

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XXX, NUMBER 3

COLUMBUS, OHIO

MAY 1994

U.S. Intermediates perform well in Mexico

(Reported by team member Philip Dunn) Funded by USA T&F, the U.S. Intermediate team of four men and four women travelled to Mexico in April to compete in the Annual La Semana Internacional de Caminata (International Walk Week). The trip was a tremendous success for all of those involved, athletes, team leaders, and the USA T&F administrators back in the U.S. who have believed in the Intermediate program since its official inception last year at the 1993 Casimiro Alongi walk.

The athletes and two team leaders made the trip down on Friday, April 15, meeting up in the Mexico City airport. From the beginning of the trip, we realized that the Mexican sports federation, through no real fault of their own, was going to keep our group in suspense by providing travel and lodging information on a need-to-know basis. We were never sure where we would be staying or when we would be leaving for wherever it was we were headed next. Yet, throughout the entire trip, even when we had to sleep in the Mexico City airport on the way home, there were no complaints. All of the athletes handled the situation with maturity.

The first night was spent at a nice hotel in the Zona Rosa district of Mexico City. The original plans had us staying at the Mexican Olympic Training Center, but the federation bus broke down and we were on our own. The next morning, team leaders Dan Pierce and Stella Cashman, with indispensable translating assistance from athletes Susan Armenta and Andrew Hermann, finally contacted the Mexican federation, which delivered us to the race headquarters in Puebla by late afternoon. The team spent a relaxing Saturday evening touring the local shopping mall and scouting out the 2.5 kilometer race course. The races did not begin until 4 pm (women) and 5 pm (men) on Sunday afternoon, so we took a city bus to the local market in the morning to buy Mexican handicrafts to commemorate our trip. Even the locals at the market knew all about the walking events that evening and wished us the best of luck.

The women's race included U.S. Intermediates Susan Armenta, Margaret Ditchburn, Gretchen Eastler, and Kelly Watson, along with 38 other international competitors. All four women raced well from start to finish, though the finish came a little early for Susan Armenta who made a valiant effort to walk a personal best, but was overcome by altitude sickness. The 2000 plus spectators expressed their enthusiasm for the large U.S. contingent in both races and offered up their best English in support of the team: "Go USA, push it, push it!" As the race developed, it seemed that all the racers suffered from the windy and humid conditions. Eastler hung on for a gutsy 53:30 performance and Ditchburn walked a solid 57:10. Unfortunately, Watson met with the disdain of the Mexican judges and was politely asked to leave the course on her final

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). 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.

lap. After the race, all four women felt that a more conservative start may have been in order considering the 6,000-foot elevation and punishing wind.

Taking the hint from the women's race, the men, Philip Dunn, Al Heppner, Andrew Hermann, and Tim Seaman, decided to adjust our race plan significantly. Instead of starting out quickly and hoping to hold on, we opted to begin conservatively and pick up the pace if all went well. By a consensus vote, and on the advice of Dan Pierce, the four of us decided to walk together for as long as possible. Much to the delight of the Mexican fans, we were able to keep together for 15 Km. Dan Pierce observed, "The guys worked together real well and helped each other out throughout the race. That was the plan and I am impressed that they were able to stick to it." Each time we passed in front of the race announcer at the start/finish line, he made a positive comment about how good the U.S. team looked: "Imagine that! Here come the young walkers from the U.S. again. And they are walking together like veterans! Give them a hand! (translation)" The spectators were totally enthused, screaming and encouraging in English and Spanish. "Slick Daddy Al" Heppner acquired several personal well wishers who screamed his race number with each circuit of the loop. Heppner and Hermann ended up walking nearly even splits and finished just strides apart in 1:32:30 and 1:32:32. (Note: the times in the official results for the U.S. athletes are different than what Phil reports, but he noted that they had to leave before official results were available.) Seaman and I fell off the pace in the last 5 KM, but hung on for respectable times of 1:33:57 and 1:34:05. We all finished towards the top half of a field of 135 international competitors. After the race, we were approached by several athletes and coaches who congratulated us on our fine performances and our display of teamwork. The team was invited to compete in the Colombian national championships and two international races in Mexico later in the summer. Pierce concluded, "All of the athletes had great attitudes. They were all aggressive and wanted to race. It wasn't like they were on a vacation to Mexico, they came to race well."

It has taken several years for the intermediate team to finally receive the recognition and funding that it deserves. Administrators such as Steve Vaitones, Gwen Robertson, and Rich Torrellas, as well as the athletes involved, continue to bolster support for the program. Like the Junior team program, the Intermediate team gives young athletes who are not quite to the Senior team level the chance to compete and represent their country in international competitions.

Despite a few logistical frustrations, the Intermediate team trip to Mexico was a success. Because of the support of USA T&F and the racewalking committee, the intermediate team has again proven itself to be a productive and worthwhile program. As an athlete who has been involved in this program for 2 years and the Junior program for 2 years, I can only hope that the National office continues to support our efforts. We all learned a great deal from the experience and would go back to Mexico in a second to experience quality international competition.

Men's 20 Km: 1. Daniel Garcia 1:23:24 2. Jefferson Perez, Ecuador 1:23:27 3. Bernardo Segura 1:23:30 4. Hector Moreno, Colombia 1:24:03 5. Querebin Moreno, Col. 1:24:14 6. Miguel Rodriguez 1:25:00 7. Tito Palacios 1:25:08 8. Clodomiro Moreno, Col. 1:25:56 9. Sergio Vietra, Brazil 1:26:18 10. Alejandro Lopez 1:26:38 . . .39. Al Heppner 1:32:49 40. Andrew Hermann 1:33:03 . . . 48. Tim Seaman 1:35:06 49. Philip Dunn 1:35:07

Women's 10 Km: 1. Bertha Vera, Ecuador 46:54 2. Graciela Mendoza 47:26 3. Rosario Sanchez 47:36 4. Natalia Misyula, Byelorussia 47:38 5. Tina Poitras, Canada 48:34 6. Maribel Rebollo 48:47 7. Francisca Martinez 49:04 8. Maricela Chavez 49:49 . . . 24. Gretchen Eastler 53:41 . . .30. Margaret Ditchburn 57:19

OTHER RESULTS

5 Mile, Westerley, Rhode Island, April 24--1. Stephen Donald 45:32 2. Ed O'Connor 47:09 3. MEg Ferguson (44) 49:37 4. Louis Free (64) 50:26 5. Michael Hoffer (55) 50:27 6. Charles Mansbach (49) 50:56 (22 finishers) **New England 10 Km, Framingham, April 10--1.** Mark Fenton 48:25 2. Kevin Eastler (16) 48:38 3. Steve Vaitones 49:03 4. Brian Savilonis (43) 50:46 5. Joe Light (46) 52:55 6. Steve Donald 53:32 7. Don Gallegos 53:57 8. Phil McGaw (43) 56:16 9. Bob Ullman (45) 58:30 10. Dick Ruquist (56) 58:55 11. Tom Knatt (53) 59:42 12. Charles Mansbach (49) 63:20 **Women:** 1. Gretchen Eastler 52:18 2. Meg Ferguson 60:43 **5 Km, Providence, R.I., May 1--1.** Brian Savilonis 23:46 2. Joe Light 24:23 3. Ken Mattsson 25:53 4. Bob Ullman 27:53 5. Edward O'Connor 28:42 6. Charles Mansbach 30:26 (10 finishers) **Women:** 1. Joanne Dow 26:12 2. Meg Ferguson 29:32 3. Evelyn Bandlow 30:52 **1 Mile, Cambridge, Mass., May 12--1.** Mark Fenton 6:57 2. Stephen Donald 7:28 3. Ken Mattsson 7:44 4. Ed Salvato 8:36 **5 Km, Somerset, Penn., May 14--1.** Dav McGovern 20:28 2. Gene Miller (50-54) 24:43 3. Tom Bower (50-54) 25:52 4. Ronald Bober (50-54) 28:24 5. Jay Coddington (50-54) 30:02 6. George Maffett (60 and over) 30:19 . . . Ron Laird 31:16 **Women:** 1. Bobbi Jo Kukan 27:15 2. Judy Stoy 27:55 3. Chris King 29:30 (unjudged race) **20 Km, Bethesda, Maryland, March 6--1.** William-Jesse Leggett (17) 1:48:00 2. James Moreland (41) 1:59:45 3. Sal Corrallo (63) 2:03:01 **Women:** 1. Valerie Meyer 2:12:01 **5 Km, Washington, DC, April 2--1.** Alison Zabrenski (15) 31:27 **10 Km, same place--1.** Sal Corrallo 58:22 2. Tim Good 59:19 **5 Km, Newport News, Virginia, April 23--1.** George Fenigsohn (46) 25:43 2. Mary Gibbons 26:32 3. Dennis Hughes 27:04 4. Harry Watson (53) 28:55 **Southern Region 3 Km, Columbia, S.C., April 30--1.** Ian Whatley 13:17 2. Bohdan Bulakowski (40-44) 13:35 3. Keith Luoma 14:20 4. Red Renard 14:54 5. Dave Gwyn (40-44) 15:57 6. Dave Hale (40-44) 16:14 7. James Norvill (50-54) 16:40 8. Mike Michel (60-64) 16:42 9. Kathy Jakim 17:30 (19 finishers) **Blue Devil 20 Km, Durham, N.C., May 14--1.** Dave McGovern 1:32:06 2. Curt Clausen 1:33:21 3. Ian Whatley 1:33:24 4. Mark Kautz (Montana--reportedly a 29 minute 10 Km runner just getting into the sport) 1:33:51 5. Alvia Gaskill 1:58:40 6. Hank Kline, St. Thomas 2:02:27 **5 Km, Atlanta, Georgia, April 9--1.** Rob Cole 21:04 2. Mike Rohl 22:08 3. Bohdan Bulakowski (44) 23:01 4. Bert Starzer 25:45 5. Mark Danford (41) 25:55 6. Jim Norvill (50) 28:11 7. Gary Langley (46) 28:24 8. Ron Poteete (52) 29:25 9. Phil Gura 29:25 10. Jay Dash (51) 30:30 (32 finishers) **Women:** 1. Michelle Rohl 22:11 2. Julie Appel 29:44 3. Kathy Jakim 30:25 (60 finishers) **Southern Regional 10 Km, Orlando, Florida, April 24--1.** Eric Schmook 51:08 2. David Wilbanks 51:52 3. John Fredericks (46) 54:29 4. Brandon Perry (15) 55:19 5. Sterling Kerr (54) 57:40 6. Paul Alvord (50) 60:09 6. Tom White (61) 60:53 7. Bob Cella (57)

61:31 8. BOB Fine (62) 62:35 (20 finishers) Women: 1. Barbara Duplichan 57:22 2. Alba Campbell (46) 59:12 3. Debra Von Seutter (41) 61:01 (18 finishers) **5 Km, Ada, Mich., March 26--1.** Jerry Campbell 27:23 2. Bill Reed 27:26 (1st master) Women: 1. Patty Whitlock 29:20 **15 Km, Columbia, Missouri, March 26--1.** Albert Leibold 1:24:21 2. Alex Major 1:24:27 **5 Km, Longmont, Colorado, March 12--1.** Dan Pierce 26:35 2. Alan Yap (51) 27:42 3. Tom Inglefield (44) 29:56 **5 Km, Denver, April 2--1.** Mike Blanchard 28:39 2. Lori Rupoli (42) 29:10 3. Daryl Meyers (51) 29:24 **5 Km, Bear Creek, Montana, April 16--1.** Mark Kautz 22:17.5 2. Al Lewis 27:50 3. Gary Findlay 31:02 4. Helena Banks 32:13 **10 Km, Elkhorn, Mont., April 23--1.** Mark Kautz 46:44 2. Al Lewis 58:03 **1 Mile, Albuquerque, April 10 (unjudged)--1.** Steve Moodie 8:09 2. Joann Owen 8:30 3. Teresa Aragon 8:38 4. Arnold Levick 8:49 5. Mark Adams 9:03 6. Michael Aoritt 9:05 **5 Km, Albuquerque, April 17 (unjudged, but monitored)--1.** Theron Kissinger 23:52 2. Steve Petrakis 25:12 3. Steve Moodie 27:24 4. Joanne Owen 29:37 5. Arnold Levick 29:38 6. Mark Adams 29:38 (12 finishers) **Senior 1500 meters, Eagle Rock, Cal., May 4--1.** Jesus Orendain (51) 7:40.4 2. Carl Acosta (60) 7:40.6 3. Mel Schultz (61) 7:52.8 4. Bob Meador (60) 8:31 (17 finishers) **5 Km, same place--1.** Carl Acosta 27:55 2. Mel Schultz 28:41 3. Richard Oliver (57) 28:56 4. Ray Stuart (52) 31:08 (12 finishers) **5 Km, Studio City, Cal., May 1--1.** Victoria Herazo 22:42 2. Harry Davids 26:24 3. Steve Leitner 27:39 4. Richard Oliver 27:44 5. Ben Garcia 27:48 6. Margie Alexander 29:48 **5 Km, Elk Grove, Cal., April 30--1.** Dick Petruzzi (61) 28:48 2. Paula Mendell (41) 28:55 3. Terri Brothers 29:18 **5 Km, Shingle Springs, Cal., April 24--1.** Larry Green (57) 27:03 2. Karen Stoyanowski 27:32 3. Dick Petruzzi 29:28 4. Terri Brothers 29:57 5. Steve Norton 30:18 (18 finishers) **5 Km, Marin, Cal., April 24--1.** Jack Bray 26:57 2. John Schulz 27:44 3. Huey HJohnson 29:40 4. Amir Garrison 29:49 5. Virginia Fong 30:10 **5 Km, San Francisco, May 1--1.** Jack Bray 26:21 2. John Schulz 27:39 **20 Km, Newberg, Oregon, April 9--1.** Vance Godfrey 1:28:33 no other finishers but it was a judged race with John Kerfoot the closer challenger going through 10 Km in 46:43 before dropping out. **5 Km, McMinnville, Oregon, March 12--1.** Carmen Jakinsky 29:31 **5 Km, Portland, Oregon, April 9--1.** Andrew Liles 23:03 2. Tom Radcliff 31:11 Women: 1. Judy Heller 30:24 **3 Km, Seattle, March 26--1.** Herman Nelson 12:14.6 2. Sian Spacey 14:28 3. Stan Chraminski 14:33 4. Valerie Chan 16:01 5. Bev LaVeck 16:56 6. Valerie Wawrzycki 17:06 7. Kyann Johnson 17:20 **Western Region 10 Km, Seattle, April 23--1.** Brent Clark 46:32 2. Glenn Tachiyama 50:32 3. Blair Miller (17) 51:28 4. Stan Chraminski (46) 51:40 5. Bob Novak (44) 52:41 6. Bruce Harland 53:42 7. Bev LaVeck (58) 59:20 8. Bob Huppe (44) 61:20 9. Carmen Jakinsky 62:06 **NAIA District 5 Km, Ferndale, Wash., May 14--1.** Jason Clover, Pac. Lutheran 24:39 2. Gary Briggs, Pac. Luth. 24:32 3. Patrick Lindsay, PL 26:57 4. Matt Anderson, PL 29:04 **Women's 3 Km, same place--1.** Joanne Fox, Can. 15:27 2. Ann Marie Oswald 15:30 3. Valerie Wawrzycki 16:22

EXERCISE YOUR HEEL AND TOE GAIT IN THESE EVENTS

Sat. June 11 NW Masters 1500 and 3 Km, Seattle (C)
5 Km, Winthrop, Mass. (I)
5 Km, Miami (Q)
5 Km, Denver (H)
5 Km, Lisle, Illinois (N)
5 Km, Evansville, Ind. (V)
Sun. June 12 7 Miles, Litchfield, Conn. (I)

3 Km, Alexandria, Virginia, 8:30 am (J)
10 Km, Queens, N.Y., 10 am (O)
1 Hour, Marin, Cal., 8 am (P)
Thu. June 16 **USATF National Women's 10 Km, Knoxville, Tenn., 9 am (GG)**
Sat. June 18 **5 Km, Lockport, Illinois (Y)**
USATF National Men's 20 Km, Knoxville, Tenn., 8 am (GG)
5 Km, Indianapolis (V)
10 Km, Atlanta (D)
5 Km, Florence, S.C., 9:45 am (FF)
3, 5, and 10 Km, Pasadena, Cal. (B)
5 Km, Denver (H)
8 Km, Atlanta (D)
Sun. June 12 **24 Hour Relay, Atlanta (D)**
Sat. June 18 **5 Km, Florence, S.C., 9:45 am (CC)**
5 and 10 Km, Pasadena, 6:30 pm (B)
Sun. June 19 **2 Mile, New Orleans (M)**
8 Km, Atlanta (D)
5 Km, Denver (H)
Wed. June 22 **3 Mile, North East, Penn., 7 pm (W)**
Thu. June 23 **2 Miles, New Orleans (M)**
Sat. June 25 **5 Km, Eugene, Oregon (X)**
North Region 24 Hour, St. Louis Park, Minn. (S)
5 Km, Indianapolis (V)
Sun. June 26 **5 and 10 Km, Dearborn, Mich., 10 am (E)**
10 Km, Buzzards Bay, Mass. (I)
3 Km, Alexandria, Virginia, 8:30 am (J)
National USATF Jr. 5 and 10 Km, Tallahassee, Florida (HH)
5 Km, Rock Island, Ill. (V)
Southeast Regional Masters 5 Km, Taylors, S.C. (BB)
Sun. July 3 1500 meters, Fitchburg, Mass. (I)
Mon. July 4 10 Km, Dedham, Mass. (I)
1500 m, 2 and 3Km, Detroit (Z)
5 Km, Evergreen, Colorado (H)
Thu. July 7 2.8 Miles, Seattle, 6 pm (C)
Sat. July 9 Masters 3 Km, Libertyville, Illinois (T)
3 Km, Gresham, Oregon, 3 pm (X)
5 Km, Atlanta (D)
10 and 15 Km, Dearborn, Mich., 9 am (E)
5 Km, Lakewood, Col. (H)
Sun. July 10 **3 Km, Alexandria, Virginia, 8:30 am (J)**
3 Km, New York City, 8:30 am (F)
5 Km, Gresham, Oregon, 11 am (X)
5 Km, Elk Grove, Cal., 8 am (R)
5 Km, Los Angeles, 7 am (B)
1500 and 3000 m, St. Louis (DD)
Mon. July 11 5 Km, Los Angeles (B)
Sun. July 10 **National USA T&F 10 Km, Men and Women, Niagara Falls (AA)**
Sat. July 16 5 Km, Atlanta (D)
5 Km, Florence, S.C., 9:45 am (CC)
10 and 15 Km, Dearborn, Mich., 9 am (E)
Sun. July 17 1 Hour, Marin, Cal., 8 am (P)
5 Km, Jefferson, Louisiana, 7 pm (M)
Wed. July 20 5 Km, Marlboro, Mass. (I)

| | |
|--------------|---|
| Thu. July 21 | 5 Km, Denver (H) 5 Miles, South Boston, Mass. (I) 2 Miles, New Orleans, 6:45 pm (M) |
| Sat. July 23 | Masters 5 Km, Tacoma, Wash. (C) |
| Sun. July 24 | 3 Km, Alexandria, Virginia, 8:30 am (J) 3 Miles, Norco, Louisiana, 8 am (M) |
| Fri. July 29 | 10 Miles, Narragansett, R.I. (I) |
| Sun. July 31 | 5 Km, Manchester, Vermont (I) North Region 8 Km, Indianapolis (EE) |
| Tues. Aug. 2 | 5 Km, Newburyport, Mass. (I) |
| Thu. Aug. 4 | 2.8 Miles, Seattle, Wash. (C) |
| Sat. Aug. 6 | 5 and 10 Km, Broomfield, Col. (H) |
| Sun. Aug. 7 | 3 Km, Alexandria, Virginia, 8:30 am (J) |
| Wed. Aug. 10 | 3 Mile, Edinboro, Penn., 7 pm (W) |

Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
 D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
 E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180
 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
 G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580)
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
 K--Jake Jacobson, WCA, 445 East 86th St., New York, NY 10028
 L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104
 M--NOTC, P.O. Box 52003, New Orleans, LA 70152
 N--USATF/Illinois, 111 W. Butterfield Rd., Elmhurst, IL 60126
 O--Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028
 P--Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
 R--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
 S--Fern Anderson, 3152 Kentucky Ave. S., St. Louis Park, MN 55426
 T--Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048
 U--Columbia TC, P.O. Box 1872, Columbia, MO 65205
 V--Pat Walker, 3537 S. St. Rd. 135, Greenwood, IN 46143
 W--Daryl Ann Kidder, 6967 Garfield Ave., Harborcreek, PA 16421
 X--Jim Bean, 4658 Fuhrer St., NE, Salem, OR 97305
 Y--Keith Reed, 1911 S. Lawrence Ave., Lockport, IL 60441
 Z--Frank Soby, 3907 Bishop, Detroit, MI 48224
 AA--David Lawrence, 94 Harding Avenue, Kenmore, NY 14217, 716-875-6361
 BB--Ed Boehmke, 36 Cunningham, Cr., Taylors, SC 29687
 CC--Florence Track Club, P.O. Box 1476, Florence, SC 29503
 DD--Virginia Mulanex, 11975 Gist Rd., Bridgeton, MO 63044
 EE--Kenny Long, 107 Loretta Dr., Indianapolis, IN 46217
 FF--Florence Track Club, P.O. Box 1476, Florence, SC 29503
 GG--George Watts, Ath. Dept., Box 15016, U. Of Tennessee, Knoxville, TN 37901
 HH--Track Office, Florida State U., P.O. Box 2195, Tallahassee, FL 32370

FROM HEEL TO TOE

Those to date claiming to have received the first issue of the Ohio Racewalker (dated March 1965) and to have subscribed continuously since (and I have no reason to doubt their word) are Olympian Bob Mimm; IAAF Racewalk Chairman Bob Bowman (he even says he retains all issues in mint condition); veteran racewalker and all-around good guy John Shilling; and famous baseball scout, founder of the Columbia, Missouri 100 miler, and dubber of Jack Blackburn as the Big Red Duck, Bill Clark. Shaul Ladany thinks he goes back to about October 1965. . . The World Veteran's Road Racing Championships, including a 20 Km Walk, are scheduled for Scarborough, Ontario on July 30 and 31. For entry information, write Organizing Committee, 2nd WAVA Road Race Championships 1994, Room 218, 1220 Sheppard Ave. E., Willowdale, Ontario, Canada M2K 2X1. . . Dave's World Class Racewalking Boot Camp will convene on the beautiful campus of the University of Maine in Orono on August 17 and run through August 21. Conducted by Dave McGovern, who has now done several well-received camps, and other U.S. National Team members, the camp will be in conjunction with the USA T&F National Junior/Intermediate Team training camp and coaches education camp. The staff will train with you, conduct video-taped analysis of your style, and lead seminars that will teach you to train more effectively for faster times and fewer injuries. The camp is open to all ages--previous campers have ranged from 14 to 84. The \$525 fee includes lodging and meals. For further information, contact Dave at 240 Donnington Drive, Greenville, SC 29615, 803-268-5222. . . Racewalking is now part of the USATF coaching school program and coaching school scholarships are available. There are 25 \$100 scholarships available for Level I schools, which are scheduled at various sites in June and July. There are also 30 \$225 scholarships for a Level II school from July 10-17 at Brigham Young University. For more information write Coaches Education Coordinator Fred Wilt, 1614 Foxhill Ct., Anderson, IN 46011. And to fill this column out, the following letter from Steve Vaitones, which we didn't find room for last month.

Jack,

The 1993 attendance at championships may rival the lowest ever by national team members. A number of factors all contribute to the participation.

Financial - With a "real life", or even as being a full-time athlete, it takes money to travel to events. Fortunately, we haven't had a race scheduled in environs like Kalispell, Montana in recent years. In fact, most are held in pretty good locations for decent airfares. Maybe athletes have got spoiled, too. Not that it was optimum to drive half a day (or overnight with the North Medford Club) from Boston to Long Branch NJ, but more people did it in the past, and it's cheaper than flights.

This could be remedied some if walkers joined clubs. Naturally, the most benefits come from a major or corporate club, and this can be seen by the participation of the NYAC gang. That's not reality for most walkers. A small walking-only club generally will have some resources to permit limited travel funding. For more, walkers need to be part of a bigger all-events track & field and road running club to take advantage of club support. And, dealing with an indoor Grand Prix T&F event the past two years, let me say that there is no money for high profile events, let alone walkers, so don't be unrealistic.

Prize money - The several races referenced at the 1993 USATF convention in which offered significant prize money were ones held in conjunction with in conjunction with highly successful running races (the Eastman TN 10K for example). The same happens with the few walks in New England that offer some cash - they are supported by runs. The corollary to the fallacy that only walkers can coach walkers is that only walkers can put on walks. This is a downside to many walking clubs (vs athletic clubs which have all disciplines). The RW community should recognize that there may be better race / event directors in the non-walk community, and they should be approached; but, not with a "you owe us" attitude - I've witnessed this and believe me, they don't owe us. We need to use the many resources all around us.

Sponsorship - It isn't that easy, either for events or for athletes. Today there are more sports, more "good causes", more competition for dollars. More sponsorship in walking comes through personal contacts than through corporate proposals or goodness of heart, because it's the bottom line drives sponsorship and races with 100 people out of a 2000 national athlete base doesn't sell much soap.

There is a vicious circle of athlete commitment and race director needs, which exhibited itself several times last year. A story about the two hour depended on getting names of people who had entered early (none). At the Alongi race, only two or three national team members had entered within a week of the requested deadline, which doesn't help promotional efforts.

If athletes expect more sponsorship monies, then events must be saleable. But a director can't promote an event if athletes do not commit to participation, or participate at all. It's going to take a massive cooperative effort between walkers and directors.

Timing of schedule - a valid argument on the part of the athlete. Races have been scheduled at the convenience of the race directors. Not many have stepped forward to offer races when the athletes believe they are needed, but again, we have a precious few individuals who are willing step into the line of fire to be a race director. Notes will show that when this in fact was done several years ago, attendance was only marginally better than it is now. The races still need to be put where the athletes are.

Plethora of 5K events -

I agree that racewalking is an endurance event. This is a downside of the growth of local programs - athletes now can remain in a warm and fuzzy environment, racing (usually shorter races) and returning home before lunch without significant travel time or distance. This can also dull the "competitive instinct". It becomes easier to race or qualify locally, and avoid going to a race at less than 100% as a training effort or simply not wanting to finish second. But walkers are not 100 meter sprinters; a loss at 25K or 30K isn't going to deep six a number 1 US ranking at 20 or 50.

The distance events take a lot of dedicated manpower to stage. While there are complaints that the 5:30 time limit at the 50K is unfair, it really pushes the limits of the organizing group. ~~and especially~~ For a sponsored event which is a US team qualifier, it raises questions when the refreshment time and awards ceremony are completed at 7 hours after the start, yet there still being walkers out on the course. New and local directors haven't been jumping onto the schedule to stage some all-comers 50K races. Maybe more regional club cooperation and communication can help in staging more longer races. However, it's also a case of having athletes decide to or being able to put in the time to prepare and race a 50.

Finally, remember a point made last year - that most of the countries which have one or two individuals ahead of our top performer don't have anywhere near the numbers we do down through 10 places.

Communications- This is still in the dark ages, too. Working in a USATF office which receives mailings from USATF national, the only national entry form that was sent to Indianapolis to be sent to all associations was our own 1 hour entry. Do directors send their entry to USATF for distribution? Or even to neighboring associations? How do newcomers outside the small circle of racewalk friends find out what is going on? If it's not getting to the sport's regional offices, then how should it be expected to get out locally.

Already in 1994, though, participation was up and improved at the 15K and at the indoor nationals (the 50 was the same as '93). We all hope that this trend will continue.

On to accumulated comments on judging, run-alarm shoes, etc.

A brief note from Danny Vogel in Illinois: "One small reader's query: Why all this non-stop commentary on this electronic shoe? Are we becoming the Natinal Enquirer of racewalking magazines: Let's stick with articles on technique, a much-needed update on racewalking shoes now that the Air Pegasus is becoming less and less a flat and more and more of a heavy, on international news, on training tips, and those enjoyable historical pieces you used to have. Variety is the spice of life! However, if those damn electronic shoes do become required, I am starting a "Classic walker's movement" in this country or quitting the sport."

Guess he will have to suffer a little longer. Here is a note from R. A Sayers in England, together with a scathing article he sends from the Daily Mail; a response from Bob Bowman to material in last month's issue; and further commentary from Martin Smith, who impressed many readers with his earlier erudite comments.

Mr. Sayers writes: "I am a keen racewalker here in England, and devote a great deal of my spare time to training for racewalking events. By my own admission, I'm not exactly England's answer to Andrei Perlov or Ernesto Canto, but I do however get an immense amount of enjoyment from what I consider to be perhaps the most demanding, both physically and mentally, of all the athletics disciplines. You can imagine, no doubt, my feelings of outrage when I read the enclosed article written by Ian Woolridge. This is the sort of thing us walkers are constantly having to put with in the British media. I just thought I'd send you a copy of this piece of trash called, supposedly, "a newspaper article" in order to highlight how we in Great Britain are treated as the poor relation of British athletics.

THE mascot for these World Championships is a cute little bunny called Runny. This is also acutely appropriate since three gold medals are on offer here for the totally discredited discipline of race-walking.

Two are for men, over 20 and 50 kilometres, one is for women over 10 kilometres. The winners of all three receive a Mercedes car. This is nonsense and the sooner this absurd activity is removed from summit events like World Championships and the Olympic Games the better.

Note Runny in his logo. In his enthusiasm to get there post haste, he has both feet off the ground simultaneously. This should make him the patron saint of many road-walkers who do precisely the same in blind contravention of the IAAF's Rule 191 which defines the parameters



IAN WOOLDRIDGE'S vote for patron saint of road-walking goes to Runny the Bunny

of their sport as follows:

'Race walking is a progression of steps so taken that unbroken contact with the ground is maintained.'

Clause 191 (a) is even more unequivocal:

'During the period of each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.'

I would certainly

calling all race-walkers cheats. But the point is that plenty of them are and never have they been more savagely exposed than in the merciless German TV coverage of the men's 20km walk here on Sunday. For sequences of up to 15 seconds at a time, several were proved to be running.

The upshot in the stadium was certainly the most embarrassing spectacle at any of the four World Championships staged so far. As they came on to the track, buckled with exhaustion, 'walker' after 'walker' was shown a red disc and shoved to one side. Seven, two Mexicans, one Italian, one Japanese and three east Europeans, were disqualified under Rule 191.

What was so unfair about it was that they were blatantly arbitrary victims. So many 'walkers' had been seen on TV to be violating the rules that the judges similarly had to be seen exercising their powers. Unfortunately, it was nothing short of a kangaroo court.

The obvious fact is that there is no way yet devised to police the fairness of every stride of every competitor in a mass walk over a long distance. Championship road-walking is precisely the same as motorway driving. One day you can risk 110mph and get away with it. On another, either the cops or the cameras will get you and you're for the high jump.

To conduct a World Championship athletics event under such lottery circumstances is patently ridiculous. If you watch the men's

50km walk on TV from here on Saturday morning, and provided German television hasn't by then been warned off by a name I dare not mention, you will see precisely what I mean.

There is a means of reprieve. For a sport whose scientists can now instantly measure a sprinter's reaction off the blocks to the third decimal place of a second, it must be possible to devise some instrument which can determine whether or not a race-walker has been, to quote the vernacular, 'lifting'. Until that happens, race-walking is for the birds. Already serious athletics writers, of whom I'm not one, do not even bother to report it.

It is inevitable that these views will evoke a violent reaction from Britain's race-walkers, good men and true, who have achieved nothing here as yet but will quote the great names in British race-walking in the past: Harold Whitlock in the 1936 Berlin Olympics, Donald Thompson at Rome in 1960.

There are very few of them anyway and they are unlikely to cite the angst caused by the admission of race-walking to the Olympic Games in Los Angeles in 1932. They have caused nothing but trouble ever since.

Aesthetically, with all those buttocks wagging, it has become a sporting diversion to be tolerated rather than accepted. After Stuttgart, in its present form, its continued survival must be re-examined.

Response to Elaine Ward's Letter & Lee Danisch's Technical Explanation of the Run-Alarm Communication Link

First of all, I certainly have no problem understanding technology when presented properly. However, up to now the inventors of the Run-Alarm device have managed to present conflicting and only partial information of their design. This apparently is good enough for a non-technical person such as Elaine Ward to get excited about it. She should see the freeze-frame eye glasses (a real breakthrough in judging) another guy invented. She would really get excited about this one.

Secondly, her newsletter continues to be a wealth of misinformation on race walking. The Olympic Organizing Committee has no authority to limit the number of athletes participating in the Olympics. Only international governing bodies (i.e. IAAF) can do this. Likewise, the Olympic Committee(s) (IOC or USOC) have no authority to set qualifying standards for the 1996 walks or any other events in Athletics. This again is the sole responsibility of the appropriate governing body (IAAF). The standards which are set are not to guarantee a relatively small field. They are set to get a quality field. The Olympics is not an all-comers meet. I can assure everyone that the television cameras will not show a major portion of the field lifting. The implication by Elaine Ward that Olympic walkers are the worst lifters is nonsense. It is exactly the opposite case, with today's elite walkers actually lifting for a smaller length of time than their predecessors years ago, while walking at greater speeds. There will be some slight loss of contact in 1996, some detectable by human eye and some not, but on the Atlanta course it will be very difficult to detect with cameras.

It is also most irresponsible for her to state that some walkers will be shown to be unfairly DQ'ed. This shows a complete lack of understanding of the sport, its rules, judging procedures, etc. This simply does not happen. No one has ever come forward with video evidence to support such a wild claim. By publishing such false statements she is doing a disservice to our sport. The term 'loose cannon' comes to mind.

Whatever the scenario is, the Run-Alarm has no ability to help the judging situation. It can only result in complete chaos. It is interesting to see where Dr. Furlong has now backed off of his original intention (judging) for his device. However, I seriously doubt if it can be used for any practical reason in the sport.

The technology explanation provided by Lee Danisch is of little help in resolving the many inherent reliability problems associated with this device. The communication link between the two shoes (the 3rd different method I've heard of) is of no real help even if you assume, as Mr. Danisch claims, that this capacitive sensing is instantaneous. What he is ignoring is the significant signal delays associated with the logic circuitry so that you will be sending 'instantaneously' erroneous information a significant number of times. All this talk about E versus EM fields has nothing to do with this. Also testing this communication link using a fiber optics is not a valid verification of its usage for this application. And I'm not thinking about much larger delays involved in communicating with satellites. That is silly!

I found the entire capacitive sensing shoe explanation by Mr. Danisch failing to adequately describe how the total package works from the loss of contact sensors to the alarm signal. The design has obviously evolved through various stages with only partial explanations given as to how it works, leaving everyone to just assume it works reliably, under the disclaimer that it is 'classified' information. Very convenient. I find this latest version the most bazaar yet. What happens if the toe of one shoe is just touching the ground with the other shoe off the ground? Does the near field capacitive sensing correctly identify this as legal walking? Seems like it would depend on the location and condition of the sensors, with erroneous signals likely to occur.

Finally, this entire explanation by Mr. Danisch only addresses one of the many failure modes associated with this device. To overcome all of them is virtually impossible in order to reach an acceptable level of reliability and practicality. If Bob Steadman thinks that this device, "even in its earliest form", is an improvement over the current judging system, I can only thankfully say he is in a very small minority, with the majority not just officials. Can you imagine how many judges it would take to monitor these things! I suggest he rethink his position keeping in mind that at least up to now unfair disqualifications are rare, if any at all. Whereas with this device, even in its most advanced form, many unfair disqualifications are likely to occur. Apparently, even the inventor is beginning to see this.

Bob Bowman

Dear Mr. Mortland:

Thank you for publishing my previous letter (of 22 December 1993). I admit to being astonished to see it so quickly, and unedited. Please forgive even more of my verbosity. Upon reflection, I can see that a few of my comments on the way walkers lift could confuse or mislead the reader.

As Bob Bowman rightly pointed out, the suggestion that lifting can be smoother than legal walking fails for extreme lifting. I based my original analysis on the marginal case, that is, the differences between a walker just legal and a walker marginally lifting. I did not try to determine how long a flight time would fit within that analysis. Also, I did not explain how a walker might make the transition from legal walking to lifting that would be consistent with my analysis.

Clearly, the flight time possible with the walker's c.g. trajectory horizontal or downward at toe off is quite limited. The distance a body in flight falls below the tangent to the trajectory of the c.g. at loss of contact will be, in 20 milliseconds, about 2 millimeters, in 30 ms, 4.4 mm, in 40 ms 7.8 mm, in 50 ms 12.3 mm. The fall in 50 ms, certainly, and even for 40 ms is greater than I would estimate to be available to a walker without an upward takeoff. (We might define "extreme lifting" as that involving greater height of the flight arc than the total vertical motion available to a legal walker at high speed.) Either walkers can and do toe off more powerfully than my previous analysis considered, or they can begin their ankle extension earlier, just after passing the vertical support position, without the upward motion nor the fall to contact catching the notice of the judges.

If lifting competitors are not detected until their flight times require upward takeoffs, we must consider whether the racewalking motion is able to mask the arc of the flight phase, inhibiting detection by the judges. The arms reverse, with acceleration greater than g , at the end of the arm swing from moving upward to moving downward. This, I suggest, flattens the trajectory of the lower torso sufficiently to prevent observation of the c.g. arc for flight times below 50 ms.

In my earlier letter, I did not reconcile the apparent contradiction between highly similar toe offs when lifting and legal, coupled with a recovery leg motion too slow to reach the legal contact point and the assertion that the lifting racewalker has a smaller vertical motion of the c.g. The walker when lifting must have a slightly higher c.g. at toe off than when legal. This allows the recovering leg the additional time (the flight time) necessary to reach its contact point. There is an extra energy cost in the higher toe off. For lifting to be an advantage, a more than compensating energy saving must appear elsewhere.

I next consider how a walker makes the transition from legal walking to lifting. This I base on the notion that racewalkers are conditioned to strive for a feeling of smoothness. Racewalkers associate smoothness with legality and with speed. When a racewalker begins to feel the heel strike coming closer to the point at which the advancing leg reverses from forward to rearward motion (relative to the c.g.), the walker responds by trying to regain the desired feeling of smoothness. The walker attempts to move the heelstrike of the advancing foot to a more vertical leg position by shortening the recovery motion and by increasing the height of his or her hips (and c.g.) at the toe off by using a slightly earlier or stronger ankle extension. The walker may make this adjustment numerous times in a race, either in response to fatigue or to an accelerating pace. At one of these adjustments, the walker may begin to lift.

Several writers have stated that because racewalkers get away with some lifting, we should change the definition of racewalking or produce some automatic means of judging. I, for one, doubt that racewalking can benefit from a rule change, if, as a result, what the top level competitors do becomes, to the public, even less recognizeably walking than under the current rules. I agree that any rule change that fails to maintain the current judging standard could open the door to who knows what. I think Ian Whatley's suggestion for maintaining the current definition and unaided human judging rules, but allowing up to 50 ms loss of contact on video replay and Matthews' rule suggestion have promise. Both would maintain the same judging standard, with which we have experience, yet give a response to the video reviewers. Whatley's suggestion would add continuity, should ever video review or other electro-optical-mechanical judging aid be

incorporated into racewalk judging. Also, acknowledging the actual loss of contact gives an opportunity to portray to the public the racewalker as illusionist, who portrays the advancing foot to be on the ground, when, in fact, it is not (yet).

It occurs to me that we might be able to enhance the abilities of the judges themselves. If we relax the unaided eye rule (and arrange for communications to a judge's assistant who would display paddles) a judge using low power binoculars could view walkers at a good angle continuously for 15 to 20 seconds instead of 2 to 3 seconds. If the purported optical illusions that cause front and rear judging to be discouraged can be adequately explained and accounted for in judging, or if an optical device to overcome the illusions could be devised, then judges would be able to observe walkers for lifting both with greater accuracy (due to the reduced angular separation of the feet) and over a greater proportion of the course. If a judge had such a device malfunction or course conditions made use impractical, it could be set aside and that judge could continue judging in the manner now employed, with minimal disruption.

If judges have misconceptions about the physics of racewalking, they may fail to recognize clues of lifting.

Careful study and analysis may provide clues to the detection of lifting not widely recognized, which could then be taught widely. This study would have to be continuing, as walkers may find new ways to create illusions that foil the judges. I believe this has happened with the advent of the "modern quick-stepping technique." This technique allows extraordinary smoothness while lifting. If a judge equates visual smoothness with contact, that judge is completely giving away the possibility of detecting flight times less than about 40 ms for such walkers.

I have yet one point of disagreement with Bob Bowman. The slowest forward motion of human walking or running occurs during the support phase, when the c.g. is approximately vertically above the center of support. The advancing foot makes contact in front of the c.g., and a braking force is created. The pulling action that Ron Laird mentions is the racewalker's attempt to achieve an earlier transition from braking to forward thrust. The wind resistance plus the braking impulse must exactly equal the thrust impulse for the walker to maintain a constant average speed. The wind resistance at a particular speed is constant whether or not the walker maintains contact, and it is small compared to the braking and thrust forces. Part of the advantage in lifting is that the braking impulse (in both force and duration) is reduced, if the walker has the foot contact occur with the advancing leg more nearly vertical. A reduced braking force implies a reduced thrust force, saving energy in each step.

Martin T. Smith
Martin T. Smith

LOOKING BACK

25 Years Ago (From the May 1969 ORW)--In this issue, we published our first-ever photos. Surprise! They showed several athletes in full flight phase as we launched the first of many series of commentaries on judging issues. . .Ron Laird won the National 10 Km in Chicago in a championship record of 45:14.2. Ron Daniel and Steve Hayden followed. . .One day later, Tom Dooley had no need to hang down his head as he set an American record for the same distance in California, recording 44:26.9. Goetz Klopfer turned in a 1:54:32 for 15 miles at the same site. . .The Zinn Memorial 10 Km in Chicago went to your editor in a blazing 49:29. Blazing only because it was so hot in Chicago that day. Passing 3 miles 4 seconds ahead of his previous week's pace (when he did 48:40 for 7th in that National), he then wilted, but nearly as much as teammate Jack Blackburn, 15 seconds ahead of him the week before, but 4 1/2 minutes behind him on this day. . .Paul Nihill won British titles at both 10 Km and 10 miles in 44:07 and 1:11:14.

20 Years Ago (From the May 1974 ORW)--John Knifton overcame a challenge from Floyd Godwin in the National 25 Km in Des Moines to win with a 1:56:03 effort. Godwin was just over 2 minutes back at the finish, followed by Jerry Brown and Bob Henderson. . .Larry Walker won the National 15 Km in California in 1:10:08, 5 seconds ahead of Carl Swift. Ed Bouldin (1:11:43), Bill Ranney, Rudy Haluza, and Steve DiBernardo filled out the first six. . .Godwin also took the 10 Km in 45:42 with Henderson a distant second and aging Jack Mortland a rather ashamed third as few athletes showed up. . .The National 20 Km went to Jerry Brown in 1:33:33, with Godwin taking John Knifton for second. Ron Daniel and Bob Henderson followed. . .East Germany's Peter Frenkel set a World Record for 30 Km (2:14:22) in East Berlin, with Chris Hohne less than 2 minutes back. A few weeks later, Hohne walked 50 Km in 3:53:53. . .In Hamburg, Bernd Kannenburg broke the World 20 Km Record with a 1:24:45.

15 Years Ago (From the May 1979 ORW)--It was open season on the World 20 Km record, which had been held by Mexico's Daniel Bautista at 1:23:22. ON April 22, Anatoliy Solomin, USSR, did 1:23:20. One week later, Frenchmen Gerard Lelievre took the record down to 1:22:20 in Epinay. Then, on May 19, walking on the track in Valencia, Spain, Bautista recaptured his record with a 1:22:15 effort. . .Jim Heiring's American record of 1:30:04 set on April 22 didn't last long either. Todd Scully turned in a 1:28:33 in Seattle on May 17. . .Chris Hansen won the U.S. 15 km title in Kenosha, Wis., tying Canadian Marcel Jobin in the process, as both returned 1:06:58. Heiring was nearly a minute = and-a-half back with John VanDenBrandt following him. . .Scully whipped Hansen in the National 10 Km in Chicago in 43:14. Hansen beat Jobin this time, 43:55 to 44:16. VanDenBrandt was fourth. Scully discouraged the field with a 6:26 opening mile. . .The next day, Jobin bested Scully in the Zinn Memorial 10 Km, blasting a 41:32. Todd had 42:15. . .The Women's Natinal 15 Km went to Paula Kash-Mori in 1:21:21 with Jeanne Bocci second. . .Alan Price was an easy winner in th4 National 100 Km in 10:36:35, with Tom Hamilton 47 minutes back in second. Jack Blackburn finished third, catching Sal Corrallo in the final 20 miles to take the master's title.

10 Years Ago (From the May 1984 ORW)--Denver had a weekend festival of National walks. On Saturday, Tim Lewis (20:53) and Teresa Vaill (25:27) won titles at 5 Km. Mel McGinnis (21:27) and Vincent O'Sullivan followed Lewis, and Mexico's Maria Colin was second in the women's race. On Sunday, O'Sullivan came back to win the National 30 Km in 2:23:48. Carl Schueler, better than 4 1/2 minutes back, edged Tom Edwards for second. Fabian Knizacky was fourth. . .Jim Heiring was an easy winner in the National 15 Km, held in New York City. Jim's impressive 1:03:07 left Tim Lewis 52 seconds back. Ray Sharp was just 5 seconds behind Tim and well clear of Marco Evoniuk. Ten athletes bettered 1:10. Teresa Vaill won the women's title in 1:17:27, 4 minutes ahead of Carol Brown. . .Marcel Jobin pulled away from Heiring after 5 Km to win his own invitational 20 Km in Quebec with a 1:24:59. Heiring had 1:26:16 with Guillaume Leblanc close behind in third. . .In Norway, Mexico's Ernesto Canto shattered the world record with a 1:18:39 for 20 Km. Daniel Bautista held the old record of 1:20:03. Marco Evoniuk was 10th in the race in 1:26:30 and a also turned in times of 1:25:13 and 41:13 (10 Km) in Copenhagen the next week.

5 Years Ago (From the May 1989 ORW)--National 15 Km titles went to Rene Haarpainter (1:06:06) and Victoria Herazo (1:16:30) in races held in Long Beach. Steve Pecinovsky trailed Haarpainter by just over a minute, with Richard Quinn third and Allen James fourth. Kim Wilkinson was just 5 seconds back in the women's race and Sara Standley took third. . .Tim Lewis won the National Invitational 20 Km in Washington, D.C. in 1:26:52, leaving Doug Fournier 2:14 back. Mark Manning, Gary Morgan, Steve Pecinovsky, and Curtis Fisher were all under 1:30 in the next four spots. . .Lewis also won the Penn Relays 10 Km in 41:22, followed by Fournier (42:33) and Morgan (43:00). The women's 5 Km went to Teresa Vaill in 22:38 with Lynn Weik second in 23:03