LEWIS, VAILL CAPTURE
NATIONAL TITLES AT 5 KM

Bethany, Oklahoma, May 12—Gusting winds slowed the times but could not prevent Tim Lewis and Teresa Vaill from scoring decisive victories in the National Athletic Congress 5 Km Racewalk Championships today. In the men’s race, Dave McGovern hung with Lewis for two of the four 1250 meter loops, but was no match for Tim over the second half of the race. Lewis’ winning time of 21:06 was rather slow for him, but about what he expected on this day. McGovern finished in 21:42, well clear of third-place Ian Whately. John Knifton led the masters walkers in eighth place, and 65-year-old Bob Mimm had another impressive race with his 27:36 in 12th.

Vaill had an even easier race winning by more than a minute in 22:45, excellent for the conditions. Herazo was with for the first 1500 meters and had no trouble beating Susan Liers for second. Viisha Sedlak and Gayle Johnson, in fourth and fifth, led the masters contenders.

The results:

Men:

Women:

OTHER RESULTS


3. Gino Codoto 50:40 Women: 1. Juli e Fina 30:32 Metropolitan Association 10 Km, New York, May 6-
Women 40--1. Julie Robertson, San Diego 51:45 2. Micheline Daneau, Quebec 51:49 3. Tracey Briggs,
RACES YOU MIGHT ENJOY AS COMPILED THROUGH OUR VAST INTELLIGENCE NETWORK

Sat. June 9 5 Km, Denver (F)
5 Km, Phoenix, Ariz., 6:30 am (E)
2.2 Mile, Denver (F)

Sat. June 10 5 Km, Buffalo (J)
1 Hour, Kansas City, 7:30 am (V)
10 Km, Phoenix, Ariz., 6:30 am (E)

Sun. June 10 National TAC Women's 10 Km, Cerritos, Cal., 7:30 am (B)
2 Mile, Denver (F)

Fri. June 15 National TAC Men's 20 Km, Cerritos, Cal., 7:30 am (B)
5, 10, and 20 Km, Buffalo (J)
5 Km, Chicago (X)

Sat. June 16 Masters 5 Km, Los Angeles, 2 pm (B)
8 Km, Atlanta (H)
5 Km, New York City (S)
8 Km, Kansas City, 7 am (V)

Sun. June 17 5 Km, Los Angeles (8)

Sun. June 17 Men's 10 Km, Newport Beach, 7 am (B)

Fri. June 29 National TAC Junior Women's 5 Km, Men's 10 Km, Fresno, CA (G)
5 Km, Buffalo (J)

Sat. June 30 5 Km, Buffalo (J)
5 Km, Phoenix, Ariz., 6:30 am (E)
5 and 10 Km, Pasadena, Cal., 7:30 am (B)

Sun. June 24 Masters 5 Km, Eugene, Oregon, 8 am (Y)
3 Km, Alexandria, Va. (T)

Fri. June 29 3 Km, Newport Beach, 6 pm (C)

Sat. June 30 5 Km, Detroit (J)
Masters 5 Km, Buffalo (J)
5 and 10 Km, Niagara Falls, 8 am (W)

Sun. July 1 Women's 5 Km, New York City (S)
5 Km, Denver (F)

Wed. July 4 10 Km, Kansas City, 7 am (V)

Thur. July 5 2.8 Mile, Seattle, 6 pm (C)

Sat. July 7 National TAC 10 Km, Niagara Falls, 8 am (W)
Masters 3 Km, Libertyville, Illinois, 11 am ($500 total prize money) (Z)
5 Km, Denver (F)

Sun. July 8 5 Km, Phoenix, Ariz., 6:30 am (E)
3 and 5 Km, Gresham, Oregon (Y)

Sat. July 14 3 Km, Alexandria, Virginia (T)
5 Km, New Haven, Conn. (L)
5 Km, Dearborn, Mich., 9 am (U)

Sat. July 15 Metropolitan TAC 50 Km, New York City (S)
2.2 Mile, Denver (F)

Sat. July 21 5 Km, Phoenix, Ariz., 6:30 am (E)

Sun. July 22 Niagara 5 and 10 Championships, Buffalo (J)
3 Km, Alexandria, Virginia (T)

Sat. July 28 5 Km, Dearborn, Mich., 9 am (U)

Sun. July 29 5 Km, Colorado Springs, Colorado (F)
10 Km, Seattle (C)

Mon. July 30 Empire State Games 5 and 20 Km, Syracuse (J)
Empire State Games 10 and 50 Km, Syracuse (J)

Thu. Aug. 2
Sat. Aug. 4

New Jersey TAC 5 Km, Trenton (A)

MAY 1990
San Diego racewalkers become movie stars

(As reported by Ed Ricci in Southern California Racewalking News) Around March 1 or 2, Lizzy Salvato called me at home and told me that someone had contacted her to teach the stars of a pilot film, Ladies on Sweet Street, how to racewalk. She discovered that her students were Gloria De Haven, Doris Roberts, and some man. Lizzy asked me if I wanted to be in the movie, and naturally I said I did. My job was that of a judge, uniform and all, and there were many of our racewalkers there, including Ted Greiner, Shirley Floyd, and Suzanne Synal-Criffen.

The pilot was filmed on Coronado Island, but before I go any further, let me say that racewalking is only one segment in the pilot, which has to do with middle-age women competing in a race of men and women with Gloria De Haven beating the man. The race took place on the streets and on the sand of the beach. There was cheering and applauding—done by the hundreds of volunteers with Clyde Hatfield among them. The race finished right in the entrance of the Hotel Del Coronado.

It seemed to me there were 30 or more takes of every scene. We started about 7 am and we finished about 6 pm. I thought it would never end, but they were very nice to us. They let us have about 45 minutes for lunch! Now I understand why movie stars are so easily upset when you have to repeat, and repeat one scene. For example, though the sun was out, the day was cool and each time they did a repeat of a race scene, they squirted water in the principals’ faces to make them look like they were working hard and perspiring. I felt sorry for them and also feel more respect for they earn their money.

The pilot is to be shown in September and if everything goes well, it will be made into a series similar to The Golden Girls.

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Shoe commentary

My appeal for some solid information on shoes in last month’s Heel to Toe column brought the following from Stan Chraminski in Seattle:

“I’ve found two brands of shoes suitable for racewalking. The first are the Reebok World Best racing flats. The drawbacks of these are in sole wear—which can be helped by application of shoe goo on the wear spots—and they run about a half to full size small due to a tight toe box. Otherwise, they are flat soled and flexible and not that much different from the now out of production Reebok Racewalkers.

“The second brand is the Saucony Sceptre racing flat. It’s a light and flexible shoe with good toe room. The heel is a little higher than some racing flats, but at worst, it’s a good training shoe for walkers. It is fairly expensive, however, at a list of about $60. The Reeboks are a little cheaper with a list in the $40s. Both can be found for 10 percent or more off in mail order sales.”

And Elaine Ward was addressing the same problem in the most recent Southern California Racewalking News:

Many racewalkers have recently encountered considerable frustration trying to get good racewalking shoes for competition. Reebok has again taken its racewalking shoe off the market and has no plans for a new model. The money and technology is going into the fitness walking market and no arguments about the growing numbers of race walkers or the monopoly advantage of putting out a good specialty racewalking shoe seems to work—at least for any length of time.

Mike Bandoni of the Sports Shoe (an LA store) has come up with some good ideas for dealing with this shortage. The first is to take the Nike or Reebok cross country or running flat and resole them for racewalking. He has done this for several local athletes with good success. These shoes cost between $30 and $35 and a resoling cost of $20 brings the price up to about the cost of the Reebok racewalking shoe. He is also looking into the feasibility of assembling a racewalking shoe to meet the heavy demand in our area.
Mike suggests that the racewalking community write the following shoe companies, register their frustration that no competitive shoe is being marketed and ask that the company consider putting a good racewalking sole on their cross country or running racing flat. Nike’s cross country shoe is called the waffle racer and Reebok’s cross country shoe is called world cross. These shoes have small pegs. adidas still sells its extremely expensive elite racewalking shoe, but this is impractical for most walkers. All the sports oriented shoe companies need to hear of our strong interest in having a shoe and to learn that noncompetitive walkers enjoy walking in a light weight, flexible shoe, as well.

Addresses:
Nike International, VP of Sales and Marketing, 3900 SW Murray Blvd., Beaverton, OR 97005
Reebok International, VP of Sales and Marketing, 1000 Technology Center Drive, Stoughton, MA 02072
Avia Distribution Center, VP of Sales and Marketing, 6077 Lakeview Blvd., Lake Oswego, OR 97035
adidas USA, VP of Sales and Marketing, 15 Independence Blvd., Warren, NJ 07060.

FROM HEEL TO TOE

A fitness walking clinic featuring Don and Debbi Lawrence is scheduled for Kansas City on Saturday, June 23 at 11 am. For more information contact the Kansas City Walkers, P.O. Box 30301, Kansas City, MO 64112. Mel Grantham’s 25:43 at the Fontana Days 5Km in California, reported last month, has been questioned by one reader, since it would break the age group (65-69) record by more than 3 minutes. Last month we had only the result and really hadn’t the amazing time ourselves. This month we have commentary on the race written by Mel himself in which he says: “This is a fun race, a morale builder”--a downhill roll where speed and legality may or may not mix. The race results reflect this mixture and at times should be accompanied by a smile and wink.” I’m sure he intended one of those winks for his own performance.

Henry Laskau is again a candidate for the National Track and Field Hall of Fame. Henry, now living in Coconut Creek, Florida, won 42 national titles during the 40s and 50s and was the 1951 Pan-American gold medalist. Perhaps this will be the year his efforts are properly recognized. To date, Ron Laird is the only racewalker in the Hall. Three more racewalkers have given their urine to The Athletics Congress in the mandatory, out-of-competition drug testing, and all tested clean, keeping our branch of the sport untainted. The three were Cindy Perez, Paul Wick, and Mike Rohr. Leonard Jansen, racewalker and head of the computer science department at the U.S. Olympic Training Center in Colorado Springs was quoted in an article in the April 1990 issue of IEEE Spectrum. The article, "Biomechanically Engineered Athlete,” quoted Leonard thusly: "There is no substitute for science and technology in improving athletic performance except drugs, and drugs are not acceptable.“ The rather brief article covered the types of equipment and analyses used in performance testing. Steve Pecinovsky (Major Pecinovsky) was named the Air Force Male Athlete of the Year for his racewalking feats (actually feats) and honored along with seven others from other branches at the Army-Navy Country Club in Alexandria, Virginia on January 19.

An article in Military Lifestyle covering the event had this to say about Steve, a 35-year-old native of Columbus: “While it’s not as well-known as football or basketball, racewalking is attracting quite a bit of attention in sporting circles. Evidence of this is the selection of Maj. Steven Pecinovsky, a judge advocate at Bolling AFB, Washington, DC (Ed. Steve has since been reassigned to Alabama) as the Air Force’s Male Athlete of the Year. Pecinovsky, who for the past 10 years has been a member of the U.S. National Racewalk Team, captured first place in the 15 Km National Championships in Long Beach, California, last year. Other accomplishments in 1989 includes a fifth place finish in the National Invitation 20Km Racewalk World Cup Trials and a sixth place showing in the U.S. Olympic Festival’s 20Km walk. Pecinovsky also competed in the U.S. World Cup Team in Barcelona and the CISM Track and Field Competition in Rome. When not competing himself, Pecinovsky serves as the coach of the Potomac Valley Track Club in suburban Washington, D.C. Just how good a coach is he? Apparently pretty good, as two of his athletes placed ahead of him at the U.S. Olympic Sports Festival. A letter to Track & Field News from David G. Rossiter of Ithaca, N.Y. had this to say in explaining falling attendance at indoor T&F meets: “Second is the inclusion of racewalking in the program. It’s bad enough that this is considered part of T&F, but as a spectator sport it is downright ludicrous... they all cheat, and the ones who do it most smoothly don’t get DQed. Further, the walkers are inferior athletes; anyone who can run like Doug Padilla, runs, he doesn’t walk! The spectator can sense the low level of the competition and wonders why he spent $34 to watch it.” The first part of his comment only agrees with what some people within our sport have been saying and we have been over that round enough lately, so we’ll let that go. The second part can simply be dismissed as a non sequitur. I’m sure Mr. Rossiter is offended by those who suggest T&F athletes are just those who aren’t good enough to play football, basketball, or baseball, but it’s the same argument. If you can play basketball like Michael Jordan, you play basketball, you don’t run. Or keeping it within the sport, anyone who can sprint like Carl Lewis, sprints, he doesn’t just run. Or, anyone who can toss the shot like Randy Barnes, throws the shot, he doesn’t run. And, anyone who can walk like Tim Lewis, walks, he doesn’t run. They are all true statements—everyone seeks the event he or she is best at, but that doesn’t make them any better, or any lesser, an athlete than those in another event. Would Mr. Rossiter care to put a wager on a 6 mile race between Tim Lewis and Doug Padilla in which they ran the first 3 miles and walked the second three, or vice versa? Also from the media, this excerpt from Dave Barry’s syndicated column: “Probably the fastest-growing sport for the over-40 person is one that combines the advantages of a good cardiovascular workout with the advantages of looking like you have a bizarre disorder of the central nervous system. I refer to walking like a dork. Walking like a dork has become very popular among older people who used to jog for their health but could no longer afford the orthopedic surgery. The object of dork walking is to make a simple, everyday act performed by millions of people every day, namely walking, look as complex and strenuous as Olympic pole vaulting. To do this, you need to wear a special outfit, including high-tech color-coordinated shorts and sweat clothes and headbands and wristbands and a visor and a Sony Walkperson tape player, little useless weights for your hands and special dork-walking shoes that cost as much per pair as round-trip air fare to London. But the most important is your walking technique. You have to make your arms and legs as stiff as possible and swing them violently forward and back in an awkward, vaguely Richard Nixon like manner. You’ll know you’re doing it right when passing motorists laugh so hard that they drive into trees.” That’s humor I can relate to; if you’re offended by that you need to get yourself some thicker skin.
LOOKING BACK

25 Years Ago (From the May 1965 ORW)—In only its third month of publication, the ORW was still a bit provincial, and this issue featured a lot of the editor (Yea, even then, Jack Mortland) and publisher (Jack Blackburn, who was actually responsible for starting this publication, though he ducked out after a couple of years). One week, Blackburn beat Mortland in a 2-miler, 14:05 to 14:08; the next week it was Mortland better than 2 minutes ahead in 1:17:36 10 miler. Finally, Mortland overcame high heat and humidity—or at least, so we boastfully reported—and Blackburn to take a 10K race in 47:51. Blackburn had 49:19. In the hinterlands, Ron Danile won the Asbury Park 10 miler in 1:20:04, 10 seconds ahead of Art Mark. Henry Laskau, in a rare appearance after his retirement nearly a decade earlier, walked a very creditable 1:22:04 in fifth. In yet another 10 miler, Paul Nihill took the British title in 1:14:55, with Ron Wallwork less than a half-minute behind.

20 Years Ago (From the May 1970 ORW)—Dave Romansky won the National 35Km in Des Moines in 3:13:14 on a 12-lap course, which included one hill that had no place in a walking race since it was impossible to actually walk up it. A close, and steadily closing, was Australian Bob Steadman, then living in Winnipeg, in 3:14:19. (Bob has just recently left Texas to return to Australia; we hope his Mongolian pal Golombjab will find him there.) Ron Kulik and Canadian Karl Merschenz captured the next two spots, followed by John Knifton, Goetz Klopfer, Marcel Jobin, and Ron Laird—a very class field. Romansky also won the National 15Km in Nutley, N.J. in 1:14 plus (the official time was not available at press time, even though your editor was on the scene of the race) on a very hot day. Ron Kulik, hosting the race, beat Steve Hayden for second, with Ron Laird, Ron Daniel, and John Knifton following. The ORW postal 20Km went to Laird in 1:33:35 with Tom Dooley just 21 seconds back. Romansky blitzed the course record in the Zinn Memorial 10 Mile in Asbury Park with 1:10:54. Ron Daniel was 4 1/2 minutes back. Wilf Wesch, a West German, walked a 1:29:02 for 20Km in London. Gennadiy Agapov had 1:29:19 in the USSR.

15 Years Ago (From the May 1975 ORW)—Joh Knifton won the National 15Km in Chicago in 1:10:54 with Tom Dooley 42 seconds back. Bob Henderson, comebacking Larry Young, and Al Shirk followed. Mike Young from the Colorado TC won the Junior 15 in 1:25:50. The Mexican revolution was just beginning and was well demonstrated in a win over Canada. Daniel Bautista won the 10Km in 42:34 with Enrique Vera just 14 seconds back. The 20 went to Raul Ganzales in 1:27:50, with Pedro Arroche and Domingo Colin also well ahead of Canada's Marcel Jobin.

10 Years Ago (From the May 1980 ORW)—Carl Schueler won the 50Km Olympic Trial and, in the process, became the first U.S. walker under the 4 hour mark. Schueler caught Marco Evonik on the last of 20 laps and finished in 3:59:33. Evonik's 4:00:30 was also under Larry Young's previous U.S. best of 4:00:45. Dan O'Connor passed Jim Heiring just after 40Km and went on to take the third spot in 4:11:03. Jim finished in 4:12:37. Vincent O'Sullivan and Wayne Glusker filled the next two spots. A week earlier, Marcel Jobin had become the first North American under 4 hours, winning the Canadian title in 3:54:50. Jobin also came first in the U.S. 10Km race in 41:47:3, nearly a minute ahead of Chris Hansen. O'Connor and Steve Pecinovsky were next. Jobin repeated in the Zinn Memorial the next day with a 42:01, ahead of Ray Sharp's 42:49. Pecinovsky edged O'Connor for third this time. Sue Brodock won the U.S. 20Km title in 1:48:22, as Vicki Jones finished second and Lori Maynard third. The men's 20 was held in Seattle with O'Connor beating a relatively weak field in an excellent 1:26:26. John VanDenBrandt, Torry Lingholm, and Al Halbur followed.

5 Years Ago (From the May 1985 ORW)—With heat slowing the times, Carl Schueler defended his U.S. 50Km title in New York City. Carl's 4:18:07 left Marco Evonik better than 7 minutes back. Randy Mimm was another 12 minutes back; then came Dan O'Connor, Dan Pierce, and Bob Davidson. Jim Heiring won the National 5K in Denver in a swift 20:21. Dave Cummings had 20:40 to beat Tim Lewis (20:56) for second. Marco Evonik, Gary Morgan, and Todd Scully were next. Maryanne Torrellas (23:52) took the women's title ahead of Ester Lopez (24:25) and Teresa Vaill (24:50). At the Mexican walking week, Martin Bermudez won the 20Km in 1:23:50, Columbia's Querebin Moreno the 1 Hour with 14,270 meters, and Norway's Erling Anderson in 3:59:34. Sweden's Ann Jansson won the women's 20Km in 1:36:37. China's Hong Yan had a women's world best of 44:14 for 10Km, with 15 more of her countrywomen under 48 in the same race. Two days later, she did 21:43 for 5K, but was beaten by Yungjiu (21:42).

Lifted from Gangsport Danmark