

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XVI, NUMBER 8

COLUMBUS, OHIO

OCTOBER 1980

SHARP WINS ANOTHER

Longmont, Col., Oct. 11--Surprise winner in today's National Athletics Congress 100 Km Racewalking Championship was Ray Sharp, making his first venture into the ultra-distance realm. Now a student at University of Parkside, the haven of great racewalkers, Ray won his fourth title of the year. The following account is lifted from a Longmont paper.

Ray Sharp of Kenosha, Wis., won the 100 kilometer event in the "Walk With the Olympians" Saturday in Longmont. The 100 kilometer race started at 6:50 a.m. on the Skyline High School track, and 10 hours 59 minutes later Sharp crossed the finish line. The race consisted of 250 laps around the track.

Alan Price, ranked first nationally in the 100 kilometer event, came in second in 11:15. Paul Lightsey was third in 12:29 (the edge of the column was cut off by the copying machine so I can't see the hours). Chris Amoroso, of Longmont, completed 65 kilometers and Longmont's Chuck Hunter completed 48.

In the 20 kilometer race at Thompson Park, Dan O'Connor, of Huntington Beach, Cal., took first in 1:34:24. Jim Heiring, of Kenosha, Wis., was second with 1:38:48, and local ace Marco Evoniuk took third in 1:42:25. Fourth was Denver's Greg McGuire, Mike Allen, of Longmont, came in fifth, Greeley's Bob Steadman was sixth, and Marco Evoniuk's father, Michael, placed seventh.

In the 5 kilometer event, sole entrant E.J. Rivet, a racewalker from Denver, registered a time of 30:16.

"We had a good time," Evoniuk, director of the race, said. "It was Fantastic." Evoniuk said one of the reasons why the "Walk With the Olympians" was held in Longmont was to determine if the city would be a suitable location for the 1981 50 kilometer World (Lugano) Cup Trials.

The reason for doubt was the altitude, Evoniuk said, but the competitors agreed that Longmont would be a good spot for the trials. Evoniuk said that he will soon approach the Athletics Congress, the sanctioning body for track in the U.S., with a proposal to hold the trials in Longmont.

PRICE WINNER AGAIN AT COLUMBIA

Columbia, Mo, Sept. 28--Alan Price won Columbia's annual 100 mile walking race (this was the 14th) for the third straight year, circling the track 400 times in 19:28:16. His first two wins were also National titles. In this year's race, Alan was unchallenged as he covered the first 25 miles in 4:20:57 and hit 50 in 9:12:09. The final time was just over a half-minute slower than his best in 1978 (18:57:01). It was the fifth time he had finished 100 miles, the most recent being in August. Between that race and this one, he sandwiched a 75 Km win in Springfield, Ohio. Then he moved onto Longmont for 100 km (see above) and plans to be in the National 100 miler in San Diego on Nov. 1. Having found what he can do best, he apparently is going to get out and do it every opportunity. (cont. on p. 8)

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RESULTS 2ND ANNUAL MARCEL JOBIN INTERNATIONAL, QUEBEC

1 Hour, Shawinigan, Sept. 20--1. Felix Gomez, Mexico 14:56.2 m (20:24, 41:07)
2. Marcel Jobin 14:46 m (20:23, 41:10) 3. Arturo Bravo, Mex. 14:21.0 m (20:36, 41:56) 4. Francois Lapointe 13:33.0 m (21:59, 44:38) 5. Jerry Young, US 11:78.3 m (24:08, 49:53) 6. Paul Demers 10:94.3 m
20 Km, Trois-Rivieres, Sept. 24--1. Erling Andersen, Norway 1:20:57 (20:13, 40:23, 1:00:24) 2. Felix Gomez, Mex. 1:22:24 (20:19, 40:23, 1:00:24) 3. Marcel Jobin 1:24:17 (20:17, 41:01, 1:02:39) 4. Arturo Bravo, Mex. 1:24:49 (20:45, 41:54, 1:03:00) 5. Alessandro Pezzatini, Italy 1:25:44 (21:10, 42:47, 1:04:13) 6. Guillaume LeBlanc 1:25:55 (21:56, 43:46, 1:05:19) 7. Domenico Carpentieri, Italy 1:27:03 (21:33, 43:17, 1:05:09) 8. Jerry Young 1:38:43 (23:48, 47:53, 1:13:30) Paul Demers DNF--The race was on a track and Andersen's time is a European record and second all-time only to Daniel Bautista's 1:20:07 in Montreal last year. Jobin picks up a Canadian record and LeBlanc a Canadian Junior record and, I think, a world's Junior best on the track (there are no World Junior record kept). Certainly an outstanding race--very competitive judging from the splits.
10 Km (road), Montreal, Sept. 28--1. Felix Gomez, Mex. 40:34.6 2. Guillaume LeBlanc 40:43.5 3. Alessandro Pezzatini, Italy 41:21.3 4. Erling Andersen, Nor. 41:46.6 5. Arturo Bravo, Mex. 43:04 6. Francois Lapointe 43:07 7. Domenico Carpentieri, Italy 43:37 8. Jerry Young 49:19 9. Bari Garner-Holman, USA 51:59 10. Paul Demers 53:12 11. Micheline Daneau 56:22

2ND ANNUAL CAS CASINERO ALONGI MEMORIAL WALKS, DEARBORN, MICHIGAN

20 Km (road), Sept. 28--1. Carlo Mattioli, Italy 1:28:27 (21:22, 43:12, 1:05:19) 2. Sandro Bellucci, Italy 1:28:51 (21:44, 43:38, 1:06:15) 3. Paolo Gregucci, Italy 1:29:14 (21:44, 43:38, 1:08:15) 4. Steve Pecinovsky 1:32:49 (21:44, 43:39, 1:07:53) 5. Martin Kraft 1:32:50 (23:25, 46:55, 1:09:55) 6. Al Halbur 1:34:00 (21:47, 45:42, 1:08:52) 7. Carl Schueler 1:35:27 (23:06, 46:56, 1:11:06--little serious training since European trip) 8. Jay Byers 1:41:14 (23:25, 47:44, 1:13:47) 9. Mike Rummelhart 1:43:33 (24:00, 49:40, 1:15:54)--DNF: Derrick White (24:36, 50:01, 1:24:45)
Master's 20 Km: 1. Max Gould, Can. 1:49:29 (26:31, 53:22, 1:20:12) 2. Gerald Bocci 1:49:43 (27:04, 54:57, 1:22:37) 3. Dan Stanek 1:52:04 (26:29, 53:30, 1:22:21)
10 Km (track), Sept. 28--1. Mike Morris 47:13 (23:01) 2. William Preischel 49:48 (24:50) 3. Charles Christ 49:53 (24:50) 4. Ward Freeman 51:52 5. Jamie Janos 53:20 6. Steve Umphrey 54:37 7. Victor Philpotts 58:36 8. Roger Loder 58:58 9. Gene Hawthorne 62:36
Beginners 3 Km, Sept. 28--1. Dave Dikeman 16:30 2. Jim Skalski 16:49 3. Frank Soby 18:11 4. Joan Thornton 18:11 5. Kenneth Horate 18:33 6. Joe Ellison 18:47 7. Tom Kraft 19:29 8. Joseph Durham 19:43 9. Tim Jacobs 20:12 10. Lynice Swint 20:40 (17 finished)
Women's 5 Km, Sept. 28--1. Jeanne Bocci 24:57.5 2. Barbara Carroll, Columbus 25:50.4 3. June MacDonald 27:31.7 4. Helen Daviau, Can. 27:46.3 5. Lillian

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Whalen, Can. 28:06.5 6. Ajexa Kraft 28:30.2 7. Jennifer Dropsho 29:36.9
8. Sheri Dzenfeldt 36:08 9. Mary Byers 36:11 10. Deborah June 37:25
Men's Junior 5 Km--1. John Padrick 25:29
1 Mile, Sept. 27--1. Carlo Mattioli, Italy 6:04.2 2. Steve Pecinovsky 6:19.4
3. Sandro Bealuci, Italy 6:28.2 4. Paolo Gregucci, Italy 6:29 5. Martin
Kraft 6:43.1 6. Mike Morris 6:47.5--Judges: 20 Km--Frank Ajongi, Larry
Larson, Ray Murley, David Littlehales, Richard Gendelman, Charlie Trumgale,
and Joe Tigerman. 1 Mile--Tigerman, Ajongi, Gerald Bocci, Murley, and Gendel-
man.

OTHER RESULTS:

10 Mile Twosome Race, New York City, April 27--1. Howard Jacobsen (1:25:32)
and Mary Clark (1:42:24) 3:07:56 2. Ronald Valcente (1:39:10) and Dorothy
Kelley (1:38:50) 3:18:01 3. Robert Gallanty (1:44:02) and Nancy Gallanty
(2:00:43) 3:41:45 4 Mile, New York City, Aug. 3--1. Charles Downey 37:36
2. Richard Goldman 38:08 3. Mary Clark 38:22 4. Marjorie Graham 43:08
5 Km, Brooklyn, Aug. 17--1. Richard Evans 25:05 2. Robert Fine 25:50 3. Paul
Jagan 27:08 4. Eddie ? 27:28 Half Marathon, New York City, Aug. 31--1.
Al Boucekouk 1:56:16 2. Thomas Klein 2:07:10 3. Tony O'Rourke 2:08:51
4. Stephen Johnson 2:12:24 5. Richard Goldman 2:12:42 6. Donald Froese 2:15:
09--15 finishers 10 Km, New York City, Sept. 14--1. Al boucekouk 48:18 2.
Evan Fox 50:09 3. Chris Flanagan 51:32 4. Ray Floriani 51:59 5. Howard
Jacobsen 54:01 6. Larry Sellen 54:08 7. Stephen Johnson 55:05 8. Lon Wilson
55:39 9. Richard Goldman 56:36 10. Tony O'Rourke 57:56 11. Mitch Seymour
58:19 12. Barney Mollgren 58:30 13. Clayton Heydorn 58:47 14. Nelson Lees
59:53 15. Charles Hofmeister 61:28 (32 finishers) Womens 10 Km, same place--
1. Norma Arnesen 57:34 2. Dorothy Kelley 58:12 3. Ovalena Wilson 60:19 4.
Marjorie Graham 66:50 5. Angela Cocchine 67:39 6. Simone Smith 68:12
(20 finishers) Women's Half Marathon, New York City, Sept. 8--1. Mary Clark
2:10:07 2. Ovadina Wilson 2:10:30 3. Dorothy Kelley 2:10:57 4. Simone Smith
2:23:56 5. Marjorie Graham 2:24:25 15 Km, Springfield, Mass., Sept. 21--1.
Troy Engle 1:11:30 2. Richard Fenton 1:15:34 3. Bob Falciola 1:16:03
4. Robert K ating 1:16:19 5. Steve Vaitones 1:18:09 6. Paul Schell 1:25:25
7. George Iattarulo 1:26:29 8. Tony DeLosSantos 1:36:01 (17 finishers)
8 Mile, Attleboro, Mass., Oct. 19--1. Tom Knatt 61:39 2. Bob Keating 61:40
3. George Iattarulo 68:15 4. Ray Vaguener 68:55 5. Bob Falciola 70:17
6. Roger Pike 78:38 7. Ralph Cardarelli 78:44 8. Jake Brederson 78:59
Can-Am 20 Km, Grand Island, NY, Oct. 4--1. Ray Sharp 1:30:44 2. Martin
Kraft 1:39:13 3. Mark Henderson 1:43:52 4. Don Lawrence 1:45:48 5. Will
Preischel 1:47:39 6. Don Winiacki 1:48:08 7. Mark Hilburger 1:48:49 8.
Dan Stanek 1:52:43 9. Eric Healy 1:55:08 10. Jamie Janos 1:57:14 11. Eric
Oja 2:03:14 12. Doug Dekeman 2:17:54 13. David Stroud 2:28:16--winds at
30 mph hampered the walkers. Women's 10 Km, same place--1. Jeanne Bocci 50:19
2. Joan Bender 54:23 3. June MacDonald 56:51 4. Lily Whalen 59:21 5. Alexa
Kraft 60:00 6. Wendy Wippert 60:52 8. Maria Stanievich 70:48 -- In the men's
20 Km, Sharp had splits of 21:34, 43:50, and 66:57. Canada's Glenn Sweazey
did 23:02 and 47:12 before dropping out. 3 Km, Dearborn, Mich., July 13--1.
John Padrick 15:49 10 Km, Dearborn, Aug. 17--1. Martin Kraft 49:25 Women--
Jeanne Bocci 52:48 Beginner's 3 Km--1. Jim Skalski 18:56 2. Gene Hawthorne
19:19 3. Frank Soby 19:19 5 Km, Dearborn, Sept. 14--1. Martin Kraft 22:42.
2. John Padrick 25:24 3. Jim Saklski 31:32 TFA Age Group Championships,
Dayton, Ohio: Boy's 9 and under 1500--1. Brent Johnson, Neb. 8:38 2. Rob
Gonzalez, Ohio 8:44 3. Dan Seward, IC track Club 8:44 Girl's 9 and under
1500--1. Kim Oswald, Neb. 8:26.9 2. Christy McGrew, IC Track Club 8:54.1 3.
Tamara Wink, Neb. 9:01.4 Girl's 10 and 11 1500--1. Belinda Burnette, Ohio
8:33.2 2. Chris Kessler, Oakwood TC 8:33.3 3. Michelle Martin, Ohio 8:41.3
4. Debbie Eastman, Neb. 8:53.1 5. Donna Mauck, Neb. 8:59.9 Boy's 10 and 11
1500--1. Ron Quarry, Ohio 7:42.6 2. Chad Moiler, Neb. 7:49.6 3. Tony Seward,

IC Track Club 7:54.4 Girl's 12 and 13 1500--1. Jamie Melfie, Ohio 7:53.3
2. Nancy Stateler, un. 8:07.3 3. McIntosh, un. 8:18.2 4. Amy Kulp, IC TC
8:24.8 5. Erica Benson, Ohio 8:25.8 Boy's 12 and 13 3 km--1. Kevin Wilkins,
Neb. 17:07 2. Dan Costella, un. 17:24 3. Erich Hopf, un. 17:27 Girl's 14
and 15 3 km--1. Kim Welsh, Ohio 17:17 2. Allison Cole, Kan. 17:18.8 3. Patty
McEwen, Neb. 17:54.5 4. Karin Hopf, un. 18:21.5 Boy's 14 and 15 3 Km--1.
John Craighead, Kan. 14:51 2. Bill Gonzalez, Ohio 17:21.6 3. Mark Hyten,
Ill. 18:00 Girl's 16 and 17 3 km--1. Susan Ruis, Ohio 16:24 2. Mary Hopf,
un. 16:50.8 Boy's 16 and 17 3 Km--1. Scott Irwin, Neb. 18:18.9 2. Bob Hyten,
Ill 15:16 3. Jeff Baker, Ohio 15:38.5 4. Jim Iabenz, Neb. 15:39.2 7.5 Mile,
Middletown, Ohio, Oct. 5--1. Don DeBald (age 42) 69:38 2. Joe Vitucci (age 57)
72:44 3. Rich Myers (44) 75:07 4. Phil Lewis (43) 80:45 (no judges and
according to Rich, DeBald needs some help with his stye) 15 Km, Racine, Wis.
Aug. 31--1. Mike Rummelhart 1:16:40 2. Paul Malek 1:18:00 1 Mile, Willmar,
Minn., Sept. 24--1. Graig Haugaard 7:16 25 Km, Newton, Iowa, Sept. 20--1.
Dave Eidahl 2:14:06 2. Craig Haugaard 2:19:20 30 Km, Columbia, Mo., Sept.
12--1. Bari Garner-Holman 2:54:21 2. Wden Brown 3:17:23 (first walk, 5 min-
utes faster for second half) 3. Rob Spier 3:26:20 4. Mac Pullen 3:03:13
1 Hour, Lincoln, Neb., Sept. 27--1. Valerie Smith (13) 5 mi 680 yds 2. Debbie
Eastman (12) 5 mi 526 3. Casey Smith (11) 4 mi 1685 4. Tammy Cannon (11)
4 mi 1560 15 Km, Houston, Sept. 14--1. John Knifton 1:13:42 2. Dave Gwyn
1:20:21 3. Matt Stein 1:29:50 4. Mike Kleinhenz 1:32:11 10 Km, Houston,
Sept. 28--1. Dave Gwyn 58:44 20 Km, Woodlands, Tex., Oct. 4--1. Dave Gwyn
1:44:39 Half-Marathon, Corpus Christi, Tex., Sept 27--Grim Reaper 2:15:42
10 Km, Houston, Oct. 12--1. Mike Kleinhenz 57:11 2. Marcelo Guiscardo 57:13
3. Phil Bradley 59:14 20 Km, Houston, Oct. 19--1. John Knifton 1:33:29 2.
Dave Gwyn 1:42:58 3. Mike Kleinhenz 1:57:33 4. Matt Stein 1:57:35 5.
Marcelo Guiscardo 2:05:26 6. J.B. Groves 2:06:34 7. Phil Bradley 2:07:27
8. Boris Balic 2:07:30. . . Janet Guiscardo 2:32:16 (walking for just a month)
1 Hour, Marin, Cal., Oct. 19--1. Dennis Reilly 7 mi 63 yds. 2. Chuck Marut
6 mi 1282 yds 3. Harry Siitonen 6 mi 524 yds 4. Beth Sibley 6 mi 223 yds
1 Mile, Oakland, Oct. 11--1. Chuck Marut 7:56 2. Beth Sibley 8:21

OVERSEAS

International Match, Paris, Sept. 13-14: United Kingdom 87, France 66, Spain
58, Switzerland 25. 50 Km--1. Chris Maddocks, UK 4:05:14 (UK Best) 2. Man-
uel Alcalde, Spain 4:21:39 3. Dennis Jackson, UK 4:21:58 4. J.P. Saint Mar-
tin, France 4:27:07 5. Brian Adams, UK 4:30:26 20 Km--1. Gerard Lelievre,
France 1:28:00 2. Steve Barry, UK 1:29:18 3. Amos Seddon, UK 1:30:38
4. Dominique Guebey, Fr. 1:33:03 5. George Nibre, UK 1:33:58. . . 8. Augustin
Jorba, Spain 1:38:55 (has been under 1:28 and 4:00 this year--Jose Marin and
Jorge Llopert did not compete for Spain) Jr. 5 Km--1. Francis Botonero,
Spain 21:51.8 2. Philip Vesty, UK 22:00.8 3. Miguel Prieto, Spain 22:41.5
4. Russell Bestly, UK 23:09.5 1 Hour, London, Sept. 20--1. Amos Seddon 13,
373 m 2. Alan King 13,226 m 3. Phil Vesty 13,186 m 4. Adrian James, 13,186
5. Paul Blagg 13,037 6. Graham Morris 12,901. 7 Mile, Gloucester, Aug. 10--
1. Steve Barry 47:22 2. Tim Erickson, Australia 48:08 3. Peter Ryan 52:16
37 3/4 Mile, England, Aug. 16--1. M. Iambden 5:37:00 2. Graham Young 5:43:31
3. John Paddick 5:51:52 20 Km, London, Aug. 16--1. Erling Andersen, Norway
1:29:53 2. Tim Erickson, Australia 1:30:22 3. L. Moen, Nor. 1:32:28 4.
Mick Holmes 1:32:40 5. George Nibre 1:33:19 7 Miles, Sheffield, Aug. 23--
1. Dennis Jackson 48:08 2. A. Malone 48:59 3. John Warhurst 49:42 8 Miles,
Colchester, Aug. 25--1. Tim Erickson 55:27 2. Amos Seddon 57:07 3. Glenn
Sweazey, Canada 59:24 Women--1. Irene Bateman 64:44 2. J. Barrett 67:32
London-to-Brighton App. 52 miles--1. Peter Selby 8:21:35 2. John Eddershaw
8:28:22 3. K. Halstead 8:42:05 4. P. Worth 8:54:39 5. B. Holmquist 8:55:31

THE SCHEDULE

- Sun. Nov. 9---5 Km, Detroit (W)
2 Mile, UCLA, 3 p.m. (D)
1 Hour and 2 Hour, Long Branch, N.J. (L)
- Sat. Nov. 15--20 Km, Columbia, MO 8:30 a.m. (M)
- Sun. Nov. 16--5 Mile, Brighton, Iowa (O)
15 Km, St. Louis, 8 a.m. (S)
2 Hour, Austin, Texas (C)
15 Km, Long Branch, N.J., 1 p.m. (L)
10 Km, Central Valley, N.Y. (F)
25 Km, San Francisco, 9:30 a.m. (B)
- Sun. Nov. 23--5 and 20 Km, Toronto, 10 a.m. (Q)
10 Mile, Nutley, N.J. (L)
- Thu. Nov. 27--5 Mile Men, 2 Mile Women, Des Moines, Iowa, 9 a.m. (O)
- Sun. Nov. 30--Coney Island 10 Mile Handicap, 10a.m. (F)
- Sat. Dec. 6--20 Km, Columbia, Mo, 10 a.m. (M)
- Sun. Dec. 7--NATIONAL ATHLETIC'S CONGRESS 25 KM, ATLANTA (A)
35 Km, Houston, 9 a.m. (C)
Girl-Boy 6 Mile Relay, Newton, Iowa, 2 p.m. (O)
- Sun. Dec. 14--7 Mile Handicap, Valley College, Cal., 2 p.m. (D)
5 and 10 Km, Toronto, 10 a.m. (Q)
10 Km, Long Branch, N.J., 1 p.m. (L)
- Sat. Dec. 20--4 Mile Men, 2 Mile Women, Newton, Iowa, 2 p.m. (O)
10 Mile, Columbia, Mo., 8:30 a.m. (M)
- Sun. Dec. 21--50 Km, Houston, 8 a.m. (C)
- Sat. Dec. 27--5 Mile Men, 3 Mile Women, Brighton, Iowa, 2 p.m. (O)
- Sun. Dec. 28--10 Km, St. Louis, 9 a.m. (S)
- Wed. Dec. 31--6 Mile Handicap, Springfield, Ohio 7:30 or so (U)
Probably a 4 Mile, Detroit (W)

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W--Martin Kraft, 11203 McKinney, Detroit, MI 48224

Note that the National 25 Km is in Atlanta in conjunction with the Athletic's Congress convention. The Race Walking Executive meeting will be held on Friday night (Dec. 5) from 8 to 11. The race walking committee convenes the following day and Dean promises an efficiently run meeting that will not run into the wee hours. He would like to see all warm bodies at the meeting. An important item of business will be the election of new leadership and with all that is happening in the sport, Dean notes that we need good people directing it. If you want those good people, get to the meeting and see that you get them. Unfortunately, I had a letter from Dean outlining details of the meeting and the race that I cannot locate--only the attached note urging me give the whole thing a big plub. BIG PLUB!!! (without the details). Get your tails (and the rest of yourselves) to Atlanta!

THE LIFTING CONTROVERSY--Julian Hopkins Answers Back (From Athletics Weekly October 11, 1980)

It was hardly surprising that my article on race walking judging entitled, "Should Lifters Be Disqualified" (AW July 5), should provide an angry reaction from a number of readers. To my mind their response illustrates two things. Firstly, that they do not really know what is happening in race walking and secondly, that if they do know, they choose to believe what they want to believe.

What really does take place in a walking race? In most events, the judges actually disqualify a relatively small number of competitors for failing to maintain contact. Are they correct in doing this? When photographs or films of the faster walkers are examined you find that many are failing to maintain contact, especially in events below 50 Km. This is just as true of British walkers as anyone else, despite what many choose to think. This is not a new phenomenon, for there is photographic evidence of a similar nature dating back over 60 years. Today we can be more certain that it is true because a greater number of photographs are taken with superior equipment. It amounts to a clear demonstration of the inability of the human being to judge contact objectively. Consequently, judging must be a lottery and those who are disqualified were almost certainly lifting but might consider themselves unlucky to have been singled out. Another unfortunate situation arises when a walker who passes the judges and wins a race is subsequently shown by photograph to have lifted. Such a case occurred in the 1975 Olympics when Daniel Bautista was acknowledged to be a great champion by all until the late Ed Lacey's photograph showed him lifting on the final lap of the track. A similar situation occurred recently following the television coverage of the AAA 3 Km Championship. It seems very wrong to me that certain walkers' performances should be denigrated in this arbitrary manner whilst others escape unscathed.

Recently, some people have praised the judges in Moscow for disqualifying a number of leading competitors in both events. They claim that this action has rescued Olympic race walking from oblivion, but has it? As it happens, the judges were correct to disqualify Bautista and then Solomin as photography has shown that both lifted at some stage in the race. But how many other photographs are there showing other walkers (perhaps Damilano?) lifting? A cynic might contend that this was a "cosmetic" operation and that Bautista and Solomin were nothing more than scapegoats. It could also even be argued that these walkers were prejudged following other pictures taken in last year's Lugano Cup Final in Eschborn. After all, the judges are only human, and such evidence is hard to ignore.

Despite what a number of people think, I would like the present definition of walking to be retained, but we live in the real world, not Utopia. To me, continuous contact in fast walking is a frequently aspired to, but rarely achieved ideal. Unfortunately, whilst it is part of the definition, judging decisions must continue to be arbitrary and unfair. The camera will continue to show that continuous contact is usually an illusion. My proposal to have just a straight leg rule is not so outrageous as it sounds because it describes how many race walkers are proceeding in events now, whether they or the judges realize it! What is more, these walkers are clearly walking, not running (ORW Ed. True. But they are also making some effort to maintain contact, successful or not, within the present rules. Will they still look like they are walking when you tell them this is no longer necessary?) Why try to uphold the contact rule when it cannot be enforced, the rule does not seem necessary to distinguish walking from running, and it creates damaging controversy? (ORW Ed. I would say the first two premises are open to debate.)

Finally, I would like to make an important point with regard to my position as National Event Coach. The points I made in my original article,

Whilst the definition of walking remains in its present form, I will continue to coach walkers accordingly. In fact, I have never encouraged any walker to adopt a technique which would lead them to lift deliberately. I realize that a good technique is essential, for then a walker appears to maintain contact, and that is as much as we can humanly expect.

Other commentary in this continuing saga:

From Colvin Patrick in Trinidad--With respect to the raging contact controversy, I submit the following: Which is more important, and why? To maintain straight leg steps but not keeping continuous contact or to walk with bent knees and maintain contact?

The definition of walking does not state that walking is progression by, or with, straight leg steps; it states progression by steps so taken that continuous contact is maintained so, if a walker maintains continuous contact using bent knees should he be disqualified? If yes, why, and is no, why not?

From Tom Knatt--Just a comment on the TFA-USA 10 km race. Dean Jacoby and his son (about 14 years old) took three cassettes of Polavision movies of the participants. They also provided a Polavision stop action viewer so that immediately after the race, the participants were able to go into a local store and see themselves--slow motion and stopped too. Of the various techniques that were used for filming, the most valuable was to follow alongside in an automobile at racewalking speed on the opposite of the road and first take a full height shot to identify the walker, then pan to the feet for judging purposes. We were easily able to determine that all of the participants were OK in the race with the three rolls of film (approximately 2 min. 45 sec per roll), except at the beginning when Troy Engle and Steve Vaitones were caught off the ground approximately 100 yards from the start. In fairness, I should point out that I was cagily situated at the back of the pack when my footfalls were observed at that point. Later on though, over a minute of footage pointed out my improper shoulder lift, but still proved that I was on the ground despite the bad shoulder action.

As far as I was concerned, this race proved that judging by films is feasible. Rules need to be set up though. How about three consecutive strides off the ground such as the three strides off the track, or out of a lane, in track races? Films need not be taken of the entire race, only of participants that the judges feel are questionable to begin with. Films can be viewed instantaneously and participants removed long before the end of the race. If the contestant complains that the films make him nervous and inhibit his style, then he can't be very confident that he is OK anyway.

Videotaping is a little clearer (provides more resolution) but is more expensive. For \$30 we could have tapes of the 20-30 in any race and add the cost to the entry fee. The guy who finished sixth in a race and ends up first because of disqualifications would be the first to agree.

* * * * *
100 MILES (Cont. from p. 1)

There were only three other finishers in today's race, all veteran Centurions. Bob Chapin moved away from Leonard Busen in the last 10 miles after a close dual to take second in 20:22:07. It was Bob's fourth Centurion performance, the other's coming in 1974, 1978, and 1979. His best time was 19:46:23 two years ago. Busen made it through 100 for the seventh time, those coming in consecutive years, as he finished in 20:52:47. Fourth was Bob Gragg in 23:31:33, his sixth finish. Once again we see the apparent advantages of age in this race. The boyish Price is a mere 33, but Chapin is 48, Busen 50, and Gragg 55.

Others to go at least 100 km in this year's race were Rich Myers, Xenia, Ohio, 86 miles; Jeff Smith, Denver, 81 miles; Rob Spier, Columbia 80 miles (both Myers and Spier are two-time Centurions); Craig Haugaard, Minnesota, 76½ miles; Jack Blackburn, Springfield, Ohio 71 miles (three-time Centurion); William Taft, Mac Pullen, and Bruce Ehterton, 100 Km.

FROM HEEL TO TOE

Thanks to Howie Jacobsen for a copy of his book "RACEWALK TO FITNESS--The Sensible Alternative to Jogging". Now all I have to do is find time to read it. However, from just a quick perusal, it appears to be the most complete work on the sport to date and includes a lot of good illustrations. I'll tell you more when I have read it, but don't hesitate to invest your bucks in the meantime. Published by Simon and Schuster, it is listed at \$11.95. . . The walking shoe Ron Laird has designed for Spalding has been delayed in production and is not yet on the market, but should be soon. . . Larry Larson wants to make it clear that the development funds for the proposed Handbook of Race Walking in the U.S.A. are only to cover expenses and not to enrich his pocket. The handbook is still in the planning stages and any ideas or materials are welcome. It is not intended to be a 'how to walk' or coaching manual, but rather a rules and reference book, that will include materials on how to judge. It will include a historical reference section and a bibliography on the sport as well. Again, any help on these matters will be appreciated. (We still plan to update our bibliography in the near future.) Larry's address is 909 Ostergaard Ave., Racine, WI 53406. . . Elliott Benman, picking up on an article in the NCAA News listing the accomplishments of NCAA athletes selected for the U.S. Olympic in 1980 and noting their frustration at being unable to compete, has written the Editor of that publication noting that six of those listed have a double frustration. Those six--Marco Eyonink (Colorado), James Haring (Wisconsin-Parkside), Daniel O'Connor (Tennessee), Carl Schueler (Frostburg State), Todd Scully (Lynchburg), and Larry Walker (Northridge State)--not only missed the Olympics but missed competing in NCAA events as undergraduates since their discipline--race walking--is not provided for. He goes on to make a plea for correction of this situation. . . Another successful soccer season came to an end for the Mortland's today as the Hurricanes beat the Spartans 4-2 to win the 12 and under Cup Championship in the Central Ohio Soccer Association. The Marty and Jack Mortland coached team compiled a 10-1-3 record in the regular season, finishing second and then added three wins in the Cup, as son Derek contributed two goals in the Final. With only two losses in 44 games over the past three seasons (and nine ties), the team has been Cup champions all three seasons and seasonal champs in two of the three. Earlier, the Furies, led by Scott Mortland's 21 goals, had won the Cup in the 9-year-old league, also finishing second in seasonal play. Their overall record was 8-1-4. Neither son has yet shown any inclination to race walk.

STATUS OF WOMEN'S RACE WALKING

One topic to be discussed at the TAC convention is the status of women's race walking in the structure. Exactly what will be done is uncertain, but a proposal to be submitted, prepared by Larry Larson, is as follows:

By-Laws of Athletics Congress of the USA (Article 13--Standing Sport Committee)

Instead of "Race Walking" Committee, correct to

"Men's Race Walking"

"Women's Race Walking"

Such a change would also require change of wording in the Rule Book in the Women's Track and Field Rules: wherever Women's Race Walking Sub-Committee is referred to it would be changed to Women's Race Walking Committee. The present Rule 34 National Championships Race Walking should be kept in the

rules as a guideline and reference. The proposed Women's Race Walking Committee would work closely with the Women's Track and Field Committee.

REASONS! Women's Race Walking has become an internationally recognized sport on its own, and from the beginning the American women's program has been a leader and has been very successful in world class competition. By recent action, the I.A.A.F has recognized world records in Women's Race Walking and also accepted the Eschborn Trophy competition as the official Women's Race Walking World Team Championship competition (This would be the same as the Men's Lugano Trophy Competition). The Women's Race Walking program in the United States is at a point when it needs to establish its own leadership and govern its own sport as is true elsewhere in the world. A women's walking event in the Olympic Games has been proposed but has not yet been accepted.

In the past, the Men's Race Walking Committee has cooperated with the women's walking program through the Women's Track and Field Committee and it will continue to do so, but the Men's Race Walking Committee must have as its prime concern the development of its own program, which includes two events on the program of the Olympic Games as well as many international and world championship events. The two sports are equally important and must be given separate funding and the women's race walking program should be elevated to a status as exists for the Women's Long Distance Running program.

The need for some move of this sort might also find support in the following letter from Paula Kash:

In the last issue of the Ohio Racewalker, you asked why Sweden, Norway, and England were not in attendance at the Women's World Championships. . . I have been a pen pal for the past 2 years with several of the top European women walkers and I was not surprised. One of the top British women wrote me a letter dated July 1 asking if I knew anything about the race in New York because she said that her country had not even gotten an invitation yet and she was having a hard time convincing her national governing body to allow her to come. Unfortunately, I could not even advise her anything because, though the qualifying race for us was in June, we did not receive any information about the race ourselves until July 20! . . . The reason the Swedes and the Norwegians did not come makes perfect sense to me. It takes great planning to raise funds for a trip such as this, plus time to structure training and time off work. And the Scandinavians had said that unless things were all set by April 1 they felt they could not make last minute plans. . . There are several things that I must point out.

1. According to your Ohio Racewalker, there was a 5 and 10 km in Syracuse that same weekend and that there were 15 to 25 women entered. With the exception of one or two of the girls from the Island Track Club, not one of these women came out to watch this international event!! When I was a new walker, I would have loved to see experienced walkers, and these women would have seen a fantastic exhibition by the two top ranked women racewalkers of 1980—Sue Cook and Sue Brodock!!! Am I to conclude that these women are not really concerned about the sport of racewalking or that they had no idea that this race was even going on?

2. As a kinesiologist, I have seen the changes in attitude toward fitness over the past 5 years. Maybe at last the American people would be ready to support distance events for women. In Germany, we had been besieged by children asking for autographs. In AMERICA we were snickered at as we warmed up for our races by obnoxious teenagers!!! (Well, it did not help, in that the AAU, or whoever, decided that petite women racewalkers should size large men's when it came to sweat suits—my uniform was so huge that it even was too large for my 6-ft tall coach!!!

3. At the National TAC meet, I asked the officials if they wanted our addresses? "Nay, we'll find you by osmosis." We were not notified of the meet in New York until a month before and were told we would be housed in the University. Well, Syracuse University is a big place and after wandering about with no luck for 2 hours I was about to sleep in the street (I had come in from California at 10 p.m.), but fortunately I ran into Sue Liers' Dad and together it took us over an hour to find out where I was supposed to go.

4. Each girl got \$150 regardless of whether she was from the East or West Coast and it is pretty obvious that air fare from California was greater!

5. From the pictures I saw of the race, the judging was pretty weird. Girls off the ground got home scott free while others were eliminated without even getting a white flag!!! The poor Irish girl got no white flags and then found out at the award's banquet that had been disqualified! This was pretty embarrassing and inconsiderate, according to women I polled. At about the 5 km point, I got a red flag. Since I had never even gotten a white one, I was pretty stunned and not wanting to be a poor sport I stopped—but when the Canadian coach came up to me after the race and asked me "How come you stopped walking?", I didn't know whether to laugh or cry. What should one do if he feels unfairly treated? Keep walking???? Maybe judges should take optical illusion tests prior to certification???? . . .

Women race walkers deserve to be taken seriously. We try to juggle training and promoting the sport amidst careers and/or family and other chores. I would like to see women's race walking officially recognized by our U.S. Race Walking Committee. If long distance running now admits women why can not the sport of race walking. There are two Olympic events for men and I thought there was a title IX or something!! Well, sports fans, I don't want to be the only one writing the Los Angeles Organizing Committee. So, if you care about our sport, ust don't stare into space.

Tragically, Stutman says, most joggers don't qualify under these exceptions. "Most of them are people who work all week and think they can jog 20 miles on weekends." And the price some of them pay, Stutman says, is so severe that he wants to wince every time he talks about it.

Stutman, who is a member of the American College of Sports Medicine, is the author of "The Doctor's Walking Book," a 111-page paperback that, in its own way, reads like a horror story because of its listing of the many awful things that can befall people who run.

On the other hand, Stutman says, walking offers the same physiological benefits as jogging but not a single one of the dangers. This is why he personally walks a minimum of three miles a day and recommends that his patients—and everybody else, for that matter—walk at moderate speed for at least one hour every other day.

Jogging fever, Stutman says, apparently is an outgrowth of long-term continuing studies that show conclusively that people who engage regularly in moderate exercise live longer and have a lower rate of heart disease than people who are inactive.

This doctor says walk, don't run

By DARRELL SIFFORD

Knight-Ridder Newspapers

ARE YOU a participant in the national jogging craze? One doctor's advice is for most of us to walk, not run, and he is, in his words, "so vehemently opposed" to jogging that his opposition assumes crusade-like vigor.

Dr. Fred A. Stutman, who practices family medicine in northeast Philadelphia, says that for people over 35 he never recommends jogging—"with two exceptions. These are the trained athlete, who has run for five to 10 years and who knows when it's time to stop, and somebody who's on a cardiac program and under the care of a cardiologist" who recommends running.