

Ohio Race Walker
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Ryashkina Shatters World Record In Goodwill Games

Seattle, July 24--Soviet racewalker Nyadezhda Ryashkina made a major breakthrough in the 10 Km racewalk at the Goodwill Games tonight. Not only did she upset Australian ace Kerry Saxby, she also shattered Saxby's World Record by circling the track 25 times in 41:56.21. Saxby strained to make inroads on the Soviet girl's lead all the way down the final straightaway, but Ryashkina refused to fold and held on a couple of strides ahead. Saxby finished in 41:57.21, also well under her former world mark. Coming into this year, Ryashkina's best was a 43:09 on the track in Bergen, Norway last April. However, she failed to finish the World Cup race a month later. She has been ranked fifth in the World the past two years by the ORW. Last year's World Cup winner, Beate Anders, was a distant third. For the U.S., Debbi Lawrence continued her fine summer with her third major race in a month at a pace no other American woman has achieved on a track. But she could not match with the leaders in this field. Canada's Pascal Grand made a tremendous leap in her personal best and finished just ahead of Lawrence.

In last night's 20 Km, Mexico's Ernesto Canto made a return to the top after nearly three years of sluggish performances. Canto won in 1:23:14, beating Soviet ace Mikhail Schennikov, third in last year's World Cup. A real surprise in the race was virtual unknown Aussie, Nick A'hearn who beat his countryman Simon Baker, the 1989 World Cup gold medalist at 50 Km, for third place.

Canto, the World Record holder, 1981 World Cup Champion, 1983 World Championship gold medalist, and 1984 Olympic gold medalist at 20 Km, had been in a tailspin since the 1987 World Cup in New York. He set a blistering pace in that race and seemed to be in command when he hit the wall with about 2 km to go and wound up fifth. He was then disqualified in that fall's World Championships and the 1988 Olympics and managed only 13th in last year's World Cup. So this race marks a great return to form.

Results:

Women's 10 Km: 1. Nadezhda Ryashkina, USSR 41:56.21 2. Kerry Saxby, Australia 41:57.21 3. Beate Anders, GDR 42:48.51 4. Olga Kardopoltseva, USSR 43:38.01 5. Olga Krishtop, USSR 45:28.11 6. Pascale Grand, Canada 46:23.80 7. Debbi Lawrence, US 46:31.71 8. Teresa Vaill, US 49:43.00

Men's 20 Km: 1. Ernesto Canto, Mexico 1:23:14 2. Mikhail Schennikov, USSR 1:23:23 3. Bernd Gummelt, GDR 1:23:30 4. Nick A'hearn, Australia 1:23:50 5. Simon Baker, Australia 1:23:58 6. Grigori Kornev, USSR 1:24:57 (No report yet on how the US walkers did.)

SECOND CLASS POSTAGE
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Fisher Captures National 10 Km at Niagara Falls

Niagara Falls, N.Y., July 7—Curtis Fisher beat New York AC teammate Gary Morgan to win the National TAC 10 Km racewalk championship today. Fisher's 42:53 left Morgan nearly 1/2 minute behind. Potomac Valley's Bobby Briggs had his best race to date at any distance to capture third in. Not far behind him, Robert Cole and Tom Nutter came fourth and fifth to lead the Parkside AC to the team title. Dan O'Brien had a strong race to capture the sixth slot. Master's winner, Bob Keating, was eighth overall with a brilliant 46:38.

The women's race went to Canada's Janice McCaffrey in 47:41 ahead of another Canadian, Holly Gerke. McCaffrey beat all but eight of the men in the race. Susan Liers led U.S. women in third place with her fastest time in several years, 49:38.

The athletes were aided by near perfect weather conditions—temperatures in the low 60s and no wind.

Results:

Men: 1. Curtis Fisher, New York AC 42:56 2. Gary Morgan, NYAC 43:23 3. Bob Briggs, Potomac Valley Seniors 44:19 4. Robert Cole, Parkside AC 44:32 5. Tom Nutter, Parkside AC 44:48 6. Dan O'Brien, Motor City Striders 46:02 7. Ian Whatley, Carolina Godiva 46:19 8. David Lawrence, Niagara Walkers 48:16 9. Dave Talcott, Shore AC 48:21 10. Paul Cajka, Shore AC 49:36 11. Roman Olszewski, Etobicoke, Ont. 49:45 12. Gino Codato, Natural Living 50:07 13. Paul Guimond, Etobicoke, Ont. 50:21 14. Tom Krasnoff, Parkside AC 51:28 15. Curt Sheller, Pottstown, Pa. 53:24 16. Justin Kuo, New England Walkers 55:27 17. Leon Stein, Niagara Walkers 59:44 17. Anthony Lang, Niagara Walkers 62:17 18. Henry Buck, Natural Living 62:41 **Masters:** 40-44—1. Robert Keating, New England Walkers 46:34 2. Andrew Smith, New Mexico Racewalkers 48:29 3. Nick Bdera, Eastside Racewalkers 49:28 4. Phil McGaw, North Medford Club 49:26 5. Franco Pantoni, East Side TC 50:15 6. Brian Savilonis, New England Walkers 51:36 7. Stan Chraminski, Pacific Pacers 52:28 8. Norman Frable, Midland, Tex. 53:36 9. Robert Ullman, New England Walkers 54:05 10. Martin Smith, Cedar Rapids, Iowa 56:53 11. William Madeau, Ontario 70:24 45-49—1. Victor Sipes, Wolverine Pacers 49:08 2. Gary Null, Natural Living 50:21 3. Tom Knatt, New England Walkers 50:34 4. Terry McHoskey, Wolverine Pacers 52:48 5. Robert Campbell, Wolverine Pacers 56:02 6. Richard Bales, Niagara Walkers 57:32 7. Robert Lubelski, Niagara Walkers 58:09 50-54—1. John Elwarner, Wolverine Pacers 49:06 2. Gerald Bocci, Motor City Striders 56:08 3. Frank Soby, Motor City Striders 57:40 4. Walter Lubzik, Wolverine Pacers 58:47 5. Gustave Davis, Conn. Racewalkers 60:58 6. Edward Riha, Indiana Racewalkers 65:17 7. Vladimir Krutikov, Rochester, N.Y. 65:41 55-59—1. Larry Green, Wolverine Pacers 53:20 2. Lionel Guillemette, New York City 61:26 3. Greg Wittig, Niagara Walkers 62:23 4. Samuel Amato, Niagara Walkers 66:38 5. Chester Socia,

Kalamazoo, Mich. 68:43 60-64—1. Moshe Meyerowitz, Bangor, Maine 58:26 2. Frank Fina, Niagara Walkers 58:58 3. Vance Genzlinger, Wolverine Pacers 59:24 4. Sal Brancaccio, Toronto 59:34 5. Charles Deuser, Clifton TC 60:59 6. Jack Ozment, Potomac Valley 61:11 7. William Peet, Indiana Racewalkers 62:39 8. Maynard Mickelson, WCLA, Ashtabula, Ohio 63:16 9. Joe Lavenberg, Shore AC 63:44 10. Dr. Bhag Singh Sidhu, Winston-Salem, NC 65:21 11. Marvin Eisenstein, Rochester, NY 68:12 65-69—1. Bob Mimm, Shore AC 58:46 2. George Heller, Shore AC 64:52 3. Joe Vitucci, Clifton TC 65:23 4. Alan Lawrence, Niagara Walkers 70:58 70 and over—1. Daman Cokey, Tidewater Striders 60:42 2. Max Gould, Ontario Racewalkers 62:52 3. Don Johnson, Shore AC 63:14 4. Tim Dyas, New Jersey Masters 64:33 5. Bill Tallmadge, N. Tonawanda, NY 67:21 **Junior—1.** Mark Barber, Parkside AC 47:46 2. James Kilburn, Brockville, Ont. 48:18 **Women:** 1. Janice McCaffrey, Calgary Track 47:41 2. Holly Gerke, Edmonton Olympic 49:19 3. Susan Liers, Natural Sport 49:38 4. Lora Rigutto, Maitland, Ontario 51:12 5. Lynda Brubaker, Lancaster Racewalk 51:26 6. Sofia Wolen, Wolverine Pacers 51:27 7. Tracey Briggs, Potomac Valley 52:33 8. Cheryl Rellinger, Niagara Walkers 52:38 9. Daniela Hairabedian, Pacific Pacers 55:32 10. Sue Hornung, Calgary Track 56:05 11. Chritina Izzo, Niagara Walkers 56:56 12. Nanci Sweazy, Etobicoke 57:24 13. Pauline Stickels, Potomac Valley 59:41 14. Karne Fina, Niagara Walkers 59:52 15. Patti Ditzel, New York City 61:43 16. Carol Beth Berry, Wolverine Pacers 62:16 17. Carol Casella, Natural Living 62:17 18. Eileen Lawrence, Niagara Walkers 62:22 19. Peggy Sheets, Clifton TC 63:11 20. Lucanne Dougherty, Natural Living 63:38 21. Susan Hoadley, Niagara Walkers 66:33 21. Marie DiMatteo, Niagara Walkers 67:55 22. Cheryl Stein, Niagara Walkers 68:05 **Masters:** 40-44—1. Julie Ratner, Natural Living 52:58 2. Jeanette Smith, Eastside TC 57:18 3. Marilyn CHute, Niagara Walkers 63:44 4. Sandra Kite, Niagara Walkers 65:18 5. Carol Kay, New England Walkers 65:29 6. Shelley Cantor, New England Walkers 65:53 7. Cathi Sullivan, Parma, Ohio 67:24 8. Hilary Keating, New England Walkers 75:58 45-49—1. Virginia Scales, S. Cal. Roadrunners 57:32 2. Dorothy Sholeen, Finger Lakes Club 59:38 3. Roberta Boyle, Wolverine Pacers 64:35 4. Beth Alvarez, Potomac Valley 65:03 5. Margie Alexander, Fortville, Indiana 65:24 6. Kathleen Wood, Wolverine Pacers 66:52 7. Joan Schindel, Potomac Valley 67:05 8. Valerie Stowe, Wolverine Pacers 67:09 50-54—1. Jill Latham, WCLA 59:46 2. Shiela Smith, Shore AC 61:13 3. Elton Richardson, Met. Racewalkers 61:41 4. Linda Roesner, Met. Racewalkers 63:23 5. Beth Grady-Young, Dunes Walking Club 64:53 6. Helene Block, Niagara Walkers 66:44 55-59—1. Rhoda Green, Met. Racewalkers 62:52 2. June-Marie Provost, London, Ont. 64:52 3. Gail Starler, Wolverine Pacers 72:53 60-64—1. Joan Rowland, Natural Living 65:20 2. Patricia Nesley, Potomac Valley 67:57 3. Carolyn Peet, Indiana Racewalkers 75:29 65-69—1. Sage Cowles, Minneapolis 69:54 2. Queenie Thompson, Natural Living 75:55—Of 157 starters in all categories, 147 finished, 6 were DQ'd, and four dropped out. **Judges:** Gary Westerfield (Chief), John Homerodean, Pat Smolick, Dave Stroud, Doug Stroud, Stafford Whalen, and Lillian Whalen. **Team scores:** Senior Men—1. Parkside AC 2:20:32 2. Natural Living 2:43:09 3. Niagara Walkers 2:50:17 **Masters Men—1.** New England Walkers 2:28:44 2. Wolverine Pacers 2:30:54 3. Niagara Walkers 2:54:31 **Senior Women—1.** Potomac Valley 3:04:11 2. Wolverine Pacers 3:05:45 3. Natural Living 3:07:30 **Masters Women—1.** Metropolitan 3:07:56 2. Natural Living 3:14:05 3. Wolverine Pacers 3:18:36

Lawrence Dominates Festival Field

Minneapolis, July 13-15--Debbi Lawrence recorded yet another very quick 10 Km and easily put away the rest of the field in the U.S. Olympic Festival. Debbie's 46:10.26 put her almost 2 1/2 minutes ahead of runner-up Sara Standley. Six women broke 50 minutes in the race.

The men's 20 Km went to Carl Schueler in what was probably an impressive performance. Unfortunately, it wasn't 20 Km. A cone marking the course turnaround was misplaced. Carl and several other walkers let the officials know something was wrong as soon as they got the 2.5 km time, but apparently it took some time to convince the officials. By that time, they decided to finish the race at the shortened distance rather than making a lap adjustment in the middle of the race. That distance was calculated at 18.27 km. So Carl's near world best of 1:18:58 isn't quite that impressive. But has he continued at somewhere near the pace he was going, he would have finished under 1:27, which isn't that shabby. Likely the first 6 finishers would have been under or very close to 1:30. Allen James finished just 20 seconds behind Schueler, and was certainly on his way to a personal best.

In the 50 Km, for which we still don't have complete results, Marco Evoniuk beat persistent veteran Dan O'Connor, with Eugene Kitts, who took up the event when already on the far side of 40, continuing his impressive string of performances in the low to middle 4:20s while taking third.

Results:

Women's 10 Km: 1. Debbi Lawrence 46:10.26 2. Sara Standley 48:26:20 3. Wendy Sharp 48:46.23 4. Victoria Herazo 49:32.30 5. Debora VanOrder 49:32.30 6. Susan Liers 49:57.98 7. Viisha Sedlak 50:43.23 8. Maryanne Torrellas 54:44.50 (still recovering from knee surgery) 9. Holly Wick 55:05.16 10. Heidi Epp 57:01.49 DNF: Teresa Vaill

Men's "20" Km: 1. Carl Schueler 1:18:58 2. Allen James 1:19:18 3. Curtis Fisher 1:20:14 4. Gary Morgan 1:20:22 5. Ray Sharp 1:21:44 6. Paul Wick 1:21:47 7. Bob Briggs 1:22:23 8. Don Lawrence 1:24:18 9. John Marter 1:26:09 DQ--Steve Pecinovsky DNF--Herman Nelson

Men's 50 Km: 1. Marco Evoniuk 4:17:11 2. Dan O'Connor 4:19:28 3. Dr. Eugene Kitts 4:22:52

OTHER RESULTS

8 Km, Needham, Mass., June 26--1. Phil McGaw 40:32 **2.** Tom Knatt 40:58 **3.** Justin Kuo 43:46 **4.** Paul Schell 45:07 **Women:** 1. Carol Kay 54:44 **10 Km, Dedham, Mass., July 4--1.** Steve Vaitones 50:06 **2.** Phil McGaw 53:29 **3.** Paul Schell 55:59 **4.** Justin Kuo 60:42 **5 Km, Dedham, Mass., June 30--1.** Mark Fenton 21:24.7 **2.** Dave McGovern 22:44.6 **3.** Steve Vaitones 22:48.2 **4.** Phil McGaw 23:46 **5.** Tom Knatt 23:55.1 **6.** Justin Kuo 26:06.5 **7.** Andrew Bartrczak 28:40.1 **Women:** 1. Carol Davis 32:29.2 **5 Km, Cambridge, Mass., July 21--1.** Phil McGaw 24:39.1 **2.** Justin Kuo 26:55.2 **Women:** 1. Ann Tomes 32:10.6 **Womens 5 Km, New York City, July 1--1.** Gail Lichter 29:28 **2.** Ellen O'Shaughnessy 30:30 **3.** Rhoda Green 30:34 (1st 50-59). . **5.** Joan Rowland 32:30 (1st 60-69) (36 finishers) **10 Km, Alexandria, Va., July 21--1.** Steve Pecinovsky 46:02 **2.** Bob Briggs 50:04 **3.** Ned Stone 60:40 **Women's 5 Km, same place--1.** Shirley Olgeirson, N.D. 32:52 **8 Km, Alexandria, Virginia, July 4--1.** Alan Price 40:12 **2.** Bob Elliott 44:38 **3.** Mitch Segal 47:19 **4.** Regis Harkins 47:25 **Tennessee Masters 10 Km, June 22--1.** Eugene Siler, Kentucky (53) 66:17 **2.** Mike Mitchel, NC (59) 66:47 **Tennessee Masters 3 Km, June 23--1.** Eugene Siler 17:00 **2.** Frank Cornett, Kentucky 17:07 **3.** Kendrick Sanders, Kentucky 17:56 **4.** David Ingram 18:11 **1 Mile, Raleigh, NC, June 24--1.** Curt Clausen 6:07.7 (American record, Previous record 6:09.9 by Ray Funkhouser. I was surprised when I saw this was a new record as I know

Todd Scully did the first sub-7 minute mile back in the middle to late 70s in Seattle. Apparently that was never accepted. Note also that Tim Lewis' indoor record for a mile in 5:55.13.) **2.** Andrew Briggs 8:28.8 (1st 50-59) **2nd Race:** 1. Alvia Gaskill 7:51.2 **2.** Andy Jackson 8:42 **3.** Ken Long (60-69) 8:46 **5 Km, Durham, NC, May 15--1.** Ray McKinnis 27:03 **2.** Alvia Gaskill 29:06 **1 Mile, same place--1.** McKinnis 7:34 **2.** Gaskill 7:57 **3 Km, Durham, NC, May 23--1.** McKinnis 15:04 **2.** Gaskill 16:54 **1 Mile, same place--1.** McKinnis 7:36 **2.** Gaskill 7:40 **3.** Andrew Briggs 8:13 **Virginia State Games 5 Km, Richmond, June 30--1.** Alan Price 24:03 **2.** Paul Cajka 27:12 **3.** Scott Bentley 29:15 **4.** Jack Ozment 29:15 **1 Mile, Virginia Beach, July 4--1.** Paul Cajka 7:55 **2.** Harry Watson (49) 8:10 **3.** Allyn Evans (55) 8:30 **4.** Gregory Hasse (45) 8:30 **5.** Craig Sykes (59) 9:56 **5 Km Spanish River Park, somewhere in Florida, May 12--1.** John Fredericks (42) 25:(**2.** Fred Cichocki (46) 28:10 **3.** Joseph Correnti (30) 30:35 **Women:** 1. Sondra Vladem (35) 29:04 **2.** Louise Tolson (39) 29:15 **3.** Linda Stein (42) 29:54 **2 Mile Florida, May 28--1.** Fred Cichocki 17:08 **2.** Charles Poladian (67) 19:05 **3.** AllenMenzer (44) 19:40 **5 Km, Florida, June 16--1.** John Fredericks 24:10 **2.** Pet Black (47) 28:30 **3.** Cary Canner (49) 29:53 **Women:** 1. Sondra Vladem 28:58 **2.** Linda Stein 29:05 **3.** Louise Tolson 28L15 **10 Km, Cincinnati, June 16--1.** Dave Berry 58:51 **Women:** 1. Peggy Sheets 66:10 **5 Mile, Columbus, April 1** (nothin like timely reporting on local events)--**1.** Jim Spitzer (58) 48:40 **2.** Jack Shuter (61 56:07 **20 Mile, same place--1.** John Kuskoski, Bakerton, Pa. 4:02:13 **Junior International 5 Km, Columbus, Ohio, July 28: Women--1.** Rosario Sanchez, Mexico 23:37.30 (Mexican Junior record) **2.** Corine Whissel, Canada 24:09.55 **3.** Araceli Cruz, Mex. 24:27.68 **4.** Sylvie Turnbull, Can. 24:51.22 **5.** Jennifer Zalewski, U.S. 28:00.86 **6.** Ali DeWitt, U.S. 29:31.73 **Men--1.** Martin St. Pierre, Can. 21:02.09 **2.** Philip Dunn, U.S. 21:14.8 **3.** Tim Seaman, U.S. 22:40.92 **4.** Joseph Kilburn 23:05.34--The races were held on the Ohio Stadium track in the morning. In the women's races, Zawleski took the early lead and moved out by 20 to 30 meters. She was overhauled by the Mexicans and Canadians at about three laps, raced with Turnbull for a while, then was reduced to strolling in over the last 3 or 4 laps. Sanchez pulled steadily away from Whissel over the last mile and finished very strongly. In the men's race, St. Pierre led throughout, but Dunn stayed on his heels for the first 2 miles. St. Pierre always looked in control, however, and was much the smoother and more relaxed. When he made his move, Dunn had no response, but the American walked an outstanding race and is certainly a bright prospect for the future. Seaman walked a gutty race, but is limited at this time by a rather stiff style that had him under very close surveillance by the judges. He is bound for Wisconsin-Parkside and will certainly have the opportunity to improve his style in that environment. The judges were Jack Mortland (Chief), Wayne Armbrust, Jack Shuter, and John White. **5 Km, Dearborn, Mich., June 24--1.** Gary Morgan 21:10 **2.** Dan O'Brien 22:43 **3.** John Elwarner 23:36 (1st over 50) **4.** Terry McHoskey 25:47 (2nd master) **5.** Gerry Bocci 27:51 (3rd master) **6.** Wally Lubzik 28:39 (4th master) **Women:** 1. Zofia Wolan 23:34 **2.** Lisa Sonntag 26:19 **3.** Roberta Boyle 31:37 (1st master) **4.** Valer Stowe 31:43 (2nd master) **5 Km, Dearborn, July 14--1.** Victor Sipes 24:21 **2.** Robert Campbell 27:10 **3.** Wally Lubzik 28:51 (all masters) **2.** Jim Stallman 1:48:31 **3.** Rob Spier (over 70) 1:51:18 **5 Km, Chicago, June 15--1.** Tom Nutter 21:44 **2.** Mark Barber 23:05 **3.** Peter Williams 24:03 **4.** Brian Schultz (44) 24:12 **5.** Dean Easterlund (41) 24:38 **6.** Don Mowles (47) 26:23 **7.** Scott Richards (42) 28:38 **8.** Al Richardson (48) 28:52 **9.** Franklin Brown (56) 29:19 **Women:** 1. Jennifer Zalewski 24:03 **2.** Tammy Vinar 24:11 **3.** Lisa Sonntag 25:45 **4.** Joanne Gravert 28:56 **5.** Marideth Sandler 29:38 **6.** Joyce Decker (56) 29:43 **7.** Rachel Norton (52) 29:48 **8.** Porky Gadiant (54) 30:13 **Masters T&F Championships, Libertyville, Ill., July 7: 3 Km: Men--1.** Brian Schultz (45-49) 14:43.90 **2.** Peter

Williams (35-39) 14:54.11 3. Don Mowles (45-49) 15:12.16 4. Richard Scott (40-44) 15:54.7 5. Frank Weibel (45-49) 16:53.1 6. Franklin Brown (55-59) 17:14.3 7. Jan Berezniak (50-54) 17:32.3 8. Bob Jordan (40-44) 17:37 Women--1. Joyce Decker (55-59) 18:09.68 2. Ruth Leff (60-64) 18:50.3 3. Patty Oria (30-34) 18:50.7 1500 meters: Men--1. Mike DeWitt (35-39) 6:41.50 2. Brian Schultz 7:02.8 3. Peter Williams 7:07.8 4. Don Mowles 7:31 5. Frank Weibel 8:05.9 6. Franklin Brown 8:38.4 7. Bob Jordan 8:35.1 Women--1. Joyce Decker 8:51.58 2. Ruth Leff 9:10.3 3. Patty Oria 9:20 **Badger State Games 3 Km, Madison, Wis.--1. David Doherty 12:48 Age 30-39--John VanDenBrandt 15:13 (first race in about 8 years) 40-49--Robert Brzenk 16:37 Youth--David Tilma 18:23 Intermediate--Erik Hanson 18:31 15 Km, Columbia, Missouri, June 2--1. Gayle Johnson, Ohio TC 1:26:52 (26:06, 57:23) 5 Km, Denver, June 9--1. Dan Pierce 24:53 2. Bob DiCarlo (56) 27:31 5 Km, Denver, June 3--1. Dan Pierce 24:08 2. Denise Morrier 30:18 5 Km, Denver, May 19--1. Barbara Hilger (55) 28:46 2. John Tarin 29:19 3. Klaus Timmerhaus (65) 30:12 US Association of Blind Athletes 3 Km Nationals, Colorado Springs, June 17--Class B-1 (totally blind) 1. John Morgan, Cal. 20:27 2. John Falstrom, Col. 24:21 3. Paul Trujillo, Col 24:23 Masters: 1. Harry Cordellos (52), Cal. 20:21 2. Jim Talley (45), Col. 22:21 Masters B-2 (20/60 to 20/1600)--1. Jim Chalfont (62), Wash. 22:23 CClass B-3 (20/200 to 20/600)--1. Joe Hohnicki, Wis. 20:17 Women Class B-1--1. Nancy Stevens (29), Col. 24:40 Women B-2--1. Lillian Pino, NM 26:45--contestants walked with sighted guides. 5 Km, Denver, June 21--1. Bob DiCarlo (56) 27:17 2. Peggy Miller 28:01 3. Scott Stewart 28:02 4. Chris Amoroso (56) 29:23 5 Km, Denver, July 4--1. Bill Hutchinson 24:24 2. Bruce Ricks (43) 26:54 3. Bob DiCarlo (56) 26:59 4. John Tarin 28:02 5. Chris Amoroso (56) 29:20 6. Klaus Timmerhaus (65) 30:16 Women: 1. Viisha Sedlak 25:34 SCA/TAC Masters 5 Km, Los Angeles, June 16 Women 20-29--1. Lizzy Kemp-Salvato 24:53 2. Margaret Govea 26:27 3. Allison Ashton 29:37 35-39--1. Daniela Hairabedian 27:15 2. Kathy Blackmer 27:17 3. Cathy Mish 29:07 40-44--1. Donna Cunningham 28:39 45-49--Susan Synal-Griffin 28:31 2. Jaye Horowitz 29:37 50-54--1. Jill Latham 30:04 Men: 30-34--1. David Ayon 27:24 35-39--1. Ray Funkhouser 24:39 2. Richard Nester 30:40 40-44--1. Stan Chraminski 25:30 2. Art Grant 26:37 3. Ed Bouldin 26:55 45-49--1. Jesus Orendain 27:17 2. Dave Snyder 27:20 50-54--1. Richard Oliver 27:09 2. Bill Neded 28:37 3. Robert Kleppe 29:38 55-59--1. Robert Meador 27:46 2. Carl Acosta 28:19 60-64--1. Joe Weston 31:41 65-59--1. Mel Grantham 30:50 80-85--1. Tony Perona 36:15 10 Km, Pasadena, June 23--1. Enrique Camarena 54:47 2. Richard Oliver 56:03 3. Richard Nester 57:07 4. Bob Meador 57:21 5. Carl Acosta 57:24 5 Km, same place--1. Jesus Orendain 27:42 2. Donna Cunningham 28:42 3. Bob kleppe 29:09 4. Steve Leitner 29:55 5. Ken Yoshira 29:57 6. Mill Latham 30:02 5 Km, Long Beach, June 3--1. Keith Ward 25:43 2. Jesus Orendain 27:25 3. Bob Meador 27:34 4. Art Grant 27:46 5. Ed Bouldin 28:00 6. Richard Oliver 28:07 7. Donna Cunningham 29:41 8. Ken Yoshihara 30:06 5 Km, Rancho Cucamonga, Cal., June 9--1. Art Grant 26:57 2. Virginia Scales 28:11 Pac. Assn/TAC 5 Km, Los Gatos, Cal., June 9: Women: 30-34--1. Kim Wilkinson 24:41.6 2. Donna Billiard 30:41 35-39--1. Cindy Paffumi 28:17 40-44--1. Sandy Womack 28:40 45-49--1. Jo Ann Nedelco 25:14 50-54--1. Brie Reybine 30:49 Men: Open--1. Rick Holt 24:21.2 2. James Lanschau 24:23 3. Bill Tanzer 26:50 4. Bryan Winter 28:22 30-34--1. Bob Edwards 28:41 35-39--1. Skip Bockoven 26:13 40-44--1. Lance Wright 29:08 45-49--1. Ron Daniel 25:58 50-54--1. Chuck Marut 26:04 60-64--1. Vic Crosetti 29:56 2. nBill Moreman 30:25 Western Regional T&F Championships 5 Km, Berkeley, Cal., July 7: Women: 1. Kim Wilkinson 24:02 2. Lizzy Kemp-Salvato 25:31 3. Jo Ann Nedelco 25:34 (1st master) 4. Margaret Govea 26:17 5. Vicky Jenkins, Ariz. 27:37 6. Vera Jenkins 27:38 7. Mataji Graham, NM 27:41 8. Cindy Paffumi 28:22 Men: 1. Jim Lenschau 23:48 2. Rick Holt 25:05 NAIA District 10**

Km, Salem, Oregon, May 12--1. Vance Godfrey, George Fox, Col. 47:36 2. Andrew Herman, Williamette 50:28 3. Daved Thomas, George Fox 53:06 4. Travis Johnson, George Fox 55:03 5. Greg Thompson, SOSC 56:02 6. John Garlitz EOSC 57:08 10 Km, Salem, Oregon, May 27--1. Steve Renard 52:09 2. Joel Estrin 55:47 3. Ron Laird 60:41 3 Km, Seattle, June 2--1. Stan Chraminski 14:42 2. Daniela Hairabedian 15:15 3. Lew Jones 16:49 4. BVeV LaVeck 16:51 5. Paul Kaald 17:49 6. Gail Jones 18:59 1500 meters, same place--1. Lew Jones 7:24.5 2. Blake Surina 7:33.7 3. Pat Palmer 9:32.6 1 Mile, Seattle, May 23--1. Glenn Tachiyama 7:05.9 2. Paul Kaald (57) 8:44.1 3. Bev LaVeck (54) 8:44.7 1 Mile, Seattle, May 30--1. Glenn Tachiyama 7:31.2 2. Paul Kaald 8:38.8 3. Bev LaVeck 9:00.1 1 Mile, Seattle, June 6--1. Tony Englehardt 7:00 2. Paul Kaald 8:32 1 Mile, Seattle, June 13--1. TONY Englehardt 7:02 2. Glen Tachiyama 7:06 3. Bob Novak 8:04 2.8 Miles, Seattle, June 7--1. Stan Chraminski 22:01 2. Daniela Hairabedian 23:12 3. Bev LaVeck 26:35 1500 meters, Seattle, May 12--1. Stan Chraminski 7:55.4 2. Daniela Hairabedian 8:03.7 3. Bob Novak 8:04.3 4. Steve Fredrickson 8:10.7 5. Anne Davis 8:19.9 6. Bev LaVeck 8:29.1 5 Km, Fremont, Wash., June 8--1. Bob Novak 26:48 2. Ann McCulley 27:34 3. Bev LaVeck 28:56 10 Km, Kent, Wash., May 27--1. Glenn Tachiyama (33) 49:08 2. Stan Chraminski (42) 52:17 3. Bob Novak (40) 55:04 4. Ernie Smith (45) 57:25 5. Lew Jones (44) 58:21 6. Steve Fredrickson (44) 59:45 1 Hour, Bellingham, Wash., June 24--1. Stan Chraminski 7 mi 414 yds (25:00, 51:00) 2. Bob Novak 6 mi 1707 (26:57, 53:39) 3. Daniela Hairabedian 6 mi 996 (25:53, 54:43) 4. Lew Jones 6 mi 495 (59:20) 5. Terry Buchanan (41) 6 mi 457 (59:42) 6. Bev LaVeck 6mi 434 (59:42) 1 Mile, Seattle, June 27--1. Glenn Tachiyama 7:17.3 2. Daniela Hairabedian 7:44.9 3. Bob Novak 7:48.3 4. Paul Kaald 8:37 5. Bev LaVeck 9:00.5 4 Mile, Kent, Wash., June 21--1. Glen Tachiyama 32:07 2. Bob Novak 34:05 3. Blake Surina 36:21 4. Jim Bryan (58) 37:19 5. Lew Jones 38:30 6. Paul Kaald 39:35 Women: 1. Daniela Hairabedian 33:55 2. Ann McCulley 36:28 3. Bev LaVeck 38:32 4. Diane Schurr 40:30 2.8 Miles, Seattle, July 5--1. Bruce Harland 20:11 2. Martin Rudow (47) 25:27 1 Mile, Seattle, July 18--1. Glenn Tachiyama 7:17.2 2. Paul Kaald 8:53 3. Bev LaVeck 8:54.8 Ontario T&F Championships, Toronto, July 21: Men's 10 Km (track)--1. Dan O'Brien, US 46:11 (23:09, 23:02) 2. James Kilburn 48:51 3. John Tucker 49:01 4. Roman Olszewski 50:57 5. Paul Guimond 52:09 Women's 3 Km--1. Allison Baker 13:55 2. Lora Rigutto 14:17 3. Louise Aubin 14:35 Harry Jerome Western Canad Games, June 10, Women's 5 Km--1. Pascal Grand 22:41.9 2. Janice McCaffery 22:55.3 3. H. Gerke 23:15.4 4. Lauro Rigutto 23:32.1 5. Ann Peel 23:47.6 6. Allison Baker 23:56.2 7. Louise Aubin 24:48 8. T. Poitras 24:34 Canada-Wales-Northern Ireland T&F Meet, Belfast, June 25, 10 Km--1. Guillaume Leblanc, Can. 39:47.31 (Canadian record) 2. Tim Berret, Can. 40:21 3. S. Martindale, Eng. 41:50

RACES FOR ALL, BOTH LARGE AND SMALL (The races, that is, not the racers.)

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)
3 Km, Alexandria, Virginia (T)
5 Km, Littleton, Col. (F)
Sun. Aug. 12 5 Km, Long Branch, NJ (A)
5 Km, Grand Island, New York, 5:30 pm (J)
2 Mile, DeAnza Cal. College (I)
Tue. Aug. 14 Doc Tripp 5 and 10 Km, Broomfield, Col. (F)
Wed. Aug. 15 2 Mile, Albuquerque, NM (N)
Sat. Aug. 18

- Sun. Aug. 19 5 Km, Columbus, Ohio, 4 pm (D)
 Mon. Aug. 20 4 Mile, Sisters, Oregon, 10 pm (Y)
 Tue. Aug. 21 5 Km, Long Branch, NJ (A)
 Fri. Aug. 24 5 Km, Grand Island, New York, 5:30 pm (J)
 Sat. Aug. 25 5 Km, Atlanta (H)
 5 and 10 Km, Dearborn, Mich., 9 am (U)
 10 Km, Monroe, Wash. (C)
 Sun. Aug. 26 5 Km, Columbus, Ohio, 4 pm (D)
 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)
 5 Km, Columbus, Ohio, 4 pm (D)
 Sun. Sep. 2 5 Km, New York City (V)
 5 Km, Alexandria, Virginia (O)
 4 Mile, Seattle (C)
 Mon. Sep. 3 15 Km and Youth 5 Km, Washington, DC (O)
 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)
 5 Km, Columbus, Ohio, 4 pm (D)
 Sun. Sep. 9 Women's 5 Km, Alexandria, Virginia, 8:30 am (G)
 National TAC 40 Km, Lincroft, New Jersey (A)
 2 Hour, Worthington, Ohio, 9 am (D)
 8 Km, Seattle, 8 am (C)
 Wed. Sep. 12 1 Mile, De Anza College, Cal. (I)
 Sat. Sep. 15 5 Km, Seaside Park, Conn., 7:45 am (L)
 10 Km, Albuquerque, NM (N)
 Sun. Sep. 16 Harry Drazin 5.2 Mile Handicap, Interlaken, NJ (A)
 1 Hour, Denver (F)
 Sat. Sep. 22 5 Km, Dearborn, Michigan, 9 am (U)
 5 Km, Denver (F)
 5 Km, Davie, Florida (Q)
 Sun. Sep. 23 5 Km, Libertyville, Illinois (P)
 5 Km, New York City (W)
 5 Km, Quinipiac Col, Conn. (L)
 Sat. Sep. 29 5 Km, Denver (F)
 Sun. Sep. 30 Alongi Memorial 20 Km, Women's and Master's 10 Km,
 Dearborn, Michigan (U)
 10 Km, Seaside Park, Conn. (L)
 Thu. Oct. 4 2.8 Mile, Seattle, 6 pm (C)
 Sat. Oct. 6 3 Km, Naperville, Illinois (P)
 National TAC 30 Km and Women's 20 Km, Long Island(S)
 5 Km, Dearborn, Michigan, 9 am (U)
 Sun. Oct. 14 Coney Island 10 Mile Handicap, New York City, 9 am(K)
 5 Km, Denver (F)
 Sat. Oct. 20 20 Km, Long Island, 9:30 am (K)
 Sun. Oct. 21 North American Masters 20 Km, Midland, Texas, 9 am (E)

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 W--Metropolitan Racewalkers, 36 W. 20th St., New York, NY 10011
 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,
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From Heel to Toe

On shoes, we have recommendations for the Reebok racewalk of which there is reportedly a small supply through an outlet in California (800-873-4329), the Asics Gel LD Racer, the Nike Waffle Racer, Nike Duellist Running Flats, and the Etonic Stabile Lita. The thing is, you have to find what is best for you. Your editor, for example, recently bought two new pairs of shoes (on sale, of course) since those on hand were getting badly worn. One was a pair of Asics, which I new from experience to be great for my needs--the Gel line is particularly good. The other pair was Nike, and I forget exactly what model. Anyway, they turned out no better than another pair of Nikes I tried a couple of years ago. I have developed a terrible pronation problem in recent years. I hadn't gone more than 200 meters in the new pair when I could feel the heel already rolling over and by a mile and a half, my heel was blistering both on the bottom and along the achilles. There seems to be no stability in the heels of Nike, but a great deal in Asics. But, that's my perspective. . .The Wisconsin Special Olympics had 180 entrants in the 800 meter racewalk and 38 in the 3 Km. . .Sue Klappa was not a non-finisher in the National 10 Km as our results in the June issue showed. She finished in 53:10.2. . .The Lawrences (Don and Debbi) and Viisha Sedlak have been featured in the Faces In The Crowd feature in *Sports Illustrated* in recent issues. . .As reported last month, Victoria Herazo walked the National 10 Km with a temperature over 100 (actually 102) and still finished sixth in 48:48. Probably as a result of that effort, she contacted pneumonia a few days later and was out for 3 weeks. Nonetheless, she went to Minneapolis for the Olympic Festival for which she had qualified, figuring she would watch rather than compete. But, when she go up on the day of the race she felt pretty good and

decided to race--and finished fourth in 49:26. . . Wolfpack Track Club President and race promoter (including the Mortland Invitational racewalks), John White, is launching an effort to revive an interest in racewalking in the Columbus area. The Wolfpack Club is hosting informal 5 Km races each Saturday afternoon beginning August 18. The objective is to provide an opportunity for the development of conditioned competitive walkers in the area. The hope is that a self-sustaining walking group that will eventually plan its own events and activities, either immediately or as part of Wolfpack, will emerge. Racewalking never really flourished in Columbus, but for several years we had regular races that usually drew from 4 to a dozen competitors. The Ohio Track Club Distance Carnival, originated by Jack Blackburn and Jack Mortland, flourished in the late 50s through the middle 60s and held on for a few more years as a strictly race walking event. In the original format, there were four distance runs and four distance walks, and a few events for women over two days. The walk distances varied, but were typically something like a 10 mile and 2 mile on Saturday and a 5 mile and 15 mile on Sunday. Later, we went with only a 20 mile on the second day. A few brave souls ventured to compete in all the races. Runs were similar distances. The event was a pioneer in distance races, both running and walking, for women. We always had decent fields from around the midwest, although it was a rather informal affair. (Athletes weren't nearly as demanding in that long forgotten era.) The originators lost interest when others in the Club sort of took it over and eventually turned it into essentially an age-group cross country meet. Then we continued with just the walks for a few more years. We also had an interesting Tour of Ohio series for a few years. But eventually, the same people get tired of doing all the work and as a result the program has faded to practically nothing. The Ohio Track Club was once one of the powers in national walking circles, but the same people that were doing the walking were also providing all the racing opportunities. Anyway, we hope that John's efforts (and your editor is lending assistance) will lead to uncovering a few energetic souls that will take hold and get a viable program to take root once again. . . A Racewalker's Odyssey (from long-time subscriber, racewalkers, and race walk booster, Howard Barnes): Last year, summer of '89, I thought I was in fairly decent shape for 64 years, so I entered a 5 Km up in the hills here. Only thing was, the damn race was at 8500 feet with very strange smells in the air. Put on my Shore AC shirt and was very impressive in my warm-up (at least to myself). Said race started and went straight uphill. Egad! I soon found out I left my lungs at home. To shorten the tale, I struggled in with two laps around a track where a regional track meet was enjoying a break and I did win my age group (no, I certainly was not the only one in it). But I did die along the way. The following week, having taken only four days to recover, I went up to the TAC 5 Km championships in Albuquerque. Piece of cake--only 6000 feet there. Anyway, I won the state championship in my age group, nice patch and all that. Hold on, there is more to this boring story and we shall wend our way to some finishing point. Went back home, took a short vacation in Arizona, came back and started to cross-train on my 10-speed bike. Was approaching 100 miles a week when I started to experience breathing problems. This is in August just before school starts. (I am still teaching, but gave up coaching track after 32 years.) We have a lot of cotton, corn, alfalfa, and what not around here and at some point they must have sprayed some sort of a no-no pesticide, which winded its way into my lungs. Started coughing up this orange-ish stuff and did land in the local hospital for a week in November. Downhill from there; on daily breathing pills and steroids (Ed. watch out for random drug tests) for months. Found out a number of other people were similarly affected, but the local farmers denied everything relating to spraying anything that they shouldn't

have. So, have you come across anyone else who has experienced this problem? If so, I would appreciate it their contacting me at, Box 1831, Roswell, Nm 86201.

Looking Back

25 Years Ago (From the July 1965 ORW)--Ron Laird and your editor toured Europe with the U.S. track and field team, starting with a 20 Km race in Kiev, part of a meet in which we had the great privilege of being part of first losing U.S. men's T&F team. And they threw a long course at us. The Soviet walkers themselves thought it was at least 21 Km and maybe as much as 21.6. Laird had a quite decent race finishing third in 1:41:10, behind a 1:39:14 for the winner, Khrolovich. Mortland was terrible, losing contact early and trudging by himself through busy streets to a lonely finish in 1:48:45. In Poland, we had a 3 Km on a cinder track in the midst of a pine forest on the Baltic. After withstanding the opening burst of dozens of eager Poles, who were at a training camp, Laird set an American record of 12:52.4, though some 7 seconds behind the winner, Czapinski. Mortland came third in 13:09. Two days later, a 20 Km from Sztum to Malbork came up short--at least the final 5 km was 2 to 3 minutes faster than it should have been based on splits through 15. Laird won in 1:29:40 and Mortland was third in 1:34:39. Finally, there was a track 10 Km in Augsburg, W.G., with Laird second in 46:06.2 and Mortland third in 47:57. . . Paul Schell survived temperatures in the high 90s to win the National 40 Km in 4:17:38, ahead of Ron Kulik, Bruce MacDonald, and John Kelly.

20 Years Ago (From the July 1970 ORW)--The U.S. defeated Canada in their first dual meet, in Toronto, with Ron Laird winning the 20 Km in 1:35:15 and Dave Romansky the 20 Mile in 2:37:21. Both races were on the track. John Knifton and Ron Daniel completed a U.S. sweep in the metric race. Your editor, called in for emergency duty at the last moment, was well back, but broke 49 on the way for his best 10 Km of the year. Romansky dominated the 20 mile, with a 1:34:45 20 Km on the way (faster than Laird the day before). Bob Kitchen finished behind Canadian Alex Oakley. . . Romansky won the National 40 Km in 3:32:29 and Gary Westerfield the National Junior 25 Km in 2:12:28. . . The 512 Km Paris-to-Strasbourg was won in 70:04:50 by Sammy Zaugg.

15 Years Ago (From the July 1975 ORW)--John Knifton won the National 10 Km in Bridgeport, Conn. in 45:04, with Dave Romansky, Ron Laird, Ron Daniel, and Bob Kitchen also under 47 minutes. Your editor came tenth in 50:26, but barely beat 50-year-old Bob Mimm for the master's title. . . Tom Scully overcame John Knifton in the final 6 miles to win the National 40 Km in 3:25:30, with Ron Kulik, Ron Daniel, and Tom Knatt following.

10 Years Ago (From the July 1980 ORW)--Olympic titles went to Italy's Maurizio Damilano (1:23:35) and the GDR's Hartwig Gauder (3:49:24). Mexican favorites Daniel Bautista (20) and Raul Gonzalez (50) were DQ'd and blew up, respectively. . . With the U.S. not competing in the Olympics, Marco Evoniuk led our team in a 20 Km in Germany with 1:25:51. Dan O'Connor (1:27:53), Jim Heiring (1:28:41), Todd Scully (1:30:09, and Carl Schueler (1:30:26) followed. Canadian Marcel Jobin won the National 15 Km in 1:08:56, ahead of Ray Sharp.

5 Years Ago (From the July 1985 ORW)--Maryanne Torrellas and Tim Lewis both set American records while winning races in a dual T&F meet with West Germany. Maryanne had a 22:51.2 for 5 Km and Tim a 40:20.6 for 10. Teresa Vaill (23:23.6) and Marco Evoniuk (41:02.8) were second in the two races. . . Gary Morgan won the National 10 Km title in 43:31 at Niagara Falls. Todd Scully (44:35), Ray Funkhouser, and Mel McGinnis followed. . . The National Junior 10 Km went to Curtis Fisher in 47:50, ahead of Paul Schwartzburg's 48:08