Fast times indoors

FEBRUARY 1992


ARE ANY OF THESE EVENTS IN YOUR FUTURE?

Sat. March 7 Republic of Texas 5 Km, Austin, 7:30 am (F) 5 and 10 Km, Seattle, 10 am (C)
Indoor 1 Mile, Denver, 6 pm (H)
Sun. March 8 2 Mile and 10 Km, New Orleans, 8 am (V)
Sun. March 9 3 Mile, Denver (H)
Sun. March 14 2 Mile and 10 Km, New Orleans, 8 am (V)
Sun. March 15 5 Km, Virginia Beach, Virginia, 9:30 am (AA)
Indoor 1 Mile, New Haven, Conn., 11 am (C)
Sat. March 21 St. Patrick's Day 5 Km, New York, N.Y. (C)
Sat. March 21 10 Km, New Orleans (V)
Sat. March 22 4 Mile, Kansas City (K)
Sun. March 22 5 Km, Austin, Texas (Y)
Sun. March 22 20 Km and 5 Km, Long Beach, Cal., 8 am (B)
Marathon, San Francisco (N)
5 Km, Denver (H)
St. Patrick's Day 5 Km, New York City, 9 am (V)
Eastern Regional Men's 20 Km, Women's 10 Km, Washington, DC (J)
2 Mile, Denver (H)
Women's 10 Km, San Francisco, 9 am (N)
Gulf 20 Km Championship, Houston, 8:15 am (X)
Culf 1 Hour, Houston (Z)
Wed. April 1 2.8 Mile, Seattle, 6 pm (C)
Thu. April 2 20 Km, Parkville, MO (R)
Sat. April 4 National Masters Indoor 3 Km, Men and Women, Columbus, Ohio (K)
Sun. April 5 Women's 10 Km, Atlanta, 9 am (D)
2 Mile, Parakville, MO (R)
10 Km, Seattle, 10 am (C)
5 Km, Denver (H)
10 Km, Bethpage, Long Island, 9:05 am (V)
5 and 10 Km, Kansas City (R)
Jack Morland Invitational Women's 10 Km and Men's 20 Km,
Columbus, Ohio, 9 am (S)
10 and 20 Km, Kenosha, Wis. 1:30 pm (T)
Mt. SAC Relays 10 Km, Walnut, CA, 8 am (B)
Wed. Apr. 11 Mile, Seattle, 6 pm (C)
Wed. Apr. 15 4 Mile, Seattle, 10 am (C)
Contacts
A- Elliott Deman, 28 N. Locust, West Long Branch, NJ 07764
B-Ellaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C-Bev LaVey, 6633 N.E. Windermere Road, Seattle, WA 98115
D-Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
E-Jeff Salvage, 515 Valley View Road, Merion Station, PA 19066
F-Republic of Texas Racewalk, P.O. Box 3948, Austin, TX 78764
G-Park Walkers, 320 E. 83rd St, Apt C, New York, NY 10028
H-Bob Carlson, 2261 Glennco St., Denver, CO 80207
I-Steve Vaitones, c/o NEFAC, P.O. Box 1905, Brookline, MA 02146
J-Sal Corrallo, 3466 Roberts Lane North, Arlington, VA 22207
K-James Pearce, 2449 Southway Drive, Columbus, OH 43221
L-New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104
M-Gus Davis, 789 Donna Road, Orange, CT 06477
N-Ron Daniel, 1289 Balboa Ct., Apt. 149, Sunnydale, CA 94086
O-Frank Soby, 3907 Bishop, Detroit, MI 48224
P-Bonnie Byrum, P.O. Box 4505, Davenport, IA 52808
Q- Rob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
R-Heartland Racewalkers, P.O. Box 11141, Shawnee Mission, KS 66207
S-John Carlson, 4865 Arthur Place, Columbus, Ohio 43220
T-Mike DeWitt, 423027th St., Kenosha, WI 53144
U-NotPC, P.O Box 52003, New Orleans, LA 70152
V-Stella Cashman, 320 F 83rd St., Box 18, New York, NY 10028
W-Ray Fulghum, Box 5084, Raleigh, NC 27650
X-John Evans, 713-721-1421


table

<table>
<thead>
<tr>
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<th>Event Description</th>
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<tbody>
<tr>
<td>Sun. Apr. 19</td>
<td>Walks in Columbus, OH</td>
</tr>
<tr>
<td>Sat. Apr. 25</td>
<td>Penn Relays 10K Men (54:00 qualifier) and 5K Women (28:00 qualifier), Philadelphia, 7 am (E)</td>
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<tr>
<td>Sun. Apr. 26</td>
<td>Olympic 50 K Trial, New Orleans (4:25 Qualifying time, or fastest 15)</td>
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<tr>
<td>Sat. Apr. 27</td>
<td>Julie Partridge Memorial 10K, San Francisco, 4:30 pm (N)</td>
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<td>Sat. May 2</td>
<td>3 Mile, Detroit (O)</td>
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<td>Sun. May 3</td>
<td>5K, Denver (H)</td>
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<tr>
<td>Thur. May 7</td>
<td>2.8 Mile, Seattle, 6 pm (C)</td>
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\* Championship races *

One of the points made at the last fall’s Racewalk Committee meeting at the National TAC Convention was the need for more associations to get involved in hosting a national championship racewalk. Chairman Bruce Douglass notes, "This year the site selection committee sent out two mailings and followed up with one or two phone calls to solicit bids, all to no avail. While many have faulted the Racewalk committee, we cannot force associations to host races. The system we use as originally set up by previous chairman, Sal Corrallo, ensures that we follow TAC guidelines and provides a quality national championship.

"The impact from the lack of bids over many years could be devastating. The "less" popular distances of 15, 25, 30, 35, and 40 Km are extremely important for the development of our walkers. 20 Km men need over and under distance races, particularly championship races that should collect most of the best walkers. 50 Km men cannot do many 50's during a year and use these under distances to supplement their racing. To continuously not offer races at these distances will seriously impact the development of men at 50 Km and would not attract new walkers into the distance events. We need bids for these races."

Speaking to this point, Lori Maynard made the following comments in an address to the Associations Committee at the New Orleans convention:

"Once you make the decision to host a national championship, the rest is easy. All you need to conduct a national race are past race experience, a certified course, willing volunteers, and TAC certified judges. I and members of the Site Selection Committee are available to assist you in answering questions at any time, both here at the convention and throughout the year.

If you have not yet held an association race, that’s a good starting point. Work with your association President or Executive Director to establish communication and ideas. Work with LDR or running clubs to exchange assistance. For example, Sal Corrallo, Potomac association, holds racewalks at various levels and obtains volunteers from the local running club in exchange for the walkers helping at road runs. This has cross-cultural benefits in mutual care and understanding of a discipline other than one’s own familiarity. Once you have gone through Association championships, you have a pretty complete rehearsal out of the way for your national event. All distances listed in Rule 25 are open to bid with the following exceptions: Sr. men 20 Km, Jr. Men 10 Km, Sr. Women 10 Km, and Jr. Women 5 Km, which are all held with their Outdoor T&F Championships. The basic necessities apply for both association and national: a copy of Rules of Competition and of Operating Rules and Regulations with which you have become deeply familiar; a sanction easily obtained well in advance of the event from your association; identification of existing certified courses, which are useable for race walking, i.e. certified at 1 Km, 2 Km, or 2.5 km, or a newly certified course. Even if you don’t hold an Association..."
for accurate splits. Nice awards, which satisfied even Ron Laird, and a good feed afterward. Only three judges, one of who was just semi-qualified, so we would have to do better on that score, but, of course, one judge could throw you out in those days. Five of the six members of the 1968 Olympic team came, along with a lot of other national class walkers. And everyone thought it was a great race. I could do the same thing today (allowing for inflation on the budget) and so could a lot of others, and I think it would still be considered a good event, but there is no way I would ever get the race under present standards. Again, I'm not being critical--I can see the need for some procedural guidelines—but maybe there is some compromise if we want to have a full schedule and get races back to all parts of the country. Well, every now and then I have to open my mouth.

Correction: The results of the Rose Bowl 10 Mile Handicap in the January issue had three errors. Richard Lenhart had 1:26:57, not 1:29:57; Dale Sutton had 1:35:01, not 1:34:47; and Ted Greiner had 1:46:04, not 1:37:30.

Seeking new niches for racewalking

Davae Gwyn reports that he has been in touch with several people who have been working to get racewalking into some established track and field programs and that each can use some support from the racewalking community. Here, he says, is how things stand:

- Military Championships, Merced, Cal. (Castle AFB), June 1-6. Major Steve Pecinovsky feels that if we can show several quality racewalkers anxious to compete there with several months to go, he can get a racewalk included. Racewalking is included in the International Military Championships, but has not been in the U.S. meet for nearly a decade. Athletes should send credentials and address to Steve at 3203 LaCosta, Missouri City, TX 77459 (Phone 713-499-2651). Meanwhile, work locally to include racewalking in your area's corporate meets.

- Golden West High School Invitational, tentatively June 13, Sacramento, Cal. The oldest of the post-season high school meets has fallen on hard times and will now be managed by TAC's Pacific Association. Ron Daniel reports this year's meet could be cancelled if new sponsorship is not found, but I rate the meet at 90 percent certain to be held. The format will probably remain one of the post-season high school meets has fallen on hard times and will now be managed by TAC's Pacific Association. Ron Daniel reports this year's meet could be cancelled if new sponsorship is not found, but I rate the meet at 90 percent certain to be held. The format will probably remain the same, including other major racewalks, goes to the Calendar Project for publication. TAC follows up, contacting race directors with contracts and drug testing data if the race is one selected for testing.

- We are not here to put on your race for you, but we are eager to see your race succeed. Work with your association people and for other assistance, we're here to walk you through!

(Editor: Not being privy to all that goes on, it seems to me there should be some happy medium between present procedures and those of the "good old days". I realize the image of the sport is at stake and that is a vital concern of the committee and the reason that a bidders must really have their ducks in a row to even be considered. On the other hand, they are upset that many of the races aren't even being held because no one is bidding. It seems to me that a race not quite up to the standards (and we could argue about whether the standards are tighter than they need be) is better than no race at all. Going back to "the good old days", sure, there were some races that shouldn't have been held where they were, but not really that many. Some of the off distances were really not national races, but essentially local, with the occasional "hero" dropping in seeking an easy national title. But, I think that will situation will probably apply equally today. I don't see too many members of the national team at most of the off-distance races that are held, probably for a variety of reasons, certainly including expense money (or more), which didn't use to be a consideration. Anyway, as an example of the difference between than and now, the last National walk held here in Columbus was the 15 Km in 1969. It was a one-man effort, run on a budget of about $2000 out of that man's pocket (it was me). The course was not certified (there wasn't such a thing), but it was accurately measured. It was a natural loop that was about 50 meters short of 2 1/2 km, which wouldn't be acceptable now. But doing an extra 300 meters at the finish was no big deal and we had each 2 1/2 km measured off...
birthdate, and credentials, as well as graduation year. Mail to John at 2522 Empire, Loveland, CO 80538

National Scholastic Magazine added an outdoor meet last June to complement its successful indoor meet for high schoolers. Gary Chumbley has learned from the meet’s organizers that they are not altogether adverse to including racewalks this year, but hasn’t been able to pin down a commitment. Anyone willing to work with him to effectively press the issue should contact Gary at 15151 Diana Lane, Houston, TX 77062 (Phone 713-488-8847.

The Mongolian Report

Every few years, Bob Steadman here’s from his friend Ts. Gombojab in Mongolia. Bob, now back in Australia, passes along the latest missive:

Ulaan Bator
January 2, 1992

Dear Steadman,

Happy New Year! I hope you enjoy Australia.

Things are bad in Mongolia since the Russians pulled out and the bottom fell out of the ruble. Last year, I looked like getting a big government grant to translate the collected writings of Ronald Owen Laird into Mongolian. It would have kept my son and me busy for years, but the funds dried up at the time of the Moscow coup in August.

Before then, we just finished the new walking track in Central Park, Ulaan Bator. This was designed to the most modern American specifications, using back issues of the Ohio Racewalker. As this is the authority on walking, we took note of what happens in your races. Seeing that your distance walkers are always “hitting the wall”, we built a long wall along the west side, but so far no one has hit it. As your walkers are always having “pit stops”, we dug a pit beside the finish line. It is half full of melted snow and we wondered if walkers would know how to use it. But the first foreign visitor recognized it immediately, because he said, “This is the pits.”

The Asian Games at Beijing went well. I was one of the 10 officials and 13 coaches who represented Mongolia. Along with the 30 media representatives, we had a good time at the Beijing Hilton. There were eight athletes, who shared a room in a student dormitory. As usual, there was a media outcry about the cost of pampered athletes.

Please pass my greetings to Mr. Mortland and please send more back copies.

Ts. Gombojab

An infamous race

by Ron Laird

(This is a continuation of Ron’s memory lane piece on the 1964 National 1 Hour in the November issue.)

That 1964 1 Hour championship had its problems, but at least was fairly well organized. Back then, things like that happened to us. A better example of an unorganized competition took place the year before at the Pan-American Games down in Sao Paulo, Brazil. I qualified for this international tour by winning the U.S. 20 Km title in March of 1963. That race also took place in Chicago, but on a hard, smooth, concrete sidewalk of 1 mile laps. Ron Zinn also made the team by placing second that day. As many as two athletes per track and field event are allowed to represent each country in the Pan-American Games.

After living and training down there for a month our big race finally arrived. The officials picked up Zinn, me, and one our track and field managers in front of our athletes village about five in the morning and drove us to the far side of that huge city for the start of the race. The 20 Km was the only walk in those Games. The 50 Km was added 4 years later and the women’s 10 Km became an official event at the 1987 Games in Indianapolis.

After a few minutes of warmup, we stripped down to our racing clothes and were sent on our way with no protection from the rush hour traffic. No drinks were handed out, nor were there any people on street corners stopping traffic or showing us the correct way to go. These conditions really didn’t bother me, because they were what we used to back home. The course was a point-to-point one with our goal being to safely make it into the large main stadium on the other side of town. Trying to win or at least get a medal was also a goal at times.

Had I not been able to spot someone up front of me all the way, I’m sure I would have gotten lost out on those smoggy and congested city streets. The many cars, buses, trucks, and pedestrians didn’t know what we were doing, so nearly ran us over dozens of times. Because we went at it in the coolness of the early morning, liquid aid wasn’t all that necessary. Besides, lack of refreshment was another fact of life we lived with back then.

The two Canadians were the only ones to give Ron Zinn and me a run for it. Since there were no judges present, crazy things happened to the technique and will to win or our northern rivals. Soon after the halfway point both Ron and I were out of contention for the gold and silver medals. Zinn received bronze and I ended up a badly beaten fourth.

Having to live down there for a month before getting to compete shouldn’t have, but did have a negative effect on me. I’d let myself gain a little weight and lose some conditioning, thus hurting my final effort.

The two Brazilian walkers were no problem; they had been recruited from their Army and simply marched together in step all the way. In 1963, the rest of South and Central America had yet to discover the art of race walking. Today, one would have to travel to some remote corner of the world to possibly experience what we went through down in Brazil. (ED. Mongolia, perhaps. Gombojab will no doubt be busily translating this article soon.)
Four years later, I somewhat made up for my Sao Paulo failure by winning the gold at the Games in Winnipeg. Qualifying for the 1500 meter race and winning had been a prime goal during the years since '63. To take the old this time, I had to move at a pace just over a minute per mile faster.

Even though the organization in Winnipeg was on a par with today's standards, I still walked into some bad luck. After a hard fought battle out on our miles, I'd managed to open up about a 300-yard lead on top Mexican and Canadian rivals. When I arrived at the main stadium, I was misdirected into it and onto the track. The Cubans went crazy, demanding that I be disqualified for not running at a pace just over a minute per mile faster.

Sadly the Olympics were won by a nest team and winning the gold at the Games in Winnepeg. Qualifying for the 1500 meter race and winning had been a prime goal during the years since '63. To take the gold this time, I had to move at a pace just over a minute per mile faster.

During the hours that followed, I realized I'd lost that medal. Knowing my luck, I just had to happen. After a private meeting with various officials for several hours, the Cuban protest was denied. Later that afternoon, I got to climb the victory stand and hear the band play the national anthem. The Mexican refused to shake my hand at first, but finally gave in. His Polish coach later apologized for his actions and all the protest nonsense and told me I truly deserved the win. Mr. Jerzy Hausleber is one of the classiest guys you'll ever meet. (Ed. Ron and I first met Hausleber in Poland in 1965 before he took the job as Mexican National Coach.)

The Mexican, Jose Pedraza, got his revenge the following at the Mexico City Olympics by placing a very close second. I ended up around 25th place.

Television producers today would have loved that '67 Pan-Am race because of all the controversy it created. They would beat it to death with investigative and personal interviews. I'm sure someone would interview the Mexican, too.

FROM HEEL TO TOE

Commenting on the Elaine Ward interview with Allen James in our January issue, in which Allen noted he averages 50 to 65 miles a week in training, Andrew Crane, racewalking coach and enthusiast on Long Island, says: "If Allen James thinks that being serious and intense is training 50 to 65 miles a week and expects to be competitive on an international level, he is kidding himself! World class track and field athletes train between 130 and 150 miles a week. He has to do at least that or more. 50 to 65 miles will not cut it." Well, I guess I have to disagree with Mr. Crane. I thought we had pretty much escaped from the high mileage syndrome after the 70s. My humble opinion is that the intensity of the mileage is far more important than the number of miles. Having glanced at Allen James training schedule when I worked out with him here in Columbus one day last summer (his wife is from Columbus), I thought it appeared he was on exactly the right lines. I don't really think there are that many distance runners doing the sort of mileage Andrew refers to, and I know there are world class runners doing far less. Furthermore, if high mileage is worthwhile at all, it is because of the time you are out there. A walker, to match the training time of a runner doing 150 miles, only needs about 100 miles, or conversely, in order to do 150 miles, he or she is going to have to be out there 1 1/2 times as long. You can't be out there that long and be getting much quality mileage, and that's where the training effect comes. Well,
5 Years Ago (From the February 1987 ORW)—In the National 15 Km in Wellington, Florida, Tim Lewis won the men's title in 1:04:35 and Debbi Lawrence topped the women in 1:13:40. Paul Wick (1:06:26) beat out Ray Sharp (1:06:39) and Paul Schwartzberg (1:06:53) for second among the men, and Lynn Weik followed Lawrence in 1:14:27. Lewis also had a world best in winning the U.S. Olympic Invitational 1500 meters in 5:17:17, nearly 30 seconds ahead of Jeff Salavage. In Boston, Tim had the second fastest mile of all time, winning in 5:42.3, with Schwartzberg second in 5:58.4. Carl Schueler just missed breaking 4 hours, as he won the U.S. 50 Km title in 4:00:19.

Carl Schueler

Trials are 4:25 for 50 and 1:30 for 20. Others meeting those standards between now and the Trials, either fails to finish the Trials race, or finishes well back, or even finished 2nd. Who goes? And what about athletes who meet the Olympic standard following the Trials? Will they automatically be added if there are less than three qualifiers, or will they be added only based on their performance in the Trials? You can think of other situations. All of this is supposed to be completely clear before the trials so there can be no questions or bitter feelings afterwards. It was sure a lot simpler when the first three made the team.

PROGRESSION OF WORLD 20 KM RECORD (TRACK) (Those not underlined never officially accepted—I think)

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<th>Time</th>
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<tr>
<td>1:40:08</td>
<td>Paul Gunia</td>
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<tr>
<td>1:40:25</td>
<td>Hermann Müller</td>
<td>Germany</td>
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<tr>
<td>1:40:22</td>
<td>Wieb Petersen</td>
<td>Germany</td>
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<tr>
<td>1:40:35</td>
<td>Hermann Müller</td>
<td>Germany</td>
</tr>
<tr>
<td>1:40:30</td>
<td>Arthur Tell Schiatten (SUI)</td>
<td>Switzerland</td>
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I haven't yet seen a list of the accepted women. The qualifying standards for the Trials are 4:25 for 50 and 1:30 for 20. Others meeting those standards between now and the Trials will be added to the list. If there are fewer than 15 who meet the standard, enough additional athletes will be added, based on times, to complete a minimum field of 15 in each race. All who meet the standard, regardless of the size of the field, will be admitted. The times shown above aren't necessarily the athlete's best for the distance during the qualifying period, but the first qualifying mark be attained. The 50 Km Trials are April 26 and the 20 Km Trials in June, both in New Orleans. Qualifying standards for the Olympic Games themselves are 4:05 and 1:24. So far, Marco Evoniuk at 50 is the only U.S. athlete to meet a qualifying standard. If no one else meets the standards, the U.S. will be limited to one athlete in each event. In the case of the 20, that would be the athlete winning the Trials race. In the case of the 50, it would belong to Evoniuk, but clarification is still being sought on all the possible ramifications.
**FEBRUARY 1992**

11:24:45.0 Bernd Kannenberg (FRG) Hamburg 25.05.1974

11:23:21.7 Daniel Bautista (MEX) Fane/Bergen (NOR) 24.05.1977


11:20:56.8 Domingo Colin (MEX) Fane/Bergen (NOR) 24.05.1977

11:20:04.8 Daniel Bautista (MEX) Montreal 17.10.1977

11:18:40.0 Ernesto Canto (MEX) Fane/Bergen (NOR) 05.05.1984