

Ohio Race Walker  
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# OHIO RACEWALKER

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## Lawrence Shatters American 10 Km Record; Lewis Takes 20 At National T&F Meet

Cerritos, California, June 16--Debbi Lawrence broke up a close race with Teresa Vaill and Sara Standley at the 5 Km mark and walked uncontested the rest of the way to win her third national title at 10 Km last night. In the process, she shattered Lynn Weik's American record with a time of 46:14.4. Weik had done 46:44.1 in the last year's nationals at Houston, a race in which Debbi was a disappointed fourth. Lynn was not back to defend her title this year, but she would certainly have had trouble with Lawrence on this night as Debbi added to the titles she had won in 1984 and 1986.

In a good battle for second, Vaill managed to pull gradually ahead of Standley over the last 1600 meters and was rewarded with an excellent 46:42.2, just 10 seconds off the old American record.

Wendy Sharp took over fourth from Victoria Herazo on the sixth lap (it was a track race) and walked by herself the rest of the way to finish in 47:39.6, a time that would have won all but one of the previous national 10s. Debora Van Orden walked a beautiful, even-paced race to finish a surprising fifth, overhauling Herazo at about 7 Km. Herazo, fighting a flu bug and a temperature over 100, walked a gallant race and hung on for sixth ahead of Viisha Sedlak, who shattered her own world best for women over 40 with a 49:14.9. Her previous mark was 50:47. Zofia Wolan just missed making it eight finishers under 50 minutes with her 50:06.6 and another five bettered 51 minutes. Among the first, only Lawrence and Wolan failed to better their personal best, and it was a track best for both of them.

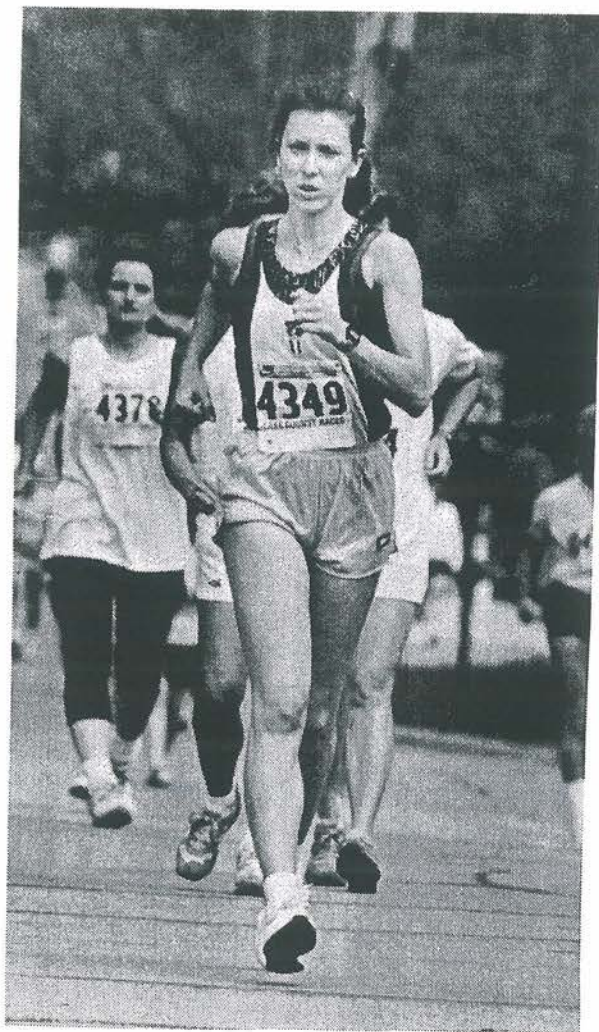
In the men's 20 Km title race this morning, Tim Lewis took his sixth straight title at the distance in 1:27:28. Lewis dropped Allen James after the first 5 Km (21:49) and was on his own the rest of the way. His second 5 in 21:35 left the field straggling and he put in another 21:49 on his third 5 to put the race away. Doug Fournier, who had a disappointing race in last year's national when he finished only 10th after doing a 1:29:06 earlier in the year, walked a very strong second half this time to finish all alone in second. A conservative ninth at the 10 Km mark (44:36), he accelerated over the next five (21:34) gaining ground even on Lewis and finished strongly in 1:28:27. Steve Pecinovsky, always a contender when he keeps his form together, walked a very steady race to take third in 1:29:02, but just held off the challenge of the race's biggest surprise, Don Lawrence. Perhaps inspired by wife Debbi's performance, Don went nearly 3 minutes under his personal record with a 1:29:08.

Paul Wick and Carl Schueler made it six under 1:30 with solid races. Wick passing a faltering Schueler in the final 2 1/2 Km. Schueler had it going with even 5 km splits of 22:10, 44:20, and 1:06:30, but his usual 50 km strength deserted him on the final 5. (Of course, he hasn't been training for 50 the past

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Debbi Lawrence, national 10 Km titlist, on her way to 45:55 10 Km in Chicago on April 29 (result in May ORW).

couple of years). Another 22:10 would have put him well ahead of Pecinovsky for third. James, after his early challenge for the lead eventually faded to seventh. Gary Morgan, second last year and expected to offer the primary challenge to Lewis, had been sick and struggled the second half of the race after passing 10 Km in third place. The only Master in the race, Larry Walker, now past 45, continued to amaze with his 1:33:09 in 15th place.

#### Results:

Women's 10 Km (with 2 Km splits): 1. Debbi Lawrence, Parkside AC 46:14.4 (9:15, 18:27, 27:35, 36:56) 2. Teresa Vaill, Natural Sport 46:54.2 (9:14, 18:28, 27:47, 37:23) 3. Sara Standley, Natural Sport 47:08.5 (9:14, 18:27, 27:46, 37:24) 4. Wendy Sharp, Natural Sport 47:39.6 (9:28, 19:05, 28:32, 38:05) 5. Debora Van Orden, un. (Colorado) 48:28.8 (9:45, 19:30, 29:14, 38:48) 6. Victoria Herazo, California Walkers 48:47.8 (9:25, 19:10, 29:29, 38:58) 7. Viisha Sedlak, Easy Spirit 49:14.9 (9:40, 19:23, 29:17, 39:21) 8. Zofia Wolan, Wolverine Pacers 50:06.6 (9:29, 19:11, 29:05, 39:56) 9. Mary Howell, Oregon International 50:16.2 (10:01, 20:03, 30:00, 40:01) 10. Kim Wilkinson, Monterey WWW Club 50:31.7 (9:43, 19:44, 29:56, 40:14) 11. Maryanne Torrellas, un. 50:36.7 (10:03, 20:06, 30:16, 40:35) 12. Susan Liers, Natural Sport 50:37.0 (10:01, 20:03, 30:10, 40:43) 13. Lizzy Kemp Salvato, San Diego Walkers 51:36.5 (10:03, 20:04, 30:29, 40:52—the splits show her finishing in 50:56, so there is some discrepancy here.) 14. Kerry Bratton, Woodside Striders 51:43.2 (10:02, 20:21, 30:53, 41:24) 15. Karen Rezach, Shore AC 51:58.5 16. Julie Ratner, un. 51:03.8 17. Cheryl Rellinger, Niagara Walkers 52:48.8 18. Tracey Briggs, Potomac Valley Seniors 52:57.9 19. Janice Sztabnik, un. 53:10.2 DNF—Sue Klappa (47:50 at 8800 meters) DQ—Holly Wick, Dee Collier, Gina Impagliazzo, Gayle Johnson

Past Winners: 1973—Ellen Minkow, un. 56:19; 1974—Gwen Eberle, Ozark TC 57:30; 1975—Sue Brodock, Rialto RR 52:03; 1976—Susan Liers, LIAC 54:08; 1977—Sue Brodock, RRR 51:17; 1978, Sue Brodock, SCRR 52:18.2; 1979—Sue Brodock, SCRR 51:32.8; 1980—Sue Brodock, SCRR 51:01; 1981—Sue Liers-Westerfield, Island TC 49:54.2; 1982—Sue Liers-Westerfield, Island TC 50:59; 1983—Sue Liers-Westerfield, Island TC 50:58; 1984—Debbi Lawrence, Team Kangaroo 51:00.3; 1985—Maryanne Torrellas, Abraxas TC 48:38.16; 1986—Debbi Lawrence, un. 50:28.86; 1987—Maryanne Torrellas, Reebok RT 47:23.8; 1988—Maryanne Torrellas, Reebok RT 48:25.3; 1989—Lynn Weik, Walk USA 46:44.1.

Men's 20 Km: 1. Tim Lewis, Reebok Racing Club 1:27:28 (21:49, 43:24, 1:05:13) 2. Doug Fournier, Parkside AC 1:28:27 (44:36, 1:06:10) 3. Steve Pecinovsky, US Air Force 1:29:02 (22:10, 44:07, 1:06:08) 4. Don Lawrence, Parkside AC 1:29:08 (22:08, 44:07, 1:06:19) 5. Paul Wick, un. 1:29:09 (22:10, 44:09, 1:06:42) 6. Carl Schueler, Reebok Racing Club 1:29:43 (22:10, 44:20, 1:06:30) 7. Allen James, Athletes in Action 1:30:38 (21:49, 43:52, 1:06:41) 8. Curtis Fisher, NYAC 1:31:00 (22:10, 44:22, 1:07:46) 9. Reggie Davenport, un. 1:31:22 (no splits available) 10. Robert Cole, U. of Wisconsin-Parkside 1:31:46 (22:16, 44:57, 1:08:07) 11. Gary Morgan, NYAC 1:32:13 (22:10, 44:07, 1:07:01) 12. Richard Quinn, Potomac Valley Seniors 1:32:16 (22:26, 45:20, 1:07:57) 13. John Marter, U. of Wisconsin-Parkside 1:32:38 (45:59, 1:09:13) 14. Dan O'Connor, Stars and Stripes TC 1:32:54 (22:23, 45:02, 1:08:20) 15. Larry Walker, California Walkers 1:33:09 (22:38, 45:57, 1:09:34) 16. Dave McGovern, Gary Null's Natural Living 1:34:24 17. Michael Rohl, Parkside AC 1:35:35 18. Bob Briggs, Potomac Valley Seniors 1:35:41 19. Curt Clausen, un. 1:37:23 20. Jonathan Jorgensen, Parkside AC 1:37:50 21. Mike DeWitt, Parkside AC 1:37:57 22. Paul Malek, Parkside 1:39:58 23. Herm Nelson, Club Northwest



1:43:49 24. Ray Funkhouser, Shore AC 1:45:13 DNF--Marco Evoniuk; DQ--Ray Sharp.

## OTHER RESULTS

**Maine TAC 5 Km Championships, Bangor, June 2--1.** Tom Knatt (49) 25:15 2. Philip McGaw (40) 26:38 3. Randy Easter (34) 27:22 4. Justin Kuo (35) 27:37 5. Moshe Meyerowitz (60) 28:32 6. Terrence Cousins (46) 29:42 (33 finishers) 10 Km, Plainville-Attleboro, Mass, June 3 (Part of road run; unjudged)--1. Dave McGovern 44:50 2. Mark Fenton 45:58 3. Steve Vaitones 49:11 4. John Johnson 52:33 5. Justin Kuo 55:35 Women: 1. Carole-Terese Naser 57:31 20 Km (Track), Weston, Mass., May 31--1. Dave McGovern 1:34:32 2. Mark Fenton 1:35:34 10 Km, same place--1. Steve Vaitones 49:50 2. Phil McGaw 57:33 Women's 10 Km, same place--1. Christie Kuo 61:49 Metropolitan Assn. 5 Km, New York City, June 10--1. Paul Tovores (18) 22:22 2. Gary Null (45) 23:08 3. Gino Cadato 24:02 Women: 1. Jennie Whiting (44) 26:46 2. Margaret Thorne 29:25 3. Linda Possner 30:07 New Jersey TAC 5 Mile, June 3--1. Ray Funkhouser 38:11 2. Gary Null 38:50 3. Franco Pantoni 40:15 New Jersey TAC Women's 10 Km--1. Karen Rezach 50:56 2. Donna Cetrulo 10 mile, Seaside Heights, New Jersey--1. Ray Funkhouser 1:15:41 (Went on to 20 Km in 1:34:07) 2. Edgardo Rodriguez 1:27:11 3. Ben Ottmer 1:37:12 4. Pat Bivona 1:37:40 5. Don Johnson 1:42:53 (1st over 70) Women: 1. Karen Rezach 1:30:22 Ron Zinn Memorial 10 Mile, Asbury Park, NJ, April 8--1. Ray Funkhouser 1:15:52 2. Arnis Paeglis 1:23:41 3. Cliff Mimm 1:26:07 4. Curt Sheller 1:27:50 5. Edgardo Rodriguez 1:28:50 6. Bob Mimm 1:29:12 (1st 60-69) 7. Bill Purdie 1:33:05 8. Ralph Edwards 1:36:37 9. Pat Blvona 1:38:34 10. Ben Ottmer 1:39:25 (1st 50-59) . . . Don Johnson 1:39:27 (1st over 70) Women: 1. Karen Rezach 1:28:50 10 Km, Washington, D.C., April 22--1. Steve Pecinovsky 43:38 2. Bobby Briggs 49:25 3. Paul Cajka 55:34 4. Woody Woods (42) 57:08 5. Robert Elliott (41) 57:15 6. Mitch Segal 58:01 7. Malcolm Posey 60:39 Women: 1. Lois Dicker 63:28 5 Km, Jacksonville, Florida, May 12--1. Paul Cajka 28:59 2. Eric Shultz 29:09 3. Bob Fine 29:16 (1st 55-59) 4. Charles George 29:47 (1st 50-54) 5 Mile, Lancaster, Penn., June 2--1. Mike Battle 40:10 2. Scott Widdall 40:24 3. Lynda Brubaker 40:25 4. Jay Gobrecht 42:38 5. Joseph Brubaker 43:39 6. Ray Stauffer 44:52 7. Christine Dannel 48:13 8. Lynn Reiker 49:33 9. Debra Accomando 49:39 10. Tammra Campbell 49:53 11. Elisa Battle 49:53 10 Km, Dearborn, Michigan, June 3--1. Gary Morgan 44:41 2. Jeff Cassin 49:01 3. John Elwarner 50:04 (1st master) 3. Victor Sipes 50:13 (2nd Master) 5. Max Green 52:12 (3rd master) 6. Wally Lubzik 58:24 (4th master) Women: 1. Zofia Wolan 49:44 2. Kaisa Ajaye 58:13 Wisconsin State 3 Km, Madison, June 15--11. John Hokanson 14:22.1 Young Girls--1. Alison DeWitt 16:38.1 5 Km, Brookings, S.D., April 14--1. Randy Van Zee 26:25 2. Mike Wiggins 27:08 (1st over 40) 3. Glen Peterson 33:30 (1st over 60) (11 finishers) Howard Wood Dakota Relays 5 Km, May 5--1. Philip Dunn 22:47.39 2. Brad Knutson 25:02 3. Randy Van Zee 25:56 4. Mike Wiggins 26:20 5. Sue Klappa 26:24 6. Glen Peterson 31:22 (12 finishers) 5 Km, Aurora, Col., April 21--1. Debby Van Orden 25:03 2. Bob DiCarlo (56) 27:26 3. John Tarin 29:43 4. Bob Carlson (65) 32:04 5 Km, Denver, May 6--1. Bob DiCarlo 27:37 2. Peggy Miller 28:08 3. Bob Carlson 30:44 15 Km, Norwalk, Cal., May 27--1. Allen James 1:08:51 (22:22, 45:00) 2. Dave Marchese 1:12:00 3. Enrique Camarena 1:20:24 4. Art Grant 1:23:30 (1st 40-49) 5. Ignacio Miranda 1:24:12 (2nd 40-49) 6. Walt Dum De Leon 1:24:21 7. Dave Snyder 1:24:45 (3rd 40-49) 8. Ed Bouldin 1:25:47 (4th 40-49) 9. Richard Oliver 1:25:52 (1st 50-59) Women: 1. Francene Buston 1:22:17 2. Andrea Johnson 1:28:16 3. Cathy Mish 1:29:07 4. Virginia Scales 1:31:03 (1st 40-49) 5. Kathy Blackmer 1:31:57 Pacific Association 15 Km Championship, Burlingame, Cal.,

May 20--1. Dave Marchese 1:11:35 2. Marco Evoniuk 1:12:16 3. Jonathan Matthews 1:18:23 4. Skip Bockoven 1:29:12 5. Vic Crosetti (60) 1:36:29 Women: 1. Donna Gilliland 1:33:48 Women's 10 Km, same place--1. Kerry Bratten 52:24 2. JoAnn Nedelco 53:43 3. Cindy Paffumi 59:01 10 Km, Salem, Oregon, April 21--1. Andrew Herman 48:30 2. David Thomas 51:14 3. Travis Johnson 51:28 2.8 Mile, Seattle, May 3--1. Stan Chraminski 23:01 2. Ann McCulley 24:27 3. Lew Jones 25:01 4. Bev LaVeck 26:26 5. Paul Kaald 26:26 5 Km, Tacoma, Washington, April 21--1. Glenn Tachiyama 23:31 2. Shawn Haynes 25:53 3. Bob Novak 25:55 4. Daniela Hairabedian 26:37 5. Joel Pentland 26:30 (Well, either the time or the place is wrong, but the way the results I have read) 6. Lew Jones 27:55 NAIA District 10 Km, Bellingham, Wash., May 12--1. Espen Kateras 51:28 (A student from Norway who is new to race walking but trained as a cyclist.) 1 Hour, Seattle, May 12--1. Stan Chraminski 11,262 meters (26:14, 53:13) 2. Bob Novak 11,254 (26:46, 53:22) 3. Daniela Hairabedian 11,158 (26:14, 53:34) 4. Ann McCulley 10,516 5. Steve Fredrickson 10,200

## FROM OTHER LANDS

Ontario 20 Km Championship, Mississauga, May 27--1. Dan O'Brien, US 1:36:10 2. James Kilburn 1:44:11 3. John Tucker 1:45:11 Masters: 1. Jaan Roos 1:53:45 2. Max Gould 2:13:11 Ont. Women's 5 Km Champ., same place--1. Corine Whissel, Quebec 24:43 2. Sylvie Turnbull, Quebec 24:54 3. Louise Aubin 25:27 10 Km, same place--1. Tim Barrett 40:54 2. Martin St. Pierre, Quebec 44:49 Mexican Racewalking Week: 20 Km, Monterey, April 1--1. Ernesto Canto 1:23:10 2. Andrei Perlov, USSR 1:25:06 3. Joel Sanchez 1:25:55 4. Alexander Potasev, USSR 1:26:02 5. Yevgeniy Misyula, USSR 1:26:22 6. Alberto Cruz 1:27:30 7. Pavol Blazek, Czech. 1:27:55 8. Martin Bermudez 1:28:08 9. Takehiro Sonohara, Japan 1:28:23 10. Guillaume Leblanc, Can. 1:28:41 11. Edel Oliva Davila, Cuba 1:29:05 12. Carlos Mercenario 1:29:16 (5 other Mexicans under 1:30) Women's 10 Km, Monterey, April 1--1. Graciela Mendoza 46:50 2. Maria de la Luz Colin 47:57 3. Francisca Martinez 48:48 4. Pasquale Grand, Canada 50:46 5. Benita Trujillo 51:12 6. Sylvia Valle 51:26 Women's 10 Km, Victoria, April 10--1. Maria de la Luz Colin 47:16 2. Natalia Scherbinenko, USSR 47:42 3. Francisca Martinez 49:13 4. Marie Walsh, Ireland 50:11 5. Eva Machuca, Chile 51:05 6. Benita Trujillo, Cuba 51:40 (listed as Mexican in the first race) 1 Hour, Victoria, April 10--1. Yevgeniy Misyula 14,516 meters 2. Pavol Blazek, Czech 14,453 3. Jan Zahoncik, Czech. 14,061 4. Roman Mrazek, Czech. 14,016 Junior Women's 5 Km, Leon, April 6--1. Rosario Sanchez 23:19 2. Araceli Cruz 23:42 3. Victoria Palacios 24:02 4. Eloisa Perez 24:?? 5. Elvia Jimenez 24:12 6. Adriana Hernandez 24:25 Junior Men's 10 Km, Leon, April 6--1. Alberto Cruz 39:22 2. Juan Sanchez 39:36 3. Jose Sanchez 40:38 4. Ignacio Zamudio 41:35 5. Victor Flores, Spain 41:40 (It would appear that Mexican racewalking fortunes, down for a few years, are definitely looking up) 50 Km, Chapultepec, April 8--1. Andrei Perlov, USSR 3:51:48 2. Carlos Mercenario 3:52:18 (Mercenario, the 1987 World Cup 20 Km winner, in what I believe was his first 50, led Perlov by nearly 2 minutes at 40 Km, but succumbed to a relentless charge at the end. But a good start considering it was a hot day at altitude) 3. Vitaly Popovitch, USSR 3:53:12 4. German Sanchez 4:01:30 5. Edel Oliva, Cuba 4:02:36 6. Alexander Potashev, USSR 4:03:17 20 Km, Naumburg, East Germany, May 1--1. R. Ihly 1:24:21 2. T. Hafmeister 1:24:35 3. Sandor Urbanik, Hung. 1:25:25 4. B. Firica, Romania 1:25:51 5. G. Dudas, Hung. 1:26:09 6. M. Zinguan, China 1:26:22 7. R. Weise 1:26:32 8. Andy Drake, GB 1:26:36 50 Km, Naumburg, May 1--1. Godfried Dejonckheere, Belgium 3:56:08 2. V. Komonen, Finland 3:56:40 3. K. Ahonen, Fin. 4:09:27 4. Axel Noack 4:13:42 Women's 10 Km, Naumburg, May 1--1.



Beate Anders 44:02 2. Tamara Kovalenko, USSR 44:11 3. J. Bingjie, China 44:36  
 4. Natalia Spirodonova, USSR 44:51 5. L. Jingxue, China 45:07 6. Lisa Langford,  
 GB 46:02 7. Ann Peel, Canada 46:58 30 Km, Milan, Italy, May 1-1. Ernesto  
 Canto, Mexico 2:08:49 2. Andrei Perlov, USSR 2:09:34 3. Pavol Blazek, Czech.  
 2:10:48 4. Giovanni Perricelli 2:11:12 5. Miguel Rodriguez, Mex. 2:11:50 6.  
 Sandro Bellucci 2:12:12 7. Massimo Quiriconi 2:12:24 8. Alexander Potashev,  
 USSR 2:12:42 9. Tim Barrett, Canada 2:12:57 10. Guiseppe DeGaetano 2:13:25  
 11. Jorge Llopert, Spain 2:16:29 12. Roman Mrazek, Czech. 2:16:50 Women's 10  
 Km, Milan, May 1-1. Kerry Saxby, Australia 44:31 2. Sari Essayah, Finland 44:34  
 3. Victoria Oprea, Romania 44:57 4. Ileana Salvador 45:04 5. Anna Disoti 45:20  
 6. Maria Rosza, Hungary 45:26 7. Monica Gunnarsson, Sweden 45:37 8.  
 Francisca Rodriguez, Mexico 46:08 9. Aniko Szebensky, Hung. 46:23 10. Andrea  
 Alföldi, Hung. 46:36 11. Ildiko Ilyes, Hung. 46:41 20 Km, Barcelona, Spain,  
 May 6-1. Mikhail Schennikov, USSR 1:21:42 2. Pavol Blazek, Czech. 1:22:20 3.  
 Roman Mrazek, Czech. 1:22:33 4. M. Angel Prieto 1:22:36 5. Miguel Rodriguez,  
 Mex. 1:22:48 6. Simon Baker, Australia 1:22:55 7. Daniel Plaza 1:23:02 8.  
 Valentin Massana 1:23:11 9. Ricard Pueyo 1:23:25 10. Massimo Fizialetti, Italy  
 1:24:03 11. Alberto Cruz, Mex. 1:24:31 12. Tim Berrett, Canada 1:25:03 13. Nick  
 Ahern, Australia 1:25:36 12. German Nieto 1:25:27 15. Querubin Moreno,  
 Colombia 1:26:25 16. Mark Easton, GB 1:26:50 DQ--Ernesto Canto, Mex.; Andrei  
 Perlov, USSR; Alexander Potashev, USSR; the three had finished 2nd, 3rd, and  
 5th. Women's 5 Km, same place--1. Kerry Saxby, Australia 20:40 2. Piercarola  
 Pagani, Italy 21:22 3. Maira Rosza, Hungary 21:31 4. Sari Essayah, Finland 21:37  
 5. Victoria Oprea, Romania 21:38 6. Monica Gunnarsson, Sweden 21:49 7. Betty  
 Sworowski, GB 21:50 8. Maria de la Luz Colin, Mex. 21:53 9. Francisca  
 Rodriguez, Mex. 21:59 10. Reyes Sobrino 22:02 11. Dana Vavracova, Czech. 22:17  
 12. Olga Sanchez 22:22 13. Ann Peel, Canada 22:27 15. Laura Rigutto, Canada  
 23:32 17. Louise Aubin, Canada 23:47 (Beate Anders, GDR, and Vera  
 Makolova, USSR, were DQd after finishing 2nd and 3rd) European Indoor  
 Championships, Glasgow, March 4: Women's 3 Km--1. Beate Anders, GDR  
 11:59.36 (World record) 2. Ileana Salvador, Italy 12:18.84 3. Anna-Rita Sidoti,  
 Italy 12:27.94 4. Dana Vavracova, Czech. 12:28.76 5. Ildiko Ilyes, Hungary  
 12:31.41 6. Andrea Bruckman, WG 12:33.30 7. Aniko Szebensky, Hungary  
 12:38.14 8. Victoria Oprea, Romania 12:44.96 9. Pia-Carola Pagani, Italy 12:48.10  
 10. Zuzana Zumkova, Czech. 13:10.85 (Beate Anders, 2nd, and Vera Makolova,  
 3rd, were DQd; 17 entrants, with five eliminated in preliminary heats won by  
 Anders in 12:53.01 and Salvador in 12:49.73) Men's 5 Km--1. Mikhail Schennikov,  
 USSR 19:00.62 2. Giovanni De Benedictis, Italy 19:02.90 3. Axel Noack, GDR  
 19:08.36 4. Pavol Blazek, Czech. 19:15.78 5. Jan Zahonik, Czech. 19:22.70 6.  
 Massimo Fizialetti, Italy 19:29.40 7. Jan Staaf, Sweden 19:34.08 8. Franz-Josef  
 Weber, WG 19:51.89 Soviet Winter Championships, Sochi, Feb. 15-16: 20 Km--  
 1. A. Grigoryev 1:20:50 2. Y. Zaikin 1:20:53 3. M. Orlov 1:21:03 4. W. Druchik  
 1:21:18 5. W. Ostroyskiy 1:21:32 6. O. Troshin 1:21:50 7. A. Shumak 1:21:55 8.  
 A. Gorshkov 1:21:58 9. N. Panfilov 1:22:01 10. O. Plastun 1:22:17 11. W.  
 Ohistov 1:22:30 12. Y. Begunov 1:22:33 13. A. Zhukov 1:22:58 14. I. Buritskiy  
 1:22:58 15. A. Yepafanov 1:23:08 16. G. Skurigin 1:23:20 17. M. Khmelniyskiy  
 1:23:28 18. Y. Kotlyar 1:23:44 19. W. Meshfauskas 1:23:50 20. W. Ovchinnikov  
 1:23:54 21. N. Kalitka 1:24:21 22. Y. Gordeyev 1:24:30 23. W. Bolotov 1:24:40  
 24. N. Matokhin 1:24:51 25. M. Kurushin 1:24:55 (47 under 1:18) 30 Km--1.  
 Yevgeniy Misyula 2:07:16 2. I. Pasteruk 2:08:26 3. A. Popov 2:09:11 4. W.  
 Cherepanov 2:09:53 5. W. Smirnov 2:11:33 6. Y. Karpovich 2:12:40 7. M.  
 Potashov 2:13:01 8. A. Shorniyak 2:13:52 9. I. Pershin 2:14:03 10. N. Yamschikov  
 2:14:10 (20th place in 2:19:52) Junior 15 Km--1. R. Arbachauskas 1:04:16 2. I.  
 Wasilyevskiy 1:04:22 3. A. Yakimchuk 1:04:29 4. Y. Klekis 1:04:37 5. D.

Dolnikov 1:04:43 6.. S. Syomin 1:04:44 7. I. Bondar 1:05:07 8. W. Shapovalov  
 1:05:23 9. Y. Andronov 1:05:25 10. G. Rofimov 1:05:27 Women's 10 Km--1. N.  
 Ryashkina 43:36 2. Y. Saiko 44:04 3. N. Spiridonova 44:14 4. O. Kardopoltseva  
 44:24 5. L. Yuhnevick 44:27 6.. Y. Panfilova 44:51 7. V. Mukolova 44:55 8. N.  
 Alyushenko 44:56 9. Y. Shavaliyeva 45:00 10. Y. Mikhailova 45:05 11. K.  
 Samoilenko 45:10 12. W. Shmer 45:32 13. N. Misyula 45:42 14. T. Titova 45:55  
 15. W. Ksenofontova 45:57 16. Z. Sviridenko 46:00 17. A. Nikitina 46:02 18. A.  
 Shumakova 46:05 19. W. Denisova 46:19 20. Y. Lisnik 46:20 (30 under 48) (Even  
 if you want to speculate on short courses or soft judging, the depth of  
 performance in Soviet races never ceases to amaze.) Indoor 5 Km, Athens, Feb.  
 10--1. Pavol Blazek, Czech 18:56.95 Women's 3 Km, same place--1. Szebensky,  
 Hungary 12:54.79 Indoor 5 Km, Tsibalsensk, March 3--1. Plotnikov 19:00.93 2.  
 Shafikov 19:11.91 Indoor 5 Km, Sofia, Bulgaria, Feb. 10--1. Lyubomir Ivanov  
 18:58.18 Indoor 3 Km, Bacau, Romania, Jan. 20--1. Victoria Oprea 12:56.9  
 Women's Indoor 3 Km, Vienna, Feb. 21--1. Beate Anders, GDR 12:28.08 2. Ines  
 Estdt, GDR 13:05.75 Indoor 5 Km, Vienna, Feb. 21--1. Axel Noack, GDR  
 19:04.98 Women's Indoor 2 Mile, Genova, Italy, Feb. 14--1. Ileana Salvador 13:11  
 (World best) 2. Carola Pagani 14:01.75 Women's Indoor 3 Km, Torino, Italy,  
 Jan. 28--1. 12:33.50 Ileana Salvador 2. A. Rita Sidoti 12:49.49 Commonwealth  
 Games, Auckland, N.Z., Feb. 2: Men's 30 Km--1. Guillaume Leblanc, Canada  
 2:08.28 2. Andrew Jachno, Aust. 2:09:09 3. Ian McCombie, Eng. 2:09:20 4.  
 Francois Lapointe, Can. 2:12:41 Women's 10 Km--1. Kerry Saxby, Aus. 45:03 2.  
 Judkins, NZ 47:23 3. Lisa Langford, Eng. 47:23 4. Lorraine Jachno, Aus. 47:35 5.  
 Janice McCaffrey, Can. 47:03 Women's 10 Km, Bekeszabe, Hung., April 8--1.  
 Maria Rosza 44:57 2. Ildiko Ilyes 45:09 3. Andrea Alföldi 45:26 4. Aniko  
 Szebenski 46:46 50 Km, Bekeszabe, April 8--1. Laszlo Sator 3:51:06 2. Jar.  
 Makovec, Czech 3:51:44 3. Grzeg Ledzion, Poland 3:51:47 4. Hubert Sonnek,  
 Czech. 3:52:52 5. Zoltan Czukur 3:57:37 6. Jan Holender, Pol. 3:59:14 7. Jerzy  
 Wroblewicz, Pol. 3:59:27 8. Milos Holusa, Czech. 3:59:32 9. Josef Smola, Czech  
 3:59:44 10. K. Jazepcikas, Lith. 4:02:10 Junior Womens' 5 Km, Bekeszabe, April  
 8--1. Kamila Holpuchova, Czech 22:41 2. Andrea Szabo 22:56 20 Km, Bekeszabe,  
 April 8--1. Rob. Kozenlowski, Pol. 1:22:19 2. Igor Kellar, Czech 1:23:44 3.  
 Zsoltan Szilagyi 1:25:24 4. Karol Repasky, Caech. 1:26:28 5. Robert Valicek,  
 Czech 1:26:41 Women's 5 Km (track), Sydney, Australia, Jan. 14--1. Kerry Saxby  
 20:17.19 (World record) 2. Baker, Canada 22:11.35 3. Ann Peel, Can. 22:13.19 4.  
 Lorraine Jachno 22:17.32 Women's 10 Km (track), Sydney, Jan. 7--1. Kerry Saxby  
 42:57 Women's 3 Km, Brisbane, Aust., March 18--1. Kerry Saxby 12:06.42 IWorld  
 best) 20 Km, Schutterwald, WG, March 4--1. Ihly 1:22:12 20 Km, Hannover,  
 WG, March 18--1. Axel Noack, GDR 1:24:19 2. Ralf Weise, GDR 1:24:40 10  
 miles, Southend, GB, March 17--1. Ian McCombie 1:08:36 Women's 5 Km  
 (track), Otsu, Mapan, March 11--1. Ping Guan, China 21:45.3 Italian 50 Km  
 Championship, Pomigliano d'Arco, March 25--1. Maurizio Damilano 3:46:51 2.  
 Sandro Bellucci 3:53:53 3. M. Quiriconi 4:02:45 20 Km, Barcelona, Spain, Jan.  
 28--1. Jose Marin 1:22:57 2. Daniel Plaza 1:23:20 3. Massana 1:24:55 4. Manuel  
 Alcade 1:25:15 Women's 5 Km, same place--1. Reyes Sobrino 22:17.13 Women's  
 10 Km, Kiev, USSR, April 1--1. Olena Veremeitsuk 46:56 20 Km, same place--1.  
 Anatoliy Gorskov 1:22:35 2. Igor Pasteruk 1:23:21 3. Volodimir Soika 1:24:42

# UPCOMING CONTESTS OF PEDESTRIAN SKILLS (OR, WALKING RACES, IF YOU WILL)

Sat. July 7

National TAC 10 Km, Niagara Falls, 8 am (W)  
 Masters 3 Km, Libertyville, Illinois, 11 am (\$500 total prize)  
 money) (Z)



	Garden State Games 5 and 10 Km, Edison, N.J. (A)
	5 Km, Denver (F)
	5 Km, Phoenix, Ariz., 6:30 am (E)
	State Games of Oregon 3 and 5 Km, Gresham, Oregon (Y)
Sun. July 8	3 Km, Alexandria, Virginia (T)
	5 Km, 5 Km, New Haven, Conn. (L)
Mon. July 9	5 Km, Long Branch, NJ (A)
Tue. July 10	5 Km, Grand Island, New York, 5:30 pm (J)
Wed. July 11	1 Mile, West Long Branch, N.J., 6:30 pm (A)
Thu. July 12	1 Mile, Englewood, N.J., 6:30 pm (A)
Sat. July 14	5 Km, Dearborn, Mich., 9 am (U)
	3 Mile, Columbia, Missouri, 8 am (M)
	1500 meters, South Dakota Games, Sioux Falls (X)
Sun. July 15	Metropolitan TAC 50 Km, New York City (S)
	2.2 Mile, Denver (F)
	5 Km, South Dakota Summer Games, Sioux Falls (X)
Mon. July 16	5 Km, Long Branch, NJ (A)
Tue. July 17	5 Km, Grand Island, New York, 5:30 pm (J)
Wed. July 18	1 Mile, West Long Branch, N.J., 6:30 pm (A)
	1 Mile, DeAnza Cal. College (I)
Sat. July 21	5 Km, Phoenix, Ariz., 6:30 am (E)
Sun. July 22	Niagara 5 and 10 Championships, Beaver Island, NY (J)
	3 Km, Alexandria, Virginia (T)
Mon. July 23	5 Km, Long Branch, NJ (A)
Tue. July 24	5 Km, Grand Island, New York, 5:30 pm (J)
Sat. July 28	5 and 10 Km, Dearborn, Mich., 9 am (U)
	5 Km, Colorado Springs, Colorado (F)
Sun. July 29	5 Km, New York City (K)
Mon. July 30	5 Km, Long Branch, NJ (A)
	10 Km, Seattle (C)
Tue. July 31	5 Km, Grand Island, New York, 5:30 pm (J)
Thu. Aug. 2	Empire State Games 5 and 20 Km, Syracuse (J)
	2.8 Mile, Seattle, 6 pm (C)
Sat. Aug. 4	Empire State Games 10 and 50 Km, Syracuse (J)
	5 Km, Phoenix, Ariz., 6:30 am (E)
	National TAC Youth Road Championships, 3, 5, and 10 Km, Raleigh, N.C. (O)
Aug. 2 - 5	National TAC Masters Championships, 5 and 20 Km, Indianapolis (D)
Sun. Aug. 5	5 Km, Denver, Colorado (F)
	5 Km, Orange, Connecticut (R)
Mon. Aug. 6	5 Km, Long Branch, NJ (A)
Tue. Aug. 7	5 Km, Grand Island, New York, 5:30 pm (J)
Sat. Aug. 11	10 Km, Asbury Park, NJ, 8:30 am (A)
	5 and 10 Km, Dearborn, Michigan, 9 am (U)
	1500 meters, 5, and 10 Km, Sioux Falls Senior Games (X)
Sun. Aug. 12	3 Km, Alexandria, Virginia (T)
	5 Km, Littleton, Col. (F)
Mon. Aug. 13	5 Km, Long Branch, NJ (A)
Tue. Aug. 14	5 Km, Grand Island, New York, 5:30 pm (J)
Wed. Aug. 15	2 Mile, DeAnza Cal. College (I)
Sat. Aug. 18	Doc Tripp 5 and 10 Km, Broomfield, Col. (F)
	2 Mile, Albuquerque, NM (N)
Sun. Aug. 19	4 Mile, Sisters, Oregon, 10 pm (Y)

Mon. Aug. 20	5 Km, Long Branch, NJ (A)
Tue. Aug. 21	5 Km, Grand Island, New York, 5:30 pm (J)
Sat. Aug. 25	5 and 10 Km, Dearborn, Mich., 9 am (U)
	10 Km, Monroe, Wash. (C)
Sun. Aug. 26	5 Mile, Red Bank, NJ, 1 pm (A)
	3 Km, Alexandria, Virginia (T)
Mon. Aug. 27	5 Km, Long Branch, NJ (A)
Tue. Aug. 28	5 Km, Grand Island, New York, 5:30 pm (J)
Sat. Sep. 1	Mid-America Circuit 8 Km, Clinton, Iowa (P)
Sun. Sep. 2	5 Km, New York City (V)
	4 Mile, Seattle (C)
Thu. Sep. 6	2.8 Mile, Seattle, 6 pm (C)
Sat. Sep. 8	5 Km, Dearborn, Michigan, 9 am (U)
	5 and 20 Km, New Haven, Conn. (R)
	1500 meters and 5 Km, South Dakota Games, Pierre (X)
Sun. Sep. 9	National TAC 40 Km, Lincroft, New Jersey (A)

### Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 Windermere, Seattle, WA 98115
D--Marshal Goss, Track Office, Indiana U., Bloomington, IN 47405
E--Arizona Walkers Club, 5615 East Argayle Dr., Phoenix, AZ 85018
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
G--Ken Dose, Fresno CC Athletic Department, 1101 E. University Ave., Fresno, CA 93741
H--Barbara Waddle, 2327 Redfield Dr., Norcross, GA 30071
I--Bob Wilson, 1915 Juarez Court, San Jose, CA 95132
J--Niagara Walkers, 187 Lowell Road, Kenmore, NY 14217
K--Met. AC, PO Box 170, Church St. Station, New York, NY 10008
L--Gus Davis, 789 Donna Dr., Orange, CT 06477
M--Columbia Track Club, PO Box 10237, Columbia, MO 65201
N--New Mexico Race Walkers, 2301 El Nido, Albuquerque, NM
O--NCA/TAC, P.O. Box 10825, Raleigh, NC 27605
P--Illinois TAC, 111 W. Butterfield Rd., Elmhurst, IL 60126
Q--Steve Vaitones, 90 Summit St., Waltham, MA 02154
R--Davis, 789 Donna Drive, Orange, CT 06477
S--Gary Null's Natural Living, 200 W. 86th St., New York, NY 10024
T--Sal Corrallo, 3489 Roberts Lane N., Arlington, VA 22207
U--Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127
V--CATC c/o Unicullink, 1601 Nostrand Ave., Brooklyn, NY 11226
W--David Lawrence, 94 Harding Ave., Kenmore, NY 14217
X--Glen Peterson, YMCA, 230 S. Minnesota Ave., Sioux Falls, SD 57102
Y--Jim Bean, 4658 Fuhrer St., NE, Salem, OR 97305
Z--Masters T&F Championships, Condell Medical Center, 900 Garfield, Libertyville, IL 60048

### From Heel to Toe

Our report on the National 5 Km race last month credited John Knifton with being the first Masters finisher when in reality he was only third. Andrew Smith (24:25) was first and Jim McFadden (24:35) second. Our mistake. The results we



received had no mention of masters and the old editor relied on his vast knowledge of the walking world, which obviously was lacking. Apologies to the two slighted walkers. . . Correction on the results of the Southeast Masters 20 Km reported last month. Dr. Madho Singh in the 60-64 group had 2:09:33 and Joe Lavenberg 2:10:12. Don Johnson, in the over 70 group, had 2:09:35, not 2:10:12. . . The following announcement from Lori Maynard, Coordinator of Racewalking Championships: Hard to believe, but the 1991 season is rapidly approaching and we need to begin making plans for our National Championships. Next year will be exciting because it will include two major international competitions: the World Cup in June here in San Jose with a women's 10 Km and men's 20 and 50; and the World Track and Field Championships in Tokyo with a women's 10 Km and men's 20. Two 1991 races were awarded at last year's convention: the World Cup Trials for the 10 and 20 Km will be held in San Jose in April, and the National 15 Km is scheduled for Portland, Oregon in May. As in the past, TAC Track and Field Championships meet automatically becomes the qualifier for the Tokyo 10 and 20. All other races are open to bid. The National 50 Km race will be extremely important as it will serve as the team selection race for the World Cup 50 in San Jose. If you are even **thinking** of submitting a bid for any 1991 National Championship, it is time to start making plans now so you can complete all of the details without a last minute rush. Bid forms including a course map and TAC Certification number need to be completed and mailed to me no later than 2 October. 1991 will bring the most important competitions since the '88 Olympics and we hope many of you will be a part of it by bidding for a National Championship. If I can help in any way please contact me: Lori Maynard, 2821 Kensington Road, Redwood City, CA 94061. . . From San Francisco's Scandinavian poet laureate, Harry Siitonen: "Don't cower--CHARGE!" was the late Rex Harrison's epitaph. (The veteran English actor died June 2 at age 82.) "Stridin--that's how I remember him," he added. "He loved to take walks. He didn't saunter. He strode, carrying himself with style with his head held high, putting the world and the elements to the test." . . . The U.S. Olympic Festival will be held in Minneapolis in July with the following walks: Men's 20 Km July 13 at 7 am; Women's 10 Km (track) July 13 at 6:10 pm; and Men's 50 Km July 15 at 6 am. The racewalk committee will select the athletes to represent the four regions. Athletes will represent the region in which they graduated from high school. . . Other competitions for national teams are the Goodwill Games in Seattle (men's 20 km on July 22; women's 10 Km on July, both on track with top two from nationals qualifying--Lewis, Fournier, Lawrence, Vaill); U.S. vs Canada in Hull, Quebec September 22-23 (6 men at 20 Km, six women at 10, five junior men at 10, and five junior women at 5 all qualifying from Nationals; Pan American Cup in Jalapa, Mexico on October 27-28 with top five from Nationals at 50 Km, 20 Km, and women's 10 Km. . . Splits at 10 Km for the top six in the National 50 Km reported in the April issue were: Tim Lewis 48:58, 1:37:40, 2:25:57, 3:15:19, 4:10:46; Marco Evoniuk 49:10, 1:38:16, 1:28:00, 3:20:52, 4:16:27; Mark Manning 51:03, 1:42:01, 2:33:54, 3:25:46, 4:18:07; Mark Fenton 51:04, 1:42:35, 2:33:52, 3:25:53, 4:19:57; Eugene Kitts 52:29, 1:45:00, 2:37:05, 3:27:57, 4:20:26; Dan O'Connor 48:50, 1:37:40, 2:27:47, 3:23:17, 4:24:26. . . Denis Strangman in Australia has put together an excellent annotated bibliography on racewalking (we had mentioned it was in the works earlier). It contains 750 references to articles in the sports literature, 553 of which the compiler has located and studied. A 16-page subject and personal name index containing 2700 entries is included. Overseas cost is \$20 Australian. Write to The National Sport Information Centre, P.O. Box 176, Belconnen, A.C.T. 2616, Australia with your remittance payable to the Australian Sports Commission if you would like a copy.

## Watching the Racewalk

by Ann Peel

(The following article by Canada's well-known international racewalker Ann Peel appeared in the June 1990 issue of *Athletics*, Canada's national track and field/running magazine.)

Have you ever wondered how to watch the racewalk? And because you haven't understood it thought it boring? Watched by a knowledgeable spectator, the racewalk is one of the most interesting events in track and field because it's not just a "first across the line" or who can go highest or farthest event. The winner of the racewalk must not only have beaten her opponents, but must also have passed the scrutiny of the judges along the course.

There are two rules in the racewalk. Put simply, the supporting leg must be straight (usually for a split second as it comes under the athlete's body (this is the rule against "creeping"), and one foot must be on the ground at all times (which means that before the athlete takes her back toe off the ground her front heel must have struck the ground--this is the "lifting" rule). As an athlete's turnover or strides per minute become increasingly faster, it becomes difficult to determine whether these rules are being broken. Here the controversy.

The important thing to remember is that there are no absolutes in racewalking. That is, racewalking, by definition, is a human sport judged by the sets of human eyes belonging to the judges on the course. Whether one later sees a still picture or a slow motion video of an athlete "lifting" is irrelevant--human eyes do not work at the speed of cameras and what may be caught by a camera will be missed by the judges. This doesn't mean that the athlete "cheated" and got away with it. What it means is that the judges at the time of the race, judging with the limitations in their equipment (the human eye) did not judge that athlete to be walking illegally. Second guessing the judges later on may be an interesting exercise, but it is not part of the sport. (Ed. Well put, and essentially the ORW's stance through the years, but there are those who will vigorously argue the point.)

This seems to be however, the main reason behind the sport's unpopularity in the track and field community. (Not among the public, however, who appreciate and enjoy the sport more than the track and field community is willing to admit.) Everyone in track and field thinks he or she is a racewalk judge. This probably occurs because there are times when the judges are lenient for motivations such as encouraging the younger athletes (a misguided approach in my opinion for those athletes simply have more trouble later on). Again, this is because the sport is human--that we live with its failings. Line judges can be seemingly unfair in tennis, the starter's pistol can be held too long in the sprints, and the long jump judge may misread the markings on the takeoff board, but these are not sufficient reasons to condemn or dislike a sport.

Next time you're watching a racewalk, watch how the more experienced athletes will work with the presence of the judges. They will hide themselves in the pack, not so that they can "cheat" because it would be too difficult to continuously change rhythms from lifting to not lifting and back again, but so that they can reduce their exposure to the judges and reduce the chances of being disqualified. When only three disqualifications, one from each of three different judges, are necessary to disqualify an athlete, the athlete will want to reduce his or her exposure simply to play the odds. An experienced athlete may also force another athlete's hand by forcing that athlete to accelerate in front of the judges. And you will note that racewalkers do not have the luxury of



leaving the race to the last few hundred meters. You must have made your move long before then since the judges usually group around the finish to increase the scrutiny on finishing athletes.

Watch also how the top athletes will walk at almost 200 strides per minute because the faster the strides are the faster the athlete can move without leaving the ground. Slow, long strides increase an athlete's air time and increase the chances of lifting. Once a racewalker takes his or her foot off the ground, he or she wants it back on the ground again as quickly as possible. You'll also not that the shoulders and arms are low and relaxed to reduce the chances of the arms and shoulders rising high and causing the athlete to pull up and lift. In fact, on many of the top athletes, you will notice that the driving shoulder is very low, almost driving down, as it swings through. Arm movement is also very fast to assist in keeping the strides per minute high. The arm will almost punch the air as it comes through, with a very short, quick backswing, to increase the strength and forward movement. Indeed, the arms and shoulders play a very important role in the racewalk and are the key to moving quickly and efficiently.

So a racewalker not only has to try to be the fastest and the strongest--the racewalker has to try to be the fastest and the strongest while obeying two restrictive rules. This adds an interesting and challenging element to the sport. Next time, instead of turning away because you think the racewalkers are going too slowly and look strange, remember that the speed is relative and the race is what matters. Watch the racewalkers to see how they adjust their technique to the warnings of the judges, watch how their body position helps them and ENJOY!

\* \* \* \* \*

## Looking Back

**25 Years Ago** (From the June 1965 ORW)--Art Mark covered 34 1/2 laps up an down a shopping center mallway to win the McKeesport (Pa.) International 20 Km in 1:38:06 with your editor 53 seconds back. Jack Blackburn finished in just over 1:40 and Don DeNoon was a distant fourth. . . Dean Rassmussen, fifth in the McKeesport race, won the National 50 Km in extreme heat, struggling through in 5:03:33. Bruce MacDonald, Elliott Denman, Paul Schell, and Goetz Klopfer followed. . . The National 30 Km in Los Angeles went to Ron Laird in 2:41:17 and Jack Mortland (yes, your editor) captured the National 10 Km on the Stagg Field track in Chicago on another hot day with a 48:19. Mark, DeNoon, Rassmussen, Ron Daniel, and a sluggish Laird followed.

**20 Years Ago** (From the June 1970 ORW)--Dapper Dave Romansky dominated the news with wins in the National 10 and 20, and the Zinn Memorial 10, along with American records at 3 Km and 2 Miles. In the 20 at McKeesport, Dave pulled clear of TOM Dooley in the final 5 Km on the hot blacktop to win in 1:35:35. Dooley had 1:35:04. No one else was close as RON Kuliik, Steve Hayden, Goetz Klopfer, and John Knifton rounded out the top six. . . In the 10, Dave left Klopfer after a mile on the Stagg Field tartan and went on to record a quick 44:23. Klopfer had 46:56 with Laird, Mortland, Greg Diebold, and Jerry Bocci following. . . In the Zinn race the next day on a cinder track, the order was the same, except that Diebold went home and Bob Henderson moved up from seventh to sixth. Dave slowed to a 44:34 and Goetz was closer with 46:27. Laird had 48:53 and the aging Mortland 49:22. . . The Canadian 20 Km went to Marcel Jobin in 1:35:42 and Wilf Wesch won the British title in 1:31:47.

**15 Years Ago** (From the June 1975 ORW)--TOM Dooley, in a comeback year, won the National 20 Km in San Francisco in 1:35:52 with Bob Henderson 25 seconds back. John Knifton, Dave Romansky, and Bill Ranney also finished under 1:38. . . The Mexicans were really starting to be seen in race walking and won an international match from West Germany and Great Britain in London. DOMingo Colin beat Bernd Kannenberg in the 20 with 1:26:37 to 1:26:55. Gerhard Weidner won the 50 in 4:03:52 with Pedro Aroche next in 4:08:42. . . East Germans also showed good speed with Hans-Georg-Reimann winning the annual Naumburg 20 Km in 1:26:30. Karl-Heinz Stadtmuller was second in 1:27:19. Weidner also won the 50 there in 4:06:42. . . The U.S. 5 Km title went to Laird in a rather slow 22:08.6, with John Knifton, Tom Dooley, Bill Ranney, and Larry Walker all under 22:45. . . Steve Cassarella won the National Junior 10 Km in 53:50. . . The Zinn Memorial 10 Km went to Larry Young, starting a comeback with an eye to 1976, in 47:49, just ahead of Dooley.

**10 Years Ago** (From the June 1980 ORW)--The U.S. Olympic team, which was destined not to compete, was completed with the 20 Km trial. Jim Heiring and Marco Evoniuk tied for first in 1:27:12, with Dan O'Connor an untroubled third in 1:29:05. Todd Scully (1:30:28), Larry Walker (1:31:06) and Carl Schueler (1:31:17) took the next three spots. With Evoniuk and O'Connor already on the team at 50 (along with Schueler), Scully and Walker joined Heiring on the 20 Km squad. . . In the National T&F Meet, Sue Brodock won titles at both 5 and 10 Km. In the 5, her swift 23:19.1 left Susan Liers nearly 80 seconds behind. Bonnie Dillon and Ester Lopez took the next two spots. The margin was even greater at 10 as Brodock won in 51:01 to Liers 52:33.6. Lopez was again third, with Vicki Jones fourth. . . Tim Lewis emerged as a name for the future, winning the National Junior 10 Km in 46:50.6 ahead of Ed O'Rourke (48:30.4) and Tom Edwards (48:35.6). . . Mexico's Ernesto Canto covered 20 Km in Rousse, Bulgaria in 1:19:02, beating Gennadiy Terechov by just 9 seconds. . . His countryman, Raul Gonzalez did 50 Km on the track in Bergen, Norway in 3:43:42, leaving Soviet walker Vladimir Rezayev more than 6 minutes behind. At the same site, Mexico's Daniel Bautista did 20 km on the track in 1:21:06, beating Czech Josef Pribilinec (1:21:39) and Canto (1:22:41). . . Ray Sharp won the U.S. National 5 Km in 20:27.8, with Todd Scully second in 20:33.5 and Jim Heiring third in 20:47.6.

**5 Years Ago** (From the June 1985 ORW)--Tim Lewis pulled away from Marco Evoniuk over the second half of the race to win the National 20 Km in Indianapolis. His 1:28:27 left Marco 51 seconds back. Todd Scully edged Paul Wick for third 1:30:12 to 1:30:24. Andy Kaestner and Gary Morgan followed. . . In the women's National 10 Km at the same site, Maryanne Torrellas ruled in 48:38. Teresa Vaill (49:26), Debbi Lawrence (50:26), and Ester Lopez (50:55) were next. . . The National 5 Km was held in Denver with Torrellas (23:52.8) and Jim Heiring (20:21) winning the titles. Lopez, Vaill, and Lawrence trailed Torrellas. Dave Cummings (20:40) beat Lewis (20:56) for second in the men's race, with Evoniuk fourth. . . Jan McCombie captured the British National 20 Km in 1:22:37.

## A Comment On Shoes

by Alan M. Sangeap  
Albany, New York

In response to your request for good racewalking shoes, may I suggest Adidas Torsion 5000. I am not in any way affiliated with the company.



Generally, racewalking shoes should be as firm as you can stand them. I suspect leather-soled dress shoes are the ultimate, but they are too tough for me. When the shoes are firm, the forefoot does not deform when the body weight passes over it, so it doesn't absorb mechanical energy. This saves time from about half the stride cycle. The mechanical energy was absorbed from the hips, which can have a less complex energy output pattern. The shoes feel like quicksilver. You feel very Russian. It's like switching from racewalking on a rubber track or soft earth to concrete or stone. Of course this neglects the development of the hip muscles, but that is not a popular occupation anyway. Beginners must do it, but everybody else concentrates on other ways to increase speed.

The rearfoot is also very firm, but it seems to do the job. It doesn't really deform, it just gives a giant thud and presto you've been cushioned. Sort of like a big Mercedes. This makes it more difficult to warm up, because you have little against which to press the muscles. It's also hard to tell when the midsoles are compressed because you get so little feedback; I have several pairs in different stages of wear. (News flash: springy new socks are effective in the rearfoot of shoes that are too hard, but they absorb momentum in the forefoot. Next I'll try moleskin on old socks.)

It's easier to tell how important midsole deformation is when you wear shoes with different midsole densities. The Nike walkers have a rocker of firmer material embedded from midfoot sloping thicker towards the metatarsal arch (where the toes flex) and then thinner abruptly. This speeds you up as you get to the metatarsal arch, and then falls away, catapulting you forward (and into the air). Pity they don't come in running/racewalking versions. They would be a great boon for every walker, except very advanced ones who lift without any help, thank you.

For people who have trouble with lifting, just reverse advance and compress the rocker: make it get thicker abruptly and then thinner gradually (this absorbs forward momentum), make it smaller and move it towards the tip of the shoes (where they find themselves with an embarrassment of momentum). Another way to maintain contact longer is to make the toes longer, upturned and flexible (like elf shoes, but without bells on the tips); that way the shoe toe stays in contact with the ground after the foot toes have left. Fulfills the letter of the rule.

Another way that my shoes are great is at the heel. It curves up very little, so when making contact with the ground the hips aren't thrust backwards. I remember reading in this publication a few months ago an article by Mr. Alongi that lifting the feet high off the ground brings strong backwards reaction when the feet land back. Upturned heels are another way. When they land it is on a very wide area, and then have to lift onto smaller areas. Sort of like lifting out of a hole. Wide initial contact patch is like a deep hole. Worn and compressed heels also have a flatter edge. Dress shoes also have a sharp and firm edge.

Another requirement for good racewalking shoes is a close and supporting fit around the ball of the foot. When they don't, it is difficult to roll past the ball of the foot and onto the toes. The ball of the foot seems large and the toes distant; or the ball burns and the toes fade. Then the stride is slightly short, but more important is that most forward momentum is generated at that time. You can adapt to it, wear slipper socks when training (and on soft ground: Henry Laskau?), but I prefer mechanical aids: shoes that fit very closely around the ball of the foot, and that do not allow a break right before reaching the ball of the foot (as shoes that are too flexible do, including dress shoes; but I remember seeing in a dress shoe catalog a pair that had a thickened sole right at the front edge of the arch which probably stops the break), and that do not allow the metatarsal arch to flatten (gives a burning or at least flat/proeminent sensation to the ball of the foot; here metatarsal shoe inserts are essential, and Dr. Scholl makes the only ones [you can find his products in most drugstores, but metatarsal inserts seem to be harder to find]). To appreciate the need for a fit close to the bone structure under the ball of the foot try walking over a bump the right size, shape and position (say the strip of wood often placed under the doors of older houses to keep out drafts).

A related observation is that racewalking shoes should be longer than dress shoes, and even sneakers for other sports. The pressure and rolling-off onto the toes that good technique requires flattens out the arch that is each toe with each step, and thus it advances the toes (and toenails) further away from the heel than in any other sport. I always wear shoes one size bigger than I would wear for any other purpose. Hope anybody out there who doesn't would at least try that. Before I discovered it (and it took one year of racewalking), I used to get black toenails and calloused toe-ends continually. Since then I've realized that there really is no reason to bring the toenails into racewalking at all.

Anyway that's all I can think of when it comes to shoes. In other business I would like to take issue with the plantar dorsiflexion stuff--where you contact the calves and lift onto the toes. It's true for beginners. When I first started I put on two inches of muscle on the calves. But later it became less important. Now instead I concentrate on the smooth transmission of upper-body momentum down through midbody and the absorption of lower-body jaring at midbody before it gets any higher. Dorsiflexion comes only near the end of the stride, to maintain ground contact longer. And yes it is possible to measure more and more force in dorsiflexion; not necessarily come from the calves, but in my opinion transmitted from the arms through midbody downwards. By analogy you can measure great forces exerted by the left arm without any of its muscles contracting: just move it around with the right arm.

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