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Haarpainter Leads 15 Km Field; Pecinovsky, Herazo Capture titles

Long Beach, California, April 30--Teammates Victoria Herazo and Rene Haarpainter, from the California Walkers, captured the 1989 TAC National 15 Km Race Walk Championship races today. But since Rene, a Swiss citizen, is not eligible for the Championship medal, the Men's title went to second place Steve Pecinovsky, from the Potomac Valley Walkers. Haarpainter had a winning time of 1:06:06 and Herazo did 1:16:30.

The races were contested on a 2 1/2 Km loop of level, tree-lined streets and parking lots of the California State University campus. The men got underway at 7:15 am on a cool, overcast day. The first mile saw Pecinovsky and Richard Quinn, also of Potomac Valley, setting a blistering pace, with Haarpainter just 2 seconds back. By 2 miles, Haarpainter had moved up to challenge Pecinovsky, with Quinn now 5 seconds back and Allen James a close fourth. By 5 Km, it was evident that Haarpainter was the walker to catch, but no one was able to do that on this day, and he moved gradually away from the field. Pecinovsky was an isolated second and Quinn just held on to edge James for third. Larry Walker continues to deny his age, easily winning the master's title and finishing fifth overall.

The women were started at 9:30, with Herazo and Kim Wilkinson breaking away early. They went through the first mile in 7:38 and 7:39, with only Sara Standley close (7:41). At the 2 mile mark, Herazo was still the leader, with Wilkinson literally "breathing down her neck" just a stride behind. The two walked the remainder of the 15 Km in the same order, with no more than a second difference until the the final 300 meters, when Herazo showed a superior sprint to win by 5 seconds. The two leaders went through 10 Km in 50:03, but rising temperature slowed them the final 5, negating a planned 1:15 effort. The temperature rose 15 degrees during the race. Results:

Men: 1. Rene Haarpainter, Cal. Walkers 1:06:06 2. Steve Pecinovsky, Potomac Valley Walkers 1:07:12 3. Richard Quinn, PVW 1:08:36 4. Allen James, Athletes in Action 1:08:37 5. Enrique Camarena, S. Cal. Walkers 1:17:29 6. Chris Rael, un 1:19:08 7. Brian LaBounty, ES 1:24:57 8. Dana Marsh, un. 1:25:02 9. Richard Nester, ES 1:25:06 10. Juan-Jose Garcia, SCW 1:25:28 11. Stuart Boden, SCRR 1:25:59 12. Richard Nakawatase, SCW 1:35:00 **Masters:** 1. Larry Walker (45-49) 1:10:57 2. Gary Null (40-44) 1:14:26 3. Ed Bouldin (40-44) 1:17:22 4. Dale Sutton (45-49) 1:18:54 5. Stan Chraminski (40-44) 1:20:53 6. Jack Bray (55-59) 1:21:31 7. Jim Coots (45-49) 1:23:06 8. John Kelly (55-59) 1:23:14 9. Richard Oliver (50-54) 1:23:54 10. Roger Brandwein (40-44) 1:25:10 11. Wayne Wurzberger (45-49) 1:25:38 12. Clyde Hatfield (50-54) 1:27:25 13. Dave Snyder (45-49) 1:27:41 14. Ed Ricci (55-59) 1:27:57 15. Bernie Finch (45-49) 1:30:10 16. Larry Bazinet (45-49) 1:31:36 17. Ron Baers (45-49) 1:32:34 18. Stephen Stamnes (40-44) 1:32:56 19. Ronald Brown (45-49) 1:33:58 20. John Burns (60-64) 1:34:11 21. Eugene Hampton (45-49) 1:34:17 22. Joe Weston (55-59) 1:34:24 (to page 3)

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SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO



National 15 Km scenes. Rene Haarpainter (6), Steve Pecinovsky (13), and Richard Quinn (14) set the early pace in the men's race (above). Victoria Herazo leads Sara Standley (tucked behind her) and Kim Wilkinson in the women's race. (Sportsfoto™ by John Allen.)

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23. Mel Grantham (60-64) 1:34:28 24. Richard O'Hara (60-64) 1:36:22 25. Allen Havens (55-59) 1:36:30 . . . Giulio dePetra (75-59) 1:41:14. . . Mel Lees (65=59) 1:45:06 (38 finishers). Juniors: 1. Mike Tomasulo 1:21:11

Women: 1. Victoria Herazo, CW 1:16:30 2. Kim Wilkinson, Monterey Walk Walk 1:16:35 3. Sara Standley, SCRR 1:20:54 4. Lizzy Kemo-Salvato, San Diego Walkers 1:21:53 5. Fran Bustos, ES 1:22:10 6. Daniela Hairabedian, Pacific Pacers 1:28:23 7. Carmen Jackinsky, SDW 1:30:21 8. Kathy Blackmer, ES 1:31:37 9. Kathy Finch, Front Range Walkers 1:33:42 10. Jane Janousek, CW 1:38:21 11. Margaret Nelson, ES 1:40:18 12. Carrie Michelson, SCRR 1:42:11 (1st Junior) 13. Ann Barrick, SDW 1:44:00 DQ--Karen Helms, Paula Kash **Masters:** 1. JoAnn Nedelco, CCRW (45-49) 1:23:23 2. Suzanne Synal-Griffin, ES (45-49) 1:29:12 3. Bev LaVeck, PP (50-54) 1:30:25 4. Jolene Steigerwalt, CW (40-44) 1:30:36 5. Jill Latham, WCLA (50-54) 1:32:33 6. Donna Cunningham, SCW (40-44) 1:32:59 7. Jaye Horowitz, ES (45-49) 1:33:23 8. Virginia Scales, WCLA (45-49) 1:34:22 9. Joy Vevilaqua, WCLA (40-44) 1:36:56 10. Linda Kroesen, WCLA (40-44) 1:37:14 11. Lynne Marsh, un. (50-54) 1:37:47 12. Veda Roubideaux, SDW (40-44) 1:39:09 13. Helen Palomo, ES (45-49) 1:40:29 14. Collie Greene, WCLA (60-64) 1:44:07 15. Helen Oakley, WCLA (55-59) 1:46:02 . . .18. Rose Kash, CW (65-59) 1:52:42 **Men's Team:** 1. Californai Walkers (Walker, Bouldin, Kelly) 3:51:33 2. S.C. Walkers 4:08:35 **Masters Team:** 1. Walkers Club Of LA 4:26:12 2. San Diego Walkers 4:37:16 **Women's Team:** 1. California Walkers (Herazo, Stewigerwalt, Janousek) 4:25:27 2. San Diego Walkers 4:31:23 **Women's Masters Teams:** 1. Easy Striders 4:43:04 2. Walkers Club of LA 4:43:51 **Judges:** Robert Hickey, Stephen Tabb, Harwood Benton, Jim Bentley, Janet Donovan, Robert Meador, Hal McWilliams.

Korn Overall Winner At Indoor Masters

Columbus, Ohio, April 1--You would think we would be more timely on races held about 3 miles from the ORW's home, but not so. Your editor didn't make the race because of his wife's 50th birthday party--a legitimate excuse to his way of thinking. Then it took a while to garner the results, so I didn't have them last month. Confusion in lap counting marred the event--that's why some times are missing and others may be questionable. Hopefully, they finally got all the places right, but there doesn't seem to be any assurance of that. The usual finish crew for Ohio State track meets was working the line and didn't feel they needed the lap counting sheets provided by the Meet Director. Unfortunately, they are used to collegiate 3 Km runs, in which a few people might get lapped once. Not too difficult to handle. But a walk at the masters level where many people are being lapped several times presents a different story, and they simple weren't ready for it. Thus, some unhappy feelings were created in the racewalking community through no fault of people in the Columbus RW community. I think we got back in good graces with a successful Mortland Invitational the next morning (see April issue). Anyway, Oregon's Bob Korn, walking in the 35-39 submasters category had the fastest time for the 3 Km with 13:33.3. New York's

Gary Null was the first over 40. Canada's amazing Jaan Roos nearly matched his time in winning the 50-54 race, and Max Green, another age group up, had another very impressive with the fourth fastest time among the men. Local heroine Gayle Johnson, now 40, blitzed the women's field, though she was a bit disappointed in her time. Anyway, here are the results as they were given to us.

Men 30-34: 1. Tim Saiter, no time 2. Tim Bailey NT Men 35-39: 1. Robert Korn 13:33.3 Men 40-44: 1. Gary Null 13:49.4 2. Franco Pantoni 14:49.2 3. Robert Campbell, NT Men 45-49: 1. Terry McHoskey 14:59.6 2. John Elwarner 15:01.3 3. Larry Simmons 15:15.7 4. Norman Browne, NT 5. Dick Bales, NT 6. Bernie Finch Men 50-54: 1. Jaan roos 13:59.1 2. Walter Lubzik 15:17 3. Gret Wittig 18:45 4. Jimmie Johnson 17:32 (for 2800 meters, was stopped a lap short) 5. Robert Premo 20:47 Men 55-59: 1. Max Green 14:43 2. Moshe Meyerowitz 15:46 3. Rob DiCarlo 16:19 4. Jim Higgins 16:46 5. Charles Deuser 16:26 (for 2800) Men 60-64: 1. John Gray 18:54 2. Alan Jackson 20:35 3. Carl Brungard NT 4. Jim Bronw NT Men 65-59: 1. George Heller 18:39 2. Donald Cotner 21:42 3. Bob Gardewing 21:43 Men 70-74: 1. Bill Tallmadge 19:19 2. Charles Whitney 21:58 Men 75-58: 1. George Knox 26:30 Women 30-34: 1. Kathy Finch 17:19.6 Women 35-39: 1. Cathi Sullivan 18:23 Women 40-44: 1. Gayle Johnson 15:32.2 2. P. Bohac-Carollo 19:44 Women 45-49: 1. Stella Cashman 17:17.5 2. Robert Boyle 17:26 3. Valeria Stowe 17:44 Women 55-59: 1. Vera Spitzer 20:58 Women 60-64: 1. Joan Rowland 18:47 2. Ruth Leff 19:02 3. Mary Norckauer 20:58 Women 65-59: 1. Marie Henry 20:54.1 2. Jean Cotner 20:59 Women 70-74: 1. Ernestine Yeomans 20:56.8

Other Results

1989 National Invitational 20 Km, Washington, D.C., April 16 (Partial report last month) (From Tracey Wong Briggs)--American record-holder Tim Lewis led from the start to win the National Invitational 20 Km race walk today. The Colorado Springs resident will lead the five-member U.S. team (plus the five 50 Km entrants who qualified earlier) at the biennial Lugano Cup world championship May 28 in Barcelona, Spain.

Lewis broke away from the field in the first of ten 2-Km loops around the capital's Reflecting Pool. He gradually lengthened his lead to more than 2 minutes over second-place finisher Doug Fournier, a University of Wisconsin-Parkside student from Long Island, N.Y. (Tim is a New York state native, too.)

Having to battle a stiff wind on the backstretch alone didn't bother Lewis. "It helped me get a good lead--that may have helped me overall."

Behind him, a pack of seven formed and the battle of attrition was on for the remaining four spots on the world cup team. "My coach (Mike DeWitt) said everyone would go out here," said eventual third-place finisher Mark Manning. "He said, 'Stick yourself in the lead pack and hold on as long as you can.'"

The other six--Fournier, 1988 Olympic Trials winner Gary Morgan, Steve Pecinovsky, Richard Quinn, Curtis Fisher, and Ray Sharp--all apparently had the same idea. They remained in a tight cluster, alternating pace-setting duties throughout the first 10 Km. Three-time 50 Km Olympian Carl Schueler moved up to make it a group of eight shortly after the halfway point.

By 15 Km, the pace and the wind cut the pack to four (Pecinovsky, Fournier, Morgan, and Fisher), with Manning 5 yards back. Fournier, "never sure of second", nonetheless broke away on the last lap to place second. Manning, Morgan, and Pecinovsky rounded out the team. Sharp folded completely on the final lap.

Fisher, Quinn, and Mike Rohl qualified for a trip to Sweden's Walk Week July 2-8. Rohl got the trip when seventh place finisher Schueler turned it down.

Results: 1. Tim Lewis, Reebok 1:26:52 (43:01) 2. Doug Fournier, UW-Parkside 1:29:06 (44:40) 3. Mark Manning, Reebok 1:29:22 (44:37) 4. Gary Morgan, NYAC 1:29:25 (44:33) 5. Steve Pecinovsky, Pot. Valley 1:29:52 (44:34) 6. Curtis Fisher, NYAC 1:29:47 (44:31) 7. Carl Schueler, Reebok 1:31:06 (44:43) 8. Richard Quinn, PV 1:31:30 (44:36) 9. Mike Rohl, Parkside AC 1:32:38 (45:07) 10. Reggie Davenport, UW-Parkside 1:32:46 (45:24) 11. Allen James, Athletes In Action 1:33:33 (45:26) 12. Don Lawrence, un., Missouri 1:33:44 (45:55) 13. Curt Clausen, East Side TC 1:33:53 (46:03) 14. Ray Funkhouser, Shore AC 1:34:22 (45:30) 15. Ray Sharp, un. Colorado 1:35:38 (44:42) 16. Marc Bagan, Shore AC 1:36:00 (45:46) 17. Mark Fenton, Reebok 1:36:04 (46:59) 18. Bob Cole, UW-Parkside 1:37:02 (45:47) 19. Dan Pierce, un., Colorado Springs 1:37:08 (48:26) 20. Dan O'Brien, Motor City Striders 1:37:28 (48:28) 21. Paul Malek, Parkside AC 1:37:59 22. Bob Briggs, PV 1:37:54 23. John Marter, UW-Parkside 1:39:31 24. Jon Jorgensen, UW-Parkside 1:40:48 25. Cliff Mimm, Shore AC 1:41:01 26. Jeff Salvage, East Side 1:41:36 27. Alan Jacobson, East Side 1:42:00 28. Gary Null, East Side B 1:42:08 (1st master) 29. Nick Bdera, East Side B 1:42:36 (2nd master) 30. Alan Price, PV 1:43:35 (3rd master) 31. Max Green, Wolverine 1:46:31 (4th master, 1st over 55) 32. Victor Sipes, Wolverine 1:48:05 (5th master) 33. James Wamp, PV 1:48:29 34. Tom Gustafson, East Side B 1:48:52 (6th master) 35. James Campoli, Union College 1:49:38 36. John Murphy, un., N.C. 1:51:00 (master) 37. Justin Kuo, un., Mass. 1:53:27 38. Alan Sangeap, East Side B 1:53:29 39. Alva Gaskill, un., N.C. 1:53:33 40. Curt Sheller, un., Penn. 1:55:28 41. Walter Lubzik, Wolverine 1:57:31 (master) 42. Micahel Steadman, PV 2:03:23 43. James Lemert, PV 2:04:22 (master) 44. Bernie Finch, un., Wyoming 2:07:29 (master) 45. Paul Robertson, PV 2:08:55 (master) 46. Scott Bentley, PV 2:09:32 (master) DNF or DQ: John Alfonso, John Monteiro, Dave McGovern, Regis Dandar, Robert Mimm, Paul Cajka, James Mann, Robert Gottlieb.

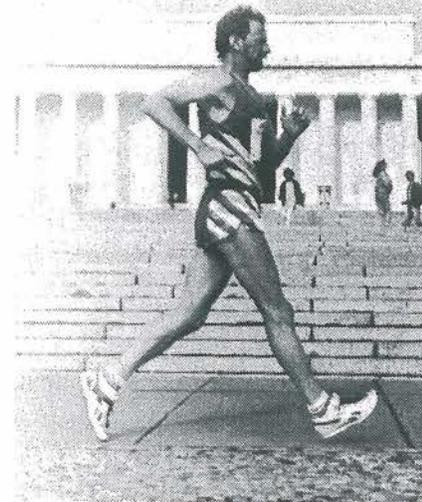
Teams: 1. Reebok Racing Team (Lewis, Manning, Schueler) 4:27:20 2. Univ. of Wisconsin-Parkside 4:38:54 3. Potomac Valley Walkers 4:39:06 Masters Teams: 1. East Side TC 5:12:35 2. Wolverine Striders 5:32:07 3. Potomac Valley 5:56:52

10 Km, Nashua, NH, May 13--1. Bob Keating 47:19 2. Steve Vaitones 47:53 3. Philip McGaw 51:25 4. Justin Juo 54:50 5. Bob Falciola 58:33 6. George Iattarulo 61:51

5 Km, Grand Island, NY, April 23--1. Neil Farley 24:00 2. Dick Bales 30:21 3. Bob Lubelski 30:46

Penn Relays 10 Km, Philadelphia, April 29--1. Tim Lewis 41:21.7 2. Doug Fournier 42:33 3. Gary Morgan 43:00

Penn Relays Womens 5 Km, April 29--1. Teresa Vaill 22:38 2. Lynn Weik 23:03



Tim Lewis strides to victory in the National Invitational 20 Km with the Lincoln Memorial in the background. (Katrina Krause photo.)

3. Maryanne Torrellas 23:23 10 Km, Washington, DC, April 16 (with the National Invitational 20 Km)--1. Susan Liers 51:16 2. Dave Plenkowski 51:17 3. Karen Rezach 53:23 4. Christine Izzo 54:24 5. Susan Westerfield (nee Travellin) 55:28 6. Robert Mimm 56:20 (1st Master and 1st over 60) 7. Kaisda Ajaye 56:22 8. Frank Soby 56:43 9. Richard Scott 57:42 10. Gretchen Eastler 57:56 11. Tom Knapp 58:43 12. Howard Jacobson 58:47 13. Pauline Stickles 58:47 14. Joseph Brubaker 58:47 15. Kay Stauffer Jr. 58:49 16. Stella Cashman 59:02 (1st womens master) 17. Jane Hein 59:25 18. Joseph Kay 59:53 19. Andrew Briggs 60:41 20. Mitch Segal 61:03 (59 finishers) 5 Km, Jupiter, Florida, May 6--1. Bob Fine 28:05 (1st over 50) 5 Km, Boca Raton, Florida, April 15--1. John Fredericks 25:12 5 Km, Boca Raton, Florida, May 13--1. John Fredericks 24:29 2. Bob Fine (57) 27:29 3. Bill Halford (47) 28:41 5 Km, Orlando, Florida, May 6--1. Terry Harville 28:04 2. Paul Cajka 29:22 3. Steve Christlieb 30:00 4. Robert Carver 30:22 5. Bart Gursky 30:32 Masters 5 Km, Dearborn, Michigan, April 23--1. John Elwarner 24:20 2. Max Green 24:42 3. Terry McHoskey 25:42 4. Norm Browne 25:50 5. Wally Lubzik 27:09 Women: 1. Valerie Stowe 29:08 2. Roberta Boyle 29:24 3. Marilyn Morehead 29:44 3 Mile, Detroit, May 6--1. Gary Morgan 20:35 2. John Elwarner 23:15 3. Max Green 23:47 4. Wally Lubzik 25:54 Women: 1. Roberta Boyle 27:50 2. Valerie Stowe 28:03 3. Marilyn Morehead 28:31 4. Diane Podiaslik 29:43 5. Carol Berry 30:03 10 Km, Dearborn, May 14--1. Gary Morgan 42:47 2. Max Green 50:46 3. Norm Browne 52:52 4. Wally Lubzik 55:19 5. Frank Soby 55:32 Women: 1. Roberta Boyle 59:47 2. Valerie Stowe 60:10 5 Km, Denver, April 15--1. Bob Carlson 29:57 2. Stefanie Anderson 30:02 5 Km, Austin, Texas, April 29--1. Adam Pawlik 25:11 2. Bob Rhode 26:30 3. Dave Gwyn 26:47 4. Mike Putnam 27:00 (1st over 50) 5. Bill Adams 27:54 (1st 40-49) 6. Heidi Epp 28:17 7. Celeste Hamman 29:42 8. Ed Skulski 30:50 (14 finished) New Mexico State 5 Km, Albuquerque, April 22: Women--1. Eliza Walbridge 28:03 2. Mataji Graham 28:20 3. Kathy Jo Lovell 30:45 (18 finishers) Men--1. Andrew Smith 25:57 2. Larry Martinez 26:15 3. Bentley Lyon 27:24 (1st over 50) 4. Randy Burden 27:42 5. Art Fuldauer 28:56 6. Troy Ladine 30:38 7. William Orzen 30:40 8. Joe Sutton 30:50 (20 finishers) 5 Km, Redlands, Cal., April 2--1. Jim Coots 25:31 2. Brian LaBounty 26:09 3. Michael Tomasulo 26:30 4. Dale Sutton 27:07 5. Robert Meador 27:57 6. Virginia Scales 28:34 7. Ted Greiner 29:06 8. Carrie Michelson 29:45 9. Cathy Rehabe 30:00 11. Mel Grantham 30:30 5Km, Fontana, Cal., April 15--1. Michael Tomasulo 24:09 2. Carl Warrell 25:08 3. Dave Dnyder 27:08 4. Art Grant 27:14 5. Ronald Brown 29:03 6. Ted Greiner 29:04 7. Virginia Scales 29:05 8. Jill Latham 29:08 9. Sandra Rodriguez 29:08 10. Cathy Rehage 29:10 11. Mel Grantham 29:11 12. Eugene Hampton 29:41 (downhill course) Mt. Sac Relays 10 Km, Walnut, Cal., April 23--1. Rene Haarpainter 44:42 2. Geraldo Gomez, Mex. 48:40 3. Jaime Gomez, Mex. 48:45 4. Jaun Izaguirre 48:58 5. Enrique Camarena 50:13 6. Victoria Herazo 50:16 7. Sara Standley 50:58 8. Ed Bouldin 51:33 9. Saul Barza 51:38 10. Dale Sutton 52:11 11. Mike Tamasulo 52:42 12. Cindy Perez 52:52 13. Crhis Rael 53:07 14. Alejandro Carasaz 54:11 15. Carl Warrell 54:18 16. Amando Chavarra, Mex. 54:40 5 Km, San Francisco, April 1--1. Jack Bray (60) 27:35 2. Bob Craig (57) 27:54 3. Brier Reybine 29:44 5 Km, San Francisco, April 15--1. Chuck Marut (51) 24:36 2. JoAnn Nedelco 25:59 3. Dan Frank 26:27 4. Fred Dunn (60) 27:13 5. Bob Craig 28:57 5 Km (track), Marin, Cal., April 15--1. Jack Bray 25:44 2. Heuy Johnson 28:43 5 Km (track), De Anza, Cal., April 19--1. Ron Daniel 25:28 2. Rob Edwards 25:41 3. Brie Reybine 29:14 4. Laura Cribbins 29:18 5. Huey Johnson 29:21 6. Sandy Womack 30:21 5 Km, DeAnza, Cal., April 22--1. Bob Edwards 24:56 2. Mike Marmor 29:53 3. Sandy Womack 30:27 5 Km, Pebble Beach, Cal., April 15--1. Kim Wilkinson 25:11 2. Mary Baribeau 26:32 3. Lance Wright 26:35 4. Bob Matulac 29:30 Womens 10 Km, San Francisco, April 9--

Cindy Paffumi 58:43 2. Karen Stoyanowski 59:54 Julie Partridge Memorial 10 Km, San Francisco, May 6--1. Kim Wilkinson 49:48 2. Bob Edwards 50:39 3. Chuck Marut 50:52 4. Jack Bray 52:49 5. Ron Daniel 53:20 6. Jo Ann Nedelco 53:21 7. Fred Dunn 55:09 8. Lance Wright 56:46 9. Cindy Paffumi 56:52 10. Brie Reybine 59:47 (20 finished) 1 Mile, Salem, Oregon, April 2--1. Bob Korn 7:10 2. Steve Renard 8:19 3. Gretchen Turner 8:33 4. Karla Snyder 8:40 10 Km, Newburg, Ore., April 1--1. Vance Godfrey 49:59.4 2. John Kerfoot 50:07 10 Km, Newburg, April 15--1. Vance Johnson 57:03 (Helping second place Travis Johnson through) 2. Travis Johnson 59:09 Pacific Northwest Masters 10 Km, Seattle, March 25--1. Glenn Tachiyama (32) 48:37 2. John Kerfoot (30) 52:36 3. Stan Chraminsky (41) 53:45 4. Bob Novak (39) 55:19 5. Daniela Hairabedian (35) 58:18 6. Bob Brewer (48) 59:56 7. Ernie Smith (44) 62:22 8. John Hanan (46) 62:48 10 Km, Seattle, April 1--1. Glenn Tachiyama 47:04 2. Stan Chraminsky 53:36 3. Randy Pasko 54:39 4. Bob Novak 54:41 5. Jim Bryan 57:46 6. Daniela Hariabedian 59:42 7. Steve Fredrickson 59:51 8. Ann McCulley 60:36 9. Ernie Smith 61:11 10. Jenny Fisher 61:52 (62 finishers) 2.8 Mile, Seattle, April 6--1. Bob Novak 24:26 2. Jenny Fisher 26:31 3. Ann McCulley 26:41 4. Terry Hagen 28:17 5 km, Western Washington U., April 8--1. Herm Nelson 21:58 2. Tony Englehardt 22:12 3. Vance Godfrey 24:02 T Gerry Buchanan 28:42 2.8 Mile, Seattle, May 4--1. Ann McCulley 26:07 2. Bev LaVeck 26:07 3. Ernie Smith 27:11 4. Kyle Lindvall 28:33 5. Mike Larson 28:33 5 Km, Seattle, May 5--1. Bob Novak 26:30 2. Jim Bryan 28:22 3. Jenny Fisher 28:59 4. Ernie Smith 30:46 10 Km, same place--1. Herm Nelson 43:38.3 20 Km, Naumburg, East Germany, May 1--1. Ronald Weigel 1:21:36 2. Viktor Mostovik, USSR 1:22:07 3. Ian McCombie, GB 1:24:18 4. Torsten Hofmeister 1:25:00 5. Dorel Firica, Rom. 1:26:36 6. Stefan Johansson, Swed. 1:26:36 7. Mark Easton, GB 1:26:47 8. Ralf Weise 1:27:36 35 Km, same place--1. Bernd Gummelt 2:32:50 2. Stanislav Weshel, USSR 2:36:11 3. Volkmar Scholz, WG 2:36:50 4. Jacek Bednarek, Poland 2:42:16 Womens 10 Km, same place--1. Beate Anders 43:40 2. Irina Strachova, USSR 44:28 3. Erica Alfredo, Italy 44:34 4. Maira=Graz. Orsani, Italy 44:45 5. Tamara Torschina, USSR 44:58 6. Anna-Rita Sidoti, Italy 45:12 7. Monica Gunnarsson, Swed. 45:16 8. Betty Sworowski, GB 46:46 9. Natonella Marangoni, Italy 47:04 10. Andrea Burckman, WG 47:44 Womens 10 Km, Leicester, Eng., March 27--1. Betty Sworowski 47:15 2. Julie Drake 49:40 3. Helen Elleker 50:04 4. Nicky Jackson 50:29 20 Km, same place--1. Darrell Stone 1:26:14 2. Mark Easton 1:27:23 3. Steve Partington 1:28:48 4. Jimmy Ball 1:29:44 5. Andy Penn 1:32:16 50 km, same place--1. Les Morton 4:04:35 2. Mike Smith 4:09:22 3. Chris Berwick 4:25:33 (British team for World Cup in Spain: 10 Km--Julie Drake, Helen Elleker, Nicky Jackson, Lisa Langford, Betty Sworowski; 20 Km--Mark Easton, Chris Madocks, Ian McCombie, Steve Partington, Darrell Stone; 50 Km--Chris Berwick, Paul Blagg, Les Morton, Mike Smith.

Bidding Process Updated

According to Lori Maynard, TAC Coordinator of Race Walking Championships, the Committee is now accepting bids for national championships for up to two years in advance; i.e., now through October 4 interested parties may submit bids for 1990 and 1991. The Committee hopes this will provide a better opportunity for sponsorship planning. Anyone bidding for 1991 races needs to have some flexibility in dates because the international calendar is not completed two years in advance. Our national race schedule must, of course, be

coordinated with the international calendar in order for our athletes to qualify and peak for major competitions. Dates for international races involving race walk competitions will be announced in this newsletter as they become available. Lori tells you to keep in mind that dates two in advance are sometimes subject to change. As of now, for 1991, the IAAF World T&F Championships will be held August 24 to September 1 in Toiyo and the Pan-American Games in Havana from August 3 to 18. The teams for these meets will be selected from the National Championship races at the respective distances in 1991. The 1991 World Cup location and dates should be announced by June or July of this year. Lori urges you to make plans now to get your bids in by October 4. Remember, they must include a TAC course certification number. If you have any questions, please write or call Lori Maynard, 2821 Kensington Road, Redwood City, CA 94061, (415) 369-2801.

THE TEST

*Can underwater swimming be
used to discover those who
would excel in race walking?*

by Ron Laird

Years ago, when I was starting high school, my sport interests were and always had been the seasonal games of basketball and baseball, with the latter being my first love. Back then, it would have been degrading for me to even think about going out for tennis or golf, even though I played badminton fairly well. The kids that went out for such activities were the same ones that went out for the marching band. Not that ungifted individuals can't go on to achieve grand results in the world of sport, especially that of an endurance nature. Most are forced to turn to the pursuit of academic achievements and some even try to combine the two. Race walking has had more than its share over the years, as we all know. No offense to Tim Lewis or Ray Sharp. I wonder if good athletes from other sports are ever going to discover and get serious about the wonderful opportunities our unique event has to offer them. A good example would be the recent achievements of the lovely and talented Wendy Sharp. In only a year she has qualified for international tours.

Back when my adolescent mind was quite occupied with things on this side of the grave, I longed to be a sports star. Because of my inability to skillfully handle a bat or some sort of a ball, I eventually was forced to take up an individual endurance activity. The only sport left for me to try at our school was track and field. Once I got into its challenges and demands, I became quite addicted. Two years later, race walking was accidentally discovered and used to nourish many years of vanity and pride. Drugs, sex, and rock and roll were not activities to get involved with yet, so I didn't have those diversions to contend with. Even if they had been more popular, I was too busy and anxious about having to do piles of homework all the time. During my youth, adults led us to believe that if we messed up on our homework assignments, we would not get educated enough to ever get a good job. This condition would make us bums and eventually put us on skid row in some large city. I wonder if any such threats are still made by parents and teachers.

There were lots of young women around, but my shyness and inability at athletics simply kept me from approaching them. GUESS if I'd been a better looking kid without a weight problem, I would have had the girls chasing me and wouldn't have had to torture myself with some sort of physical fitness

activity. Occasionally, I would get enough courage to ask a girl something about school work. No wonder I didn't have my first date until I was 22 years old and had just made my first Olympic Team the week before.

I once had a job trying to look after some elite race walkers out in Colorado Springs. During those years, I didn't get all that involved with the program because of my renewed research into religious matters. An interest I had abandoned back in the mid-fifties, as I became more dedicated to my speed walking career. One does need to search for the truth of such things sometime in their life. We work so long and hard developing athletic skills and superior health only to ultimately lose it all to death. Many have said it gets tougher as you get older, but I'm trying not to believe them. One must never give up consistent training. Always let the hope of superior health be your continual motivation.

Anyway, one day in eleventh grade gym (Ed. Takes Ron a little while to get back to the theme), we were made to take an underwater swimming test to see how far we could go. Since my group of four was one of the last to try I was able to observe many of my school's finest athletes quit after making it only one length of the 20-yard pool. Then a star swimmer made it all the way down and back and half way down again. Everyone was amazed and gave him a big cheer when he climbed out. This gummy display made me so envious that massive amounts of adrenalin were immediately pumped into my blood stream. The challenge that had just developed before my eyes had simply created a situation where I knew I was in for a real self-torture/will-power test. I had to beat that other guy's distance and at the same time show the rest of the class what a gummy performance was all about. Of course, I was scared to death, but knew what I was about to put myself through had to be done. I didn't know it at the time, but the abundance of adrenalin in my body would make it easier to go faster and further and at the same time act as a pain killer. It would take me a long time to finally master these extremely nerve-racking, pre-race emotions to where they would actually help me. For 11 years, I let them control and ruin the majority of my short races, especially those of big indoor and outdoor track meets.

Finally my turn came and in I dove. I tried to relax, but soon the pain of severe oxygen debt made me realize this was the moment where the real men were to be separated from the boys. An overwhelming urge to prove I was better than the others forced me on. The pain grew with each stroke. I thought I was going to explode and knew this was how it felt to drown. The desire to surface and grasp fresh air fought me, but I wouldn't give in. Another turn and push off the pool wall and I started to lose consciousness. I'd gone through the pain barrier and now had to be alert to keep from totally blacking out. I really didn't trust those above me to be quick enough to jump in and save me if I suddenly did pass out. Since I was a full length ahead of my rival, I came up and was barely able to make it to the side of the pool. No cheers greeted me. I didn't need their cheers, for the silence of their disbelief was reward enough.

At this point in my semi-young life, I knew I was on to something that could possibly develop me into a world class athlete. Perseverance would be the secret to turning my weak body into an endurance machine that would eventually conquer the demands of time, distance, and pain. After 2 unsuccessful years of running, all this experience was then applied to the race walking game. I soon observed that this unique means of movement brought amusement to others and was thus shunned by them. We couldn't get much respect back then, and as far as I can tell things still haven't gotten much better. But then we are that rare breed who enjoys being an outcast. Those who have the fortitude to handle it, let them become race walkers instead of underwater swimmers. At least it's an Olympic event and that is more than you can say for football.

From Heel To Toe

As it does every 5 years or so, the spate of commentary on the great judging controversy seems to have run its course, and all remains much as it was 4 months ago. We will continue to have photos showing walkers who the judges decided were legal with both feet off the ground. Some observers will be aghast, others will say, so what. One who is very much in the former camp is Olympian and sports photography professional, John Allen. The pictures on page 15 illustrate what galls John. As you can see, he was an extremely legal walker at age 53, as he had been in the earlier glory days of his career. He feels he lost some races to "cheaters" in those days and that the "cheater" breed is still around, in even greater numbers, stealing records and prizes. He has already tried the route of just getting out of the sport a couple of times, but is now determined to fight for what he thinks is right. Certainly, this, and other photos John continues to provide, show that winning walkers are not always in full contact with the ground. But, we have, of course, been through the ins and outs of that many times over the last few issues. Since the U.S. rule now includes a phrase about "as judged by the human eye", the photos are useful only to help judges improve their abilities. "Look at how far this guy is off; surely you should have caught him." The picture of Tim Lewis on 5 shows what the judges face. While it doesn't show clearly whether Tim is off or on, it shows a walker right on the edge—either as close as one can be to losing contact, or vice versa—right where a walker has to be to be competitive. Whatever may be shown a split second later, no one could fault a judge for accepting this style. Well, these pages are simply a forum—you're editor is not Solomon. So, onto other matters. . . Bob Carlson is trying to put together an article about traditional walks in the U.S. that have been held each year for a minimum of 10 years. Those he is already aware of either through his own resources or because I told him are the Doc Tripp Memorial in his own neighborhood, the Taunton, Mass. "20 Km", the National 40 Km in New Jersey, the Zinn Memorial 10 Km, Asbury Park, Lakewood, N.J., the Alongi International, the Partridge Memorial, the Rose Bowl 10 Mile, the Columbia 100 mile, and the Cincinnati Thanksgiving Day race. If you know of others please write Bob Carlson, 2261 Glencoe St., Denver, CO 80207, or call 303-377-0576. . . Note that the Men's 20 Km in the USA/MOBIL Outdoor T&F Championships has been moved to 7 am on Saturday, June 17 (originally scheduled for 8 am). Trying to avoid high heat. The women's 10 Km remains at 10:10 pm on Friday. The races are in Houston. . . Henry Laskau is among ten candidates on the slate for election to the National Track and Field Hall of fame in 1989. The winner of 42 national titles in the '40s and '50s and member of three Olympic teams now lives in Coconut Creek, Florida and remains an active participant in administering our sport. He has been on the ballot before and we hope this is the year he makes it. Ron Laird remains the only race walker in the Hall. . . Good to see others make mistakes on the keyboard. My address label on the Walking Club of Georgia Newsletter shows that I receive a "Complementary" copy. . . Your editor won an award in the Bulwer-Lytton writing contest sponsored by the Central Ohio Chapter of the Society of Technical Communication. Bulwer-Lytton wrote deadening gothic novels and the idea is to excel in his style as demonstrated by a single, long sentence, supposedly introducing a novel. My award winner read: *Not only was it a dark and stormy night, a condition that always casts a decided pall on whatever activities one has chose to pursue, but the cat was clearly out of sorts, behaving more like a witch's grimalkin than the docile lap cat the entire Jothergill clan knew her to be, and the Baskerville's hound could be heard, baying across the vast expanse of pristine meadow, sylvan hills, and well-cultivated gardens that separated the two gothic*

mansions, all causing Cedric to wonder if this indeed was the proper time to have Lady Lileth over for his freshly baked baba au rhum, Drambouie, and yet another confrontation over the whist table. . .

Please, when you are moving, send us your change of address, particularly if you are a second class subscriber. Second class mail isn't forwarded—it comes back to me at a cost of 30 cents. Then, if I'm kind enough to forward it to you, it costs me another quarter postage. And, it's often so slow coming back that I have another issue already in the mail to the old address and the cycle repeats. Or, the return may not show a new address and then I have no way of forwarding it to you even if I want to. So, just let the ORW know when you are moving.

Looking Back

20 Years Ago (From the May 1969 ORW)--This issue marked the first photos ever published in the ORW. They showed various athletes in full flight phase as we launched the first of many series of commentary on judging issues. . . Ron Laird won the National 10 Km in Chicago in a championship record of 45:14.2. Ron Daniel and Steve Hayden followed. . . Just a day later, Tom Dooley set an American record for the same distance in California with a 44:26.9 performance. Goets Klopfer turned a 1:54:32 for 15 miles at the same site. . . The Zinn Memorial 10 Km went to your editor in a blazing 49:29. Blazing because it was so hot in Chicago. Passing 3 miles 4 seconds ahead of his previous week's pace (when he did 48:40 for 7th in that National), he then wilted, but not nearly as much as Jack Blackburn, 15 seconds ahead of him the week before, but 4 1/2 minutes behind him on this day. . . Paul Nihill won British titles at both 10 Km and 10 miles in 44:07 and 1:11:14.

15 Years Ago (From the May 1974 ORW)--John Knifton overcame a challenge from Floyd Godwin in the National 25 Km in Des Moines to win with a 1:56:03 effort. Godwin was just over 2 minutes back at the finish, followed by Jerry Brown and Bob Henderson. . . Larry Walker won the National 15 Km in California in 1:10:08 (we see he has lost less than a minute in the ensuing 15 years according to the results on page 1), edging Carl Swift (1:10:13). Ed Bouldin (1:11:43), Bill Ranney, Rudy Haluza, and Steve DiBernardo filled out the first six. . . Godwin also took the 10 Km in 45:42 with Henderson a distant second and aging Jack Mortland a rather ashamed third, as few athletes showed up. . . The National 20 Km went to Jerry Brown in 1:33:33, with Godwin taking John Knifton for second. Ron Daniel and Bob Henderson followed. . . East Germany's Peter Frenkel set a World Record for 30 Im (2:14:22) in East Berlin, with Chris Hohne less than 2 minutes back. A few weeks later, Hohne walked 50 Km in 3:52:53. . . In Hamburg, Bernd Kannenberg broke the 20 Km World Record with a 1:24:45.

10 Years Ago (From the May 1979 ORW)--It was open season on the World 20 Km record, which had been held by Mexico's Daniel Bautista at 1:23:32. On April 22, the USSR's Anatoliy Solomin broke it with a 1:23:00 effort. One week later, Frenchman Gerard Lelievre took it down to 1:22:20 at Epinay. Then, on May 19, walking on the track in Valencia, Spain, Bautista recaptured it with a 1:22:15 effort. . . Jim Heiring's American record of 1:30:04 set on April 22 didn't last long either, as Todd Scully turned in a 1:28:33 in Seattle on May 17. . . Chris Hansen won the U.S. 15 Km title in Kenosha, Wis., tying Canadian Marcel Jobin in the process, as both returned 1:06:58. Heiring was nearly a minute-and-a-half back in second and John VanDenBrandt took third. . . Todd Scully whipped Hansen in the National 10 Km in Chicago in 43:14. Hansen beat Jobin in this one, 43:55 to

44:16. VanDenBrandt was the third American. Scully discouraged the field with a 6:26 opening mile. . .The next day, Jobin bested Scully in the Zinn Memorial race, blasting a 41:42. Todd had 42:15. . .The Women's National 15 Km went to Paula Kash-Mori in 1:21:21 with Jeanne Bocci second. . .Alan Price was an easy winner in the National 100 Km in 10:36:35, with Tom Hamilton 47 minutes back in second. Jack Blackburn finished third, catching Sal Corrallo in the final 20 miles to take the master's title.

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

Here is where you can race in the next couple of months

Sat. June 10 **National TAC Junior Championships, 5 Km Men, 10 Km Women, Columbus, Ohio (V)**
3 Km, Dedham, Mass., 5:30 pm (N)
3 Mile, Zuni, New Mexico (R)
Stone Mountain Georgia Renewal Walks (B)
Women's 6 Mile, Hanover, Pennsylvania (S)
New Jersey 5 Km Championship, Trenton (D)
5 Km, Denver, 8:30 am (F)
5 Km, Atlanta, 11:30 am (B)

Sun. June 11 Metropolitan 5 Km, Championship, New York, NY (E)
1500 meters, Miami (M)
1.5 and 3 Km, Alexandria, Virginia (O)
5 Km Women, 10 Km, Dearborn, Mich., 9 am (Y)
10 Mile, Colorado Springs, 7 am (F)

Mon. June 12 5 Km, Long Branch, NJ (and each Monday through Aug. 28)(D)

Fri. June 17 **National TAC Women's 10 Km, Houston, 10:10 pm (H)**

Sat. June 18 **National TAC Men's 20 Km, Houston, 7 am (H)**
1 Mile, Wickliffe, Ohio (Q)

Sun. June 18 5 Km, Dearborn, Michigan, 9 am (Y)
5 Km, Los Angeles, 1 pm (G)

Tue. June 20 5 Km, Grand Island, NY, 6:30 pm (and each Tuesday through Aug. 29) (U)

Sat. June 24 Choose Your Distance Walk, Chattahoochee, Georgia (B)
1 Mile, Monmouth, N.J. (D)
3 Km, Dedham, Mass., 5:30 pm (N)
5 Km, Davie, Florida, 7:30 am (M)

Sun. June 25 2 Mile, Rockdale, Texas, 8:30 am ((J)
1.5 and 3 Km, Alexandria, Virginia (O)
50 Km, Trumansburg, N.Y. (X)
5 Km, Denver (F)
20 Km, Seattle (C)

Fri. June 30 5 Km, Bellingham, Washington (C)

Sat. July 1 5 Km, Dedham, Mass., 5:30 pm (N)
3 Km Women, 5 Km, Dearborn, Michigan, 9 am (Y)
5 Km, Houston (E)

Sun. July 2 1 Mile, Holmdel, N.J. (D)

Tues. July 4 Start TAC Youth Athletics National Championships, Arlington, Texas (through July 8) (A)
8 Km, Ft. Hunt, Virginia (O)
2.8 Mile, Seattle, 6 pm (C)

Thur. July 6 **National TAC 10 Km, Niagara Falls, NY, 8 am (K)**

Sat. July 8 Garden State 5 Km, Edison, N.J. (D)
Florida Masters 5 Km, Orlando (M)

Sun. July 9 1.5 and 3 Km, Alexandria, Virginia, 9 am (O)

Sat. July 15 5 Mile, Zuni, NM (R)
5 Km, Dedham, Mass., 12 noon (N)
Sunshine State Games, Gainesville, Florida (M)
3 Mile, Columbia, Missouri (I)

Sun. July 16 10 Km, Seattle, 1 pm (C)
Eastern Regional Masters, West Long Branch, N.J.(D)
2.2 Mile, Denver, 8 am (F)
1 Mile, Houston (E)

Fri. July 21 **National TAC Masters 5 Km, San Diego, 7 am (T)**

Sat. July 22 5 Km, Dearborn, Mich., 9 am (Y)

Sun. July 23 1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O)

Thur. July 27 5 Km, Buffalo, NY, 9 am (U)

Sun. July 30 World Veterans Games 10 Km Women, 20 Km Men, Eugene, Oregon (P)

Mon. July 31 10 Km, Seattle (C)

Thur. Aug. 3 2.8 Mile, Seattle (C)

Sat. Aug. 5 5 Km, Dearborn, Mich, 9 am (Y)
5 Km, Coconut Creek, Florida (M)

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From the *International Race Walkers Club Newsletter (British), No. 2, April 1989*

COMPARISONS OF WORLD TOP
 TWENTY PERFORMERS 1983-1988

20 KILOMETRE WALK

Year	Top Mark	Top Average	Difference
1983	1:20:37.8	1:23:44.525	-
1984	1:19:56	1:21:58.10	2.118111% quicker
1985	1:19:52	1:22:02.25	0.084382% slower
1986	1:19:52	1:21:32.15	0.611509% quicker
1987	1:19:12	1:20:36.50	1.137537% quicker
1988	1:19:08	1:20:15.85*	0.426962% quicker

Between 1984 & 1988: 2.079055% quicker

50 KILOMETRE WALK

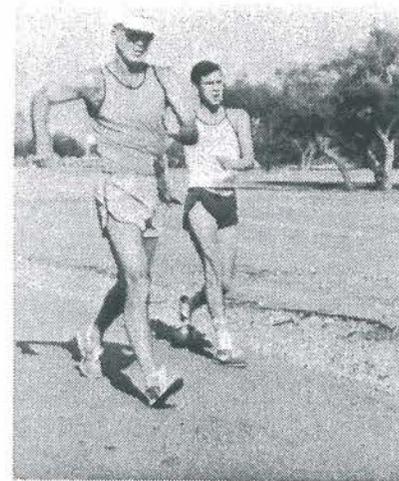
Year	Top Mark	Top Average	Difference
1983	3:40:46	3:48:17.25	-
1984	3:38:31	3:48:33.65	0.119732% slower
1985	3:39:47	3:46:48.45	0.767119% quicker
1986	3:38:17	3:48:35.3	0.785174% slower
1987	3:40:07	3:47:54.75	0.295655% quicker
1988	3:38:29	3:45:21.4*	1.121410% quicker

Between 1984 & 1988: 1.401888% quicker

10 KILOMETRE WALK

Year	Top Mark	Top 20 Average	Difference
1983	45:46	49:09.0205t	-
1984	45:39.5	49:16.484t	0.253084% slower
1985	44:14	45:27.175	7.756139 % quicker
1986	44:38	45:37.55	0.380430% slower
1987	42:52	44:36.5	2.230096% quicker
1988	41:30	44:16.2705*	0.755819% quicker

Between 1984 & 1988: t=Track times only 10.1554410% quicker



(Sportsfoto™)

John Allen's Gallery. Above, John himself, demonstrating what legal walking is all about during a 1979 10 Mile, which he completed in 1:21:08 (at age 53). The photo below shows a contemporary walker during a recent race demonstrating what John thinks is all wrong with walking today.