

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



~~Sorry this was so slow I addressed it upon  
receiving your~~

# OHIO RACEWALKER

VOLUME XXVI, NUMBER 9

COLUMBUS, OHIO

NOVEMBER 1990

## Mexicans dominate Pan Am Cup walks

With both individual and team winners in all three races, the Mexicans were completely dominant in the Pan American Cup races held in Jalapa, Mexico in late October. Ernesto Canto, 1984 Olympic champion and world record holder, led a Mexican sweep of the first four places in the 20 Km with his easy win in 1:21:46. Another five Mexicans, walking as guests were under 1:30. Veteran Martin Bermudez was unchallenged in the 50, beating teammate Francisco Reyes by more than 8 minutes in 3:51:30. In the women's 10 Km, Graciela Mendoza finished well ahead of Canada's Janice McCaffrey in 46:07. Debbie Lawrence, who certainly made things much tougher for the Mexican woman, was not on the U.S. team. In team scoring, the U.S. was third in all three races. Results:

**Women's 10 KM, Oct. 27--1.** Graciela Mendoza, Mexico 46:07 2. Janice McCaffrey, Canada 46:41 3. Maricela Chavez, Mexico "B" 46:48 4. Francisca Martinez, Mexico 47:06 5. Teresa Vaill, U.S. 47:18 6. M. DeLaLuz Colin, Mex. 48:11 7. Holly Gerke, Can. 48:22 8. Miriam Ramon, Ecuador 48:37 9. Tina Poitras, Can. 48:43 10. Margarita Sanchez, Mex. "B" 48:43 11. Elvia Jimenez, Mex. "B" 48:54 12. Eva Machuca, Mex. 49:01 13. Debby Van Orden, U.S. 49:03 14. Silvia Valle, Mex. "B" 49:05 15. Rosario Sanchez, Mexico 49:47 16. Guadalupe Colin, Mex. "B" 50:11 17. Wendy Sharp, U.S. 50:27 18. Luisa Nidisela, Ecuador 50:38 19. Alison Baker, Can. 51:18 20. Sara Standley, U.S. 51:29 (29 finishers)

**Men's 20 Km, Oct. 27--1.** Ernesto Canto, Mexico 1:21:46 2. Joel Sanchez, Mex. 1:22:09 3. Carlos Mercenario, Mex. 1:22:25 4. Alberto Cruz, Mex. 1:22:52 5. Guillaume Leblanc, Canada 1:23:26 6. Sergio Viera Galindo, Brazil 1:25:55 7. Carl Schueler, U.S. 1:28:21 8. Claudio Luis Bertolino, Brazil 1:29:16 9. Jose Juan Sanchez, Mexico 1:29:30 10. Marcelo Moreira Palma, Brazil 1:32:04 11. Doug Fournier, U.S. 1:32:16 12. Julio Urias, Guatemala 1:32:49 13. Benjamin Loreface, Argentina 1:33:19 14. Tim Berrett, Canada 1:33:19 15. Ademar Jose Cammlerk, Brazil 1:36:31 16. Paul Wick, U.S. 1:36:41 17. Jose Torres, Puerto Rico 1:39:18 18. Don Lawrence, U.S. 1:39:19 (27 finishers, plus Mexico "B"--Bernardo Segura 1:23:37, Juan Jose Sanchez 1:26:24, Ignacio Zamudio 1:26:54, Mauricio Villegas 1:27:07, Victor Sanchez 1:29:27, Mario Casas 1:31:26)

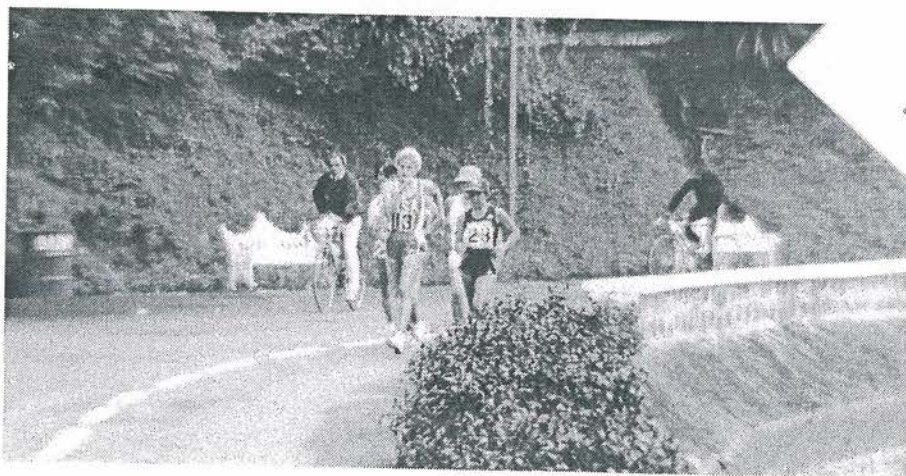
**Men's 50 Km, October 28--1.** Martin Bermudez, Mex. 3:51:30 12. Francisco Reyes, Mex. 3:59:34 3. Victor Alonso, Guatemala 4:03:38 4. Paulo Vidales, Mex. 4:14:08 5. Eugene Kitts, U.S. 4:19:27 (personal best at age 42 and just 10 days short of 43) 6. Mark Fenton, U.S. 4:25:53 7. Nelson Funes, Guatemala 4:36:07 8. Carlos Luis Bertolino, Brazil 4:38:18 9. Eudardo Rivera, Guat. 4:41:43 10. Antonio Nogueira, Brazil 4:44:29 11. Ray Sharp, U.S. 4:51:35 12. Antonio Carlos Kohler, Brazil 4:52:37 13. Ademir Dominguez, Brazil 4:54:43 (Mexico "B" guests: Daniel Carcia 4:05:47;

Thomas W. Boyer  
952 Smith St.  
Somerset, MA 01464

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



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.



Olympic champion Ernesto Canto signs autographs for the many your Caminata fans after winning the Pan Am Cup 20 Km in Jalapa. Photo by Elliott Denman. Below, Teresa Vaill holds the early lead in the women's 10 Km at the Pan Am Cup. Photo by Howard Palamarchuk.

Team Scores: 20 Km--1. Mexico 78 2. Brazil 60 3. Unites States 50 4. Canada 45 5. Guatamala 27 6. Puerto Rico 18 7. Argentina 15 8. El Salvador 9 Women's 10 Km--1. Mexico 64 2. Canada 59 3. Unites States 48 4. Ecuador 41 5. Brazil 15 6. Guatamala 12 7. El Salvador 6 50 Km--1. Mexico 35 2. Guatamala 22 3. United States 20 4. Brazil 9

#### Other Results

**New York City Marathon**, Nov. 4--1. Tim Berrett, Canada 3:24:12 (Making up for a real subpar performance in the Pan Am Cup as he decisively beats a classy field, thought not in a particularly fast time. One wonders just how seriously these walkers really take this race.) 2. Carlos Mercenario, Mexico 3:26:28 3. Bo Gustafsson, Sweden 3:30:31 4. Ronald Weigel, Germany 3:35:11 5. Stefan Johansson, Sweden 3:36:05 6. Hartwig Gauder, Germany 3:37:52 7. Andrei Perlov, USSR 3:38:23 (Slightly slower than his 50 Km best) 8. Tim Lewis 3:45:37 9. Alan Jacobson 4:08:27 10. Nicholas Bdera 4:14:29 (first master) 11. Ian Brooks 4:15:35 (second master) 12. Franco Pantoni 4:27:21 (3rd master) 13. Gary Null 4:27:21 (4th master) 14. John Alfonso 4:40:25 15. Leland Sandifur 4:47:17 (5th master) 16. Howard Jacobson 4:48:42 (ist over 50) 19. Stanley Schecter 4:55:13 (2nd over 50) 20. Cordon Gannon 4:55:31 (60 finishers) Women: 1. Susan Liers 4:03:21 2. Teresa Vaill 4:07:39 3. Patti Ditzel 5:06:29 4. Joyce Elberfeld 5:10:56 (1st master) 5. Emily Hewitt 5:17:27 (2nd master) 6. Anne-Renee Testa-Tanner 5:25:45 (3rd master) 7. Daphne Sullivan 5:26:49 (4th master) 8. Lucanne Dougherty 5:29:48 (32 finishers)

**Metropolitan 1 Hour Championship, New York City, Oct. 28--1. Mark Varsano (26) 11,640 meters 2. Jeannie Whiting (41) 11,150 3. Michael Koral 11,026 4. Kaisa Ajaye 10,525 5. Bob Thalen (52) 10,425 6. Frank Lamorte (69) 9861 7. Rhoda Green (56) 9851 8. Richard Lann (56) 9703 9. Elton Richardson (51) 9679 10. Linda Roesner (50) 9670 11. Joan Rowland (64) 9049 (16 finishers)**

**Potomac Valley Seniors 1 Hour, Arlington, Virginia, Nov. 11--1. Dave McGovern 8 mi 957 yds. 2. Alan Price 7 mi 807 (1st master) 3. John Johnson 6 mi 1590 4. Bob Elliott 6 mi 1209 5. Sal Corrallo 6 mi 931 (1st over 50) 6. Jim Lemert 6 mi 930 7. Malcolm Posey 6 mi 717 8. Ronald Clarke 6 mi 548 9. Victor Litwinski 6 mi 225 10. Joe Guy 6 mi 152 (23 finishers) Women: 1. Valerie Meyer 5 mi 1758 2. Lois Dicker 5 mi 1677 3. Alison Zabrenski 5 mi 1259 4. Recita Miles 5 mi 1229**

**Walkers in Marine Corps Marathon, Quantico, Virginia, Nov. 4--Lyn Brubaker 4:07:55; Joe Brubaker 4:22:14; Scott Widdall 4:45:00--all from Lancaster, Pa.**

**South Carolina 20 Km Championship, Florence, Nov. 10--1. Ian EWhatley 1:38:06 2. Larry Green 1:49:51 (1st 55-59) 3. Paul Martino 1:54:17 4. Bill Bauer 1:57:24 (1st 45-49) 5. David Hale 1:57:50 (1st 40-44) 6. Bill CHelf 1:58:33 (2nd 45-49) Women: 1. Cheryl Rellinger 1:49:05 2. Brenda Bauer 2:16:39 (1st 40-44)**

**Georgia 5 Km CHampionship, October 13--1. David Waddle 25:41 2. William Vicory 31:00 3. Hernan Sabio 31:02 4. Dick Ford 31:26 (1st master) Women: 1. Juliet Newsome 30:35 2. Alpha Bennett 31:27**

**Florida 5 KM Championship, Orlando, October 6--1. John Frederick 23:16 (1st over 40) 2. Paul Alvord 25:10 (1st over 45) 3. Bob Fine 25:20 (1st over 55) 4. Terry Harville 26:02 5. Mike Rapp 28:20 (2nd over 40) 6. Paul Geyer 29:11 (1st over 70!) Women: 1. Sandra Valdem 27:04 2. Louise Tolson 27:16 3. Verna Buchs 27:29 (1st over 40) 4. Joy Clingman 27:59 (1st over 55) 5. Christine Ingram 28:48 6. Sheila Cichocki 28:55 (2nd over 40) 7. Jean Hope 29:50 (1st 50-55)**

**5 Mile, Coconut Grove, Florida, Oct. 6: Women--1. Linda Apriletti 50:03 Men--1. Eric Schmook 45:32 2.**



Peter Black (47) 48:06 3. Yariv Pomeranz (15) 48:20 4. Danile Piguille (44) 48:47  
 5. Gary Canner (49) 49:33 6. Charles Poladian (68) 49:38 (30 finishers) **Women's 5 Km, same place**--1. Linda Stein (43) 29:18 2. Louise Tolson (39) 29:49 3. SOnDra Vladem (36) 30:33 **Men's 5 Km, same place**--1. Lee Duffner (54) 27:57 2. Peter Black (47) 29:45 3. Gary Canner (49) 30:11 **5 Km, Davie, Florida, Sept. 22**--1. John Fredericks (42) 26:11 2. Lee Duffner (54) 28:17 3. Gary Canner (49) 29:50 4. Al Menzer (45) 30:14 5. Charles Poladian (68) 30:30 **9999 meters, Orlando, Florida, Nov. 10**--1. Paul Alvord 56:08 2. Robert Carver 62:05 3. Mike Rapp 62:23 **Women:** 1. Verna Bucks 62:56 **Detroit Free Press Marathon, October 21**--1. Max Green (58) 4:14:57 2. Gerald Bocci (52) 4:32:48 3. Frank Soby (51) 4:41:44 **Women:** 1. Brenda Mallat (29) 4:38:54 2. Maureen Leskie (46) 4:54:11 3. Beth Young-Grady (53) 5:01:47 **5 Km, Dearborn, Michigan, October 6**--1. Terry McHoskey 25:31 2. Robert Campbell 27:03 3. Max Green 27:11 4. Vance Genzlinger 28:25 **5 Km, Dearborn, Oct. 20**--1. Robert Campbell 26:49 2. Vance Genzlinger 28:07 3. Walter Lubzik 28:55 **Women:** 1. Roberta Boyle 30:57 **10 Km Turkey Trot, Detroit, Nov. 22**--1. Zbyszek Sadlej, Poland 44:35 2. Dan O'Brien 47:00 3. Max Green 51:30 4. Terry McHoskey 54:57 **WOMen:** 1. Zofia Wolan 53:06 2. Cathy Wood 63:17 3. Roberta Boyle 63:22 **North American Masters 20 Km, Midland, Texas, October 21**--1. Andrew Smith, Crownpoint, NM (41) 1:47:39 2. Norm Frable, Midland, Tex. (45) 1:50:54 3. John Knifton, Austin, Texas (51) 1:50:58 4. Edward Whiteman, Covington, Louisiana (51) 1:51:21 5. Mataji Graham, Albuquerque, NM (37) 1:58:34 (1st female) 6. Bob Fine, Delray Beach, Florida (59) 1:58:47 7. Bob Mimm, Willingboro, New Jersey (66) 1:59:10 8. Bob Esterline, Mewquite, Tex. (42) 1:59:47 9. Eliza Walbridge, Zuni, NM (40) 2:01:51 10. Peter Armstrong, Albuquerque (45) 2:02:59 11. Kathy Joe Lovell, White Rock, NM (40) 2:03:26 12. Gerogia Thomas, Midland, Texas (46) 2:05:22 13. Shiela Smith, Riverton, New Jersey (54) 2:05:37 14. Sharon Higginbotham, Metairie, Louisiana (37) 2:07:35 15. Bob Jordan, Iowa City (41) 2:11:34 . . . 19. Don Johnson, Little Silver, New Jersey (73) 2:16:33 (32 finishers) **Open 20 Km, same place**--1. Ian Whately, Greenville, SC (31) 1:43:41 2. Tori-Ivar Guttulrod, Houston (26) 1:47:39 3. Adam Pawlick, Austin (33) 1:53:06 (8 finishers) **5 Km, same place**--1. Lawrence Martinez, Albuquerque (39) 26:13 2. Celeste Hamman, Austin (34) 29:30 3. James Cline, Bedford, Texas (47) 30:44 (22 finishers) **5 Km, Denver, Oct. 7 (unjudged)**--1. Raul Fabian 25:26 2. Daryl Meyers (47) 28:18 3. Christine Hackman 29:55 **5 Km, Denver, Sept. 15**--1. Larry Marchant (50) 28:19 **5 Km, Albuquerque, NM, Oct. 13**--1. Joe Sutton 28:39 2. Arthur Fuldauer 29:12 3. Pat Bryan 29:30 4. David Wormald 29:32 5. Winston Crandall 29:51 (13 finishers) **Women:** 1. Jackie Kerby 28:53 2. Anna Wormald 30:56 (19 finishers) **Masters 5 KM, Hawthorne, Cal., Oct. 27**--1. Ed BOuldin 23:17 2. Art Grant 25:17 3. Mike Padovich 27:41 4. Sam Stote 28:45 **Women:** 1. Brenda Long 27:09 **10 Km, Seal Beach, Cal., Oct. 27**--1. Richard Nester 60:44 **5 Km, Los Angeles, Nov. 4 (unjudged)**--1. Keith Ward 23:04 2. Enrique Camarena 24:34 3. Art Grant 25:34 4. Bob Meador 26:06 5. Wayne Wurzberger 26:39 6. Carl Acosta 27:02 7. Steve Leitner 27:49 8. Bill Neder 27:58 **Women:** 1. Victoria Herazo 23:22 2. Margaret Govea 27:08 3. Cathy Mish 27:51 **5 Km, Riverside, Cal., Nov. 11**--1. Ted Greiner 26:35 2. Dave Snyder 27:12 3. Steve Leitner 27:13 **Women:** 1. Victoria Herazo 23:00 2. Andrea Johnson 25:40 3. Susan Armenta 27:19 **Long Beach Half Marathon, Nov. 11 (unjudged)**--1. Ed BOuldin 1:49:31 2. Art Grant 1:58:06 3. Richard Ashton 1:59:03 **Women:** 1. Fran Bustos 2:02:23 **Pacific Association 20 Km Championships, San Francisco, Nov. 18**--1.

Jonathan Matthews 1:35:34 2. Skip Bokoven 2:00:57 3. Jim Fisher 2:13:04 (1st 50-59) **Women**--1. Donna Gilliland 2:04:17 2. Brie Reybine 2:08:56 (1st 50-59) **Pacific Association 1 Hour, Hayward, Cal., Nov. 4**--1. Jonathan Matthews (34) 12,871 meters (22:35, 46:31) 2. James Lenschau (29) 12,244 (24:14, 48:58) 3. Tom Knatt (50) 11,365 (25:52, 52:46) 4. Chuck Marut (52) 10,964 (27:00, 54:52) 5. Cindy Paffumi (36) 10,864 (27:00, 54:53) 6. Donna Gilliland (33) 10,952 7. Joe Sheppard (15) 9,995 8. Fred Dunn (61) 9,765 9. Brie Reybine (51) 9,705 (19 finishers) **10 Km, San Francisco, Sept. 30**--1. Jonathan Matthews 47:26 2. Jim Lenschau 49:06 3. Jo Ann Nedelco (47) 50:40 4. Skip Bockoven 54:26 5. Chuck Marut 54:49 6. Donna Gilliland 58:49 7. Fred Dunn 59:16 8. Laura Cribbins 59:27 9. Dick Petruzzi 60:43 10. Brie Reybine 61:30 **10 Km, Seaside, Cal., Oct. 27**--1. Jonathan Matthews 44:45 2. Jim Lenschau 47:38 3. Skip Bockoven 52:28 4. Cindy Paffumi 55:37 5. Tom Knatt 55:40 6. Donna Gilliland 58:46 7. Dick Petruzzi 59:55 8. Mary Baribeau 61:31 **5 Km, Detroit, Oregon, August 18**--1. Steve Renard 22:22 2. Joel Estrin 26:29 3. Ed Thompson 29:13 4. John Hanan 29:48 **Women:** 1. Erin Taylor 29:26 **Portland, Oregon Marathon, Sept. 30**--1. Randy Jacobs 3:54:46 2. Larry Luedtke 4:50:01 3. Steve Fredrickson 4:58:24 4. Colin Peters 5:02:38 **Women:** 1. Bev LaVeck 4:38:48 2. Michele Hoover 4:46:38 **5 Km, Seattle, November 17**--1. Stan Chraminski 25:33 2. Bob Novak 27:20 3. Ann McCulley 27:54 **National Junior Olympics, Lincoln, Nebraska, July:** Young Men's 3 Km (born 1972-73)--1. Andy Lee, Brentwood, NY 13:58.67 2. David Thomas, Speedway, Ind. 15:09.41 3. Scott Stewart, Loveland, Col. 15:51.65 **Young Women's 3 Km**--1. Gretchen Eastler, Farmington, Maine 15:19.15 2. Desiree McCauley, Brentwood, NY 15:58.43 3. Vickie Jenkins, Tucson, Ariz. 16:48.98 **Intermediate Boys (74-75) 3 KM**--1. Luis Martinez, El Paso, Texas 14:14.14 2. Sean Albert, Paramus, NJ 14:27.53 3. Timo Quilantang, Stockton, Cal. 16:17.60 **Intermediate Girls 3 Km**--1. Vera Jenkins, Tucson, Ariz. 16:36.80 2. Danielle Kirk, Bell Canyon, Cal. 18:22.90 3. Gracy Gutierrez, Geroge West, Tex. 19:23.30.

# WALKING EVENTS IN THE WINTER MONTHS

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)
Sat. Dec. 15	5 Mile, Atlanta (H) 5 Km, Kent, Washington, 10 am (C)
Sat. Dec. 29	5 Km, Coconut Grove, Florida, 8 am (Q)
Sun. Dec. 30	Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A) 5 Km, Miami, 8 am (Q)
Mon. Dec. 31	5 Mile, Seattle, 3 Pm (C)
Sat. Jan 5	25 and 50 Km, Seattle, 8 am (C)
Sun. Jan. 6	Couples 5 Mi., Columbia, Missouri, 2 pm (M) 10 Km, Miami, 8 am (Q) 5 Km, Ft. Lauderdale, Florida, 8 am (Q)
Sun. Jan. 13	5 Mile, Miami, 8 am (Q)
Sun. Jan. 20	10 Mile Handicap, Pasadena, Cal., 8:30 am (B)



Sun. Jan. 27 Half Marathon, Miami, 6 am (Q)  
 5 Km, Redondo Beach, Cal., 8 am (B)  
 5 Km, Coral Gables, Florida, 8 am (Q)  
 Fri., Feb. 2 1 Mile, Monterey Park, Cal. (B)  
 5 Km, Columbia, Missouri, 9 am (M)  
 Sat. Feb. 3 Women's 5 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

Apologies to Steve Pecinovsky, Paul Wick, and Ian Whatley, who I listed as being disqualified at the Alongi Memorial 20 Km. They did not finish but were not disqualified. Not sure at this point if this was a fault of the results I received or my interpretation of them, but, regardless, they don't deserve such a blight on their records. . . 24 Hour and 12 Hour races are scheduled for Munich, Germany on June 29 and 30, 1990. If you are interested in a little travel and an endurance challenge, write Sri Chimnoy Marathon Team. Mr. Joe Voelckner, Pflegerstrasse 48, 8000 Munchen 60, Germany. (Phone 089/8114091. . . The Potomac Valley Walkers have scheduled a series of racewalk clinics for this winter. They will be held each Saturday from January 12 through March 2 starting at 8 am at the Tysons Corner Mall. Write Potomac Valley Walkers, 103 E. Monroe Avenue, Alexandria, VA 22301 (SASE please), or call 703-836-2766, for further information. . . If you are planning to go to San Jose for next year's World Cup (June 1 and 2) you might want to hook up with Howie Jacobson's racewalking seminar and clinics. Coach "Jake" Jacobson's Walking Camps is offering both a weekend and a full-week package in conjunction with the package. Some of the coaches available for the seminars and clinics are Henry Laskau, Gary Westerfield, Ron Daniel, Bruce MacDonald, Lon Wilson, and Jake himself. Classes will include racewalking techniques, strength training, stretching, racing strategies, desinging training programs, nutrition, foot care and shoes, relaxation, and massage therapy. Plus, you will see the greatest walkers in the world in action. For further information write: Coach "Jake" Jacobson's

Walking Camps, 437 Golden Isles Drive 15E, Hallandale, FL 33000. . . The New York Ad Agency, producing the national TV commercial for Seagrams Wine Cooler, believes in partial type casting. The 30-second commercial, running for the past 5 months (your editor must admit he hasn't seen it), incorporates four racewalkers in action (but only two of them genuine racewalkers). After a comprehensive audition of various types of talent, including athletes from other sports and non-athletic types, the four racewalk actors/actresses were: John Smith, a track coach at UCLA and former world class 400 meter runner and olympian; Carey Payton, former nationally ranked high jumper from UCLA; Victoria Herazo, a veterinary technician and current member of the USA women's racewalk team; and Lauren Feder, M.D., a California racewalker and physician. Chosen for their "excellent" racewalk form and appearance, the group made the talent agent and client extremely happy with the final production. The commercial continues to be programmed on NBC-TV, CBS-TV, ABC-TV, and some independent and cable networks. (But so John Smith and Carey Payton look more racewalkers than some other real racewalkers in the LA area?). . . Susan Liers and Richard Quinn have joined the list of racewalkers to be subjected to the on-going out-of-competition drug testing, and, like all the rest, tested negative. . . Tony Medeiros died at age 77 in East Chemsford, Mass., after a long battle with cancer, complicated by a bad fall. As Elliott Denman says: "Tony was one of the truly great guys of American walking and will be sadly missed. He was star walker, coach, and promoter of our great sport. As a competitor, he was as tough as they came. If only some of the younger generation of American walkers had his toughness and gutsiness!"

#### LOOKING BACK

**25 Years Ago** (From the November 1965 ORW)--I don't seem to have a copy of that issue, nor did I 15 years ago. Thought my files were complete, but not so. Probably wasn't much happened in November 1965, anyway, outside of the Ohio TC Distance Carnival.

**20 Years Ago** (From the November 1970 ORW)--Goetz Klopfer walked an American record 2:33:59.8 for 20 miles in Seattle. On the way, he set records at 15 miles (1:54:47), 25 Km (1:58:52), 2 Hours (15 mil 1192 yds), and 30 Km (2:23:14). . . The Mortlands produced son No. 2, Scott Allen, on November 6. . . In the Cincinnati Thanksgiving Day race (a short 6 miles), Wayne Yarcho edged Doc Blackburn 48:45 to 49:10, with Dale Arnold and Clair Duckham following. . . Jerry Bocci won two races at the OTC Distance Carnival with 1:25:40 for 10 miles and 15:44 for 2. . . Dave Romansky beat Ron Danil=el in a short 15 miles in Long Branch, N.J., 1:56:55 to 1:58:33. . . Larry Walker zipped through a 6:18.3 mile in Los Angeles, beating Jim Hanley by 8 seconds. . . East German Christoph Hohne won the Lugano 100 Km race in 9:26:31, missing his own course record by 10 minutes.

**15 Years Ago** (From the November 1975 ORW)--Larry Young easily won the National 30 Km title in 2:25:26 with Paul Ide nearly 13 minutes back and Augie Hirt even further behind in third. . . Two weeks later, John Knifton edged YOUNG in the National 35 Km in Pittsburgh. John had 2:53:04 to Larry's 2:53:36. Ide was third,



followed by Ray Floriani, Ron Kulik, and Ron Daniel. . . In the ORW's Sixth Annual World Rankings, Mexico's Daniel Bautista and Domingo Colin were ranked one-two at 20 Km, with Germans filling the next four slots--Stadtmuller, Kannenberg (the only one from the West), Reimann, and Frenkel. Kannenberg topped the 50 Km rankings, followed by Soviets Veniamin Soldatenko and Yevgeniy Lyungin, and countryman Gerhard Weidner. Larry Young led the U.S. rankings at 20 Km followed by T.Odd Scully, Jerry Brown, Tom Dooley, John Knifton, and Bob Kitcher. Larry was also on top at 50. . . Kannenberg set a world record for 50 Km on the track with his 3:56:51 and Italy's Vittorio Visini bettered the 20 mile world mark with 2:27:38.

**10 Years Ago** (From the November 1980 ORW)--In San Diego, Paul Hendricks walked brilliantly to beat Allen Price and his American record in the National 100 miler. Paul finished in 18:49:52. Price was also beaten by surprising newcomer, Jonathan Rem, who did 19:19:46. Allen snuck under 20 hours and five others finished the distance. . . The National 40 Km, contested in Long Branch, N.J., went to Dan O'Connor in 3:24:21. Dan overhauled Ray Sharp in the final 10 Km and left him better than 4 minutes behind. Randy Mimm captured third. . . Nikolai Vinnetschenko cruised to a 1:21:47 for 20 Km and the Soviet title as 13 walkers bettered 1:26:00. . . Soviet Boris Yakovlyev won the 9-day, 9-stage Tour de Romandi in Switzerland, covering the 289.7 Km in an elapsed time of 25:28:27.

**5 years Ago** (From the November 1985 ORW)--Sweden's Bo Gustafsson was the first walker home in the New York Marathon with a time of 3:15:55. Marco Evoniuk was next in 3:23:56 and Sweden's Ann Jansson led the women, finishing third overall in 3:39:43. . . Tom Edwards edged Curtis Fisher, then a junior, in the Metropolitan 10 Km Championship, 45:35 to 45:36. . . Fisher won the Henry Laskau 5 Mile in Mineola in 36:51. . . Mexicans swept the first four places in a Los Angeles 10 Km. Bilduilfo Andavlo had 39:57 and Martin Bermudez 39:58. Paul Wick was the first U.S. walker in 41:46 and Larry Walker led the masters in 43:51. . . In Czechoslovakia, Josef Pribilinec did a track 10 Km in 38:02.6! Roman Mrazek was a full minute behind.

\* \* \* \* \*

With tongue firmly in cheek, Ron Laird has penned the following commentary. Ron is living in Ashtabula, Ohio (northeast part of the state) for a while, house sitting for his father.

### Judging From Front and Back

If it's possible to keep from getting run over, why not judge race walking from the front and the rear? Our judges need all the help they can get nowadays. Competitors already get a heck of a break due to the fact it's supposed to take at least three different judges to disqualify them from any of their races.

Somewhere in the history of our sport, a theory came along that told us it wasn't fair to judge race walkers from the rear because their back kicks created a

distorted illusion of their actual contact with the ground. For some reason, our officials bought this idea of having to view competitors only from the side.

We need to make sure we don't let the upward flipping motions of shoe bottoms, legs (calves and ankles) and even long shoe laces distract us from concentrating on how close someone's feet are coming to the ground. It is now realized that the human eye cannot focus on simultaneous heel and toe contact from the perpendicular position. This is where one tries to see if the piece of rubber covering the lead shoe looks like it is touching the ground before, or at the same instant, the piece of rubber covering the bottoms of the toes of the rear shoe leave it. If the shoes look like they are doing this, the walker is allowed to continue without any sort of reprimand. Assuming their knees are straightening correctly, reprimands (warnings and disqualifications), are issued according to how good, bad, or in between the walker looks when trying to fulfill his or her obligation to make continuous contact with the surface he or she is moving over. If judges are not willing or able to accurately make decisions about contact, they should get together and rid the sport of this impossible requirement so they and the race walkers they observe won't have to be plagued by it in the future.

When you think about it, the best chance at actually seeing contact is by observing the walker moving directly away from or coming straight at you. This is reasonable because the heels and toes of the feet closely line up with each other the instant they make or lose contact with the ground. Look for that line-up and compare it with the surface the walker is moving over. It doesn't matter if the heel and toe action block each other out. As long as you're able to see daylight between those shoes and the ground, you know the walker has lost contact.

If judges must use the bottoms of a race walker's shoes to decide a race walker's legality, let's put them into the best position to do so. The big problem is getting them into the position needed to see if there's any air between the feet and ground. If you are willing to give this system a try, it is a must you do your viewing from the lowest level possible. Race organizers could provide special, eye-level fox-hole areas along the course for judges to officiate from. If this isn't practical, lightweight mats for judges to lay on would be useful and appreciated. Getting down into open man holes would be an easy way of obtaining the necessary eye-level view of street and feet.

Racewalkers have always had to go into the gutters of the world to do their racing and training. This unavoidable, but necessary, situation has gone on since the foundations of our sport. Most of the time, we did this because we had no choice. Since we've voluntarily been in those gutters for so long, why can't our judges be willing to get down there a little lower and work from the sewers of the world? They would get a much better view of what the walkers were up to, or down to, if they did. Just be sure not to leave those thick, iron man-hole covers laying around for any of the walkers to trip over.

\* \* \* \* \*

This won't interest those of you in the warm climes, but it's relevant to many of our readers. The following commentary on winter walking is provided by Colorado's Bob Carlson and pertains particularly to Colorado winters. However, based on long years of winter walking, I am in basic agreement with most of what he says.



## DONT LET THE CHILL OF WINTER DETER YOU

by Bob Carlson

Do you worry each year about this time that you will lose some of your hard-earned fitness because of the unpredictable nature of the weather patterns. Anybody who lives in Colorado knows that it can be a beautiful clear day with mild temperatures in mid-winter, and yet the next day a good sized snow storm can hit. It can be tempting to use this as an excuse for not walking at all until consistently good weather returns. Usually after a storm, the mild temperature returns and the snow melts fairly rapidly. Many times our lazy natures tell us to wait for spring and then walk ourselves back into shape. By doing so we are doing our bodies a big disservice--it is best to have at least a maintenance program to keep our bodies moving through the winter. You can easily do this with only a few modifications to make allowances for the colder weather.

One thing to avoid is walking on slippery surfaces because of the danger of falling or straining something when you slip unexpectedly. When you put all your weight on one leg and that leg slips out from under you, nothing very good is likely to happen. Even if there is a layer of snow which seems to afford traction, you never know when there might be an icy spot underneath which can cause a slip and a hard fall to the ground. This danger can easily be underestimated. Even subtle imbalances caused by a slip may produce an injury of some sort.

On days when it is hazardous to walk either get out the old cross country skis and head for the grassy snow-covered surface of the nearest park, or else find some indoor place such as a mall to do some walking. Many dedicated exercisers have their own treadmills, bicycle ergometers or Nordic Tracks in their homes. Some of the affluent types belong to health clubs, but these can be very crowded on bad weather days. Personally, I find it invigorating to dress appropriately and to get out on almost any type of weather short of a blinding snowstorm--being very careful to adapt to the conditions with safety in mind. But in Colorado, if you get outside on the nicer days you may not have too much of a problem--they greatly outnumber the nasty days. Get out and take advantage of the nice weather days. The thing to remember is that it takes much less effort to maintain fitness than it does to acquire it.

Here are some simple precautions to make your exercising more comfortable and safe: Dress for the occasion--wear clothing that is adjustable; that is, dress in layers that can be taken off and put back on according to the conditions. If you overdress and get all sweaty, then a great chill can take place when you slow down or stop. Many people underestimate the amount of heat that a body produces when exercising briskly. You can be literally freezing as you start, but 10 minutes into the walk you can be getting too warm for comfort.

A hooded sweat shirt that zips down the front is a very useful item. You should also have a windbreaker such as a nylon jacket to wear over your warm underclothing. If you can afford it, get a jacket that will repel the windchill and yet will "breathe" and not trap the moisture inside--Gore-Tex and other similar modern fabrics work well in this regard.

Even if the weather is down around zero, you should not have more than 3 layers of clothing, but all should be adjustable to either retain your body heat or let it escape. The legs don't need a lot of insulation--there is a great amount of blood circulation transpiring there that increases their metabolism greatly, which in turn ensures their warmth. It might help to wear insulating socks to prevent cold toes. You can usually get by with a pair of tights in moderately cold conditions or sweat pants and/or thermal underwear in severe cold. But be sure to protect the insulate the groin, you guys, because penile frostbite can happen readily and it causes industrial strength pain.

A point to remember that the head can release a great amount of heat when uncovered in cold weather. A wool headband to cover the ears is a very useful item because it keeps you warm until you don't need it any more, and easily slips into your pocket until you start to get cold again. Use a good wool hat if it is very cold to help maintain body heat and keep the vulnerable ears from freezing. A good cap can conserve as much as 40% of the body's heat. It seems that the ears, fingers, groin, and toes are the places that are most susceptible to cold, and as long as you protect them you can get by with surprisingly little clothing as long as vigorous exercise is undertaken. For protection of the fingers is far better to wear mittens rather than gloves. Those fingers seem to like to share whatever heat they have with the others. You can use a heavy pair of wool socks as mittens in case you don't have any mittens handy.

Remember the fact that in this high altitude that temperatures and weather conditions can fluctuate rapidly. Walking in direct sunlight and getting that nice radiation is far different than walking when the sun is covered with clouds or when it is low on the horizon or it is dark. Walking through an extended shady spot may dictate an adjustment in your protective clothing. And the wind chill factor is no joke. Even if it seems relatively mild and still when you start out, if a stiff wind comes up suddenly, things change drastically, especially if it becomes cloudy at the same time. If you walk in darkness, wear something reflective so you can be seen by motorists.

Generally, try to let the sweat evaporate before it builds up much. Some informed estimates say that sweat soaked clothing can get you cold 200 times more quickly than dry clothing. If you have the choice, you should head into the wind on the first part of your walk so that there will be a tailwind on the way back. As long as you keep moving briskly at first, any discomfort should last long and you will face the worst conditions while your clothing is dry.

So all you avid walkers, don't let King Winter deter you from your quest for health and fitness. One of the most delightful and invigorating times to walk is when the weather is very cold with the sun out in still air. If you take the necessary precautions, you can feel good and fit all winter long and head into spring with increased momentum. As a bit of information for our newer members, you may even wish to join our winter splinter group dedicated to asking neighbors and friends to shovel their walks immediately after snowstorms for safer footing conditions--called the Front Walk Rangers.



The following lists were compiled by Bob Bowman for the 1990 U.S. Racewalking Handbook.

## SECTION 10 - Personal Statistics

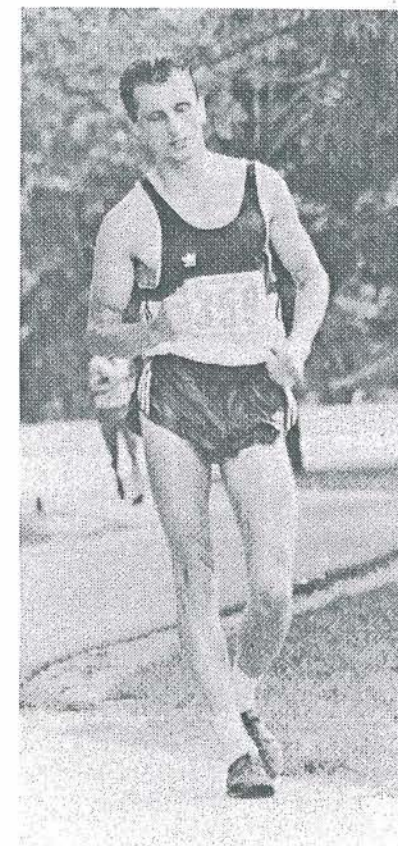
Name(Men)	Ht	Wt	DOB	Affiliation	'89 Best	PR
Marc Bagan	5-11	165	4/4/62	Shore AC	1:36:00	1:31:32('88)
Mark Barber	6-3	165	3/26/71	Wis/Parkside	5:05:02	4:27:20('88)
Nick Bdera	6-1	155	9/22/48	ESTC		47:55('90)
						1:34:12('88)
Lennie Becker	6-0	145	11/21/70	Park College	4:58:31	4:26:43('87)
Bob Briggs	5-8	130	5/5/57	PVSTC	45:11	45:11
Curt Clauson	6-1	148	10/9/67	Duke/ESTC	1:35:04	1:35:04
					1:33:53	1:33:53
						4:27:25('88)
Rob Cole	6-1	152	11/1/69	Wis/Parkside	1:36:49	1:31:45('90)
Reggie Davenport	5-10	130	5/26/68	Wis/Parkside	1:32:45	1:32:45
Mike DeWitt	5-11	158	11/1/50	Parkside AC		1:30:44('88)
					4:22:23	4:22:23
Dave Doherty	6-2	158	11/3/70	Wis/Parkside	47:28	44:59('90)
Philip Dunn				Carleton Col.		1:42:15('90)
Marco Evoniuk	5-10	150	9/30/57	Unatt.	1:42:02	1:25:13('84)
						3:56:55('88)
Neil Farley				Unatt.	47:58	47:58
Mark Fenton	6-0	152	7/13/61	Reebok RT	1:36:04	1:31:37('88)
					4:44:15	4:19:57('90)
Curtis Fisher	6-1	145	6/14/66	NYAC	1:29:47	1:29:47
Doug Fournier	5-9	135	4/13/67	Wis/Parkside	1:29:06	1:29:06
Ray Funkhouser	6-0	160	10/25/50	Shore AC	1:34:22	1:28:40('84)
						4:54:21('88)
Mark Green	5-11	155	11/25/55	Unatt.		1:38:35('88)
					4:27:59	4:18:47('88)
Allen James	6-3	180	4/14/64	AIA	1:33:33	1:31:07('88)
Jon Jorgenson	6-1	180	7/24/68	Wis/Parkside	1:38:14	1:37:33('88)
Eugene Kitts	5-11	170	11/7/47	Team Hawaii		1:38:57('87)
					4:25:44	4:20:26('90)
Brad Knutson	5-9	125	9/10/66	FRW		1:35:23('88)
Tom Krasnoff	5-11	165	2/6/70	Wis/Parkside	47:46	47:46
Don Lawrence	5-11	150	9/14/59	Nike TC	1:33:44	1:31:59('88)
Tim Lewis	6-0	168	11/10/62	Reebok RT	1:22:17	1:21:48('86)
					4:13:39	4:10:46('90)
Paul Malek	5-11	155	12/28/55	Parkside AC	1:37:59	1:33:00('88)
					4:19:24	4:19:24
Mark Manning	6-0	142	8/26/61	Reebok RT	1:29:22	1:29:22
						4:18:07('90)

Name(Men)	Ht	Wt	DOB	Affiliation	'89 Best	PR
John Marter	5-4	124	3/4/69	Wis/Parkside	1:36:49	1:32:38('90)
Dave McGovern	5-10	145	5/28/65	Natural Living	1:35:57	1:30:03('87)
Gary Morgan	6-2	175	1/7/60	NYAC	1:28:06	1:27:26('88)
						4:33:34('83)
Herman Nelson	6-0	165	9/20/61	CNW	1:29:39	1:29:39
					4:04:23	4:04:23
Dan O'Brien	5-6	125	1/14/65	MC Striders	1:35:47	1:35:02('88)
Dan O'Connor	6-1	152	3/29/52	SSTC		1:25:56('84)
					4:20:53	4:09:29('83)
Steve Pecinowsky	5-11	145	12/14/54	PVSTC/USAF	1:29:42	1:27:09('84)
Dan Pierce	6-3	163	8/5/56	Unatt.	1:37:08	1:36:32('87)
					4:28:22	4:18:00('88)
Richard Quinn	6-3	150	6/18/63	PVSTC	1:31:30	1:30:37('88)
Mike Pohl	5-8	148	4/23/65	Parkside AC	1:32:38	1:32:38
					4:42:46	4:29:06('88)
Jeff Salvage	6-3	170	4/29/67	Drexel	1:41:36	1:32:41('88)
Carl Schueler	6-0	150	2/26/56	Reebok RT	1:28:22	1:25:04('86)
						3:57:09('87)
Ray Sharp	6-0	165	11/25/59	Unatt.	1:35:38	1:24:58('86)
						4:21:06('81)
Mike Stouch	6-2	145	4/16/65	Parkside AC	1:33:24	1:27:26('88)
Dave Talcott				Shore AC	1:36:26	1:36:26
Steve Vaitones	6-4	170	10/18/55	Nike Boston		1:39:17('88)
					4:32:40	4:27:28('88)
Paul Wick	5-10	135	6/20/62	Unatt.	1:31:46	1:28:52('87)
					4:06:35	4:06:35

Name(Women)	Ht	Wt	DOB	Affiliation	'89 Best	PR
Dorit Attias	5-6	110	12/11/61	Shore AC		52:27('88)
Kerry Bratton	5-6	125	4/10/68	Woodside Str		53:21('90)
Tracy Briggs	5-3	110	11/20/61	PVSTC		54:16('90)
Patricia Carroll				Unatt.	54:32	54:32
Deirdre Collier	5-5	108	11/24/69	Wis/Parkside	49:49	49:08('88)
Gretchen Eastler	5-8	135	4/7/72	Maine HS	25:05	25:05
Victoria Herazo	6-0	142	6/2/59	Cal Walkers	49:48	49:16('88)
Mary Howell	5-2	120	1/11/54	Oreg Int'l TC	53:37	49:59('86)
Gina Impagliazzo	5-4	118	1/26/70	Wis/Parkside	55:24	51:27('90)
Martha Iverson	5-8	130	8/22/49	Unatt.	53:20	53:20
Christina Izzo	5-8	126	7/22/70	Niag. RW	54:24	54:24
Gayle Johnson				Ohio TC	53:29	53:29
Susan Klappa	5-7	127	11/25/56	Unatt.	54:45	53:00('88)
Debbi Lawrence	5-8	123	10/15/61	Nike TC	47:46	46:44('88)
Susan Liers	5-2	101	11/11/58	Natural Sport	50:01	48:32('81)
Maura McGee			1/11/71	NY HS	25:54	25:54
JoAnn Nedelco	5-7	120	5/19/43	GGRW	53:09	52:53('90)
Susan Packard	5-4	120	11/30/54	Niag. RW	53:00	53:00
Cindy Perez	5-3	117	1/24/71	CA HS	26:13	25:24('87)
Annie Reiter	5-5	127	5/4/68	Wis/Parkside	54:32	51:39('90)
Cheryl Rellinger	5-8	140	3/7/66	Niag. RW	52:53	52:53
Karen Rezach	5-8	132	11/6/59	Shore AC	52:07	51:55('88)
Melody Rivera	5-4	119	7/15/73	NY HS	25:43	25:43
Michelle Rohl	4-11	87	11/12/65	Parkside AC	51:16	51:16
Viisha Sedlak	6-0	127	9/26/48	Easy Spirit	50:47	50:47
Lori Seidel	5-11	137	2/21/70	Wis/Parkside	53:40	53:40
Wendy Sharp	5-2	103	9/30/61	Unatt.	48:18	48:18
Sara Standley	5-9	126	1/16/67	Unatt.	49:25	49:00('88)
Maryanne Torrellas	5-5	120	7/26/58	Unatt.	48:26	46:17('88)
Teresa Vaill	5-4	110	11/20/62	Natural Sport	46:45	46:45
Debra VanOrden	5-1	108	12/2/59	FRW	52:05	52:05
Kelly Watson	5-8	128	7/29/71	Wis/Parkside		27:57('90)
Lynn Weik	5-4	115	6/19/67	Natural Sport	46:38	46:38
Susan Westerfield	5-8	127	5/14/53	Natural Sport	54:54	52:40('88)
Holly Wick	5-3	105	12/21/60	Unatt.	53:00	53:00
Kim Wilkinson	5-4	115	1/16/59	MPWWC	48:58	48:58
Jennifer Zalewski	5-6	130	3/25/71	Wis/Parkside	26:08	24:38('88)



Tim Lewis walks up another first down in the TAC 2-Hour walk (see results in October issue) on the Steinbrenner Track at MIT. Photo by Elliott Denman.



Poland's Zbigniew Sadlej on his way to win at Alongi Memorial 20 Km (See results in October issue). Photo by Jaan Roos courtesy of Athletics.