Norman, Oklahoma, July 29 and 30—The oppressive Oklahoma heat slowed the times but did not slow the ardor of Debbie Lawrence, Richard Quinn, and Mark Fenton as they hoofed their way to wins in the U.S. Olympic Festival racewalks. Fenton opened the show by winning a closely contested 35 Km race on Saturday. Mark, representing the East, beat Mike Rohl by just over a minute, with Paul Malek only 21 seconds back of Mike. Steve Vaitones was not far behind in fourth.

On Sunday, Richard Quinn took the 20 Km title, beating Carl Schueler, who seems to be having a rather relaxing season of low-key 20 Km races. Whether Carl has plans for any future attempts at his 50-km specialty is not known to this correspondent.

In the women's 10 Km, Debbi Lawrence was very impressive, as she lapped the field to win in 49:21.80. She took over the lead from Victoria Herazo at 1200 meters and pulled steadily away. Wendy Sharp got well clear of Herazo in the middle stages and withstood a strong finish by Victoria (1:51 last lap) to take second.

Results of the races:

MEN'S 35 KM
1. Mark Fenton, East 3:03:50
2. Mike Rohl, East 3:04:53
3. Paul Malek, North 3:05:14
4. Steve Vaitones, East 3:07:37
5. Ivan Hernandez, West 3:11:33
6. Alan Jacobson, West 3:29:29
7. Alvia Gaskill, North 3:32:27
8. Adam Pawlik, South 3:35:11
10. John Stowers, South 3:43:30
DNF--Dan Pierce, West; Marc Bagan, North. (Festival Record--Marco Evoniuk 2:50:52)

MEN'S 20 KM
1. Richard Quinn, East 1:32:23
2. Carl Schueler, East 1:33:00
3. Curt Clausen, North 1:34:00
4. Bobby Briggs, South 1:35:04
5. Don Lawrence, North 1:35:56
6. Steve Pecinovsky, West 1:36:57
7. Dan O'Brien, North 1:37:30
8. Allen James, West 1:38:56
10. Dave McCovern, West 1:40:22
11. Ray Funkhouser, South 1:41:01
DNF--Reggie Davenport, South. (Meet record--Jim Heiring and Ray Sharp 1:28:19)

WOMEN'S 10 KM
1. Debbi Lawrence, North 49:21:08
2. Wendy Sharp, North 51:40:06
4. Susan Liers, East 52:39:77
5. Sara Standley, West 53:57:65
6. Michelle Marter-Rohl, South 54:18:60
7. Deirdre Collier, South 54:35:41
8. Debora Van Orden, North 54:50:89
11. Holly Straight, South 59:25:40
(Meet record--Maryanne Torrellas 47:54.0)
The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $6.00 per year ($8.00 for First Class Mail, $9.00 for First Class to Canada, $12.00 for Overseas Air Mail). Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.
Mansbck 2:03:55 5. Bernie Kaufman 2:05:07 30 Km, New York City, August 1.
Janice Sztabnik 2:49:06 2. Joan Rowland 2:23:57 5 Mile, Neptune Beach, Florida,
July 22-1. Paul Caika 2:49:42 2. Eric Schultiz 2:50:18 3 Km, Jacksonville, Florida,
Charles George 17:49 5 Km, Orlando, Florida, Aug. 12-1. Morris Rashy 29:00
2. Chuck McLaughin 30:49 50 Km, Trumanbur, NY, June 25-1. John Alfonso
5:21:13 10 Km, State College, Penn., July 16-1. Paul Caika 5:45 5 Km,
Buffalo, June 23-1. Dave Lawrence 25:51 2. Cheryl Rellinger 28:49 5 Km,
Jim Janice Sztabnik 2:02:09 2. Joan Rowland 2:23:57 5 Mile, Neptune Beach,
Sutton 18:03 4. Peter Armstrong 18:30 5 Km, Los Angeles, July 2-1. Dana
Joe Sutton 18:03 4. Peter Armstrong 18:30 5 Km, Los Angeles, July 2-1. Dana
Lauer 29:05 2. Donna Cunningham 29:25 3. Jaye Horowitz 29:34 5 Km,
(Kathy Lovell 8:06 disqualified) 5 Mile, Albuquerque, July 15-1. Joe
32:03 5 Km, Evergreen, Colorado, July 4-1. Bill Hutchinson 24:44 2. Viisha
5:21:33 10 Km, State College, Penn., July 16-1. Paul Cajka 51:45 5 Km,
Frederickson 28:49 5 Km,
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Frederickson 28:49 5 Km,

FROM HEEL TO TOE

Bev LaVeck, RW Awards Committee Chairperson, is seeking nominations for the five 1989 Sinn Awards for Outstanding Contributor, Outstanding TAC Association, Outstanding 20 Km Racewalker, Outstanding 50 Km Racewalker, and Outstanding Female Racewalker. The activities of the Outstanding Contributor do not have to be limited to 1989, but can span many years of contribution to racewalking. The Outstanding Contributor Award is generally considered a one-time award, unlike the other Sinn Awards. Nominations for all awards, including supporting information, must be sent to Bev by October 15. Address: 6633 Windermere Road, Seattle, WA 98115. Phone 206-525-4721. Ballots will be sent to all Racewalking Committee members and Association Chairpersons (i.e., everyone listed in the TAC Directory under racewalking), plus National Team members. Winners will be announced at the TAC convention in December. The Walking Club of Georgia is hosting the 1989 International Invitational Race Competitions (5 Km for women, 10 Km for men) in Atlanta on Saturday, September 30. They are inviting world and national champions from Australia (Simon Baker), Mexico, Canada, and Great Britain. See race schedule for the contact...Martin Rudow, former National Coach, will host another special race, a track 50 Km for elite walkers, in Seattle on October 28. One goal is a new American record. Rackport National Walk Leader have gone to 10 persons for 1989, mostly people involved in racewalking. The recipients are awarded $500 grants for use in local walking programs and will be flown to Boston for a banquet on September 30. Those named were:

- Barbara Workman, Milwaukee, Oregon, Walk leader with 40 Mile/Loop Land Trust
- Elaine Ward, Pasadena, Cal., racewalking chairperson of the Southern California Association of TAC
- Barbara Steffens, Alameda, Cal., walk leader with Great Strides and Harbor Bay Club
- David Waddle, Norcross, Georgia, walk leader with Walking Club of Georgia, Inc.
- Eugene and Aubrey Dix, Albuquerque, NM, walk leaders with New Mexico Race Walkers and the Walkers and Striders Association
- Austin Ozzie Costant, San Diego, Cal, walk leader with International Association of Runners and Walkers
- Don and Debbie Lawrence, Grandview, Missouri (now relocated to Racine, Wis.), walk leaders with Kansas City Walkers
- Elliott Denman, West Long Branch, NJ., walk leader with the Athletics Congress of the U.S.A. and the Shore Athletic Club
- Sal Corrallo, Arlington, Virginia, walk leader with the Athletics Congress and Potomac Valley Walkers
- Bob Carlson, Denver, Colorado, founder and coordinator of Front Range Walkers.

A PEEK AT THE RACE WALKING CALENDAR

AUGUST 1989

<table>
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<tr>
<th>Date</th>
<th>Event Details</th>
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<tr>
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<td>2.8 Mile, Seattle (C)</td>
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<tr>
<td>Sat. Sept 9</td>
<td>5 Km, Milano, Texas (J)</td>
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<td>5 Km, Houston, 8 am (E)</td>
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<tr>
<td>Sun. Sept 10</td>
<td>National TAC 40 Km, Lincroft, NJ, 9 am (D)</td>
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<tr>
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<td>5 Km, Albuquerque, NM (R)</td>
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<td>Sun. Sept 17</td>
<td>15 Km, Houston (E)</td>
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<td>5 and 10 Km, Seattle (C)</td>
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<td>5 Km, Los Angeles (B)</td>
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<tr>
<td>Sat. Sept 23</td>
<td>5.2 Mile Handicap, Interlaken, NJ, 11:30 am (D)</td>
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<td>North American Masters 30 Km, Cambridge, Mass., 12 noon (H)</td>
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<tr>
<td>Sun. Sept 24</td>
<td>5 Km, Houston (E)</td>
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<td>5 Mile, Portland, Oregon (A)</td>
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<td></td>
<td>Casimiro Alongi International 20 Km, Women's 5 Km, Open 10 Km, and other races, Dearborn, Michigan (Y)</td>
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<tr>
<td>Sun. Sept 30</td>
<td>National TAC 5 Km, Men, Women, and Jr., Coconut Creek, Florida (M)</td>
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<tr>
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<td>100 Mile, Columbus, Missouri, 1 pm (I)</td>
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<td>50 Mile, Fountain Valley, Cal., 6:30 am (C)</td>
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<td>Invitation 5 and 10 Km, Atlanta, Georgia (S)</td>
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<td>20 Km, Sandy Hook, N.J. (D)</td>
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<td></td>
<td>5 Km, Wilmington, Delaware, 10 am (W)</td>
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<tr>
<td>Thu. Oct 5</td>
<td>2.8 Mile, Seattle (C)</td>
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<tr>
<td>Sat. Oct 7</td>
<td>5 Km, Dearborn, Mich., 9 am (Y)</td>
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<td>Sun. Oct 8</td>
<td>National Athletics Congress 2 hour and Women's 1 Hour, Cambridge, Mass. (H)</td>
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<td>10 Km Men, 5 Km, Women, Hanover, Penn., 1 pm (L)</td>
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<td></td>
<td>Sr. Olympic 10 Km, Bridgeport, Conn., 9 am (U)</td>
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<td>5 Mile, Deal, N.J. (D)</td>
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<tr>
<td>Sat. Oct 14</td>
<td>20 Km, Marion, SC, 3 pm (X)</td>
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<td>Sun. Oct 15</td>
<td>Coney Island 10 Mile Handicap (V)</td>
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<tr>
<td>Sat. Oct 21</td>
<td>North American Masters 5 Km, Carmel, Indiana (I)</td>
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<tr>
<td></td>
<td>5 Km, Dearborn, Mich., 9 am (Y)</td>
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<tr>
<td>Sun. Oct 22</td>
<td>25 Km, Houston, 8 am (E)</td>
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<tr>
<td>Sat. Oct 28</td>
<td>Elite 50 Km (track), Seattle (K)</td>
</tr>
</tbody>
</table>

Contacts

A--Jim Bean, 4658 Fuhrer St. NE, Salem, OR 97305
B--Elaine Ward, 1000 San Pasqual #85, Pasadena, CA 91106
C--Bev LaVeck, 6633 Windermere Rd., Seattle, WA 98115
D--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
E--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
G--John White, 4865 Arthur Place, Columbus, OH 43220
H--Justin Kuo, 20 Collier Road, Scituate, MA 02066
I--Columbia Track Club, P.O. Box 10237, Columbia, MO 65201
J--Tim Doss, 3300 Parker Lane #254, Austin, TX 78741
K--Martin Rudow, 4831 NE 44th, Seattle, WA 98105
L--Jay Gobrecht, 740 Fairview Dr., Hanover, PA 17331
In Race Walk

PT Student

In Race Walk

By JAY SCHLEICHKORN, PhD, PT

Two rules place technique constraints on the legs of competitive walkers which make them race walkers. In an article on race walking in the magazine, Race Walk Coach (spring 1989), Mr. Westerfield described the technique used by the walkers. “Required contact with the ground and a momentary straightening of the leg in the vertical position confines movements of the lower limbs to required mechanical bounds. These rules distinguish race walking from normal walking, as well as from running.”

Mr. Westerfield wrote, “In walking, the athlete may not be off the ground, and support must be longer than the swing. Effectively, the first rule of walking requires the lead foot to make contact with the ground before rear toe-off, so that there is a period, however brief, when double contact is displayed.”

According to Mr. Westerfield, “the second rule is an artificial constraint which produces race walking's unique hip-wiggling motion. When the supporting leg is directly under the body, under its center of mass, the leg must be momentarily extended. Runners do not straighten their legs like this, unless they are taking very short steps.”

Ms. Weik maintains a six-day-a-week training schedule. “I walk at least an hour a day and do about eight miles,” she said. Over the week, she walks either on the street or on a track, covering about 50 miles. Along the way, she is greeted with encouraging comments and occasionally disparaging remarks from passersby. “There are times when some fellows say things that can’t be printed,” she said.
With her practice schedule, this 5-foot-5-inch athlete keeps her weight at 120 pounds. "The schedule also keeps me in good condition, especially my cardiovascular system, and it makes me less injury prone," Ms. Weik said.

The training schedule necessary to maintain her level of competition demands perseverance and diligence. She said, "These are two traits important for my career in physical therapy."

Ms. Weik is the middle child of seven; there are three boys and four girls, with ages ranging from 17 to 26. The family is very education-conscious and involved in teaching. Ms. Weik's father is an elementary school principal; her mother is an elementary school teacher. One sister teaches English and a brother is studying to be a teacher of technical education. Two of her siblings are heading for a teaching career and one sister will be a speech pathologist. The youngest sister is still in high school. "The family has given me full support," she said.

Physical therapy has been Ms. Weik's career goal since she was a senior in high school. "My initial exposure to the profession and what really sparked my interest was sports rehabilitation," she said. "My participation in various high school sports led to my need for some rehabilitation. What caught my interest was watching how therapists worked together trying to improve the patient's condition."

During her freshman year at Stony Brook, Ms. Weik volunteered in a school for physically and mentally handicapped children. "At the school, I saw children with some of the most incredibly strong and admirable personality traits. Observing and working with the therapist made me realize that physical therapy is a diverse field, reaching out and aiding a full spectrum of disorders. The rewards I experienced were immense. My long-term career goal is to work with handicapped children," she said.

Ms. Weik applied to four physical therapy programs and was accepted by three schools. Even with all her activities, she has maintained a 3.5 cumulative average.

One of the very special benefits Ms. Weik received by attending Stony Brook was meeting James Megna, whom she refers to as her "significant other." Mr. Megna, a member of Stony Brook's football team, was working as a student athletic trainer in the training room when he first met Ms. Weik. He entered the physical therapy program in September 1987 and will graduate June 25 of this year.

It is very likely that as a physical therapist, Mr. Megna will be able to assist Ms. Weik in support of her race walking activities. When Ms. Weik completes her physical therapy studies in June 1990 and joins the work force, her experience as a race walker will give her an added resource to draw from throughout her career.