

Ohio Race Walker
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40 Km Title To McGovern

Middleton Township, N.J., Sept. 10 (From Elliott Denman)--I'm not a 40-kilometer walker," Dave McGovern kept insisting late this afternoon. But very few were taking heed because McGovern, a 24-year-old Masters degree candidate in environmental geology at the University of Rochester, had just won the Athletics Congress; 40 Km National Championship racewalk over the Brookdale Community College campus.

Forty Km (24.8 miles) is a long walk, even by walkers' sometimes skewed standards. McGovern considers himself a "20K man" In doubling his best distance, he walked off with the second U.S. title of his promising career but certainly didn't have double the fun. Weather conditions were absolutely brutal--temperature dipping into the low 90s, with high humidity. It took him 3:53:24, the slowest winning time in 24 years, to get his title.

This was the 51st edition of the 40 K--sponsored this year by Blue Cross and Blue Shield of New Jersey in cooperation with Shore AC and Point Pleasant Distributors--and it was staged in some of the most challenging weather conditions in most walkers' memory.

McGovern held back, letting Shore Athletic Club's Marc Bagan and Cliff Mimm, and Puerto Rico's Alberto Miranda set the early pace. He moved up gradually, took the lead around 32 kilometers, and wound up fighting off New Yorker Nick Bdera of the Eastside Track Club--the 1987 40 Km champion--for the gold medal.

"I waited until 25K was gone and then moved up. . . it was great," said Bdera, who was one of the few walkers feeling no pain at the end. But he had waited just a little too long. "It's like playing poker," said Bdera. "You take the cards you're dealt. I'll take my chances doing it my way anytime."

Bagan eventually fell back to ninth place and Mimm was unable to finish, a victim of the weather and the distance.

Jill Latham, representing the Walkers Club of Los Angeles, walked off with the TAC Women's Masters title in 4:39:51 for her fifth national title of the year. She had won a silver medal in the World Veterans Games in Eugene last month.

A World Veterans gold medalist, Cokie Daman, of Virginia Beach, was one of the many notable winners in men's Masters 5-year scoring. While so many younger athletes walked into trouble, this 70-year old phenomenon just kept rolling along and went on to win the 70-74 division title in 4:52:48.

Buoyed by the "walking boom", the race attracted its largest-ever field of 102 starters, representing 13 states, the District of Columbia, and Puerto Rico. But just 44 got to the 40th kilometer.

"I had a lot of problems," said McGovern, and that was putting it mildly. He found a thorn in his sock and had to stop to take it out at the 15K mark. By

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Willie Plant and Ugo Frigerio at the 1925 Millrose Games. Plant defeated the 1924 Italian Olympic 5 Km Champ in the 1 Mile Race.

25K, his stomach was in turmoil and he began losing his breakfast, and more. By 30, he needed his first full "pit stop".

Through all the discomfort zone, however, he kept telling himself "I want it, I want it." And on a day where mental toughness made all the difference, it became the winning edge.

Seven-time National 100-mile champion Alan Price of Washington, D.C., claimed third place, while Gary Null, noted WMCA health and nutrition broadcaster, took fourth and said, "I have never been in a tougher race in my life." The heat seemed to favor the older walkers, with McGovern being the only walker under 40 in the first six.

Results:

1. Dave McGovern, Rochester, NY 3:52:34 2. Nick Bdera, Eastside TC 3:55:10 (1st 40-44) 3. Alan Price, Potomac Valley Seniors 4:01:43 (2nd 40-44) 4. Gary Null, Natural Living 4:02:19 (3rd 40-44) 5. Richard Ruquist, North Medford Club 4:05:41 (1st 50-54) 6. Lon Wilson, Eastside 4:12:29 (4th 40-44) 7. John Alfonso, Shore AC 4:13:44 8. Phil McGaw, North Medford 4:18:06 9. Marc Bagan, Shore AC 4:20:36 10. Brain Savilonis, Central Mass Striders 4:25:48 Other Masters: 6. Leland Sandifur, Natural Living (40-44) 4:29:09 7. Bob Mimm, Shore AC (1st 60-64) 4:39:09 8. Bob Ryan, Shore AC (40-44) 4:40:29 9. Jim Lemert, Potomac Valley (2nd 50-54) 4:45:14 10. Herbert Zydak, Natural Living (3rd 50-54) 4:51:10 Women: 1. Jill Latham, Walkers Club of Los Angeles (50-54) 4:39:51 2. Donna Cetrulo, Shore AC (40-44) 4:51:30 3. Marsha Hartz, Potomac Valley (45-49) 5:27:00 4. Isabel Stuper, Shore AC 5:49:23 5. Wueenie Thompson, Natural Living (65-69) 6:06:13

Lewis Returns To Form For Impressive Alongi Win

Dearborn, Michigan, September 24--Beating a good international field in an American road record of 1:22:17 for 20 Km, Tim Lewis indicated he is over the health problems that have plagued him for 2 years and kept his performances somewhat below his own standards. Taking command early in this 11th Annual Casimiro Alongi Memorial race, Tim left Italy's Sergio Spagnolo and Polish Champion Zbigniew Sadlej well in his wake, walking unchallenged most of the way.

In the women's International 5 Km, Italy's Ileana Salvador was an easy winner in a relaxed 21:52. Ileana has been under 21 minutes several times this year. Debbi Lawrence had a good race in fourth (22:36) behind Sweden's Monica Gunnarsson and Alison Baker of Canada.

In the 20, Lewis trailed Sadlej through the first kilometer (4:12 to 4:18) but then accelerated sharply, and by 5 Km (20:37) had a 15 second lead. He went even quicker the second 5 to pass 10 km in 50:55, now 26 seconds ahead. The Pole was gamely trying to stay close, but the lead continued to grow, and in the final 5 Km his second place margin of 30 seconds disappeared and Spagnolo swept by for the silver medal. Carl Schueler, shunning the 50 this year and not seeming overly serious about the 20 until now, had an excellent race to take fifth place from local Olympian Gary Morgan.

Canada's Jan Roos put in another amazing performance to win the Golden Division (over 50) 10 Km in 48:22. John Elwarner, just turned 50 this summer, missed matching his age by just 1 second and beat Max Green, still going strong at 57, in the process. In Junior 5 Km competition, the Canadians beat the U.S. men, but the U.S. women turned the tables. Results of all the races follow.

20 Km: 1. Tim Lewis, U.S. 1:22:17 (20:37, 40:55, 61:31) 2. Sergio Spagnulo, Italy 1:23:39 (21:13, 42:10, 62:49) 3. Zbigniew Sadlej, Poland 1:23:55 (20:52, 41:21, 62:19) 4. Victor Sanchez, Mexico 1:25:50 5. Carl Schueler, U.S. 1:28:22 6. Gary Morgan, U.S. 1:28:51 7. Arturo Bravo, Mexico 1:29:37 8. Herm Nelson, U.S. 1:29:39 9. Paul Wick, U.S. 1:31:46 10. Allen James, U.S. 1:33:38 11. Doug Fournier, U.S. 1:35:24 12. Dan O'Brien, U.S. 1:35:47 13. Curtis Fisher, U.S. 1:37:39 14. Mike Rohl, U.S. 1:37:39

Women's International 5 Km: 1. Ileana Salvador, Italy 21:52 2. Monica Gunnarsson, Sweden 22:13 3. Alison Baker, Canada 22:20 4. Debbi Lawrence, U.S. 22:36 5. Maria Colin, Mexico 22:48 6. Kazimiera Mosio, Poland 23:12 7. Maricela Chavez, Mexico 23:14 8. Janice McCaffrey, Canada 23:45 9. Zofia Wolan, U.S. 23:49 10. Kim Wilkinson, U.S. 24:10 11. Victoria Herazo, U.S. 24:15 12. Susan Liers, U.S. 24:16 13. Debora Van Orden, U.S. 24:19 14. Holly Straight, U.S. 24:40 15. Sue Horning, Canada 25:04 16. Jean Pachkowski, Canada 26:54
Men's 10 Km: 1. Robert Cole 45:29 2. Don Lawrence 46:11 3. Dave Lawrence 47:52 4. Paul Guimond, Canada 48:58 5. Roman Olszewski, Canada 50:49 6. David Thomas 53:25

Women's Open 5 Km: 1. Tammy Vinar 25:08 (reported in first walking race) 2. Maud Gunnarsson, Swed. 25:20 3. Cheryl Rellinger 25:55 4. Lori Seidel 26:31 5. Maryanne Torrellas 26:32 6. Kaisa Ajaye 26:42 7. Ann Ritter 26:45 8. Michela Piouffe, Canada 27:02 9. Claudia Leonard 28:22 10. Kathy Finch 28:47 11. Pauline Stickels 28:51 12. Kelli Ackman 29:02 13. Diane Podsiadlik 29:26 (20 finishers)

Junior Men's 5 Km: 1. Jeff Cassin, Can. 46:24 2. James Kilburn, Can. 47:29 3. Tom Krasnoff, U.S. 47:46 4. John Tucker, Can. 49:20 5. Phillip Dunn, U.S. 49:25 6. Mark Barber, U.S. 50:11 7. Shean Albert, U.S. 50:30 Team: Canada 15 U.S. 7
Junior Women's 5 Km: 1. Gretchen Eastler, U.S. 25:05 2. Ruth Talbot, Can. 26:12 3. Melodie Rivera, U.S. 26:38 4. Gina Impagliazzo, U.S. 26:38 5. Leslee Kerwin, Can. 27:22 6. Mylene Dupere, Can. 27:28 7. Marua McGee, U.S. 27:37 8. Sylvie Turnbull, Can. 27:58 Team: U.S. 14 Canada 8

Masters 10 Km (40-49): 1. Victor Sipes (46) 50:56 2. Terry McHoskey (47) 51:01 3. Norman Browne (46) 51:28 4. Ron Daniel (48) 53:18 5. Paul Alford (45) 54:50 6. Robert Lubelski (46) 55:54 7. Jimmie Show (43) 56:02 8. Bernie Finch (49) 57:50 9. Robert Campbell (44) 58:38 10. James Shrauger (46) 58:40 11. Ellis Boal (44) 59:09

Golden Division 10 Km: 1. Jaan Roos, Can. (52) 48:22 2. John Elwarner (50) 50:01 3. Max Green (57) 50:20 4. Sal Corrallo (58) 53:48 5. Wally Lubzik (50) 56:42 6. Gerald Bocci (51) 57:52 7. Greg Wittig (55) 58:31 8. Leonard Weinstein, (52) Canada 61:27 9. Max Gould, Canada (72) 61:34 10. Uno Limit, Canada (68) 61:51 (14 finishers)

Women's Masters 5 Km: 1. JoAnn Nedelco (46) 25:28 2. Jeannette Smith (40) 27:03 3. Roberta Boyle (48) 29:28 4. Anita Hermach (45) 29:51 5. Cathi Sullivan (40) 29:57 6. Marilyn Morehead (49) 30:00 7. Beth Young-Grady (52) 31:18 8. Mary Mathew (41) 31:19 (24 finishers)

Open 3 Km--1. John Paul Hayden 16:41 2. Jerrold Jenkins 16:44 3. Robert Davenport 17:44 4. Christopher Beck 17:50 (16 finishers) Women: 1. Rosalyn Coury 15:47 2. Jennifer Green 16:48 2. Emily Cardner 17:59 4. Suzanne Reckinger 18:06 (19 finishers).

Morgan Captures National 2 Hour

Cambridge, Mass., Oct. 8--Gary Morgan was an easy winner in the National 2 Hour Racewalk today, covering 25,710 meters. Gary dropped his only close challenger, Dave McGovern, after 10 Km and went on to lap the field.

McGovern, who led Morgan by 1 second with his 45:50 for the first 10, faded over the second half and eventually finished 800 meters back of Jeff Salvage for third. Salvage was 455 meters behind Morgan.

In other races, Lizzy Kemp Salvato journeyed from California to win the women's 1 Hour over Susan Westerfield by covering nearly 11 kilometers and Bob Keating bested Richard Ruquist in the Masters 1 Hour, going 400 meters beyond 12 kilometers. Ruquist pulled an ironman stunt, coming back in the afternoon to take the Master's title in the 2 hour.

Results:

Men's 2 Hour: 1. Gary Morgan, New York AC 25,710 m (45:51, 1:31:41) 2. Jeff Salvage, Drexel U. 25,255 m (45:15, 1:03:19 at 15) 3. Dave McGovern, Natural Living 24,455 (45:50, 1:36:03) 4. Phil McGaw, North Medford Club 23:224 (51:23, 143:22) 5. Nadeem Moghal, NMC 23,153 (50:32, 1:43:06) 6. Marc Bagan, Shore AC 22,783 (49:09, 1:43:03) 7. Ian Whatley, Carolina Godiva TC 22,374 8. Brian Savilonis, Central Mass. Striders 22,245 9. Will Desrosiers, CMS 21,980 10. Richard Ruquist, NMC 20,949 11. Justin Kuo, New England Walkers 20,858 12. Fred Looft, CMS 19,265 13. Dick Hersey, NMC 17,051 Teams: 1. North Medford Club 67,325 m 2. Central Mass Striders 63,490
Masters 1 Hour: 1. Bob Keating (42) New England Walkers 12,400 (48:22) 2. Richard Ruquist, NMC (52) 12,000 (50:00) 3. Tom Knatt (48), New England Walkers 11,763 (50:25) 4. Norman Browne (46), Motor City Striders 11,206 (53:37) 5. Bob Ullman (40), New England Walkers 10,683 (56:15) 6. George Lattarulo (41), NMC 10030 7. Joseph Kay (45), NEW 10004 8. Ron Heimbarger (42), Three River Velo Club 9835 9. Charles Mansback (43), NEW 9643 10. Elliott Denman (59) 9562 . . . 15. Fred Brown (83), NMC 6560 Teams: 1. New England Walkers 34,846 m 2. North Medford Club 30,853
Women's 1 Hour: 1. Lizzy Kemp Salvato, San Diego Walkers 10,899 (55:07) 2. Susan Westerfield, Walk U.S.A. 10,633 (56:35) 3. Janice Sztabnik, Natural Living 10,553 (56:59) 4. Mynra Finn (43), NMC 9614 5. Kara McGeever (13), Infant Jesus 9401 6. Carol Kay (42), NEW 9382 7. Carole-Terese Naser, NEW 9362) 8. Joan Rowland (63), Natural Living 9091 . . . 19. Simone McGrath (71), NMC 6798 Teams: 1. New England Walkers 26,804 2. North Medford Club 26,178

Fredericks, Herazo Lead National 5 Km Fields

Ft. Lauderdale, Florida, Oct. 14--Battling high heat (100 degrees) and humidity (87 percent), John Fredericks and Victoria Herazo won the Men's and Women's Senior National TAC 5 Km titles today. Passing the first mile in 7:28, they were both aiming at a time of 23:30 or better, but were soon forced to their knees by the humidity wall. With no other opposition, they went on to win their respective titles in 24:41 and 15:18, respectively. There were 51 competitors in the race, which also represented the North American Masters Championship. Fredericks was also the winner there, but Herazo is still a youngster, and didn't qualify. The results:

1. John Fredericks (41), Shore AC 24:41 2. Victoria Herazo (30), California 25:18 3. Paul Cajka (32), Florida AC 26:42 4. Tom White (57), Suncoast Walkers 26:44 5. Bob Mimm (64), Shore AC 27:40 6. Janette Smith (40), Shore AC 27:45 7. Lee Duffner (53), Florida AC 28:15 8. Steve Kennedy (29), un. 28:40 9. Bill Halford (48), FAC 28:47 10. Robert Fine (58), FAC 29:04 11. Peter Black (46), Miami 29:19 12. Robert Carrier (33), Central Florida 30:20 13. Gary Canner (48), Miami 30:36 14. Doug Brown (46), FAC 31:01 15. Linda Agnitti (26), Miami 31:06

Price Continues 100 Mile Mastery

Columbia, Missouri, Sep. 30-Oct. 1--Alan Price, of Washington, DC, showed again that speed and stamina win the race. Only once did he fall to second place as he again won the Annual 100 miler. However, a determined Dale Sutton stayed reasonably close for 90 miles and was rewarded with an excellent time.

The race ushered three new recruits into the Centurion Club of America (those that have finished a 100-mile race in under 24 hours). Ray Franks of Lakewood, Colorado, Dave Thorpe of Newport Beach, Cal., and Veda Roubideaux of San Diego joined the select group. Veda becomes the fourth female centurion. 1. Alan Price (42) 19:54:11 (9:28:19 at 50) 2. Dale Sutton (50), San Diego 20:21:43 (9:28:30) 3. Ray Franks (56), Lakewood, Colorado 22:46:19 (10:54:29) 4. Dave Thorpe (45), Newport Beach, Cal., 23:14:48 (11:05:54) 5. Veda Roubideaux (43), San Diego 23:21:06 (11:14:18) Others: Steve Pinto (29), Fanwood, NJ 80.75 miles in 23:48:40 (11:38:29); DOug Brown (46), Tampa, Florida 77.75 miles in 23:20:28 (12:38:18); Bruce Etherton (49), Independence, Missouri (a Centurion) 70 miles in 22:33:19 (12:39:05); Jack Blackburn (53), Xenia, Ohio (a Centurion) 68 miles in 17:40:00 (10:59:14); Niall Mandal (46), Providence, N.J. 65.5 miles in 23:58:17 (11:33:40); Tim Phillips (39), Hiawatha, Iowa 62 miles in 21:44:55; Bob Chapin (58), Independence, Missouri (a Centurion) 56.25 miles in 23:58:06; Don Kinney, (50) Lakewood, Col. 50.25 miles in 13:09:37

OTHER RESULTS

Atlanta International walk festival, september 30: Women's 5 Km--1. Maria Colin, Mexico 23:02 2. Pascal Grand, Canada 23:06 3. Maricella Chavez, Mexico 23:48 4. Tina Poitras, Canada 23:58 5. Zofia Wolan, U.S./Poland 24:19 Men's 10 Km--1. Carlos Mercenario, Mex. 41:19 2. Arturo Bravo, Mex. 43:15 3. Victor Sanchez, Mex. 43:59 4. Tadashiro Kasaka, Japan 45:01 5. Paul Wick 46:59 6. Dave Waddle 47:40 7. Ian Whatley 51:01 Open 5 Km--1. Gregory Fullenkamp 27:21 2. Bob Falcioia 27:42 (1st Master) 3. Pete Senkowski 28:20 (2nd Master) 4. Gary Meinken 28:58 5. Clifford Shaffer 30:09 6. Terry Harville 30:10 (30 finishers) **North American Masters 30 Km Championship, Cambridge, Mass., Sept 23--**1. Bob Keating 2:51:03 2. Dick Ruquist 2:59:38 (1st over 50) 3. Bob Ullman 3:16:27 4. Paul Johnson 3:25:54 (2nd over 50) (9 finishers) **5 Mile, Merrimac, Mass., Oct. 22--**1. Steve Vaitones 40:53 2. Phil McGaw 41:09 3. Richard Ruquist 41:21 4. Tom Knatt 44:13 5. Bob Ullman 44:14 6. Bob Falcioia 45:04 7. Justin Kuo 45:14 8. George Lattarulo 47:10 Women: 1. Carole-Terese Naser 48:20 2. Ann Tomes 51:53 3. Christine Duo 51:58 **25 Km, New York City, October 8--**1. Teresa Vaill 2:12:58 2. Kathy Kiggins 2:45:29 3. Lynn Edleinezin 2:47:29 Men: 1. Gary Null 2:12:34 2. Franco Pantoni 2:14:36 3. Ian Brooks 2:22:35 **10 Km, Hanover, Penn.--**1. Bob Briggs, Potomac Valley STC 44:53 2. Alan Price PVSTC 50:13 3. Mike Battle, Lancaster, Pa. 50:41 4. Curt Sheller, Redding, Pa. 51:55 5. James Wass, PGRR 54:53. . 1st over 40--Robert Elliott, PVSTC 57:04, 1st over 60 Ray Stauffer, Lancaster 62:07 **5 Km, Wilkes-Barre, Penn., Aug. 13--**1. Larry Ryan 28:52 Submasters: 1. Make Battle 22:59 2. Ray D. Stauffer 27:47 **1 Hour, Arlington, Virginia, Sept. 17--**1. Steve Pecinovsky 8 mi 95 yds 2. Alan Price 7 mi 563 3. Ned Stone (1st Master) 6 mi 1633 4. Jim Wass 6 mi 1050 5. Jim Lemert 6mi 679 6. Malcolm Posey 6 mi 319 7. John Stanley 6 mi 251 8. Bob Elliott 6 mi 152 9. Michael Steadman 6 mi 35 (16 finishers) Women: 1. Tracey Wong Briggs 6 mi 1274 2. Pauline Stickels 5 mi 1725 3. Beth Alvarez 5 mi 1514 (11 finishers) **10 Mile, Stone Mountain, Georgia, Sept. 16--**1. Dave Waddle 1:20:56 **5 mile, same place--**1. Jerry Newsome 50:31 **1500, Atlanta,**

July 30: Women--1. Juliet Newsome 8:38 2. Jennifer Breman 8:55 Men: 1. Dave Waddle 6:48 2. Ron McCrary 8:16 Masters: 1. Dan Strohl 7:31 2. Jerry Newsome 7:48 **5 Km, same place--**1. Dave Waddle 23:51 2. Dan Strohl 28:21 3. Jerry Newsome 29:09 4. Ronald McCary 30:19 5. Juliet Newsome 31:15 **5 Km, Orlando, Florida, Oct. 7--**1. Morris Rashy (55) 26:45 2. Raymond McDaniel 30:09 3. Steve Pinto 30:13 **5 Km, Hanna Park, Florida, Sept. 16--**1. Paul Cajka 24:01 **5 Km, Orange Park, Florida, Sept. 9--**1. Eric Shultz 28:08 **5 Km, Ft. Lauderdale, Sept. 19--**1. Bob Fine 29:19 2. Bill Halford 29:30 **5 Km, Dearborn, Mich., Sept. 9--**1. Dan O'Brien 23:09 2. Max Green 25:27 3. Wally Lubzik 28:34 Women: 1. Diane Podsiadlik 30:58 2. Ro Coury 30:59 **5 Km, Dearborn, Oct. 7--**1. Terry McHoskey 25:46 2. Wally Lubzik 28:06 3. Bob Campbell 28:52 **5 Km, Chicago, Oct. 1--**1. Dean Easterlund 24:53 (1st 40-44) 2. Pete Williams 25:40 3. Don Mowles 25:44 (1st over 45) 4. Jimmie Shaw 26:48 (2nd 40-44) 5. Al Richardson 27:50 (2nd 45-49) 6. Tom Anderson 27:52 (3rd 40-44) 27:52 Women: 1. Tammy Vinar 24:30 **5 Km, Ft. Collins, Colorado, Sept. 3--**1. Bill Hutchinson 24:05 2. Alan Apt 28:13 3. Zack Cullinger 28:52 **5 Km, Boulder, Col., Sept. 2--**1. Peggy Miller 27:58 2. Bob DiCarlo 29:38 3. Elton Richardson 29:41 4. Kalus Timmerhaus (64) 29:50 5. Lorraine Green 29:58 6. Judy Hablitzel 30:30 **5 Km, Denver, Sept. 1--**1. Ray Franks 27:13 2. Peggy Miller 27:36 **5 Km, Denver, Sept. 4--**1. Bob DiCarlo 29:00 **5 Km, Denver, Sept. 10--**1. Woody Woods 24:58 2. Bob Newman 26:14 3. Peggy Miller 26:51 4. Elaine Wiley 28:02 5. Jean Anderson 29:59 **1 Hour, Aurora, Col., Sept. 17--**1. Bob DiCarlo 10,352 m 2. Bernie Finch 10,217 3. Peggy Miller 10,150 4. Barbara Hilger 9853 5. Klaus Timmerhaus 9782 **7.5 Km, Riverside, Cal., Oct. 15--**1. Federico Valerio 36:44 2. Enrique Camarena 38:05 3. Ed Bouldin 40:21 (1st 40-49) 4. Mike Tamasulo 40:36 5. Brian LaBounty 40:46 6. Richard Nester 41:12 7. Art Grant 41:31 (3rd 40-49) 8. Wayne Wurzbarger 41:31 (4th 40-49) 9. Jesus Orendein 41:35 (5th 40-49) 10. Robert Meador 41:38 (1st 50-59) 11. Richard Oliver 41:53 (2nd 50-59) Women: 1. Lisa Sheridan 41:40 2. Chris Sakelarios 42:19 **10 Km, San Leandro, Cal., Sept. 24--**1. Chuck Marut 51:13 (1st over 50) 2. Bill Pwenner 54:04 3. Jim Laschau 56:33 4. Fred Dunn (60) 57:07 5. Karen Stoyanowski 59:55 6. Laura Cribbins 60:04 7. Sandy Womack 61:27 8. Bob Craig 61:29 **10 Km, Monroe, Wash., Aug. 26--**1. Stan Chraminski 51:00 2. Bob Novak 53:37 3. Daniela Hairabedian 54:50 4. Bev LaVeck 59:48 **4 Mile, Seattle, Sept. 3--**1. Herm Nelson 29:11 2. Blake Surina 35:16 3. Rio Holt 35:16 4. Lew Jones 39:00 5. Clara Fredrickson 39:20 6. Ed Glander 39:51 7. George Edwards 40:10 **1/2 Marathon, Seattle, Sept. 4--**1. Glenn Tachiyama 1:46:15 2. Stan Chraminski 1:53:22 3. Bob Novak 1:59:41 4. Daniela Hairabedian 2:00:50 5. Doug Ermini 2:06:13 6. Steve Fredrickson 2:12:15 7. Bev LaVeck 2:12:22 8. Ann McCulley 2:15:52 **2.8 Mile, Seattle, Sept. 7--**1. Glenn Tachiyama 22:12 2. Stan Chraminski 22:21 3. Bob novak 23:34 4. Daniela Hairabedian 23:42 5. Ann McCulley 25:37 6. Bev LaVeck 26:38 7. George Edwards 27:58 **10 Km, Seattle, Sept. 17--**1. Steve DiBernardo 48:26 2. Steve Fredrickson 59:45 3. Lew Jones 60:10 **5 Km, same place--**1. Glenn Tachiyama 23:22 2. Bob Novak 27:02 **10 Km, Canada Games, Saksatoon--**1. J. Kikburn 47:46 2. R. Ens 50:26 Women's 5 Km, same place--1. Pascal Grand 23:27 2. Laura Rigutto 24:13 3. T. Poitras 24:17 **Soviet 50 Km Championship, Leningrad, Aug. 5--**1. Andrei Perlov 3:37:41 (43:58, 1:27:05, 2:10:30, 2:53:59) 2. Vitaliy Matsko 3:43:57 3. Vitaliy Popovich 3:43:57 4. Vyatcheslav Smirnov 3:46:08 5. Valeiry Spitsin 3:48:38 6. Valeriy Suntsov 3:49:33 7. Sergei Titov 3:50:30 8. Artur Shumak 3:51:46 9. Vladimir Soika 3:53:38 10. Andrei Plotnikov 3:55:07 11. Modris Liepinsh 3:56:22 12. Sergei Shildkret 3:59:58 13. Sergei Tsimbalyuk 4:02:26 14. Valeriy Bereshnyuk 4:02:58 15. Nikolai Yamshchikov 4:03:50 16. Paul Wick, U.S. 4:06:35 17. Ionat Olikh 4:07:48 18. Herman Nelson, U.S. 4:08:28 . . 23. Tim Lewis, U.S. 4:13:39 **Soviet 20 Km,**

Championship, Leningrad, Aug. 4--1. Vladimir Andreyev 1:02:08 2. Grigori Kornev 1:20:11 3. Yevgeniy Zaikin 1:20:22 4. Oleg Trosin 1:21:34 5. Igor Polotnikov 1:21:37 6. Oleg Plastun 1:21:42 7. Sergei Protisin 1:21:49 8. Svateslav Tserepanov 1:22:05 9. Yuriy Begunov 1:22:08 10. Metsislav Vezel 1:22:20 11. Vladimir Ostrovski 1:22:26 12. Igor Lyubomirov 1:23:27 13. Vladimir Balatov 1:24:07 14. Nikolai Kalitka 1:24:12 15. Gennadiy Tseremnyhh 1:24:32 16. Valeriy Borisov 1:24:34 17. Viktor Tsyogin 1:24:35 18. Aleksandr Turov 1:24:50 19. Mikhail Kurusin 1:24:54 20. Aleksandr Zukov 1:25:01 **Soviet Women's 5 Km, Championship, Leningrad, August 5--1.** Vera Makalova 20:38 2. Yelena Bronyukova 21:04 3. Olga Kardospoltseva 21:09 4. Yelena Saiko 21:13 5. Leonarda Yuhnevich 21:32 6. Tamara Surovtseva 21:37 7. Tatyana Titova 21:45 8. Rimma Makarova 21:46 9. Natalia Spiridonova 21:57 10. Yelena Shavaliyeva 22:19 11. Lynn Weik, U.S. 22:59 **Soviet Women's 10 Km Championship, Leningrad, August 4--1.** Vera Makalova 43:04 2. Alina Ivanova 43:27 3. Tamara Kovalenko 43:33 4. Irina Strakhova 43:43 5. Olga Kristoph 44:06 6. Natalia Spiridonova 44:24 7. Olga Kardospoltseva 44:31 8. Valentina Shmer 44:35 9. Leonarda Yuhnevich 44:36 10. Tamara Surotseva 44:39 11. Yelena Bronyukova 44:49 12. Tatyana Titova 45:31 13. Yelena Panfilova 45:13 14. Nina Strakhova 45:29 15. Marina Smislova 46:11 16. Sinaida Sviridenko 45:35 17. Marina Smislova 46:11 18. Yelena Yermolenko 46:15 19. Yelena Shavaliyeva 46:37 20. Yelena Mih=khaiyeva 46:45 **Women's 5 Km (track), Belluno, Italy, May 11--1.** Ileana Salvador 20:58 **Women's 5 Km (track), Trento, Italy, June 3--1.** Ileana Salvador, Italy 20:28 (World Record) **Women's 10 Km (track), Rome, June 17--1.** Ileana Salvador 42:39.2 (21:08) World Record **Italian 10 Km Championship (track), Cesenatico, Italy, July 7--1.** Giovanni De Benedictis 39:39.40 2. Walter Arena 40:22.26 3. Sergiei Spagnulo 40:48 **Women's 10 Km, Pomigliano, Italy, July 16--1.** Ilean Salvador 45:19 **Womens 1 Mile, Sestriere, Italy, August 8--1.** Ileana Salvador 6:40.76 (World's Best) **Women's 5 Km (track), Casalmaggiore, Italy, Aug. 6--1.** Pellino 23:00 **Women's 5 Km (track), Rome, Sept. 6--1.** Ileana Salvador 20:51 2. Katrin Born, GDR 22:05 3. Sidoti 22:19 10 Km, Voghera, Italy, Sept. 16--1. Maurizio Damilano 39:08 2. Giovanni DeBenedictis 39:12 3. Walter Arena 39:12 4. Ernesto Canto, Mex. 39:29 5. Carlo Mattioli 39:39 5. Sergei Spagnulo 39:40 7. Jose Urbano, Portugal 39:41 8. Massimo Fizialetti 39:45 9. Jan Staaf, Swed. 39:47 10. Giovanni Perricelli 40:14 11. Martin Bermudez, Mex. 40:15 **Italian 20 Km Championship, Sept. 9--1.** Giovanni DeBenedictis 1:22:01 2. Maurizio Damilano 1:22:01 3. Gianni Perricelli 1:23:26 4. Sergei Spagnulo 1:23:34 5. Carlo Mattioli 1:25:11 6. Massimo Quiriconi 1:25:37 **Women's 5 Km, Alytus, USSR, May 5--1.** Sadi Edikite 21:27 2. Valentina Tsibulskaya 21:35 3. Olga Kardapoltseva 22:23 4. Julia Lisneyek 22:45 5. Ruta Erlingite 22:51 10 Km, same place--1. Valdas Kaslauskas 39:31 2. Yuriy Koronovits 41:16 20 Km, Alytus, May 5--1. Aledsandr Potasov 1:23:18 2. Andrei Perlov 1:23:18 20 Km, Donetsk, USSR, July 7--1. Vladimir Andreyev 1:23:48 2. Yuriy Kuko 1:24:14 3. Viktor Chistov 1:24:23 4. Mikhail Khmelniitskiy 1:24:47 **Women's 10 Km, Donetsk, July 7--1.** Vera Makolova 43:24 2. Olga Kadapoltseva 45:16 3. Valentian Tsibulskaya 45:16 4. Sada Eidikite 45:46 5. Tamara Torshina 45:53 **Women's 5 Km (track), Gateshead, Eng., Aug. 28--1.** Sworowski 22:02.06 2. Alfridi, Italy 22:32 50 Km, Yelveton, Eng., April 30--1. Chris Morton 3:57:48 (British record) **European Women's Junior 5 Km Championship (track), Varazdin, Yug., Aug. 25--1.** Kathrin Born, GDR 22:10.59 2. Olga Sanchez, Spain 22:20.75 3. Compte Fina, Spain 22:53.71 4. Pellino Christina, Italy 22:56.50 **European Jr. Championship Men's 10 Km, Varazdin, Aug. 25--1.** Valentin Massana, Spain 40:14.17 2. German Nieto, Spain 40:37.47 3. Rischat Schafikov, USSR 41:38.47 4. Torsten Trampeli, GDR 41:43.36 5. Davide Arena, Italy 41:53.00 6. Viktor Merschanuskas, USSR 42:15.28 **World University Games 20 Km, Duisberg, WG, Sept. 3--1.** Walter

Arena, Italy 1:23:25 2. Miguel Prieto, Spain 1:23:39 3. Andrew Jachno, Australia 1:23:48 **Women's 5 Km, same place--1.** Ileana Salvador, Italy 20:44 2. Vera Makolova, USSR 20:52 3. Sari Essayah, Finland 21:34 4. Victoria Oprea, Romania 21:42 5. Annarita Sidoti, Italy 21:44 6. Alina Ivanova, USSR 21:47 7. Alison Baker, Canada 21:52 8. Lynn Weik, US 22:00 9. Tamara Torshina, USSR 22:05 10. Lisa Langford, GB 22:10 11. Sara Standley, US 22:34 13. Pascale Grand, Canada 22:37 **Women's 10 Km, (track), Bergen, Norway, April 28--1.** Nadia Raskina, USSR 43:08.4 (World record) 20 Km, Sao Paulo, Brazil, July 21--1. Sergio Vieira Galdino 1:25:02 10 Km, Trnava, Czech., May 6--1. Roman Mrazek 39:09 2. Pavol Blazek 39:19 5 Km (track), Bratislava, Czech., June 14--1. Roman Mrazek 18:28.80 (World Best Performance) (10:56.34 at 3 Km is also World's Best) 2. Valdas Kazlauskas, USSR 19:02.44 3. Pavol Blazek 19:19.51 20 Km, Banska Bystrica, Czech., July 21--1. Zahoncik 1:23:39 2. Pavol Blazek 1:24:39 50 Km, Podebrady, Czech., Sept. 2--1. Hubert Sonnek 3:59:58 **Australian 30 Km Championship, Melbourne, May 17--1.** Simon Baker 2:06:39 20 Km, Melbourne, May 17--1. Andrew Jachno 1:22:42 **Women's 10 Km, same place--1.** Lorraine Jachno 46:02 20 Km, Sofia, Romania, June 3--1. Ivanov 1:23:54 **Women's 5 Km (track), same place--1.** Oprea 22:19.74 **Caribbean Games, San Juan, July 28: 20 Km--1.** Martin Bermudez, Mex. 1:28:11 2. Ernesto Canto, Mex. 1:29:02 3. Daniel Vargas, Cuba 1:30:42 20 Km (track), Cork, Ireland, July 15--1. Lane 1:27:05 (Irish record) 2. O'Leary 1:27:37 3. McDonald 1:28:52 20 Km, Budapest, Hung., Aug. 5--1. Sandor Urbanik 1:24:47 **Women's 5 Km (track), Barcelona, Spain, Aug. 13--1.** Reyes Sobrino 22:11.96 2. Maria Diaz 22:56 **Women's 10 Km (track), Barcelona, Aug. 16--1.** Maria Diaz 45:53 2. Reyes Sobrino 46:05 **Swedish Women's 5 Km Championship (track), Ornskoldsvik, July 27--1.** Monica Gunnarsson 22:28 2. Siv Vera-Ybanez 23:23 **Swedish 50 Km Championship, Ornskoldsvik, July 30--1.** Bo Gustafsson 3:51:17 2. Stefan Johansson 3:55:13 **Women's 10 Km (track), Ornskoldsvik, July 30--1.** Monica Gunnarsson 46:36 **Women's 10 Km, Gimo, Sweden, June 3--1.** Monica Gunnarsson 46:10 **Women's 5 Km, Ipswich, Eng., July 1--1.** Kathrin Born, GDR 22:07 2. Olga Sanchez, Spain 22:38 3. Nicole Benz, GDR 22:57 **Women's 10 Km, Hyrylassa, Fin., Sept. 2--1.** Sari Essayah 45:24 2. Mirva Hamalainen 46:19 50 Km, same place--1. Kari Ahonen 3:57:23 **Women's 5 Km (track), Phitipudas, Fin., July 23--1.** Natalia Serbinenko, USSR 21:39.22 2. Sari Essayah 21:39.97 3. Tamara Torina, USSR 22:28.24 35 Km, Laval, France, June 25--1. Maruizio Damilano, Italy 2:31:52 2. Jorge Llopart, Spain 2:34:29 3. Rene Pillar 2:34:53 4. Volkmar Scholz, GDR 2:35:22 5. Andre Marin, Spain 2:37:14 6. Chris Maddocks, GB 2:37:20 7. Massimo Quiriconi, Italy 2:37:22 8. Giuseppe De Gaetano, Italy 2:37:48 9. Manuel Alcade, Spain 2:38:30 10. Stefan Johansson, Swed. 2:38:42 **Women's 10 Km, same place--1.** Kerry Saxby, Australia 44:02 2. Ileana Salvador, Italy 44:02 3. Beatte Anders, GDR 45:24 4. Monica Gunnarsson, Swed. 45:36 5. Ann Sidoti, Italy 46:15 6. Reyes Sobrino, Spain 46:32 10. Alison Baker, Canada 47:50 20 Km, same place--1. Thierry Toutain 1:23:42 2. Miguel Prieto, Spain 1:23:55 3. Jean Claude Corre 1:24:25 4. Jose Marin, Spain 1:24:53 20 Km, Mezidon, France, June 4--Roman Mrazek, Czech 1:23:10 2. Pavol Blazek, Caech 1:23:13 20 Km, Tours, France, Aug. 26--1. Thierry Toutain 1:23:48 2. Corre 1:24:32 20 Km, Pika, Poland, June 3--1. Zdislaw Szlapkin 1:24:43 **Women's 5 Km (track), Berlin, July 28--1.** Kathrin Born 22:34 **GDR Women's 10 Km Championship, Neubrandenburg, July 21--1.** Beate Anders 44:44 50 Km, same place--1. Bernd Gummelt 3:53:36 2. Scholle 4:01:49

RACES HERE, THERE, AND EVERYWHERE

Sat. Nov. 11 11 Km and 2 Mile Walks, Albuquerque (J)
5 Km, Atlanta, 8:30 am (R)

- Sun. Nov. 12 1/2 Marathon, Long Beach (B)
5 Mile, Manalpan, NJ (D)
5 Km, Riverside, California, 8 am (B)
- Sat. Nov. 18 15 Km, Atlanta, 8:30 am (R)
4 Mile, Ft. Worth, Texas (E)
- Sun. Nov. 19 1 Hour, West Long Branch, NJ, 10 am (D)
1 Hour, Los Angeles, 8 am (B)
5 Km, New York City, 9:15 AM (G)
20 Km and 10 Km, San Francisco (P)
5 Km, Killeen, Texas (K)
5 Km, Seattle, 10 am (C)
- Sun. Nov. 26 5 Mile, Toms River, NJ (D)
10 Km, New York City, 10 am (G)
40 Km, Houston (E)
- Sun. Dec. 3 Western Hemisphere Marathon, Culber City, Cal. (B)
1 Hour, West Long Branch, NJ (D)
- Sat. Dec. 9 10 Mile, Columbia, Missouri (I)
- Sun. Dec. 10 Todd Scully 10 Km, Long Branch, NJ 1:15 pm, (D)
1 Hour, San Mateo, Cal. (P)
- Sat. Dec. 16 10 Km, Coconut Creek, Florida (M)
5 Km, Seattle (C)
- Sun. Dec. 17 5, 10, and 15 Km, Seattle (C)
- Sun. Dec. 31 10 Mile, Asbury Park, NJ, 10 am (D)
10 Km and 50 Km, Houston (E)
- Mon. Jan. 1 5 km and 5 Mile, Tacoma, Wash. (C)

Contacts

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C--Bev LaVeck, 6633 Windermere Rd., Seattle, WA 98115
D--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
E--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
G--Stella Cashman, 320 E. 83rd St., Box 18, New York, NY 10028
I--Columbia Track Club, P.O. Box 10237, Columbia, MO 65201
J--New Mexico Racewalkers, 2301 El Nido Court NW Albuquerque, NM 87104
K--Susie Peitrowski, Metroplex Hospital, 2201 S. Clear Creek Rd., Killeen, TX 76542
M--Florida Racewalkers, 4223 Palm Forest Dr. N., N. Delray Beach, FL 33445
P--Harry Siitonen, 106 Sanchez St., Apt. 7, San Francisco, CA 94114
R--Juliet Newsome, 1550 Larkwood Dr., Canton, GA 30114

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FROM HEEL TO TOE

A note from former international walker and one-time Race Walk Committee Chairman, Bob Kitchen: If your goal is to be an international class walker and you need a knowledgeable, tough coach, I'm available. I've coached several National Team members as well as two college teams. I insist on long range planning of training, psychological preparation, lots of commitment, and a serious commitment to work with a coach. Call or write: Bob Kitchen, 917 5th St., International Falls, MN 56649, (218) 283-2667 home, 283-2486 office. . . Somehow in giving the results of the San Diego Masters Meet in July we missed Joan Rowland's record setting win in the women's age 60-64 20 Km. She had a 2:19:43. On October 1, she bettered this record during the Shore 1/2 Marathon

with a 2:15:32. We have no further results on the latter race. . . San Jose, California has been selected as the site of the 1991 World Walking Cup. The event, held in the U.S. for the first time in 1987 when New York City was the site, brings top walkers, both men and women, together every two years. Last spring's edition in Barcelona, Spain saw 35 nations represented. . . We learn that Frank Alongi has been seriously ill since the Alongi Memorial walks, has been in and out of the hospital, and has just gone back in for exploratory surgery. Frank has done so much for walking in this country and has been a staunch supporter of this publication. You can send your regards and wishes for a speedy recovery to Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. . . We also learn from an editorial in the Southern California Racewalking News that the Alongi Memorial Walks, which just had a highly successful 11th edition, could be history. Editor Elaine Ward writes: "It is no secret that this year's Casimiro Alongi Memorial Race may be the last. This will be a sad reality for America's national race walking program. However, it is not wishes and wants that make a great race. Like everything else, money is needed. Putting on an international race is expensive. For example, in today's world, the race director is responsible for all the expenses of invited foreign athletes. This means airplane tickets, hotel accommodations for a minimum of three days, \$20 per diem per athlete (IAAF Rules), an additional \$30 for food if it is not provided, plus lost wages if a walker must miss work days to compete. There also telephone calls home. This year's Alongi International had many invited foreign athletes: Two Italian walkers and their coach; two Polish athletes and their coach; three Swedish walkers; four Mexican walkers; and several from Canada. There was a hospitality room at the Holiday Inn where the athletes stayed as well as a large Award's banquet after the race. All the awards were custom made in Italy with gold and silver plating. Though Frank's club, the Wolverine Pacers Athletic Club, provided expert support and amenities to all athletes and friends, race supplies and refreshments had their own price tag. Not even the most committed devotee of race walking can annually afford to pick up the shortfall between income and expenses. Therefore, unless significant sponsors can be found to provide for international competitors, next year's Alongi race, if there is one, will have a different structure. No opportunity should be missed to thank Frank for his wonderful generosity to the sport of race walking. If this year's race proves to be the last of its kind, it was magnificent finale. No witness will forget the quality of walking, the expert organization, the ideal weather or the beautiful course. Frank gave many awards at the banquet; he definitely deserves an award for his own dedication and contribution to race walking in this country" . . . Viisha Sedlak's American Racewalk Association will host a racewalkers training camp in Mazatlan, Mexico from Dec. 6 through 10. The experience will include daily group workouts and seminars, video recording, individual coaching, and lots of beautiful walks in sunny Mexico! The fee is \$385. Contact the American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323, or call (303) 447-0156, for further information. . . The photo on page 2 is courtesy of 1932 Olympian and long-time racewalk judge and official, Bill Chisholm. Bill notes: "Race walking certainly enjoyed its highest acceptance (indoors) during the '20s. Personally, Plant inspired me to be a walker when I saw him in Los Angeles on his tour with the legendary Paavo Nurmi. With Frigerio, it was a view from the rear in the '32 Olympic 50. . . The President of Italy has awarded Giulio de Petra, Monterey's Walk Walk Walk Club president, the Cross of Commander in the Order of Merit of the Italian Republic. Giulio was singled out for this very high civilian honor in recognition of effective and tireless efforts in fostering better relations between his community and the people of his native country. Giulio, who has been a resident of Carmel Highlands, Cal. since 1951, is a graduate of

the University of Naples. He worked as Chairman of the Italian Language Department at the Defense Language Institute. He was also Honorary Vice Consul of Italy in Monterey. . . The 11th Annual TAC/USA Convention is scheduled for November 27 to December 2 In Washington, DC. Racewalking Committee meetings are as follows: Executive Committee--Mon. Nov. 27, 8:30 - 11:30 pm; General Meeting--Tues, Nov. 28, 8-11 pm; Champion Site Selection Subcommittee, Wed., Nov. 29, 1-3 pm; National Team Subcommittee, Wed, Nov. 29, 3-5 pm; General meetings--Thur., Nov. 30, 8-11 pm, Fri., Dec. 1, 9 am-noon, 1-5 pm.

LOOKING BACK

20 Years Ago (From the October 1989 ORW)--A U.S. team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airolo-Chiasso road relay in Switzerland. . . Laird won national titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the former, Larry Walker was nearly a quarter mile behind in second and Johyn Kelly finished third. At 30 Km, Tom Dooley gave Ron a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind. . . East German ace Christoph Hohne bettered the world record at 50 Km (track) with 4:08:05. . . On the local scene, you already aging editor won a 2 Mile in 14:49 and a struggling 20 Km in 1:43:14.

15 Years Ago (from the October 1974 ORW)--Led by Bob Henderson and Augie Hirt, the U.S. won a dual meet from Canada in Montreal. Bob won the 20 Km in 1:34:32 with John Knifton edging Karl Merschenz and Marcel Jobin for second in 1:37:14. Hiet beat Tom Knatt in the 50 with a 4:40:15. Tom was 2 minutes back, well clear of Canada's Pat Farrelly. . . Larry Young captured the National 30 Km title in 2:30:26 with Hirt second and Mexico's Domingo Colin third. . . That was in Columbia, Missouri, where on the same day, Gwen Eberle won the women's National 10 Km in 57:30. . . Also in Columbia, the annual 100 miler saw a record 5 finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neil, Dave Leuthold, and Leonard Busen followed. . . John Knifton turned in a 1:31:30 for 20 Km on a track in Pine Plains, New York.

10 Years Ago (From the October 1979 ORW)--This time, Canada, led by by Mike Stones and Helmut Boeck, prevailed over the U.S. The meet was held in Niagara Falls. Stones won the 15 Km in 1:10:41, just 5 seconds ahead of Dennis Reilly. Ron Danile and Al Halbur won the next two spots for the U.S. Boeck (2:33:17) and Pat Farrelly (2:34:47) were one-two at 30 Km giving Canada a one point win for the two races. Alan Price, Ray Somers, Wayne Glusker took the next three spots. . . Two weeks earlier, Price had defended his 100 mile title in Columbia, winning in 19:52:15. Seven others, led by Bob Chapin and Leonard Busen, finished. . . The Lugano Cup (now World Cup) went to Mexico, who took three of the first four places at 50 Km to edge the Soviets by 5 points. East Germany was third. Daniel Bautista won the 20 for Mexico in 1:18:49, but the strong Soviet contingent took the next four spots to take a commanding lead. Boris Yakovlyev was second in 1:19:46. At 50, Martin Bermudez edged Enrique Vera by 23 seconds in 3:43:36 as favored Raul Gonzales faded to fourth, after passing 20 in 1:25:03. The U.S. finished 13th among the 14 teams. . . Dan O'Connor won the National 30 Km in Detroit with a 2:22:43. Steve Pecinovsky was just 5 seconds back.

5 Years Ago (From the Oct. 1984 ORW)--Carl Schueler, following up his Olympic sixth place finish, recorded one of the most one-sided victories in U.S. racewalking annals in winning the National 40 km in Fort Monmouth, New Jersey. Carl had an excellent 3:13:57. Second place Ray Funkhouser finished in 3:39:21, followed by Nick Bdera, Fabian Knizacky, and Randy Mimm. . . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with an 18:46:13. That was better than 2 minutes under Paul Hendrick's mark from 1980. It marked Alan's 15th 100 miler. Bob Keating (21:42:55) and Bruce Etherton were the only other finishers. . . Canada's Guillaume Leblanc won the Alongi 20 Km in 1:26:37, followed by Mexico's James Lopez and Italy's Sergio Spagnulo.

US Racewalking performances - 1989 - Track & certified road only
Compiled by Steve Vaitones
Last Update: 31 August 89

Time	Athlete	Club	Date	Site
MEN'S 20K				
1:26:52	Tim Lewis	Reebok RT	4/16/89	Washington DC
1:28:06	Gary Morgan	NYAC	6/17/89	Houston
1:29:06	Doug Fournier	UWisc/Parkside	4/16/89	Washington DC
1:29:22	Mark Manning	Reebok RT	4/16/89	Washington DC
1:29:42	Steve Pecinovski	PotomacValSrs	4/16/89	Washington DC
1:29:47	Curtis Fisher	NYAC	4/16/89	Washington DC
1:31:06	Carl Schueler	Reebok RT	4/16/89	Washington DC
1:31:30	Richard Quinn	PotomacValSrs	4/16/89	Washington DC
1:32:38	Mike Rohl	Parkside AC	4/16/89	Washington DC
1:32:42	Larry Walker	CaliforniaWalker	7/30/89	Eugene OR
1:32:45	Reggie Davenport	UWisc/Parkside	6/17/89	Houston
1:33:33	Allen James	Ath. InAction	4/16/89	Washington DC
1:33:44	Don Lawrence	Nike TC	4/16/89	Washington DC
1:33:53	Curt Clausen	East Side TC	4/16/89	Washington DC
1:33:56	Herm Nelson	Club Northwest	6/17/89	Houston
1:34:22	Ray Funkhouser	Shore AC	4/16/89	Washington DC
1:35:38	Ray Sharp	Unattached	4/16/89	Washington DC
1:35:04	Bob Briggs	PotomacValSrs	7/31/89	Norman OK
1:36:00	Marc Bagan	Shore AC	4/16/89	Washington DC
1:36:04	Mark Fenton	Reebok RT	4/16/89	Washington DC
1:36:21	Bob Keating	NewEnglandWalker	7/30/89	Eugene OR
1:36:49	Rob Cole	UWisc/Parkside	3/11/89	Kenosha WI
1:36:49	John Marter	UWisc/Parkside	3/11/89	Kenosha WI
1:37:08	Dan Pierce	Unattached	4/16/89	Washington DC
1:37:28	Dan O'Brien	MotorCityStr	4/16/89	Washington DC
50K				
4:06:35	Paul Wick	Unatt	8/5/89	Leningrad USSR
4:08:28	Herm Nelson	Club Northwest	8/5/89	Leningrad USSR
4:13:39	Tim Lewis	ReebokRT	8/5/89	Leningrad USSR
4:20:53	Dan O'Connor	WalkUSA	5/27/89	LHospitalet ESP
4:22:23	Mike DeWitt	Parkside AC	5/27/89	LHospitalet ESP
4:25:44	Gene Kitts	Team Hawaii	3/5/89	Atlanta
4:26:52	Paul Malek	Parkside AC	3/5/89	Atlanta
4:28:26	Dan Pierce	Unatt	3/5/89	Atlanta
4:29:16	Mark Green	Unatt	3/5/89	Atlanta
4:32:40	Steve Vaitones	NIKE Boston	3/5/89	Atlanta
4:42:45	Mike Rohl	Parkside AC	3/5/89	Atlanta
4:44:15	Mark Fenton	Reebok	3/5/89	Atlanta
5:05:26	Adam Pawlick	Unatt	3/5/89	Atlanta
5:09:20	John Stowers	TerlinguaTC	3/5/89	Atlanta
5:19:28	John Knifton	NYAC	3/5/89	Atlanta

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Time	Athlete	Club	Date	Site
WOMEN'S 10K				
46:38	Lynn Weik	Walk USA	5/27/89	HospitaletESP
46:45	Teresa Vaill	Walk USA	5/27/89	HospitaletESP
47:46	Debby Lawrence	Nike TC	4/2/89	Tampa
48:18	Wendy Sharp	Unattached	5/27/89	HospitaletESP
48:25.7T	Maryanne Torrellas	ReebokRT	6/16/89	Houston
49:24.4T	Sara Standley	SoCal RR	6/16/89	Houston
49:48.0T	Kim Wilkinson	MPWWW	5/6/89	SanFrancisco
49:49	Deirdre Collier	UWisc/Parkside3	11/89	Kenosha WI
49:57.3T	Victoria Herazo	Cal.Walkers	6/16/89	Houston
50:00.1T	Susan Liers	Walk USA	6/16/89	Houston
50:47	Viisha Sedlak	Easy Spirit	7/30/89	Eugene
51:15.4T	Michl.Marter-Rohl	Parkside AC	6/16/89	Houston
52:05.0T	Debby Van Orden	FrntRangeWlkr	6/16/89	Houston
52:07	Karen Rezac	Shore AC	4/2/89	Tampa
52:52	Cindy Perez	Unattached	4/23/89	MtSAC CA
52:53	Cheryl Rellinger	NiagaraRW	7/8/89	NiagaraFallsNY
52:59.7T	Holly Straight	Unattached	6/16/89	Houston
53:00	Susan Packard	Niagara RW	7/8/89	NiagaraFallsNY
53:20.0T	Joanne Nedelco	GoldenGateRW	5/6/89	SanFrancisco
53:20	Martha Iverson	Unattached	7/30/89	Eugene
53:22	Julie Ratner	Unattached	7/30/89	Eugene
53:36.1T	Mary Howell	Oregon Intl	6/16/89	Houston
54:24	Christie Izzo	NiagaraRW	4/16/89	Washington DC
54:32	Pat Carroll	Unattached	7/30/89	Eugene
54:33	Gayle Johnson	Wolfpack TC	4/2/89	Columbus OH

5K

22:00T	Lynn Weik	WalkUSA	8/29	Duisburg FRG
22:24T	Sara Standley	Unatt	8/29	Duisburg FRG
22:38T	Teresa Vaill	WalkUSA	4/29	Penn Relays
23:23T	Maryanne Torrellas	Reebok	4/29	Penn Relays
23:26.39T	Victoria Herazo	CalWalk	5/29	Santa Monica CA

T = track performance ALT = at Altitude

GUIDELINE FOR SELECTION OF ATHLETES

By: Frank Alongi

TO:	Sport Science Coaches Athletes
SUBJECT:	Selection of Athletes for Walking Competition

Object: To evaluate athlete's bodies for specific competitions.

Discussion: The purpose of this report is to identify specialities (young men or women) in which they should compete in athletic competitions; to assist the coaches in set-up training programs, and coaching methods for the development of world-class athletes. The athlete selection should be made in relation to:

- . Body height
- . Body weight
- . Morphological structures.

The athletes should be divided in three height groups.

- . Tall - 180 cm and above (71 inches)
- . Medium - 170 to 180 cm (67 to 71 inches)
- . Short - less of 170 cm (67 inches)

The RYBAKOV formula should select the body weight in relation to the K factor of each athlete:

$$K = (h - 100)/w \quad h = \text{height (cm)} \quad w = \text{weight (Kg)}$$

Heavy K = 0.95 or below
 Medium K = 0.95 to 1.005
 Light K = 1.005 and above

Examples:

h = 180 cm w = 100 Kg K = 0.80 Heavy
 w = 80 Kg K = 1.00 Medium
 w = 70 Kg K = 1.142 Light

The morphologic structures are three major types:

- . Brachial (long arms)
- . Normal
- . Longen (long muscles)

For each body structure, the athlete should be part of one of the three height and weight categories.

From the 27 athletic categories, race walkers can be part of the groups listed below:

Muscle Type	Body Height	Body Weight
. Longen	. Short	. Light
. Longen	. Medium	. Light
. Longen	. Tall	. Light
. Normal	. Short	. Light
. Normal	. Medium	. Light
. Normal	. Tall	. Light

Summary of data results:

Statistics data obtained from 149 test samples in the past 22 years shows the following results:

	Muscle Type	Body Height	Body Weight
50 Km Men (53 athletes under 4:10:00)			
37.7%	Longen	. Short	. Light
24.5%	Longen	. Medium	. Light
17.0%	Normal	. Short	. Light
15.2%	Normal	. Medium	. Light
5.6%	Longen	. Tall	. Light

20 Km Men (58 athletes under 1:30:00)			
28.0%	Longen	. Short	. Light
26.0%	Longen	. Tall	. Light
26.0%	Longen	. Medium	. Light
12.0%	Normal	. Short	. Light
8.0%	Normal	. Medium	. Light

10 Km Women (38 athletes under 50:00)			
24.5%	Longen	. Short	. Light
20.7%	Longen	. Medium	. Light
17.25%	Longen	. Tall	. Light
15.2%	Normal	. Short	. Light
12.0%	Normal	. Medium	. Light
10.35%	Normal	. Tall	. Light

Conclusions:

Data shows that the race walkers, independent from the height, should have longen or normal Morphological Muscle structure and light body weight.
