Lawrence leads first U.S. women walkers into Olympics; Herazo, Rohl capture other two berths

New Orleans, June 22—Debbi Lawrence easily confirmed her place as the country’s top female racewalker in winning the 10 Km at the U.S. Olympic Trials tonight. Debbie, age 30 and now living back in Wisconsin, has won the last two National titles at 10 Km and been ranked number one in the country in both 1990 and 1991. Her winning time of 45:46 was better than a minute off the 44:41 she turned in last month, but impressive in the New Orleans heat. With the win, she became the first U.S. woman to make the Olympics in racewalking, with the event being contested for the first time this year. She has, however, been on the last five U.S. World Cup teams.

Finishing a strong second was 33-year-old Victoria Herazo, walking the best time of her career, 46:21. Ranked number three in the country last year, she has been improving each year. Victoria was on last year’s World Cup team and was the second American to finish in that race. Michelle Rohl, in third, made her first International team and had a personal best 46:50, but is no big surprise. The 26-year-old Rohl was ranked fifth in the country last year and has been walking very strongly this spring. The unlucky fourth place finisher was Debbi VanOrden.

Lynn Weik, the number one ranked U.S. walker in 1989 and second the past two years, could manage only sixth today. Our perennial internationalist, Teresa Vaill, failed to finish in her first shot at an Olympic team.

Following the race, Lawrence noted: "It was a nice race, no sun, fun, and relaxing. There was only pressure because it was for the Olympic Team. I pulled away at about 3 Km. Once I settled into a pace, I maintained that effort for the rest of the race. I didn’t have to focus on time and went on body feel. I’ll have to look at my splits to see if I maintained or if the heat affected me at all. In the final stretch, I was thinking about all the years I have worked at this—since 1981, and now I was on the Olympic team."

The elated Herazo said: "I moved to Las Vegas 6 months ago to train under extreme conditions. I want to thank my boss from the City of Los Angeles Department of Animal Regulation for giving me the time off from work. I also want to thank Jim Bentley, my coach, who introduced me to racewalking. I was very excited that I made second place. I’ve been training very hard and hoping to break 46 minutes. Considering how the race was paced, I was very pleased."

"And from an equally jubilant Michelle Rohl, this: "I was not completely sure I’d make it, but I thought I had a pretty good shot. I went out and stayed sixth or seventh and waited for people to fall back. When I was sixth, I was pretty sure that I’d make third place." And about coming back from the birth of her daughter Molly, who will be 2 next week: "It was harder than I thought, but I did finish fourth at the Nationals last year within"
James captures 20 Km trial; lone qualifier

New Orleans, June 24—Allen James dominated the field to win the 20 Km Olympic Trial in 1:29:38, as the New Orleans prevented anyone from approaching the Olympic Qualifying standard of 1:24. The 28-year-old, Southern California athlete was more than 4 1/2 minutes off his best time earlier this year, but 45 seconds ahead of second-place Gary Morgan. Morgan, 32, represent the New York AC but resides in Michigan. Jonathan Matthews, age 35, and a relative newcomer to the sport, was not far behind Morgan in third. In a night for the aging walker, the Olympic Qualifying standard of 1:24. The 28-year-old, Southern California athlete was more than 4 1/2 minutes off his best time earlier this year, but 45 seconds ahead of second-place Gary Morgan. Morgan, 32, represent the New York AC but resides in Michigan. Jonathan Matthews, age 35, and a relative newcomer to the sport, was not far behind Morgan in third. In a night for the aging walker, was not far behind Morgan in third. In a night for the aging walker,
3-1. Y. Ryodorova 1:34:03 6. Kozhneva 1:34:53 South African 20 Km Champ.,
3:36:12 3. A. Plotnikov 3:37:05
9-1. Stefan Johansson, Sweden 1:21:11 (I have reports
that Johansson broke Ernesto Canto's World Record of 1:18:40 on the track in the
annual Bergen, Norway race, but have not yet seen any official results on the race.)
Copenhagen, Denmark, May 9--1. Stefan Johansson, Sweden 1:21:11 (I have reports
that Johansson broke Ernesto Canto's World Record of 1:18:40 on the track in the annual Bergen, Norway race, but have not yet seen any official results on the race.)
Women's 10 Km, same place--1. Ann Peel, Can. 46:00 2. Janice McCaffery, Can.
7. S. Pershing, Russia 4:00:48 8. Pavol Azkio 4:02:00 9. A. Marin, Spain 4:03:19 10.
Santhia, Italy, April 18--1. Ileana Salvador 43:02:44 20 Km, Olomouc, Czech.,
12:24:51 Women's 10 Km, same place--1. Z. Zemkova 44:44 2. B. Kaczumarska, Pol.
JUNE 1992

W--Gary Westefield, 350 Old Willets Path, Smithtown, NY 11787
X--Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946
Y--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
Z--NEAC, P.O. Box 1905, Brookline, MA 02146
AA--Juliette Alston, 447 San Roman Drive, Chesapeake, VA 23220
BB--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
CC--C. Greenough, 1-223 Crawford Street, Toronto, Ont, Canada M6J 2V5
DD--Arlene M. Stooke, 119 Cheyenee Trail, Kingsport, TN 37660
EE--Gary Null's Natural Living, 200 W. 86th St., New York, NY 10007
FF--Vernie Foxley, 1810 Greene St. MS 2050, Spokane, WA 99207

FROM HEEL TO TOE

Veterans of the sport will be saddened by this note from the New England Walkers Newsletter: Fred Brown, Sr., runner, racewalker, and guiding spirit to many other competitors for the better part of a century, died May 21 in Medford, Mass. He was 86. Fred, a mainstay of the North Medford Club and a distance runner for 50 years, was also a fixture in racewalking circles for the past 35 years, competing at distances long and short, organizing events down to the smallest details, encouraging athletes, and distributing prizes and good cheer. Despite health problems, he competed in a racewalk as recently as February and remained immersed in his sports until the end. Fred leaves four brothers, two sons, six grandchildren, one great-grandson, and more road racing friends than we can count.

Fax your entries to the NEAC, c/o NEAC, P.O. Box 1210, Brookline, MA 02146.

On coaching:

An increasing number of individuals are promoting themselves as or calling themselves racewalking coaches. Credentials seem to range from long time high school or club coaching stints, being an "advisor" to an athlete who has received moderate success, or simply having given a local clinic. Coaches involved with the sport of athletics go through the TAC Level I coaching school program. While they do not have a racewalk module yet (it's being developed), TAC coaching schools provide a common foundation in coaching fundamentals and terminology. They
also bring racewalking coaches into the more general coaching fold and can only help to improve the legitimacy of our event.

On distance needs for 20 Km training:

The current attitude in both running and walking is that quality miles and race-pace tempo work take priority over garbage time mileage. While the occasional long one is a confidence and strength builder, putting in 100 miles a week at a slow pace means that your can walk a long way with his very slowly. Allen James is definitely on the right track, and his results show it. As to the Germanns and Soviets putting in so many miles, that is, in general, a whole 'nother type of system. For starters, they’re also walking 1:30 for 20 Km on their easy days.

On records:

Will people please remember that there is no such thing as a single age record. Records, world and U.S., open and masters, are limited in number and carefully reviewed before approval. Masters records are only in 5 year age groups. There are no such things as single age world records, master single age records, or masters world indoor records. People who proclaim things like this in self-reported results or on resumes are pompous egotists at best and hurting the sport at worst.

On U.S. Championships:

Having been to TAC conventions since 1981, I’ve seen the evolving procedures of championship awards, most of those as part of the selection subcommittee. Bidding has progressed from a free-for-all, backroom, let’s-make-a-deal game. Ten years ago, associations and regional chairmen didn’t even know that races were headed their way. There were no guidelines, and advance planning often consisted of the time it took for an idea to travel from brain to mouth.

With a standardized form and procedures, athletes now know there is a minimum amount of thought and competency behind the events. The certified course requirement means that records can be established (there are some courses from the not-too-far-distant past that won’t have performances recognized because of the guesstimated course lengths).

These procedures have been around for about 5 years now, so all except raw novices wanting to bid have known about procedures for a while. Lori Maynard and committee have always been available to answer questions, explain requirements, and give people a reasonable break. There is flexibility in the procedure, too: if an individual or group has had interest, simply sending in a bid with basic information and a note that sponsors, course, permits, measurement, etc., are being worked out has been accepted. That info must be then complete before the convention.

The comment was made that a sponsor decided not to bid because of the “red tape”. That was most likely a race director, not a contributing sponsor. Having worked with real financial type sponsors, I know they would want as much lead time as possible, as well as a guarantee that there is some preparation.

In 1991, there was only one contested bid for championship. Race directors were approached by the selection subcommittee to bid and either didn’t respond or didn’t ask questions. The questions on amounts for prize money and rights fees on the national bid form carry over from other types of events. At all

points, it states “suggested minimum”. Everyone in racewalking knows that $5000 in prize money is unrealistic, and 0’s on the form are frequent. Questions about travel expenses, media, TAC officials and liaisons, and housing shouldn’t be too difficult to answer. But, if a real sponsor (again, not just a host) had money to give out, then this gets them thinking about it.

Anyone willing to put in a minimal amount of advance planning gets full consideration. If we want racewalking to be treated more professionally, let us treat it professionally. Get to work now on your bids for 1993.

On entry fees:

Could someone tell me what $15 to 20 entry fees are going toward? Is everything a fundraiser today? Walk directors should consider the “separate pay for t-shirt” option. And events should require TAC membership in their events, first because local TAC associations are the backbone of the racewalking program, and second because the increased numbers show up on national membership reviews.

On Olympic Games standards:

1:24 and 4:05 are pretty compatible. It’s just that we are not strong in the 20 Km. Complaints similar to Soviet walk domination are probably echoed around the world in reference to the 100 and 110 hurdles where the U.S. dominates.

On World Junior Championships:

Like the world senior championships and Olympic Games, there are qualifying times to enter the world junior meet. But, the September date in Seoul means the trip cost is huge. Coupled with TAC’s tight budget in 1992, team size has been pretty much set at 40 athletes. So, meeting qualifying doesn’t guarantee a trip. A chance at a spot in the finals and most likely a medal will influence team selection. That is for events across the board, not just the racewalk.

LOOKING BACK

30 Years Ago (From the June 1962 Race Walker, of Chris McCarthy)—With the sun blazing and temperature in the 90s, Ron Laird was one of the few survivors in the National 50 Km on Long Island. It took him 5:25:30, with the next two spots going to Canadians Feliz Cappella and Bill Grandry in over 5:40. John Abbate and Dave Larkritz were the only others under 6 hours, as the heat took a tremendous toll. Walkers back then weren’t as bad as the times would indicate. It was very hot in Chicago, too, where Ron Zinn won the National 10 Km in 47:53.8. Following were Jack Mortland in 48:50, John Allen 48:55, Jack Blackburn 49:51, and Cappella in 49:53. The Ohio Track Club (drum rolls, please) took the team title.

20 Years Ago (From the June 1972 ORW)—Dave Romansky covered 8 miles and 80 yards to win the National 1 Hour in Lawrenceville, N.J.. John Knifton won 374 yards behind, with Ron Daniel and Steve Hayden also going past 7 3/4 miles. Larry Young won titles at both 5 and 10 Kms. In Chicago, he beat Tom Dooley by 21 seconds in the 10, doing 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed. In the 5 Km in Seattle, his 21:39.8 left Bill Ranney 50 seconds back with
Todd Scully third. Laurie Tucholski walked an American record 7:50.4 for 1 Mile in Dayton, beating former record holder, Lynn Olsen. ORW Editor, Jack Mortland, threw in final laps of 1:54 and 1:50 to win a track 7 miles by 8 seconds in 55:20, and probably hasn’t gone as fast since.

10 Years Ago (From the June 1982 ORW) Jim Heiring was an easy winner in the National 20 Km held in Knoxville, Tennessee. Jim’s 1:30:22 put him 2:08 ahead of Ray sharp at the finish. Marco Evoniuk was third in 1:33:48, followed by Dan O’Connor and Todd Scully. Susan Liers-Westerfield won the National 20 Km held in Knoxville, Tennessee. Jim’s 1:30:22 put him 2:08 ahead of probably hasn’t gone as fast since.

FROM THE BRITISH PUBLICATION, ATHLETICS TODAY

Canto goes for a second bite

Most people would be happy with one Olympic gold medal but not Mexican walker Ernesto Canto. As PAUL WARBURTON reports, Canto is looking forward to taking on a truly world class field in Barcelona. Photo: Mark Shearman
Meanwhile, he will continue to leave his parents, two brothers and one sister at home: travel 45 minutes outside Mexico City with the other walkers in the Mexican squad to where it is even higher than the capital's 7000ft, and walk 40k three times a week; punctuated by interval work of anything up to 10k in 12:30 each.

Was he bothered by reports that the Olympic course, with its 2k climb back to the stadium, looked particularly tough? He looked surprised that the question was even asked.

"The harder the better. If you want to be the best then you can hardly complain that it was too hot; too cold; too hard or too easy: you have to be ready for all conditions - and I will be."

Canto's claims haven't diminished his appetite for one further Olympic success, however. In Barcelona he is going to have a last shot at another major win. Now 32, he plans to retire after August, and to set up his own sports agency representing other athletes.

From the U.S. Race Walking Handbook 1992

U.S. OUTDOOR ROAD PERFORMANCES (WOMEN)

10,000-Meters

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>45:32</td>
<td>Debbi Lawrence(Propet)</td>
<td>San Jose</td>
</tr>
<tr>
<td>45:34</td>
<td>Teresa Vaill(Natural Sport)</td>
<td>Dearborn, MI</td>
</tr>
<tr>
<td>45:55</td>
<td>Lynn Weik(Natural Sport)</td>
<td>Dearborn, MI</td>
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<tr>
<td>46:13</td>
<td>Maryanne Torrellas(Reebok RT)</td>
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<tr>
<td>46:21</td>
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<td>46:38</td>
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<td>Vail, St. Leonard, Can.</td>
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<td></td>
</tr>
<tr>
<td>46:50</td>
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Top 20 Performances

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<th>Location</th>
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<tr>
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<td>Elizabeth Galasso(WP)</td>
<td>Dearborn, MI</td>
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<td>49:37</td>
<td>Zofia Wolan(Unat.)</td>
<td>Niagara Falls, NY</td>
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<td>49:41</td>
<td>Sue Brodock(SCRR)</td>
<td>Liverpool, NY</td>
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<tr>
<td>49:49</td>
<td>Deirdre Collier(Wis/Parkside)</td>
<td>Kenosha</td>
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<tr>
<td>49:58</td>
<td>Lizzy Kemp-Salvato(San Diego Walkers)</td>
<td>Dearborn</td>
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<tr>
<td>49:59</td>
<td>Mary Howell(Team Rockport)</td>
<td>St. Leonard</td>
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<tr>
<td>50:19</td>
<td>Jeanne Boccia(MCS)</td>
<td>Grand Island, NY</td>
</tr>
</tbody>
</table>

Top 25 Performers