

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

VOLUME XXVI, NUMBER 7 COLUMBUS, OHIO SEPTEMBER 1990

## Surprise Winners in European Championships

Split, Yugoslavia--Among the favorites in the European Championship racewalks, only Soviet Andrie Perlov in the 50 Km prevailed. The women's 10 Km went to Italy's Anna Rita Sidoti in just 44:00, with world record setter Nadezhda Ryashkina pulled at about 8 Km. The other favorite, Beate Anders, was well back in sixth. In the 20 Km, the Soviets were favored, particularly with the GDR's Ronald Weigel opting for the 50 (his better event, but maybe not this year when he is coming back) along with Italy's Maurizio Damilano. But Mikhail Schennikov got sick and dropped out, Grigoriy Kornev also failed to finish, and Frantz Kostiukevich could manage only 11th in over 1:27. That left the door open to the consistent Pavol Blazek. The Czech prevailed over Spain's Daniel Plaza in 1:22:05. The 50 was started at the hottest part of a hot (mid 80s) day and the conditions took their toll. (It was also a very demanding course.) Only Perlov and Bernd Gummelt of the GDR managed to better 4 hours and better than half of the field was on the sidelines at the end. Weigel finished only ninth and Damilano was among those that dropped out.

Results of the races:

**Women's 10 Km, Aug. 29--**1. Ann Rita Sidoti, Italy 44:00 2. Olga Kardapoltseva, USSR 44:06 3. Ileana Salvador, Italy 44:38 4. Tamara Kovalenko, USSR 45:03 5. Sari Essayeh, Finland 45:10 6. Beate Anders, GDR 45:18 7. Reyes Sobrino, Spain 45:42 8. Monica Gunnarsson, Sweden 45:48 9. Maria Rosza, Hungary 45:54 10. Lisa Langford, GB 46:33 11. Emilia Cano, Italy 46:43 12. P. Carola Pagani, Italy 46:55 13. Ildiko Ilyes, Hungary 47:17 14. Teresa Placio, Spain 47:30 15. Betty Sworokowski, GB 47:37 16. Aniko Szebenszky, Hungary 47:46 17. Madelein Svensson, Sweden 48:19 18. Nathalie Marchand, France 48:28 19. Andrea Bruckmann, WG 48:37 20. Julie Drake, GB 49:26 21. Isilda Gonsalves, Portugal 50:49 22. Victoria Oprea, Romania 51:38 23. Mirva Hamalainen, Finland 55:52 DQ--Nadezhda Ryashkina, USSR

**Men's 20 Km, Sept. 28--**1. Pavol Blazek, Czech. 1:22:05 2. Daniel Plaza, Spain 1:22:22 3. Thierry Toutain, France 1:23:22 4. Robert Korzeniowski, Poland 1:23:47 5. Valentin Massana, Spain 1:23:53 6. Walter Arena, Italy 1:24:16 7. Bernd Gummelt, GDR 1:24:33 8. Giovanni DeBenedictis, Italy 1:24:51 9. Robert Ihly, WG 1:25:31 10. Jan Zahoncik, Czech. 1:26:47 11. Frantz Kostiukevich, USSR 1:27:12 12. Sergio Spagnulo, Italy 1:27:52 13. Miguel Prieto, Spain 1:28:32 14. Kari Ahonen, Finland 1:28:57 15. Sandor Urbanik, Hungary 1:29:19 16. Mark Easton, GB 1:31:06 17. Magnus Morenius, Sweden 1:31:51 18. Ralph Weise, GDR 1:32:45 19. Jose Urbano, Portugal 1:32:50 20. Aldo Bertoldi, Switz. 1:33:55 21. Michael Lane, Ireland 1:35:04 22. Milan Balek, Yugoslavia 1:35:28 DQ--Andrew Drake, GB and Roman Mrazek, Czech. DNF--Jose Pinto, Portugal, Mikhail Schennikov, USSR, Grigoriy Kornev, USSR, and Axel Noack, GDR.

**50 Km, August 31--**1. Andrei Perlov, USSR 3:54:36 2. Bernd Gummelt, GDR 3:56:33 3. Hartwig Gauder, GDR 4:00:48 4. Basilio Labrador, Spain 4:02:05 5. Jose Marin, Spain 4:02:53 6. Valentin Kononen, Finland 4:03:07 7. Giovanni

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO

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Dan O'Connor on his way to his fifth national 40 Km win in New Jersey, accompanied by runnerup, Dave McGovern, at this stage of the race. (Elliot Denman photo.)

Perricelli, Italy 4:03:36 8. Sandro Belluci, Italy 4:03:46 9. Ronald Weigel, GDR 4:04:36 10. Martial Fesselier, France 4:05:18 11. Leslie Morton, GB 4:05:28 12. Rene Piller, France 4:05:39 13. Laszlo Sator, Hungary 4:09:46 14. Zoltan Czukor, Hungary 4:16:40 15. Volkmar Scholz, WG 4:18:52 DQ--Bo Gustavsson, Sweden, Pavol Szikora, Czech., Andrei Plotnikov, USSR; and Alexandr Potashov, USSR. DNF--Jorge Llopert, Spain; Jaroslav Makovec, Czech.; Hubert Sonneck, Czech.; Stefan Johansson, Sweden; Godfried DeJonckheere, Belgium; Sandor Urbanik, Hung., Maurizio Damilano, Italy, Paul Blagg, GB; Kair Ahonen, Finland; Alain Lemerrier, France; Jose Pinto, Portugal; and Darrell Stone, GB.

### Walk Title Goes to New York Teacher

Middleton Township, N.J., Sept. 9 (By Elliott Denman)--New York City schoolteacher Dan O'Connor calls himself a quick learner. He's taught himself three different race walking styles this year and used the latest one to walk off with the Athletics Congress 40 Kilometer National Championship. O'Connor, 38, of Bellmore, N.Y., is a two-time U.S. Olympian and seven times a U.S. World Cup team representative. Now, he's a five-time winner of the National 40 Km walk title, too.

It took him 3:26:57 to complete the distance around the Brookdale Community College campus--and make a bit of track history. He became just the second man ever to win five National 40 Km titles--Track and Field Hall of Famer Ron Laird was the first--and now he's won 40 Km titles in three different decades.

Dan had taken 40 Km crowns in 1978-81 (when the race was held in Long Branch, N.J.) and hopes to use this year's win as a springboard to a record eighth World Cup berth in 1991 as well as a bid for a third Olympic team in 1992.

"I've given up power walking. I'm not sitting back any more," said O'Connor, a physical education teacher and track coach at Brian Piccolo Intermediate School in Far Rockaway, Queens. Instead, he's concentrating on a "thrust" style from the hips and midsection.

It's definitely working. O'Connor collected a silver medal in the 50 Kilometer walk at the Olympic Sports Festival in July and walked away from defending champion Dave McGovern, of Charlottesville, Vir., here. "I threw in a quick burst (around 25 minutes) for 5 kilometers," said O'Connor. "It was a tremendous gamble." But it worked to perfection, as McGovern dropped off the pace and eventually settled for second in 3:36:59, just holding off New Yorker Nick Bdera's late-charging 3:37:15. Bdera led the masters walkers.

Canadian star Micheline Daneau of Montreal's Phoenix Club turned in one of the best-ever women's 40 Km marks with a 4:05:36 winning clocking. Patti Ditzel of New York was a distant second.

**Men's Leaders:** 1. Dan O'Connor, Stars and Stripes TC 3:26:57 2. Dave McGovern, Natural Living Club 3:36:59 3. Nick Bdera, East Side Track Club 3:37:15 (1st 40-44) 4. Bob Keating, New England Walkers 3:48:12 (2nd 40-44) 5. Phil McGaw, North Medford Club 3:48:30 (3rd 40-44) 6. Brian Savilonis, New England Walkers 3:54:24 (4th 40-44) 7. Ray McKinnis, Durham, NC 3:56:30 (1st 50-54) 8. James Miner, Binghamton, N.Y. 3:57:19 (5th 40-44) 9. Paul Cjaka, Shore AC 3:57:52 10. Alan Price, Potomac Seniors 3:59:38. . Lon Wilson, East Side 4:02:26 (7th 40-44). . Bob Mimm, Shore AC 4:40:53 (1st 65-69). . Stan Schechter, Millrose AA 4:42:59 (1st 55-59). . Cervan Robinson, East Side 4:45:52 (1st 60-64). . Cokey Daman, Tidewater Striders 4:43:31 (1st 70-74). . Harry Drazin, Shore AC 5:27:05 (1st 75-79)

**Women's leaders:** 1. Micheline Daneau, Canada 4:05:36 2. Patti Ditzel, Natural Living 4:27:42 3. Elton Richardson, New York 4:39:59 (1st 50-54) 4. Emily Hewitt,

New England Walkers 4:47:02 (1st 45-49) 5. Donna Cetrulo, Shore AC 5:03:43 (1st 40-44)

Teams: 1. New England Walkers 12:22:02 2. East Side Track Club Masters: 1. East Side TC 12:25:33 2. New England Walkers 12:29:38 Women: 1. Shore AC 15:53:09.

### OTHER RESULTS

**U.S.-Canada Junior Dual Meet, Brockville, Ontario, September 16:** Men's 10 Km--1. Martin St. Pierre, Can. 45:17 (22:34) 2. Tim Seaman, US 45:32 (23:23) 3. Andrew Herman, US 45:43 (23:23) 4. Phil Dunn, US 45:43 (22:35) 5. Paul Tavares, US 45:46 6. Jeff CXassin, Can. 46:06 7. Sean Albert, US 49:24 8. James Kilburn, Can. 50:51 (23:23) 9. Jason McLennan, Can. 55:23 US--12 Canada--10. Women's 5 Km--1. Corrine Whissel, Can. 24:45 2. Jennifer Zalewski, US 25:23 3. Silvie Turnbull, Can. 25:41 4. Myulene Dupere, Can. 26:17 5. Gretchen Eastler, US 26:30 6. Ruth Talbot, Can. 26:41 7. Genevieve Plouffe, Can. 26:59 8. Kelly Watson, US 27:17 8. Ali DeWitt, US 27:25 DNF--Desiree McCauley, US Canada--14 US--8. Total score: Canada 24 US 20

**National Masters 20 Km, Indianapolis, Aug. 5** (5 Km results last month): Men 30-34--1. Jim Heiring 1:45:28 Men 35-39--1. Mike DeWitt 1:46:01 2. Pete Williams 1:51:08 Men 40-44--1. Bill McCray 1:48:58 2. Norm Frable 1:53:50 3. Dean Easterlund 1:56:48 Men 45-49--1. Gary Null 1:47:60 2. Jim Fogle 2:02:10 (Victor Sipes DQ) Men 50-54--1. Tom Knatt 2:01:10 2. Bob Thaler 2:05:20 3. Walter Lubzik 2:06:00 (John Elwarner DQ) Men 55-59--1. Robert DiCarlo 2:01:36 2. Robert Fine 2:07:18 Men 60-64--1. Charles Deuser 2:08:10 2. Vance Genzlinger 2:12:40 3. Moshe Meyerowitz 2:15:40 Men 65-69--1. Bob Mimm 2:01:31 2. George Heller 2:18:30 Men 70-74--1. Cokey Daman 2:11:01 2. Max Gould 2:14:50 3. Don Johnson 2:18:03 4. Paul Geyer 2:21:57 Men 75-79--1. Bill Patterson 2:39:41 Women 35-39--1. Kathy Finch 2:12:24 Women 40-44--1. Gayle Johnson 2:02:09 Women 45-49--1. Sue Hock 2:29:24 Women 50-54--1. Bev LaVeck 2:04:12 2. Jill Latham 2:06:20 3. Elton Richardson 2:07:21 Women's 10 Km--35-39--1. Mataji Graham 58:10 40-44--1. Julie Ratner 55:38 2. Jeanette Smith 58:53 45-49--1. JoAnn Nedelco 54:14

**New England Women's 5 Km Championship, East Greenwich, RI, Aug. 26--1.** Christie Kuo 27:55 2. Carol Kay 32:10 **New York State Empire Games, Liverpool, Aug. 2-4:** Women's 5 Km--1. Teresa Vaill 23:11 2. Cheryl Rellinger 24:49 3. Gina Impagliazzo 25:35 4. Diedre Collier 26:05 5. Roselle Safran (age 2=13) 26:07 6. Desiree McCauley 26:36 7. Susan Henricks 27:18 8. Dorothy Sholner 27:57 9. Jennifer Kelly 28:17 10. Karen Fina 28:18 Women's 10 Km--1. Lynn Weik 47:59 (a good return from injury) 2. Teresa Vaill 47:59 3. Cheryl Rellinger 51:26 4. Susan Liers 52:06 5. Jeanie Whiting 52:19 (1st master) 6. Janice Sztabnik 52:34 7. Chris Izzo 53:01 8. Deirdre Collier 55:03 9. Jennifer Kelly 58:02 10. Karen Fina 58:10 11. Dorothy Sholeen 58:27 12. Eileen Lawrence 60:14 Men's 20 Km--1. Curtis Fisher 1:30:49 2. Rob Cole 1:34:41 3. Jon Jorgenson 1:38:25 4. David Talcott 1:38:50 5. Nick Bdera 1:41:58 6. David Lawrence 1:43:52 7. Franco Pantoni 1:47:07 8. James Miner 1:51:51 9. Mike Korol 1:54:05 10. Robert Lubelski 1:57:43 11. Bob Ryan 2:02:55 Boy's 5 Km--1. Andy Lee 23:27 2. James Spahr 26:27 Girl's 5 Km--1. Roselle Safran 26:07 2. Desiree McCauley 26:36 Men's 50 Km, Rob Cole 4:47:46 2. Mark Bagan 5:05:25 3. James Miner 5:05:57 **Long Island Empire Games Trials:** Boys 5 Km--1. Andy Lee 25:13 2. James Spahr 26:15 Girl's 5 Km--1. Roselle Safran 26:34 2. Desiree McCauley 26:56 Women's 5 Km--1. Lynn Weik 24:25 2. Sue Liers 24:28 3. Gina Impagliazzo 26:13 4. Janice Sztabnik 26:56 Women's 10 Km--1. Jean Whitney 53:40 2. Janice Sztabnik 58:03 **Women's 5 Km, Fort Hunt, Vir., Sept. 8--1.** Tracey Wong Briggs 28:48 2. Alison Aabrenski (age 11) 30:19 5 Km, Miami

**area, Aug. 18--1.** Sondra Vladem 30:10 2. Charles Poladian 30:50 **10 Km, Dearborn, Michigan, Aug. 25--1.** Dan O'Brien 47:53 2. Victor Sipes 50:02 (1st master) 3. John Elwarner 51:57 (1st over 50) 4. Max Green 52:13 (1st over 55) 5. Terry McHoskey 53:26 6. Vance Genzlinger 58:43 **Junior 10 Km, Blain, Minn., Sep. 1** (Following Junior Training Camp)--1. Andrew Hermann 48:29 2. Andy Lee 49:16 3. Sean Albert 51:29 4. Philip Dunn 53:06 (walking just after 44:45 in Junior world's) 5. Steve Harvey 54:59 6. Chris Braudis 55:02 7. Scott Stewart 59:15 Girl's 5 Km, same place--1. Lisa Frank 27:48 2. Melissa Baker 28:22 3. Kara McGeever 28:55 4. Danielle Kirk 29:28 **Gulf 10 Km, Houston, April 22--1.** Dave Gwyn 58:54 2. Sydnie Kleinhenz 59:04 3. Evelyn Knight 61:21 5 Km, **Midland, Tex., May 5--1.** Norm Frable 25:50 2. Francis Johns 26:00 3. Jerry Whitten 28:28 **1 Mile, Houston, May 13--1.** Roger Boak 7:00.5 2. Dave Gwyn 7:31 3. Sydnie Kleinhenz 7:55 4. Ed Skulski 8:11 **1 Mile, Houston, July 12--1.** Dave Gwyn 7:51 **1 Mile, Houston, July 13--1.** Tor Cuttulsroed 7:01.6 2. Roger Boak 7:11 3. Sydnie Kleinhenz 8:12 **1 Mile, Houston, July 19--1.** Tor Cuttulsroed 6:57.9 2. Sydnie Kleinhenz 8:12 3. Lisa Chubley 8:18 **1 Mile, Houston, Aug. 2--1.** Tor Cuttulsroed 6:56 5 Km, **Colorado Springs, July 27--1.** Carl Schueler 22:27 2. Debby Van Orden 25:05 3. Dan Pierce 26:20 3. Claudia Leonard 29:31 5. Mitch Woods 29:45 6. Elaine Wiley 29:46 7. Judy Hablitzel 29:49 5 Km, **Denver, July 21--1.** Peggy Miller 27:49 5 Km, **Denver, Aug. 12--1.** Tim Lewis 23:24 2. Randy Mimm 24:08 3. Bill Hutchinson 25:17 4. Peggy Miller 28:11 5. Dan Pierce 28:12 6. Gene Casey 29:07 7. Chris Amoroso (56) 29:26 8. Scott Stewart 30:08 **2 Mile, Albuquerque, June 24--1.** A. Smith 14:40 (1st over 40) 2. Larry Martinez 15:15 3. W. Crandall 17:08 (1st over 45) 4. Bentley Lyon 17:40 (1st over 60) 5. F. Moore 17:52 6. Joe Sutton 17:53 7. P. Thompson 18:02 Women: 1. Jackie Kerby 17:58 5 Km, **Albuquerque, June 10--1.** Larry Martinez 26:03 2. Don Pettit 26:36 3. Randy Burden 27:32 4. Robert Reedy 27:54 (age 48) 5. Mataji Graham 27:57 6. Peter Armstrong 29:12 7. Gil Butler 29:15 8. Joe Thompson 29:50 9. Joe Sutton 29:51 10. Jackie Kerby 30:09 5 Km, **Zuni, NM--1.** Peter Armstrong (45) 47:59 2. Joe Cameron (43) 48:05 **1 Mile, New Mexico, August 12--1.** Jesse Castenada (50) 7:17 2. Fred Moore (40) 8:35 3. Joe Sutton (44) 8:35 4. Jackie Kerby 8:41 5. T. Kassinger 8:46 6. Art Fuldauer 8:49 5 Km, **New Mexico, Aug. 18--1.** Peter Armstrong 26:59 2. Joe Cameron 28:12 3. Theron Kissinger 29:04 4. Winston Crandall 29:25 5. Fred Moore 29:32 6. Joe Sutton 29:36 7. Bentley Lyon 29:48 Women: 1. Mataji Graham 28:39 2. Jackie Kerby 28:44 **Natural Sport Women's 10 Km, San Diego, September 8--1.** Debbie Lawrence 47:45 2. Lynn Weik 48:05 3. Victoria Herazo 49:12 4. Wendy Sharp 50:08 5. Teresa Vaill 50:14 6. Kim Wilkinson 51:24 7. Susan Liers 51:50 8. Viisha Sedlak 52:00 9. Fran Bustos 52:14 10. JoAnn Nedelco 52:36 11. Sara Standley 55:50 12. Jennifer Formosa 57:04 13. Jeannie Formosa 57:05 (14-year-old twin sisters) 14. Cindy Paffumi 57:30 15. Mataji Graham 57:35 16. Alison Ashton 59:59 (32 in race) **2.5 Km (same place)--1.** Dale Sutton (50) 12:42 2. Ron Daniel (49) 13:22 3. Gary Westerfield (45) 13:46 4. Larry Marchant (50) 13:50 5. Fred Moore (40) 14:38 6. Bob Mitchell (54) 14:43 (17 finishers) **US Junior Championships, Fresno, Cal., June 28:** Women's 5 Km--1. Jennifer Zalewski, Wis. Parkside 24:51 2. Jennifer Formosa, Blue Angeles 25:34 3. Jeannie Formosa, Blue Angeles 26:11 4. Ali DeWitt, WP 27:33 5. Kelly Watson, WP 27:51 6. Denisha Bewndz, Pegasus TC 29:10 **Santa Monica Half Marathon, August 26--1.** Mario Perico 1:43:43 2. Art Grant 1:58:03 3. Enrique Camarena 1:59:41 4. Jessie Wright 2:01:18 5. Carl Acosta (56) 2:02:55 6. Richard Ashton 2:04:32 7. Margaret Govea 2:05:10 8. Ken Yoshihara (51) 2:07:47 **2.8 Mile, Seattle, Aug. 2--1.** Bob Novak 22:59 2. Stan Chraminski 23:14 3. Ann McCulley 24:04 4. Steve Frederickson 24:46 **10 Km, Monroe, Wash., Aug. 25--1.** Bruce Harland 44:17 2. Bev LaVeck 57:33 **Half Marathon, Woodinville, Wash., Sept. 3--1.** Stan Tachiyama 1:52:25 2.

Stan Chraminski 1:56:20 3. Daniela Hairabedian 1:58:52 4. Bob novak 2:00:31 5. Lew Jones 2:09:32 5 Km, Seattle, Sept. 15--1. Bruce Harland 22:39 2. Stan Chraminski 24:46 3. Daniela Hairabedian 25:43 4. Bob Novak 25:50 5. Ernie Smith 27:17 6. Ann McCulley 27:41 7. Lew Jones 27:41 8. Bev LaVeck 28:31 Montreal Marathon, September 2--1. John Alfonso, U.S. 4:34

## WALK INTO THESE RACES

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)  
Sun. Oct. 7 Women's 5 Km, Men's 10 Km, Hanover, Penn., 12:30 pm (BB)  
Sat. Oct. 13 Georgia State 5 Km, Championship, Atlanta, 8 am (H)  
5 Km, Albuquerque, NM (N)  
5 Km, San Marcos, Texas (R)  
Sun. Oct. 14 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)  
10 Km, Houston, 9 am (R)  
Sun. Oct. 21 North American Masters 20 Km, Midland, Texas, 9 am (E)  
1 Hour, Arlington, Virginia, 9 am (O)  
5 Km, Miami Beach (Q)  
25 Km, Houston, 8 am (R)  
5, 10, 20, and 25 Km, Kenosha, Wis. (AA)  
5 Mile, Seattle, 1pm (C)  
Sat. Oct. 27 Henry Laskau 5 Km, Long Island (K)  
5 Km, Ft. Lauderdale, Florida, 7 am, (Q)  
5 Km, Denver (F)  
5 Km, Tacoma, Washington (C)  
10 Km, Seaside, California (L)  
Sun. Oct. 28 20 and 50 Km, Columbus, Ohio (D)  
5 Km, Austin, Texas, 10 am (T)  
Sat. Nov. 3 10 Km, Eaton, Ohio (DD)  
1 Hour, Miami, 7:30 am (Q)  
Sun. Nov. 4 NTA0 100 Km, Atlanta (H)  
1 Hour, Hayward, Ca. (W)  
5 and 10 Km, Columbia, Missouri (M)  
Sat. Nov. 10 5 Km, Coconut Creek, Florida (Q)  
Sun. Nov. 11 1 Hour, Arlington, Virginia, 9 am (O)  
20 Km Men, 15 Km Women, Long Island (X)  
Sat. Nov. 17 5 Km, Albuquerque, NM (N)  
1 Hour, Palm Beach, 7:30 am (Q)  
5 Km, Seattle (C)  
Sun. Nov. 18 20 Km, San Francisco (I)  
5 Km, Niagara Falls, NY (J)  
5 Km, Austin, Texas (T)  
5 Km, New York City (Z)  
Thur. Nov 22 5 Mile, Sugarland, Texas (R)

4 Mile, Denver (F)  
Sat. Nov. 24 5 Km, Coral Gables, Florida, 7:30 am (Q)  
Sun. Nov. 25 25 Km, Houston (R)  
Sat. Dec. 1 5 Km, New York City (Z)  
5 Km, Buffalo, NY (J)  
Sun. Dec. 2 5 Km, Miami, 8 am (Q)  
4.4 Mile, Denver (F)  
Sat. Dec. 8 Women's 10 Km, Austin, Texas (T)  
5 Km, Denver (F)  
10 Mile, Columbia, Missouri (M)

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\* \* \* \* \*

## FROM HEEL TO TOE

Potomac Valley Walkers has racewalk clinics three times a week for the next few weeks. Tuesday night sessions at Constitution Gardens in Washington, D.C. are scheduled at 6:30 pm through October 30. Saturday morning sessions are held in Bowie, Maryland at 8:30 and at Alexandria, Virginia at 9 through November 3. Contact Potomac Valley Walkers, 16000 Pointer Ridge Drive, Bowie, MD 20716 for more information. . . Ron Daniel and Cindy Paffumi will be the instructors at a 2 1/2 day training camp for race walking fitness and competition to be held Oct. 19-21 at Pajaro Dunes, California. Cost is \$175 per person. Contact Ron Daniel,

1289 Balboa Ct., #149, Sunnyvale, CA 94086 (Phone 415-964-3580) for further information. . .The IAAF has set entry standards for the 1991 World Championship (Tokyo) walks. The A Standards are 46:30 for the women's 10 Km, 1:24:30 for the men's 20, and 4:05:00 for the men's 50. B standards are 47:30, 1:27:00, and 4:15:00, respectively. A country may enter one athlete who meets the B standard. Those countries wishing to enter three athletes in an event must have all three meet the A standard. The same standards may be used for the 1992 Olympics. . .Two subscribers have informed me that they have recently tried to order the Racewalking Judges Handbook from TAC and found it is no longer available. We are concluding the Leonard Jansen article on judging in this issue and perhaps he knows if any copies are still kicking around. His address is 1750 E. Boulder St., Colorado Springs, CO 80909. Another possible contact is Steve Vaitones, the Racewalk Committee representative to TAC's Rules Committee. His address is 90 Summit St., Waltham, MA 02154. . .Giulio de Petra, of the Monterey Walk Walk Club, won the 20 Km in the age 75-59 group at the EWuropean Veterans Games. Giulio had a 2:20:35. He was second to Scimone of Italy in the 5 Km with 32:53. . .Allen James, Richard Quinn, and Sara Standley all tested negative in the Athletics Congress out-of-competition drug testing program. Keeps racewalking's slate clean. . .The *Racewalking World Statistics* for 1989 are now available from Palle Lassen in Denmark. Gives world records and best performances, world lists for 1989, results of major 1989 races, and various other statistics for both men and women. Send \$5 to Palle Lassen, Bulowsvej 40, DK-1870, Fredriksberg C., Denmark

## LOOKING BACK

**25 Years Ago** (From the Sept. 1965 ORW)--Ron Laird overcame a muddy track (including one huge puddle that forced walkers into the fourth lane as they entered the homestretch) at Chicago's Riis Park to win the National 1 Hour title. He covered 7 miles 1432 yards. Laird took a quick lead and stretched it to 56 seconds by 5 miles (37:39). Second place Jack Mortland closed some ground from there, but was still 90 yards back at the finish. His Ohio Track Club teammate, Jack Blackburn, was another 127 yards behind. Fourth was Ron Daniel with 7 miles 953 yards. . .This issue contained very entertaining descriptions of the Mackinac Bridge Walk by Doc and Mrs. Doc Blackburn. Jack Blackburn authored an interesting article entitled "Walkers of the New Era", outlining emergence of the sport over the previous 7 years.

**20 Years Ago** (From the Sept. 1970 ORW)--John Knifton, better known for his exploits at shorter distances at that stage of his career, won the National 50 Km in Santa Barbara in 4:35:02. John Kelly was nearly 3 minutes back and Bob Kitchen another minute behind him. Rounding out the top six were Goetz Klopfer, Jim Lopes, and Bryon Overton. . .Dave Romansky survived a severe electrical storm during the contest to win the National 25 Km from Knifton in under 2 hours. . .The Canadian 50 Km went Michigan's Gerry Bocci ahead of Pat Farrelly. Gerry had a 4:54:57. Jeanne Bocci set American bests from 25 Km on, going the distance in 5:45:20. . .Larry Young started on the comeback trail with his eye on the Munich Olympics with a 1:25:09 10 mile win in Ft. Osage, Kansas, somewhat out of the limelight, one might say. . .In AUstralia, Noel Freeman turned in a 1:50:02 for 15 miles on the track, passing 20 Km in 1:30:10. . .Eivor Johansson, of Sweden, won the Women's International 5 Km in 24:40.

**15 Years Ago** (From the Sept. 1975 ORW)--Larry Young, holder of two Olympic bronze medals and two Pan-American golds, added another National 50 Km title

in Smithtown, N.Y. His 4:18:56 left second place Augie Hirt 12 minutes back. John Knifton, Tom Knatt, Ray Somers, and Paul Ide also broke 4:40. . .Sue Brodock was an easy winner of the women's National 10 Km in 52:03, nearly 7 minutes ahead of Sandy Briscoe. . .Roland Weissner set a World's Junior record for 10 Km in East Germany with 41:46.8.

**10 Years Ago** (From the Sept. 1980 ORW)--Dan O'Connor was an easy winner of the National 35 Km race in 2:00:31 with Dennis Reilly (3:11:28) and Bill Ranney (3:13:01) following. . .Alan Price won a 75 Km race in Springfield, Ohio in 8:31:41 ahead of Jack Blackburn's 9:00:25. . .In a 100-miler in Leicester, England, Dave Boxall did 17:45:10. Ten competitors bettered 20 hours and 64 finished under 64 hours.

**5 Years Ago** (From the Sept. 1985 ORW)--The National 15 Km title went to Paul Wick in 1:10:24. Federico Valerio (1:12:35) and Larry Walker (1:12:43) followed. The women's title went to Ester Lopez in 1:21:48, with Jolene Steigerwalt second. . .The German Democratic Republic won the Men's World Cup, contested on the Isle of Man, with the women's title going to China. The Germans were led by Hartwig Gauder's win at 50 Km (3:47:31). Andrei Perlov, USSR, was nearly 2 minutes behind with Gauder's teammate, Axel Noack, third. Marco Evoniuk in 16th had a 4:11:03 and Carl Schueler finished 19th in 4:13:14 for the U.S. Josef Pribilinec crossed the finish line first to defend his 20 Km title, only to find he was DQ'd. The title went to Spain's Jose Marin in 1:21:42 with Italy's Maurizio Damilano (1:21:43) and Soviet Viktor Mostovik (1:22:01) following. The Chinese women took one-two in the persons of Hong Yan (46:22) and Guan Ping (46:23). Olga Kristoph, USSR, was just a second behind in third.

# # # #

CONCLUSION OF LEONARD JANSEN JUDGING ARTICLE (first installment in August issue)

## OTHER JUDGING POINTS

a) Judges may not communicate with ANYONE (especially other judges) during the race. To do so leaves the judge open to charges (true or false) that the judge did not decide/act independently. You will not die of loneliness even during a long race.

b) The only exceptions to the above are when a judge gives a warning to an athlete or when the head judge disqualifies an athlete.

c) There are (obviously) two more exceptions: When an athlete needs extreme medical aid during the race (heat exhaustion etc). At this point the judge may be the only one around to determine what the athlete may need to safeguard his health. also when an athlete may need course directions during the course of the race.

d) No "COACHING" allowed by judges during the race.

e) If you have any prejudices for/against a particular athlete(s), do not judge that race. (Yes, we are all human and have our prejudices).

f) Do not judge if you have an athlete that you coach in the race--this goes along with c). Note that sometimes you may have to judge under this condition--there are very often not enough non-coaching judges at a race. A concerted effort should be made to free yourself from any prejudices in this case.

g) The judging cards should have locations for the following information: The athlete's number and name (if known), the time of day that the call was made (NOT the time of race because some judges may be out on the course by the time the starting gun goes off), the type of infraction (Bent Knee or Loss of Contact) and the name of the judge giving the call.

h) A judge may only give ONE disqualification and ONE caution to each competitor. Don't waste your or the recorder's time by submitting multiple DQ cards on the same athlete. Note that this means that you may also NOT put in a card/call for each type of infraction for the same athlete.

i) Until the rules are rewritten, everyone is judged equally—by this I mean that it is often a common practice to judge older athletes less strictly than younger ones with regard to BENT KNEE. There is no basis in the rules for this (even if there may be physiologically). Please be consistent.

j) Don't make up your own rules. Judge by the two rules or get involved in some other judged sport.

k) In case of an athlete becoming angry/abusive over a call for disqualification, conduct yourself with dignity.

l) If you remember nothing else about judging, please remember this: **THE ATHLETE ALWAYS GETS THE BENEFIT OF THE DOUBT.** Most athletes send a lot more time walking than you spend judging, so give them the chance to do their best.

#### **SUGGESTIONS FOR JUDGING A RACE WITH INADEQUATE PERSONNEL**

The following are suggestions for the time when there are inadequate personnel to man a race as required in the rules (and it happens to everyone sooner or later). These are just my personal suggestions and not rules:

If there are 3 judges: each judge must give a DQ card for the athlete to be disqualified.

If there are 2 judges: the athlete must get 1 DQ card from one judge and 2 from the other.

If there is only one judge (Poor you!): You must see the athlete in violation of the rules on 3 separate occasions.

If there is no runner: have the recorder circulate among the judges and pick up the cards, keeping track as he/she goes.

If there is no recorder have the runner act as the recorder.

If there is no recorder and no runner: have the head judge act in this capacity as best he can.

In the last case, realize that the final DQ tally may well take a while **AFTER THE RACE.** Inform the athletes of this possibility before the race starts.

In all cases, some cards may not come in until after the race is over. This is true especially in short races. However, all judges should make every effort to get their cards in as quickly as possible both during and after the race. (End of Leonard's treatise)

#### **THE NEED FOR JUDGES IS REAL**

Any time is a good time to get registered as a racewalking judge official. Our needs are truly great in this regard. The time period that officials are registered by the Athletics Congress goes from Olympics to Olympics which means until the Games in Barcelona Spain in August 1992. It is not difficult to pass the test

and become registered. The hardest part is to gain experience. The best way to do this is to work along with someone who has experience as a judge until you feel comfortable in your own right. If our sport is to be a credible one we need to monitor races to a far greater extent than in the past. So far we have only legally judged the races that are walk only. Even so, we have been able so far to eliminate people who have run or run/walked in running races with walking divisions (but with RW marked on their tear-off tags), but it has only been by careful observation by some of our faster competitors who know the other legal competitors. Normally those who do not walk the entire distance are too embarrassed to accept awards they did not earn and we have been able to avoid arguments so far. Some creeper-walkers have had a distorted version of the rules of racewalking, but practically all of these have decided that they wanted to learn proper technique so they could be included in the results. With the growth of the sport and with more and more races including divisions for walking with awards (and even money), the need for monitoring becomes very important. The height of absurdity occurs when a jogger gets an award for racewalking (as has happened just a few times in the past) but we must avoid this at all costs to retain our credibility.

The following overview was prepared by Ron Daniel. Ron has been a coach and clinic instructor of Racewalking for more than 12 years, working with walkers from the beginner to the National Team level. Since 1984, he has been an International Judge and officiates at national and world level events. A competitor for 31 years, Ron has been a National Champion, American record holder, and international competitor.

#### Overview of Training for Race Walking

The following recommendations are based on over 25 years of personal experimentation as well as current training plans of many U.S. and Foreign elite athletes.

#### General Fitness (all ages and fitness goals)

- o Daily stretching and flexibility for lower back, hamstrings and hips
- o Good nutrition
- o Rest
- o Good posture and body balance
- o Minimum three days per week of at least 30 minutes continuous walking at your exercise heart rate

#### Serious Training

- o Set performance goals (be realistic)
- o Avoid crash training programs (allow at least 8 to 10 weeks to prepare for a significant event)
- o Train at least 5 days per week with a total volume of at least 25 miles
- o Allow at least 4 weeks before the event to be doing high intensity training (use unimportant races as quality training)
- o Supplementary exercises (weights, swimming etc.)

## World-Record Track Events

AS AT 31ST. OF DECEMBER 1989

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## Women

5000 m:	20:27.59# Ileana SALVADOR	Ita	Trento	3 Jun 89
	20:32.75* Kerry SAXBY	Aus	Sydney	19 Mar 89
	20:45.32 Kerry SAXBY	Aus	Perth	27 Mar 88
10000 m:	42:39.2 m Ileana SALVADOR	Ita	Roma	17 Jun 89
5.000 m. JUNIOR	20:55.6 m Bingjie JIN	Chn	Anshan	2 Sep 89
	21:13.16 Yngzi CUI	Chn	Jinan	30 Oct 88
<b>World Best Performances</b>				
<b>TRACK</b>				
1 mile:	6:40.76 Ileana SALVADOR	Ita	Sestriere	12 Aug 89
2 miles:	13:23.04 Ileana SALVADOR	Ita	Verona	12 Sep 89
100 miles:	21:42.14,0 Beverly LaVeck	USA	Chula Vista	20-21 Nov 82
1500 m:	6.03,3 Kerry Saxby	AUS	Sydney	23 Nov 85
3000 m:	12:09.91 Sada EIDIKITE	SU	Lapinlahti	25 Jun 89
15000 m:	1:15.37,9 Anne Jansson	SWE	Stockholm	25 Oct 87
20000 m:	1:41.33,9 Anne Jansson	SWE	Stockholm	25 Oct 87
25000 m:	2:22.04,4 Lucyna Rokitowska	POL	Zabrze	9 Oct 83
30000 m:	2:56.36,0 Cinzia Chianda	ITA	Limbiato	18 Oct 86
35000 m:	3:33.35,4 Zofia Iurosz	POL	Warszawa	12 Oct 85
40000 m:	4:06.21,8 Zofia Iurosz	POL	Warszawa	12 Oct 85
50000 m:	5:13.49,8 Zofia Iurosz	POL	Warszawa	12 Oct 85
100.000 m:	11:58.20,0 Beverly LaVeck	USA	Arlington	5 Dec 83
200.000 m:	29:23.54,0 Ann Sayer	UK	Nottingham	11-12 Apr 82
1 hour:	12.644 m Giuliana Salce	ITA	Ostia	25 Apr 86
2 hours:	22.239 m Jana Zarubova	CS	Praha	12 Oct 85
3 hours:	30.393 m Lucyna Rokitowska	POL	Zabrze	9 Oct 83
24 hour:	186.731 m Ann Sayer	UK	Manchester	20-21 Jun 82

## World Best Performances

## Junior

3000 m:	12.39,1 Yan WANG	CHN	Beijing	29 Mar 86
10000 m:	44.26,7 Bingjie JIN	CHN	Vinalong	31 Mar 87
10 km:	43.45 Bingjie JIN	CHN	New York	3 May 87

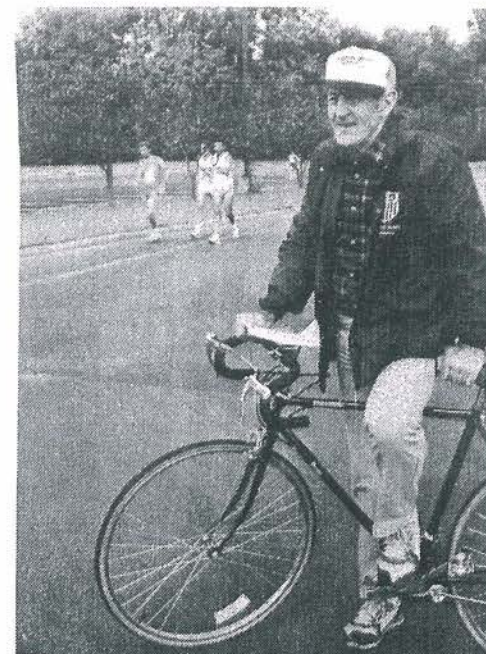
## World Best Performances

## ROAD

5 km:	20.25 Kerry SAXBY	Aus	Hildesheim	10 Jun 89
10 km:	41.30 m Kerry Saxby	AUS	Canberra	27 Aug 88
15 km:	1:09.33 Kerry Saxby	AUS	Canberra	13 Jul 85
20 km:	1:29.40 Kerry Saxby	AUS	Värnamo	13 May 88
25 km:	2:12.38 Sue Cook	AUS	Canberra	20 Jun 81
30 km:	2:44.23 Jana ZARUBOVA	CS	Prerov	25 Jun 89
35 km:	3:22.17 Susan Liers	USA	Monmouth, NJ	26 Sep 82
40 km:	3:39.43 Ann Jansson	SWE	New York	27 Oct 85
This performance is made on the New York Marathon course 42.195 km.				
50 km:	5:01.52 Lillian Millen	UK	York	16 Apr 83
100 km:	10:57.50 Annie v.d. Meer	NET	Rouen	10 May 86
200 km:	22:36.46 Annie v.d. Meer	NET	Rouen	10-11 May 86
100 miles:	18:06.10 # Annie v.d. Meer	NET	Rouen	10-11 May 86
24 hour:	211.250m Annie v.d. Meer	NET	Rouen	10-11 May 86

\* = awaiting ratification;

# = not officially ratified



Above: Three-time Olympian and International Judge, Bruce MacDonald, relaxes during the National 40 Km. (Elliott Denman photo)

Below: Olympic champion Ugo Frigerio, Italy, one of the early greats of the sport, leads Gunnar Rasmussen during a 3 Km race in Denmark in 1922.