



# The USATF NATIONAL RACE WALK COMMITTEE NEWSLETTER

An official copyrighted publication of the USATF National Race Walk Committee  
Spring, 2004

## CHAIRMAN'S LETTER

Whew, a newsletter. It has been a long time coming. But finally, at last, here it is. And yes it could have, should have, would have been done sooner. Time management has, in the past, been one of my stronger suits. But what do you do when you run out of time to manage? Delegate! Hmmm, anyone interested in editing a newsletter?

Yes, you do have a new chairman. And a new vice chair, Steve Vaitones. Thanks for stepping up Steve!

When I agreed to fill the open vice chair position last July I anticipated only a couple tasks to lessen the workload the chair of this committee has. Thus, Dan Pierce's resignation caught me by surprise. Dan truly wanted to stay on. But he thought it was in the best interest of the sport, his business, and the oncoming growth in his family that he step aside. I wish he and his wife the best of luck.

As you read on a lot happened at convention. And great deal more has been taking place since then. Some of it is covered in this newsletter, more will come as ideas, my own and others, reach fruition.

My goal is every weeknight when I get home for work and practice to sit down here at the computer and completing something. So far, almost every night I have. Mostly little things. But as all those little things get taken care of, it creates an opportunity for some one, some where, to accomplish something great.

And a lot of people are doing great things. Tracy Sundlan and his super crew from Elite Racing put on the best Olympic Trials ever for our 50k athletes. A video tape containing the highlights of that race is available for purchase with the proceeds going to the Al Heppner Scholarship fund. A superb competition awaits everyone in Overland Park, Kansas, on April 4<sup>th</sup>, thanks to Wayne Armbrust. Officials were picked for all our major competitions with the athletes fully involved in the selection process; likewise the coaching staff of our World Cup Team. And Mike Rohl is to be congratulated for all the hard work he and the site selection committee put in piecing together our national schedule.

Ongoing work is coming to the end with long awaiting revised Race Walk Judging Handbook nearing completion. Our Race Walk Grand Prix is in place and ready to be marketed for the benefit of our athletes. Ahead of us is the 20K Olympic Trials in July with the Olympics in August. It will be an exciting year!

Don't forget, if you are interested in working closely with me in the production of this newsletter should contact me.

Vince Peters  
USATF National Racewalk Committee Chairman  
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(937) 767-7424 (best between 8pm and 10pm week nights east coast time)

## RACEWALK COMMITTEE OFFICERS

Chair - Vince Peters, mv\_tc@erinet.com  
Vice Chair - Steve Vaitones, usatfne@ix.netcom.com  
Secretary - Shirley Clemons, Shirley.Clemons@comcast.net  
Treasurer - Curt Clausen - cclausen@surfbest.net

## USATF CONVENTION AWARD WINNERS

Each year USATF honors the top walkers, contributor, and Association in the race walking community. This year's winners of the Captain Ron Zinn Memorial Award as the top race walkers in the USA are: At 50K: Philip Dunn, For the 20K: Kevin Eastler, and the top woman of 2003 was Joanne Dow.

The Captain Ron Zinn Memorial Awards are given to the outstanding U.S. race walkers of the year to commemorate the achievements of Capt. Ron Zinn, who lost his life in combat during the Vietnam War. A race walker, he was a member of the U.S. Olympic Team in the 1964 Summer Games at Tokyo and his sixth place finish in the 20 km event was considered outstanding for American walkers at that time. Past Award winners can be viewed at:

<http://www.usatf.org/statistics/awards/RW/CaptainRonZinnMemorialAward.asp>

The 2003 Mike Riban Award for outstanding contributor goes to Tennessee's Bobby Baker. Baker is the long time race director for the National 5K Race Walk Championships in Kingsport, Tennessee.

The Outstanding Association award rendered for its outstanding support of race walking went to the San Diego-Imperial Association.

The Junior Athletes awards for 2003 were awarded to Maria Michta for the Junior Women and Adam Staier for the Junior Men. Michta's best performances were a top 10 finish at the World Youth Games in 24:52 for 5K and a victorious walk of 54:51 at the CanAm Junior Dual. Staier posted 2 superb 10K times, winning the USATF Junior Nationals in 45:43.86 and the Penn Relays in 46:30.59.

## HEPPNER SCHOLARSHIP

USATF, and the entire RW community, mourn the loss of USA Race Walk Team member Al Heppner. Al, an outgoing young man, with a smile as quick as his step, wrote of our sport with a wit and an honesty that deeply touched all of us honored to be recipients. His death has left a hole in the hearts of family friends and fellow athletes that won't soon be filled.

In an effort to honor his parent's request Elaine Ward and the North American Racewalking Institute (N.A.R.I.) with the assistance of Curt Clausen, has established the Al Heppner Memorial Scholarship Fund. Contributions to the Al Heppner Scholarship Fund should be sent to Elaine care of N.A.R.I. at: 1203 S. Orange Grove Blvd., Pasadena, CA 91105-3345. Contact Elaine at 626-441-5459 or via email: narwf@aol.com to obtain additional information.

**ANNUAL CONVENTION MEETING MINUTES****GREENSBORO, NC  
DECEMBER 3-6, 2003****Race Walk General Committee Meeting  
Wednesday, December 3<sup>rd</sup>**

The meeting was called to order by the chair at 7:40 p.m. Roll call was taken and it was determined that there was a quorum.

The minutes from the 2002 Annual Convention were approved as written.

**Officer Reports**

**Chair** – Vince Peters reported that in the month he has held this position he is trying to get things accomplished that had not been handled. Vince introduced to the assembly the new Vice Chair, Steve Vaitones. He will make a determination on how best to communicate to the members as only about half of those in attendance are on the email racewalk list.

**Vice Chair** – Steve Vaitones reported to the assembly that he will perform his duties that Vince will delegate to him. He informed the members that Mike Rohl was elected to fill the remaining term as the At Large member, which spot he vacated when he assumed the Vice Chair position.

**Secretary** - Shirley Clemons had no report to present.

**Treasurer** – Curt Clausen reported that we had an administrative budget of \$10,000 this year and have only used approximately half of those available funds. For next year the budget has been increased to \$12,000. An additional \$3,000 above and beyond that amount has also been budgeted to support our national championships. He had not received information on how much men and women's development will be funded. He hoped to have that information prior to the end of the convention. One of the projects we had for development was a collegiate support program. They are creating a package of support material for the NAIA schools the New York CTC conference, the 12 schools in Mike Rohl's conference, and the schools in Ray Kuhles' conference. A strategic plan is also being put in place to use RW funds to make USATF RW championship events more uniform by way of supplying bib numbers, medals, banners, etc. to the race directors.

**Committee Reports**

Ginger Mullanax of Member Services reported that several associations are currently suspended. They are as of this meeting: Arkansas, Iowa, Lake Erie, Snake River, South Carolina, and West Texas. There are some Associations that are out of balance with regard to numbers of coaches and athletes and these are: Gulf, Missouri Valley, San Diego, Southwestern, Arkansas, Central California, Michigan, Nevada, Oregon, South Texas, Southern, Utah, and Wyoming. The site selection bid for 2007 in Indianapolis has changed and will be looking at sites for 2007 and 2008 and those are: Atlanta, Kansas City, Kansas City/Overland Park, Grand Rapids, Reno, Honolulu. The board decided to give San Luis Obispo County to Pacific and there will be a transfer of membership. The membership moved to accept the report

Shirley Clemons reported on behalf of Law and Legislation. She indicated that there is really nothing that will affect race walking. There was one proposed amendment that she needs to discuss with Vince and will report on that at the next meeting.

Steve Vaitones on behalf of the Rules Committee reported that in odd numbered years the Committee considers all rules changes made by IAAF. There are only two that affect race walking, and they are rule 132.1(b) and rule 150.4, which concern aid for races of 10km or longer. He will approach the Rules Committee for clarification of these proposed changes and will report back to the membership.

Steve Vaitones reported on standards. Standards for the Trials are already set so there will be no discussion on these. For the indoor standards it was suggested that we keep the men's time at 22 minutes and the women's time increased from 14:30 to 14:40. The recommended standards for junior outdoors are to remain the same and that is 55:15 for men and 59:45 for women.

Bob Bowman presented his IAAF report. His original report on pages 83-85 of the 2003 Annual Report Minutes is made an official part of these records. An update was presented: The World Cup is now held in even numbered years. The event in 2004 will be in Naumberg, Germany, 2006 will be Barcelona, Spain, and 2008 to Russia. The IAAF race walk challenge started last year will be continued, as it was pretty successful. They are continuing to work on the judging education evaluation program for Level II and Level III. They have made a change in the standards, the men's 20k A standard is 1:23 and the B standard 1:24.30. For the 50k 4:00 and 4:07. For the women's 20k the A standard is 1:33.30 and the B standard 1:38.

Steve Vaitones presented the World Championship report. The team staff has to have at least one racewalk and long distance running person every four years. Steve was on the men's staff. The staff was really good overall. They stayed in the dorms at the University of Paris. The team came in three days prior to the competition. All the races started on the track and then went onto the road on a 2k loop. Many of the USATF staff came out and supported the races. Gary Morgan was in attendance on behalf of Athletes Advisory and he helped out with the races. Kevin Eastler was the story of the competition, having the 2<sup>nd</sup> fastest time for an American and is the only American to reach an A standard. Joanne Dow in the 20k was just coming back from the Pan Am Games and was not in good health and placed 24<sup>th</sup> overall.

Ray Kuhles reported on the Can Am Junior meet. He was pleased that the women did well. With several fine efforts the squad won the team competition. The men's team did not perform to the same level and lost to the Canadians. He feels that we need better coordination of athletes so that they are better prepared to compete. Allen James, who helped host the competition there at Niagara Falls went on runs with the kids. They enjoyed listening to him tell them what they needed to do to become elite athletes. Ray felt that Allen made a big impact on the kids.

Meeting was recessed at 9:10 p.m.

**WORLD CUP TEAM QUALIFYING STANDARDS**

**IMPORTANT NOTE:** To compete as a member of the USA Team in Naumberg, May 1-2 all athletes must obtain the following marks. For Junior the time frame is 1 June 2003 thru April 4, 2004. The 20K & 10K teams will be decided Sunday, April 4<sup>th</sup>, in Overland Park, Kansas. The 50K Olympic Trials race also selected the 50k World Cup team of 5.

50K Men - 4:45:00  
20K Men - 1:36:00  
20K Women - 1:48:00

10K Junior Men – 52:00  
10K Junior Women – 57:00

## Race Walk General Committee Meeting Thursday, December 4, 2003

Meeting was reconvened at 1:13 p.m. It was determined that a quorum was present.

### Announcements

- If anyone is interested in helping with the 30k on January 11 and the 50k in February please contact Curt Clausen.
- The US vs Canada dual meet is set for August 28<sup>th</sup> in Edmonton, Alberta.
- The award winners for the Captain Ron Zinn awards for 2003 are: Men's 50k Philip Dunn, Men's 20k Kevin Eastler, and the Women's 20k Joanne Dow. The winner of the Outstanding Association was San Diego-Imperial. The winner of the Mike Riban award for outstanding contributions was Bobby Baker.
- Vince handed out the 2<sup>nd</sup> annual Curt Clausen championship grand prix circuit results.

### Special Reports

World Cup Trials – Wayne Armbrust reported that they would be held on April 4<sup>th</sup> in Overland Park, KS at the Corporate Woods course. The women's race will start at 9 a.m. and the men's race will start at 11:30 a.m. It was recommended that the men's standard be set at 2:00 and the women at 2:15. Applications will be available on his web site at [www.computomarx.com](http://www.computomarx.com) and then go to special links. It was determined that we can invite foreign competitors to this meet and that they will be identified clearly as such. For those juniors competing at the World Cup Trials and planning on going to the World Cup Championship, Vince moved that the standards be set at 52 minutes for men and 57 minutes for women. The motion passed unanimously. Vince moved that the qualifying period start from the Junior Nationals in 2003. The motion passed unanimously.

National Senior Games – Ray Funkhouser reported that he was the event manager for the walks this year. They hold their meet every two years. One of his goals was to develop a better relationship between the walking community and the senior games organization. Everything went off on schedule. In the 1500 they had 132 men and 113 women. In the 5k they had 116 men and 97 women. The road course was certified and it was a sanctioned meet. The next competition will be in Pittsburgh in 2 years. He reported that the only qualifying race to make the national competition is the senior games. Ray recommended that the Associations contact the state senior games people to try and work with them for the walks. He said that we could possibly attract some new walkers.

Strategic Action Plan – Mike Rohl presented the following suggested action plan for this committee:

- **Youth/Juniors:** Primary focus would be on youth and junior coaching education. This coaching education should be supplemental and independent of the current USATF coaching education program. Identification of events of primary importance for parents and coaches, including JO's, Penn & Kansas Relays, Mt. Sac, National High School Championships, and Junior Nationals. Rohl suggested that a booklet be put together on how to succeed in race walking at the youth and junior levels. Through the Junior Coordinator there should be a talent identification program in addition to the Youth Honor Roll.
- **Intermediate/Collegians:** First goal should be establishing a collegiate championship, either through the NCAA or through the College Walking Alliance. Second would be to provide as much additional race walk education material to potential college coaches as possible. Third, any NCAA Conference and National Championship must be supported with competent judging.
- **Open/Post Collegians:** First, provide a National and Regional Championship schedule that reflect the international calendar. Second,

make information available on testing and training, which athletes can access at their own expense. Third, provide a post collegiate survival handbook for the athletes, which would include information on how to locate sponsorship and/or procure support services, such as coaching, medical support and training facilities.

- **Elites:** Provide access to Olympic Training Center or other appropriate training centers. Where appropriate, provide support for international competitions beyond World Championships and World Cup (i.e. IAAF, Grand Prix Race walk Challenge).
- **Masters:** Incorporate master's championships with national championships when possible and provide competitive opportunities. Introduce a masters/youth mentoring program.
- **National Championships:** Provide basic support for each National Championship. Items to include are common basics such as USATF banners, bib numbers, medals and portable sanitary facilities.

Mike requested that if the membership has any suggestions on the categories outlined above to please email them to him for possible discussion with the executive committee.

Recommendations from the membership were:

- Bill Pollinger recommended that we convince the parents. He suggested we send congratulatory letters to not just the top walkers but even the third, fourth, fifth and sixth to show them that we do care.
- Elliott Denman suggested that we put together a flyer regarding race walking and present it to the track coaches while here at the convention.
- Wayne Armbrust suggested having a joint camp with race walking and junior runners in the endurance group where they can take advantage of common coaching techniques and current training theories.
- Mary Beyers recommended that we put on clinics for high school coaches at the Association level.
- Allen James suggested the possible adoption or merging of youth clubs by clubs that cater to the open and masters to provide a possible mentoring program.
- Floyd Orsmy suggested that we approach the National Federation of High Schools directly, in other words start at the top to get the information down to the state level.
- Diane Graham Henry recommended strong encouragement of the parents and the kids. They also have a shoe program for these kids to race. Diane is to provide a procedure list to implement this program.
- Vince Peters said one thing we could do is like he has done at the cross-country meet and that was to pass out at the finish line an invitation to a race walk camp. There could be a lot of positive reception to this avenue of approach.

Pan Am Walking Commission – Gary Westerfield reported that he has been selected as a member of this commission. There are now 5 members on this commission. Their purpose is to make sure that the Pan American Cup is held and that the walks are covered correctly at the Pan American Juniors and at the Pan American Games that the course and competition is done according to standards. He stated that unless we do our part and send full compliments of athletes to support the Pan American race walking activities there is a good possibility that walks will be dropped from the Pan American program. He reported that NACAC does not have a separate walking commission. He had attended a development seminar in San Salvador at which he created a development proposal and that was the creation of a NACAC walking commission. In the Pan American federation there are only 2 English-speaking countries whereas in NACAC there are 24 English-speaking federations. The creation of this commission has been approved but as yet the President has not appointed this commission. He gave the calendar for the Pan American Cup in 2005 it will be in Lima, Peru, and the 2007 Pan Am Cup will be in Brazil. He stated that we need to send 2 women and 2 men to the under 23 NACAC competition to be held in Sherbrooke, Quebec on July 30-31 and August 1.

## New Business

- Ray Kuhles moved that the qualifying period for the NACAC under 23 competition be from December 4, 2003 through July 4, 2004. Curt Clausen amended that motion to use the Olympic Trials as the selection race and if we don't get two men and 2 women from that race they go to the time list to get qualifiers. The motion passed unanimously.

## Subcommittee Reports

Sandy DeNoon reported on Associations. At the Associations meeting in August their biggest concern was that all Associations need to comply with USATF standards. Another concern was that the Association boards have additional insurance other than what is provided by USATF as protection to them.

## Announcements

- Vince wants to expand communications so had requested the email addresses to expand the list.
- Site selection meeting will be at 5:30 on December 4<sup>th</sup>.
- The National 30k will be on January 11, 2004 at Chula Vista for open and masters and we need to spread the word.
- There are entry forms available for the 50k and concurrent 20k on January 4<sup>th</sup> in Texas in the back of the room.
- On Sunday, December 14 there will be a 50k pre Olympic Trial qualifying on the track at Santa Clara, CA.

Meeting was recessed at 3:07 p.m.

## Race Walk General Committee Meeting Friday, December 5

The meeting was reconvened at 1:10 p.m. It was determined that a quorum was present.

## Subcommittee Reports

Jan Price, of the Substance & Abuse Education Subcommittee, made a power point presentation, designed more for the youth, regarding drug abuse and its consequences not only from a health standpoint but also from a legal aspect.

On behalf of the Officials Committee, Ron Daniel and Ginger Mulanax gave a report on what this committee is doing. They are doing a very thorough revision of the race walk handbook. The last revision was done in 2000. They are also attempting to arrive at a methodology to evaluate the race walk judges during the course of the year. For the coming year they are going to request the judges summary sheets from all events along with the complete set of results from those events. They are also developing a true, false questionnaire similar to the one designed for the Association level for race walk judges. Gary Westerfield will design this.

After this presentation Gary Westerfield requested that we have a separate scheduled meeting added to the convention calendar for the race walk officials subcommittee.

Vince Peters reported on behalf of the judges selection subcommittee. The members of this committee were himself, Rod Larson, Curt Clausen, Philip Dunn, and Cheryl Rellinger. They met and made recommendations to the Officials Committee for the 2004 Indoor Nationals, the Junior Nationals and the Olympic Trials 20k. This same committee generated invitations for officials to officiate the 50k and the World Cup trial races. When he receives the responses he will inform the membership.

Maryanne Torrellas and Dave McGovern reported on behalf of the men and women's development. They started the year with a PET (Performance Enhancement Team) meeting. What this is basically is coaches and scientific personnel coming together to decide how they can best service the national

race walk team. They established their goal, which is to apply principles of sports science and medicine to assist US race walkers in their quest of medals.

Dave reported that they have a new philosophy in that the programs have to be athlete focused, coach driven, and sports science based. This was the focus of the 2003 race walk national team training and testing summit in Clermont, FL. They had several different tests performed during this summit, and that each athlete left with a specific scientific understanding of his/her training needs.

Maryanne reported that we had ongoing funding for Enrique Pena at the Olympic Training Center for this year and also 2004. Two other projects proposed for funded for next year are a summit camp, at the Olympic Training Center, similar to the one in Florida this year. Have acquired the services of Lyle Knudson as our race walking biomechanics specialist. He has several videos that he wishes to digitize but there is no funding for the necessary equipment this year, but, hopefully, we will obtain funding for next year.

There will be filming of the Olympic Trials and we have to make sure that the cameras are positioned properly for the race walk. The films will be available right after and will be setup at the athletes' hotel so we could plan an activity around this.

The other project, which is a pilot program, is where the athletes can film themselves, upload it to a website and have a technical person look at it and make some biomechanical suggestions and have it sent back to the athlete. They are only doing this for two events but we would like to see that for race walking as well.

There will be more domestic competitions for the track & field people in 2005 so they would not have to travel to Europe for competition.

Justin Kuo presented the records report as follows:

Outdoor	men	5000M	19:28.66	Tim Seaman	La Jolla
Road	men	5km	19:09	Tim Seaman	Hildeshiem
Road	men	10k	39:59	Tim Seaman	Hildeshiem
Outdoor	women	15000m	1:10:14	Michelle Rohl	Palo Alto
Outdoor	women	20000m	1:34:31.06	Michelle Rohl	Palo Alto
Outdoor	women	30000m	2:51:49.5	Cheryl Rellinger	Chula Vista
Outdoor	women	50km	5:12:56	Cheryl Rellinger	Hauppauge

The Records Committee denied the 30km record set in Arlington by Cheryl Rellinger. Their reasoning being that it was not a contested 30k but rather a 20k. A motion was made to accept this record. After discussion, it was moved that the motion be laid on the table until Cheryl can provide additional information to substantiate this record. It was moved to accept the record report, minus item 4b (tabled). The motion passed unanimously.

Mike Rohl presented the Site Selection Subcommittee report. There is going to be a shift of when the USA track and field championships will be held. They will be moving from the third weekend in June to the middle of July. This somewhat affects our championship calendar. Because this year the Olympic Trials are being held in mid July we are somewhat ahead of the changes that are going to have to be made in following years and the calendar presented is going to generally reflect what they are looking for as to dates for bids on races. The only thing that might change is the dates for the 30k and 50k if by chance the Pan Am Cup in the off years is moved to the fall. The committee is recommending that the national indoor distance be changed to 1 mile for both men and women. They also recommend that there be another rule change and that is to drop the 2 hour since it is no longer recognized by the IAAF. He would also like to coordinate with the regional directors about scheduling concurrent 20km races in early May to correlate with the World Cup for development purposes and qualifying purposes for the National Championships/Olympic Trials. He then presented the bids awarded for 2004 and 2005.

The awarded competitions and dates are:

1/11	National 30k Championship (all)	Chula Vista, CA
4/4	World Cup Trials 20k & 10k(SM,SW,JM,JW)	Overland Park, KS
5/23	National 1 & 2 hour Championship	Kenosha, WI
6/13	National 15k Championship (all)	Lincoln, RI
8/21	National 10k Championship (SM, SW)	Wilkes Barre, PA
9/12	National 40k Championship (all)	Ocean Township, NJ
9/11/05	National 40k Championship (all)	Ocean Township, NJ
10/9	National 5k Championship (all)	Kingsport, TN
10/8/05	National 5k Championship (MM, MW, Senior TBD)	Kingsport, TN
10/31	US Women & Masters (M&W) 50k Championship	Hauppauge, NY
11/14	National Masters 20k (MM, MW)	Coconut Creek, FL

It was moved that the site selection report be approved as presented. The motion passed unanimously.

Al Heppner reported on behalf of the Athletes Advisory Committee. He informed the membership that the current rule for steroid drug abuse is a suspension of two years and USATF wants to move forward to make it a life ban for the first offense. The athletes approved the recommendation and that will go to Law & Legislation. Discussion on minor doping offenses and that was tabled until the IAAF publishes their new list of stimulants. The athletes voted down all fine proposals. It was also a recommendation that the IAAF representatives change their policy to a zero drug tolerance. He also reported that they will provide \$1000 travel money prior to the Olympic Trials if one is ranked in the top 50 in the world, and after the Trials to the top 12 finishers at the Trials.

## New Business

Vince opened the floor to discussion regarding the rules change recommendations that came out of the site selection committee, which were to change indoor national to 1 mile and to drop the 2-hour. It was moved that we change our championship 1 hour and 2 hour to be a 1-hour only. The motion passed unanimously. It was moved that we change our race walk distance to 1 mile at the national indoor track and field championship for both men and women. The motion was passed in the majority.

It was asked whether this rule change should be taken to the masters track and field. It was suggested that this be proposed as a rule change by September 8 and it could be incorporated into the rules changes the same as for the open athletes.

Mike Rohl moved that we add an indoor championship of 3000 meters for the men and 5000 meters for the women as part of our championships. The motion passed in the majority.

The meeting was recessed at 3:30 p.m.

## 20K OLYMPIC TRIALS PRIZE & TRAVEL MONEY

The top 12 finishers at the Olympic Trials, not previously qualified for funding based on their 2003 performance, will receive \$1,000. These athletes will receive their checks after drug test results from the Olympic Trials have been received and confirmed. USA Track & Field will pay prize money to the first-through fifth-place finishers in each event. The prize structure is as follows: 1<sup>st</sup> - \$4,000; 2<sup>nd</sup> - \$3,000; 3<sup>rd</sup> - \$2,000; 4<sup>th</sup> - \$1,000 and 5<sup>th</sup> - \$500. For all the specifics see the USATF Web site.

## WORLD JUNIOR CHAMPIONSHIPS

The World Junior T&F Championships will be in Grosseto, Italy, July 13<sup>th</sup> to 18<sup>th</sup>. The qualifying races to select the 2 junior men and 2 junior women will be the USA Junior Championships in Buffalo, NY on June 26<sup>th</sup> and 27<sup>th</sup>. Qualifying time for junior women is 50:55. Qualifying time for men is 44:

## Race Walk General Committee Meeting

December 6, 2003

The meeting was reconvened at 9:45 a.m. A quorum was present.

### Announcements

- Youth meets for 2004 are: Morgan State in Baltimore will hold the Youth Athletics meet around July 4<sup>th</sup>, 2004 JO nationals in Eugene, OR, cross-country in Schaumburg, IL. For 2005 the Youth Athletics is in Knoxville, TN, the JO's will be in Indianapolis, IN and the cross-country will be in Providence, RI. The youth road walk will be on Sunday, May 30<sup>th</sup> in South Texas and it will be a 3k for 14 and younger and 5k for over 14.
- The awards were presented at the breakfast ceremony. For those who were not in attendance Vince will mail their awards.
- Tom Eastler presented the Henry Laskau Junior Elite Race Walk Award to the female athlete, Maria Michta and the male Adam Staier.
- Tom Eastler informed the membership that there is a Captain Ron Zinn memorial trophy, which is a large cup, and it currently resides at the Air Force Academy as there has only been one competition and Kevin Eastler won it. It applies to the different service academies only.
- Kevin Eastler won the 2003 top athlete of the Air Force.
- Ron Daniel reported the first of the IAAF grand prix races will be held in Tijuana, Mexico on January 20 and 21 (Actual Dates are March 20,21).
- The Olympic Trials 50k prize money is \$6,000, 4,000, 3,000, 1,500, and 1,000. The funding is split, \$10,000 from USATF and \$10,500 from the organizing committee. There is also a \$5,000 bonus to be split amongst those athletes attaining the A standard and who go to the Olympic Games
- Al Heppner gave some information on the 50k Trials race, Elite Racing is handling the race. They have some exciting things planned like a high school band and cheerleaders, and cheering sections for each competitor. Start time will be at 7:30 for better media coverage.
- Art Klein provided further information on the 20k Olympic Trials in that he has been dealing with the Sacramento Sports Commission and we plan to work together to provide a combination of special clinics during the two down days during the trials. The current clinics are a super coaches clinic, an officials clinic, and he has asked that they have a junior race walk clinic and to make it a regional clinic.
- During the Olympic Trials they will have both the men and women's technical meeting for the athletes on Friday night prior to the races on Saturday and Sunday.
- Mike Roth wished it made know that Vince Peters has done a superb job in his position as Chair of this Committee. The membership enthusiastically acknowledged this.

### Unfinished Business

Steve Vaitones reported on the proposed rules changes for rule132.1(b) and 150.4. Both of these proposals were rejected and the rules will continue to reflect aid stations for 10k or longer races.

### New Business

Each of the four regions met to set the regional championship events. The entire list will be assembled and provided to the race walk chairs of each Association. Based on the Official's subcommittee request, all judge's summary sheets for championship races need to be submitted to Ron Daniel. The results should be submitted to Ed Parrot.

Vince Peters will speak to the national office to get the junior awards entered as part of the award ceremony and to also have these awards listed in the awards booklet. This list will also be backdated so those prior recipients are listed.

Mike Roth was appointed to chair a subcommittee to revise the Operating Procedures for 2005. Members interested in serving on this committee are to contact Mike, but with the final approval of members by Vince Peters to keep it a workable and manageable committee.

## 6 The USATF National Race Walk Committee Newsletter (Spring '04)

Gary Westerfield was appointed the chair of the nominations committee. Nominations other than for the chair must be submitted to the Secretary at least ten days prior to the annual meeting or presented to the nominations subcommittee during the annual meeting. The secretary will, prior to voting at the annual meeting, provide the nominations committee with any written nominations received.

A newsletter will resume publication. There is no set number of publications and it will be published online to realize cost savings.

The chair appointed for the sports committees are:

Associations	Mike Roth	mjroth@ix.netcom.com
Athletics for the Disabled	Lori Maynard	dopey@myexcek.com
Law & Legislation	Ray Funkhouser	rfunkhouser@rivnet.net
Member Services	Ginger Mulanax	gmulanax@hotmail.com
Officials	Ron Daniel	ron.daniel@lmco.com

Equipment/Facilities	Chris English	cenglish@lanepc.com
Records	Justin Kuo	jkuo@bellatlantic.net
Rules	Steve Vaitones	usatfne@ix.netcom.com
Substance Abuse Ed/Test	Alma (Jan) Price	mizofficial@yahoo.com
Coaching Education	Wayne Armbrust	wta@tranquility.net
Development – Men	Philip Dunn	dunnphilip@yahoo.com
Development – Women	Maryanne Torrellas	Ctracewalk@aol.com
Medical Services	Maryanne Torrellas	Ctracewalk@aol.com
Scientific Services	Cheryl Rellinger	cherylanimal@hotmail.com
Psychological Services	Allen James	Allen.James@oprhp.state.ny.us

Meeting was adjourned at 11:40 a.m.

Submitted by:

Shirley Clemons, Secretary

### 2004 NATIONAL CHAMPIONSHIPS

\*11 Jan USATF 30K National Championships  
 \*15 Feb USA 50K Olympic Trials (Open Men only)  
 4 Apr USA World Cup Trials (*selects USA team for World Cup*)  
 \*23 May USATF 1 & 2 Hour National Championships  
 \*13 Jun USATF 15K National Championships  
 25-27 Jun USATF Junior Nationals (10,000m Jr. M&W)  
 30Jun-4Jul USATF Youth Athletics Nationals – Morgan State University  
 3-4 Jul USATF Club T&F Championships, 5000m  
 \*17-18 Jul USA 20K Olympic Trials (Open M&W Only) - ##  
 USA Junior Olympic National Championships  
 5-8 Aug USATF Masters Outdoor T&F Championships  
 \*21 Aug USATF 10K (Open M/W)  
 \*12 Sep USATF 40K National Championships  
 \*9 Oct USATF 5K National Championships  
 \*31 Oct USATF 50K National Champs (W & master M&W)  
 14 Nov USATF National Masters 20K Championships (M&W)  
 \* indicates events on the USATF RW Grand Prix Schedule for 2004.

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### IMPORTANT INTERNATIONAL COMPETITIONS

05/01-02 IAAF World Cup -Hamburg, Germany  
 07/13-18 IAAF World Junior Championships, Italy  
 07/30-08/01 NACAC Under 23 Championships, Sherbrooke, Quebec, CAN  
 08/20-29 Olympic Games, Athens, Greece  
 08/28 USA vs. Canada-Juniors, 10km Men, 5km Women, Edmonton, CAN  
 \* - note: 50K team for World Cup selected at USA 50K Olympic Trials

USA Team Selected at World Cup Trials (10K Jr M,W; 20K Sr M,W; 50K M\*)  
 USA Team Selected at Junior Nationals (10K Jr M,W)  
 USA Team Selected at Olympic Trials (20K under 23 M,W)  
 USA Team Selected at Olympic Trials (20K M,W; 50K M)  
 USA Team Selected at USA Junior Nationals (10K Jr. M,W)

For the list of USATF regional championships and local competitions, go to <http://www.MiamiValleyTrackClub.org> and click on the link for Racewalk Schedule.

### QUICK HITS

#### ZERO TOLERANCE POLICY

USATF has adopted a ZERO Tolerance Policy - No athlete will travel internationally representing the USA without first successfully completing a drug test. Therefore on site drug testing at all competitions selecting USA athletes (& alternates) for international competition is planned for 2004. This includes the 50K Olympic Trials in Chula Vista, California, on February 15th and the World Cup Trials in Overland Park, Kansas, on April 4th.

#### OLYMPIC TEAM SIGN-UP IN SACRAMENTO

All previous qualifiers (50k race walk, M&W marathon) for this year's Olympics will be flow to the Olympic T&F trials and fully participate with the rest of the team and its preparations and processing for the games.

#### WORLD CUP TEAM NEWS

Carl Schueler and Rich Torrellas have both accepted their assignments as Team Staff for the 2004 World Cup Team. Both will be in Kansas City for the World Cup Trials to manage the sign-up for the team.

USATF Racewalk Chair then added Cheryl Rellinger to the squad as the junior team coach. This is the first year that Under 20 squads of young men and women will be competing at the World Cup. The World Cup is in Naumberg, Germany, on May 1<sup>st</sup> & 2<sup>nd</sup>.

The web site for the 2004 IAAF World Cup in Naumberg, Germany is: <http://www.walkwc2004.com/>

The 2006 World Cup will be in Barcelona, Spain, and in Russia for 2008.

**USA NATIONAL RACEWALK TEAMS**

The USA Track & Field Race Walk Committee announces USA National Teams for 2003-2004. Team membership is determined by the athlete's performances in 2003. The top 8 finishers in the men's and women's 20K at the USA Nationals were automatically named to the list. For the men's 50k, the first 8 were named from the ranked list of 2003 performances through June 30th, the qualifying deadline for the PanAm Games and World Championships. Additional members of the teams were nominated by the Development Chairs and approved by the RW Committee Chair and Vice Chair in accordance with the Operating Rules following the national championship 50k later in the year. The Junior National Team is defined to be the first 6 finishers at the USA Junior National Track & Field Championships at 10K.

20K Women	20K Men
1 Michelle Rohl, 37 - 1:34:31.06	1 Kevin Eastler, 25 - 1:22:25
2 Joanne Dow, 39 - 1:34:57.79	2 Tim Seaman, 28 - 1:24:47.37
3 Teresa Vaill, 40 - 1:36:38.38	3 John Nunn, - 1:25:15.89
4 Jolene Moore, 39 - 1:39:50	4 Curt Clausen, 35 - 1:26:30.58
5 Amber Antonia, 23 1:39:55.35	5 Benjamin Shorey, 20 - 1:27:26
6 Sam Cohen, 26 - 1:40:03.75	6 Philip Dunn, 32 - 1:28:17.33
7 Susan Armenta, 29 - 1:40:33.48	7 Dave McGovern, 38 - 1:31:51
8 Bobbi Chapman, 29 - 1:41:20.83	8 Albert Heppner, 29 - 1:32:22.39
9 Anne Favolise, 20 - 1:45:46.40	9 Steve Quirke, 23 - 1:32:44
10 Cheryl Rellinger, 36 - 1:46:05	10 Theron Kissinger, 32 - 1:33:24.96

50K Team	
1 Curt Clausen, 35 - 4:08:36	7 Steve Quirke, 23 - 4:39:11
2 Philip Dunn, 31 - 4:15:01	8 John Soucheck, 37 - 4:40:13
3 Sean Albert, 29 - 4:20:02	9 Dave Doherty, 32 - 4:42:10
4 Dave McGovern, 38 - 4:31:30	10 Nick Bdera, 55 - 4:44:10
5 Gary Morgan, 40 - 4:36:29	11 Theron Kissinger, 32 - 4:58:10
6 Ben Shorey, 20 - 4:37:42	12 Bill Vayo, 39 - 5:16:44

**USATF JUNIOR NATIONAL RACE WALK TEAMS**

Junior Women	Junior Men
1 Christina Tagliaferro - 53:45	1 Adam Staier - 45:43.86
2 Maria Michta - 54:51	2 Zac Pollinger - 46:08.59
3 Jennifer Reekie - 54:59	3 Jared Swehosky - 50:50.21
4 Tina Peters - 56:16.28	4 Terran Swehosky - 51:02.83
5 Jasmine Brooks - 56:16	5 Dan Campbell - 51:04.01
6 Carly Lochala - 57:28	6 Troy Clark - 51:23.43

**GRAND PRIX CIRCUIT**

2004 Marks the debut of the USA Race Walking Grand Prix. The Grand Prix will crown the overall champions for the 2004 season in the men's and women's divisions for individuals and teams. "We were looking for an objective way to measure performances across distances and declare the best race walker overall in the US", said Vince Peters, USA Race Walking Chairperson, "and this Grand Prix Series will do just that. It will also help to create some excitement about race walking during an Olympic year, as our athletes go for the gold. It will also provide a vehicle by which we can market our sport for the benefit of the athletes."

The 2004 Grand Prix will consist of 11 races. All 11 events will offer individual scoring and 8 of those events will also allow for team scoring. The races will be contested in 9 different states. Grand Prix scoring, rules, awards and results will be available online at [www.usatf.org](http://www.usatf.org). Full details on the USA Race Walking Grand Prix Series is below.

**2004 USA Race Walking Grand Prix Series**

Date	Event	Location	Scoring
1/11	USA 30 km Championship	Chula Vista, Ca	Individuals/Teams
2/15	USA 50 km Olympic Trials	Chula Vista, Ca	Individuals/Teams (Men only)
2/27-28	USA Indoor Nationals (3000m/5000m)	Boston, Ma	Individuals
4/4	USA 20 km World Cup Trials	Overland Park, Ks	Individuals
5/23	USA 1 HR / 2 HR Championship	Kenosha, Wi	Individuals/Teams
6/13	USA 15 km Championship	Lincoln, RI	Individuals/Teams
7/17-18	USA 20 km Olympic Trials	Sacramento, Ca	Individuals
8/21	USA 10 km Championship	Wilkes-Barre, Pa	Individuals/Teams
9/12	USA 40 km Championship	Ocean Township, NJ	Individuals/Teams
10/9	USA 5 km Championship	Kingsport, Tn	Individuals/Teams
10/31	USA 50 km Championship	Hauppauge, NY	Individuals/Teams (Women only)

**USATF YOUTH RACEWALK HONOR ROLL**

The following athletes are being recognized as the top athletes in their age groups in the Race Walk by USA Track and Field's National Race Walk Committee. The recognition is based upon the athlete's performances in a number of USA Track & Field competitions during the year including the USA Junior National Track & Field Championships, USA Junior Olympic National Championships, and the Youth Athletics Nationals.

Bantam (Born in 1993,94,95)	Midget (Born in 1992, 91)	Youth (Born in 1990, 89)	Intermediate (Born in 1988, 87)	Young (Born in 1986, 85)
<b>Girls:</b> Claudia Ortiz Jessical Reybal Nichole Woelper	<b>Girls:</b> Caroline Muraida Samath Olivares Irais Villa Keegan Twombly	<b>Girls:</b> Susan Muraida Alexandra Bishop Allison Snochowski	<b>Girls:</b> Dana Vered Tina Peters Katy Hayes	<b>Women:</b> Maria Michta Jennifer Reekie Jasmine Brooks
<b>Boys:</b> Anthony Prytatel Michael Nemeth Jonathan Hallman	<b>Boys:</b> Trevor Barron Andrew Adams Alika Okamitsu	<b>Boys:</b> Jose Mencada Roberto Vergara Richardo Vergara	<b>Boys:</b> Jared Swehosky Paul Regul John Koziel	<b>Men:</b> Zachary Pollinger Terran Swehosky Joe Trapani

## 2004 IAAF RACE WALKING CHALLENGE

March	20-21	Tijuana, MEX (20 W + 20 M + 50 M)
April	3	Rio Major, POR (20 W + 20 M)
May	1-2	IAAF Race Walking Cup – Naumburg (20 W + 20 M + 50 M)
May	22-23	Shanghai, CHN (20 W + 20 M)
June	5	Coruna, ESP (20 W + 20 M)
June	20	Sesto San Giovanni, ITA (20 W + 20 M)
August	20-29	Olympic Games, Athens (20 W + 20 M + 50 M)

## COACHING PACKAGES

One of the strategic programs of the USATF RW Committee for 2004 is to aggressively promote racewalking at the collegiate level. The plan the RW Executive Committee put in place is focused on the education of the coaches who are the cupse of the expansion of race walking at the collegiate level. These coaches are not only the ones in the NAIA but the coaches in the 2 NCAA Division II, and the NCAA Division III conference that have added the walk. To date over 40 of the coaching packages have been delivered into the hands of the track coaches. This program has been so effective that the NAIA has agreed to insert a link directly from the NAIA Web site for their outdoor T&F web site to the USATF Racewalk Committee's Web Site. The RW Committee site will allow the coaches to request a packet of coaching materials be sent directly to their attention.

The conferences coaches receiving the packets are the coaches of the Great Lakes and Pennsylvania Conferences (NCAA DII) and the New York State Collegiate Track Coaches Association (NYSCTC - NCAA DIII) and the Heartland Conference in the NAIA. The packages include a video tape on how to race walk. Dave McGovern's book on race walking, several handouts that include information on transitioning athletes from distance running to walking and info on judging.

A boon to the continuing distribution of the RW packets will be an agreement with the NAIA to include a link from their National Championship site to a USATF site where coaches can request additional packets and assistance.

## PAN AMERICAN CUP UPDATES

Pan American Cup in 2005 will be in Lima, Peru. The 2007 Pan Am Cup will be in Brazil. However the site has not been named. These competitions are generally in our fall season.

## MASTER MEN & WOMEN INDOOR NATIONALS

Maryanne Torrellas, of Connecticut, blasted a time of 14:37.86 to set a world and American record in the 45-49 age group in the women's 3,000-meter race walk at the USATF Masters Indoor National T&F Championship, on Sunday, March 28<sup>th</sup>. But several other records were also broken. Fan Benno-Caris finished in 27:11.02 for a world and American record in the women's 85-89 age group.

In the men's 3,000m race walk Jack Starr of Newark, Del., in the men's 75-59 (17:52.74) and Donald Denoon of Claremont, Fla., in the men's 60-64 (14:22.23) established world and American records. Charles Boyle of Annapolis added an AR in the 80-84 division for men (21:04.36).

## SPECIAL OPPORTUNITY FOR RACEWALKERS UNDER THE AGE OF 23

The USA RW Committee has agreed to send 2 women and 2 men to the under 23 NACAC competition to be held in Sherbrooke, Quebec on July 30-31 and August 1. This meet features the top 2 athletes from all countries in North America, Central America and the Caribbean. The USA Olympic Trials will be used as the selection races. Selected athletes must be at least 20 years of age but not yet 23. But if two men and two women from that race don't meet the standard (men – 1:36 for 20K; women – 1:48 for 20K) the RW Chair will use the list of top under 23 performers in the USA to determine the team.

## OLYMPIC TRIALS 50K TAPES FOR SALE

A 30 minute tape containing the high lights of this year's 50K Olympic Trials is available for sale with the proceeds to benefit the AL Heppner Scholarship Fund. The cost of the tape is \$20. The tape was expertly put together by the superb crew from Elite Racing which hosted the 50K Trials in Chula Vista, California. To get your tape visit Dave McGovern's web site:

<http://members.aol.com/rayzwocker/worldclass/homepage.htm>

## PET PROJECT

The purpose of the Performance Enhancement Team (PET) is to work together with coaching and management staff to develop the most effective integrated plan for optimal success. It should bring together the coaches' training, competition and recovery plan with appropriate scientific, medical and technical activities.

As chair of the Woman's Development Subcommittee within race walking Maryanne Torrellas is directing and overseeing the implementation of Race Walking's PET, or integrated sport science plan. And she invites all coaches and athletes to get involved because the activities are intended to directly improve the athletes performance. This year's activities will be finalized at a meeting July 17<sup>th</sup> in Sacramento. Possibilities include:

- \* Coaching Education Support – Race walking information packets including books and videos will be sent to collegiate coaches
- \* Coaching support for Enrique Pena at OTC (will require 4"A" qualifiers to maintain program)
- \* Race walking Summit in Nov.
- \* Small amount of support for athletes who have attained A or B standard

## 50K OLYMPIC TRIALS RESULTS

1. Curt Clausen	3:58:24
2. Tim Seaman	4:08:06
3. Philip Dunn	4:10:37
4. Sean Albert	4:18:33
5. Al Heppner	4:23:52
6. Ben Shorey	4:27:38
7. Dave McGovern	4:37:30
8. Theron Kissinger	4:41:53
9. Gary Morgan	4:45:26
10. Steve Quirke	4:46:29
11. Dave Doherty	4:51:35
12. Nick Bdera	5:04:31
-- John Soucheck	DQ

2k Splits for all walkers are on line at:

<http://www.usatf.org/events/2004/OlympicTrials-RW/results-splits.asp>

## National 30 km Results

11 Jan 2004 – Chula Vista, California

1. Kevin Eastler	2:14:44	US Air Force
2. Al Heppner	2:16:52	US Army
3. Curt Clausen	2:19:07	NYAC
4. John Nunn	2:19:39	US Army
5. Sean Albert	2:23:50	NB-North Jersey
6. Philip Dunn	2:25:50	New Balance
7. Tim Seaman	2:31:11	NYAC
8. Mark Green	2:32:24	Las Vegas Walkers
9. Dave Doherty	2:34:40	San Diego TC
10. Michelle Rohl	2:38:01	Moving Comfort (1 <sup>st</sup> Female)
11. Gary Morgan	2:39:29	NYAC
12. Dave McGovern	2:42:15	New Balance
13. Nick Bdera	2:45:01	Eastside
14. Ed Parrot	2:45:27	PRO
15. Rod Craig	2:48:52	Pegasus
16. Colin Peters	2:57:29	Hawaii TC
17. Max Green	3:15:22	Pegasus
18. John Backlund	3:20:40	Rwers NW
19. Robert Weeks	3:29:39	WTW-San Diego
20. Paul Johnson	3:29:39	Florida AC