

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

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COLUMBUS, OHIO

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## RESULTS

**Junior 5 Km, Shoreham, Long Island, April 14--1.** James Spahr 23:37.5 2. Steve Harvey 26:18.3 3. Joe Marino 26:33.2 4. Kevin Michalala 26:49.8 5. Joshua Laase 26:49.9 6. Elliot Taub 26:54.7 7. Lance Macioce 28:25.1 8. Matt Barber 28:43 (13 finishers) **National Master Womens 20 Km, Raleigh, N.C., May 5--1.** Kathy Donley, Carolina Godiva TC 2:02:22 2. Sheila Smith, Phil. Area Striding Team 2:06:54 3. Linda Stein, Miami Road Runners 2:09:28 4. Verna Buchs, Central Floriad Walkers 2:11:45 5. Kathy Finch, Twin Cities Walkers 2:12:01 6. Kathleen Frable, Midland, Texas 2:15:59 7. Avis Daugherty, Walking Club of Georgia 2:19:34 8. Jill Turner, WC of Ga. 2:21:04 9. Brenda Bauer, South Carolina RW 2:23:07 10. Juliette Newsome, WC of Ga. 2:23:51 11. Carlene Marion, Twin Cities TC 2:30:53 12. Anna Rush, Daytona Beach TC 2:31:11 **Southeast Regional Masters 5 Km, Raleigh, May 3: Women:** 30-34--1. Ellen Marshall 32:31 35-39--1. Kathy Donely 27:31 2. Kathy Finch 29:32 40-44--1. Linda Stein 27:51 45-49--1. Kathleen Frable 30:44 **Men:** 25-29--1. Paul Martino 23:21 35-39--1. Dave Waddle 25:43 2. Alvia Gasskill 28:00 3. Andrew Jackson 28:31 40-44--1. John Fredericks 23:51 2. Ray Funkhouser 24:02 3. Alan Price 24:13 4. George Fenigsohn 27:53 45-49--1. Norm Frable 25:01 50-54--1. Ray McKinnis 25:11 2. Edward Whiteman 26:15 3. Bernie Finch 29:30 55-59--1. Larry Green 27:44 60-64--1. Jack Ozment 32:05 65-59--1. Bob Mimm 28:32 2. E. B. Lloyd 33:01 3. George Heller 33:55 70-74--1. Max Gould, Can. 31:23 2. Don Johnson 32:09 75-79--1. Bill Patterson 33:26 **Southeast Regional 20 Km, Raleigh, May 5: Men:** Under 19--1. Yariv Pomeranz 1:54:22 20-24--1. Curt Clausen 1:33:46 25-29--1. Paul Martino 1:42:56 30-34--1. Ian Whatley 1:39:00 35-39--1. Dave Waddle 1:47:42 2. Alvia Gaskill 2:01:50 40-44--1. John Fredericks 1:44:56 2. Phil McGaw 1:45:52 3. Alan Price 1:46:55 4. Ray Funkhouser 1:47:38 45-49--1. Norm Frable 1:51:33 2. Paul Alvord 2:05:18 3. Bill Bauer 2:05:59 50-54--1. Ed Whiteman 1:51:13 2. Ray McKinnis 1:51:46 3. John Murphy 2:03:34 55-59--1. Andrew Briggs 2:07:06 60-64--1. Mike Michel 2:19:05 65-59--1. Bob Mimm 1:59:57 2. George Heller 2:24:51 70-74--1. Don Johnson 2:15:05 2. Max Gould 2:16:10 75-59--1. Bill Tallmadge 2:37:00 **Women:** 25-29--1. Cheryl Rellinger 1:48:19 30-34--1. Juliette Newsome 2:23:51 35-39--1. Kathy Donley 2:02:22 2. Kathy Finch 2:12:01 40-44--1. Linda Stein 2:09:28 2. Jill Turner 2:21:04 3. Brenda Bauer 2:23:07 45-49--1. Kathleen Finch 2:15:59 2. Avis Daugherty 2:19:34 50-54--1. Verna Buchs 2:11:45 2. Carlene Marion 2:30:52 55-59--1. Sheila Smith 2:06:54 60-64--1. Ann Rush 2:31:11 **5 Km, Orlando, Florida, May 4--1.** Richard Robinson 27:55 2. Chuck McLaughlin 28:32 (1st over 50) 3. Steve Christlieb 28:49 4. Ken Cutler 29:52 5. Tom Salmon 30:00 (2nd over 50) **5 Km,**

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Winners at the World Cup Trials in San Jose were Tim Lewis (above) crossing the line and Debbi Lawrence, seen at about 6 Km. (Results in last month's issue.) Sportsfotos by John Allen.

**Winter Park, Florida, May 11--1.** Lewis Rothlein 27:33 2. Chuck McLaughlin 28:49  
**Masters 5 Km, Dearborn, Michigan, April 21--1.** Max Green 24:57 2. Terry McHoskey 25:24 3. John Pantaleo 30:48 **Women's 5 Km, same place--1.** Zofia Wolan 24:34 **Masters 5 Km, Dearborn, May 12--1.** Victor Sipes 24:16 2. Max Green 24:58 3. Norm Browne 28:23 4. Wally Lubzik 30:06 5. Terry Grimme 30:47 **Women's 3 Km, same place--1.** Zofia Wolan 14:19 2. Theresa Orlaski 19:03  
**Michigan Athletics Congress Championship, Port Huron, May 19: Men's 10 Km--1.** Garry Morgan 42:22 2. Dan O'Brien 45:51 3. Max Green 51:32 4. Terry McHoskey 51:51 5. Gerry Bocci 58:28 6. Wally Lubzik 60:05 **Women's 5 Km--1.** Lora Rigutto, Can. 23:19 2. Alison Baker, Can. 23:33 3. Zofia Wolan 23:55 4. Jeanne Bocci 29:52 5. June Provost, Can. 30:04 6. Kathy Wood 31:16 **5 Km, Kalamazoo, Michigan, April 27--1.** Gary Morgan 21:45 2. John Elwarner (51) 24:03 3. Pete Larouech (44) 25:20 4. Terry McHoskey (49) 25:37 5. Lisa Sonntag 26:42 6. Owen McKenna (45) 27:07 7. Gerald Haas (49) 27:57 8. Vance Genzlinger (61) 28:10 9. Joe Ferrara 28:34 10. Walter Lubzik (52) 29:03 11. Carol Berry 29:16 12. Rich Gillette 29:25 13. Nancy Latoszewski (42) 29:31 14. Julie Griffin 30:00 15. Michael Galloway (44) 30:02 16. Walter Grimme (49) 30:08 17. Greg Berry (42) 30:16 18. Thomas Holmes (41) 30:32 19. Peter Ruppel (56) 30:35 (150 finishers) **Women's 10 Km, Highland Park, Illinois, April 28--1.** Debbi Lawrence 47:06 2. Michelle Rohl 49:42 3. Maggie Pagan 54:31 4. Gina Impagliazzo 59:39 5. Joyce Decker (57) 64:11 (28 finishers) **Men's 10 Km, same place--1.** Rob Cole 44:15 2. Don Lawrence 45:01 3. TOM Nutter 45:02 4. John Marter 45:47 5. Jon Jorgensen 47:07 6. Paul Tavares 49:11 7. Mike DeWitt (40) 49:42 8. Wil Preischel 50:38 9. David Thomas 51:12 10. Pete Williams 51:36 11. Brian Schultz (45) 53:21 12. Dean Easterlund (42) 53:22 13. Don Mowles (48) 53:28 14. Al Fisher (52) 59:10 15. Ron Sandberg (50) 60:09 **New Mexico State 10 Km, Albuquerque, April 6: Men: 20-24--1.** Theron Kissinger 56:46 35-39--1. David Wormald 60:34 40-44--1. Andrew Smith 52:40 45-49--1. Robert Reedy 56:52 2. Bob Wilson 58:55 3. Peter Armstrong 59:53 50-54--1. Gilbert Butler 57:18 55-59--1. Joseph Thompson 61:45 65-59--1. Maruice Sheehan 64:10 **Women: 30-34--1.** Jackie Kerby 58:11 35-39--1. Mataji Graham 56:36 40-44--1. Kathy Jo Lovell 60:47 **Mt. San Antonio College Relays 10 Km, Walnut, Cal., April 21: Men: Under 39--1.** Gerardo Gomez 47:42 2. Etel Soto 50:36 3. Mike Tomasulo 52:57 4. Chris Hilsabeck 52:57 5. Walter Sum De Leon, Guat. 58:02 40-49--1. Larry Walker 46:27 2. Keith Ward 47:42 3. Wayne Wurzbarger 55:30 4. Dave Snyder 56:39 5. Richard Nester 57:00 6. Steve Leitner 59:14 50-59--1. Dale Sutton 53:16 2. Carl Acosta 56:43 3. Bill Neder 56:46 4. Richard Oliver 57:23 60-69--1. Joe Weston 64:32 **Women: Under 39--1.** Brenda Long 56:11 2. Andrea Johnson 56:33 3. Brenda Cash-Macisaac 59:22 4. Carmen Jackinsky 59:23 40-49--1. Jolene Steigerwalt 58:37 2. Donna Cunningham 60:44 50-59--1. Jaye Hanley 61:06 **Canadian World Cup Trials, Toronto, May 5: 20 Km--1.** Tim Berrett 1:23:25 2. Martin St. Pierre 1:32:42 3. Daniel Levesque 1:33:18 4. Dan O'Brien, U.S. 1:36:14 5. Leighton Davis 1:36:31 6. Ron Ene 1:39:30 7. Jeff Cassin 1:43:13 (Guillaume Leblanc was preselected.) **Women's 10 Km--1.** Tina Poitras 47:09 2. Janice McCaffery 47:33 3. Pascal Grand 48:21 4. Holly Gerrke 48:49 5. Lora Rigutto 49:09 6. Ann Peel 50:14 7. Alison Baker 50:56 8. Corinne Whissel 51:47 9. Micheline Daneau 52:25 10. Louise Aubin 58:10 11. Brigitte Leblanc 58:35 **Ontario Women's 10 Km Championship, East York, April 13--1.** Lora Rigutto 49:26 2. Alison Baker 49:53 3. Ann Peel 50:25 4. Louise Aubin 54:23 5. Brigitte Leblanc 57:40 6. Susan Perkins 57:57 **Men's 10 Km,**



same place--1. James Kilburn 49:38 2. Roman Olszewski 51:29 3. Pascal Pedneault 51:57 4. Jaan Roos 52:46 5. Mike Freeman 52:51

#### Overseas

30 Km, Hericourt, France, March 24--1. Thierry Toutain 2:03:57 (World Record) 29,090 meters at 2 Hours (World Record) (1:22:16 at 20 Km) (The old 30 Km record was 2:04:56 set by Guillaume Leblanc of Canada last June) (Another note: the course on which Pavol Blazek walked 20 Km in 1:18:13 last fall has now been certified.)

1500 meters, Sydney, Australia, Jan. 19--1. Kerry Saxby 5:50:41 (World best) Indoor 5 Km, Paris, Feb. 23--1. Mikhail Schennikov, USSR 2. Andrei Perlov, USSR 18:46.02 3. Bernd Gummelt, Ger. 18:52.74 Indoor 5 Km, Hungary, --1. Sandor Urbanik 18:59.85 3 Km, Melbourne, Australia, Feb. 7--1. Kerry Saxby 11:51.26 (Women's World Best) 10 Km, Sydney, Jan. 12--1. Kerry Saxby 43:54 20 Km, Frankenberg-Viermunden, Ger., March 10--1. Robert Ihly 1:23:58

#### EVENTS

- Sat. June 8 5 Km, Miami (Q)  
5 Km, Trenton, New Jersey (A)  
5 Km, Winthrop, Mass., 9 am (U)  
5 and 10 Km, Dearborn, Michigan, 10 am (J)  
5 Km, Lebanon, Oregon, 10 am (S)
- Sun. June 9 Metropolitan 1 Hour Championship, New York City (Z)
- Mon. June 10 5 Km, West Long Branch, NJ, 6:30 pm (A) (And each Monday evening through August 26)
- Sat. June 15 1 Mile, Lawrenceville, New Jersey (A)  
5 Km, Chicago (G)  
5 Km, Rock Valley, Iowa (L)  
5 Km, Los Angeles (B)
- Sun. June 16 15 Km, Portland, Oregon (S)  
5 Km, New York City, 9 am (W)
- Wed. June 19 1 Mile Handicap, Holmdel, New Jersey (A)
- Thu. June 21 Start US Junior Championships, Blaine, Minnesota (N)
- Sat. June 22 5 and 10 Km, Dearborn, Michigan, 10 am (J)  
5 Km, Overland Park, Kansas, 7 am (K)  
Western Sectinal Masters 5 Km, Los Angeles (B)  
5 Km, Miami, 7 am (Q)  
5 Km, Palm Beach, Florida, 8 am (Q)  
4 Mile, Seattle (C)
- Sun. June 23 North American Masters 10 Km, Van Nuys, Cal. (B)  
Prevention Magazine Women's 10 Km Grand Prix, same place  
Peace Arch Games 1500 meters, Seattle (C)
- Fri. June 28 Start of Canadian Masters Championships, Ottawa (L)
- Sat. June 29 1 Mile, West Long Branch, New Jersey (A)  
Women's 5 Km, New York City, 9 am (Z)  
Empire State Games Qualifier, Men's 20 Km, Women's 5 and 10 Km, School Age 5 Km, Liverpool, NY, 7 am (I)  
5 Km (Track), Dedham, Mass., 2 pm (U)

Sun. June 30  
Thu. July 4

Sat. July 6

Wed. July 10

Sat. July 13

Thu. July 18

Fri. July 19

Sat. July 20

Sat. July 27

Mon. July 29

Thu. Aug. 1

- Peace Arch Games 5 Km, Seattle (C)  
Southwest Territorial 10 Km, Oklahoma City (D)  
Masters 5 Km, Los Angeles (B)  
5 Mile, Wall, New Jersey, am (A)  
Garden State Games 10 Km, Edison, NJ, evening, (A)  
1500 and 3000 meters, Detroit (P)  
5 Km, Miami, 7:30 am (Q)  
National Masters T&F Champ. begin, Naperville, IL (O)  
2.8 Mile, Seattle, 6 pm (C)  
5 Km, Los Angeles (B)  
Garden State Games 5 Km (A)  
3 Mile, Columbia, Missouri, 8 am (M)  
5 Km, Seattle (C)  
Canadian Junior Championships 20 and 10 Km, Montreal (E)  
1 Mile, Seattle, 6:16 pm (C) (and every Wednesday through August 7)  
National TAC 10 KM, Niagara Falls, N.Y., 8 am (R)  
5 and 10 Km, Dearborn, Michigan, 9 am (J)  
Start of US Olympic Festival, Los Angeles  
Women's 5 Km, Marlboro, N.J. (A)  
Eastern Regional 5 Km, New York City (A)  
5 Km, Dearborn, Michigan, 9 am (J)  
10 Km, Seattle, 6:30 pm (C)  
2.8 Mile, Seattle, 6 pm (C)

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## FROM HEEL TO TOE

From Steve Vaitones: Athletes are reminded that they may not cut, fold, or mutilate their competitors' numbers that they wear in a race. The rule book clearly states that any athlete doing so is liable to disqualification. You may not agree with an event director's choice of soda, beer, or shoes, but that sponsor is the one who pays the bills. Until a benevolent generic individual gives enough to support the sport of track and the various racewalking events, we will have sponsors names and logos on numbers. Please be aware of this rule. The bigger events, the less forgiving the directors and officials are regarding this rule. . .Reminds me of the 1966 National 20 Km in McKeesport, Pa. Goetz Klopfer, not wanting to be burdened with the very large numbers provided, showed up at the starting line having torn away all the superfluous material (there was no sponsor's name, of course, in those days). An officious official immediately started to call him to task, declaring he couldn't walk with a mutilated number. Finding this attitude a bit offensive—his number was still quite visible and they could tell who he was, the whole purpose of numbers—I quickly shouted, "All right, everybody, let's tear the extra paper off our numbers, and the race was soon under way." I got a bit of a glare from the officials, but we heard no more about numbers. . .Steve also wants to remind athletes that qualifying performances for nationals must be on tracks or certified road courses with qualified judges and in race conditions (i.e., not a time trial). Races must be sanctioned by TAC. . .The National Championship 100 Mile walk will be held Sept. 21-22, noon-to-noon, on Stankoski Track, Rollins Road near Maryland Street, on the University of Missouri campus, Columbia, Missouri. Race Director is Rob Spier (314) 442-2126. Or you can contact, Joe Marks, President, Columbia Track Club, 509 Defoe Drive, Columbia, MO 65203, (314) 882-6546. . .A few quotes from the *San Jose Mercury News* following the World Cup Trials: Winner Debbi Lawrence, who broke her own American record for 10 Km: "For me to race what I want to do at the World Cup, I needed to break the record, and I needed to be able to do it alone. I haven't peaked at all for this race." Third-place Lynn Weik, who spent most of last year recovering from a stress fracture of the pelvis, and former record holder: "The race was important for making the World Cup team and proving to myself that I am fully healed. I'd like to think I can get the record back." Men's 20 Km winner Tim Lewis, who like Weik, women's runner-up Teresa Vaill, and men's runner-up DOug Fournier, is a product of high school walking in New York state: "I'm a strange bird. I have to learn everything I do. . .I have lost that feeling for the 20 Km. I'm in the process of relearning it." Fournier: "I really want to compete with the rest of the world. We were really humiliated in the Goodwill Games." . .My history of racewalking in Ohio last month got Henry Cieman, a long-time Canadian subscriber, to reminiscing: "I started racewalking at the age of 17 (1922) and stuck with it for 21 years until 1943, when I retired from active competition and kept my interest up by coaching and judging. (I was appointed to the IAAF panel and

officiated in the Pan-Am Games in Winepeg.) Ron Laird, who won so many races over the years, won the 20 Km on that occasion. I was particularly interested in your references to the Cincinnati 50 Km races and John Abbate. I won the Cincinnati 50 Km walks in 1934 and 1935 and a very bad stitch slowed me up in 1936, so I didn't do so well that year. I competed in the U.S. many times indoors and outdoors at all distances from 1500 meters to 50 Km and was on a very friendly basis with the New York walkers and Ernie Crosbie in particular, who was the best American at 50 Km and took part with myself in the 1932 Olympics at Los Angeles. I realize that our times look very poor in comparison with the amazing performances of the last few years, but we were true amateurs in those days, doing most of our training after a hard days work and paying our own expenses to the various out-of-town events. We didn't have the government grants and corporate backing prevalent today, not to mention the remuneration that the good track and field athletes encounter these days. It's like comparing amateurs with professionals. The road and track conditions were not as good either. I've never stopped some type of walking for the past 70 years and am still doing about 5 miles per day (35 miles per week). I figure that during my peak years, I was averaging about 100 miles per week. Figuring an average mileage of 50 miles a week x 50 weeks a year x 70 years, I arrive at 175,000 miles or 7 times around the globe. Due to rather severe arthritis, I am only managing 3.5 miles per hour now, but I find that the walking at a moderate pace helps my condition. In closing, I must say that I am amazed at the progress the women have made since my competitive days. The best women walkers are faster than the best males were in distances up to 10 Km." . .In the results of the Washington DC Invitational in last month's ORW, I somehow managed to leave out 18th place in the men's race. That was Bob Elliott, who had a time of 1:58:27. . .Apologies to Debbi Lawrence for adding an "e" to end of her first name in the World Cup Trial results. It's done all the time by others and has slipped into these pages in the past, but I know it doesn't belong and try to get it right. But sometimes, these fingers have minds of their own, in this case the middle digit of the left hand. . .Also note that the Propet Walking Shoe Company is not a sponsor of the World Cup as indicated in last month's letter from Ian Whatley. Adidas is the sole shoe company listed as a sponsor. . .the qualifying period for the 1992 Olympic Trials began on January 1 of this year. The standards are 1:30:00 for the men's 20 Km, 4:25:00 for the men's 50 Km, and 50:00 for the women's 10 Km. Standards for the Olympics themselves are 48:00, 1:24:00, and 4:05:00. (It seems to me that the 1:24 is a much stiffer standard than the 4:05, but nobody has asked me.) The 1992 Trials will be held in New Orleans, with the 10 Km now scheduled for 7:50 pm on Monday June 22; the 20 Km for 7:15 pm on Wednesday, June 24, and the 50 for Friday, April 26 (no hour scheduled yet). . .Viisha Sedlak, the country's top women's masters walker, experienced clinician, and director of racewalking camps, has produced a video--*Racewalking: A Lifetime Sport*. In it, she teaches you how to racewalk, gives training plans, discusses supplementary stretches and drills, and addresses ways to stay motivated. You can get it for \$33.95 (including shipping and handling) from: American Racewalk Association, P.O. Box 18323, Boulder, CO 80308. . .Bob Bowman informs us that in the National 50 Km and World Cup Trial, Paul Malek was disqualified with a full lap to go. (The results we received and published showed him with a finishing time and place, indicating his DQ was not known until after he had finished.) Bob says: "He refused to stop even after



repeated notices by the Chief Judge. This conduct is clearly against the rules and he is subject to further disciplinary action. His time should not have been recorded as he was in violation of several rules, including illegal pacing of legitimate race walkers. This certainly could have had an adverse effect on the other walkers who were contending for places on the World Cup Team." . . . The mysterious competitor in the World Cup 20 Km Trial with the Polish name (see April issue)--Andrzej Chylinski--has been identified by Frank Soby, of Detroit. Frank met Andrzej when he took a U.S. team to Poland 3 or 4 years ago. Chylinski was born in New York of Polish parents, but moved back to Poland when he was about 3. Thus, he has dual citizenship and is eligible for U.S. teams, since he has not competed for Poland. He expressed an interest at that time of competing in this country, and, apparently, when he learned Poland was not sending a team to San Jose decided now was the time. He got into San Jose not long before the race after a long flight from Poland and still managed an eighth place after being in close contention for a World Cup berth through about 12 kilometers. He hopes to stay in the U.S. and with a 20 Km best of about 1:26 should certainly be a contender for future National teams. . . . It's been almost four years since Casey Meyers published his book *Aerobic Walking* in which he recommended the ORW and listed our subscription rates as \$5.00 (Second Class) and \$7.00 (First Class). Those rates went up a dollar each shortly after publication of Casey's book and as I got many new subscriptions from people believing what they read, I lightly chastised Casey in print for including such quickly dated materials in the book. Well, the book keeps selling, and people keep expecting to get the ORW at those rates. (They might go up again soon, with the new postal rates.) I suppose people don't always look at a book's publication date, but one might assume that 4-year-old subscription rates might have changed (and some people do). Anyway, to those who have recently submitted subscriptions based on what they read in Casey's book, you will get a 10-month subscription for \$5.00 (that ratio works out perfectly) and an 11-month subscription for \$7.00 (here you get a break; it should be 10 1/2 months, but I don't know how to send you a half issue).

## LOOKING BACK

**25 years ago** (From the May 1966 ORW)--As usual, Ron Laird was in the headlines, winning the National 35 Km in 2:55:50. More than 15 minutes back, Goetz Klopfer edged Bob Bowman and newcomer, Larry Young, for third. . . . Ron Daniel and Karl Merschenz, of Canada, walked a dead heat in a fast 20 Km in Ontario in 1:32:48. . . . Larry Walker covered 2 miles in 13:54, with fast-improving Larry Young just 7 seconds back and Laird a distant third.

**20 Years Ago** (From the May 1971 ORW)--Tom Dooley edged teammate Goetz Klopfer to win the National 20 Km in San Francisco. Tom had 1:32:18, Goetz 1:32:38, and Larry Young 1:33:54 in third. Aging Ron Laird could manage only fourth ahead of John Knifton, Floyd Godwin, and Bill Ranney. Ranney finished in 1:35:40 and Bob Henderson, way back in 14th, broke 1:40 in the fastest mass finish in U.S. history to that date. . . . Young did better at 35 Km, beating Laird on his home ground in Pomona with a 3:02:22. Ranney, Bob Bowman, John Kelly, and Mike Ryan followed. . . . And Laird did better in the National 10 Km in Chicago, building

an early lead and then hanging on to beat Floyd Godwin, 47:10 to 47:18. Greg Diebold, Bob Henderson, some old dude named Mortland, and Jerry Brown followed. . . . The National Junior 20 Km went to soldier Todd Scully in 1:44:40 (Junior back then meant you still hadn't won a National title, junior or senior). . . . In the 50 Miler at Monmouth, N.J., Elliott Denman, the host, edged George Braceland 8:55:26 to 8:58:05, as our own Jack Blackburn hung on to beat Larry O'Neil by 3 minutes some 50 minutes further back. . . . John Knifton turned in a 4:19:38 for 50 Km at the same site. . . . Dave Romansky had 1:33:04 and 1:33:27 efforts before a disqualification in the National 20. . . . In Luxembourg, Charlie Sowa covered 214,050 meters in 24 hours.

**15 Years Ago** (From the May 1976 ORW)--Even older, but still a force, Ron Laird was still in the news. He won the National 20 in New York in 1:33:53, the National 10 in Boulder in 45:07, and the National 15 in Champaign, Illinois on the track in 1:08:49. In the 20, Dan O'Connor was second in 1:35:41, followed by Larry Young, Wayne Glusker, Jim Heiring, and Bob Kitchen. In the 10, Jerry Brown stayed close for 3 miles (21:20 to 21:45) but was DQ'd at 4 miles. Greg McGuire came second in 48:36 and Floyd Godwin was third. John Knifton was second in the 15, with Brown, Godwin, Alan Price, and Jerry Young next. . . . Laird also got fourth, walking as a guest, in the 20 Km of a Mexico-Canada dual meet with a 1:29:51. Daniel Bautista had 1:25:13 and Raul Gonzales 1:25:53. In the 10 Km, Laird finished third in 45:23, with Domingo Colin returning 43:49. . . . In East Germany, Peter Frenkel and Karl-Heinz Stadtmuller both did 1:25:40 ahead of Hans-Georg Reiman, 1:26:19. . . . In the USSR, it was Anatoliy Solomin in 1:26:32, Yevgeniy Yesyukov 1:26:41, and Pyotr Potschenchuk 1:26:45. . . . Jim Heiring won the NAIA 10 Km in 47:55. . . . In Bergen, Norway, Mexico's Daniel Bautista did a world's best of 40:51.6 for 10 Km. . . . The U.S. beat Canada in a dual meet as Dan O'Connor won the 20 in 1:35:31 (Todd Scully had 1:34:05 as a non-scorer) and Jerry Lansing the 35 Km (really just 32.66 Km, as it turned out) in 2:46:20, just 8 seconds ahead of Augie Hirt.

**10 Years Ago** (From the Oct. 1981 ORW)--Jim Heiring and Alan Price both won two National titles. Jim took the 20 Km in Kenosha, Wis., in 1:30:47 and the 10 Km on the track at Stagg Field in Chicago in 45:08. Price won the 100 Km in Arlington, Virginia in 11:17:11 and 4 weeks later the 100 mile in Methuen, Mass. in 20:09:18. In the 100 Km, Israel's Shaul Ladany was the actual winner in 10:24:14. Sal Corrallo, in third, won the Master's title. Bob Keating was just 22 minutes back of Price in the 100 miler and Jack Blackburn also went under 21 hours. In the 20, Dan O'Connor was second in 1:32:20, followed by Marco Evoniuk and Todd Scully. Evan Fox led Mike DeWitt and Jay Byers for second place in the 10. . . . Vicki Jones beat Paula Kash to win the women's National 20 Km in California. Vicki finished in 1:53:59, Paula in 1:55:03. Lori Maynard was another 2 minutes back.

**5 Years Ago** (From the Oct. 1986 ORW)--Again, a lot of National titles. In Overland Park, Kansas, Debby Lawrence won the women's 20 Km in 1:46:07 and Carl Schueler the 25 Km in 1:53:28. Teresa Vaill was 33 seconds behind Debby, with Canada's Micheline Daneau third and Susan Liers fourth. Jim Heiring led Schueler through 15 Km, but finished 3 seconds back in second. Dave McGovern and Gary Morgan were third and fourth. . . . The National 15 Km, in Long Beach, went to Tim Lewis in



1:06:47. Paul Wick was 1:20 behind in second and Steve Pecinovsky nearly 3 minutes back in third. McGovern, Larry Walker, and Morgan followed. . .The National 50 Km was held in Seattle, with Marco Evoniuk winning easily in 4:13:32. Dan O'Connor was just under 4:20 in second and Eugene Kitts had 4:23:56 in third. Randy Mimm, John Slavonic, and Mark Fenton rounded out the top six. . .Teresa Vaill and Tim Lewis won Rockport 5 Km walks in Denver in 23:54 and 20:51, respectively. Debbi Lawrence and Gwen Robertson were second and third in the women's race, and Carl Schueler and Dave Cummings second and third in the men's race. . .In the John Ljunggren Sweden Cup, East Germany's Hartwig Gauder won the 20 Km in 1:21:15, ahead of Victor Ivanenko, USSR, 1:22:18. The women's race went to Vera Ossipova, USSR in 1:35:52, ahead of Ann Jansson, Sweden, 1:36:18.

### A warning: and how to not panic!

by Ian Whatley

OK, so you're cruising along in lap three. Your splits are spot on where you wanted them. This will be a personal record and you feel like you can still change up a gear. Then it happens..... the character with a black jacket and a red armband that says 'judge' steps into the road, sticks a table tennis paddle in your face and shouts, "Warning number 126 for bent knee!" What happens next is up to you.

I know that the first time I got a warning, my stomach turned somersaults and I stiffened up my stride which lost me a lot of time. It's like being audited by the IRS; how dare they *suggest* that you are cheating and to broadcast this to everyone else in the race!

The key to racing well with one or more warnings (or DQ cards for that matter) is mental attitude. The rules say that you are out of the race if you get 3 DQ cards from different judges. Warnings have no effect. You cannot be disqualified however many warnings the judges give, although each will generally warn you only once in a race.

What does it mean? A warning tells you that your style is such that a slight exaggeration would take you outside the rules (One foot on the ground and a straight leg in the vertically upright position) Here are some things that top racers say to themselves during races to decrease the stress resulting from a call.

\* "A warning is perfect. It means I'm as efficient as I can be without breaking the rules."

\* "If the referee warns all the players that there are a lot of elbows flying under the basket but he doesn't call a foul on anyone, that's a warning and it doesn't matter."

\* "If I see a red card on the DQ board, I don't worry. I made a mistake and there's one less judge who can give me my second card."

\* "Never change form just because someone is looking very carefully at you, it takes months to learn a new style of walking and trying it during a race is not smart."

Concentrate on the judges as expert coaches. You're not trying to "cheat" in anyway. Just try to impress them with your form. You will race better if you stay calm. Don't slow down for a warning - they don't make you tired and they don't mean you are walking improperly.

**Don't panic** if you hear a warning. Take a deep breath to help stay relaxed and remember - warnings are road signs not road blocks.

A note from Mark Fenton.

Dr. Peter Jon Van Handel

1945 - 1991

Dr. Peter Van Handel, senior sports physiologist at the U.S. Olympic Training Center in Colorado Springs, died in the crash of United Airlines flight 585 which occurred as it approached Colorado Springs Airport on Sunday, March 3, 1991. Pete was known to many members of the race walking community as an individual that dedicated countless hours to physiological testing and analysis for racewalkers at the Olympic Committee's Sports Science Laboratory, and we are all deeply saddened at his loss.

Dr. Van Handel was born May 7, 1945, in Sheboygan, WI, to Raymond and Cathy Van Handel, who survive. He is also survived by his wife Sandy (Miller) Van Handel, and daughter Sarah Van Handel.

After receiving a bachelor's and master's degree from the University of Wisconsin at La Cross, Peter served in the army, where he was recruited to racewalk for the army team. The team was quite competitive at the time, contending for national AAU team titles, and included Todd Scully. After his service Van Handel went on to receive a doctorate degree from Kent State University in 1975. Peter joined the U.S. Olympic Committee in 1981, after eight years as an associate professor at the Human Performance Lab at Ball State University.

Peter was known for his dedication to the athletes during his work with the Olympic Committee, and was instrumental in the building of an exercise physiology program which provided rapid and meaningful feedback to the athletes and coaches using the Training Center. Racewalkers living at the Training Camp in 1983-84, and those that have used the facilities since have benefitted greatly from Peter's efforts, and have also enjoyed the relaxed and entertaining attitude he brought to his work. More than once, when I inquired as to the training I should undertake based on the data from a just completed VO<sub>2</sub> max test, Pete would solemnly offer, "Fenton, my advice to you is to take two weeks off,...and quit!"

Memorial contributions may be made to the Olympic Training Center Sports Medicine Division, 1776 E. Boulder St., Colorado Springs, CO 80909.



A P.R. release from the Propet Company with some things of interest (you can ignore the commercial if you like).

## WALK, DON'T RUN

Many centuries ago, a Greek messenger died after running 26 miles from the battle at Marathon to Athens to report the Greek victory. As a memorial to the courage and determination of the warrior, that marathon run was named an Olympic event.

Running is no longer the fastest way to communicate, but it has become a very popular form of exercise and recreation. When you run, you may not push your body to the point of exhaustion and death, but you may be injuring your body without knowing it. Running, while a good form of cardiovascular exercise, is extremely jarring to a person's body. An alternative exercise is walking. Walking provides all the bone and muscle strength of running without the inherent risk of injury.

The shock of impact to your body while walking is one to two times less than that caused by running, but the muscles still receive a vigorous workout. Walking rivals swimming for exercising the total body, plus it has the added benefit of being a weight-bearing exercise for bone fitness.

Two people who know and teach the health benefits of walking are Don and Debbi Lawrence. Hopefuls for the 1992 Olympic Games to be held in Barcelona, Spain, Don and Debbi teach walking clinics throughout the country. These clinics are conducted weekly with emphasis on nutrition and health, walking technique and equipment.

In addition to having the correct walking form, Don and Debbi stress the importance of having the correct footwear.

If the footwear does not support your foot properly, or is made of substandard material, injuries may result.

"We recommend not taking shortcuts when it comes to purchasing footwear," said Don and Debbi. "Top quality shoes, such as those made by Propet® Walking Shoe Company, that support your foot properly and are made out of top quality materials and products, will soften the impact of your foot as it hits the ground and protect you from needless injury."

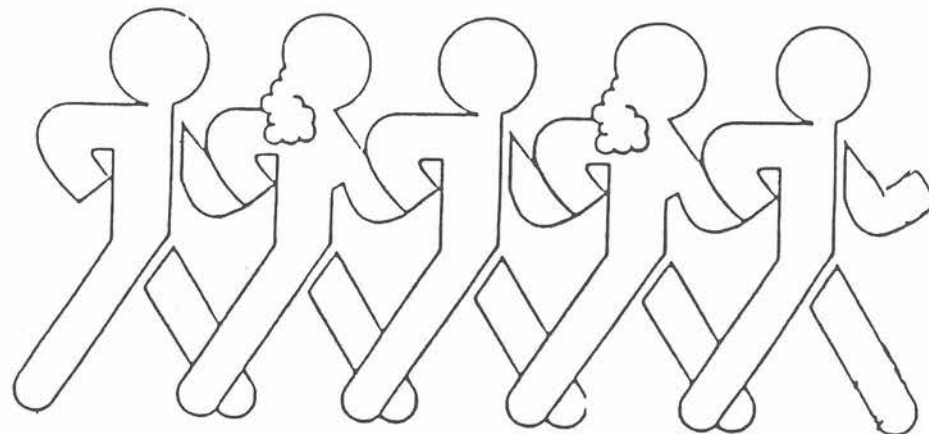
Debbi Lawrence was a competitive runner in college before a running injury forced her to find other competitive outlets -- she turned her energy to race walking. Since 1982, she has steadily improved her technique and speed. Don Lawrence was also a competitive runner until he switched to walking to try something different. Since, 1979 he has had an excellent record of achievements.

"People today are very concerned about their health," says Debbi Lawrence. "They are taking an active part in maintaining their health by walking for exercise and relaxation. People are eating the right kinds of foods and supplementing their diets where deficiencies might exist."

One deficiency that people are becoming increasingly aware of is a lack of calcium. Osteoporosis can be a result of a severe calcium deficiency. While experts are proving that weight-bearing exercise plays a key role in maintaining bone strength, calcium supplementation is a crucial component in helping guard against osteoporosis. It is best to choose a supplement that has been scientifically proven to be absorbed by the body, such as Os-Cal®.

Although your goal may not be to compete in the next Olympics, by walking for exercise, you are keeping your body healthy and your bones strong.

You can receive Don and Debbi's free walking brochure by sending a self-addressed stamped envelope to WALKING, P.O. BOX 32080, KANSAS CITY, MO 64111.





Speaking of the many National 50s in Cincinnati (see Henry Cieman comments in "From Heel to Toe" and Ohio history article in last month's issue), here is an article from the Cincinnati Post on the 1948 race that Charles Semitella sent me some time ago.

**THEY ALWAYS SAY** a fellow has to be a little wacky to take part in a walking race, but I don't think that's quite fair.

Maybe you could say the same thing about a lot of other guys in sport. How about the distance runner who goes until he's ready to drop; the baseball player who labors all afternoon on a hot baseball diamond; the football player who takes a two-hour bruising and calls it fun, or the boxer who gets knocked stiff. Maybe they're a little wacky, too.

**I DROVE OUT** along Route 52 to watch the walking race from Neville, O., to the Cincinnati Gym grounds Sunday. The distance of the race was 50,000 meters or a little better than 30 miles.

The first three to finish in five hours and 10 minutes, or less, were to be eligible to compete in the Olympic games at London this summer.

It was a weird affair all right, but before it was over I saw one of the most determined and courageous efforts ever made by anyone in any sport.

**THE PERFORMER** was Bill Mihalo, a rather frail looking veteran of the last war from Detroit, who'd been training a whole year to get one of those three Olympic places. He was the pre-race favorite.

Bill didn't win the race. He fought his way to the finish line in what appeared to be a dead heat with John Deni for third place. Then he collapsed completely exhausted on the muddy Gym grounds track and was told he'd been disqualified.

Maybe I'm wacky, too, but I felt sorry for Bill.

**THEY PICKED** the guy up and tried to stand him on his feet so they could walk him around and cool him out. But his legs buckled and sagged and his head bobbed from side to side.

"I got hit by a car," he mumbled.

Race officials verified this. They said it happened soon after the start. A car swerved and brushed Bill and knocked him down.

But with perhaps 25 miles to go he picked himself up and walked on.

**AT THE HALFWAY** mark Bill and Deni were falking together in the lead. At Coney Island Deni had dropped back and Bill was out in front, alone.

With only four miles to go the hot sun and muggy air made him sick. His stomach began doing flip-flops. Far behind him other entrants were dropping out for the same reason. But Bill gritted his teeth and drove blindly on.

At the Kellogg avenue bridge over the little Miami River Ernie Crosbie of Baltimore, a member of the U. S. Olympic

team in 1936, moved up and passed Bill.

Bill tried to match Crosbie's pace, but had to give ground.

A man with less fighting heart would have gone down in a heap right there, but Bill wouldn't quit.

**AT THE GYM GROUNDS** Sub Linehan, the National Walking Committee chairman in charge of the race, gathered with other officials at the finish line. They stretched a string between two posts and waited.

The route to the finish led down Watson street to the river bank around a sharp turn into the grounds and then down along one stretch side of a running track that was covered with flood mud and newly sprouted weeds.

**CROSBIE SHOWED** up first. He looked reasonably fresh as he broke the tape. He took his victory matter-of-factly, without even a smile.

He merely reached for a bottle of coke, slipped on a jacket and walked away from the small group of spectators.

Two or three minutes later three more walkers came around the turn. In front was Adolph Weinecker, 19-year-old Michigan State College darkhorse. In the late stages of the race Weinecker had sneaked into second place. It was now a battle between Mihalo and Deni for third and that trip to London.

**WITH WEINECKER** three strides in the lead, the three battled through the last 100 yards for the race.

Mihalo was groggy and staggering. Straining every muscle, his face painfully distorted, he tried to gain those few steps that would give him third place and the thing for which he'd been working so long.

In desperation he broke his stride and began to run. Pulling up even with Deni he again went into a walk. He stayed there for the last few painful yards. As they hit the finish line he reached out and clutched at something that wasn't there. And as he reached he fell in a muddy heap on the ground.

**NOBODY CHEERED** and nobody seemed greatly excited. The race judges went methodically about their work of calculating the time for each of the first three. They found all were under five hours and 10 minutes.

Crosbie first, Weinecker second, Deni third. Mihalo disqualified for running.

I never thought I'd ever get worked up about a walking race, but this thing sort of got me. In a way it was gruesome.



Teresa Vaill edges Lynn Weik for second in the World Cup 10 Km Trial. *Sportsfoto* by John Allen.



Don and Debbi Lawrence after both qualified for the U.S. World Cup Team in San Jose. *Sportsfoto* by John Allen.