A master's month

July was a great month for masters racewalkers with the National and World Championships held on successive weekends. The Nationals in East Lansing, Michigan probably suffered a little in attendance as many athletes looked forward to Buffalo and the Worlds. On the other hand, the level of competition went up a bit with a few visitors from other lands who arrived on these shores early. Victoria Herazo was certainly one of the heroes, with three victories in the two meets, including a virtually uncontested win in the 35-39 group and overall at 10 Km in the World meet.

Other U.S. winners at the World meet were Elton Richardson in the 55-59 (and 23rd overall) and Imogene Watkins, 75-79. U.S. winners in the men's 20 Km were Bob Minn, 70-74, and Cokey Daman, 75-79, in the two closest races of the day. Outstanding performance of the meet was Gerhard Weidner's 1:44:57 for first in the 60-64 division, good for eighth overall. But, of course. (The question mark in the time is because the first page and part of the second of the results I received had the final column of digits cut off in the copying process.) This German athlete was one of the world's premier 50 Km walkers until well into his 40s. The biggest surprise was probably Warrick Yeager, a U.S. walker who finished third overall in the World 20 in 1:38:12, and who I know nothing about.

Well, the two meets involve lots of results, so here they are:


Marrujo, Ruoss capture Junior titles

Walnut, Cal., June 23--Racewalking titles at the Junior National T&F Meet went to Justin Marrujo and Anya Ruoss, with both winning by wide margins. The top six finishers in both of the races were named to the Junior National Team for 1995. Not being critical of these athletes or of anyone else, but off these results—the number of competitors and the depth of performance—serious development efforts over the past couple of years do not seem to be showing up in the results column yet.


OTHER RESULTS

National Interscholastic T&F Meet, Raleigh, N.C., June 16--The walks were included in this meet for the first time, with some excellent results.


PEDISTRIAN CONTESTS FOR HEEL AND TOE EXPERTS

Sat. Aug. 12
5 Km, Indianapolis (V)
5 Km, Marietta, Georgia (D)
5 Km, Denver (H)
10 Km, Red Bank, N.J. (A)
20 Km, Corpus Christi, Tex. (M)

Sun. Aug. 13
Masters 1500 meters, Pasadena, Tex. (CC)
3 and 5 Km, Dearborn, Mich. (E)

Sat. Aug. 19
Maine RW Carnival (400, 800, 1500, 3 Km, 5 Km, Orono (T)
USATF National Junior 5 Km Men, 5 Km, Orono (T)

Sun. Aug. 20
5 Km, Pasadena, Cal., 7:30 am (B)
1 Hour, Marin, Cal., 8 am (P)

Sun. Aug. 26
5 Km, Indianapolis (V)
5 Km, Atlanta (D)
5 and 10 Km, Grand Junction, Col. (H)

Sun. Aug. 27
10 Km Racewalk Relay, New York City, 9 am (F)
3 and 10 Km, Dearborn, Mich. (E)

Aug. 25-27
5 Km, Miami, 7:30 am (Q)
Portland-to-coast walk, Men’s, women’s, mixed teams walk 122 miles (O)

Sat. Sept. 2
5 and 10 Km, Lansing, Mich. (W)

Sun. Sept. 3
Louis Drazin Memorial 5.2 Mile Handicap, Interlaken, N.J. (A)
15 Km, Albuquerque, NM (M)

Sun. Sept. 4
8 Km, Seattle, Wash. (C)

Sun. Sept. 9
5 Km, Indianapolis (V)
3, 5, and 10 Km, Dearborn, Mich. (E)
5 Km, Atlanta (D)
15 Km and 2 Miles, Houston, Tex. (CC)
## Contacts

<table>
<thead>
<tr>
<th>A</th>
<th>Elliott Denman, 28 N. Locust, West Long Branch, NY 07764</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106</td>
</tr>
<tr>
<td>C</td>
<td>Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115</td>
</tr>
<tr>
<td>D</td>
<td>Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086</td>
</tr>
<tr>
<td>E</td>
<td>Max Green, 13660 Mortenview Dr., Taylor, MI 48180</td>
</tr>
<tr>
<td>F</td>
<td>Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028</td>
</tr>
<tr>
<td>G</td>
<td>Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 (415-964-3580)</td>
</tr>
<tr>
<td>H</td>
<td>Bob Carlson, 2261 Glencoe St., Denver, CO 80207</td>
</tr>
<tr>
<td>I</td>
<td>Steve Vaitones, c/o USATF-NE, P.O. Box 1905, Brookline, MA 02146</td>
</tr>
<tr>
<td>J</td>
<td>Jayson Pottom, Valley Walkers, 2305 Buchanan St., Arlington, VA 22206</td>
</tr>
<tr>
<td>K</td>
<td>Justin Kuo, 39 Oakland Road, Brookline, MA 02146</td>
</tr>
<tr>
<td>L</td>
<td>Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660</td>
</tr>
<tr>
<td>M</td>
<td>Peter Armstrong, 505-898-5010 or Steve Petrakis, 505-243-4674</td>
</tr>
<tr>
<td>N</td>
<td>Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009</td>
</tr>
<tr>
<td>O</td>
<td>Jim Bean, 4658 Fuhrer St. NE, Salem, Oregon 97305</td>
</tr>
<tr>
<td>P</td>
<td>Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94904</td>
</tr>
<tr>
<td>Q</td>
<td>Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445</td>
</tr>
<tr>
<td>R</td>
<td>Sierra Racewalkers, P.O. Box 13203, Sacramento, CA 95813</td>
</tr>
<tr>
<td>S</td>
<td>Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614</td>
</tr>
<tr>
<td>T</td>
<td>Tom Eastler, RR 1, Box 1043, Farmington, ME 04938</td>
</tr>
<tr>
<td>U</td>
<td>Columbia TC, P.O. Box 1872, Columbia, MO 65205</td>
</tr>
</tbody>
</table>

---

### OLYMPIC TRIALS QUALIFYING

(From Steve Vaitones) Applications for the 1996 Olympic Trials were to come out at the USATF National Championships in Sacramento, but printing/editing problems prevailed. They will be out by the end of the summer.

After receiving an application, athletes should begin by carefully reading all information on qualifying and entry procedures. Athletes are asked to submit their entry forms as soon as possible, even if they have not yet achieved the qualifying standards; this makes the administrative work easier. Performances can be updated at any time.

All events at the Track and Field Trials have maximum field sizes established by the International Competition Committee (ICC), along with Automatic--"A"--and Provisional--"B"--standards. These are established for a progression through trials and finals rounds. The "A" standard is set so the field will not be oversubscribed with automatic qualifiers. The field is then filled by athletes in rank order of performances from athletes who have met the "B" standard. With the walks "Finals only", the maximum field size was set as large as the largest finals event.

Here are the standards, which were released July 11. Any standards that you heard about previously were only RW Committee recommendations. Please note that the qualifying standards recommended by the RW Committee to the ICC are not the same as the standards announced here. They differ significantly.

The standards established by the ICC are as follows:

<table>
<thead>
<tr>
<th>Event</th>
<th>Max. field size</th>
<th>Automatic</th>
<th>Provisional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women's 10 Km</td>
<td>15</td>
<td>49:45</td>
<td>Top 15 performers</td>
</tr>
<tr>
<td>Men's 20 Km</td>
<td>15</td>
<td>1:28:00</td>
<td>Top 15 performers</td>
</tr>
<tr>
<td>Men's 50 Km</td>
<td>15</td>
<td>4:25:00</td>
<td>Top 15 performers</td>
</tr>
</tbody>
</table>

As you can see, the fields for the 10 and 20 will be far smaller than in the past.

Yes, there may be some disappointed individuals and some who may have thought they had achieved the standards, but any previously discussed times were not official. One positive note: If more than 15 in fact achieve the A standard, all will compete in the Trials.

This is a distinct possibility in the women's 10 Km.

Note the following requirements, which will be checked out for all qualifiers:

- Qualifying performances must be achieved on a track or certified road course.
- The time must also have been accomplished under "record setting" conditions, including having the appropriate number and certification level of judges, using tracks that have a curb, and having a bona fide competitive field.
- With women's 10 Km races on the track, the event must be "women only".
- The race must be USATF sanctioned if it is not part of a college track meet—that means most events in the U.S.
To avoid “phantom” races, the racewalking committee is considering a requirement that prior notice of the date and site of the event, along with a printed entry form, be submitted to a representative prior to the race.

Performances will be verified after they are submitted to the Trials office. Printed results with judging info, course certification, and track info should be sent to Steve Vaitones, 90 Summit Street, Waltham, MA 02154 for validation to speed the process. Performances will be submitted to the ORW and to the RW Committee Newsletter on a regular basis for review.

FROM HEEL TO TOE

A few mistakes in results in last month’s issue, through no fault of ours. In the National 25 Km, Marc Varsano was not DQ’d officially, but was mistakenly pulled from the course. He explains: “I illegally received two cards from the same judge. The Head Judge did not pick up on it as the cards were signed differently (one in long hand and one abbreviated with initials) and I was pulled from the course. The blunder was uncovered and acknowledged 15 minutes later—too late to recover the fourth place position I held up until that point, no less go for the win. To set the record straight, the ORW should read, Marc Varsano would have finished at least fourth had there not been an unfortunate error in judging.” In the women’s National 10 Km, the results we received showed Cheryl Reiling in 12th with a 50:37, but apparently she was not officially placed because of an uncertainty in lap counting. For some reason, she was reported in the final official results as a DQ and that’s what it shows in Track and Field News, but that is incorrect. I don’t recall where I got the results that showed her 12th, but apparently, that is where she should have been placed. She says the lap sheets show her completing the 25 laps in 50:21, but because of some uncertainty in the laps, the finish judge listed her as DNF. Our results also showed Gayle Johnson and Sally Richards-Kerr as DNFs. It turns out that Gayle was an entry but did not go to the race and Sally was actually DQ’d. Another long-time contributor to the sport has passed away. Art Smith, 74, a veteran racewalk judge, Pacific Association T&F official, and retired racewalker, succumbed to a heart attack on June 25. Art was a native of Canada, but lived in Redwood City, Calif. most of his life. Harry Sillonen writes: “Art was a judge for several decades, known for his fairness and strict objectivity. When we founded the Golden Gate Race Walkers in 1978, Art gave us his enthusiastic support and blessing. But he never affiliated with us, because as a judge he felt he should not belong to any club, lest it be thought that his impartiality would be compromised. However, he was already with his counsel from his long walking experience, whether he be technique tips to the rawest rookie or to an elite competitor like Neal Pyke, who was a top-ranked US walker in the late 1970s. His old friend and judging colleague, Lori Maynard, reminisces: ‘Never, never did a negative word escape from Art’s mouth, at least not in my presence. He was always finding the good in people, and I never heard him speak ill of anybody.’ My most vivid memory of Art was at the starting line of many a race in which he was head judge. ‘Remember, when that starting gun goes off, I have no friends out on that track.’ he would state. But he certainly did leave many friends in the racewalking community who will miss him as he departs from our midst for the longest walk, judge’s paddle under his arm.”

#1. Race walking may never gain full respect until we develop a device that will reliably detect a loss in ground contact. Then we can forget knees, head bobbing, etc. That doesn’t mean we should start using the alarm that is now available. But, let’s do the research that’s needed to improve it or develop something more reliable. We live in a technical world. Let’s accept that fact.

The rules of walking and enforcement thereof

We have left this often tiresome subject drop for a few issues, much to the relief of many readers, but, of course, the issue is still out there, and it is at the heart of the sport. So, here are a few bits of commentary that have accumulated in our files during the hiatus.

Heel and toe; Oh, where did you go?

In the beginning, someone said: “Let there be a walking event called heel and toe.” Heel and toe walking existed for many years with only the requirement to observe the “heel and toe” rule.

Eventually, as our heel and toes got faster, a few astute individuals decided to add another rule to help ensure ground contact was maintained. This new ruling required a momentary straightening of the knee. This made sense. It did help. But, oh how this rule has complicated judging!

Because of this rule, judging has become unbelievably inconsistent. Too many judges are looking for a locked knee at what they perceive to be the right position. Some are even looking for straight legs. If the judging at the National 25 Km this year is any indication of the future for racewalking, we cannot complain when racewalking is eliminated as an Olympic event. Although two nationally experienced judges there were good, the others were incredibly inconsistent. Some were ignoring ground contact completely while being overly critical with knees. One judge was almost on the ground seemingly looking for a break in contact, but giving calls for bent knees.

Some walkers do walk with consistently bent knees. They are definitely running and should be DQ’d. But, many judges are ignoring contact completely and over emphasizing leg straightening.

Here, of course, is where the problem exists. Some faster walkers have mastered the technique of walking with straight legs. They ignore the heel and toe concept. As a result, it is difficult to detect a loss in ground contact.

But, instead of requiring walkers to adhere to heel and toe, we want to change the rules so they fit the new type of walking many are now using. It is true that racewalkers can attain relatively high speeds with good heel and toe form. Golubnichiy (Olympic gold medalist 1960 and 1968, bronze in 1964) first comes to mind. Had the Russians wanted to, they could have sent another walker in his place to the Olympics who might have been faster. But they knew Golubnichiy was a stylist and less likely to be DQ’d.

We know that racewalking is a better all around exercise than running. Fitness walking is continually gaining adherents. But, the judging crisis keeps racewalking from attaining the respect it should be getting from spectators and T&F coaches.

There are some who are advocating that the only judging criteria should be that racewalkers should look like they are walking. If we want to adopt that philosophy, good! But, let’s not say we are still walking. Let’s admit that we are engaged in a sport of stiff legged running.

So, are there answers?

#1. Race walking may never gain full respect until we develop a device that will reliably detect a loss in ground contact. Then we can forget knees, head bobbing, etc. That doesn’t mean we should start using the alarm that is now available. But, let’s do the research that’s needed to improve it or develop something more reliable. We live in a technical world. Let’s accept that fact.
#2. In the meantime, let's eliminate the inconsistent judging. Let's call those who are obviously off the ground. Let's look for a straightening of the knee, not stiff legs.

#3. The fact remains that the primary difference between walking and running is ground contact.

Bob Mimm (1960 Olympic 20 Km competitor and many times national and world masters gold medalist, who has been competing continuously in the sport probably longer than anyone in this country, and maybe any country.)

Dear Jack,

I believe Bill Tallmadge's view on the bobbing of the head up and down as it relates to loss of contact deserves some serious research. I watched a tape of the last Olympic 50 Km. In addition to the commentators talking about loss of contact, I ran the tape in slow motion. The leaders continuously lifted and if you looked at their heads, there was a lot of up and down head movement. I suggest that the powers that be try to prove Bill wrong by having some top racewalkers try to lift while keeping a level head movement with no up and down head movement. If they can't do it, then Bill is right and the judging needs to be changed to look at the whole body rather than waist down. The head should be observed and where bobbing is obvious, a disqualification call should be made by the judge. We need to bring some credibility back to the sport.

Charles Deuser

Dear Jack,

I want to take this opportunity to comment on the new rule proposals. I think they will go through, and I am concerned about the effect of the change on the straightening rule on masters walkers. I know that some bent-kneed masters are really frustrated by the rule as it is now. Especially when they see tapes of walkers lifting like crazy and getting through a race, while they (the masters) are walking with great contact, but getting thrown out because of bent knees.

I cut masters walkers some slack when judging, letting them go if their knees are a little soft, as long as they are not bracing or pushing off a tensed quadriceps. I've had enough experience to recognize when this is going on. But, with the new rules, we judges cannot allow any compromise any longer.

I urge all masters walkers to do two things. One, warm up well. Two, don't make any wild surges at the end of the race. I turned in three red cards at the National 10 in Niagara Falls in the last 100 yards. In each case, the offending walker was really bending the knees to increase speed and pass someone. We just can't let this go, but it bothers me when they have otherwise been walking fairly all race long.

I also note that many masters come from a running background, and as a result their hip flexors are tight and quads overly developed for walking. This gives them a tendency to take too long a stride to the front. When they do this, they often flatten their lead foot well in front of their body and this contributes to soft knees. Solution: build hip flexor flexibility, work on hip and shoulder rotation, and cut the stride to the front.

As for the discrepancy between calls for lifting and knee straightening, I agree that there is an inequity, but there is not much we can do about that. The rules read "as judged by the naked eye," and it is easier to detect knee straightening violations than lifting violations. As far as I am concerned, it is also easier to correct a knee straightening problem that a lifting problem.

I wish the walkers knew how much we judges hate to throw people out. Help us by developing better technique! You'll go faster and we won't have to DQ anyone. My ideal race would be to turn in no red cards at all, and feel totally justified in that.

Martin Rudow (Former National Coach, International Judge, author of widely recognized books on training, and producer of superior training videos--the editor's words, not his.)

Hi Jack,

The judging at the IAAF competition in China was worse than at any previous one.

Giulio de Petra is right!

Frank Alongi (International judge, highly respected coach and clinician)

From the Golden Gate Walker, June 1995

Racewalk Judging Opinion

By Ralph Wheeler

New rules for judging or requirements for competing in racewalking events are being proposed and discussed by lots of folks, so I just as well get my two cents in too.

The problem that judges have in being able to see violations of the lifting rule is a concern to racewalking enthusiasts. The problem is that a competitor must maintain unbroken contact with the ground. However, the competitor is only required to do so for the smallest instant of time.

A top race walker is chugging along at the rate of three strides or so per second and is making contact with both feet for some small fraction of each stride. Double contact, however brief, is necessary for maintenance of contact. The period of time that the double contact occurs can be less than the persistence of the human eye. The reason we do not see black frames between the pictures at the movies or the black bar scanning down the tube on the TV is due to the persistence of the eye.

This leads to some embarrassing circumstances. An example is a competent judge being photographed by a high speed camera looking directly at a competitor who is shown by the photo in a lifting violation. The judge, however, does not call the infraction of the rule because the judge does not see the loss of contact.

The reason for having the lifting rule and bent knee rule is to distinguish racewalking from running. Judges nearly sole purpose is to judge these two rules.

What constitutes running? A runner is one who leaps in the air, enjoys a flight phase, lands and absorbs the shock with a bending knee, which stores some of the landing energy for use in the next leaping segment of the running cycle. The two essential components of running are the loss of contact and a bending knee.
Current racewalking rules require a competitor to maintain unbroken contact and to have a straight knee on the supporting leg. The and is the problem. If legal racewalking is not running, then DeMorgan's Law in Boolean algebra would say that not running is not lifting or not bending the knee. The and in our current rules is inconsistent with Boolean logic.

Some propose the addition of complex equipment such as instant replay or a device in the competitor's shoe to make judging more fair. I propose that the rule be changed by substituting or for and which is consistent with Boolean logic.

A judge under these rules would look for the maintenance of contact and if this is clearly so would not judge the knee. If the maintenance of contact is in doubt, the judge would determine if the knee is straight. This clearly is not as difficult as the current requirements on judges and is humanly possible where the current requirements are not.

This is not to say that it is easy to detect violations of the bent knee rule. It has a different set of problems. However, being able to see the leg is not one of the difficulties here.

"Now wait a minute, you mean to say that those old fogies who maintain contact but have bent knees won't be disqualified?"

Yep. "And those hot shots that are lifting can get away with it if the leg is straight?" Yep. "Won't that impact the outcome of races and records?" Yep. The question is how much.

The bent leg old fogies who are faster than folks like me will beat me instead of being disqualified. So what? They are not on the same level of current top straight leg walkers for their age group. This will not impact the outcome of races at any serious competition level and should not affect existing records.

If someone tries to take advantage of bent knees a is "Groucho Marx" style of running, then their turnover increases to where the judge would be in doubt that contact is being maintained. When a judge is in doubt that contact is being maintained, the judge would then call the knee. Eureka, a disqualification!

So records are safe and only local races will have any impact in this area.

The hot shots are losing contact today. Sometimes they are disqualified and sometimes not. The judging is inconsistent because the judges have the impossible task of judging an event that the eye cannot reliably see. When rules only require what is humanly possible to see, rules will be more consistently enforced. So some who are now disqualified will remain in the race and that will affect the outcomes and also records.

By how much? Probably not a lot. Lifting from a straight leg, by those who are strong enough to do it, is accomplished by the push off from the foot. Appreciable lifting requires the spring from a bent knee, which would cause a disqualification. So, lifting beyond what is accomplished today is not likely.

LOOKING BACK

30 Years Ago (from the July 1965 ORW)--Ron Laird and the editor of a bright new racewalking publication, the Ohio Racewalker, toured Europe with the U.S. T&F team. We started with a 20 Km in Kiev, part of a meet in which we had the great privilege of being part of the first losing U.S. men's T&F team. They threw a long course at us (the Soviet walkers guessed it was at least 21 Km and maybe as much as 21.6), but that didn't affect the places. Laird had a quite decent race, but still third in 1:41:10 as Khrolovich won in 1:39:14. Mortland was terrible, losing contact early and trudging through busy streets by himself to a lonely finish in 1:48:45. In Poland, we had a 3 Km on a cinder track in the midst of a pine forest on the Baltic. After withstanding the opening burst of dozens of eager Poles, Laird set an American record of 12:52.4, though some 7 seconds behind the winner, Czaplinski. Mortland came third in 13:09. Two days later, a 20 Km from Szum to Malbork, Poland came up short—at least the final 5 Km was 2 to 3 minutes faster than it should have been based on the 15 Km split. Laird won in 1:29:40, easily a National best at that time had the course been accurate, and Mortland came third in 1:34:39. Finally, there was a 10 Km in Augsburg, West Germany, with Laird second in 46:06.2 and Mortland third in 47:57. Paul Schell survived temperatures in the high 90s to win the Natinal 40 Km in 4:17:38 ahead of Ron Kulik, Bruce MacDonald, and John Kelly.

20 Years Ago (from the July 1975 ORW)--John Knifton won the National 10 Km in Bridgeport, Conn. in 45:04 on an unseasonably cold July day. Dave Romansky, Ron Laird, Ron Daniel, and Bob Kitchten also under 47 minutes. Your editor captured the Master's title in 10th place (50:26), but was not far ahead of Bob Mimm, 10 years his senior at 50... Todd Scully overcame John Knifton in the final 10 Km to win the National 40 Km in 3:25:30, with Ron Kulik, Ron Daniel, and Tom Knatt following.

10 Years Ago (From the July 1985 ORW)--Maryanne Torrellas and Tim Lewis both set American records while winning races in a dual T&F meet with West Germany. Maryanne had 22:51.2 for a 5 Km and Tim a 40:20.6 for 10. Teresa Vaill (23:23.6) and Marco Eroniik (41:02.8) were second in the two races. Gary Morgan won the National 10 Km title in 43:31 at Niagara Falls. Todd Scully (44:35), Ray Funkhouse, and Mel McGinnis followed... The National Junior 10 Km west to Curtiss Fisher in 47:50, ahead of Paul Schwartzburg's 48:08.