Lewis Tops 50 Km Field

Atlanta, April 8—Well-established as the nation's top 20 Km walker, Tim Lewis moved to the top at the longer distance as well by winning the National TAC 50 Km title today. Tim's winning time of 4:10:46 was a personal best for the distance (he had a 4:13:39 in the Soviet Union last year in a race he hadn't planned for and showed promise way back in 1984 with a 4:16:20). It put him nearly 6 minutes ahead of Marco Evoniuk, coming back after a year of relative inactivity. Evoniuk and Carl Schueler ruled the 50 Km event through the 1980s until their semi-retirement last year.

Lewis was challenged by 38-year-old Dan O'Connor, who has been making his presence known in these races since 1973. Dan led at 10 Km in 48:50 and was still even with Tim as they went by 20 Km in 1:37:40. At that point, Evoniuk was just 36 seconds back, but the rest of the field was spreading out. Lewis then took command and walked unchallenged the rest of the way, holding his pace through 40 Km and then dropping off the final 10. A pair of Marks, Manning and Fenton waged a race long dual, with Manning finally getting away over the last 10 Km, during which they overhauled a struggling O'Connor to take third and fourth. Also catching O'Connor and closing ground on the Marks was Eugene Kitts who emerged as the first master and set a personal best of 4:20:26. Since he suddenly emerged in late 1987, Eugene had walked five races in the 4:22 to 4:28 range, showing remarkable consistency. Now at 42, or is it 43, I.e. improves on that.

Missing from the race were Schueler and last year's winner, Paul Wick, who is recovering from a severe hamstring tear. Herm Nelson, who pushed Wick to the finish last year, has also been injured and had to give up after just 15 Km today. Allen James was making an impressive effort at 50, passing 30 Km in 2:29:53 in fourth place, but ran out of gas at 40 and called it a day.

Results:
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Max Green Betters World Master's Record in Mortland Invitational

Columbus, April 8--A veteran by age, but still a relative newcomer to the racewalking sport, 58-year-old Max Green continues to impress all observers. Today he covered 20 Km on a certified course in 1:43:41—a world best for over 55—beating all Masters walkers and finishing seventh overall. His Wolverine Pacers teammate, John Elwarner, a colt at 50, was also impressive, leading Max for the first 10 Km. But he couldn't match Max's pace the rest of the way and finished nearly a minute back.

In the open race, Gary Morgan, also the winner in the inaugural Mortland 2 years ago, was able to stride easily away from Steve Pecinovsky over the last 5 Km to win in 1:32:07, rather pedestrian by his standards, but a win, nonetheless. Dan O'Brien walked a steady race to easily take third from Bob Briggs, the fourth finisher under 1:40. The Becker brothers, from Park College, were the only other youngsters to beat Green.

Zofia Wolan walked perhaps her best race since arriving in the U.S. from Poland about 3 years ago to score an easy win at 10 Km. Zofia zipped the first 2 1/2 km lap in 11:49 and then gradually slowed. Still, her 49:30 was an excellent solo effort in rather chilly early morning conditions. Zofia, who has moved from Atlanta to Detroit, will get her U.S. citizenship about a month before the 1992 Olympics. Max Green attributes much of his superior condition to training with Zofia. Gayle Johnson, now living in Columbia, Missouri, but still walking for the Ohio TC led the Masters walkers with a superb 53:08 in second. Tracey Briggs was just over a minute behind Gayle.

The results:


Teams: 1. Wolverine Pacers 2:57:17

Vaill, Lewis Win 1990 National Invitational Walks

Washington, DC, March 18—Teresa Vaill broke her own meet record and Tim Lewis defended his title at the 1990 National Invitational Walks here today. Vaill, 27, of Pine Plains, N.Y., led from the start of the women's 10 Km race to win in 1:29:47. Her time chopped more than a minute off her old meet record time of 47:11, set in 1988. No invitational women's race was held last year.

More than 4 minutes behind Vaill, Susan Liers of Smithtown, N.Y., overtook Debora Van Orden of Colorado Springs in the final 2 Km loop to claim second place, 50:46 to 50:50.

In the men's Invitational 20 Km, defending champion Lewis, 27, of Colorado Springs, broke away from hometown favorite Steve Pecinovsky, of Arlington, Virginia, shortly after the 10-Km mark and went on to win in 1:28:05. Richard Quinn, a former Washington resident now attending graduate school in San Francisco, moved up from fifth to second place in the last half of the race, but Lewis was too fast.


Three-time Olympian, Carl Schueler, won the open 5 Km race by almost 5 minutes in 23:37. The race was somewhat of a comeback for Schueler, a 34-year-old who was hit by a car in 1988.

Results:


OTHER RESULTS


FROM THE MOUNTAINS, TO THE PRAIRIES, TO THE OCEANS WHITE WITH FOAM—WE HAVE WALKING RACES

Sun. May 6 National TAC Women's 20 Km and Southeast Masters 20 Km, Raleigh, NC (O)
5 Km, Dearborn Heights, Michigan, 10 am (U)
5 Km, Worthington, Ohio, 10:30 am (Y)
5 Km, Kansas City, Missouri (V)
Long Beach Marathon, 7:30 am (B)
5 Km, Douglas County, Colorado (F)
National TAC 5 Km, Bethany, Oklahoma (Z)
5 Km, Crab, 15:30 (L)
5 Km, Denver (F)
5 and 10 Km, Atlanta area (H)
National TAC Jr. 5 Km Women, 5 Km Men, Dedham, Mass. (Q)
5 Km, Lansing, Michigan, 10 am (BB)
5 Km, Denver (F)
New Mexico State 5 Km, Albuquerque (N)
5 Km, Women, 10 Km Men, Dearborn Heights, 10 am (U)
3 Km, Tiffin, Ohio (S)
Masters 3 Km, Kings Point, NY (L)
Metro Tac 10 Km, New York City (AA)
5 and 10 Km, Santa Ana, Cal., 7:30 am (B)
Metro Tac 10 and 20 Km, New York City (AA)
Lincoln Memorial Mens 20 Km, Womans 10 Km, Washington DC, (CC)
1500 meters and 3 Km, Albuquerque, NM (N)
15 Km and 10 Km, San Francisco (P)
Sun. May 20
5 Km, Women, 10 Km Men, Dearborn Heights, 10 am (U)
3 Km, Tiffin, Ohio (S)
Masters 3 Km, Kings Point, NY (L)
Metro Tac 10 Km, New York City (AA)
5 and 10 Km, Santa Ana, Cal., 7:30 am (B)
Metro Tac 10 and 20 Km, New York City (AA)
Lincoln Memorial Mens 20 Km, Womans 10 Km, Washington DC, (CC)
1500 meters and 3 Km, Albuquerque, NM (N)
15 Km and 10 Km, San Francisco (P)
Sun. May 27
10 Km, Kent, Washington (C)
Masters 5 Km, Brooklyn, NY (AA)
3 Km, Alexandria, Virginia (CC)
Sanford Kalb 9 Mile, Lakewood, N.J., 9:30 am
15 KM, Norwalk, Cal. (B)
5 Mile, Columbia, Missouri (M)
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<td>15 Km, Columbia, Missouri, 9 am (M)</td>
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<td>4 Mile, Kent, Wash., 7 pm (C)</td>
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<td>Sat. June 29</td>
<td>2.8 Mile, Seattle, 6 pm (C)</td>
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<td>Sun. June 10</td>
<td>3 Km, Alexandria, Virginia (CC)</td>
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**Contacts**

A--Richard Charles, 500 E. Riverside Drive, Austin, TX 78704
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 Windermere, Seattle, WA 98115
D--Mary-Ellen Randall, 1570 Broadway, Bangor, Maine 04401
E--Arizona Walkers Club, 5615 East Argayle Dr., Phoenix, AZ 85018
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
G--Ken Dose, Fresno CC Athletic Department, 1101 E. University Ave., Fresno, CA 93741
H--Barbara Waddle, 3235 Redfield Dr., Norcross, GA 30071
I--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
J--Sanford Kalb, 22 Addison Rd., Howell, NJ 07731
K--Shelter Island Run, Box 266, Shelter Island, NY 11964
L--Bernard Kaufman, 75-02 Austin Street, Forest Hills, NY 11375
M--Columbia Track Club, PO Box 10237, Columbia, MO 65201

**FROM HEEL TO TOE**

Chris Rael, understandably, wants it known that he should not have appeared on 1989 Women's 10 Km list. Apologies to Chris and to the ladies that we placed in front of. Does anyone out there have the results of the unofficial Women's World Championships in 1968? I have a reader who wanted the first three in all of these meets from 1968 to 1979, but I could find nothing on 1968. Also, can anyone out there right a short treatise on what is now available in racewalking shoes, or running shoes that are good for walking? I get requests from time to time, and all I can ever tell anyone is what I am wearing at that time, which is what I ever find that seems good and not too high priced when my shoes wear out. They phase models out so quickly anymore that you always have to be looking for something else. The adidas Italia was great and stayed around for a good while, but most of my readers probably never heard of them. They made the last one more than 20 years ago. I received a request along these lines from Harold Canfield who wrote: “I’ve found that several shoes that I have been using for the past years are not available (Ed. see above) and am wondering if you have any suggestions as to what is currently available in shoes suitable for racewalking. What are the walkers wearing these days? I still have an old pair of Tiger Colorado’s that are very good. Also, I wear a pair of Nike EXW shoes that I bought in 1986, but they are really wearing out.” So, who can help Harold and a lot of other desperate readers out? Some way Ernestine Yeomans was left out of the results of the Ohio TAC Indoor 3 Km. Ernestine had a 22:04.4, which was a 70-74 age group record. Ernestine was TAC’s Outstanding Walker for that age group in 1988. The Athletics Congress tested 26 athletes in their year-round, out-of-competition drug testing program during the first six weeks of the year, including racewalkers Don Lawrence and Ray Sharp. Both were clean, which is no surprise. The qualifying time for the 5 Km at the Junior Women’s Outdoor Nationals is 28:30, not 23:30 as listed several places. A 16:00 for 3 Km will also qualify young ladies. Other qualifying times for TAC National T&F Meets are 1:34:35 for the men’s 20 Km, 52:48 for the women’s 10 Km, and 56:00 or a 5 Km time of 25:38 for the Junior men’s 10 Km. Nine walkers have been selected to participate in TAC’s Athlete Stipend Program: Tim Lewis, Gary Morgan, and Mark Manning at 20 Km; Paul Wick, Herm Nelson, and Dan O’Connor at 50 Km; and Lynn Weik, Teresa Vail, and Debbi Lawrence at 10 Km. The 1990 Junior World Championships will
include a 10 Km racewalk for men and a 5 Km for women. Qualifying times are
45:00 and 25:30, respectively. The Racewalk officials held the day before the
Mortland Invitational was attended by about 20 people, most of them track
officials interested in learning about the walks. Frank Alongi conducted
the clinic and answered many questions. The Pacific Pacers had a different
experience with a clinic as reported by Bev LaVeck in the Pacers newsletter:
"Pasters Events Marketing of St. Louis, in connection with Natural Sport
(Naturalizer) shoes, donated $200 to Pacers as a result of Clara and Steve
Frederickson, Terry Hagen, Lew Jones, and Bev LaVeck's efforts to put on a
walking clinic at the Spring Fitness Run and Walk in Federal Way April 14.
Would you believe that nobody came to learn how to racewalk, and only two
women wanted to have the slightest to do with us. It seemed as though we
were actually avoided! Strange, awkward situation. Something went definitely
wrong with the promotion of the event."

So what are we doing here?

From time to time the ORW has brought you some ancient articles and excerpts
from books of particular interest. Here is a real gem, provided to me by Frank
Soby, from the book Rowing and Track Athletics, Samuel Crowther and Arthur

CHAPTER XII
Competitive Walking

Except as contested by the all-round athletes at their annual individual
championships, walking no longer occupies a serious place in the consideration of
track athletes. (Ed. Note that my first-ever racewalk competition was an 880 at
the National All-Round in Baltimore in 1955.) The one-mile walk was dropped
from the Mott Haven program after the games of 1898, and the one-mile, three-
mile, and seven-mile walk, which were contested at the national amateur
championships at various times, are now no longer seen. The half-mile walk at
which the all-round athletes still compete, is retained because there could be no
just standard of comparison between present and past individual all-round
champions if the program of events should be changed. (Ed. Other events in
the all-round, to which my knowledge is no longer contested, were the 100 yards,
120 high hurdles, mile run, long jump, high jump, pole vault, shot put, hammer
throw, and 56-lb weight. It was a one-day event.)

Aesthetically or athletically little good can be said of walking as a
competitive sport. Natural as walking is, and natural and beneficial as it may
be made, there is nothing either pleasing or normally helpful in walking as it is
done on the track. The contorted wriggling of the heel-and-toe walker is the
acme of athletic awkwardness, and although long-distance competitive walking
requires an enormous amount of endurance and skill, the proficiency which it
brings about cannot be used in any normal, natural way. If you learn to run
fast and well, the strength and skill and confidence that you acquire today you
can use tomorrow in beating out an approaching rain storm or overhauling a
trolley car; but if you are going to take a tramp across country you will never do
it in heel-and-toe form, and if you want to go faster than four miles an hour, you
will either trot or take some other means of travelling. Aside from their aesthetic
and athletic disadvantages, the long-distance walks were also undesirable because
of the tendency they had to encourage petty deception on the part of contestants.
To maintain a fair gait in heel-and-toe walking the contestant must see to it that
one foot is on the ground before the other leaves it, and that the knee is bent
only on the leg that is being put forward. After the stride is made and the foot
is on the ground, the knee must be kept perfectly straight and unbent until the
foot is lifted from the ground. Obviously this unnatural position is hard to
maintain, and it is trebly so when the stress of contest is driving the contestant
to quicken his pace and run. It takes not only complete honesty, but an unusual
self-control, on the part of the athlete, not to walk unfairly—not, now and then, to
"skip" for a stride or two. The mental strain of thing is so intense that even with
the best of intentions a contestant is pretty likely to "break" now and then in
spite of himself. The position of a judge called upon to watch a large filed of
contestants, some of whom may be so unscrupulous as not to mind running for
a few steps if they can do when the judge's back is turned, is about as difficult as
that of the traditional baseball umpire of the comic paragraph. Some on is pretty
sure to be treated unfairly; not everyone can possibly be satisfied. For all of
which reasons, and others doubtless, walking as a track contest has been dropped
from athletic programs and has lost its place in popular regard.

So, slow and ugly, and so stupid a sport could not, obviously, appeal very
strongly to the average undergraduate, and while walking was being done in this
country the performers on college tracks were, for the most part, inferior to those
made under club auspices. Among these club athletes Frank P. Murray, who
walked during the early eighties, was one of the most notable. Murray still holds
a dozen or so records for various distances from one-third of a mile up to three
miles. The half mile he did in 3 minutes 3/5 seconds; the mile in 6 minutes 29
3/5 seconds; the two miles in 12 minutes 48 3/5 seconds; and the three miles in
21 minutes 9 1/5 seconds. These records were all made in 1883 and 1884.

Burckhardt of the New York Athletic Club, Parry of the Williamsburg Athletic
Club, Lange of the Manhattan, G.D. Baird, and D.L. Nicoll were among the other
well-know walkers of those days. At the intercollegiates the three-mile walk was
contested in 1976 and won by T.R. Noble of Princeton in 28 minutes 21 1/2
seconds. It was never contested again. The two-mile walk was contested in
1877, 1878, and 1879, and then dropped. The mile walk remained on the Mott
Haven program until after the games of 1898. It was not done in under seven
minutes until 1892, when F.A. Borcherling of Princeton won it in 6 minutes 52
4/5 seconds. This record held until broken by W. B. Fetterman, Jr., of
Pennsylvania, whose time of 6 minutes 42 4/5 seconds, somewhat more than a
dozen seconds behind the world's amateur record, stands as the intercollegiate
record.

LOOKING BACK

25 Years Ago (From the April 1965 ORW)—This, the second issue of our
publication, was still quite parochial in the events covered as we hadn't yet
established our vast international network of new sources. However, we did
have races in New York City, Kings Point, N.Y., and Toronto on our schedule of
upcoming events. The big news was Jack Mortland's decimation of Jack
Blackburn on the famous Doc Blackburn side-yard track (9.3 laps to them mile).
Blackburn held on for 5 3/4 miles of the 8 mile race and then had to stagger in
as Mortland's 61:18 left him nearly 2 minutes behind. The 52-year-old Doc
recorded 75:56. Mortland also won a 12-miler in 1:36:43, but fell apart himself
in that one, taking nearly 18 minutes for the final 2 miles.
20 Years Ago (From the April 1970 ORW)—Walking was entering a new era as evidenced by Dave Romansky's American Record 1:58:09 for 25 Km; Tom Dooley's 15 mi 1093 yards for 2 hours, passing 25 Km in 1:59:20; Dooley's 43:50 for 10 Km; and 13:28.6 for 2 miles by Greg Diebold. ... Romansky also had an American record 50 Km of 4:15:23 on the track. ... Locally, the rapidly aging Mortland (then 35) again hit the wall over the last 2 miles as he won a track 20 Km in 1:58:09. Mortland also won a 10 Km on the track in 38:38 ahead of Paul Rebach's 49:54. ... Shaul Ladany broke the American record for 50 miles with 7:52:04.

15 Years Ago (From the April 1975 ORW)—Ron Laird won the 57th U.S. title of his career—first since 1971—capturing the 25 Km at Seattle in 1:56:38. ... Dave Romansky was still motoring pretty well with a 1:34:38 for 20 Km on the track. ... France’s Jean-Pierre Garcia set a world’s 100 Km record with 9:30:06. ... The U.S. 75 Km title went to long-distance specialist Shaul Ladany in 7:22:20. Dan O’Connor came second in 7:39:50.

10 Years Ago (From the April 1980 ORW)—Walking the second fastest 50 Km ever by an American, Carl Schueler captured the National title in New York in 4:06:07. Schueler, more than 18 minutes under his personal record, left Dan O’Connor better than 13 minutes behind. John Knifton was third. ... Dan came back a week later at the National 20 Km in Seattle to win in a startling 1:26:21, fastest ever by an American to that time. John VanDenBrandt trailed by about 7 minutes. ... In Mexico, Daniel Bautista did an astounding 1:20:59 for 20 Km at 4700 feet altitude. He beat Soviet walkers both times—Anatoly Solomin (15,042 meters) and Nikolai Vinnestenkinsko (1:21:40). ... The Spanish 50 Km was a swifty, with Jose Marin going 3:43:35 ahead of Jorge Llopars’ 3:45:55. ... Sue Brodock did 20 Km in 1:45:20, an American best.

5 Years Ago (From the April 1985 ORW)—Carl Schueler overtook Tim Lewis in the final 10 Km to win the National 30 Km title in 2:26:17 in Colorado Springs. Lewis, who led at 20 Km in 1:24:45, was second in 2:28:20. Randi Mimm and Dave Cummings followed. ... Two weeks later, Lewis won the National 25 in Washington, D.C. in 1:52:55. Cummings was a distant second here in 1:59:20, followed by Gary Morgan and Ray Funkhouse. ... At the same time, Teresa Vaile won the Women’s National 20 Km in 1:44:28, 6 and one-half minutes ahead of Sue Liers. Carol Brown was third in 1:50:53.

Hot Weather

With hot weather approaching, here is what Dr. Howard Palamarchuk, Sports Science representative to the U.S. Race Walk Committee tells us:

Fluid loss of as little as 2 percent of total body weight will impair performance by as much as 5 to 6 percent (lost time in a race). Athletes who try to rehydrate all at once by drinking huge quantities of water prior to an event (1 to 2 days) do not perform as well as athletes who keep themselves hydrated all along. If you take in large quantities of water too soon, you stimulate pathways to eliminate the water. Adequate pre-competition (training) hydration requires drinking 8 to 10 eight ounce glasses of water daily (recommended by the American College of Sports Medicine). Thirty minutes prior to competition, consume an additional eight ounces of water. Consume 6 to 8 ounces of water every 15 minutes during the competition (individual preference). On a hot, humid day, more than 2 liters of water can be lost in only 45 minutes.

Rehydration is very important. The difference in pre-race and post-race weight is water loss. To replace fluid: For every pound of weight lost, drink one pint of fluid.

Technical Stuff

Here are a couple of extracts of interest from the technical literature.


Repeat trials of a race walker were analyzed to ascertain the contribution to energy changes made by the lower limb muscles. A sagittal plane link segment model was used to calculate mechanical powers at the hip, knee, and ankle. The ankle plantarflexors provided the major energy necessary to propel the body forward. Muscles about the hip contribute to a lesser extent via energy generation and transfer. At the knee, the muscles act mainly as energy absorbers and did not contribute to forward propulsion. Mechanical powers calculated for the race walker were compared to other forms of locomotion. Patterns unique to the race walker were identified and discussed.

The results of this study point to the need for developing and training the ankle muscles of race walkers. Although only one race walker was studied, the method of mechanical power analysis used in this study provided the first direct evidence of the unique role that muscles of the lower limb play in race walking when compared to other forms of locomotion. These findings underline the effectiveness with which mechanical power analysis may be used to help identify the proper protocol for training athletes for their particular sport movement.


It is evident from watching a racewalker that the movement patterns appear to be very different from normal walking and running. This study attempted to quantify these differences by studying 10 competitive racewalkers (2 females and 8 males). The subjects were filmed as they walked over a force platform under four conditions. The data analysis included temporal components, angular displacements of the lower extremity, ground reaction forces, and joint forces. Compared to walking or running, racewalking was characterized by greater maximal ankle dorsiflexion, maximal knee extension, angular displacements of the pelvis, medial ground-foot reaction forces, peak plantar flexion moment, and external peak knee hyperextension moment. It was concluded that the skill of racewalking has unique biomechanical properties that clearly differentiate it from the gaits of walking and running.
running. Implications for identifying muscle activity patterns are noted.

FLASH! THIS RESULT JUST IN

**Fontana Days 5K Race Walk 04/21/90**

Fontana, California

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**Women**

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<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tr>
<td>1</td>
<td>Victoria Herazo</td>
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<td>2</td>
<td>Jill Latham</td>
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<td>3</td>
<td>Eleanor Aiguire</td>
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<td>4</td>
<td>Nicki Nole</td>
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<td>Linda Hiltunen</td>
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<td>Singer Audrey</td>
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<td>Donna Rankin</td>
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<td>Francine Avellanes</td>
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<td>17</td>
<td>Mary Hannibal</td>
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<td>Jenny Disbrow</td>
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<td>19</td>
<td>Jean Serio</td>
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<td>20</td>
<td>Holly Osborne</td>
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</table>

76 finishers

Happy walkers after the Mertland Invitational. Above, Masters winner Max Green (right) and his teammate Terry McHoskey. Below, Bobby Briggs (left, 4th place) and Dan O'Brien (3rd place). (John White photos.)