

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



VOLUME XXVI, NUMBER 6

COLUMBUS, OHIO

AUGUST 1990

### Null, Sedlak overall winners at Master's 5

Indianapolis, August 2--Gary Null, walking in the 45-49 age group, and Viisha Sedlak, in 40-44, were overall winners in TAC National Masters 5 Km races today. Null, from New York, blistered a 23:35, leaving second place John Elwarner 38 seconds back. Elwarner, however, won the 50-54 age group from Tom Knatt, who was third overall. Denver's Sedlak walked an excellent 24:38, leaving JoAnn Nedelco 32 seconds back. Nedelco led the age 45-49 walkers. The amazing Bob Mimm rolled on with a victory in the 65-59 group in a swift 27:29. At press time we are still lacking results of the 10 and 20 Km races held the next day.

Men's results: Age 30-34--1. Randy Burden 25:57 2. Tim Satter 26:28 35-39--1. Lawrence Martinez 25:59 2. Gene Harrison 27:51 40-44--1. Bill McCray 24:31 2. Dean Easterlund 24:52 3. Norm Frable 25:18 4. Richard Scott 25:55 45-49--1. Gary Null 23:35 2. Don Mowles 25:52 3. Jim Fogle 26:32 50-54--1. John Elwarner 24:13 2. Tom Knatt 24:28 3. Jim McFadden 26:23 4. Bernie Finch 27:46 5. Walter Lubzik 27:54 6. Bob Thaler 27:57 7. Gerry Bocci 28:24 8. Jerry Lambert 29:04 9. Mike Adams 29:57 55-59--1. Larry Green 25:45 2. DOn Lee 26:00 3. Robert DiCarlo 27:03 4. Robert Meador 27:22 5. Robert Fine 28:25 6. Lionel Guillemite 28:45 7. Ray Everson 28:57 8. Jim Spitzer 29:15 9. Leo Rivera 30:28 60-64--1. Moshe Meryerowitz 28:31 2. Vince Genzlinger 28:52 3. Charles Deuser 28:56 4. William Peet 29:20 65-59--1. Bob Mimm 27:29 2. George Heller 21:06 3. Joe Vittucci 32:08 4. Gene Dix 33:09 70-74--1. Cokey Daman 30:18 2. Max Gould 30:31 3. Don Johnson 30:47 4. Troy Grove 32:11 5. Paul Geyer 32:32 6. Hugh Yeomans 36:43 75-59--1. Bill Patterson 33:16 2. Jerry Wible 34:05 80-84--1. Byron Fike 34:44

Women's Results: Age 30-34--1. Donna Zembrod 30:10 35-39--1. Mataji Graham 27:12 2. Peggy Miller 27:17 3. Cindy Paffumi 27:42 4. Kathy Finch 28:57 40-44--1. Viisha Sedlak 24:38 2. Gayle Johnson 25:57 3. Jeanette Smith 27:12 4. Kathy Jo Lovell 29:21 45-49--1. JoAnn Nedelco 25:10 2. Verna Buchs 30:01 50-54--1. Elton Richardson 29:15 2. Jill Latham 30:03 3. Beth Grady 30:32 55-59--1. Joyce Decker 30:33 2. Joy Clingman 31:03 3. Audrey Dix 33:10 60-64--1. Joan Rowland 32:09 2. Anna Rush 34:50 3. Jo Presser 34:57 65-59--1. Mary Norckauer 36:44 70-74--1. Ernestine Yeomans 38:02 75-79--1. Millie Crews 38:21 80-84--1. Polly Clarke 38:23

### OTHER RESULTS

5 Km, Newburyport, Mass., July 11--1. Phil McGaw 24:49 2. Justin Kuo 26:42  
Women: 1. Carole-Terese Naser 26:50 2. Kellen Adams 31:27  
Niagara Association 5 Km, July 22--Women: 1. Christy Izzo 26:10 2. Cheryl Rellinger 27:26 3. Christine Mech 28:48 Men: 1. Larry Naukam 27:56 2. Bob Lubelski 29:04 3. Greg Wittig 31:06 10 Km, same place--Women: 1. Cheryl Rellinger 54:42 2. SUsan PERkins 58:43 3. Karen Fina 59:08 4. Eileen Lawrence 59:08

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



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### Overseas Results

World Junior Women's 5 Km, Plovdiv, Bulgaria, Aug. 12--1. Susann Feitor, Portugal 21:44.30 2. Tatyana Shchastnaya, USSR 22:29 3. Simone Thust, GDR 22:45 4. Miriam Ramon, Ecuador 22:52 5. Victoria Lupton, GB 22:52 6. Kamila Holpuchova, Czech. 23:05 7. Miora Papuc, Romania 23:14 8. Jantien Saltet, Australia 23:16 9. Andrea Szabor, Hungary 23:19 10. Nevena Mineva, Bulgaria 23:20. .21. Corrine Whissel, Can. 24:18 24. Gretchen Eastler, US 25:11 25. Jennifer Zalewski, US 25:20 World Junior Men's 10 Km, same place, August 10--1. Ilya Markov, USSR 39:55.52 2. Alberto Cruz, Mex. 39:56.49 3. Jefferson Perez, Ecuador 40:09 4. Ignacio Zamudio, Mexico 41:27 5. Sergio Roca, Spain 41:39 6. Fernandez Valdez, Spain 41:52 7. Marcus Pauly, GDR 42:28 8. Steven Beecroft, Australia 42:34 9. Rudolf Coogan, Czech. 42:37 10. Ralf Rose, GDR 42:42. .14. Martin St. Pierre, Canada 43:35. .16. Philip Dunn, US 44:46. .Lori Maynard, who went as an international judge reports: "I had the pleasure of traveling with the US Junior team--they were absolutely super through delays, some adversity, different environment, etc. The language barriers didn't stop them from making friends, exchanging clothing and such. But their true maturity came through in working as a team with luggage, helping each other, and in their competition. Of course, they had a fine staff guiding them. Being together as a team for three



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weeks (for some of them) seems to have had only beneficial effects." (Note, she is talking about the full track team, not just walkers.)

**Track 50 Km, Fana, Norway, May 26--1.** Bo Gustafsson, Sweden 3:55:00 (45:24, 1:30:02, 2:16:42, 3:01:20) 2. Mikhail Potashov, USSR 4:02:40 3. Paul Blagg, GB 4:05:45 4. Sergey Pershin, USSR 4:09:42

**Track 20 Km, Fana, May 26--1.** Ronald Weigel, GDR 1:19:19 (20:09, 40:16, 59:55--then, away he went) 2. Walter Arena, Italy 1:19:25 (20:16, 40:15, 59:54) 3. Pavol Blazek, Czech. 1:19:54 (20:07, 40:14, 59:55) 4. Nick Ahearn, Australia 1:20:29 (20:09, 40:16, 60:04) 5. Ernesto Canto, Mexico 1:20:37 (20:07, 40:14, 60:03) 6. Roman Mrazek, Czech. 1:20:48 7. Simon Baker, Australia 1:21:53 8. Ian McCombie, GB 1:23:27 9. Miguel Rodriguez, Mex. 1:23:47 10. Andy Drake, GB 1:24:04 11. Ademar Jose Kammiller, Brazil 1:25:24 12. Bernd Gummelt, GDR 1:25:41 13. Michael Lane, Ireland 1:26:26

**Women's 10 Km (Track), Fana, May 26--1.** Kerry Saxby, Australia 42:25.2 (20:57) 2. Beate Anders, GDR 42:30 3. Kathrin Born, GDR 45:14 4. Madeleine Svensson, Swed. 45:50 5. Julie Drake, GB 45:54 6. Hellen Elleer, GB 46:26 7. Dana Vavracova, Czech. 46:41 8. Lorraine Jachno, Australia 47:14

**Women's 3 Km, Jessheim, Norway, May 31--1.** Beate Anders, GDR 12:01.61 (World Best) 2. Sara Essayah, Fin. 12:25 3. Kathrin Born, GDR 12:45 4. Monica Gunnarsson, Swed. 13:01 5. Dana Vavracova, Czech. 13:10

**Finnish Women's 10 Km Championship, Kuopio, May 27--1.** Sara Essayah 46:18 5 Km, Enhorna, Swed., May 5--1. Jin Bingjie, China 21:16 2. Li Jungxue, China 21:26 3. Kong Yan, China 21:30 20 Km, Olomouc, Czech., April 22--1. Pavol Blazek 1:21:33 2. Igor Kollar 1:22:29 3. Zahoncik 1:24:03 4. Sonnek 1:24:04

**Women's 10 Km, same place--1.** Dana Vavracova 46:38 2. Zemkova 47:05 10 Km, La Coruna, Spain, May 12--1. Andrei Perlov, USSR 39:14 2. Ernesto Canto, Mex. 39:24 3. Daniel Plaza, Spain 39:38 4. Roman Mrazek, Czech 39:51 5. Pavol Blazek, Czech 39:54 6. Moreira, Brazil 39:56

**Women's 5 Km (road), same place--1.** Kerry Saxby, Australia 20:46 2. Beate Anders, GED 20:54 3. Rosza, Hung. 21:25 4. Modolowa, USSR 21:40 5. Sara Essayah, Fin. 21:45 6. Reyes Sobrino, Spain 21:50 20 Km, East Berlin, May 20--1. Hafameister 1:22:31 2. Weise 1:23:21 3. Bauer 1:24:53 50 Km, Same place--1. Ronald Weigel 3:44:50 2. Bernd Gummelt 3:46:43 3. Scholz, WG 3:55:19 4. Mildenerberger, WG 3:59:26 (Hartwig Gauder, dnf) 50 Km, Prodebrady, Czech., June 16--1. Hartwig Gauder, GDR 3:47:08 2. Carlos Mercenario, Mex. 3:50:10 (only 2 seconds back at 40 Km--3:01:15 for Gauder) 3. Pavol Szikora, Czech. 3:55:04 4. Valeriy Spicyn, USSR 3:58:39 5. Stefgan Malik, Czech. 3:59:10 6. Josef Hudak, Czech. 4:03:45

**Women's 10 Km (track), Grodno, USSR, May 6--1.** Natalya Misilya 44:50 2. Leonarda Juhnevits 44:51 20 Km, same place--1. Arutr Sumak 1:23:42

**Women's 1 Mile, Vilnius, USSR, May 12--1.** Sada Eidikite 6:19.4 (World's best) Men's 1 Mile, same place--1. Antanas Grigaliunas 5:36.9 (World's best) Women's 5 Km, Alytus, USSR, May 4--1. Olga Kardopoltseva 21:20 2. Sada Eidikite 21:30 Women's 10 Km, Alytus, May 4--1. Olga Kardopoltseva 44:09 20 Km, same place--1. V. Maskauskas 1:24:53 50 Km, Kaliningrad, USSR, April 28--1. Viktor Ginko 3:50:46 Women's 10 Km, Moscow, May 2--1. V. Markarova 43:15 2. N. Spiridonova 43:30 20 Km, Moscow, May 2--1. Oleg Trasin 1:19:58 2. M. Orlov 1:20:07 3. Y. Begunov 1:20:59 Women's 20 Km, Kaliningrad, USSR, April 29--1. Olga Kardopoltseva 1:30:42 2. Tamara Surovtreva 1:31:59 Women's 10 Km (Track), Rossano Veneto, Italy, April 8--1. Ileana Salvador 43:49 10 Km (track), Catania, Italy, April 13--1. Walter Arena 38:38 2. S. Cacia 39:11 10 Km (Track), Rome, May 12--1. Walter Arena 39:16 2. Perricelli 40:23 3 Km, S. Giovanni Vald, Italy, May 19--1. Giovanni De Benedictis 10:47.11 (World Best) Women's 10 Km, San Remo, Italy, May 19--1. Ileana Salvador 45:04 2. P. Pagani 45:39

**International Match, Grassau, WG, June 16: 1.** GDR 283 2. Spain 267 3. Italy 230 4. France 168 5. Australia 154 6. West Germany 138 7. Great Britain 134 8. Sweden 126 35 Km--1. Ronald

Weigel, GDR 2:31:45 2. Simon Baker, Ausa. 2:32:09 3. Maurizio Damilano, Italy 2:32:29 4. Andrei Perlov, USSR 2:34:38 5. Giovanni Perricelli 2:34:45 6. Massimo Querciconi, Italy 2:35:43 7. Jose Marin, Spain 2:37:17 8. Torsten Trampeli, GDR 2:37:20 9. Sandro Bellucci, Italy 2:38:04 10. Basilio Labrador, Spain 2:38:53

20 Km--1. Enresto Canto, Mexico 1:21:20 2. Theirry Toutain, France 1:21:27 3. Walter Arena, Italy 1:21:48 4. Daniel Plaza, Spain 1:21:56 5. Robert Ihly, France 1:22:01 6. Giovanni DeBenedictis, Italy 1:22:14 7. Sergio Spagnulo, Italy 1:22:24 8. Valentin Massana, Spain 1:22:33 9. Yevgeni Misyula, USSR 1:22:52 10. Nick Ahearn, Australia 1:22:59 11. Ralf Weise, GDR 1:23:36 12. Carlo Mattioli, Italy 1:24:00 13. Andrew Jachno, Australia 1:24:45

**Jr. Women's 5 Km--1.** Simone Thust, GDR 22:14 2. Maira Vasco, Spain 23:05 Women's 10 Km--1. Beate Anders, GDR 43:50 2. Kathrin Born, GDR 44:05 3. Tamara Kovalenko, USSR 44:09 4. Reyes Sobrino, Spain 44:16 5. Anna Rita Sidoti, Italy 44:53 6. Piercarola Pagani, Italy 45:21 7. Monica Gunnarsson, Sweden 45:34 8. Teresa Palacio, Spain 45:41 9. Emilia Cano, Spain 45:43 10. Lisa Langford, GB 46:26 11. Betty Sworski, GB 47:02 12. Lorraine Jaachno, Australia 47:04

**50 Km, Ranchuelo, Cuba, Feb. 13--1.** Edel Oliva Davila 3:58:29 2. David Castro Hernandez 4:02:58

**Women's 5 Km, Diez, WG, May 27--1.** Andrea Bruchmann 22:15 2. Leddin 22:42 Women's 5 Km (Track), Jena, GDR, June 6--1. Kathrin Born 22:07 2. Thust 22:23 50 Km, Dudince, Czech., May 13--1. Zoltan Czukor 3:55:16 20 Km, Borskem Mikulasi, Czech. May 27--1. Sandor Urbanik 1:24:41 Women's 10 Km, same place--1. Maria Rosza, Hung. 45:08 2. Andrea Alfoldi, Hung. 45:10 3. Ildiko Illyes, Hung. 45:12 5 Km (Track), Rostock, GDR, June 23--1. Beate Anders 20:07.52 (World record) 2. Surowzewa, USSR 20:53 3. Spiridonova, USSR 21:21 4. Kathrin Born 22:01

**Men's 10 Km (Track), same place--1.** Ronald Weigel 39:54 10 Km, Frankfurt, WG, June 23--1. Andrei Perlov, USSR 39:00 2. Nick Ahearn, Australia 39:11 3. Ihly, GDR 39:31 4. Yevgeniy Misyula, USSR 39:47 5. Andrew Jachno, Australia 39:58

**Women's 5 Km, Frankfurt, June 23--1.** Kovalenko, USSR 21:57 2. Serbinenko, USSR 22:26 3. Leddin 22:57 Women's 5 Km, (Track), Gateshead, Eng., June 30--1. Beate Anders 21:42 2. Betty Sworski 22:12 3. Pascal Grande, Can. 22:23 10 Km (Track) same place --1. Guillaume Leblanc, Can. 39:26 2. Ronald Weigel, GDR 39:37 3. Weise, GDR 39:59 20 Km, Villa Clara, Cuba, April 27--1. Joel Sanchez, Mex. 1:24:53 2. David Castro Hernandez 1:25:02 Women's 5 Km, Alitus, Lith., May 5--1. Kardopoltseva 20:41 2. Sada Eidikite 21:30 3. Bolkova 21:54 4. Lianik 21:57 5. Zhigunova 22:03 6. Zanchina 22:05 20 Km, Alitus, May 6--1. Meshkauskas 1:24:53 2. Kaslauskas 1:25:27 3. Polotnikal 1:25:40 Swedish 50 Km Championship, July 22--1. Stefan Johansson 4:01:27 Swedish Women's 10 Km Championship, July 22 (track)--1. Monica Gunnarsson 45:17 50 Km, Redditch, Eng., April 8--1. Les Morton 4:02:07 Swedish Women's 5 Km Championship, Vasteras, June 7--1. Monika Gunnarsson 21:58 200 Km, Chateau-Thierry, France, March 31--1. Zbigniew Klapa, Poland 21:36:36 200 Km, Bar-le-duc, France, April 29--1. Klapa 21:38:36 2. Jean Cecillon 22:21:56 Soviet 20 Km Championship, Moscow, May 26--1. Andrei Perlov 1:18:19 (World road best) 2. Aleksandr Persin 1:18:37 3. Franz Kostjuevits 1:18:51 4. Mikhail Schennivol 1:19:03 5. Troschin 1:20:41 6. Plotnikov 1:20:45 7. Schaichutidnov 1:23:50 8. Orlov 1:25:03 50 Km, Moscow, May 27--1. A. Potasov 3:40:02 2. Stainslav Vezel 3:42:00 50 Km, Ogre, USSR, June 10--1. Stanislav Vezel 3:44:36 2. Modvis Liepins 3:48:27 3. V. Grinko 3:50:45 Women's 20 Km, Ogre, June 10--1. J. Panfilova 1:34:24 2. N. Kiryonova 1:36:59 3. S. Dorfeyeva 1:37:30 4. I. Aspe 1:38:25 5. Il Skuya 1:43:21 6. V. Liepina 1:50:37 20 Km, same place--1. Tscherepovez 1:24:45 Women's 10 Km, same place--1. Tamara Kovalenko 43:44



## UPCOMING EVENTS FOR RAPID PERAMBULATORS

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) Women's 5 Km, Alexandria, Virginia, 8:30 am (G) 3 Mile, Salem, Oregon (Y)
Sun. Sep. 9	National TAC 40 Km, Lincroft, New Jersey (A) 2 Hour, Worthington, Ohio, 9 am (D) 8 Km, Seattle, 8 am (C) 10 Km, Sublimity, Oregon (Y)
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) 2 Mile, Kenosha, Wis., (AA)
Sat. Sep. 22	5 Km, Dearborn, Michigan, 9 am (U) 5 Km, Denver (F) 5 Km, Davie, Florida (Q) 5 Km, Minneapolis (T)
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) 1 Hour, Atlanta (H)
Sun. Sep. 30	Alongi Memorial 20 Km, Women's and Master's 10 Km, Dearborn, Michigan (U) 10 Km, Seaside Park, Conn. (L) Portland Marathon (Y) 5 and 10 Km, Kenosha, Wis. (AA)
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) Florida State 5 Km Championship, Orlando, 7 am (V) Women's 5 Km, Men's 10 Km, Hanover, Penn., 12:30 pm (BB)
Sun. Oct. 7	Georgia State 5 Km, Championship, Atlanta, 8 am (H) Coney Island 10 Mile Handicap, New York City, 9 am (K) 5 Km, Denver (F) National TAC 1 Hour and 2 Hour, Cambridge, Mass. (CC) 3, 5, and 15 Km, Kenosha, Wis. (AA) 5 Km, Niagara Falls, NY (J)
Sat. Oct. 20	20 Km, Long Island, 9:30 am (K) 5 Km, Dearborn, Mich. (U)
Sun. Oct. 21	North American Masters 20 Km, Midland, Texas, 9 am (E) 5, 10, 20, and 25 Km, Kenosha, Wis. (AA)
Sat. Oct. 27	Henry Laskau 5 Km, Long Island (K) 5 Km, Denver (F)
Sun. Oct. 28	20 and 50 Km, Columbus, Ohio (D)
Sat. Nov. 3	10 Km, Eaton, Ohio (DD)

Sun. Nov. 4 NTA0 100 Km, Atlanta (H)  
1 Hour, Hayward, Ca. (B)  
5 and 10 Km, Columbia, Missouri (M)

## Contacts

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E--Jim Bozzell, 3 Stutz Court, Midland, TX 79705  
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
G--Jean Wood, 5302 Easton Dr., N. Springfield, VA 22151  
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--East Side TC, Box M, Livingstone Manor, NY 12758  
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--Sal Corrallo, 3489 Roberts Lane, Arlington, VA 22207  
P--Illinois TAC, 111 W. Butterfield Rd., Elmhurst, IL 60126  
Q--Florida Walkers, 4223 Palm Forest Drive, N., Delray Beach, FL 33445  
R--Davis, 789 Donna Drive, Orange, CT 06477  
S--Gary Null's Natural Living, 200 W. 86th St., New York, NY 10024  
T--TCSAC, 253 E. Fourth St., St. Paul, MN 55101  
U--Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127  
V--Robert Carver, 600 San Juan Blvd., Orlando, FL 32807  
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, Libertyville, IL 60048  
AA--Mike DeWitt, 4230 27th St., Kenosha, WI 53144  
BB--Jay Gobrecht, 740 Fairview Dr., Hanover, PA 17331  
CC--Philip McGaw, 156 Blue Hill Ave., Milton, MA 02186  
DD--Jill Vosler, Day 513-456-4141; Evening 513-456-3574

## From Heel to Toe

Mike DeWitt is launching a racewalk training program in Kenosha, Wisconsin, beginning on Sunday, September 16. Participants will meet on Thursdays and Sundays for a six-week period, with competitive walks scheduled on four of the Sundays (see schedule above). Mike has designed the program for racewalkers who want to compete and improve their competitive standings. He will help you develop a training schedule, "The Training Pyramid", and improve your awareness to create the "Ideal Performance State". Mike heads up the nation's top collegiate racewalking at U. of Wisconsin-Parkside. The school has had 17 All-American NAIA race walkers during Mike's nine years at the helm. Mike also coached 1988 Olympians Jim Heiring and Andy Kaestner. The total program cost is \$120, or \$12 per individual session. Contact Mike at the address above (AA). . . Additional finishers in the Goodwill Games 20 Km reported last month were: 7. Andrew Jachno, Australia 1:25:45 8. Andrei Perlov, USSR 1:25:52 9. Guillaume Leblanc, Canada 1:26:20 9. Hartwig Gauder, GDR:27 10. Ronald

Weigel, GDR 1:28:57 (Judging from other recent results (above), the two German aces were not particularly serious about this race, probably pointing for the European championships) 11. Martin Bermudez, Mex. 1:29:37 DNF (There was a 1:30 time limit) Tim Lewis, US; Doug Fournier, US; Frants Kostykevich, USSR; Carlo Mattioli, Italy; Sergio Veira, Brazil (not sure if this was their order at the time they had to stop). DQ--Alexander Pershin, USSR; Tim Barrett, Canada. Splits for the leaders for the race were: 5 Km--21:04 Ahearn, Baker; 10 Km 41:52 Ahearn, Canto, Gauder; 15 Km Ahearn, Gummelt, Canto. Canto took the lead after 17 km and blistered the final 2 kilometers in 3:58, and 3:48. He covered the final 400 in 1:30. An amazing finish considering the 88 degree temperature. In the women's 10 Km, Ryashkina and Saxby traded the lead several times in the final 2 Km, with the Soviet girl taking over for good with about 350 meters to go. Both races were extremely well received by the crowd and announcer Bob Hersh did a great job of keeping the attentive fans informed. All of the Seattle media were also very supportive of the walks. . . Fast times in Los Angeles summer series of 1600 meter racewalks: Alan James 6:35.9; Victoria Herazo 7:10; Art Grant 7:49.2; Joe Hampton 8:11; David Kahan 8:11.5; Enrique Camarena 8:17.5; Andy Hecker 8:28.2. . . One of those "rare" ORW mistakes appeared last month, when we noted that Tim Lewis had once done a 5:55 mile indoors. He actually has an indoor best of 5:33.53. This was mistake of the fingers, not of our knowledge. . . Racewalk staffs for upcoming international competitions: 1990 PanAm Racewalk Cup, Jalapa, Mexico--Rich Torrellas, Chief of Mission; Frank Coach, Men's Coach; Howard Palamarachuk, Women's Coach. 1990 International Racewalking Classic, Montreal--Steve Vaitones, Junior Coach and Chief of Mission; John Izzo, Men's Coach; Lawrie Robertson, Women's Coach; William Hickman, Manager. 1991 World Cup, San Jose--Richard Torrellas, Chief of Mission; Leonard Jansen, Men's Coach; Gwen Robertson, Women's Coach; Ed Vaitones, Manager. The U.S. National Team for 1990-91 is: Women's 10 Km--Victoria Herazo, Mary Howell, Debbi Lawrence, Susan Liers, Viisha Sedlak, Wendy Sharp, Sara Standley, Maryanne Torrellas, Teresa Vaill, Debora Van Orden, Lynn Weik, and Kim Wilkinson. Men's 20 Km--Rob Cole, Curtis Fisher, Douglas Fournier, Allen James, Don Lawrence, Tim Lewis, Gary Morgan, Steve Pecinovsky, Richard Quinn, Carl Schueler, and Ray Sharp. Men's 50 Km--Curt Clausen, Marco Evoniuk, Mark Fenton, Mark Manning, Herman Nelson, Eugene Kitts, Paul Malek, Randy Mimm, Dan O'Connor, Dan Pierce, Steve Vaitones, and Paul Wick.

## Looking Back

**25 Years Ago** (From the July 1965 ORW)--Ron Laird won the NAAU 20 Km in Baltimore in 1:38:38 over Jack Mortland, Dean Rassmussen, Don DeNoon, and surprising Regis Dandar. Laird led from the start and was never seriously challenged. . . Baltimore was a big improvement over Ron's miserable 6th place finish in 50:00 a few weeks earlier in the National 10. Mortland won that race in 48:20 over Art Mark, DeNoon, Rassmussen, and Ron Daniel on Chigago's Staggy Field track. . . Bob Brewer beat the Ohio TC's Chuck Newell to win the National Jr. 30 Km in Columbia, Mo. in 3:04:23. . . Laird was also an easy winner in the National 2 mile, leaving Daniel 27 seconds behind with his 14:02. DeNoon and Rudy Haluza followed.

**20 Years Ago** (From the July 1970 ORW)--In Erfurt, E.G., Peter Frenkel shattered the World's 20 Km record with a 1:25:50 on the track. Hans-Georg Reimann and Gerhard Sperling finished 74 seconds behind. . . In the US-USSR dual meet in

Leningrad, Dave Romansky walked a fine 1:29:50, but still finished behind three Soviet walkers. Dave had earlier walked a 1:31:56 on the track in Paris, with Tom Dooley returning 1:34:55, and a 40:03.8 10 Km in Stuttgart. Dooley had 44:29 in that one and 1:32:31 in Leningrad. . . Earlier, Dooley had left Ron Daniel 30 seconds back in winning the National 2 mile in 13:44. . . John Kelly won two firsts at the 3rd US Masters Meet with a 7:12.5 mile and 1:42:55 for 20 Km. In the Junior Nationals, Steve Geiver did 1:21:47 to beat Olympic runner Jerry Lindgren in the 15 Km and Burce Adair covered 7 miles 100 yards to win the 1 Hour. . . On the Ohio scene, we were engaged in our second annual Tour of Ohio series. Paul Reback beat Mortland by seconds in a Dayton 15 Km with 1:16:04, Bill Walker won a Van Wewert 10 miler in 1:21:24, and Mortland won a rather long 7 1/2 km in Columbus in 38:15.

**15 Years Ago** (From the July 1975 ORW)--In the Pan-Am Games 20 Km trial in Eugene, Larry Young and Todd Scully walked together all the way, well in front of everyone else, and crossed the line in 1:34:16. Officials declared Young the winner, although the intent was a tie. Jerry Brown took third in 1:38:04, with John Knifton, Bob Kitchen, and Wayne Glusker also under 1:39. . . Bernd Kannenberg, of West Germany, won a pre-Olympic 20 Km in Montreal in 1:34:44 on a very hot day. . . Upcoming Steve Pecinovsky edged descending star Jack Blackburn in a 6 miler in Dayton, 48:59 to 49:00. . . The Soviet 20 Km champion was Otto Bartsch, primarily a 50 km man, in 1:27:12, ahead of Yevgeniy Ivchenko and the grand-old man, Vladimir Golubnichiy. . . Veniamin Soldatenko won the 50 ahead of Yevgeniy Lyungin in 3:58:55. . . National Masters titles went to Roy Thorpe, visiting from England, in 23:18 and 1:46:11 (on a very long course) for 20. First Americans were John Kelly in 24:10 and Kelly and Jack Mortland in 1:53:01.

**10 Years Ago** (From the July 1980 ORW)--Mexican domination of the international walking scene ended in the Moscow Olympics as Italy's Maurizio Damilano won the 20 in 1:23:36 and Hartwig Gauder of East Germany the 50 in 3:49:24. Defending 20 Km titlist Daniel Bautista was DQ'd after leading at 15 km and Domingo Colin also got the heave. All three Mexicans, including world record holder Raul Gonzalez, failed to finish the 50. Gonzalez got a sixth at 20. Following Damilano was Pyotr Potschenchuk of the USSR and Roland Weisser of East Germany. Soviet Anatoliy Solomin, who assumed the lead when Bautista was pulled, quickly suffered the same fate. Spain's Jorge Llopert and Soviet Yevgeniy Ivchenko followed Gauder. . . In the women's world meet in Syracuse, Australia's Sue Cook won the 5 Km race in 23:39.4 with Sue Brodock just 0.6 seconds back. Canada's Ann Peel beat Sue Liers-Westerfield for third.

**5 Years Ago** (From the Aug. 1985 ORW)--At the National Sports Festival, Maryanne Torrellas won the women's 10 Km in 49:13, Tim Lewis easily won the 15 Km in 1:05:45, and Carl Schueler won the 30 Km in 2:23:26. (The men's races were shortened from 20 and 50 because of high heat and humidity in New Orleans.) Ester Lopez finished just 20 seconds behind Torrellas and Teresa Vaill missed 50 minutes by just 1 second. Marco Evoniuk followed Lewis by more than 3 minutes and Randy Mimm was second in the 30, nearly 9 minutes back of Schueler.



Reprinted from *Easy Striders Newsletter*, July 1990.

## Racing and Pacing

by Richard Nester

All thirty minute time periods are not created equal. The clock hand seems to sweep through equal fractions of time; one digital second seems about as long as another, but it just ain't so.

Last summer at Eugene I walked the first 5K of a 20K race in 27:33, a time near my best, and still went on to PR for the whole 20K distance. A few weeks ago on the track at Cal State Long Beach I walked only a mile at that same pace before having to drop out.

There are reasons for last week's poor performance—the heat and the fact that I was still recovering from a marathon are good ones. But I'm more interested in learning something than making excuses. What I learned is that time has a human dimension. The clock may not vary, but we do and that fact changes everything. Every race is different and no one can expect to do equal PR splits from now to eternity. Wisdom in pacing requires us to recognize our limits for a given day and adjust accordingly. It does not mean holding ourselves to some standard that we may have achieved in the past.

Of course, I seldom practice what I'm preaching now. There's something very seductive about the regularity of the 400 meter distance measured out on an oval track, particularly after a winter of training on the roads. That apparent sameness seduces us into believing that we ought to at least equal our PR in every race. If I did it once, we think, why not every time. But that kind of thinking sabotages performance rather than enhancing it. If I had been willing to put away my ego in that first mile at Long Beach and slow down a little, I might have been around to catch the others at the end.

Almost everyone slows down at some time during a race and there's no reason why that slow spell shouldn't come at the very beginning. Few races are spoiled by too slow a start. Many more are ruined by going out too fast. It's good to maintain contact with the pack, but what do we gain by staying close to someone setting a suicidal pace.

Time's human dimension can be a source of satisfaction if we let it be. How often in our lives are we slaves to time? We punch in at our jobs in the morning and punch out in time to hit the freeways in the afternoon. We read books like *The One-Minute Manager* and we try to find ways of doing two things at once. Our racewalking shouldn't be like that. It should be a celebration of humanness and not just one more opportunity to turn ourselves into metro-nomes.

I'm sure I haven't discovered the key to good pacing, but I imagined that key must have something in common with meditation. Like meditation, a proper attitude toward pacing would allow us room to explore and find a certain freedom within what seem inelastic limits. Too often our bodies are like horses ridden by mental jockeys who get out the whip on the very first turn. If we let our bodies take the reins occasionally, we might find ourselves racing in a more adventurous, more surprising, more joyous, way than when we try to make our races fit unrealistic, prefabricated patterns.

Sometimes the best possible thing to do with time is to waste it—advice we're seldom willing to take in a fast-paced age where everyone watches the clock. Many people would call racewalking a waste of time, but we know better. If we can extend some of that hard-won wisdom to how we pace ourselves, our racing should improve.

Reprinted from a Seattle newspaper (not identified to me).

### By Tony Schenk

P-I Reporter

The second world record of the 1990 Goodwill Games fell last night in Husky Stadium as Nadezhda Ryashkina of the Soviet Union race-walked 10 kilometers in a time of 41:56.21.

She wasn't alone at the finish, though, as former record holder Kerry Saxby of Australia finished just one second behind to claim the silver medal.

Both women were far ahead of the 42:25.2 time Saxby set two months ago in Norway at the World Cup of Walking.

Speaking through an interpreter, Ryashkina said she had planned before the race to set a world record.



"I wanted to make it in 42 minutes," she said.

For a long race, this one provided plenty of drama for the Husky Stadium crowd as the two leaders left eventual third-place finisher Beate Anders of East Germany a half-lap behind at the midway point of the race. But neither of the front-runners could shake the other.

The pattern of the race was the same for each of the last five laps. Saxby and Ryashkina would pass the start-finish line together, Ryashkina would pull ahead a meter or two by the end of the first turn, and Saxby would overtake her by the time they reached the second turn.

But on the final lap, Saxby's best effort to regain the lead wasn't enough as the strong 23-year-old Soviet would not be caught.

When asked about how she felt about Saxby pushing her throughout the race, Ryashkina flashed a shy smile that would remain on her face throughout the post-race news conference. "I want to thank her very much," she said.

For her part, Saxby said she found out the Soviet was going for a world record "at about the five-kilometer mark."

"At that point, I just tried to stay as close as possible and hoped she got tired or faltered in the last couple laps. . . . She was going for a low 42, and I was just going to follow."

Two and a half years ago, Saxby, who won the gold in this event at the first Goodwill Games, was setting one of her 28 world records, and Ryashkina was a struggling middle-distance runner. An injury to her Achilles' tendon turned Ryashkina away from running and on to race walking. Since then, she has met nothing but success.

"My tragedy brought great happiness," Ryashkina said through her interpreter.

This is her second world record in the 10k. Last year, she set the standard in the event with a time of 43:08. Earlier this year, she had a time of 42:34 to set a personal best in the Soviet Union.

Last night was just another in an impressive string of record-setting performances by the women of the 10k walk, a trend Saxby believes is partly because of the sport's new 1992 status as an Olympic event. Four years ago, Saxby set the record in the Moscow Goodwill Games with a time of 45:08.13.

So while Ryashkina is the current record holder, she and Saxby said they believe the time to beat will be a low 41 by the end of the year.

An excellent primer on judging published in Bob Carlson's *Front Range Walkers Newsletter*, August 1990.

## RACEWALK JUDGING IN A NUTSHELL

by Leonard Jansen, US Olympic Committee

Racewalk judging is a very important part of the sport. Without it, control of the mode of progression of the athletes may be lost and the race degenerates into a farce. Therefore, a trained racewalk judge is worth his/her weight in gold. The following is a brief synopsis of the judging process. All interested parties are urged to get a copy of the *Racewalking Judge's Handbook* from TAC--the definitive work on the subject.

### THE RULES OF RACEWALKING

From the athlete's standpoint, racewalking has only two rules: the **LOSS OF CONTACT** rule and **FAILURE TO STRAIGHTEN** rule. The first says that contact with the ground must be maintained at all times and in particular, there must be a period, however brief, of double contact. The second rule requires that the **SUPPORT LEG** must be straight (at least, although many people hyperextend) at the knee when the leg is directly under the body. That's all! Anyone who meets those two rules is racewalking **LEGALLY** (although not necessarily efficiently).

### WHY THESE TWO RULES?

The **LOSS OF CONTACT** rule is a fundamental one--biomechanically defined. If you are off the ground you are **RUNNING** (regardless of what your knees are doing). If you are on the ground you are walking no matter how "funny" it looks. The **FAILURE TO STRAIGHTEN** rule is a bit harder to defend. The reason that it was created was as an adjunctive rule to the first rule. It was felt that the athletes were illegal because they were able to keep the knee bent until the last instant and then "push off" the bent leg, causing a "flight phase". Biomechanically, most people do not walk with straight legs in their day to day lives. Also it is clear that athletes are still off the ground regardless of what their knees are doing. The rule does have the saving point of making the athlete look "more aesthetic".

### HOW TO JUDGE A WALKING RACE

The following personnel and materials are needed to correctly judge a race:

- 4-8 judges to control the athletes' mode of progression.
- 1 head judge selected from the ranks of a) above. This judge is the only one that may communicate disqualification to the athletes during the race. This will be discussed later.
- A "runner" who circulates constantly among the judges and picks up any judging cards (see below). He/she also informs the head judge if any athlete is to be disqualified. The runner also deals with:
- The "recorder" who collects judging cards from the runner and keeps track of how many each athlete has. If an athlete exceeds his/her limit (defined below), the recorder informs the runner. The runner then informs the head judge.



e. One set of judging materials for EACH judge including a pen/pencil (to write down violations), judging cards (on which to mark down the violations and hand to the runner), and a paddle to warn the athlete of possible violations (one side has the bent knee symbol ">" and the other has the loss of contact symbol "--").

f) For the head judge ONLY: A red flag. This is used to show an athlete that he/she has been disqualified. This is done by holding the flag in front of the athlete, saying his/her number/name and informing him/her that they have been disqualified and must leave the course.

For judges, a typical chronology of events surrounding a race looks like:

#### BEFORE THE RACE:

- a) The head judge is elected by all judges.
- b) Judging materials are distributed to those who don't have their own.
- c) The head judge reviews the rules and judging conduct with the other judges.
- d) Assignment of judging locations are given by the head judge to the other judges.

Immediately before the race:

- e) The head judge introduces him/herself and the other judges to the athletes.
- f) The head judge BRIEFLY reviews the rules and procedures that will be used to judge the race.
- g) Judges go to their assigned positions.

#### DURING THE RACE:

- h) A judge silently observes the athletes.
- i) If a disqualification call is warranted, the judge fills out a card and then hands it to the runner on his next trip by. Nothing is said to the athlete directly.
- j) If a caution is warranted AND the judge has not given this particular athlete one up to that point in the race, the judging paddle is displayed to the athlete with the appropriate symbol facing the athlete. The judge says something like: "Warning (or Caution) number 102/Fred Smith. Failure to straighten/Loss of contact (as appropriate)."
- k) An athlete is disqualified only when he/she has accumulated three DQ cards from three different judges.

l) If you are the head judge and you are informed by the recorder (via the runner) that an athlete is to be disqualified, you find the athlete as soon as possible, hold the red flag in front of him and say something like: "Number 102/Fred Smith. You have been disqualified. Please turn in your number and leave the course."

m) Please also note: during the race a board with each competitor's number is displayed. For each DQ card submitted, a red "X" is supposed to be placed next to the athlete's number by the recorder. Note: this rule is currently under attack from many quarters and may be changed, but as of 1988 it stands. It is felt by some to compromise the independence of the judging.

#### AFTER THE RACE:

- n) Any cards not picked up in the latter part of the race by runner from the judges are turned in to the recorder (i.e., only marked disqualification cards)
- o) Judging materials are collected from those who borrowed them.

p) The judges should review the judging conduct of the race (but NOT the athletes calls).

q) The recorder's "tally sheet" should be made available to any ATHLETE who would like to see it.

r) If requested by an athlete, a judge should review the reason that a particular call was made by that judge for that athlete.

#### HOW TO DECIDE IF A CALL SHOULD BE MADE

This is one of the most straightforward parts of judging and yet many people insist on making it vastly over-complicated. You give a disqualification call only if:

a) You SEE the athlete with both feet not in contact with ground. i.e. You must observe the FEET--no other part of the body will give you 100% certainty that as to whether or not the athlete is in contact with the ground.

b) You SEE the support knee bent at the point when it is directly underneath the body.

There are some people who claim that watching certain other parts of the body will "tell" you whether or not the athlete is legal, but they are WRONG! Observing other body parts gives you, at best, an idea of the probability of illegality. THIS IS NOT GOOD ENOUGH! For example, many people say that you can tell if an athlete has lost contact by seeing if the shoulders or head "bounce". This is perhaps a clue as to what to look for, but it is NOT indicative of illegality by itself.

You give a caution if, and only if:

a) It appears that the athlete is in violation but you are not 100% certain of it. (even 99.9% certainty is not enough for a disqualification--100% is a must).

Some claim that giving cautions is a form of "coaching" or that an athlete either is or isn't illegal and hence, we should get rid of cautions. Nonsense! You must allow the judge a margin of error when competitors in the race are subject to exactly the same conditions and therefore no one has a real advantage. If none of the above conditions are met, the judge stands silently and observes. PERIOD!!!

To be concluded in September issue.