

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER

VOLUME XXVI, NUMBER 9

COLUMBUS, OHIO

OCTOBER 1990

Outstanding performances at Alongi meet

Dearborn, Michigan, Sept. 30--The 12th Annual Casimiro Alongi Memorial races saw a series of brilliant performances highlighted by Debby Lawrence's continuing domination of at 10 Km. Debby bettered her own U.S. record on the road with a 45:34 clocking. Lynn Weik, who missed much of this season with injury, continued her strong comeback and finished just 22 seconds back. The race saw seven American women under 49 minutes with Victoria Herazo, Wendy Sharp, and Zofia Wolan also recording personal bests.

In the featured 20 Km, Poland's Zbigniew Sadlej easily beat three-time winner (1984-86) Guillaume Leblanc of Canada in 1:23:40. Tim Lewis continued to head U.S. walkers in third, but Doug Fournier, Curtis Fisher, and Allen James all had personal bests in filling out the top six. Victor Sipes continued to improve as he won the Master's 10 Km race in 49:00, not far ahead of his Wolverine Pacers teammate, John Elwarner, who led the over 50 bunch in 49:11, personal bests for both. Not far back was another teammate, Max Green, who bettered his American 55-59 record with a 50:03.

The Junior Men's 10 Km was a U.S. vs Canada affair, won by Canada's Martin St. Pierre in 43:54. But, both Tim Seaman and Phil Dunn went under 45, and Andrew Herman didn't miss it by much, as the U.S. took the next three spots.

Cool, damp conditions seemed to spur the walkers to superb performances. In the women's 10 Km, Teresa Vaill and Victoria Herazo took an immediate lead over a second pack, including Canada's Janice McCaffrey, Weik, Lawrence, and Canada's Lora Rigutto. At 400 meters (1:40), Herazo had a 10 meter lead over Vaill, with the second pack coming up to content. By 2 Km, Lawrence had moved into a commanding lead with Weik still in contention and the second pack, consisting of Vaill, McCaffrey, and Herazo, dropping off. By 7 Km, Herazo had overtaken Vaill and McCaffrey had a comfortable lead over both.

Results:

Women's 10 Km: 1. Debby Lawrence 45:34 2. Lynn Weik 45:56 3. Janice McCaffrey, Canada 46:26 4. Victoria Herazo 46:50 5. Teresa Vaill 47:05 6. Wendy Sharp 47:08 7. Zofia Wolan 48:12 8. Debby Van Orden 48:31 9. Holley Gerke, Can. 49:20 10. Tina Puitras, Can. 50:21 11. Lynda Brubaker 50:34 12. Kim Wilkinson 50:37 13. Corine Whissel, Can. 50:51 14. Tracey Briggs 50:52 15. Lora Rigutto, Can. 51:06 16. Cheryl Rellinger, Can. 51:28 17. Alison Baker, Can. 51:41 18. Chirstine Izzo 52:10 19. Elizabeth Kemp-Salvato 53:00 20. Sue Horning, Can. 53:40 21. Dorit Attias 54:53 DQ--Jolanta Frysztak, Pol. and Gayle Johnson

Men's 20 Km: 1. Zbigniew Sadlej, Poland 1:23:40 2. Guillaume Leblanc, Canada 1:24:54 3. Tim Lewis 1:26:52 4. Doug Fournier 1:27:47 5. Curtis Fisher 1:28:36 6. Allen James 1:28:49 7. Carl Schueler 1:29:15 8. Dave McGovern 1:29:54 9. Gary Morgan 1:30:14 10. Robert Briggs 1:30:49 11. Tom Nutter 1:31:22 (first 20 Km) 12. Don Lawrence 1:31:38 13. John Marter 1:31:45 14. Richard Quinn 1:32:40 15. Robert Cole 1:33:25 16. Dan O'Brien 1:34:24 17. Paul Mahoney 1:35:24 18. Mark...

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

Steve Pecinovsky
3079 A-1 S. Buchanan St.
Arlington, VA 22206
SC 12/90

UNDELIVERABLE
AS ADDRESSED
FORWARD
TO RETURN
TO SENDER

POSTAGE DUE

The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is \$6.00 per year (\$8.00 for First Class Mail, \$9.00 for First Class to Canada, and \$11.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. Second Class Postage paid at Columbus, Ohio. POSTMASTER: Send address changes to the Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

Fenton 1:35:52 DQ—Steve Pecinovsky, Ian Whatley, Paul Wick. (Meet record: 1:22:17 by Tim Lewis in 1989.)

U.S. vs Canada Junior Men's 10 Km: 1. Martin St. Pierre, Can. 43:54 2. Tim Seaman, US 44:25 3. Philip Dunn, US 44:45 4. Andrew Herrman, US 45:27 5. James Kilburn, Can. 46:31 6. Jeff Cassin, Can. 47:59 7. Sean Albert, US 48:43 8. Kris Hilsabeck, US 50:34 9. Jason McLennan, Can. 54:43 Score: U.S. 12 Canada 10
U.S. vs Canada Junior Women's 5 Km: 1. Mylene Dupere, Can. 25:12 2. Jennifer Zalewski, US 25:23 3. Silvie Turnbull, Can. 26:11 4. Ruth Talbot, Can. 26:37 5. Kelly Watson, US 26:43 6. Gretchen Eastler, US 26:50 7. Leslee Kerwin, Can. 27:04 8. Ali DeWitt, US 27:52 9. Lisa Frank, US 29:10 Score: Canada 14 US 8 (To page 4)



The Austin Runners Club winning team at last May's National 5 Km Championship: Robert Rhode, Adam Pawlik, John Knifton, and Norm Frable. Photo courtesy of John Knifton.

U.S. Postal Service STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION <i>Required by 39 U.S.C. 3685</i>		
1A. Title of Publication Ohio Racewalker		1B. PUBLICATION NO. 3 0 6 0 5 0
3. Frequency of Issue Monthly		2. Date of Filing Oct. 1, 1990
4. Complete Mailing Address of Known Office of Publication (Street, City, County, State and ZIP + 4 Code) (Not printers)		3B. Annual Subscription Price \$6.00
3184 Summit St., Columbus, Ohio 43202		
5. Complete Mailing Address of the Headquarters of General Business Offices of the Publisher (Not printers)		
Same as above		
6. Full Names and Complete Mailing Address of Publisher, Editor, and Managing Editor (This item MUST NOT be blank)		
Publisher (Name and Complete Mailing Address) John E. Mortland, 3184 Summit St., Columbus, Ohio 43202		
Editor (Name and Complete Mailing Address) Same as Item #6		
Managing Editor (Name and Complete Mailing Address) Same as Item #6		
7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given. If the publication is published by a nonprofit organization, its name and address must be stated; then must be completed.)		
John E. Mortland 3184 Summit St., Columbus, Ohio 43202		
8. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages or Other Securities (If there are none, so state)		
None		
9. For Completion by Nonprofit Organizations Authorized to Mail at Special Rates (DMM Section 423.12 only) The purpose, function, and nonprofit status of this organization and the exempt status for Federal income tax purposes (Check one): <input type="checkbox"/> (1) Has Not Changed During Preceding 12 Months <input type="checkbox"/> (2) Has Changed During Preceding 12 Months <i>If changed, publisher must submit explanation of change with this statement.</i>		
10. Extent and Nature of Circulation <i>(See instructions on reverse side)</i>		Average No. Copies Each Issue During Preceding 12 Months
A. Total No. Copies (Net Press Run)		665
B. Paid and/or Requested Circulation		700
1. Sales through dealers and carriers, street vendors and counter sales		0
2. Mail Subscription (Paid and/or requested)		0
C. Total Paid and/or Requested Circulation (Sum of 10B1 and 10B2)		637
D. Free Distribution by Mail, Carrier or Other Means Samples, Complimentary, and Other Free Copies		687
E. Total Distribution (Sum of C and D)		0
F. Copies Not Distributed		687
1. Office use, left over, unaccounted, spoiled after printing		17
2. Return from News Agents		0
G. TOTAL (Sum of E, F1 and 2—should equal net press run shown in A)		665
		700

Open 10 Km: 1. David Lawrence 49:47 2. Andy Kaestner 49:57 (His first race we know of since Seoul Olympics) 3. Roman Olszewski, Can. 50:37 4. Paul Guimond, Can. 51:40

Master's Men's 10 Km: 1. Victor Sipes 49:00 2. Terry McHoskey 52:08 3. Peter Larouch 53:38 4. Paul Alvord 55:14 5. Robert Campbell 55:21 6. Robert Burrows, Can. 55:45

Golden Age Men's 10 Km (50 and over): 1. John Elwarner 49:11 2. Max Green 50:03 3. Jack Bray 50:58 4. Larry Green 53:50 5. Berald Bocci 55:22 6. Stuart Summerhayes, Can. 56:01 7. Vance Genzlinger 57:20 8. Walter Lubzik 58:37 9. Frank Fina 58:41 10. Joe Vittucci 65:37

Women's Open 5 Km: 1. Holly Wick 25:26 2. Lisa Sonntag 26:01 3. Cindy Paffumi 26:47 4. Joanna Irvine, Can. 27:21 5. Brigitte Leblanc, Can. 28:17 6. Susan Perkins, Can. 28:23 7. Karen Fina 28:29 8. Carol Berry 30:18

Women's Master's 5 Km: 1. Verna Bucks 29:54 2. Margie Alexander 30:27 3. Nancy Latoszewski 30:31 4. Anita Hermach 30:36

Women's Golden Age 5 Km: 1. Beth Young-Grady 30:17 2. June Marie Provost, Can. 31:18

Open 3 Km: 1. Jerrold Jenkins 16:38 2. Greg Wittig 17:28 3. Hugh BOyd 17:44 4. Edward Riha 18:12

Women's Open 3 Km: 1. Julie Jenkins 18:34 2. Melody Melchi 18:42 3. Jeannette Floss 18:43

Judges: Frank Alongi, Frank Soby, Robert Hickey, Allan Phillips, Ron Daniel, Martin Kraft, Mike McGuire, and John Goodman.

With this race, 22 Olympians have now participated in the Alongi Memorial races, including gold medalists Ernesto Canto, Mexico; Maurizio Damilano, Italy; and Raul Gonzalez, Mexico; and bronze medalist Sandro Bellucci, Italy. The role of winners is:

1979 Carlo Mattioli, Italy 1:26:30
 1980 Carlo Mattioli, Italy 1:28:27
 1981 Maurizio Damilano, Italy 1:25:41
 1982 Ernesto Canto, Mexico 1:24:58
 1983 Raul Gonzalez, Mexico 1:27:54
 1984 Guillaume Leblanc, Canada 1:26:37
 1985 Guillaume Leblanc, Canada 1:25:32
 1986 Guillaume Leblanc, Canada 1:25:45
 1987 Carl Schueler, U.S.A. 1:26:30
 1988 Tim Berrett, U.K. 1:20:08
 1989 Tim Lewis, U.S.A. 1:22:17
 1990 Zbigniew Sadlej, Poland 1:23:40

Lewis, Herazo capture 2 hour and 1 hour titles

Cambridge, Mass., Oct. 14—Tim Lewis and Victoria Herazo scored wins in National TAC championship walks today. The 27-year-old Lewis, from Colorado Springs, strode through 25,676 meters in 2 Hours, while Herazo, 31 from Sherman Oaks, California, did 12,346 meters in an hour, breaking her own American record. Real

heroes of the day were Bob Mimm, Don Johnson, and Phil McGaw, who walked the Master's 1 Hour and came back to do the Open 2 Hour. Mimm and Johnson won their age groups in the Master's race.

Lewis tore through the first 10 Km in 42:48 to leave the rest of the field about 3 laps behind, then backed off to a 1:30:53 at 20 Km and a leisurely stroll to the finish. Mark Fenton was second, exactly 1600 meters back. In the women's race, Sue Liers, who has been walking practically forever, it seems, but is still no older than the relative newcomer, Herazo, took second in the women's event. Bob Keating won the Master's 1 Hour, finishing just ahead of Herazo as the two races were conducted simultaneously.

Results:

Women's 1 Hour: 1. Victoria Herazo, 31, California Walkers 12,346 meters (23:43, 48:40) 2. Sue Liers, 31, Natural Sport 11,622 3. Dorit Attias, 32, Shore AC 10,947 4. Gretchen Eastler, 15, un. 10,743 U.S. Junior record) 5. Wendy Sharp, 29, Natural Sport 10,637 6. Sharon Lyons, 29, un. 10,420 7. Judi Macomber, 44, Maine Walkers 9,745 8. Myrna Finn, 44, North Medford Club 9,703 9. Christie Kuo, 34, New England Walkers 9,348 10. Emily Hewitt, 46, NEW 9,243 11. Shelly Cantor, 41, East Side TC 9,221 12. Carol D. Kay, 43, NEW 8,756 13. Paulette Blais Sirois, 43, NEW 8,576 14. Barbara Currier, 40, NMC 8,531 15. Karen Faye, 41, NMC 8,371 16. Linda Peterson, 31, NMC 8,190 17. Phyllis Goodlad, 62, Can. 8,110 18. Hilary Keating, 42, NEW 7,939 19. Marti Menard, 40, NMC 7,756 20. Dorothy Thornley, 68, NEW 7,668

Men's 2 Hour: 1. Tim Lewis, 27, Reebok RC 25,676 (42:48, 1:30:53) 2. Mark Fenton, 29, Reebok RC 24,076 (49:07, 1:39:00) 3. Gary Morgan, 30, New York AC 22,522 (48:35, 1:44:17) 4. Curt Clausen, 23, un. 21,700 5. Edgardo Rodriguez, 25, Shore AC 21,191 6. Steven Pinto, 30, Shore AC 21,484 7. Phil McGaw, 40, North Medford Club 20,252 8. Robert Ullman, 41, New England Walkers 20,151 9. Justin Kuo, 36, NEW 19,920 10. Howard Jacobson, 59, East Side TC 19,549 11. Bob Mimm, 65, Shore AC 18,746 12. Don Johnson, 73, Shore AC 16,700 13. Angel Montavio, 27, un. 15,729

Master's 1 Hour: 1. Bob Keating, 43, New England Walkers 12,384 2. Brian Savilonis, 40, NEW 11,812 3. Phil McGaw, NMC, 40, NMC 11,533 4. Dick Ruquist, 52, North Medford Club 11,419 5. John Johnson, 45, Conn. Walkers 10,939 6. Bill Harriman, 43, NMC 10,683 7. Bob Mimm, 65, Shore AC 10,486 8. Moshe Meyerowitz, 60, un. 10,003 9. George Lattarulo, 42, NMC 9,836 10. Wayne Nicoll, 57, NEW 9,797 11. Paul Taylor, 41, NMC 9,796 12. Joseph Kay, 46, un. 9,519 13. Elliott Denman, 56, Shore AC 9,490 14. Don Johnson, 73, Shore AC 9,329 15. Calvin Phillips, 58, NEW 9,208 16. Martin Schwartz, 51, NEW 8,928 17. John Monteiro, 46, NEW 8,624 18. Harold Thornley, 63, NEW, 8,503 19. Romin Kobel, 55, NMC 8,263 20. Stuart S. Corning, Jr., 65, NMC 7,587 21. Fred Brown, 84, NMC 6,612

Team scores: Open Men: 1. Shore AC 60,151 Men's Masters: 1. New England Walkers 33,393 2. North Medford Club 33,635 3. Shore AC 29,305 Women's Masters: 1. North Medford Club 26,605 2. New England Walkers 25,938 Women's Open: 1. New England Walkers 27,347 2. North Medford Club 26,605 3. New England Walkers B 24,183

Judges: Elliott Denman, Susan Eastler, Philomena Myerowitz, Wayne Nicoll, Gary Westerfield, Tom Eastler, Mark Fenton, Moshe Myerowitz, and Steve Vaitones. (Obviously, the whole crew didn't do both races, since some of them were racing.)

OTHER RESULTS

5 Mile, Merrimac, Mass., Oct. 21--1. Dick Ruquist 41:04 2. Bob Ullman 43:33 3. Justin Kuo 44:47 Women: 1. Carol Davis 51:00 Eighth Annual Metropolitan 5 Km Walk--1. Nick Bdera, 42, 22:41 2. Alan Jacobson, 35, 23:58 3. Sean Albert, 16, 24:21 4. Edgardo Rodriguez, 25, 24:48 5. Marc Varsono, 25, 25:02 6. Tim Ferguson, 43, 25:14 7. Richard Harper, 40, 25:21 8. Danny Vogel, 29, 25:24 9. Roberto Gottlieb, 27, 25:35 10. Dr. John Scivoletto, 29, 26:38 11. Bruce E. Logan-Brazill, 25, 26:52 12. Stephen Harvey, 17, 27:11 13. Stanley Schechter, 57, 27:22 14. Scott Petritsch, 22, 27:27 15. Steven Pinto, 30, 27:38 16. Bob Thaler, 52, 27:52 17. Herbert Zydek, 51, 27:56 18. Margaret Thorn, 34, 28:16 19. Errol Edwards, 48, 28:26 20. Lisa Guarascio, 28, 28:26 21. Jules Freemond, 49, 28:51 22. Gale Lichter, 38, 28:55 23. Michael Roth, 20, 29:05 24. Paul Butkovich, 47, 29:06 15. Kaisa Ajaye, 27, 29:07 26. Frank LaMorte, 69, 29:10 27. Melissa Baker, 14, 29:46 28. Leo Rivera, 58, 30:00 29. Linda Roesner, 50, 30:14 30. Gervin Robinson, 62, 30:17 (177 finishers) 5 Mile, Deal, N.J., Oct. 14--1. Frankie Darden 46:53 2. Ralph Edwards 50:53 3. Joe Lavenberg 51:39 Women: 1. Sheila Smith, Gayle Rooney, and Donna Cetrulo 51:07 10 Km, Ocean Township, N.J., Oct. 21--1. Frank Darden 57:45 2. Dr. Patrick Bivona 58:47 3. Ben Ottmer 59:34 Women: 1. Gayle Rooney 62:35 Seaside Half-Marathon, N.J., Oct. 21--1. Ralph Edwards 2. Avram Shapiro (no times given) Women--1. Donna Cetrulo 2. Marcia Shapiro 20 Km, Asbury Park, N.J., October 7--1. Marcus Kantz 1:58:10 2. William Smith 1:59:25 3. Manny Eisner 2:15:02 Women: 1. Gayle Rooney 2:15:25 1 Hour, Arlington, Virginia, Oct. 21--1. Bobby Briggs 8 mi 455 yds 2. Alan Price 7 mi 598 (1st Master) 3. Paul Cajka 7 mi 227 4. Jim Lemert 6 mi 883 5. Malcolm Posey 6 mi 562 6. Ron Clarke 6 mi 556 7. Mitch Segal 6 mi 407 8. Victor Litwinski 6 mi 290 9. Jack Ozment 5 mi 1672 10. Bill Sarvill 5 mi 1425 (22 finishers) Women: 1. Tracey Briggs 7 mi 989 2. Glenda Elliott 5 mi 1521 3. Val Meyer 5 mi 1307 (18 finishers) 1990 Keystone Games, Lehigh U.: Men's 5 Km--1. Ray Stauffer 24:18.3 2. Mark McGlynn 27:17 3. Ronald Shields 30:56 Women: 1. Christine Lechien 37:08 5 Km, Selman, N.C., October 7--1. Ian Whately 23:02 2. Alvia Gaskill 28:57 3. Jerry Parish 31:44 Women: 1. Catherine Newman 34:08 2.8 Mile, Orlando, Florida, Oct. 6--1. John Frederick 23:16 (1st master) 2. Paul Alvord 25:10 (1st 45--49) 3. Bob Fine 25:20 (1st 55-59) 4. Terry Harville 26:02 5. Mike Rapp 28:20 Women--1. Linda Stein 26:28 (1st Master) 2. Sandra Valdem 27:04 3. Louise Tolson 27:16 4. Verna Buchs 27:29 (1st 45-49) 5 Km, Orlando, Florida, October 13--1. John Fredericks 24:44 2. Paul Alvord 27:23 3. Chuck McGaughlin 29:23 3. Robert Carver 29:40 Women--1. Verna Buchs 29:48 Florida State Championship 3 Km, Miami, Sept. 1: Women--1. Sondra Vladem, 36, 17:25 2. Linda Stein, 42, 17:28 3. Shelley Bustillo, 9, 18:22 4. Deborah Anthony, 39, 18:39 5. Linda Aprietti, 27, 18:44 (19 finishers) Men--1. John Fredericks, 42, 15:02 2. Eric Schmook, 25, 15:22 3. Bob Fine, 59, 16:48 4. Peter Black, 47, 17:09 5. Gary Canner, 49, 17:52 6. Charles Poladian, 68, 18:07 5 Km, Boca Raton, Florida, Sept. 15--1. Fred Cichocki, 46, 27:30 2. Steve Kennedy 28:27 3. Bob Fine 28:27 Women--1. Linda Stein 29:46 5 Km, Orlando, Sept. 29--1. Chuch McLaughlin 29:06 2. Randy Mitchell 29:22 3. Robert Carver 30:40 5 Km, Orlando, Florida, Oct. 21--1. Paul Alvord 26:29 2. Chuck McLaughlin 28:17 3. Robert Carver 29:43 4. Mike Rapp 29:45 2 Hour, Worthington, Ohio, Sept. 9--1. Bill McCray, Dayton, age 41, 22,140 m (26:37, 53:44, 1:20:36, 1:47:43)--a newcomer to the sport with great promise. 2. Gayle Johnson, 41, Ohio TC 21,260 (27:20, 55:15, 1:24:02, 1:53:01) 3. Jack Shuter, 60,

17,580 (32:23, 65:37, 1:42:12) Chuck Deuser, age 60 from Cincinnati did 9920 meters in 1 Hour, going through 5 Km in 29:54, and Jeanette Floss, 27, a student of Gayle Johnson's at the University of Missouri, did 5 Km in 32:17 5 Km, Dearborn, Michigan, Sept. 8--1. Zofia Wolan 24:31 2. Lisa Sonntag 26:06 3. Diane Podsiadlik 30:21 Men--1. Gary Morgan 20:44 2. Dan O'Brien 22:16 Master--1. Victor Sipes 23:40 2. Terry McHoskey 25:26 Golden Age--1. John Elwarner 23:34 2. Max Green 24:53 3. Vance Genzlinger 27:54 4. Wally Lubzik 28:01 5. Hal Morningstar 28:15 5 Km, Dearborn, Sept. 22--1. Sadlej Zbigniew 20:25 2. Gary Morgan 21:01 Women--1. Zofia Wolan 24:19 Masters--1. Victor Sipes 23:51 2. Terry McHoskey 26:16 3. Robert Campbell 27:07 Golden Age--1. Max Green 24:41 2. Wally Lubzik 28:08 3. Vance Genzlinger 29:02 3 Km, Alden, Illinois, Oct. 6 (short course, walked just 5 of 6 laps)--1. Augie Hirt 11:51 2. Wil Preischel 11:52 3. Dean Easterlund 12:13 (1st 40-44) 4. Brian Schultz 12:17 (1st 45-49) 5. Richard Scott 12:42 6. Don Mowles 12:56 (2nd 45-49) 7. Tammy Vinar 13:08 8. Al Flsher 13:23 (1st 50-54) 9. Franklin Brown 13:56 (1st 55-59) 10. Jan Berezniak 14:34 11. Diane Graham-Henry 14:44 12. Joyce Decker 14:49 (1st woman 55-59) Final standings in Mid-American Racewalk Circuit (based on race average for best four finished in the six races calculated against an age standard): Women--1. Joyce Decker, Woodstock, Illinois (50-54) 2. Rachel Norton, Davenport, Iowa (45-49) 3. Porky Gadiant, Bettendorf, Iowa (50-54) 4. Tammy Vinar, Milan, Ill. (25-29) 5. Daiane Graham-Henry, Chicago (40-44) Men--1. Franklin Brown, Des Moines, Iowa (55-59) 2. Brian Schultz, Wauwatosa, Wis. (40-44) 3. Dean Easterlund, East Moline, Ill. (40-44) 4. LeRoy Reistroffer, Bellvue, Iowa (65-59) 5. Al Fisher, Chicago (50-54)--This was the first year for the series and all involved thought it was a great success. They plan to expand the circuit next year. Doc Tripp Memorial 5 Km, Broomfield, Colorado, Aug. 18--1. Scott Stewart, 16, 28:53 2. Pat Cooper, 40, 29:51 (1st woman) 3. Howard Channell, 72, 30:07 4. Klaus Timmerhaus, 65, 30:15 5. Dennis Crock, 42, 30:18 5 Km, Brighton, Col., Aug. 26--1. Daryl Meyers, 47, 27:05 2. Larry Marchant, 50, 27:18 3. Lorraine Green, 38, 30:32 5 Km, Denver, Sept. 9--1. Raul Fabian, 23, 23:17 2. Bill Hutchinson, 34, 25:57 3. Claudia Leonard, 29, 27:00 4. Pegg Miller, 36, 27:12 5. Bob DiCarlo, 56, 27:58 6. Pat Cooper, 40, 28:45 7. Judy Hablitzel, 42, 29:39 8. Alan Yap, 48, 29:40 9. Kevin Ross, 35, 29:41 10. Howard Channell, 72, 29:43 5 Km, Denver, Sept. 3--1. Larry Marchant 28:35 2. Caryl Meyers 29:19 3. John Kearns, 50, 29:43 5 Km, Lakewood, Col., Aug. 31 (unjudged)--1. Ray Frank, 55, 26:57 2. Peggy Miller, 36, 27:17 3. Daryl Meyers, 47, 27:36 4. Larry Marchant, 50, 28:48 5 Km, Brighton, Col, Sept. 15--1. Daryl Meyers 27:48 1 Hour, Aurora, Col., Sept. 16--1. Raul Fabian 11,844 m 2. Peggy Miller 10,512 3. Larry Marchant 10,166 4. Howard Channell 9,825 5. Pat Cooper 9,811 6. Klaus Timmerhaus 9,798 5 Km, Albuquerque--1. Randy Burden, 35, 26:46 2. Mataji Graham, 37, 28:17 3. Joe Oliaro, 41, 28:20 4. Joe Sutton, 44, 29:33 5 Km, Phoenix, Ariz., July 8--1. Joe Cameron 28:43 2. Gus Pappas 29:39 (1st over 50) 15 Km, Albuquerque--1. Andrew Smith, 40, 1:21:45 2. Robert Reedy, 45, 1:27:53 3. Stephen Crowder, 30, 1:28:12 4. Larry Feise, 40, 1:28:13 5. Peter Armstrong, 45, 1:31:03 Women: 1. Eliza Walbridge, 40, 1:29:15 5 Km, same place--1. Winston Crandall, 50, 29:36 20 Km, Albuquerque--1. Raul Fabian 1:38:56 2. Ray Sharp 1:39:17 3. Andrew Smith 1:51:21 (1st over 40) 4. Larry Feise 1:55:01 (2nd over 40) 5. Norm Frable 1:56:02 (3rd over 40) 6. Pat Bryan 1:58:55 (4th over 40) Women: 1. Wendy Sharp 1:46:21 2. Mataji Graham 1:58:56 3. Peggy Miller 2:00:09 4. Liza Walbridge 2:02:45 (1st over 40)

TEST YOUR WALKING LEGS AT THESE EVENTS

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) 5 Km, Manapalan, N.J., 11 am (A) 5 Km, Riverside, Cal., 7:30 am, (B)
Sat. Nov. 17	1/2 Marathon, Long Beach, Cal., 7:35 am, (B) 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) 1 Hour, Monmouth, N.J., 10 am (A) 5 Km, Niagara Falls, NY (J) 1/2 Marathon, Miami, 7:30 am (Q) 5 Km, Austin, Texas (T) 5 Km, New York City (Z) 5 Km, Riverside, Cal., 8 am, (B)
Thur. Nov 22	5 Mile, Sugarland, Texas (R) 4 Mile, Denver (F)
Sat. Nov. 24	5 Km, Coral Gables, Florida, 7:30 am (Q) 1 Hour, East Los Angeles College, 9 am (B)
Sun. Nov. 25	25 Km, Houston (R) 5 Km, New York City, 10 am (Z)
Sat. Dec. 1	5 Km, New York City, 10 am (Z) 5 Km, Buffalo, NY (J)
Sun. Dec. 2	5 Km, Miami, 8 am (Q) 1 Hour, Monmouth, N.J., 10 am (A) 4.4 Mile, Denver (F)
Sat. Dec. 8	Women's 10 Km, Austin, Texas (T) 5 Km, Denver (F) 10 Mile, Columbia, Missouri (M) 1500 m, 3 km, and 5 Km, Toronto, 10 am (E) 10 Mile, Columbia, Missouri, 9 am (M)
Sun. Dec. 9	5 Km, New York City, 10 am (Z) Todd Scully 10 Km, Long Branch, N.J., 1:15 pm (A) 5 Mile, Atlanta (H)
Sat. Dec. 15	5 Km, Coconut Grove, Florida, 8 am (Q)
Sat. Dec. 29	Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)
Sun. Dec. 30	5 Km, Miami, 8 am (Q)
Sun. Jan. 6	Couples 5 Mi., Columbia, Missouri, 2 pm (M) 10 Km, Miami, 8 am (Q)

Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 Windermere, Seattle, WA 98115

E--Roman Olszewski, Unit 50, 3500 S. Millway, Mississauga, Ont. L5L 3T8, Can.
F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
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
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
Q--Florida Walkers, 4223 Palm Forest Drive, N., Delray Beach, FL 33445
R--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
T--John Knifton, 10900 Catskill Trail, Austin, TX 75230
W--Walkers Club of America, Box, Livingston Manor, NY 12758
X--Walk USA, 350 Old Willets Path, Smithtown, NY 11787
Z--Park Walkers Club, 320 East 83rd St., Box 18, New York, NY 10028
* * * * *

FROM HEEL TO TOE

Unbelievably, the ORW staff (that's me) has made another error. In the old photo (a 1922 race) we ran in last month's issue, Italy's Olympic Champion Ugo Frigerio was not in the lead, but was trailing Denmark's Gunnar Rasmussen. We thank Giulio de Petra for bringing this to our attention, and are surprised we didn't hear from Frank Alongi, as well. . .Gus Theobald, 93, a masters champion from Australia, died recently in Melbourne after being hit by a vehicle while crossing a street. He was still competing and winning championships up until his death and had won World titles in his age group at Eugene in 1989, covering 5 Km in 39:49 and 20 in 2:41:43! . . .Another death in the racewalk community is that of Pat Mangan, Pittsburgh, Racewalk Chairman of the Three Rivers TAC Association. Pat died on August 13 after a long battle with cancer. He was greatly respected in that area as a coach, official, and leader for walkers of all abilities. His contributions to youth racewalking will be deeply missed. . .The National TAC Convention is scheduled for Seattle beginning Tuesday, November 27. Tentative schedule for Racewalk Committee activities is: Tuesday 9 am to 12 noon--Racewalking Executive Committee (closed); 6 to 9 pm--Racewalking general session; Wednesday 1 to 3 pm--Racewalking Site Selection Committee; 3:30 to 5:30 pm--National Team Meeting (closed); Thursday 2:30 to 6 pm--Racewalking General Session; 8 to 11 pm--Racewalking General Session; Friday 9 am to 12 noon--Racewalking General Session. . .Important dates on the U.S. Racewalking calendar for 1991: April 20-21--10 and 20 Km World Cup qualifiers, San Jose, Cal.; June 1-2--World Cup, San Jose; June 14-16--TAC Outdoor Championships (Men's 20, Women's 10 Km), New York City (Qualifier for World Championships and Pan American Games); June 21-22--National TAC Outdoor Junior Championships (10 Km men, 5 Km women); July 18-21--U.S. Olympic Festival; July 18-21--Pan Am Junior Games, Kingston, Jamaica; July 20-25--World University Games, Sheffield, England; August 3-10--Pan American Games, Havana, Cuba; August 17-23--World Championships Training Camp, Cheva; August 24-Sept. 1--World Championships, Tokyo. . .The Pan American Racewalk Cup is being held in Jalapa, Mexico as we put the final touches on this issue. The U.S. Team for the walks was: Women's 10 Km--Debbi Lawrence, Grandview,

Missouri; Wendy Sharp, FLorissant, Colorado; Sara Standley, Norco, California; Teresa Vaill, Pine Plains, New York; and Debbie Van Orden, Colorado Springs, Colorado; Men's 20 Km--Doug Fournier, Holbrook, New York; Don Lawrence, Grandview, Missouri; Steve Pecinovsky, Montgomery, Alabama; and Paul Wick, Birmingham, Alabama; and Men's 50 Km--Curt Clausen, Cary, North Carolina; Marco Evoniuk, San Francisco, California; Mark Fenton, Stoughton, Massachusetts; Eugene Kitts, Aiea, Hawaii; and Dan O'Connor, Bellmore, New York.

.Commenting on last month's Junior match with Canada (results in September ORW), National Junior Team Coordinator, Steve Vaitones, said: "Of the 10 U.S. athletes, five set personal bests. In the men's race, four of the five achieved personal bests by 1 to 3 minutes. Before September of 1990, only four U.S. Junior men had ever walked faster than 46:00 for 10 Km on the track. In this race alone, four athletes did so. Tim Seaman, Andrew Hermann, Paul Tavares (in his debut at the distance) moved to 4th, 6th, and 7th all-time U.S. Junior performers. Philip Dunn, the only U.S. walker at the World Juniors this year, had already walked the 2nd and 3rd all-time U.S. performances during the summer (44:38 in Portland, Oregon, and 44:45 at the Worlds). The U.S. fifth man, 16-year-old Sean Albert, improved his time by over a minute.

LOOKING BACK

25 Years Ago (From the October 1965 ORW)--Ron Laird walked away with the National 15 Km in Atlantic City in 1:13:25. Well back in second and just ahead of Ron Daniel was the editor of the fledgling Ohio Racewalker. . .Laird also won the National 25 Km in about 2:01, which was as much detail as we had at that point. . .Christoph Hohne set a world record for the 50 Km on the track in Potsdam, EG with a 4:10:52. . .Inseparate 1 Hour races, Henri Delerue of France went 8 mi 636 yds and Dieter Lindner of the GDR covered 8 mi 286 yards. . .East Germany (the GDR) started a string of four straight triumphs in the World Cup (then Lugano Cup) as Dieter Lidner (20 Km) and Chris Hohne (50 Km) won individual races.

20 Years Ago (From the October 1970 ORW)--The GDR won their third Lugano trophy. Hans-Georg Reiman was too strong for the USSR's great veteran Vladimir Golubnichiy in the final stages as he won the 20 Km in 1:26:55. With 5 walkers still in the race at 15 Km, Reimann spread them out by simply maintaining the fast pace he had held from the start and watching the rest falter. Hohne also walked an even pace in the 50 and left Soviet Veniamin Soldatenko better than 5 minutes behind with his 4:04:35. . .Larry Walker won his first national title, covering 7 miles 1611 yards in an hour at Walnut, Cal. Ron Laird was left well over a lap in arrears and Bill Ranney beat John Kelly for third. . .Laird came back a week later to beat Ranney by 3 minutes in the 30 Km in Atlantic City in 2:37:18. They were followed by Ray Somers and Gerry Bocci. . .On Long Island, Steve Hayden turned in a 1:36:32 20 Km on the track. . .Larry O'Neil walked his third 100 miler in Columbia, Missouri in 20:42:42. For the first time, there was second finisher, Canada's John Argo. . .Ted Allsop won the Australian 50 Km in 4:21:05 at age 43.

15 Years Ago (From the October 1975 ORW)--The GDR led the Lugano Cup by 7 points after the first day's 20 Km, but came unglued in the 50 and lost to the Soviet

Union. Karl-Heinz Stadtmuller won the 20 in 1:26:12 from Bernd Kannenberg of West Germany. Yevgeniy Lynugin won the 50 for the Soviets in 4:03:42. Gerhard Weidner of West Germany was second. The East Germans lost one man on a DQ about half way through the race and then another hit the wall at about 35 Km. This left the Soviets occupying three of the five spots and seemingly in command. But, suddenly, Veniamin Soldatenko was pulled by the judges at 40 KM and the GDR was back in it--but only until second place Ralf Knutter was also pulled at 45 Km. That decided it. West Germany finished a close third in the team race. The U.S. had a bad time of it, with two DQs in the 20 and finished last of the nine teams. . . In an accompanying women's 5 Km, Sweden's Margareta Simu won in 23:41, nearly a minute ahead of teammate Siv Gustavsson. Britt Holmquist completed a Swedish seep. Sue Brodock was fifth for the U.S. team in 25:12 and our team finished sixth of eight. . .Mexicans Daniel Bautista and Domingo Colin took 1-2 in the Pan-American Games 20 Km, with Larry Young third in 1:37:53. . .Chuck Hunter won the Columbia, Missouri 100 miler in 20:26:29, 55 minutes ahead of Rob Spier. Augie Hirt won the National 100 Km, which was held at the same time, in 11:16:19. . .In England, Dave Boxall won a 100 miler in 17:56:06, as nine competitors finished under 20 hours. . .The National 30 Km went to Larry Young in 2:25:26, 13 minutes ahead of Paul Ide.

10 Years Ago (From the October 1980 ORW)--Ray Sharp walked 100 Km in 10:59 in Longmont, Col. to win the National title over Alan Price. Alan's time was 11:15. . .That was 2 weeks after Price had won his third straight 100 miler in Columbia, Missouri, this time in 19:28:16. Bob Chapin pulled clear of Len Busen in the final 10 miles to take second in 20:22:07. . .Norway's Erling Andersen blitzed a 1:20:57 for 20 Km to win the Marcel Jobin race in Canada by nearly a minute and a half over Felix Gomez of Mexico. Jobin was third in 1:24:17. Gomez went 14,652 meters in an hour 4 days earlier and did a 40:34.6 for 10 Km 4 days later in other races that made up a week-long festival. . .Carlo Mattioli came from Italy to win the Casimiro Alongi 20 Km in Dearborn. He led countrymen Sandro Bellucci and Paolo Gregucci with a 1:28:27. Steve Pecinovsky took fourth in 1:32:49.

5 Years Ago (From the October 1985 ORW)--Alan Price won his sixth 100 mile title in 20:37:30. . .And, Carl Schueler won his third consecutive National 40 Km in Monmouth, N.J., covering the distance in 3:15:04, just 1:07 off his own course record. Dan O'Connor was better than 11 minutes back in second. Eugene Kitts (3:29:26) and John Slavonic (3:30:18) finished third and fourth. . .The Alongi race went to Canada's Guillaume Leblanc in 1:25:22. Mexicans Mauricio Villegas (1:26:26) and Marcellino Colin (1:26:33) followed.

Racewalking: the 10 Year Plan

From Bruce Douglass, TAC Racewalking Chairman
36 Canterbury Lane, Mystic, Connecticut 06355

Racewalking, as we now know it has been one of the weakest events on the track and field program since before the beginning of TAC. During the past ten years under the guidance of Bob Kitchen and Sal Corrallo, the event performances and the program have grown slowly with the growth of TAC. While many of our problems mirror the problems of track and field today there is hope that in the next ten years the racewalking community can speed up the slow growth trend. The emphasis is three-fold. First, efforts to educate and monitor the development of current national level athletes must continue. The educational and testing camps have been very well received by the athletes and are starting to have an impact on performances. Athletes are given sessions in psychology, physiology and biomechanics. Their current condition is monitored with the treadmill and blood lactate tests and they have individual sessions on technique and psychology. During the past year two camps for men and two camps for the women were held. The plan for next year would provide the same number of camps but a second level of services at the camp. The second level would provide more time for technique work, group training sessions and increased emphasis on individually derived programs, plus detailed sessions on nutrition and psychological preparation for major events. In addition, the chance to compete with other national team members outside of a trials race or the championships is a necessity. Second, the work of the youth and junior subcommittees must be formalized and expanded. This year the elite youth camp at Lake Placid was again filled to capacity with a large waiting list. A junior camp at Blaine, Minnesota was a great success in our first try. The interest among the youth and junior walkers, both men and women, is there and the racewalk committee must continue to pull them into the education and information loop to give them the boost into the national ranks. John Stewart, Steve Vaitones, Bob Ryan, Susan Liers and Mark Fenton have taken the lead in pulling the youth, junior and senior programs into a coordinated whole - a continuum - that will allow any developing walker the opportunity to find the path to success. Plans are already underway by this group to expand and improve the program for next year.

The third emphasis is the continuation of our attempts to promote walking across the United States. This year we received a great boost with the successful walks at the Goodwill Games and the women's race at the United States Olympic Festival. A "trickle-down" from the walking boom has been noted in the numbers of athletes (and others) who are requesting information, not just about walking but about qualifying for the nationals and other meets. For the athletes requesting information about TAC and walking, an informational brochure was developed by Steve Vaitones to more easily disseminate the "word" on walking. Each brochure that goes out from the chairman includes the contact person nearest the athlete requesting information. The NAIA outreach program of Carl Schueler and Bob Kitchen is improving with 9 coaches attending the August camps at the Olympic Training Center. Those coaches will swell the ranks of collegiate walkers and make our link with the collegiate ranks much stronger. Next year we hope to put together an instructional brochure as well as other promotional materials under the assumption that "it pays to advertise". While the racewalking committee does not have the finances, clout or where-with-all of a major corporation we are trying to capture an audience. The title speaks of a ten year plan. In an organization of two year terms, the committee must look far ahead just as an athlete sets his or her goals on the "big" meet. We must encourage a strong base of grassroots walkers to gain the few outstanding individuals that will propel our program forward. That plan must take ten years as there are no quick fixes. Those outstanding youth and junior walkers are our future while the current men and women will provide the standards to beat. The programs of the racewalk committee must cover all of these areas as thoroughly as permitted by funds and manpower.

From: *The Racewalking World Statistics*

ALL-TIME

12 hours

120.810	m	(1)	Florimond Cornet	FRA	11
120.285	m	(1)	Adrien Pheulpin	FRA	46
119.120	m	(1)	Jan de Jonge	BET	46
t 118.921	m	(1)	Edward(Ted) Richardson	GBR	
118.640	m	(1)	Jacky Frick	FRA	
t 118.198	m	(1)	Cornet		
117.634	m	(1)	de Jonge		
t 117.615	m	(1)	Eric Horton	GBR	
117.157	m	(1)	Claude Ferry	FRA	
117.157	m	(1)	Frick		

Le Mans	31 Jul 38
Besancon	14 Sep 80
Furmerend	22 Aug 82
Woodford	16 Oct 38
Besancon	9 Sep 78
Aubervillie	25 Jun 39
Furmerend	4 Sep 83
London	2 May 14
Besancon	11 Sep 77

t 115.900 m	(1)	Edward (Ted) Payne	GBR 82
115.674 n	(2)	Marcel Mouquard	FRA
115.674 m	(2)	Onanalchivili	FRA
115.674 m	(2)	J, Theisman	FRA

24 hours track

228.930 m	(1)	Jose Castaneda	USA
225.550 m	(1)	Gilbert Roger	FRA 14
225.000 m	(1)	Rpger Pietquin	BEL 38
223.721 m	(1)	Anthony Thomas Tornton	USA
221.650 m	(1)	Jan de Jonge	NET 46
219.886 m	(1)	Paul Forthomme	BEL 39
t 219.600 m	(1)	Derek Harrison	GBR
219.570 m	(1)	Harrison	
219.350 m	(1)	Maurice Sarraasin	FRA 16
219.230 m	(2)	Harrison	
218.020 m	(3)	Luigi Rosso	ITA
216.800 m	(1)	Albert Seibert	FRA 11

London	4 Jun 10
Besancon	11 Sep 77
Besancon	9 Sep 78
Besancon	8 Sep 79

Albuquerque	18-19 Sep 76
Lyon	22-23 Apr 50
Rouen	10-11 May 86
Washington	26-27 Mar 83
Rouen	28-29 Apr 79
Bruxelles	17-18 Oct 81
Rouen	20-21 May 79
Rouen	20-21 May 78
Strasbourg	1- 2 Apr 50
Rouen	28-29 Apr 79

Rouen	28-29 Apr 79
Paris	23-24 Apr 49

100 miles road

16.37.02	(1)	Jan de Jonge	NET 46	S.Oedenrode	14-15 May 83
16.54.15	(1)	Frank O'Reilly	IRE	Leicester	20-21 Aug 60
16.55.32	(1)	de Jonge		S.Oedenrode	31-5/ 1-6 80
16.55.44	(1)	John Moulin	GBR 41	Ewhurst	26-27 Jul 71
17.00.35	(1)	R. Brown	GBR	Leicester	29-30 Jul 88
17.10.15	(2)	J. Carnel	GBR	Leicester	29-30 Jul 88
17.15.50	(1)	Derek Harrison	GBR	Skegness	30-31 Jul 76
17.17.59	(2)	Jan Vos	NET 38	S.Oedenrode	31-5/ 1-6 80
t 17.18.51.0	(1)	Hector(Hew) Neilson	GBR 16	Walton o.T.	14-15 Oct 60
17.21.52	(1)	Mike Holmes	GBR 51	Leicester	21-22 Aug 82

200 kilometres road

19.55.07	(1)	Zbigniew Klapa	POL 52	Chapelle	22-23 Oct 83
20.35.25	(1)	Robert Schoukens	BEL 28	Conflans	2- 3 May 81
20.35.57	(1)	Jan de Jonge	NET 46	Bergen/BEL	10-11 Apr 82
20.46.00	(1)	Gilbert Roger	FRA 14	Lyon	22-23 Apr 50
20.51.15	(1)	Marcel Jaunasse	FRA	Var l.D.	25-26 Apr 87
20.56.22	(1)	Jean-Claude Gouvenaux	FRA 48	Chapelle	18-19 Oct 86
21.06.28	(2)	Paul Forthomme	BEL 39	Chapelle	22-23 Oct 83
21.08.16	(1)	Jaunasse		Torcy	5- 6 Apr 86
21.12.56	(1)	Eric Donze	FRA 60	Lagny s.M.	15-16 Mar 87
21.13.12	(1)	Dominique Malthierry	FRA	De Vallorbe	24 Sep 88
21.17.28	(1)	Andrien Pheulpin	FRA 46	Conflans	1- 2 May 82
t 21.58.40.0	(1)	Claudio Sterpin	ITA	Milano	18-19 Oct 86



Micheline Daneau, Canada and stride together during last month's National TAC 40 Km Championship race (results in September ORW). Photo courtesy of Elliott Denman.