

Ohio Race Walker
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Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XVI, NUMBER 11

COLUMBUS, OHIO

JANUARY 1981

Typical January for the ORW with nothing really big to report, so we will move right into the various and sundry results. Incidentally, for those of you wondering about results of the 1980 National TAC 25 Km at the convention site in Atlanta, here's your answer ? ? ? ? That's right, I'm still wondering too.

New England Athletics Congress Indoor 2 Mile, Brighton, Mass., Jan. 25--1. Bob Keating 14:43 2. Tom Knatt 14:52 3. Bob Falciola 14:54 4. Mark Fenton 15:08 5. George Lattarulo 16:50 6. John Haley 17:16 10 Km, Newburyport, Mass., Dec. 7--1. Bob Falciola 47:06 2. Tom Knatt 47:29 3. Bob Keating 47:30 4. Steve Vaitones 53:11 5. Mark Fenton 53:12 6. George Lattarulo 57:34 7. Bob Bocash 60:35 8. Ralph Cardarelli 60:53 (15 finishers) 5.5 Mile, Lancaster, Mass., Dec. 14--1. Valio Lieois 45:39 2. George Lattarulo 53:25 3. Bob Bocash 54:10 4. Stuart Corning 54:47 5.5 Mile, Amesbury, Mass., Jan. 1--1. Bob Falciola 45:15 2. George Lattarulo 50:53 3. Ralph Cardarelli 51:13 5.5 Mile, Lowell, Mass., Jan. 7--1. George Lattarulo 64:25 2. Ralph Cardarelli 64:44 (Must have been some rather nasty conditions to account for those time, but no report of such) 2 Mile, New York City (Indoors), Dec. 12--1. Evan Fox 14:23.4 2. Tom Edwards 14:52.6 3. Andy Liles 15:36.5 4. Andrew Ryan 17:30.5 Women's 1 Mile, same place--1. Susan Liers 7:22.1 2. Norma Arnesen 7:56.6 3. Carol Brown 8:48 4. Caroline Brandt 9:26 1 Mile (Indoors), Farmingdale, N.Y., Dec. 21--1. Jerry Katz 6:43.4 2. Susan Liers-W 7:29.2 3. Ben Marsh 7:42.1 4. John Shilling 8:04.5 5. Jim Golan 8:39.1 3 Km (Indoors), Brooklyn, Dec. 21--1. Evan Fox 13:01 2. Tom Edwards 13:02 4. Tom McGee 13:52 4. Talky Jasmine 14:54 1500 M., Brooklyn, Dec. 27--1. Evan Fox 6:07.2 2. Susan Liers-W 6:53.2 3. Mary Westgate 8:46 4. Jada Valerama 8:56 3 Km, Brooklyn (Indoors as was the 1500), Dec. 28--1. Evan Fox 12:47.2 2. Bruce Harland 14:29 3. Susan Liers-W 14:38.4 (undoubtedly an American Indoor best, but who knows for sure?) 4. Ron Salvio 17:10 1 Mile, Bronx, N.Y., Jan. 3--1. Evan Fox 6:20.7 (This former New York state high school champion was home for holidays from Michigan when he walked this series of outstanding races.) 2. Tom Edwards 6:37 (Edwards has just turned 19) 3. Bruce Harland 6:49 4. Tom Magee 7:01 5. Susan Liers-W 7:19.1 6. Ben Marsh 7:28 7. Jake Dougherty 7:29 8. Peter Brandt 7:29 9. Carol Brown 8:58 10. Eileen Harland 9:32.5 1 Mile, New York City, Jan. 9--1. Jerry Katz 6:42 2. Bruce Harland 6:50. Susan Liers-W 7:19.4 1 Mile, New York City, Jan. 16--1. Mike Morris 6:42.8 2. Tom Edwards 6:42.9 3. Tom Magee 6:49.2 4. Larry Beckerly 6:55.7 5. Ben DeFibaugh 7:04 6. Vincent O'Sullivan 7:31 7. Norma Arneson 7:57 8. Brian Barry 8:29 9. Carol Brown 8:56 10. Elena Naughton 9:16 (2nd walk) 2 x 880 Relay (with batons), New York City, Jan. 21--1. Jerry Katz (3:14) and Bruce Harland (3:10) 6:24 Women: Irma Cabrara (5:02) and Elena Naughton (4:20) 9:22 10 Km, Long Branch, N.J., Dec. 20--1. Randy Mimm 50:08 2. Cliff Mimm 50:13 3. Bob Mimm 54:22 4. Don Johnson 61:01 5. Paul Robertson 65:09- Marathon, Virginia Beach, Va., March 15, 1980 (late result)--1. Carl Schueler 3:33:25 2. Paul Robertson 4:49:08 10 Km, Washington, D.C., Oct. 4--1. Alan Price 58:33 2. Paul Robertson 63:05 36 Mile, Washington, DC, Oct. 12--1. Paul Robertson 6:53:49 15 Mile, King George, Va., Oct. 5--1. Alan

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Price 2:33:15 2. Paul Robertson 2:41:21 Philadelphia Track Classic 1 Mile, Jan. 23--1. Todd Scully 6:18.9 2. Tim Lewis, East Tennessee St. 6:25.1 3. Randy Mimm 6:45.4 4. Ron Kulik 6:53.4 5. Leonard Jansen 6:55 6. Joe Alcott 7:04.9 1 Mile, State College Park, Pa., Jan. 10--1. Leonard Jansen 7:01.6 2. Mike Battle 7:27.6 (2nd race) 3. Bill Norton 7:31.7 4. Deborah Datsko 8:38.6 (2nd race) 5. Clark Turner 9:01.4 (1st race) 1 Hour, Springfield, Pa., Dec. 7--1. Martin Deeney 8975 meters 2. Jim Garvey 8762 m 3. Paul Walkovic 8018 meters 1 Mile, Philadelphia, Jan. 5--1. Brian Savilonis 7:13.7 2. Bill Norton 7:28 3. Howard Palamarchuk 7:30.8 4. Joe Stefanowicz 7:40.4 5. Kevin Grossett 8:20 6. Martin Deeney 9:09 1 Mile (masters), Philadelphia, Jan. 10--1. Joe Stefanowicz 7:40.6 2. Ron Salvio 8:59 3. Martin Deeney 9:03.8 (8 finishers) 1 Mile (women), Philadelphia, Jan. 10--1. Norma Arnesen 7:47.2 2 Mile, Spring Arbor Col., Mich., Jan. 17--1. Mel McGinnes 14:32 2. Ken Eickhols 15:28 3. Steve Umphrey 15:32 4. Steve Smith 15:40 5. Vic Philpotts 15:46 2 Mile, Macomb College, Mich., Jan. 10--1. Martin Kraft 14:59 2. Gerald Bocci 16:12 3. John Padrick 16:45 4. Jim Skalski 18:21 Women's 1 Mile, same place--1. Jeanne Bocci 7:32.8 6 Mile New Year's Handicap, Springfield, Ohio, Dec. 31--1. Sean Newell 79:29 2. Tim Blackburn 55:24 3. Kathy Blackburn 66:25 4. Chirs Knotts 48:51 5. Jack Blackburn 56:04 6. Dr. John Blackburn 69:25 7. Jim Leslie and Nate Blackburn 81:34 9. Rich Myers 66:36--2 inches of snow, 30 F, very slippery with conditions deteriorating as race progressed 2 Mile (indoor), Milwaukee, Dec. 13--1. Ray Shapp 13:08.3 2. Mike Rummelhart 14:13.1 3. Will Preischel 15:18.2 (New collegiate record bettering Jim Heiring's 13:23 in 1979--Ray is now at U-W Parkside) 2 Mile, Chicago, Dec. 13--1. Jim Heiring 13:10 2 Mile, Milwaukee, Dec. 20--1. Ray Sharp and Jim Heiring 12:42.3 (breaks Ray's own collegiate record, of course) 3. Mike Rummelhart 14:20.2 4. Mike DeWitt 14:57.2 5. Ken Gussing 15:13.5 6. Dave Bakman 15:29.5 7. Carl Birk 17:45 8. Will Preischel (stopped 1 lap short on 220 track with a 13:59.1 at that point--also I now note that Gussing was actually disqualified, so move the others up one spot)--Sharp led at the mile in 6:17.5 Women's 1 Mile, Milwaukee, Dec. 20--1. Patty Hardacre 9:10 5 Mile, Des Moines, Nov. 27--1. Dave Eidahl 39:18 2. Stan Smith 39:24 3. Jill Salva 51:24 2 Mile, same place--1. Butch Hammer 18:48 6 Mile, Newton, Iowa, Dec. 27--1. Dave Eidahl 48:56 2. Stan Smith 48:56 3 Mile, same place--1. Angela Eidahl 34:40 2. Suzy Carter 34:40 2.2 Mile, Ottumwa, Iowa, Jan. 5--1. Dave Eidahl 18:00 2. Greg Fuller 19:30 3. Jerry Osmundson 19:35 4. Angela Eidahl 24:30 5. Suzy Carter 24:30 1/2 Marathon, Springfield, Mo., Dec. 13--1:56:41 20 Km, Columbia, Mo., Dec. 6--1. Rob Spier 2:20:13 Age Group 1 Hour, Lincoln, Neb., Dec. 20--Boys 15-16: 1. Rob Stark 9,548 m Boys 13-14: 1. Ed Stark 8,731 m Boys 11-12: 1. Chad Moller 8,731 m Boys 10 and under: 1. Brent Johnson 7,717 m Girls Age 12: 1. Debbie Eastman 7,753 m Girls Age 11: T. Tammie Cannon 7,423 m Girls Age 10: 1. Jennie Duer 6,934 Age Group 1 Hour, Lincoln, Jan. 17--Boys Age 17-18: 1. Scott Irwin 11,551 m Boys 13-14: 1. Ed Stark 8,720 m 2. Jeff Stark 7,498 Boys 11-12: 1. Eric Duerr 8,137 2. Chad Moller 7,560 Boys 10 and under: 1. Kip McEwen Jr. 8,918 2. David Adams 7,506 Girls 11-12: 1. Tammie Cannon 7,329 2. Debbie Eastman 7,114 Girls 10 and under: 1. Jennifer Duerr 6,928 2. Stephanie Pick 6,849 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 2 Hr. Houston, Nov. 16--1. Grim Reaper 20,925 m 2. Matt Stein 18,622 1 Hour, same place--1. John Knifton 12,816 (7 mi 1696 yds) 2. Ajan Price 11,427 3. Larry Mack 10,455 4. Rick Kent 9,949 10 Km, Houston, Nov. 23--1. Dave Gwyn 50:01 2. Marcelo Guiscardo 54:44 3. Jim Rowley 58:56 10 Km, Houston, Nov. 30--1. Mike Kleinhenz 57:53 2. Jim Rowley 59:28 3. Phil Bradley 60:51 4. Jim Carlson 60:52 5. Boris Balic 50:55 35 Km, Houston, Dec. 7--1. Marcel Jobin, Canada 2:45:10 2. Dave Gwyn 3:16:35 3. Mike Kaainhenz 4:08:39 20 Km, Longmont, Colorado, Dec. 13--1. Greg McGuire 1:49:57 2. Floyd Godwin 1:50:44 3. Bob Steadman 2:00:07 Terry Femmer 1:35:12 at 15 km 1 Mile, Los Angeles, Jan. 4--1. Ron Daniel 6:50.1 2. Roger Brandwein 6:51.2 3. Ed Bouldin 7:07.8 4. Dale Sutton 7:17.9 5. Kurosh Hojabri 7:29 6. Joe Hampton 7:30.9 7. Chris Smith 7:53.3 8. Jim Hanley 7:57.8 9. Eric Stepan 8:36.3 Women's 1 Mile, same place--1. Paula Kash 8:12.5 2. Jolene Stigerwalt 8:30.4 5. Jane Janousek 8:45.2 10 Mile Hdcp, San Francisco, Dec. 14--1. Fred Dunn 1:30:45 2. Lori Maynard 1:33:06 3. Bill Ranney 1:23:28 4. Dennis Reilly 1:24:13 5. Emory Chow 1:47:29 6. Rob R. binson 1:48:17 Honolulu Marathon, Dec. 7--1. Marco Evoniuk 3:29:57 British Women's 5 Km, London, Dec. 6--1. Carol Tyson 23:05 2. Lillian Millan 25:24 3. Judy Farr 25:47 4. Brenda Lupton 25:51 Intermediates 5 Km, same place--1. Sarah Brown 23:57 2. Jill Barrett 24:18 3. Gillian Edgar 25:09 4. Karen Nipper 25:26 5. Andrea Hogg 25:30 6. Elizabeth Gaffer 25:33 Junior 3 Km, same place--1. L. Langford 14:55 2. K. Bowers 15:24 3. D. Naylor 15:27 Girls 2 1/2 Km--1. H. Lawley 12:53 World Military 20 Km, Sao Paulo, Nov. 7--1. Alessandro Pezzatini, Italy 1:34:32 2. W. Weidermann, W.G. 1:35:28 3. Domenico Carpiertieri, Italy 1:40:42

WORLD RANKINGS AND LIST UPDATE

To begin with, people shouldn't hold National Championships in December as the British women did--messes up we people who have already constructed such things as rankings and lists. Considering her effort there, we might well move Carol Tyson from 7th to 2nd in the rankings. The race also moves Tyson to second in the World list, moves Barrett way up, and adds Brown, Edgar, and Millan to the list. In the Women's 10 Km World List add Elaine Cox and Karen Eden of the UK with times of 51:51 and 53:39, respectively. Lillian Harpur is from Australia and Irene Bateman from the UK. In the men's 20 Km, Domingo Colin's best time should be 1:19:35. Viktor Semyenov had a best of 1:20:09, not 1:23:06. Stadtmuller's best was only 1:22:25. Add Valeri Sunstov, Ivan Tikhonov, and Rimas Simkavicious, all of the USSR, with 2:22:34, 1:23:36, and 1:23:48. In the U.S. 20 km list, Ray Sharp apparently had a best of 1:29:45 and Joe Berendt 1:34:20, although I'm not sure where. In the U.S. 50 Km list, Tom Dooley had 4:26:15, as shown correctly in the rankings. While on the subject of errata, Bob Mimm points out that in the photo outline on page 18 of the December issue, I show Mikaelsson with an Olympic time of 41:13.2 in 1948 and then go on to say his all-time best was 42:52.4. The 1948 time should have been 45:13.2. He also notes that this error appeared in Volume 16, Number 16--should have been Number 10. Some people think I am very dumb, or at least quite careless. Actually, I just try to keep readers alert by planting these things. One other thing Bob mentions is that he searched the U.S. 50 Km rankings and list for the name of Randy Mimm, but couldn't find it anywhere. But he doesn't tell me where it should be. In compiling the list, I didn't find where Randy had finished a 50 Km in 1980 and Bob Bowman's list in Track and Field News doesn't show him either. Any information on this point will be appreciated.

FORTHCOMING OPPORTUNITIES TO EXERCISE YOUR PERAMBULATORY SKILLS THROUGH-
OUT THESE UNITED STATES AND CANADA

- Sat. Feb. 7---National TFA/USA Indoor 5 Km and Women's 1 Mile, Racine, Wis., 11 a.m. (G)
- Sun. Feb. 8---Ontario Men's 3 Km and Women's 1.5 Km, Toronto (A)
Met. AC Men's Indoor Championship (1 or 2 Mile), NYC (B)
- Fri. Feb. 13---LA Times 1 Mile, Los Angeles (Qualifiers only) (F)
- Sun. Feb. 15---Met. AC Women's Championship, New York City (B)
10 Km, Indio, Cal., 10 a.m. (F)
- Fri. Feb. 20---1 or 2 Mile, New York City (B)
- Sat. Feb. 21---10 Km, Washington, D.C., 9 a.m. (E)
15 Km, Columbia, Mo., 9 a.m. (I)
- Sun. Feb. 22---5 Mile Men, 3 Mile Women, Lake Darling, Iowa, 1:30 p.m. (H)
- Fri. Feb. 27---NATIONAL ATHLETICS CONGRESS INDOOR 2 MILE, NEW YORK CITY
- Sat. Feb. 28---Canadian Men's 3 Km and Women's 1.5 Km Champ., Edmonton (A)
- Sun. Mar. 1---1 or 2 Mile, Farmingdale, N.Y. (C)
Wis. TAC 2 Mile, Champ., Madison (D)
50 Km, Los Angeles, 7 a.m. (F)
10 Km, Bethesda, Md., 10 a.m. (E)
- Sat. Mar. 7---5 Km, Long Beach, Cal. (F)
5 Km, Columbia, Mo., 9 a.m. (I)
- Sun. Mar. 8---6 Mile Men, 3 Mile Women, Lake Darling, Iowa, 1:30 p.m. (H)
- Sat. Mar. 14---20 Km, Long Beach, Cal., 9 a.m. (F)
5 Mile Men, 2 Mile Women, Des Moines, Iowa, 2 p.m. (H)
10 Km, Comack, N.Y., 12 noon (C)
- Sat. Mar. 21---5 to 50 Km, Washington, D.C., 9 a.m. (E)
3 Mile, Columbia, Mo., 9 a.m. (I)
- Sun. Mar. 22---Ontario 50 Km and Women's 10 Km, Champ., Oshawa, 10 a.m. (A)
- Sun. Mar. 29---NATIONAL TAC 30 KM CHAMPIONSHIP, LOS ANGELES (F)
- Sat. Apr. 4---Walk-Run Pentathlon (2 Mile walk, 880 run, 1 mile walk, 2 mile run, 220 run), Columbia, Mo., 8 a.m. (I)
- Sun. Apr. 5---5 Mile, Smithtown, N.Y., 1 p.m. (C)

If you want to see your races listed here, you have to get me the schedules. Of course, even that doesn't always work, since the ORW is subject to occasional oversights, carelessness, and shoddy work. But, if you make the effort, your chances are better.

CONTACTS:

- A--Stafford Whalen, 11 Midell St., Weston, Ontario M9P 2P4, Canada
- B--Metropolitan Athletics Congress, 5340 FDR Station, New York, NY 10150
- C--Gary Westerfield, Island TC, P.O. Box 440, Smithtown, NY 11787
- D--University of Wisconsin, Women's Track Office, 1440 Monroe, Madison, WI 53705
- E--Sal Corrallo, 19031 Capehart Dr., Gaithersburg, MD 20760
- F--John Kelly, 1024 Third St., Santa Monica, CA 90403
- G--Bob Lawson, Track Coac, U-W Parkside, Kenosha, WI 53140
- H--Dave Eidahl, Box 72, Richland, IA 52585
- I--Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65201
- Add these races for which you can contact Greg McGuire, 6257 W. Kenyon Ave., Denver, Colorado 80235
- Sat. Feb. 21---5 Mile, Aurora, Col., 10 a.m.
- Sat. Mar. 21---10 Km, Greeley, Col., 10 a.m.
- Sat. Apr. 4---10 Km, Denver, 10 a.m.
- And these in San Francisco; contact Bill Ranney, 101 Sunnyhills Dr., San Anselmo, CA 94960: Sat. Feb. 21---San Francisco Examiner 2 Mile, Sun. Feb. 22---20 Mile, Pacific Ass'n Championships, Sun. March 8---Pac. Ass'n 15 Km, Sun., Apr. 5---Pac. Ass'n 50 Km Championship
- Also, add a 50 Miler in the San Diego area on March 29; contact Dale Sutton, 6937 Petit Ct., San Diego, CA 92111

FROM HEEL TO TOE

Walking Backwards II (From the Golden Gate Walker, Harry Siitonen's newsletter) Our American reverse gear hero was Plennie L. Wingo (b. 1895) who did an 8,000 mile transcontinental walk from Santa Monica, Cal. to Istanbul, Turkey, per the Guinness Book of Records. Plennie set out on 4/15/31; got there on 10/29/32. What's more, to celebrate the feat's 45th birthday, at age 81, he walked 452 miles from Santa Monica to San Francisco in 85 days, all hindsides first. Actually, Harry didn't scoop the ORW on this one. We had a somewhat lengthier article on Plennie a few year's back, supplied by Bob Mimm I believe, but this brings newer subscribers up to date. . . The Women's National 10 Km race is not in Reno with the National Convention, as we reported last month. Rather, it is in Lewiston, Maine on July 19. There is also a National 15 Km to be held at Niagara Falls on July 11

FURTHER COMMENTARY ON RECENT COMMENTARY ON PREVIOUS COMMENTARY ON THAT SUBJECT THAT IS RECEIVING A GREAT DEAL OF COMMENTARY THESE DAYS---JUDGING

This from Bob Mimm (1960 Olympian and now World Masters Champion--I don't have the results yet, but Bob did 27:12 and 1:49:13 to win both races at 50 and over in New Zealand):

I wholeheartedly agree with Gary Westerfield's judging letter to you. However, he states the chief walking judge does not have final say, as stated by one "dean" of judging. Actually, he does. He should not! Definitely! But, in practice, he does; or so it seems. I judged a Jun ior National race in Long Branch once. Every judge agreed the winner had been off the ground but the chief judge would not disqualify the offender. I think much of our problem stems from this chief judge hog whiskey (please don't misinterpret that as hogwash). It's ridiculous the way our judges now have to run around looking for the chief judge to discuss a person's form before calls are made. Gary is so right. Our judges must act independently. I like the method whereby a violator is out if he has been called by two judges. There is no need for consultation with a chief judge.

Comments from Ron Daniel re: Larson-Kash (Oct.)/MacDonald-Pollet (Nov. rebuttal.

I somewhat agree with Larry Larson's comments re: women's RW. It probably is time for them to disengage themselves from women's T&F. However, I don't agree that because there are men and women race walkers that that constitutes two sports. I believe that a single RW Committee and program will have the best chance of survival and greatest growth. I'm sure that in the short term, counter arguments would look correct but the long-term is where we should be looking. For example, the Swedish program covers all phases of race walking quite adequately. After all, the judges, timers, and meet directors will always be the same people for men's or women's races. So why not combine for the advantage of publicity and perhaps corporate sponsorship. Anyway, other more important issues were opened in October and glossed over or ignored in the November responses.

If you read between the tongue-in-cheek lines of P. Kash you will recognize the more serious problems confronting the women. (Not too different than those of the men 15 or so years ago.)

If we start at the national/trials races the first problem appears. Noone from the women's RW sub-committee was responsible for taking the results and names of the women who had just qualified for a US team to compete in the World Championships. I would have thought that should be important. An exciting occasion for the athletes and yet it was met with great disregard by the Women's T&F people. Additionally, because three of the top four women in the 5 km and 10 km were the same athletes, then at least the top seven in each race were potential team members. Therefore, all of these

women should have been so informed of the dates, team structure, assembly, etc. so that there would be no misunderstanding or misinformation. Instead there was practically no contact right to the final weeks. The fact was, and still remains, that the exact dormitory name was not provided and going to the "Empire Games" headquarters did not produce that information; so luck was of utmost importance. I must point out that the accommodations were excellent once you made contact.

The uniforms problem again is not new. How many times have the men gotten wrong sizes, incomplete uniforms, or none at all. But that doesn't make it right. Regardless of whether a team member had been on previous teams or not is no excuse. Having to exchange a uniform or even pay to have it altered should not be part of the athletes' expected responsibilities. Someday, the TAC (AAU) will stop treating the race walkers as second class citizens and not just send whatever is lying around the office. In no way are large men's sweat suits going to look good on women of 5'6" or less! Would the T&F people outfit a women's touring team that way? Not a chance. (Ed. Not necessarily true. I guess Ron never saw the sweats given to the U.S. national team in 1965--both men and women. The thing is those particular uniforms apparently weren't made to fit anyone of the human species. Just occurred to me--maybe the fact that we looked like losers explains the first ever dual meet loss to the Soviets.)

The issue on the money is not whether everyone got \$150 or \$25 or \$50 but whether the sum was sufficient to pay the travel expenses of the team member. Quite obviously, it was not. Of course, don't even ask about per diem! On the other hand, the women's T&F Committee was responsible, through the meet's sponsors, for providing quite adequate expenses for the top women race walkers for both the indoor and outdoor championship meets. But once again, in order to be a member of the national team the athlete was expected to pay the difference--a difference that Bruce MacDonald has himself unselfishly paid into over the years.

As to the judging comments, if I interpret P. Kash's statement of weird to mean inconsistent, then her reference to pictures taken of the race (10 km) and competitors being off makes a little more sense. Obviously, Mr. Pollet missed the reference to pictures and thought that she was "judging" during the race. Furthermore, I judged the 5 km not the 10 km. Also, I had intended to only spectate and coach Miss Arnesen, but was recruited on the field. It is my understanding that there should have been more international judges in attendance and to my knowledge Bruce M. was the only one there. Also, longevity of experience does not necessarily equate to competence in judging. As for the Irish woman's DQ, she could have been informed prior to the actual awards presentations--more than an hour was spent eating and talking. A shocking and embarrassing moment for sure. As for P. Kash not knowing from whom she received the DQ cards, this information should be on file along with all other important information on the meet.

Regarding the attendance or non-attendance by the Empire Games race walk competitors, I too would expect a full turnout--after all the races were completed by 8 p.m. Not too very late even for those with a 6 a.m. race. But more importantly, the non-attendance by the general Empire Games spectators for a "Worlds Championship" event doesn't say much for the event publicity.

This brings me to commenting on the status of the event. I'm sure the boycott by the U.S. may have been partially responsible for the no shows, but it has been suggested that the competitors from Britain were not informed of the meet date and recently it has been said that the Swedish women also did not know when the event was scheduled for. (From R. Laird in

Mexico, where Swedish women are currently training.) I suppose we're to believe that their RW committees kept the information from them.

From another point, the intention to compete in the 1981 Lugano Cup was to be filed by the respective countries by Dec. 31, 1980. Now if they only get affirmation from two or three countries, will they hold the event?

So the question is: were the prospective entering countries required to respond prior to a certain date? What response was there? How much lead time were they given?

For sure, there are a lot of difficulties in preparing to conduct such an event; all the more reason to allow for long lead times and follow through all aspects in a business like manner--just ask Dan Stanek.

Well, we're back at the beginning--should the women stay as a sub-committee, become a full standing sports committee, or should there be a single RW committee? Unfortunately, because the convention was held in Atlanta, Ga., there were no/few women in attendance at their own sub-committee meeting. Thus if they want to take over their own committee, they should be preparing now and planning on being in Reno, Nev. next December. How about some response from the women on their own destiny.

LOOKING BACK

15 Years Ago (From the Jan. 1966 ORW)--For the second year running, Doc Blackburn won the New Year's Eve 6 Mile Handicap. Walking in a driving rain and cold temperatures on a 1/3-mile loop over a gravel road and mud path, Doc held off two charging Jacks to win by 16 seconds with an actual time of 57:10. The Jacks, Blackburn and Mortland, dead heated in 49:26, amazing time even such tough guys as we were. . . Some one by the name of Harry Kraft won the Junior National 50 Km title in 5:22:34 beating Roger Duran--remember that Junior in those days was what should actually have been called novice--had nothing to do with age. . . One Ron Daniel whipped through a quick mile in New York in late December with a 6:34, leaving Ron Kulik way back. . . In another big local race, Blackburn whipped Mortland over 2 miles on a cold January day with 14:38 to 14:43. Walking on Doc Blackburn's 9.3 laps-to-the-mile track, Jack B established a 9 second lead with a 7:12 first mile and Hen held off all challenges. Chuck Newell beat Doc Blackburn for third, 17:06 to 17:12. . . John MacLachlan was named to replace the hard-working Charlie Silcock as National Chairman. . . We ran an editorial chastising CBS for coverage of the walk during the IA Invitational, which they featured as some sort of comic relief from the rest of the meet. Ron Laird won the race in 6:38. . . In that New Year's Eve Race, Corinne Blackburn, Jack's mother and certainly one of the real pioneers in women's race walking in this country back in the '50's, finished sixth in 85:26, sipping champagne enroute. And here is the picture we ran of her at that time

O.T.C. Photos of New Year's Eve Race 1965



Watch That Contact Boys!



Granny Blackburn: Wherea! Only Two Miles To Go!

10 Years Ago (From the Jan. 1971 ORW)--In Los Angeles, Ron Laird set an American Indoor record for 4 miles (this was before the record book was purged and records were listed for nearly any distance imaginable) with 2 28:41.2, leaving Larry Walker 22 seconds back. . . Five years later, Kulik whipped Daniel 6:31.6 to 6:32.9. . . Out in California again, Goetz Klopfer went through 20 miles in 2:37:58 and Walker beat Laird in a 1 miler, 6:28.3 to 6:36.3. . . Dave Romansky had two fast miles--6:20.6 and 6:21.7, with Daniel doing 6:22.2 and Kulik 6:24.5 in the second race. . . On the Ohio scene, Mortland did 15 miles 1340 yds (10 laps of our Worthington road course) in 2:17:47 to leave Blackburn some 18 minutes behind.

5 Years Ago (From the Jan. 1976 ORW)--Ron Laird was announced as the winner of the National 1 Hour postal championship, his 8 mi 612 yard performance edging Todd Scully by just 32 yards. Wayne Glusker did 7 mi 1736 and John Knifton 7 mi 1677. Rudy Haluza won in the Masters Division with 7 mi 843, Ray Floriani in Class B with 7 mi 590, and Bob Rosencrantz in the Junior Division with 7 mi 287

* * * * *

The following article, provided by a couple of our readers, appeared in Sky, Delta Airlines in-flight magazine. Although there is some misinformation here and there, it is one of the better treatments of the sport to be found in the popular press.

RACEWALKING:

The New Road to Better Health

by Michael Haley

"All right! Up-and-at-'em! It's six o'clock in the morning, the sun's up and you *know* it's good for you, so pull on those tennies and sweats and prepare to pound pavement! It's jogging time!"

Jogging. Manna of mania? There are a lot of theories. But the one thing most doctors agree on is that we could all benefit from some type of regular cardiovascular exercise. Jogging, in the best American tradition of instant stardom, is the reigning sport of the sound mind/sound body enthusiasts, but out of the past a rival has appeared to challenge the King -- Racewalking.

The problem with jogging, and there are many, is that it is not the exercise for everyone. Your next door neighbor may be one of those people who took to a 10 mile jog around the park like George took to Gracie, but you may wonder after a short trot to the end of the block how people can live and feel as if they've been Sanforized at the same time. Take heart. You don't have to run if you'll learn to walk -- racewalk, that is.

Walking, a natural and easy task for most of us, has always been touted as an *alternative* exercise. It isn't strenuous, but it does provide the benefit of getting up and moving around. The problem is, it doesn't build strength in the heart and expand the cardiovascular system. The answer is to walk, but walk *fast*, which is what racewalking is all about.

The most common perception of racewalking is its image. When most people hear the term, there is a pause and then, "Oh, yea! The guys who wiggle their hips!" This small observation has been sufficient excuse in the past to prevent millions of self-conscious Americans from future thought on the subject but the statistics are changing. And one of the principal reasons is that health-aware people are looking for a safe and viable alternative to jogging.

Along with its benefits, jogging has created a whole new area of orthopedic problems. The most common injuries are Achilles tendinitis, shin splints, chondromalacia patellae (runner's knee), sciatica and low backache. Dr. George Sheehan, a foremost authority on running claims, "A

runner averaging 50 miles a week has a 73 percent chance of suffering from an injury that will sideline him for a considerable length of time." The reason for this is the shock impact in running: with each step forward, a runner sends a shock through his body that amounts to a force of three and a half to four times his body weight.

For the same reason, jogging or running are not recommended for many older people, pregnant women or children. But racewalking is!

Racewalking, as a sport, is an old and established veteran of the Olympic Games; the first event was in 1908. Walkers compete in ten, twenty, and fifty kilometer races. Its history is said to be a part of medieval England, when footmen would keep pace with their masters' coaches by walking rapidly. Eventually, these servants would be wagered by their masters in "Footmen's races" to see who could walk the fastest -- and the farthest. One of the most famous walks is the London-to-Brighton roadwalk, a still current tradition totaling 52½ miles. The record time, set in 1957 by Don Thompson, is 7 hours and 35 minutes. That's an average of 7 miles an hour!

But racewalking is a little more complicated than just walking fast, as a recent book explains. One of this country's leading figures in racewalking, and author of the first book explaining *how* to racewalk, is Howard Jacobson. *Racewalk to Fitness* (Simon and Schuster, \$11.95) is an enthusiastic appeal to the jogging masses to "march to a different drummer." Jacobson is president of the New York Walkers Club and a former Olympic coach. He has been and still is an active competitor in races and conducts two free clinics a week in Central Park throughout the year. "It's an 'ideal' exercise," explains Jacobson, "because it does so much and anyone can do it!"

Most people will be able to racewalk, but not without some practice and a great deal of concentration. In the series of photographs accompanying this article one

begins to see that racewalking is more complicated than it seems at first glance. Style is everything. Which is what Jacobson and many others are so excited about and the reason that racewalking is so beneficial.

The style has been established through the years and is currently defined by the International Amateur Athletic Federation as follows: "Walking is a progression of steps so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step when a foot is on the ground, the leg must be straightened (i.e., not bent at the knee) at least for one moment, and in particular, the supportive leg must be straight in the vertical upright position."

In competition, these rules are adhered to strictly, unlike running, which only requires that you run -- and it doesn't matter how. If a walker is caught with both feet off the ground (running) or he isn't straightening his leg, he receives a warning. After the third warning, he is disqualified. This happens frequently as walkers try to increase their speed -- they simply start to run.

Jacobson points out some of the many advantages of strict adherence to the racewalking technique. First of all, racewalking requires strenuous use of the arms. They are held at a 90-degree angle and pumped back and forth in step with the feet to increase speed and to give added momentum. This means added development of the upper body, something jogging will not do.

Secondly, there is a concerted effort to maintain placement of the feet. Jacobson is quite adamant about this, as a pronated foot (one that is turned out too much) will slow the walker down and cause muscle problems. Indeed, one of the few complaints walkers experience is soreness in the muscles in the front of the shin. These muscles hold up the front of the foot, which gets little rest in walking.

By correctly placing the feet in a straightforward position, the muscles in the legs are used to build strength in both the front and the back of the leg. Jogging tends to build only the back of the leg.

Racewalking adds a third advantage by utilizing the famous, or infamous, hip rotation. In order to increase stride in racewalking, the hip is thrown *forward* — not to the side as some people think. This is what causes the "wobble." This "wobble" though, adds extra pull to build, strengthen and stretch the muscles of the leg.

By carefully following Jacobson's book or, if you're lucky, finding someone to instruct you, you'll soon be scooting down the road to injury-free cardiovascular exercise. Since racewalking is newly popular, there are no current statistics comparing jogging and racewalking in terms of cardiovascular development. But many doctors agree that it can be as beneficial as running if it is done for longer distances. For example, if a two-mile run is your current pace, then a three-mile racewalk would be comparable.

Along with avoiding injury, racewalking is ideal for elderly and young alike. This is evidenced by the age of competitive racewalkers. Jacobson is nearly 50, and many racewalkers have careers spanning 20 years. In many recent events, competitors as young as ten moved along successfully next to their elders. And even for pregnant women there is no need to hang up the tennies. The smooth motion of racewalking ensures safety and the strong arm movements help build chest muscles to enhance a rapid recovery of the figure after childbirth.

Are joggers and walkers at odds, though? "No way!" explains Sally Stewart, Director of Health and Physical Education at New York's Vanderbilt Y.M.C.A. "I'm currently teaching a class in racewalking, especially for my runners. The strong walking technique is a definite asset for both their running technique and their concentration."

Stewart, a recent advocate of racewalking, strongly believes that most runners

simply run without learning how to run. Racewalking improves foot placement and provides strength in the muscles in the front of the leg. Also, the strong upper body movement helps eliminate arm fatigue in runners. Stewart, a runner herself, recommends about 30 per cent racewalking in a running program.

A great many racewalkers were or still are runners. Jacobson admits, "I was trained as a distance runner. Sometimes I like to just let go and run for a while, especially in the woods. It's great." He, too, would like to see more runners learn racewalking as a way to avoid unnecessary injury and increase output. "A well-placed foot can add that extra tenth of a second that is the key to winning or losing a race," notes Jacobson.

One other advantage for the runner is that they can often racewalk when they can't run. Stewart, advising caution, states, "Many runners can racewalk through their injuries. This way they continue to train and not cause further harm to themselves.

Even if you're not a "spring chicken," you may become so adept at racewalking that you will want to enter competition, as more and more people are doing today. In New York, The Racewalkers Club has a growing membership of 200 (125 of whom are women) who are working in conjunction with the Road Runners Club to enter more distance competitions.

Best Foods, the sponsor of the Mazola Corn Oil — Y.M.C.A. Shape-up Run Through Central Park is providing for a special racewalkers division to be a part of their 10,000-meter (6.2-mile) run. Racewalking divisions are not new in distance events, but Best Foods is hoping to attract the largest contingent of racewalkers to compete in one of their races. Diane Cline of Best Foods elaborates, "The usual figure for a group of racewalkers in a distance race is 20. We're out to get at least 100 or more for the field of 2,500. I think we'll see at least that many."

How does a walker compare with a runner? Very well, thank you! Jacobson, in the 1979 New York Marathon, a grueling 26-mile affair, finished in the *middle* of a field of 10,000 runners.

It is also interesting to take note of some of the world records set in the event. Daniel Bautist of Mexico set the record in the 20-km. run in 1977 in a fast-paced 1 hr.23 min.31.9 sec. The fastest mile walk recorded was that of Reima Salonen of Finland. He covered the track in 5 min. and 53 seconds! How many people can run a mile in that time?

One of the greatest American athletes of all time is a racewalker. Ron Laird was born in 1938 and has competed in racewalking for 24 years. Laird has participated in four Olympics and is preparing for his fifth. He is in the *Guinness Book of World*

Records for winning the most national championships by a racewalker — sixty-nine — and has set eighty-one records. He received a gold medal in the 1967 Pan-American Games, two bronze medals in world championships and has been on twenty-four international teams. A cult

figure in the world of racewalking (a cliquish group to begin with), he lives on an annual income of \$3,000 a year, mostly from odd jobs and house painting; he refuses to take a job which might interfere with his training.

Not all competitive racewalkers are as unusual or as successful as Ron Laird, but names such as Neal Pyke and Todd Scully are figuring in a sport which is not well represented by Americans in international competition. Over the years, the English have lost their dominance to the East Germans, Russians and Mexicans. At this time there is not a women's division, although there is a campaign to create one for the 1984 Olympics.

In sum, racewalking is old and new, fast-paced but not frantic and, most of all, a sport which affords great participation at all levels. So watch for that wiggle! 