negative influence a statement such as: 'We feel you have reached your potential and will not go any faster.' would have on the athlete. The athlete probably would walk 10 or 20 km 2 minutes faster out of spite. Consequently, our system of coaching has placed a premium on athletes' independence. This is good. BUT, it has also made it hard to evaluate training methods. Athletes should cooperate in a friendly way to set up a database of training vs. performance to be combined with tests on athletes such as VO<sub>2</sub> max and anaerobic threshold. Perhaps someone

at a college or university can do this and encourage interested students to do work in this area as part of their studies." . . . All masters walkers should be aware of the World Veterans Championships in Eugene, Oregon from July 27 to August 6. This is the first time the meet has been held in the U.S. The only qualifying standard for this meet is age (40 for men, 35 for women). One week earlier, the U.S. TAC National Masters meet will be held in San Diego. For further information on the World Games write World Vets Games, P.O. Box 10825, Eugene, OR 97440 or call 503-687-1989. Walking distances are 5 and 20 km for men; 5 and 10 for women. Contact for the US Masters meet is Dixon Farmer, 8453 Sunrise Ave., La Mesa, CA 92041, 619-469-1010. We noted a couple of months ago that NBC's Bob Costas had sent a very warm personal reply to our letter regarding coverage of the Seoul Olympic walks. Jim and Hallie Hanley also received a very nice personal letter from Bob in response to their letter to him complaining about the negative manner in which the Olympic walks were presented on TV. Bob said that during the Olympic coverage he was just trying to be light-hearted and he apologizes if he was insensitive to the race walkers and viewers. . . From press information prepared by Jim Hanley prior to the LA Times meet (he put together an excellent press packet in seeking publicity for the sport): "Did you know that research done by scientists at the University of Wisconsin and other institutions showed race walkers to be among the most fit of all athletes? In cardiovascular measurements, national class race walkers ranked right up there with marathon runners and cross country skiers. They surprisingly far out performed baseball and football players as well as sprinters and high jumpers on these tests! (Ed. Surprising to the press, perhaps, but certainly not to those of us in the sport.) And race walking at high speeds burns off far more calories than running according to Columbia University. At 5 miles per hour, runners burn 480 calories to 530 for race walkers; but at 7 miles per hour, runners burn 690 compared to 960 for the race walkers. (Athletes will be hitting over 10 miles per hour in tonight's competition or better than 6 minutes per mile!) (Ed again. Not to be nit picky, but I've never thought the kind of comparison made above is quite fair—although good for espousing the benefits of race walking. But no one who is running at 7 miles per hour is going to take up walking and suddenly be walking at 7 miles per hour—more like 5 miles per hour. A fair comparison would be calories burned walking at 7 miles per hour versus running at 10 miles per hour, a comparable effort. Probably then the figures for calories burned will be about the same, which still shows that walking is every bit as good an exercise as running.)

#### COMMENTARY ON OUR GREAT "JUDGING CONTROVERSY" ISSUE

From Ron "Flight Phase" Laird, four time Olympian and insightful student of the sport:

I especially enjoyed your dissertation on judging. As you know, I've had an avid interest in this subject for some time now. It was good to have you review all the old opinions from past years on the subject. I get the impression that many walkers are either ignorant or do not want to accept the fact that when people race walk fast they automatically lift off the ground. And it doesn't take a heck of a lot of speed to accomplish this. I always thought a relaxed 7:20 to 7:30 per mile pace would do it. Sure wish some biomechanics lab would do a scientific study on this. Went to see the LA Times Indoor Games a couple of weeks ago. Gary Morgan looked respectable to the human eye in winning around the time of 6:07. However, when a friend's pictures came back from the lab there were some great shots of him hanging in air at least 3 to 4 inches off the plywood track. Even one of the lapped walkers was caught in the same position, but with more like a 2 inch break. On lots of frame by frame viewing of the Korean 20 Km race,

I see plenty of daylight under all the leaders, especially the medalists. But, then they were going the fastest so should display the most obvious flight. I'm sure you'll get a ton of mail concerning all of this in the weeks and months to come. Let me get to the point: I feel the rules must change and have tried to revise them as follows:

*Race walking shall only be judged by the human eye. It shall be a progression of steps so taken that unbroken contact with the ground appears to be taking place. At each step, the advancing foot of the walker must appear to make contact with the ground before the rear foot leaves the ground. During the period. . . (The last sentence in the present rules about leg straightening is fine.)*

As you see, I've added a new sentence about only judging by the human eye at the start. Then substituted "appears to be taking place" for "is maintained" in the next sentence. In the next sentence, something similar is done. Now that should adequately cover what is happening all over the world when it comes to judging our unique sport. We can't ask people to actually slow down when they train and race. We could put weights on their feet to do this like how the javelin was recently redesigned so it wouldn't fly so far. There are walkers who would love to slow down because then they wouldn't have to train so hard. Judging by video would kill the sport because all those who exceeded something around a 1:33 pace for the 20 Km would be disqualified. Relaxed 7:40 to 8:00 pace in the 20 and 50 might even get one pulled out. Perhaps they right back in 1928 when it was eliminated from the Olympics. . . it had gotten too fast and needed to be abandoned as a legitimate athletics event. I shudder to think of the times and styles we will soon witness when the women go at it in Barcelona at the too short distance of 10 Km. There's already a lady out there with a 41:30 for a road 10 Km. That is 1:39 faster than my PR which was set in London back in the summer of '67. And when I did this, it was the fastest road in the world that year! Things are really getting out of hand! I's surprised the IAAF and IOC haven't told us to take a long walk off a short pier by now! About the only people race walking to the rules nowadays are the masters. At least when the oldtimers start bending their knees, they are easily detected. Let me repeat. The rules have to be changed to allow for loss of contact. But, I really don't want to get carried away on this subject like I did about 2 years ago.

From John Allen, 1960 Olympian, presently rooming with Ron, but not necessarily agreeing with him:

"My time, effort, and money has not been for naught. "Change" is the greatest word in the dictionary. Whatever the problem ("Can't do better than a 46:00 10 Km"). . . change!!! Coach, training, more rest—but try a change. Do not lift brothers and sisters. Change, and you will utilize your body like never before. It is my opinion that a large percentage of today's race walkers know that they are off the ground. They train for deception and artistically. I marvel at their "low lift". But, alas, I hear a DQ for a slightly higher lift. I inquire. Judge said: "Yes. I know. But it was the more noticeable of the two" Shocking! I don't want to hear about road/track "surface" as a cause. That's regression. Same about "They only ran for two laps", but they were warned. . . Ron Zinn, old pal, we could use your staunch direction today. They don't make 'em like you champ. I pray we all receive guidance in this matter. No more excuses, and no more procrastination. Get down and "walk". It's catching.

## Reflection

by Ron Laird

(Inspired by my reprinting his short stories from Jim Bean's *Oregon Walking News*, Ron sent the following original story for the ORW to use.)

During my first international tour, I was able to observe many interesting things about my world class track and field teammates. This took place in the late summer of 1968 and took us to Moscow, Warsaw, Budapest, and Athens. Our men's and women's team had all the Olympic events except the marathon run. The only reason a 20 Km walk was on the program was because the Russians demanded it. They told our national organizers that is a walk wasn't in the meet, there would be no meet. The Russkies did a lot to help develop our program back then from the late 1950s to the mid 1970s when we were having these great competitions between our two countries.

The greatest runner on our team was the quarter miler-hurdler from the Buckeye state of Ohio by the name of Glenn Davis. At the time of this tour, he was going to school at Ohio State in Columbus where our national newspaper is created. He ran and hurdled so well on that tour that he won the Sullivan Award as the top amateur athlete in the country that year.

While watching him warmup and go the start of his races, I was impressed with his professionalism. His actions showed such confidence that he must have made his competitors lose quite a bit of theirs. Davis simply had the attitude and actions of a champion. He certainly was the best in the world at that time, so it either came naturally to him or he deliberately planned it that way. His ritual had to have an upsetting effect on those who were going against him.

Of course, I've seen these antics at other big track and field meets, but it wasn't until my close association with all those stars on that month long tour that I decided to mimic them. By recalling what I'd seen, it wasn't hard to quickly master some impressive moves. If it's tough for you to beat them physically, some mental tricks can give you an advantage. To be a champion, you must also try to look and act like one.

So often, I have seen my fellow competitors at important competitions looking so out of place and confused. I often felt the same way, especially in international meets and indoor races, but did not let my adversaries know. Even though I was a nervous wreck, I tried to act like I belonged there, was serious, confident, and had to come to win.

An additional situation that personally worked best for me was having very little contact with my competitors just before a race was to begin. I simply needed to gather my emotions for the hard fast effort that was soon to get under way. Once that starting gun got us going, I desperately felt the need to get so far out in front that no one could see me anymore. I knew that if my lead grew big enough, the others would end up concentrating on their own efforts and those around them. My motto was "Out of sight, out of mind!"

(Editors comment: Glenn Davis was certainly a good model as far as being a competitor goes. There has been no tougher competitor; he simply was not going to be beaten to the line. I could say I competed against him, but it is more accurate to say I was on the track at the same time as him a few times. But it took Ron a while to learn his lessons of toughness because in the early to mid '60s it was not too difficult to "psych" him before a race. With his concentration broken, he was often an easy victim for lesser walkers, such as Blackburn and Mortland. As to "out of sight, out of mind", that is exactly the expression he used after beating me in the National 25 in Chicago in 1961. Only it was me who had been out of sight

so that I was also out of his mind. Trailing about 5 minutes with less than 3 miles to go, he was amazed when he suddenly saw Mortland strolling along in front of him on the final 1 mile loop, and suddenly I was back in mind, and easy prey. Little had he known how much I was geared to 20 km and not a step further at that time. Did him little good a month or so later when the race was at just 20 and I got my first trip to the Soviet Union. Glenn Davis was retired, though, and not on that trip. But, Dixon Farmer, who I see is managing this year's National Masters, was one of those in his place in the 400 hurdles.

## LOOKING BACK

20 Years Ago (From the March 1969 ORW)—The National Indoor meet was held in Philadelphia, and local hero Dave Romansky zipped by Ron Laird on the final half lap to win in 6:21.9. Laird finished in 6:24.4, with Italy's 1964 Olympic 50 Km gold medalist, Abdon Pamich, third in 6:28.8. The next three spots went to Ron Kulik, Dan Tothoroh, and Jim Hanley. . . Bob Kitchen won the IC4A mile in 6:41.1 with Greg Diebold also under 7. . . Pamich won a mile in Albany over Ron Daniels and Kulik in 6:32.9. . . Out west, Goetz Klopfer edged Tom Dooley in a quick 10 Km with a 45:40 performance.

15 Years Ago (From the March 1974 ORW)—The IC4A Mile title went to Ellen Minkow in 7:36.1, probably making her the first woman to win a title in a major intercollegiate championship for men (primarily). Bill Hamlin actually finished about 15 yards ahead of her, but was DQ'd, and Howie Palamarchuk left the track with a commanding lead when he mistakenly thought he had been DQ'd. . . Floyd Godwin beat a strong field to win the National 35 Km title in Huntington Beach, Cal. in 2:55:29. Floyd got away from John Knifton just after 20 Km and won by over 4 minutes. Bill Ranney, Carl Swift, Jerry Brown, and Bryan Snazelle took the next four spots. Godwin and Brown led the Colorado TC to the team title. . . Todd Scully put up a good performance in the US-USSR dual in Moscow, finishing third, but only 20 seconds back, with a 21:04 for 5 Km. . . Colin Young presented some interesting views on training for ultra-long races, of which he has finished quite a few (100 miles and longer).

10 Years Ago (From the March 1979 ORW)—The US-USSR Indoor 3 Mile walk went to Yevgeniy Yesyukov in 19:03.3. Todd Scully was second in 20:02.2 with Jim Heiring third in 20:36.4. The Soviets put just one man in the race. . . Neal Pyke won the Pacific AAU 20 mile in 2:35:53, with Bill Ranney less than a minute behind. Pyke also set an American record for 5 Km with 20:41.6 and turned in a 1:28:06 20 Km. . . The National Master's 2 Mile went to Ron Kulik in an American record 14:13.7.

5 Years Ago (From the March 1984 ORW)—Carl Schueler, edging away after the first 10 Km, held on to beat Jim Heiring for the National 35 Km title in 2:41:26. Heiring, 48 seconds back at 30 km, had cut the margin to 20 seconds at the finish. Vincent O'Sullivan was better than 10 minutes back in third, with Pete Timmons, Gary Morgan, and Wayne Clusker following. . . Dan O'Connor walked his second fast 20 Km of the year with a 1:25:56 in Long Beach. Vincent O'Sullivan (1:31:34) was second, and Larry Walker (1:33:52) third. . . Ray Sharp and Tom Edwards both went under 1:30 in New York, with Sharp winning in 1:29:20. . . We noted that, unbelievably, the ORW was launching its 20th year of publication, which, I guess, means that we are now launching our 25th. I suppose that is even more unbelievable. I, for one, certainly don't believe it.

## DIFFERENCES IN MUSCLE USE BETWEEN WALKING AND RUNNING

by Leonard Jansen

Anyone who watches runners and racewalkers moving along can readily suspect that there are significant differences in how muscles are used in doing the two activities. The main difference between them is in the degree that the muscles are used. In racewalking there is a better balance between the muscles used. Running is mostly a pushing/falling activity which is due to the fact that the leg lands pretty much under the center of gravity with each stride. This leaves the body in a continuously unstable situation. This instability, along with the magnitude of forces that are needed to counter it, are what makes running such an injury-ridden sport. The human knee was simply not designed to withstand the sort of eccentric loading that you find in running. This is accentuated by running on concrete in shoes made out of unstable "marshmallow fluff" in the soles. Running is, in fact, a very "one-sided" sort of activity in that it uses the muscles in the back of the leg to a much greater degree than the front.

In racewalking, however, the muscles of the leg get a better balance of activity. This is due to the fact that they must not only provide drive to the body, but they must do so starting from a position of heel strike that is in front of the body, and progresses to the classic straight leg in the back. This provides a stiff lever from start to finish. It also makes racewalking more energy intensive for distance moved since the body cannot rely on the stretch reflex of the tendons and muscle groups (e.g. achilles and gastrocnemius), for some of the propulsion as in running. This is one of the things that makes walking so injury free--less use of ballistic stretching of muscle groups to get energy back in to the system. Therefore, racewalking is a combination of pulling from the point of heel contact until the foot is directly under the center of gravity--and pushing/falling from that point until where the foot is removed from contact with the ground.

Specifically, the basic differences in muscle activity used in racewalking and running are as follows:

1. In running the arms are basically used for balance and timing only. In walking there is greater use of

the shoulder and arm muscles. These are used to propel the arms from front to back (not side to side) to counteract the hip motion and stay in balance. Some contend that the arms are used as a propulsive mechanism, but I disagree because I don't believe the forces can transmit very effectively down through the body from the arms to the legs. Therefore, the arms counterbalance leg motions but do not add much force to them.

2. The muscles of the back and hips are moved more vigorously in racewalking. This is to help the legs propel the body forward. It also allows for an effectively greater leg length as it causes them to act as if the apex or the triangle created by the legs and the ground were significantly higher. That is, the hip swiveling action increases stride length by moving to the front and back with each stride. This gives the racewalker his characteristic hip motion that allows the smooth action without any bobbing up and down. The hips are used to a lesser extent in running, although one of the most noticeable differences between an elite runner and the average jogger is that the elite runner uses his hips more, and thus get more propulsion in a more fluid manner.

3. The leg muscles, of course, are the primary propulsive muscles in both running and walking. The three major differences in the way that various muscles are used are as follows:

A) Whereas in running the foot is brought forward until the foot is placed under the center of gravity, in racewalking the foot continues on to in front of the body. This means that the muscles in the hip and also the quadriceps must work more to straighten the leg through a greater distance. This also causes more use of the vastus medialis--the innermost quadriceps muscle which is instrumental in the final 15 degrees of the straightening of the knee.

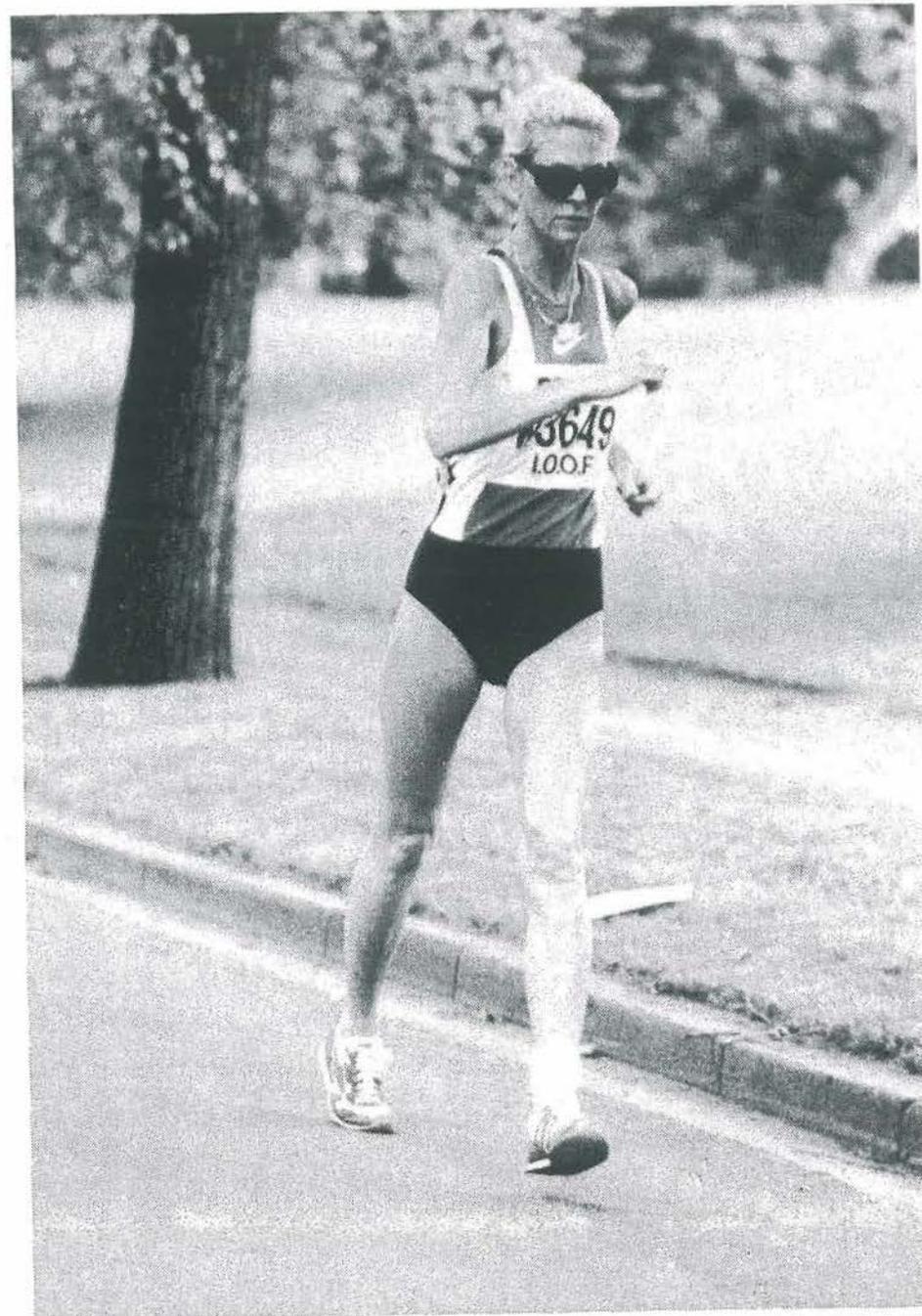
B) The tibialis anticus (shin muscle) and anterior tibialis tendon are used much more in walking than in running. They pull the toe up so that the foot and shoe create a "rocker" for the athlete to roll over. Since a runner doesn't put his foot down in front of the body and lands more or less flat footed, there is no need for development of these in running. Novice walkers feel strain here since those "toe lifters" are unique to the rapid walking movement.

C) The gastrocnemius group (back of leg muscles) acts more forcefully in a walker than in a runner. The racewalker must generate all his ground reaction

forces of propulsion from the contraction of this muscle, whereas the runner can use the muscle-tendon stretch reflex to bound forward into each stride. It is obvious when you watch a walker and runner going along that there is a great deal more muscle activity happening in the racewalker from the neck down through the toes. This is mainly due to the fact that it does take more effort to stay on the ground at all times at racing speed than to lift off with each step.



From another era. Two of the world's best distance walkers in an earlier time: Tom Misson (left) winner of such walks as the 100 km at Seregno in 1958 (9:04:48) and the 50 Km at which this was taken, and Don Thompson, 1960 Olympic 50 Km gold medalist.



John Allen Sportsfotos return with this great shot of National team member and super master's walker, Viisha Sedlak.