U.S. Indoor Titles to Vaill,
Fournier; Berratt Wins Race

New York, Feb. 23—Teresa Vaill easily won her second consecutive
National TAC Indoor 3 Km racewalk in Madison Square Garden tonight.
Covering the distance in a swift 12:53.17, Vaill left Canada’s strong international
Ann Peel better than 17 seconds behind. Peel had even less trouble with third­
place Victoria Herazo (13:37.10), who was probably nonetheless pleased with
finishing well ahead of Maryanne Torrellas, who had beaten her decisively over a
mile just a week before. Susan Liers, who appears to have fought her way back
to where she was when she dominated the sport a few years back, chased
Maryanne to the wire. Mary Howell captured the sixth spot. Vaill, who also
won the National Indoor title at one mile from 1984 through 86, missed Torrellas’
meet record by less than 8 seconds.

In the men’s 5 Km race, Canada’s Tim Berratt was an unchallenged winner
in a speedy 19:42.90 (Tim Lewis’ 1987 meet record is 19:30.70), with second-place
Doug Fournier capturing the U.S. title. Fournier beat Cary Morgan for the title,
with the rest of the field, including favorite Tim Lewis strung out well behind.
As we write this, we’re not sure what Tim’s problem was, but he was well off
his recent form. He had won the title three years in a row. Fournier moved up
from fourth last year.

Results:
Howell 14:20.37

Men’s 5 Km—1. Tim Berratt, Canada 19:42.90 2. Doug Fournier 20:08.40 3. Gary
Fisher 20:47.73 7. Tim Lewis 21:05.83

OTHER RESULTS
Metropolitan Athletics Congress Club Dual Meet, Boston, Feb. 4: Women’s 1
7:39.1 DQ—Christie Duo, NEW 7:39.4 Men’s 3 Km—1. Mark Fenton, Reebok
Knatt, NEW 14:14.8 5. John Allisonson, NY 14:41.0 6. Quentin Cunningham, NY
15:58.7 1 Mile, New Haven, Conn., Feb. 11—1. Jim Brochin 7:42.5 2. Maryanne
Torrellas 7:51.3 3. Jack Boitano (55) 8:01.6 4. Carole Naser 8:02.6 5. Gus Davis
(50) 8:44.6 6. Christie Kuo 8:52.2 7. Nancy Brochin 10:05 1 Mile, Brighton,
Desrosiers 6:52.5 4. Tom Knatt 7:41.4 5. Bob Ullman 7:48.2 6. Justin Kuo 8:03.9
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, and $11.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. Second Class Postage paid at Columbus, Ohio. POSTMASTER: Send address changes to the Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

Women's 1500 meters--1. Teresa Vaill 6:06.0 2. Victoria Herazo 6:18.6 3. Lynn Weik 6:50.6


MANY, MANY RACES, IN AND OUT OF DOORS

Sat. Mar. 10
5 Km, Atlanta (H)
10 and 20 Km, Coconut Creek, Florida, 7 am (S)

Sun. Mar. 11
Western Zonal 20 Km Championship, Long Beach, Cal. (B)
1 Mile, New Haven, Conn. (A)
5 Km, Albuquerque, NM (N)
20 Km, Tacoma, Wash. (C)
5 Km, Atlanta, 10 am (H)

Sun. Mar. 18
National Invitational 20 km and Women's 10 Km, Washington, DC (I)
5 Km, Denver (F)
5 Km, Atlanta, 9 am (H)
Republic of Texas 5 Km, Austin, 9:30 am (U) (Also clinches with Don and Debbie Lawrence)
National TAC Masters Indoor 3 Km, Madison Wis. (J)
15 Km, Columbia, Missouri, 9 am (M)
North American Masters 5 Km, Tampa, Florida, 10:30 am (P)
5 Km, Goldsboro, NC (G)
10 Km, Atlanta, 8:40 am (H)

Sun. Apr. 1
7 Mile, Atlanta (H)
5 Km, Redlands, Cal., 7:45 am (B)
15 Km, Carmel, Calif. (Q)
5 Mile, Bridgeport, Conn., 9 am (A)
5, 20, and 50 Miles, Columbus, Ohio, 7, 8, and 11 am, (K)
20 Km, Denver (F)
2.8 Mile, Seattle, 6 pm (C)

Thur. Apr. 5
TAC Women's 10 Zonal Championship, Atlanta, also 5 Km Open (N)
New Mexico 10 Km Championships, Albuquerque (N)

Sat. Apr. 7
10 Km, Seattle (C)
5 Km, Carmel, Calif. 9 am (Q)
contacts

A--Bruce Douglass, 36 Canterbury Lane, Mystic, CT 06355
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 Windermere Rd., Seattle, WA 98115
D--Jim Bean, 4658 Fuhrer St. NE, Salem, OR 97305
E--Arizona Walkers Club, 5615 East Argyle Dr., Phoenix, AZ 85018
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
G--P.O. Box 10825, Raleigh, NC 27605
H--Barbara Waddle, 2327 Redfield Dr., Norcross, GA 30097
I--Sal Corvallo, 4080 Roberts Lane N., Arlington, VA 22207
J--Peter Tegan, 1702 Lyndale, Madison, WI 53711
K--John White, 4865 Arthur Place, Columbus, OH 43220
L--Eliott Denman, 28 N. Locust, West Long Branch, NJ 07764
M--Columbia Track Club, PO Box 10237, Columbia, MO 65201
N--New Mexico Race Walkers, 2301 El Nido
O--Bill Hailey, 5207 Melbourne, Raleigh, NC 27606
P--NaturalSport Race Walk, 33 E. Minor St., Emmaus, PA 18049
Q--Walk Walk Walk Club, P.O. Box 221172, Carmel, CA 93922
R--Timothy Baker, 135 Grandview Rd., Ardmore, PA 19003
S--Florida Walkers, 4223 Palm Forest Dr. N., Delray Beach, FL 33445
T--Bernard Kaufman, 75-02 Austin St., Forest Hills, NY 11375
U--Republic of Texas RW, P. O. Box 7948, Austin, TX 78764

From Heel to Toe

A clinic for racewalk officials is scheduled for Columbus the day before the Jack Mortland Invitational walks. Mike McGuire, an experienced TAC official and racewalking specialist, will be teaching TAC officials how to recognize a violation of racewalking rules and how to pursue certification as Association level racewalk officials. Attendees who are not already certified racewalk officials will be invited to serve as apprentices at the Invitational the next morning. The clinic will be held at Whetstone Park, the race site, from 4 to 6 pm on Saturday, April 7. Contact race director John White for further information. Another correction to our annual lists, published in the December issue. In the women's 10 Km, JoAnn Nedeclo did 52.59 in late December, moving her up three spots to 18th on the list. We had her best at 53:09. ... From Bob Jordan in Iowa City, replying to an item in last month's From Heel to Toe column: I'm not quite sure what Mr. John Allen meant in the January 1990 From Heel to Toe concerning 50- and 80-year-olds and their knees. But had the editor at National Masters News not butchered my original letter, readers such as Mr. Allen might have discovered I have had a few years' experience as a racewalker, albeit at a non-elite level (and whether my current weight of 14 stone at 8 percent body fat is the compelling reason behind my non-elite "career" is open to debate--I just thought I was slow because I wasn't fast). If Mr. Allen wishes to denigrate himself by calling me an idiot, or even a slow-footed idiot, he may. Others have called me worse--some even had the courage to call me things to my face. But I take umbrage at his categorizing me as a non-walker. And insofar as "rules are rules" as you so succinctly put it, I guess I am also one of Mr. Allen's "hard and fast abusers of authority." I currently serve the sport of track and field as a referee/starter from the junior high school through NCAA Division I levels. And every year, I purchase rule books for every level and gender I officiate (Iowa has separate boys and girls high school athletic organizations and rules). Though having been labeled an idiot, I actually am able to read those several rule books (including TAC rules on racewalking under which I compete). If you speak to any of the scores of junior high school, and college coaches with whom I have come in contact over the years, you might get varying opinions on whether or not I am a good referee/starter (or abuser of authority, if you prefer). But in all sports, officials have one common duty--to call them as they see them (i.e., make no phantom calls) under the rules as they are written. And an official is derelict if he/she does not call an infraction that is clearly seen. That includes creeping (bending of knees) or lifting. If Mr. Allen or others wish to change or delete the current rules of racewalking for whatever reason (or establish fluctuant rules for different levels of age or decedence), then let them do their homework and get the rules changed. But pardon me if I continue to walk and officiate within the rules as they are now written. (Ed. If I may, let me try to clarify Mr. Allen's position. John is one of our most outspoken critics of what he sees as judges willingness to let elite walkers fly through races several inches off the ground, and he likes to use his camera--which he is skillful with--to back him up. Matter of fact, he tends to get very emotional about this, often dealing in particularly personalities, and not just the pictures, and not just the ones of flyers. Anyway, John's point (I think) is that if we are going to ignore one half of the rule and let gold medalists and record setters float to their wins when they could walk legally if they had to, why penalize older people whose physical status won't let them fully straighten a knee or both knees. John will let me know if I have not interpreted correctly for him)... I missed a few names in listing members of the racewalk community assigned as coaches or managers to International teams over the next couple of years, so let me give you the complete list here: Rich Torrellas, assistant manager, women, 1992 Olympic Games; Dean Ingram, assistant manager, men, 1991 Pan American Games; Lori Maynard, assistant manager, women, Goodwill Games; Elliott Denman, assistant manager men, Goodwill Games; Bruce Douglass, head manager, men, USA/CB/Kenya meet; and Gwen Robertson, manager, West women, 1990 Olympic Festival... There are three opportunities for international
competition in 1990. The Goodwill Games includes a 10 Km walk for women and a 20 Km for men, both on the track, with two US walkers in each. The Pan American Cup has a women's 10 Km and men's 20 and 50 km. The U.S. will send five athletes in each event. The Canadian dual meet team will include six athletes in each of those events, plus five juniors in both the women's 5 km and men's 10 km.

The State of U.S. Racewalking

Bruce Douglass
National Racewalking Chairman

(As reported at National Convention) The state of U.S. racewalking is a good news-bad news situation. While progress has been made over the past year and past decade, there is still a long way to go before coming line with the international scene. On the good news side, U.S. racewalkers continue to improve many of our American records and more senior national team athletes got international experience than ever before. Over 90 percent of our 1989 goals were met and we made a huge dent into the accomplishments of the four year goals, forcing us to rethink our plans for the next four year. There are more youth participating in racewalking events throughout the country and the quality of those young walkers is improving. Last year, the racewalking committee held two very successful science/education camps at the Olympic Training Center. They were well received by the athletes and USOTC staff. Many successful event have been held throughout the country during the last year. Trials races for the World Cup, the Olympic Festival, NACAC with Track and Field meet, and the Alongi Invitational produced many good results along with the successes of our athletes in international competition. Finally, we've made progress into the NAIA colleges as well as the NCAA.

On the side of the not-so-great news, racewalking is still not a high visibility event. It is gaining in popularity with the fitness walking boom, but not so are we reaping the rewards of large numbers of competitive senior walkers. Our pool of athletes on the senior level is still very thin, growing even 25 deep a year is a problem. There is no feeder system to add large numbers of athletes to the present group. Finally, a majority of our present athletes have limited contact with a coach on a regular basis, thus they are essentially self-trained.

The emphasis is to change some of the bad news to good news through our national program. The camps were restructured last year to provide a cohesive system to each. They are no longer held with large blocks of free time for the athletes. The design is to provide a shorter duration, high intensity learning experience for coaches and athletes covering training, periodization, nutrition, psychology, physiology, and mechanics. These should give the athletes who train themselves the skill to do so and coaches the skill to produce better walkers. Increasing the emphasis on our youth program to increase the numbers and prevent the graduating youth from slipping through the cracks should increase the number of senior athletes. Our continuing “attack” on the College scene with the NAIA program, work with NCAA conferences, elementary and high school program across the country, and the association clubs will only serve to increase the pool of athletes. Working closer with the track and field groups will aid our progress as we are but three events within the whole Olympic program. The walking community can no longer afford to maintain an isolationist attitude to our sport. Finally, getting the word out through the media, our own newsletter, and the print media will increase the visibility of the sport and attract more walkers.

In conclusion, United States racewalking is making progress, but slower than we need to make a big thrust into international scene. We should be very happy with the progress we've made over the last year, as well as the last decade, but cannot allow that success to blind us to giant steps that must be taken to improve the international condition of US racewalking.

IMPORTANT WALKING FACTS

The Rockport Walking Institute has developed the following facts about walking and its benefits for those who are wise enough to do it regularly.

1. Walking is the #1 participant sport in America. A recent survey by the President's Commission on Americans Outdoors showed 77 million Americans walk for fitness.

2. Walking is a healthy, natural function of the human body. Because of the structure, shape, and flexibility of the spine, the body is better suited for walking than for sitting, standing, or running.

3. Fitness walking is more than just walking for fitness. Simply defined, fitness walking is walking at a brisk enough pace to maintain your heart rate in the target training zone. Fitness walking is the cornerstone of a total approach to personal fitness that uses walking as the major exercise, but also includes improving strength and flexibility, paying attention to diet and reducing stress. With fitness walking, the goal is to develop a training program that will strengthen your heart. There isn't any magical overall fitness formula that is right for everyone: it's all tailored to the individual's ability and level of fitness. And fitness walking is virtually an injury-free exercise, with a very low participant drop-out rate.

4. Walking speeds vary greatly. For a person in reasonably good health, a normal walking pace is somewhere between 3 and 3.5 miles per hour. 3.75 to 4 mph is considered a brisk pace, although much faster speeds are easily attained by well-conditioned racewalkers. For most people, anything slower than 3 mph is slow.

5. Regular walking can help you lose weight. Fitness walking is an excellent adjunct to an overall program to lose weight. While walking burns fewer calories than running does for time expended (unless you are racewalking), it is still the preferred exercise for most individuals who seek to lose weight. This is because walking is easier on the joints and muscles, whereas it exceed 3 times the body weight in running. Thus, walking poses much less risk of orthopedic injury. Walking is truly an ideal sport for consistent, life-long aerobic activity conditioning.
7. Fitness walking is especially beneficial to the cardiovascular system. Expending 2,000 calories per week in vigorous exercise, a fitness walking program can significantly reduce the risk of heart attack. Indeed, fitness walking is frequently incorporated into a comprehensive cardiac rehabilitation program. And by walking briskly three times a week for 30 minutes, virtually anyone can increase cardiovascular fitness by 8 to 15 percent.

8. Walking improves both muscle tone and strength. Walking tones and strengthens calves, thighs, ankles, and feet, as well as arms, shoulders, abdomen, hips, and buttocks. Edward Payson Weston, the world's premier walker in the 19th century and the "Father of Pedestrianism," wrote that walking was "like a perfect massage; it will ease and relax the muscles. But, unlike massage, it will also strengthen them."

9. Walking is inexpensive. The only equipment needed for proper walking is a pair of comfortable, well-cushioned shoes that offer proper heel and arch support.

10. Walking is the oldest exercise known to humans, but until now one of the least studied. Walking has been around about as long as the human species, and it has always been the main form of transportation; but only now, when the health and mental benefits of walking are finally becoming apparent, has there been a concerted scientific effort to study walking. Today, there are more than 1000 walking clubs in the U.S. alone, plus dozens of exercise physiology labs and programs.

LOOKING BACK

20 Years Ago (From the Jan. and Feb. 1970 ORW's) - Dave Romansky blasted the wintry blast in an Asbury Park, NJ 10 miler to win in 1:12:57. He also won indoor miles at various sites in 6:13, 6:23, and 6:30. In the National Indoor Mile, Romansky whipped Ron Laird 6:14 to 6:19.7. Ron Kulik was third in indoor miles at various sites in 6:13, 6:23, and 6:30.

5 Years Ago (From the Feb. 1985 ORW) - U.S. Indoor Titles went to Jim Heiring at 2 miles in 12:07.5 and Teresa Vaill at 1 Mile in 6:58.6. Tim Lewis was nearly 20 seconds back of Heiring, the 

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<tr>
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<td>Irai Jang-zi</td>
<td>CHN</td>
<td>Jinan    30 Oct 88</td>
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**WORLD BEST PERFORMANCES: RACE WALKING / MEN:**

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<td>Bialigiew Klapa</td>
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<td>Gilbert Roger</td>
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<tr>
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<td>Florimond Cornet</td>
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</tr>
<tr>
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<td>Jose Casamada</td>
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**WORLD BEST PERFORMANCES: TRACK RACE WALKING / WOMEN:**

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<td>15000 m</td>
<td>1:15:57</td>
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<td>Giuliana Salice</td>
<td>ITA</td>
<td>Torino   20 Feb 86</td>
</tr>
<tr>
<td>10000 m</td>
<td>45:26:47</td>
<td>Irina Gunak Tolesik</td>
<td>UK</td>
<td>Minsk    4 Mar 87</td>
</tr>
<tr>
<td>30000 m</td>
<td>12:01:65</td>
<td>Kerry Saxby</td>
<td>AUS</td>
<td>Canberra 30 Nov 87</td>
</tr>
<tr>
<td>1 mile</td>
<td>6:28:46</td>
<td>Giuliana Salice</td>
<td>ITA</td>
<td>Genova   16 Feb 87</td>
</tr>
<tr>
<td>2 miles</td>
<td>14:02:22</td>
<td>Giuliana Salice</td>
<td>ITA</td>
<td>Genova   21 Jan 87</td>
</tr>
</tbody>
</table>

**RACE WALKING: INDOOR:**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Time</th>
<th>Name</th>
<th>Nation</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>1500 m</td>
<td>6:01:16</td>
<td>Maryanne Torrellas</td>
<td>USA</td>
<td>E.Rutherford, NJ 14 Feb 87</td>
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<tr>
<td>5000 m</td>
<td>21:44:52</td>
<td>Giuliana Salice</td>
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</tbody>
</table>
1 - Hour Postal Racewalk 1990

JANUARY 1, 1990 to DECEMBER 31, 1990.

The One-Hour Postal Walk is a country-wide racewalk where everyone can compete without traveling to a central location. You will be pitting your best walking performance for one hour against those within your division and see how you rank nationally for the year.

**DIVISIONS:**
- OPEN - Men and women of all ages.
- MASTERS - Men and Women: Five year age groups from 40-44 to 85 and up.
- INTERNATIONAL - As above.

**AWARDS:**
Special individual Racewalking medals to first three in each division. Special Team Racewalking medals to first three teams (of three walkers) in Men's and Women's Open, Masters (by 10-year age groups) and Junior divisions. Also, medals to three most improved men and women. Ribbons to all participants.

**REGISTRATION:**
Six dollars for each individual entry. No added team fee. Make checks payable to Shore AC and mail with completed entry form to:

Gerald Kasa
One-Hour Postal Racewalk Coordinator
18 Rutland Place
Eatontown, N.J. 07724
(201) 642-1779

**PERFORMANCES:**
Must be on a certified track of 400 meters or 440 yards. Road courses are not accepted. Performances may be submitted either in total meters or total miles and yards, on the lap sheet on the reverse. Cumulative lap times must be shown. A minimum of two judges is required. All information on lap sheet (on back) must be supplied. All entry forms must be received by January 16, 1991.

**NOTES:**
This is a country-wide racewalk open to all, and now includes an International Division. 1989 was the biggest and best One-Hour Postal Walk ever held. Every walker in the USA is invited to take part in this growing competition and earn a national ranking. Full results will be mailed out to every walker who enters, by February 1, 1991. 1989 results are available upon request with an addressed, stamped envelope.

**GOOD LUCK AND GOOD WALKING!**

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**JACK MORTLAND RACEWALK INVITATIONAL**

**MIDEAST REGIONAL TAC CHAMPIONSHIPS**

**Men** - 20 Km, **Women** - 10 Km, **Youth** - 2.5/5 Km

**Columbus, Ohio, April 8, 1990**

**DATE:** Sunday, April 8, 1990  **HOST:** Wolfpack Track Club, Columbus, Ohio

**PLACE:** Whetstone Park near the main parking lot. Enter the park at Hollenback from N High St, US 23 in NW Columbus. Three miles north of OSU campus.

**PROGRAM:**
- An officiated women-racewalkers 10-km-race starting at 8:00 a.m.
- An officiated men-racewalkers 20-km-race starting at 8:00 a.m.
- An officiated boy-racewalkers 2.5-km-race at 9:30 a.m.
- A Fun 5-km racewalk for all ages starting at 11:45 a.m.

**SANCTION:** Ohio Athletic Congress - event subject to TAC drug testing program

**CERTIFIED COURSE:** 2.5-km out-and-back loop on a riverside bikeway [OH88012PR]

**ELIGIBILITY:** All participants must have a 1990 TAC/USA Membership Number; sign up with your home TAC Association or purchase at the race. (only TAC club members may enter the team competition; funwalk participants do not have to be TAC members but must register)

**T-SHIRTS:** Entrants will receive a Jack Mortland free or 1989 Partridge Riverwalk T-shirt on a first come-first served basis.

**INDIVIDUAL AGE GROUPS:**
- Youth - 2.5 km, 7-10, 11-12; 5 km, 13-14, 15-16, 17-18
- Adults 19+, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc

**INDIVIDUAL AWARDS:**
- TAC medals to the top three racewalkers per age group
- Special Awards for the Open Champions; funwalkers and other finishers will receive a Victory Medal.

**TEAMS:**
- Best 3 of 5 athletes
- TEAM AWARDS: Award to each first place team

**TEAM CATEGORIES:** Open Men, Open Women

**TEAM ROSTERS:**
- Identify on race day
- TEAM SCORING: aggregate time of athletes

**ENTRY FEE:**
- $6.00 before 4/5/90
- $6.00 on race day
- no phone entries

**REGISTRATION:**
- Opens at 7:00 a.m.
- RESULTS: mailed to all entrants

**MAKE CHECKS PAYABLE TO:** John White, Wolfpack Track Club

**RACE DIRECTOR:**
- John White, 4865 Arthur Place, Columbus, Ohio 43220-3102
day: (614) 424-7011
evening: (614) 459-2547

**SPECIAL NOTICE FOR OPEN RACEWALKERS**

The 1990 edition of the Jack Mortland Racewalk Invitational will be sponsored by the host Wolfpack Track Club. The following table explains the amounts offered at this year's event. Transportation allowances and appearance fees are not available.

**PRIZE MONEY - 20 KM OPEN MEN:**
- 1st - $100, 2nd - $50, 3rd - $25

**PRIZE MONEY - 10 KM OPEN WOMEN:**
- 1st - $100, 2nd - $50, 3rd - $25

(Prize money to be sent after race day and will be mailed out to every walker who enters, by February 1, 1991. 1989 results are available upon request with an addressed, stamped envelope.)