

USATF National Race Walker

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Chair's Report Dan Pierce

The latest issue of Fast Forward featured Race Walking. Curt Clausen was on the cover and there were race walking articles inside. Race walking is getting a lot of support from the national office and other committees in USATF. The Men's and Women's Track and Field Committees have been especially conscious about including us.

A big issue for the USATF Board of Directors has been the USOC deciding that USATF is not in compliance with USOC regulations. We are well on our way to complying, after emergency conference calls and lots of work by our USOC representatives. The whole problem likely started because USATF wouldn't release the name of an athlete that tested positive in a USOC drug test. The athlete was later exonerated and the rules at the time said the athlete's name could not be released. The USOC conducted the test and has known the athlete's name from the beginning, but it's against the rules for the USOC to release the name.

USATF is going to begin using Zero Based Budgeting for next year's budget. So everyone is trying to learn and convert to a new system. This means more conference calls for the committee chairs and people involved with the budget. I'm sure glad Curt is part of the core group.

USATF Indoor Nationals will not be in the Armory in New York City next year. The Armory is being remodeled for the Track and Field Hall of Fame. USATF is working on a new location.

Maryanne Torrellas and other folks are putting together an Eastern Regional Camp for Juniors.

The Board of Directors has finally adopted a conflict of interest policy. This has been an issue for some for at least 20 years. The new policy basically says that some USATF members, e.g. Board of Directors, must disclose dealings with outside entities that deal with USATF and those members may not participate in decisions concerning those entities. For example: if I have a contract with Nike, which I don't, I would have to fill out a form making USATF aware that I have a contract with Nike and I wouldn't be allowed to participate discussions or decisions involving Nike.

IAAF Report

Bob Bowman

The IAAF Race Walking Committee met on March 10th and made several recommendations to the IAAF Council regarding international race walking. The IAAF Council met on April 13-14 and considered these recommendations. The following is a summary report of all important matters decided by the Committee and approved by the Council.

IAAF Race Walking Challenge

The Committee examined a subcommittee proposal regarding an IAAF Race Walking Challenge (International Race Walking Circuit). Recognizing that there may be organizational difficulties, it is important to note that race walking is the only athletics discipline without an international circuit where athletes can win prize money. Some race walking competitions have expressed favorable interest in being included in such a circuit of events.

The Committee believes that the introduction of such a Circuit would have several benefits:

- Growing attention and promotion for Race Walking.
- More high-level judging opportunities for Level II and Level III judges.
- More opportunities during the year for the athletes to compete at a high level.

Since the world of Race Walking is still "poor", the venues potentially able to meet the Circuit requirements are few. Italy, Germany, Spain and Mexico have shown an initial interest in staging one of the competitions. It is hoped that Asia will also be able to host one. Together with one other major competition during the year (World Cup, etc.), this would bring the circuit to comprise 6 competitions.

Particularly important will be the dates. If three competitions could be concentrated in a 4-week period, athletes' overseas travel costs could be shared and a team of judges could be appointed to work all three competitions.

The Committee is confident that the gradual development of the Circuit will encourage other competitions to apply for inclusion in the Circuit. The initial draft of the International Race Walking Circuit Competition Regulations appears in Appendix A. The IAAF Council approved the creation of a Race Walking Circuit (IAAF Race Walking Challenge), the regulations to be finalized along with the choice of venues. The goal is to start in 2003.

Revision of the IAAF Level III Race Walking Judges Panel

During its 2001 meeting, the Committee recommended the reduction of the Level III Judges Panel to a number close to 23. Since there are a total of 69 judging positions for major international competitions in a 4-year period, having 23 judges on the Panel would allow each judge the opportunity of judging 3 times during the said period. The goal is to achieve uniformity and consistency in judging. The Council has agreed to this reduction for the 2003-2006 period.

The reduction of the Level III Panel would be based on a set of criteria as well as the judges' evaluations taken over the past 4 years. The Committee therefore agreed to the following set of criteria:

- No age limit for the judges of the revised Level III Panel.
- No coaches to be allowed to act as judges.
- Minimum 1 judge per Area.
- Maximum 1 judge per Federation.
- Judges employed by National or Area Federations are eligible for the Panel.

Other criteria were discussed such as the ratio between Men and Women - currently it is around 10%. However, although it is advisable that there be female judges on the Panel, it was felt that no *a priori* inclusion could be made. The age limit which was originally listed as a possible criterion, was removed because it was felt that the best judges had to be on the Panel regardless of age, provided the outcome of eventual physical exams was positive.

After the 2002 World Race Walking Cup in Torino, a proposed revised list of Level III Judges will be identified according to the above criteria. This proposed list will then be presented to the IAAF Council at their next meeting in time to assign judges for the 2003 World Athletics Series.

Entry Standards for 2003 World Champs & 2004 Olympic Games

The Committee examined the entry standards approved by the Council for the 2003 IAAF World Championships and 2004 Olympic Games as well as analyses of these standards prepared by several Committee members. It was agreed that these standards are too hard and could compromise a significant participation of both athletes and countries. On such grounds, the Committee proposed to the Council a moderate revision of the entry standards. The following revised standards were recommended by the Committee:

| Event | "A" Standard | "B" Standard |
|--------------|--------------|--------------|
| Men's 20Km | 1:22:30 | 1:24:00 |
| Men's 50Km | 3:58:00 | 4:03:00 |
| Women's 20Km | 1:32:15 | 1:34:00 |

At the end of the 2002 season, the Technical Delegates for these competitions will check the number of qualified athletes and, if necessary, the standards will be modified, in consultation with the Race Walking Committee.

Junior Participation in IAAF World Race Walking Cup

In 2001, the Committee recommended that junior races be included in the IAAF World Race Walking Cup. This year the Committee has recommended that the introduction of the junior races take place at the 2004 Cup competition to be held in Naumburg, Germany. The Committee has asked Peter Marlow, chairman of the EAA Race Walking Commission, to contact the organizers on this issue. If they are willing to accept the extra financial obligation, the IAAF will then take the necessary official steps for the inclusion of the junior events in the 2004 Cup competition.

Second Event for Women

The Committee discussed the possibility of the introduction of a second race walking event for women in the IAAF World Athletics Series and Olympic Games. Some feel that the women are ready to compete over a longer distance (35Km or 50Km). In principle the Committee expressed a favorable opinion on this possibility, although it was also pointed out that only a few countries have women competing at the longer distances. Further investigation among the female walkers was recommended to see what extent they are really interested.

Appendix A

IAAF Race Walking Challenge

1. General Principles

- 1.1 Starting in 2003 the IAAF shall organize every year the "IAAF Race Walking Challenge".
- 1.2 For each year it will consist of qualified scoring events contested at competitions that have been designated as part of the "IAAF Race Walking Challenge".
- 1.3 All events of the IAAF World Championships in Athletics (which take place in odd numbered years), of the IAAF World Race Walking Cup (in even numbered years) as well as those of the Olympic Games, will be part of the "IAAF Race Walking Challenge".
- 1.4 In addition, the IAAF Council will nominate each year, from six to eight further competitions (not more than one per country and a maximum of four European competitions) based on the proposals of the IAAF Race Walking Committee.
- 1.5 For 2003, in addition to the IAAF World Championships (Paris, August), these competitions are:

La Coruna, Spain

Sesto San Giovanni (Milan), Italy

Naumburg or Eisenhuettenstadt, Germany

Mexico City, Mexico

Asia ?

South America ?

- 1.6 For competitions listed under 1.5, one Senior Men's and one Senior Women's event from the program will be considered as part of the IAAF Race Walking Challenge.
- 1.7 The events may take place on road or track, but must be over standard distances.
 - Men: Road: 20Km or 50Km
 - Track: 20,000m, 30,000m or 50,000m

Women: Road: 10Km or 20Km
Track: 10,000m or 20,000m

For road events, the organizers must abide by IAAF Rules 230.7 and 240.3.

1.8 These Regulations may be amended every year by the IAAF Council.

2. Obligations of the Organizers

- 2.1 Organizers must send a Permit Application Form to the IAAF. All applications to hold a competition must be endorsed by the relevant IAAF Member Federation.
- 2.2 Organizers must invite the Top 4 Men and Top 4 Women athletes from the IAAF Ranking list established at the 31st of December of the previous year (based on a maximum of two walkers from the same country).
- 2.3 Organizers shall pay the economy class travel and full-board accommodation (2 nights) for these athletes.
- 2.4 Organizers shall accept the entry of any athlete ranked in the Top 10 of the same lists and pay full-board accommodation for them for a minimum of 2 nights.
- 2.5 Organizers may conduct negotiations for the appearance and promotion of athletes as follows:
- (i) through the athletes' member federation;
 - (ii) directly with the athletes (formal invitations shall be made through relevant national federations);
 - (iii) through duly authorized athletes' representatives.
- 2.6 Organizers must not deal with unauthorized athletes' representatives.
- 2.7 If the event takes place on the road, the organizers must provide an IAAF measurement certificate established by an IAAF "A" or "B" Course Measurer. Furthermore, the same measurer should be on site during the competition to certify that the course used by the athletes is the one he had measured.
- 2.8 Organizers must have on site 6 judges including the chief walking judge, all of who must be International Level II or III Judges nominated from the IAAF International Race Walking Judges Panel. The judges must come from a minimum of 5 different countries (including the host country).
- 2.9 The organizers shall pay the travel and accommodation expenses of the foreign judges.
- 2.10 Organizers are responsible for the travel and accommodation of the IAAF Delegate appointed for the competition. This Delegate is the official representative of the IAAF and will have the required technical knowledge. He will submit a report to the IAAF within two weeks after the competition.
- 2.11 Organizers are responsible for the accommodation costs of one IAAF Staff Member.
- 2.12 Organizers will organize doping controls under the following conditions:
- (i) they guarantee that they will respect the IAAF Rules and Regulations.
 - (ii) there will be a minimum of 4 tests.
 - (iii) the analyses shall be conducted at an IOC/IAAF accredited laboratory.
 - (iv) all costs related to the doping controls will be borne by the organizers.
- 2.13 Organizers must take out an appropriate public liability insurance policy including one against any accidents that might occur to athletes and officials.
- 2.14 Organizers should make their best efforts in order to arrange TV coverage of the competition.
- 2.15 Media and TV facilities should be set up in accordance with IAAF guidelines.
- 2.16 Organizers must submit to the IAAF:
- within 24 hours, the full results of the competition.
 - within two weeks after the competition, a post event report.
- 2.17 Organizers will display, at their cost, at least one IAAF board (or banner) (6m x 1m) in the finish line area (exact layout to be requested from the IAAF Headquarters).
- 2.18 Organizers will also display the IAAF's name on all printed material (bulletin, leaflet, start list, results, etc.).

3. Ranking

- 3.1 An athlete may compete in as many competitions as he/she wishes. However, the three best results of an athlete will count for the final ranking.
- 3.2 To be considered as a "scoring event", walkers from at least 5 different countries (including the host country) must have taken part in the event.
- 3.3 The Ranking will be established according to the following system: for each "scoring event" the Top 10 athletes will score points: 10 for the winner, 9 for 2nd place, 8 for 3rd place, etc.
- 3.4 In the case of a tie, this will be resolved in favor of the walker with the highest finishing position in any of his 3 scoring events.

3.5 Any athlete achieving a new World Best Performance, will be awarded 4 bonus points in addition to the ones he/she will receive as a result of his/her finishing position.

4. Awards

4.1 Awards at all competitions: For each event part of the IAAF Race Walking Challenge, the organizers will provide a minimum financial awards structure of USD \$6,000 as follows:

| | | | |
|-----------------------|---------|-----------------------|-------|
| 1 st place | \$2,000 | 4 th place | \$750 |
| 2 nd place | \$1,500 | 5 th place | \$750 |
| 3 rd place | \$1,000 | | |

4.2 Overall Awards: Every year the IAAF will provide financial awards to the Top 5 Men and Women. These awards will be:

| | | | |
|-----------------------|----------|-----------------------|----------|
| 1 st place | \$30,000 | 4 th place | \$10,000 |
| 2 nd place | \$20,000 | 5 th place | \$8,000 |
| 3 rd place | \$15,000 | | |

4.3 A minimum of 3 scoring events will be required to be eligible for the overall awards.

4.4 Any athlete who renders himself/herself ineligible due to infringement of IAAF Regulations will not receive any award. In this case, the money will be paid to the next ranked athlete.

4.5 Awards from the IAAF will be distributed in accordance with IAAF Rules.

5. Disputes

The Jury of Appeal shall resolve all disputes and protests relating to the competition. The IAAF Council, in collaboration with the IAAF Race Walking Committee, shall consider all disputes and protests related to the IAAF Race Walking Challenge.



Start of the 2002 USATF National 20000m Race Walk Championship
Photo by Al Heppner

Eastern Regional Camp Report

Maryanne Torrellas

USATF- Jr Eastern Regional Racewalk Camp Held July 7th to July 11th at Southern Connecticut State University, New Haven, CT., it provided 16 slots for Jr. athletes in the Eastern Region.

Funding for this camp was provided by USATF with money generously donated by Frank Alongi. CT Racewalkers paid for the sanction and provided dinner on Sunday night. Rob Cole has offered to pay for van transportation for the Maine athletes. A thank you for the parents who supplied Gatorade and water.

Eligibility: USATF-registered Jr age 14- 19 year olds with potential to qualify for, or qualified for the USATF Jr. 10km racewalk.

Purpose: To give Jr. athletes the opportunity to compete in the Eastern Regional Track and field meet- 5000m, to provide useful information on technique and training. Most importantly, to encourage camaraderie among Jr walkers, who often train by themselves. This was opportunity to get to know their competitors and bond, perhaps lighting the fire of desire to continue race walking as they become older.

Program segments:

1) Technique work - classroom lecture on biomechanics, reviewing elite walkers form as well as their own (from a taping of the Sun race) track work- analyzing and incorporating more efficient movements

2) Science of training - principals of progressive overload, methods of training, periodization.

3) Sports Massage - Self massage/ partner massage for preparation (competition/workouts) and recovery. Acupressure for increased energy. Reflexology points for detoxification.

4) Motivation - Motivational speaker, Bruce McIntyre spoke about incremental steps towards long term goals, keeping a positive attitude when life throws you curveballs and power of positive affirmations - I am a winner.

5) Nutrition - Nutritionist, Debra Harnal, gave an overview of eating a well balanced diet, with a focus on complex carbohydrates. Shopping the perimeter of the supermarket, where you will find fresh fruits and vegetables and whole foods. The importance of water and soaking seeds for higher nutritional value.

6) Mental training techniques - progressive relaxation, visualization, goal setting, The importance keeping a journal, and affirmations

7) Exercises for racewalkers - Specific exercises and stretches geared to helping the racewalk form. Plyometrics for overall conditioning and speed.

The camp also included:

- Presentation by, the Jr. coordinator, Steve Vaitones on the programs available to the Jrs.
- Recreational hike in Sleeping Giant State park
- A relay that promoted teamwork and was very clever in matching equalized teams.

This camp worked so well because this was an exceptional group of kids. Many of them are talented hard workers already, but beyond that, they came to this camp ready to learn, open to technique suggestions, and eager to work hard at becoming even better athletes. It was wonderful to see such cohesiveness in a group. One morning we had a hike planned and we gave the kids a choice of an easy trail to the top of the mountain (alright, so we have large hills that we call mtns in CT) or the more difficult blue trail. Every single one of them, with the knowledge that they had a hard workout later that day, chose the more challenging route. As the week went on, I came to realize in many other ways these kids often choose the blue trail. Our motivational speaker encouraged the kids to think of themselves as a winner when they put forth their best, when they show kindness and compassion, or when they step into a leadership role with integrity. When I think of every single one of them, and what they are about, I know these kids are truly winners.

Staff:

Maryanne Torrellas of Clinton, CT (Director)--6 time national champion, master level judge, coach and president of the Connecticut Racewalkers. Women's development coordinator Massage therapist.

Gary Westerfield of Smithtown, LI--IAAF Level III Race Walk Judge, founder and coach of WalkUSA, retired high school and collegiate coach, former national team coordinator, co-author "Walk Like an Athlete", etc. Coach of many national level walkers since 1976.

Nathan Curtis and MaryHelen Baldwin from Maine -who help run the HS program in Maine and who offered much expertise in their experience with the Jrs.

Debra Harnal of Clinton, CT.- Nutritionist

Bruce McIntyre of Madison, CT - Motivational speaker

Facilities: Dormitories at SCSU, New Haven, CT, Track & Campus

USATF Scholarship Opportunity

USATF Communications

Verizon Youth Progress Award to recognize athletic success, academic achievement

OMAHA, Neb. – A new scholarship program established by Verizon and USA Track & Field (USATF) will honor top high school track and field and cross-country athletes and reward them for their academic performance as well as athletic achievements. The first scholarships will be awarded next spring.

The Verizon Youth Progress Award was announced Wednesday night at the USATF Junior Olympic Championships, held here through July 28. The meet is part of the Verizon Youth Series. Verizon is the official telecommunicationssponsor of USATF.

Scholarships will be presented to four high school seniors – two males and two females – during the 2002-03 academic year. The Verizon Youth Progress Award will include a \$5,000 scholarship toward the recipient's first year of college tuition, as well as a collection of USATF apparel.

“The development of this scholarship program reflects the true meaning and core goals of our sponsorship of USA Track & Field,” said Bruce Gordon, president of Verizon's Retail Markets Group. “Academic success and athletic accomplishments are a winning combination, and Verizon wants to recognize that dedication, hard work and perseverance in our young people.”

Scholarship winners will be selected based on their academic performance, participation at a Verizon Youth Series event during the current year, and letters of recommendation from teachers, coaches or guidance counselors. Applicants also must live in a market served by Verizon.

To be eligible for the Verizon Youth Progress Award, student athletes must also have a minimum 3.0 grade point average for their first three years of high school and the first semester of their senior year. The Citizen's Scholarship Foundation of America, a nationwide firm that manages scholarship programs, will administer the selection process and assess candidates' financial needs.

“Verizon has been a tremendous sponsor to USATF and our Youth Programs,” said Craig Masback, USA Track & Field CEO. “The Verizon Youth Progress Award takes that involvement in the future of our sport to another level. By providing scholarships to young athletes, Verizon is supporting the development of young minds and athletes that is so crucial in track and field.”

The scholarship application process will begin Dec. 1, and conclude on Feb. 15, 2003. Scholarship applications will be available online at www.usatf.org and www.verizon.com/usatrackandfield.

Verizon Communications (NYSE:VZ) is one of the world's leading providers of communications services. Verizon companies are the largest providers of wireline and wireless communications in the United States, with 133.8 million access line equivalents and approximately 29.6 million wireless customers. Verizon is also the largest directory publisher in the world. With more than \$67 billion in annual revenues and nearly 248,000 employees, Verizon's global presence extends to more than 40 countries in the Americas, Europe, Asia and the Pacific. For more information on Verizon, visit www.verizon.com.

Editor's Notes

Michael J. Roth

Many of you are receiving the USATF National Race Walker for the first time. Previously, this was only distributed to the National Committee and selected other individuals. At the 2001 USATF Convention, I pledged that I would find a way to distribute this to every USATF member who is involved in Race Walking, on any level, without incurring any extra costs to the Committee. Thanks to the efforts of Andy Martin (Associations Manager) and Keith Lively (Multimedia Coordinator & Website Manager) this has become a reality.

For those that are receiving this for the first time, I hope that this provides an impetus for you to get more involved in making Race Walking in the US even more successful. Association Chairpersons are encouraged to provide content when it is in regards to program development on any level. Please do not send race results, as the Ohio RaceWalker and US Racewalking Journal are the proper places for that information.

In the next issue, which will come out in early September so this will get back on schedule, I will include a rather lengthy article written by Gary Westerfield. This article goes into extreme biomechanical detail on what Race Walk Judges should be looking at/for when they are judging. This article was presented at the IAAF Race Walk Committee meeting in Moscow earlier this year to wide acclaim, as it is the first time that a biomechanical analysis of the visible aspects of our event and how that affects judging.



Tim Seaman Winning the 2002 USATF 2000m Championship
Photo by PhotoRun & USATF

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Top Finishers from the 2002 National Scholastic Indoor Championships
Photo by Michael J. Roth