Lewis, Lawrence Notch 10 Km Wins

Niagara Falls, July 9—Tim Lewis and Debbie Lawrence were easy winners in the National TAC 10 Km walks held today on a 2-Km circuit along the Robert Moses Parkway adjacent to the Niagara River. Both Lewis, now in Colorado Springs, and Lawrence, living near Kansas City, were returning to their native state to demonstrate how far they have come in the racewalking world.

Lewis stormed through the first 5 Km in 20:15, leaving most of the field a minute or more behind halfway through. Only Gary Morgan tried to hang on, but he was 10 seconds down at 5 Km and starting to fade. Though slowing considerably the second half, Lewis had things very much his own way as Morgan slowed even more. Tim came home in 41:28, an American road best, with Gary second in 42:16.

Dave McGovern, third at 5 Km in 22:10, managed to hold that position to the finish, but had only 6 seconds on a determined Mark Fenton as both broke 45 minutes. Don Lawrence, who led Fenton at the midpoint, was a close fifth, with Curt Clausen edging Rob Cole for sixth, nearly another minute back.

Nick Bdera was eighth in 46:41 to win the master's race by just 14 seconds over Bob Keating. Canada's always tough Jaan Roos finished just under 50 minutes to lead those over 50, ever-young Bob Mimm was the first over 60 in a sparkling 56:38, and Canada's Max Gould continued to amaze with a 60:47 performance to lead those over 70.

Lawrence had no real competition as she led by 45 seconds at the midpoint with a 24:22. She duplicated that split to finish in 48:44. Canadians battled for the second spot. Holly Gerke led Lauro Rigutto by just one second at 5 Km with her 25:07. But Gerke, from Alberta, was able to accelerate the second half to finish in 50:01, leaving Rigutto far behind. Cheryl Sellinger, of the host club, Niagara Racewalkers, was the second American. Roberta Boyle was the first woman master, breaking the hour mark by 5 seconds. Not far behind was Jill Latham, who was the first over 50.

And not too far back of Jill was your editor, making one of his rare race appearances. That put me third in the 50-54 category (fourth if we go unisex and count Jill), which on the surface doesn't seem to bad until you consider their were six from the 55-59 category ahead of me, one in the 60-64 category, and almost one in the over 70 category. I caught Max Gould with a kilometer to go and didn't hold him off by much. My modest goals for the race were to break 1 hour, at which I failed, and to keep from being lapped by the first woman, which I achieved. (Debbie was 8 seconds from the finish as I finished my fourth lap.) And I managed to go slightly faster the second half. My last National 10 was in Chicago 10 years ago, where I was third master and 14th overall in 52:51. My last race in Niagara Falls was a year later in the National (to page 3).
National 20 Km. Tim Lewis, the eventual winner, and Gary Morgan duke it out in the early stages of the National TAC 20 Km in Houston. SPORTSFOTO by John Allen.

15 Km--36th in 1:24:16 (about 56 at 10 Km). Must have lost something in the meantime. Be that as it may, this was a beautiful, well-conducted race. Glad I made it, thanks to the Columbus Cosmos girls soccer team, which my wife coaches. They were at the Falls for a soccer tournament, so I made the trip. Since then, coincidentally, we were staying in the race headquarters motel, with the race starting in the backyard, it was difficult for me not to participate. The soccer team did much better than I, winning the girls 15 and under championship. Oh, yes, the race results:

**JULY 1989**


FROM HEEL TO TOE

In the national 20 Km in Houston, reported last month, Tim Lewis and Gary Morgan were together at the 10 Km mark in 42:33, way ahead of the rest, just as
in the 10 and Niagara Falls. Steve Pecinovsky had 44:26, Mark Manning and Curtis Fisher followed in 44:27, Mike Rohl was 45:14, Ray Sharp 45:17, and Regg Davenport 45:21. The race, incidentally, and the women's 10 Km, were held on the campus of Rice University, not at Texas Stadium as reported last month. The 1989 U.S. Racewalk Handbook is now available from The Athletics Congress. Edited by Bob Bowman, as usual, it contains schedules, records, rankings, all-time lists, all-time national and international champions, record progressions, U.S. performances in international competitions, and personal statistics on leading U.S. walkers. The cost is $8.00 ($10 outside the U.S. and Canada). Order from Book Order Department, The Athletics Congress/USA, PO Box 120, Indianapolis, IN 46206. You can also order the 1989 American Athletics Annual, edited by Hal Bateman. That one costs $10 ($12 outside the U.S. and Canada). Henry Laskau was once again passed over in the vote for the Track and Field Hall of Fame. Selected from this year's class were athletes Milt Henry Laskau was once again passed over in the vote for the Track and Field Hall of Fame. Selected from this year's class were athletes Milt Campbell and Frank Shorter; coach Ed Temple; and athlete, coach, and administrator Neil Jackson. Tim Lewis, Paul Wick, and Lynn Weik have been added to TAC's Athlete Support Program by virtue of their wins at the National Championships in Houston. They will receive a stipend of approximately $4,500 for the 9-month period beginning July 1. Curtis Fisher and Mark Manning at 20 Km, and Lynn Weik and Sara Standley at 10 Km on the U.S. team for the World University Games August 20-30 in Duisburg, WC.

WORD FROM GOMBOJAB

It had been sometime since faithful reader, Bob Steadman in Lubbock, Texas, has heard from that noted pedestrian, Ts. Gombojab in Outer Mongolia, so we were very pleased when Bob sent us the following communique. Ts. has himself a new word processing typewriter.

Ulaanbaatar 1989 June 16

Dear Sir:

It was good to talk to you on the phone while we were in El Paso last winter. The Government arranged a tour for a team of Mongolian athletes to go to Mexico, Nicaragua, and Cuba. My grandson was not the only one on the last tour to father a Mexican kid, and we both wanted to go and see the little brown ones. The invitation from the Mexican Association said 'solamente atletas espiritualizado'. If that means what I think, it explains the long negotiations before we left. As well as managing the team of 24, I had all the hassle of judging some races.

We were taken on a visit to a garment plant in El Paso. All those people sweat more than my walkers. But when the green bus stopped outside, everybody vanished. Comrade, should I have joined those other 150 people in the janitor's closet? The official was very suspicious until I showed him my Mongolian passport.

There was a good indoor meet at Juarez, where some of your Texas athletes were invited. They are more gracious than the Mexicans, who quarrel when they are disqualified. When I waved the red flag at an American, he waved back—then that was when I noticed that he had only one finger. The captain of the Texas women's team was a fine big girl. As soon as she took off her track suit and showed us her flight phase, I knew it would be an interesting evening. She, too, turned out to have had all but her middle finger amputated.

Mortland's magazine has been causing us great grief. For years, we have had trouble with a bureaucrat in Ulaanbaatar, because he thinks that track and field has been costing too much money. He knows enough English to be dangerous, and is a follower of the American philosopher, Laird. As soon as he read the bit that said 'walking is a progression by steps so taken that unbroken contact with the ground appears to be made', he decreed, 'no more video cameras!' He is so anti-technology that he wants to rewrite the book. 'The men's discus shall appear to weigh 2 Kg—no more weigh scales; entrees for women's events shall appear to be female—no more sex tests; veteran walkers shall appear to be over 40—no more birth certificates; finalists shall appear to have done the eight fastest times in the heats—no more stopwatches.'

With the Soviet Union going broke, our sport has fallen on hard times. Because of that tight-fisted bureacrat, there will be no Mongolians at Eugene for the Veteran's Games. Have a good year.

Ts. Gombojab

The old judging controversy:

As we pry Bob's dagger from between our ribs, we will pass on further commentary on the judging issue, this from lan Whatley in South Carolina by way of England. Bob is in Texas by way of Australia, Canada, and Colorado.

Dear Sir:

I've been following with interest your latest foray into the question of judging.

Back in the late seventies, I was totally demoralized by the suggestions that came out in the British athletics press that, since walkers were lifting and not being caught, the rules should be changed to allow lifting. The concept of being part of a dressage or subjectively judged event, like springboard diving, was intolerable.

I want to be judged in the same manner everywhere in the world and for the stopwatch to be the only dividing line between the good and the not so good.

Now we are at the same crossroads that walking has reached on a regular basis: Death by ridicule is only a step away. This time, the threat is more apparent since the I.O.C announcement that they felt the summer games were too large and that they were looking at removing some "peripheral" events." (Ed. Let us not forget that the last time they talked like this, the 50 Km disappeared from the 1976 Games and was restored only with considerable effort.)

At the same time, there is a good deal to be gained if we can come up with a consistent, objective judging method. Walking shoes were the fastest growing category for footwear sales in the last 18 months. (NSGA Report this week.) There is a wave of mass participation in 'fitness walking', which should bring the sponsorship and interest we need to drive an internationally competitive racewalker development program.

Creeking may actually be harder to judge in a fully objective manner than lifting. I've experimented with a training method that some other readers may like to try for themselves.

Before starting a technique session, I stand so that my leg is acceptably straight and upright. A helper then holds a plumb line next to my leg and draws a line with an indelible marker. As I walk, even an untrained assistant can tell if my leg is bent as it passes under me.

This might also be a big help in special cases, such as veteran walkers with arthritic knees who cannot fully straighten their legs. Putting indelible marks on athlete's legs is not so odd as it sounds; triathletes have their numbers marked on their legs and shoulders in this way.

Lifting is a far harder point to judge at the extremes of performance. Since the human eye can't detect a flicker in movies at 16 frames per second, it's not surprising that double support, or lack there of, is not visible.

There has been some clamor in favor of video tape and playback to detect violations, but that has several shortcomings. Most notable is the fact that
judging would be post hoc rather than simultaneous. You could blow up chasing someone who was already DQd or you could get in a duel with someone who was flying and end up being pulled after the race.

It wouldn't be a spectator event since no one would know who the real leader was until a few hours after the race. What is required is a computerized method to detect double support during the race.

An electronic judging system is not so far fetched as it sounds. Isn't that exactly the solution track officials used for catching false starts? It would always need human judges as backup, but could reduce the subjective nature of judging and regain respect for walking.

At the NIKE Sport Research Lab, when it was based in Exeter, NH, scientists were experimenting with an ultra-light weight pressure sensitive switches that transmitted the foot/ground contact to a computer. This could be one approach to electronic judging.

Another idea is to place tiny reflectors on the toe and heel of each shoe. As the walkers passed a "radar trap", a transmitter would shoot a beam of infrared light or similar at their feet. If there was not a moment when the reflected beams from both feet were stationary relative to the observer, then the athlete would be lifting.

I doubt that we can muster enough scientific and financial resources to develop and test such devices. There are two possible groups who could. The shoe companies, who stand to make substantial profits from the walking boom, might finance such work. Maybe the IAAF or IOC would put funds into this research. Let's get their help to sort out this problem before it kills our sport.

I'd be interested to hear what you think of these suggestions. With luck, they might spark an idea from another walker that would get us to our goal; an objective manner method of judging racewalks.

CROSS COUNTRY WALKER HONOURED
ON 30TH ANNIVERSARY OF WALK

by Frank Soby
(from the Michigan Walker)

It's hard to believe a guy who has demonstrated his walking prowess by trekking across the United States would be unable to finish a 3-mile competition--but, then perhaps the events of the day overwhelmed the competitive instincts of Ervin Erkfitz, 79, of West Bloomfield.

Erkfitz was honored during the awards ceremony of the U.M.C.A. race on Belle Isle on May 6 on the 30th anniversary of his record-breaking walk across the nation.

Erkfitz received a plaque from Michigan Walker editor, Frank Soby, in addition to gifts from Sibley Shoes and the ACT Walk Club.

Thirty years ago, Erkfitz walked across the United States. He was motivated by the chance of breaking the 69-day record set by Paul Thienes in 1957 and by promotion money, possibly $10,000 as reported by one news article.

At the time, Erkfitz lived in Detroit and owned a health-food store on the city's west side.

Morton Hack, the inventor of the ripple sole shoe, invested $2,000 in the adventure. Supplies and equipment were donated by several health-food distributors. Rambler supplied a car; Erkfitz supplied the legs.

Our Latest Menu of Racewalking Opportunities

Sat. Aug. 12
10 Km, Asbury Park, NJ, 8:30 am (D)
5 Km and 3 Km, West Salem, Oregon, 7 pm (A)
Sun. Aug. 13
1 Hour, Houston (E)
1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O)
Sat. Aug. 19
Doc Tripp Memorial 10 Km, Broomfield, Colorado (F)
10 Km, Houston (E)
5 and 15 Km, Dearborn, Mich., 9 am (Y)
Sun. Aug. 20
4 Mile, Sisters, Oregon (A)
Sun. Aug. 20
10 Km, Los Angeles (B)
Sat. Aug. 26
20 Km, Columbia, Missouri (I)
Sun. Aug. 27
5 Mile, Red Bank, NJ, 1 pm (D)
1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O)
Mon. Aug. 28
2-person 10 Km Relay, Long Branch, NJ, 6:30 pm (D)
Fri. Sept. 2
5 Km, Denver (F)
5 Km, Miami (M)
Sun. Sept. 3
4 Mile, Seattle, noon (C)
3 Km, Alexandria, Virginia (O)
Mon. Sept. 4
1/2 Marathon, Woodinville, Wash. (C)
10 Km, Alexandria, Virginia (O)
5 and 10 Km, Denver (R)
Thu. Sept. 7
2.8 Mile, Seattle (C)
Sat. Sept. 9
5 Km, Milano, Texas (J)
5 Km, Houston, 8 am (E)
Sun. Sept. 10
National TAC 40 Km, Lincroft, NJ, 9 am (D)
2 Hour (track) Worthington, Ohio (G)
Sat. Sept. 16
5 Km, Albuquerque, NM (R)
Sun. Sept. 17
15 Km, Houston (E)
Sat. Sept. 23
North American Masters 30 Km, Cambridge, Mass., 12 noon (H)
5 Km, Houston (E)
JULY 1989

30 Years Ago—In the National 2 Mile at the end of June, Ron Zinn was an easy winner in 13:48.6 with Ron Laird 15 seconds back. A week later in Pittsburgh at the Olympic 20 Km Trials, Laird was concentrating and walked away to a 1:34:45 victory on a tough course in rather hot conditions. Zinn came second in 1:36:57 with one John E. Mortland third in 1:37:05, the race going just as the great sage, Chris McCarthy, had predicted in his final edition of the Midwest Walker. An unlucky fourth was Don DeNouen in 1:38:39. Rudy Haluza and Akos Szekely took the next two spots. McCarthy captured the National 35 Km in Long Branch, NJ in 2:50:53, 2 minutes ahead of Szekely, with Dean Rasmussen third and Bruce MacDonald fourth in 3:56:19. Mortland led at 15 miles and then decided there were better things to do on a hot day than walk another 10 km. The course was somewhat short, but McCarthy was walking at well under a 3 hour pace.

20 Years Ago (from the July 1969 ORW)—Headline says it was a Laird month—in a 6-week period, he won three national titles and set two American records on off weekends. His titles were at 2 miles, 20 Km, and 35 km. In his 20, he walked 1:33:41 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27), leading from the start. Bob Bowman, Goetz Klopfer, and John D-Kelly occupied the next three spots. The 2 Mile in Miami was an easy win in 13:31.4, with Jim Hanley a distant second. The 35 was held on the infamous shopping center course at McCleesport, Penn., and Ron overcame 90 degree heat to beat Canada’s Karl Merschenz by nearly 10 minutes in 2:55:57. A Mexican, Pascual Ramirez, was third, followed by Gary Westerfield, Ron Kulik, and Ron Daniel. One of Laird’s records was at 3 Km with a 12:23 at Compton, Cal. The other was 8 miles 746 yards in the hour at Walnut, Cal., with 4:56:67, and 8 mile and 10 Km records on the way. He stopped this off all with an excellent third place behind Paul Nihill and Vladimir Golubnychy in the US-UKS-British Commonwealth 20 Km, beating Nikolay Smaga...In Ohio, Mortland turned in 1:34:11 10 Km on the track in Cincinnati to beat Paul Reback by a minute and later beat Jack Blackmon on the Van Wett track in a 2:22:35 10 miler in burial heat. John Markon won the 3 and 6 mile races in the National Masters Meet with 24:24 and 50:37, respectively.

15 Years Ago (from the July 1974 ORW)—Nikolay Smaga and Yevgeniy Ivchenko went one-two against the U.S. in a dual meet held in Wellesley, N.H. The two were given the same time of 1:37:25. Jerry Brown stayed with them for 12 1/2 km, but then faded and P.Lloyd Godwin, his Colorado TC teammate, took third in 1:38:32. Brown finished in 1:40:31. The Soviets swept a junior meet earlier with Ivan Lifka covering the 10 Km in 49:28, 1.2 seconds ahead of his countryman, Nikolai Matveev. Jim Murchie had 50:59 and Steve Herrman 52:55 for the U.S. Esther Marquez won the women’s National 5 Km in 26:28 with Ellen Minkow and Susan Brodock also under 27 minutes.

10 Years Ago (from the July 1979 ORW)—Pan-American Games titles went to Mexico’s Daniel Bautista and Raul Gonzalez. Bautista won the 20 Km in 1:28:15, 2 minutes ahead of Neal Pyke. Todd Scully was third in 1:32:30. Gonzalez had a 40:51 in the 10, beating Martin Bermudez by 6 minutes. Marco Evoniuk was third in 42:24 and Vincent O’Sullivan fifth in 44:40. The Games were held in San Juan, Puerto Rico. Pyke finished 13th in 1:25:34 in the Spartakiad in Moscow, won by Nikolay Vinnichenko in 1:22.29. Reimann Salone, Finaldo, was the first non-Soviet in fifth with a 1:23:22, and Maruizio Damiolo, soon to be Olympic champ in the same venue, was sixth. Scully was 41st in 1:33:31.

20KmW

1.41:23 r Guillaume Leblanc 61 St. Leonard Oct 5 86
1.42:48 r Marcel John 42 St. Louis de Trois-Rivieres Jun 19 82
1.46:05 r Frank Leblanc 61 Ottawa Jul 5 86
1.47:06 r Michel Leblanc 61 St. Leonard Oct 5 86
1.48:18 r Daniel Leduc 54 Pasco June 5 86
1.48:19 r Paul Tepuria 61 St. Leonard Oct 3 86
1.49:28 r Gilbert Donnan 62 New York May 3 87
1.50:51 r Helmut Bock 52 Berlin Mar 8 83
1.52:51 r Martin Zachrason 61 Ottawa May 20 83
1.53:40 r Karl Merschenz 54 St. Albert May 20 83
1.54:09 r Tex Benney 1 Dearborn, MI Sep 25 83

CANADIAN ALL TIME LISTS (From the magazine Athletics)
### 5000mW

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<td>Ann Peil</td>
<td>Zagreb, Yugoslavia</td>
<td>Jul '87</td>
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<tr>
<td>22:24</td>
<td>Janice McCaffrey</td>
<td>Hall, Quebec</td>
<td>Aug '85</td>
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<td>22:48:49</td>
<td>Alison Baker</td>
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### 10000mW

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<td>St. Leonard</td>
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<td>6:46:46</td>
<td>Gillian Grant</td>
<td>Lisbon, Portugal</td>
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The neat cover (reduced) used on Swedish results of the recent international races.

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### CANADIAN LISTS (cont.)

#### 50kmW

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<td>Patrick Faselly</td>
<td>North York</td>
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National 10 Km. Debbie Lawrence, Wendy Sharp, Maryanne Torrellas, and Sara Standley are together early in the Women's National TAC 10 Km in Houston. SPORTSFOTO by John Allen