

Ohio Race Walker  
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# OHIO RACEWALKER

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## Soviets dominate World Championship 50 km

Tokyo, August 31--Walking together the entire way, Aleksandr Potashov and Andrei Perlov finished in tandem to take one-two in the World Championship 50 Km today. Their time of 3:53:09 seems rather pedestrian when we look back at the World Cup in San Jose just 3 months earlier, but with the temperature near 80 and the relative humidity at about 97 percent, the race became a matter of survival. Only 10 athletes managed to finish under 4:10.

Perlov, who appeared to have won the World Cup race until he was disqualified about 500 meters from the finish, was content to stride across the line with his countryman, who was given the nod by the finish judges. San Jose winner, Carlos Mercenario, chose to walk the 20 here, and the only competition after the first 20 Km came from Germany's great Hartwig Gauder, looking much stronger than in San Jose, and the third Soviet, Vitaliy Popovich. They both stayed with the two leaders through 30 Km. Popovich then dropped quickly away and Gauder faded gradually over the final 20 Km to finish 2 minutes back. The list of those not finishing included potential medalists Simon Baker, Ronald Weigel, and Sandro Bellucci, and Carl Schueler, who had his first ever DNF. The winners kept accelerating the pace through 20 Km (24:03, 23:40, 22:52, 22:28), but slowed from there as the heat took its toll. Nonetheless, they had 24:00 on the final 5, faster than the first. Results:

1. Aleksandr Potashov, USSR 3:53:09 (47:43, 1:33:03, 2:18:58, 3:05:30) 2. Andrei Perlov, USSR 3:53:09 (same splits) 3. Hartwig Gauder, Germany 3:55:14 (47:43, 1:33:03, 2:18:58, 3:06:29) 4. Vitaliy Popovich, USSR 4:00:10 (47:43, 1:33:03, 2:18:58, 3:08:16) 5. Valentin Kononen, Finland 4:02:34 (47:43, 1:33:03, 2:21:25, 3:11:16) 6. Guiseppe DeGaetano, Italy 4:03:43 (48:52, 1:36:50, 2:24:12, 3:12:42) 7. Fumio Imamura, Japan 4:06:07 (48:11, 1:35:49, 2:24:25, 3:14:58) 8. Rene Piller, France 4:06:30 (48:52, 1:36:54, 2:24:37, 3:15:05) 9. Godfried de Jonckheere, Belgium 4:07:44 (48:05, 1:35:45, 2:24:30, 3:15:15) 10. Les Morton, Great Britain 4:09:18 (48:52, 1:35:45, 2:25:22, 3:15:52) 11. Martin Bermudez, Mexico 4:11:56 12. Jose Marin, Spain 4:13:19 12. Tadehiro Kosaka, Japan 4:13:32 14. Gyula Dudas, Hungary 4:14:23 15. Tim Berrett, Canada 4:14:35 16. Pavol Szikora, Czech. 4:14:59 17. Jorge Llopart, Portugal 4:16:36 18. Hubert Sonnek, Czech. 4:26:24 19. Torstan Trampeli, Germany 4:27:23 20. Jaroslav Makovec, Czech. 4:29:45 21. German Sanchez, Mexico 4:34:41 22. Paul Blagg, Great Britain 4:35:22 23. Takehiro Sonohara, Japan 4:38:09 24. Chris Maddocks, GB 4:39:15 DQ--Enrique Vera-Ibanez and Rodrigo Serrano, Mexico. DNF--Bo Gustavsson, Sweden; Giovanni Perricelli, Italy; Basilio Labrador, Spain;

SECOND CLASS POSTAGE  
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Simon Baker, Australia; Hector Moreno, Columbia; Carl Schueler, US; Veijo Savikko, Finland; Ronald Weigel, Germany; Robert Korzeniowski, Poland; Sandro Bellucci, Italy; Antonio Kohler, Brazil; and Martial Fesselier, France.

In the Women's 10 Km, held on Aug. 24, for which we listed the first 10 finishers last month, Alina Ivanova blistered the second 5 Km to break free from a pack of 10 walkers that were together for the first half of the race. Passing the 5 Km in 22:05, Ivanova accelerated to 20:52 for her second 5. Only the surprising Madelein Svensson and Sari Essayah could come close to matching her, and they were left 18 seconds in arrears by the finish.



Tim Blackburn (center), winner of the "Undy 500" in Dayton, as he appeared on a billboard prominently placed on Interstate 75 following the race. His two companions are DJs from the promoting station. See article in last month's ORW. (Photo courtesy of Nancy Blackburn.)

In the men's 20 Km, for which we listed the first 16 last month, Maurizio Damilano, picking up the pace throughout the race, left everyone but Mikhail Schennikov well in his wake, and even that swift young man could not match the tough veteran in the final stages. After an opening 5 Km in 20:20, there were still more than 20 walkers in the lead pack. A 20:03 on the next 5 cut the field to 15. When Damilano and Schennikov picked it up to 19:42 on the third 5, everyone else was forced to throw it in. Only Giovanni DeBenedictis stayed anywhere close—he was six seconds back as they started the final 5. When Damilano stepped it up to 19:32 on the final 5, even Schennikov, the World Cup winner, found a pace he couldn't live with to the finish (Damilano got away on the final 400 meters on the track following a bit of a mixup, as reported last month) and had to settle for the silver medal. Mercenario, the only man to win both the 20 and 50 in World Cup competition and expected to make a strong challenge here, fell off the pace after the first 5 Km. Although he picked up three places in the final 5, he never got back in contention and finished twelfth. Full results of these two races:

Women's 10 Km, August 24: 1. Alina Ivanova, USSR 42:57 (22:05) 2. Madelein Svensson, Sweden 43:13 (22:05) 3. Sari Essayah, Finland 43:13 (22:05) 4. Irina Strakhova, USSR 43:40 (22:05) 5. Kerry Saxby, Australia 44:02 (22:05) 6. Craciela Mendoza, Mexico 44:03 (22:08) 7. Ileana SAalvador, Italy 44:09 (22:08) 8. Yueling Chen, China 44:11 (22:05) 9. Anna-Rita Sidoti, Italy 44:18 (22:15) 10. Beate Anders, Germany 44:35 (22:08) 11. Katrin Born, Germany 44:39 (22:08) 12. Katarzyna Radtke-Schewe, Poland 44:42 (22:36) 13. Maria Rosza, Hungary 45:00 (22:15) 14. Andrea Alfoldi, Hungary 45:22 (22:32) 15. Maria Cruz Diaz, Spain 45:23 (22:23) 16. Emilio Cano, Spain 45:32 (22:43) 17. Susana Feitor, Portugal 45:27 (22:43) (age 16) 18. Maricela Chavez, Mexico 45:54 (22:30) 19. Debbi Lawrence, USA 45:58 (22:48) 20. Betty Sworowski, GB 45:59 (23:01) 21. Pascale Grand, Canada 46:17 (23:56) 22. Yan Sun, China 46:21 23. Andrea Bruckmann, Germany 46:23 24. Janice McCaffrey, Canada 46:33 25. Lynn Weik, USA 46:49 26. Lvana Brozmanova, Czech. 46:59 27. Victoria Herazo, USA 47:10 28. Tina Poitras, Canada 47:22 29. Reyes Sobrino, Spain 47:31 30. Yuko Sato, Japan 47:37 31. Zuzana Zemkova, Czech. 47:41 32. Kamila Holpuchova, Czech. 48:06 33. Maria Colin, Mexico 48:27 34. Viera Toporek, Austria 48:31 35. Hideko Hirayama, Japan 48:35 36. Isilda Goncalves, Portugal 48:35 37. Fusako Masuda, Japan 48:52 38. Helen Elleker, GB 48:56 39. Julie Drake, GB 49:47 40. Hasiati Lawole, Indonesia 50:26 41. Magdalena Guzman, ESA 53:44 DQ—Yelena Saiko, USSR. Temperature 88, Rel. Humidity—76 percent. Lynn Weik was taken to the hospital with heat exhaustion following the race.

Men's 20 Km, August 24: 1. Maurizio Damilano, Italy 1:19:37 (20:20, 40:23, 60:05) 2. Mikhail Schennikov, USSR 1:19:46 (20:20, 40:23, 60:05) 3. Yevgeniy Misyula, USSR 1:20:22 (20:20, 40:23, 60:22) 5. Giovanni DeBenedictis, Italy 1:20:29 (20:20, 40:23, 60:11) 4. Valentin Massana, Spain 1:20:29 (20:20, 40:23, 60:30) 6. Robert Ihly, Germany 1:20:52 (20:20, 40:23, 60:20) 7. Walter Arena, Italy 1:21:01 (20:20, 40:23, 60:20) 8. Mingcai Li, China 1:21:15 (20:20, 40:23, 60:33) 9. Thierry Toutain, France 1:21:22 (20:20, 40:23, 60:37) 10. Robert Korzeniowski, Poland 1:21:32 (20:20, 40:23, 60:40) 11. Axel Noack, Germany 1:21:35 (20:20, 40:23, 60:43) 12. Carlos Mercenario, Mexico 1:21:37 (20:20, 40:36, 61:14) 13. Igor Kollar, Czech. 1:21:44 (20:20, 40:23, 60:52) 14. Sandor Urbanik, Hungary 1:21:57 (20:20, 40:23, 60:52) 15. Roman Mrazek, Czech. 1:22:03 (20:20, 40:36, 61:14) 16. Ronald Weigel, Germany 1:22:18 (20:20, 40:23,



60:55) 17. Pavol Blazek, Czech. 1:22:34 (20:20, 40:40, 61:21) 18. Jose Urbano, Portugal 1:23:09 (20:20, 40:23, 61:14) 19. Hector Moreno, Columbia 1:23:27 (20:49, 41:30, 62:33) 20. Nick A'Hern, Australia 1:23:44 (20:20, 41:03, 62:25) 21. Miguel Angle Prieto, Spain 1:24:06 (20:25, 41:15, 62:48) 22. Tim Berrett, Canada 1:24:10 (20:25, 41:23, 63:00) 23. Vladimir Ostrovski, Israel 1:24:35 (20:20, 41:03, 62:25) 24. Marcelo Palma, Brazil 1:24:54 (20:20, 41:30, 62:56) 25. Sergio Galdino, Brazil 1:25:20 (20:36, 42:02, 63:34) 26. Artur Shumak, USSR 1:25:22 (20:27, 41:43, 63:30) 27. Ian McCombie, GB 1:25:30 (20:49, 42:07, 63:48) 28. Gyula Dudas, Hungary 1:25:52 (20:55, 42:29, 63:58) 29. Bobby O'Leary, Ireland 1:29:28 (21:17, 43:29, 66:10) 30. Stefan Johansson, Sweden 1:29:47 (21:14, 43:10, 66:12) 31. Tim Lewis, US 1:30:55 (21:24, 44:11, 67:08) 32. Santiago Fonseca, Honduras 1:38:56 (22:10, 45:18, 69:58) DQ--Daniel Plaza, Spain (in third place, apparently after finishing); Hirofumi Sakai, Japan; and Guillaume Leblanc, Canada. DNF--Claudio Bertolino, Brazil and Joel Sanchez, Mexico. Temperature 74 F, Rel. Humidity 72 percent.

### Malek captures 40 km title

Fort Monmouth, N.J., Sept. 15 (From correspondent and race director, Elliott Denman)--Paul Malek won his first national championship in a walkaway. Leaving his closest competition far behind, the 35-year-old athlete from South Milwaukee, Wisconsin, breezed to the 40 km national racewalking title in 3:32:40.

This was the 53rd annual national 40 km race, and Malek won it by one of the largest margins in recent years. Former champion Nick Bdera of New York City was a distant second in 3:53:47 and Bob Keating of Nashua, N.H. was third in 3:55:56.

"I'm just happy to win something," said Malek, who made his this his first U.S. crown. "Winning is always nice, but I certainly felt I could have walked faster." Malek went through a 1:39:59 20 km before slowing over the second half of the race.

Canadian internationalist Micheline Daneau of Montreal repeated as women's winner with her 40 km best ever of 3:56:29. New Yorker Elton Richardson (4:24:54) and Jeanne Bocci of Grosse Pointe, Michigan (4:26:42) were second and third. Both set U.S. age group records (50-54 and 45-59, respectively).

Bdera also led the East Side Track Club of New York to a repeat men's team title, while the New England Masters took the men's 40 and over crown. In women's Masters scoring, it was the Shore AC trio of Donna Cetrulo, Marcia Shapiro, and Isabel Stuper walking off with the gold medals.

Men: 1. Paul Malek, Parkside AC 3:32:40 2. Nick Bdera, East Side TC 3:53:47 (1st 40-44) 3. Bob Keating, New England Walkers 3:55:56 (2nd 40-44) 4. Marc Bagan, Shore AC 3:56:25 5. Phil McGaw, North Medford Club 3:59:14 (3rd 40-44) 6. Brian Savilonis, New England Walkers 4:01:06 (4th 40-44) 7. Alan Price, Potomac Valley Walkers 4:02:30 (5th 40-44) 8. Wil DesRosiers, New England Walkers 4:06:20 9. Terry McHoskey, Wolverine Pacers 4:06:37 (1st 45-49) 10. Gerry Bocci, Wolverine Pacers 4:06:37 (1st 50-54) . . . Dr. John SHilling, Melville, N.Y. 4:42:58 (1st 55-59) . . John Nervetti, Shore AC 5:03:44 (1st 65-59) . . Mike Michel 5:10:03 (1st 60-64) . . Don Johnson, Shore AC 5:20:22 (1st 70-74) . . Harry Drazin 5:48:45 (1st 75-59)

Women: 1. Micheline Daneau, Montreal 3:56:29 2. Elton Richardson, New York 4:24:54 3. Jeanne Bocci, Wolverine Pacers 4:26:42 4. Donna Cetrulo, Shore AC 4:35:01 (1st 40-44) 5. Patti Ditzel, Natural Living Club 4:40:51 6. Dorothy Sholeen, Ithaca, N.Y. 4:41:54 (2nd 45-49) 7. Emily Hewitt, New England Walkers 4:44:13 (3rd 45-49) 8. Marcia Shapiro, Shore AC 5:12:15 (2nd 50-54) 9. Isabel Stuper, Shore AC 5:47:02 (2nd 40-44)

### OTHER RESULTS

**Pan American Games, Womens 10 Km, Havana, August--1.** Graciela Mendoza, Mexico 46:41.56 2. Debbi Lawrence, US 46:51.53 3. Chavez, Mexico 47:44.73 4. Lynn Weik, US 47:54.05 **World University Games, Sheffield, England, July 20-25:** Men's 20 Km--1. Robert Korzenowski, Poland 1:24:37 2. Barroso, Spain 1:25:01 3. DiMezza, Italy 1:25:09. . .10. Dave McGovern, US 1:29:27. . .DQ--Doug Fournier, US Women's 10 Km--1. Sari Essayah, Finland 44:04 2. Chen, China 44:33 3. Anna Marie Disoti, Italy 45:10 4. Leonenko, USSR 45:47 5. Lynn Weik, US 45:56 . . .14. Sara Standley, US 53:11 **8 Km, Needham, Mass., Aug. 28--1.** Phil McGau 42:50 2. Bob Ullman 44:29 3. Paul Schell 46:42 4. Carol Lee Davis 48:12 5. Charlie Mansback 50:00 (23 finishers) **1 Mile, Kenmore, N.Y., August 10--1.** Dave Lawrence 6:41 2. Eileen Lawrence 8:52 **5 Km, Buffalo, August 30--1.** Dave Lawrence 22:34 2. Neil Farley 23:19 3. Bob Lubelski 27:39 4. Dick Bales 28:08 5. Doug Harty 28:58 6. Leon Stein 29:20 7. John Thurston 29:57 8. Greg Wittig 30:36 Women: 1. Karen Fina 29:26 2. Cheryl Stein 31:43 (65 finishers total) **5 Km, Virginia Beach, Virginia, August 24--1.** Paul Nowell 28:04 (1st over 40) 2. Paul Cajka 29:27 3. William Leggett, Jr. 29:28 (1st junior) (22 finishers) **Junior Training Camp Races, Lake Placid, N.Y., August 15:** Women's 5 Km--1. Melissa Baker 26:33 2. Debbie Iden 26:44 3. Debbie Scott 26:51 4. Aimee Parson 27:53 5. Sara Gordon 28:51 6. Cindy Rapp 28:54 7. Jessie Shea 29:10 8. Karen O'Connor 29:40 Men's 10 Km--1. James Spahr 46:18 2. Sean Albert 47:21 3. Yariv Pomeranz 52:05 4. Chris Braudis 52:55 5. Steve Harvey 52:55 6. Scott Stewart 54:14 7. Elliott Taub 55:06 8. Michael Dziejma 58:42 **20 Km--Andrew Herman and Philip Dunn 1:37:34 10 Mile, Flint, Michigan, August 24--1.** Gary Morgan 1:11:40 2. Dan O'Brien 1:17:30 3. Zofia Wolan 1:24:22 4. John Elwarner (52) 1:26:05 5. Terry McHoskey (49) 1:27:39 6. Victor Sipes (47) 1:27:45 7. Jeanne Bocci 1:32:50 8. John Pantaleo (47) 1:36:22 9. Debby Benton 1:36:50 10. Diane Podsolik 1:38:34 11. Valarie Stowe (47) 1:38:35 12. Wally Lubzik (52) 1:41:32 **1 Hour, Grosse Pointe, Michigan, Sept. 7--1.** Dan O'Brien 12,842 meters 2. John Elwarner 11,615 3. Max Green (59) 11,570 4. Robert Campbell (46) 10,708 5. Wally Lubzik 9752 (11 finishers) Women: 1. Valarie Stowe 9838 (6 finishers) **5 Km, Dearborn Heights, Michigan, Aug. 31--1.** Gary Morgan 20:42 2. Max Green 25:36 3. Robert Campbell 26:40 4. William Hall 30:27 (8 finishers) Women: 1. Louise Mitchell 28:03 2. Diane Podsiadlik 28:34 3. Debbie Benton 28:59 4. Valerie Stowe 29:52 (7 finishers) **5 Km (I think), Phoenix, June 8--1.** Steven Krupkat 26:25 2. Joe Cameron 28:56 **5 Km, Mesa, Arizona--1.** Steve Krupkat 24:01 2. Joe Cameron 24:48 **5 Km, Phoenix, July 13--1.** Krupkat 25:43 2. Joe Cameron 26:15 3. Steve Peters 28:42 **5 Km, Phoenix, July 27--1.** Joe Cameron 24:48 2. Steve Krupkat 25:57 **5 Km, Phoenix, August 3--1.** Steve Krupkat 25:20 Joe Cameron DQd **Doc Tripp Memorial 10 Km, Broomfield, Colorado, August 3--1.** Mike Woods (44)



57:15 2. Dennis Velasquez 57:19 3. Claudia Leonard 57:22 4. Chris Amoroso (57)  
 57:58 5. John Tarin 58:02 **5Km, same place**—1. Pat Cooper (41) 28:42 2. Anne Meyer 29:59 3. Klaus Timmerhaus (66) 30:46 (20 finishers) **5 Km, Littleton, Col., Aug. 11**—1. Andrezej Chylinski 21:42 2. Ray Sharp 22:19 3. Daniel Levesque, Can. 23:11 4. Pascale Grand, Can. 24:33 5. Raul Fabian 25:20 6. Peggy Miller 26:49 7. Chris Amoroso 27:41 8. Alan Yap (49) 27:43 9. Dennis Vealsquez 27:46 10. Pat Cooper 28:43 11. Dennis Crock (43) 28:51 12. D+Bill Byrnes (41) 29:08 13. Annette Sargent 29:30 14. Jeanne Timmons 29:53 15. Michael Calhoun 30:01 16. Anne Meyer 30:24 (152 finishers) **North American Masters 15 Km, Albuquerque, N.M., Sept. 1**: Men 40-44—1. Andrew Smith, NM 1:20:07 2. Roswell Barranco, Mississippi 1:33:59 Men 45-50—1. Norman Frable, Texas 1:23:33 2. Bob Wilson, NM 1:28:41 3. Robert Reedy, NM 1:28:54 50-55—1. Paul Johnson, Ark. 1:28:00 2. Robert Meador, Cal. 1:31:34 60-65—1. Maruice Sheehan, NM 1:39:54 70-74—1. Richard Starke, NM 1:59:42 Women 40-44—1. Kathy Lovel, NM 1:38:09 45-49—1. Jolene Steigerwalt, Cal. 1:33:00 2. Gerogia Thomas, Texas 1:36:49 55-59—1. Carolyn Martinez, NM 1:54:06 Territorial 15 Km, same place—1. Mark Golda 1:27:57 2. Theron Kissinger 1:32:32 Women: 1. Mataji Graham 1:29:04 2. Jackie Kerby 1:29:34 **5 Km, same place**—1. Peter Armstrong 28:06 2. Davie Wormald 28:07 3. Daryl Reckaway 28:20 4. Winston Crandall 28:26 5. Michael Clough 29:05 6. Arnold Levick 30:00 7. Joe Thompson 30:08 8. Sheila Mitchell 30:16 9. Joe Sutton 30:17 (20 finishers) **20 Km, Oakland, August 25**—1. Jonathan Matthews 1:28:58 (21:52, 43:53, 66:17) 2. Dave Marchese 1:31:56 (21:52, 43:54, 1:07:27) 3. Skip Bockoven 1:45:15 **15 Km, same place**—1. Matthews (On way to 20) 2. Marchese (ditto) 3. Jim Lenschau 1:13:15 4. Bockoven (On way to 20) 5. Ron Daniel 1:21:59 6. Bob Edwards 1:23:53 (11 finishers, 2 DQs) Women: 1. Stephanie Matthews 1:33:24 2. Lorrie Leiker 1:35:02 3. Donna Gilliland 1:36:53 (45 finishers) **4 Mile, Seattle, August 25**—1. Lew Jones (45) 37:09 2. Sarah Klaudt 37:12 3. Bev LaVeck (55) 37:21 4. Steve Fredrickson (43) 38:36 5. Craig Duffy (40) 49:47 (12 finishers) **Half-Marathon, Woodinville, Wash., Sept. 2**—1. Stan Chraminski (43) 1:53:50 2. Bob Novak (42) 1:58:03 3. Steve Fredrickson (44—must have had a quick birthday) 2:14:02 4. Lew Jones 2:14:05 (11 finishers) **30 Km, Seattle, Sept. 7 (track)**—1. Herm Nelson 2:21:40 (46:31, 1:34:05) 2. Stan Chraminski 2:45:54 **European Junior 10 Km, Thesolonika, Greece, August 9**—1. I. Markov, USSR 41:11.22 2. G. Muller, Poland 41:13 3. M. Didoni, Italy 42:17 4. V. Colombini, Italy 42:46 5. D. Dolnikov, USSR 42:48 6. D. Trautman, Germany 42:59 7. B. Leroy, Belgium 42:59 8. A. Fontanet, Spain 43:23 9. M. Marusca, Czech. 43:37 10. H. Valentin, Germany 43:46 **European Junior Womens 5 Km, Thesalonika, Aug. 8**—1. J. Koroleva, USSR 21:57.60 2. S. Feitor, Portugal 22:01 3. N. Trofimova, USSR 22:12 4. Victoria Lupton, GB 22:42 5. E. Granados, Spain 22:46 6. R. Giordano, Italy 23:05 7. M. Saastamoinen, Finland 23:12 8. A. Szabo, Hungary 23:18 9. B. Szazi, Hungary 23:25 10. K. Holpushova, Czech. 23:39 **Manchester-to-Blackpool 50 Mile, July 27**—1. A. Trigg 7:50:20 2. D. Turner 8:05:17 3. M. Lewis 8:26:40 **British 5 Km, Championship**—1. Betty Sworowski 22:29.04 2. Helen Elleker 23:28 **Polish Championships, Kielce, July 12-14**: Men's 20 Km—1. Robert Korzenowski 1:26:36 Women's 10 Km—1. K. Radtke 46:11 2. D. Woda 47:34 3. K. Mosio 47:44 **Soviet 20 Km Championships, Kiev, July 10**—1. Yevgeniy Misyulya 1:19:13 2. A. Shumak 1:20:10 3. V. Druchik 1:20:48 **Irish 20 Km, Dublin, July 14**—1. B. O'Leary 1:23:52 2. P. Murphy 1:26:49 **German 20 Km, Hanover, July 20**—1. Robert Ihly 1:22:38 2.

Ronald Weigel 1:23:00 3. Axel Noack 1:23:49 4. Hartwig Gauder 1:24:00 5. Roland Weisser 1:27:04 **Women's 5 Km, same place**—1. Beatte Anders 21:03.14 2. Katrin Born 21:21 3. K. Bruckmann 22:12 4. S. Leddin 22:29 5. S. Thrust 22:49 **French 20 Km, Dijon, July 20**—1. Thierry Toutain 1:23:55 2. Martial Fesselier 1:23:55 3. J. Brousseau 1:24:25 4. Alain Lemercier 1:26:12 **Women's 10 Km, same place**—1. N. Marchand 47:20 **Paris-to-Colmar 523 Km, June 19-22**—1. Z. Klapa, Poland 64:51:57 2. G. Letessier 66:37:51 3. A. Pheulpin 67:44:44 **Women's 344 Km**—1. E. Coube 51:15 2. Sandra Brown, GB 53:05 **5 Km, Formia, Italy, July 8**—1. Giovanni DeBenedictis 18:42.50 2. Walter Arena 18:44.99 3. Robert Korzenowski, Poland 18:45.79 4. Maurizio Damilano 18:50.91 5. Mikhail Schennikov, USSR 18:52.01 6. Andrei Perlov, USSR 19:10.37 **Women's 2 Mile, same place**—1. Ileana Salvador 13:11.39 (World best) 2. P. Pagani 13:55.59 **Women's 5 Km, Amstutten, Austria, June 9**—1. Yelena Nikoleyeva, USSR 21:00.80 2. Irina Strakhova, USSR 21:50.78 3. M. Rosza, Hungary 22:03.88 **100 Mile, Ewhurst, Eng., June 28-29**—1. Richard Brown 17:52:47 (Following an aborted effort the previous weekend in the Paris-Colmar race) 2. Jan Vos, Holland 18:57:20 3. P. Kiels-Pederson, Denmark 19:46:05 4. Bob and Ken Watts 19:46:18 6. John Sturgess 19:49:45 (20th place in 22:50:27) Women: 1. M. Radder Williams, Holland 21:05:03

## HERE'S THE TICKET FOR RACING ENTHUSIASTS

Sat. Oct. 12	Columbus Day Walk, Albuquerque, NM (G) Women's 10 Km, Men's 20 Km, Darlington, SC (Y) 5 Km, Deal, N.J. (A) 10 Mile Handicap, New York City (Z) 5 Km, Dearborn, Mich., 9 am (J) 1 Hour, Seattle (B)
Sun. Oct. 13	5 Km, Indianapolis (D) (Prizes of \$1,000, \$500, and \$250 for 1,2,3, both male and female. Bonus for American record) Women's 5 Km Men's 10 Km, Hanover, Pa. (U)
Sat. Oct. 19	8.2 Mile, Astoria, Oregon (B) 10 Km, Monterey, Cal. (EE) Florida TAC 10 Km, Orlando (GG)
Sun. Oct. 20	10 Km, Salem, Oregon (S) 1/2 Marathon, Seaside Heights (A) TAC National 2 Hour, Women's 1 Hour, Cambridge, Mass. (FF) Marathon, Detroit (P) 5, 10, 20, and 25 Km, Kenosha, Wis. (I)
Sat. Oct. 26	5 Km, Dearborn, Mich., 9 am (J) 5 Km, Hollywood, Florida (Q)
Sun. Oct. 27	5, 20, and 50 Km, Columbus, Ohio 8 am (K)
Sat. Nov. 2	Southern Reg. 50 Km, Georgia State 20 Km, Atlanta, 7 am (H) 3 Km, Miami, FL. (Q)
Sun. Nov. 3	Women's 2 Mile, Salem, Oregon, 10 am (S) New York Marathon (R) 5 Km, Miami (Q) 10 Km, Columbia, Missouri, 2 pm (M)

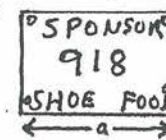


Sun. Nov. 10	2 Mile, Salem, Oregon, 10 am (S)
	30 Km, Clarksburg, Cal. (EE)
Sat. Nov. 16	5 Mile, Manalapan, NJ (A)
Sun. Nov. 17	5 Km, Seattle (C)
	10 KM, Phoenix, Arizona (E)
Thu. Nov. 28	1 Hour, West Long Branch, NJ, 10 am (A)
Fri. Nov. 29	Turkey Trot, Detroit (P)
Sat. Nov. 30	5 Mile, Freehold, NJ (A)
Sun. Dec. 1	5 Km, Phoenix, Arizona (E)
Sun. Dec. 8	5 Km, Miami, 8 am (Q)
	Todd Scully 10 Km, Long Branch, NJ (A)

## 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
- ✓ D--Ken Long, 107 W. Loretta Drive, Indianapolis, IN 46217 (317/786-8812)
- ✓ E--Arizona Walkers, 812 W. Port Au Prince, Phoenix, AZ 85023
- F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
- G--Gene Dix, 2301 El Nido Court NW, Albuquerque, NM 87104
- H--Barbara Waddle, 2327 Redfield Dr., Norcross, GA 30071
- ✓ I--Mike DeWitt, 4230 27th St., Kenosha, WI 53144
- ✓ J--Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127
- ✓ K--John White, 4865 Arthur Place, Columbus, OH 43220
- ✓ M--Columbia Track Club, PO Box 10237, Columbia, MO 65201
- ✓ P--Frank Soby, 3907 Bishop Ave., Detroit, MI 48224
- ✓ Q--Florida Walkers, 4223 Palm Forest Drive, N., Delray Beach, FL 33445
- R--Metropolitan Racewalkers, 36 W. 20th St., New York, NY 10011
- ✓ S--Jim Bean, 4658 Fuhrer St. NE, Salem, OR 97305
- ✓ U--Jay Gobrecht, 740 Fairview Dr., Hanover, PA 17331
- ✓ V--Sharon H. Lewis, 1016 Greentree Avenue, Metairie, LA 70001
- ✓ W--Alvia Gaskill, P.O. Box 10825, Raleigh, NC 27605
- X--Walk USA, 350 Old Willets Path, Smithtown, NY 11787
- Y--John W. Snaden, 926 Sherwood Drive, Florence, SC 29501
- Z--Park Walkers Club, 320 East 83rd St., Box 18, New York, NY 10028
- AA--The Medical Center of Lake County, 900 Garfield Rd., Libertyville, IL 60048
- BB--Bob Tucker, 22 Crawford St., Brockville, Ontario K6V 1S3, Canada
- CC--Permian Basin Roadrunners, P.O. Box 10483, Midland, TX 79702
- DD--S. Schindel, 103 E. Monroe Ave., Alexandria, VA 22310
- ✓ EE--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
- FF--Phil McGaw, 156 Blue Hill Ave., Milton, MA 02174
- GG--Verna Buchs, 585 Via Lugano, Winter Park, FL 32789

"There are two rules for racewalking: (1) Bent Knee--The supporting leg must be in a bent position, while the other is straight. (2) Lifting--Both feet must make contact with the ground during every stride." According to Rex, the article also said the World 50 Km record was over 4 hours and contained several other errors. He brought the facts to their attention in a letter. . . Martin Rudow, IAAF Judge, former National Racewalking Coach, and author of a training book and videotape on the sport, will present a 3-day seminar in Plantation, Florida on November 1-3. The seminar will include private lessons and review of videotapes following a 3 Km race on the third day. Cost is \$150. For further information contact Ski & Travel International, Inc., P.O. Box 630096, Miami, Florida 33163 or call seminar director Paul Geyer at 305-935-6063. . . It's Zinn Award time again. Send your nominations for the year's top U.S. walkers, both male and female, the top TAC Association, and the leading individual contributor to the sport to Bev LaVeck, 6633 Windermere Road, Seattle, WA 98115. Include factual supporting data. . . In our results of the World Veteran Games last month, we managed to miss Jack Bray in the the 55-59 5 Km. He was eighth in 24:56. . . Kuttah Co. in Northfield, Minnesota, of which racewalker Philip Dunn is one of three owners, has put a racewalking shirt on the market. (See the design at the top of the next page.) Want one? Send \$9.95 to: Kuttah Co., 1 N. College St., Northfield, MN 55057. You'll get black and red lettering on a white, 100 percent cotton t-shirt. Specify S, M, L, or XL. Allow 4 to 6 weeks for delivery. . . A few months ago, we ran a note from Steve Vaitones on the subject of race numbers and their treatment. Shortly, we received a response from Bob Jordan in Iowa City, but are just now finding time to run it. Bob says: "In response to Steve Vaitones' admonishment to walkers who fold, spindle, or otherwise mutilate their bib numbers: Well shut my mouth and deflate by Reebok Pump walking shoes. I was under the impression that races were organized for the competitors, not sponsors. I thought my entry fee (we less-than-elite walkers still fork over cash to enter these things) was claim enough, *de facto*, if not *de jure*, to let me fold over my bib number when it was so large as to rub on my arms or keep my jersey from shifting comfortable as I walked. (And, as an aside, I have noted over the last 30 years that I've watched or participated in track that meet directors/sponsors have arranged for "rabbits" in races, which, at least until recently, was technically against the rules. I had never seen that rule upheld, however.) If anyone in race administration or the sponsors showed some creativity or common sense, he/she might have figured out that if you print the bib numbers so that they look like



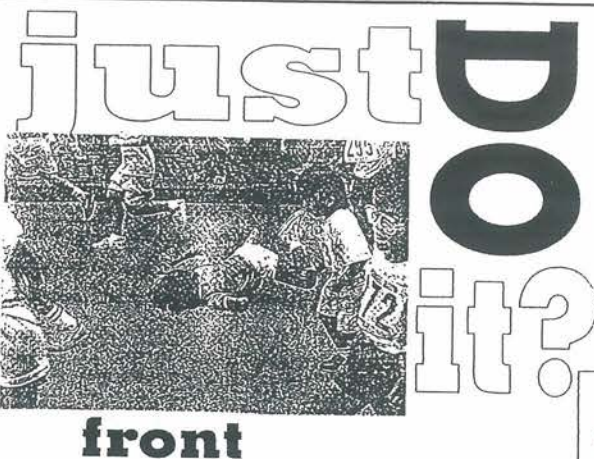
rather than , advertising space

## FROM HEEL TO TOE

Rex Cleveland in Tallahassee, Florida provides the following excerpt from a newsletter of a local track club in the south. The writer called himself a racewalker:

would be the same, and it would be easier to accomodate even for the walking ribcages among us. Then I wouldn't feel the need to fold the sides of those horse blankets over. Others might feel they need to cover the sponsors' names, but I'm only looking out for my creature comforts, and there are few to be found in a 20 Km." . . . Bev LaVeck reports that her license plate for this year reads "264 DQQ". Needless to say, it's not a number she picked out for herself.





The Kuttah Company T-shirt.

## LOOKING BACK

**25 Years Ago** (From the September 1966 ORW)--Ron Laird won the National 25 Km title in 2:06:16 on a very hot day in Seattle. Tom Dooley trailed by nearly 12 minutes in second. . .In the European Championships, East Germany's Dieter Lindner walked 20 Km in 1:29:25 to beat Soviet aces Vladimir Golubnichiy and Nikolai Smaga. Italy's Abdon Pamich won the 50 Km race in 4:18:32 over another Soviet pair--Gennadiy Agapov and Tscherbina. . .Alex Oakley captured the Canadian 50 Km in 4:44:52, 12 minutes ahead of Shaul Ladany. . .Another Canadian, Felix Cappella, won the annual Mackinac Bridge 4 1/2 mile race in 34:36.

**20 Years Ago** (From the September 1971 ORW)--The headline said that Young, Laird, Ladany Dominate. Larry Young won the National 30 Km in Seattle and bettered the American record for 100 miles in Columbia, Missouri. In the 30, he pulled clear of Ron Laird in the final 10 Km to win in 2:25:40. Laird had 2:28:10, ahead of Bill Ranney, Goetz Klopfer, Bob Bowman, and Steve Tyrer. The 100 miler was held on a 200-meter indoor track because of monsoon-like weather. Larry took it easy for 96 miles and then accelerated to finish his 18:07:12 effort with miles of 9:40, 9:21, 7:59, and 7:50! . . .Laird took the National 25 Km on Long Island in 2:01:49, after a good tussle with John Knifton (2:03:34), Bob Kitchen (2:04:13), Canadian Marcel Jobin (2:05:28), Gary Westerfield (2:06:36), and Ron Kulik (2:07:38). . .Ladany prevailed in the prestigious London-to-Brighton 52 miler in 7:57:17 (37 1/2 minutes ahead of second) just a few weeks after he had won the Hastings-to-Brighton 38 miler in 5:33:36. . .In a 10 miler in COntinental, Ohio, Jack Blackburn edged Jack Blackburn 1:21:01 to 1:21:09, with Phil McDonald better than a minute back. Phil

**WALK  
DON'T  
RUN  
back**

got his revenge a week later, as he wiped out both Jacks while finishing 10th in the National 25.

**15 Years Ago** (From the September 1976 ORW)--The National 30 Km, held in Des Moines, Iowa, went to Larry Young in 2:27:26. Floyd Godwin stayed close most of the way, but finished better than 3 minutes back. Augie Hirt was a distant third, followed by the aging Ron Laird. . .Hirt took the National 100 Mile in Columbia, Missouri in 19:55:16, with Chuck Hunter finishing the race for the fourth straight year, only 10:34 behind. There were seven finishers, with our own Jack Blackburn joining Hirt as a new Centurion. Jack was fourth in 21:57:11. . .The World 50 Km Championship, held because the 50 was dropped from the Montreal Olympics, went to Soviet Veniamin Soldatenko in 3:54:50. He was followed by Enrique Vera, Mexico, in 3:58:14, and Reima Salonen, Finland, in 3:58:53. Two-time Olympic bronze medalist, Larry Young, was the first U.S. competitor in 21st with 4:16:47, as he took over 58 minutes for the final 10 km and dropped eight places. Augie Hirt had 4:28:35 in 27th (this was before the 100 miler). . .Steve Pecinovsky just beat Martin Kraft for the National B 15 Km title at Mackinac Island, as both walkers were given a time of 1:12:12. In the bridge walk the next day, Ron Laird won in 34:07, with Pecinovsky and Bill Walker tying for second about 2 minutes back. . .Hartwig Gauder won the East German 20 Km title in 1:26:25.

**10 Years Ago** (From the September 1981 ORW)--Todd Scully beat Canada's Glenn Sweazey to win the National 25 Km in Lewiston, Maine. Todd had 2:02:02, better than a minute and a half ahead of his Canadian rival. Alan Price passed a fading Randy Mimm to take third. . .Jack Boitano won the master's title in 2:13:55. . .Uwe Dunkel was an upset winner of the East German 50 Km, beating Hartwig Gauder 3:45:51 to 3:46:57. Dietmar Meisch and Ronald Weigel were also under 3:50. In the 20 Km, Ralf Kowalsky zipped through in 1:21:39 to beat Roland Weissner, who had 1:22:12.

**5 Years Ago** (From the September 1986 ORW)--Tim Lewis had an American best to win the Rockport Series 20 Km in Seattle. Carl Schueler was just over 2 minutes back in second with Ray Sharp another minutes behind in third and Paul Wick also getting under 1:30. Teresa Vaill (49:30) beat Debby Lawrence in the women's 10 Km at the same site. . .Hartwig Gauder won the European 50 Km title in 3:40:55, a minute ahead of Vyacheslav Ivanenko, USSR.

## Olympic qualifying standards

We commented in an earlier issue that the qualifying standards for the Olympic walks (1:24 and 4:05 if a nation is to enter more than one competitor) were not in line with each other; i.e., we feel the 50 Km standard is easier than the 20. Richard Harper in Brooklyn sent us the following analysis of the situation:

I was reading your May 1991 issue about qualifying times for the 1992 Olympics, and wanted to share some thoughts with you.



I created a formula that describes the average relationship among 20 km and 50 km times using the times of medalists in the Olympics, World Championships, and World Cups, year by year comparisons of world records, and the ten fastest times per year. Also, I compared 5 km and 10 km times of men and women, as well as 10 km and 20 km times (the difference in world record times in running and walking is 11 percent for men and women). From this, I derived the following table to describe theoretical "equivalence":

20 Km Men	1:24	1:27	1:30	1:34
50 Km Men	3:56	4:05	4:15	4:28
10 Km Women	45:00	46:30	48:00	50:00

The next table shows the first year in which at least 40 walkers worldwide were able to attain those times:

20 Km	1:24	1:27	1:30	
	1980	1978	?	
50 Km	3:56	4:05	4:15	
	1980	1978	1977	
10 Km	45:00	46:30	48:00	50:00
	—	1987	1985	1983

From this, one could conclude that the 1:24 time for 20 Km is stiffer than the 4:05. On the other hand, if the results of the last two World Cups is analyzed (this is where participation is open without qualifying times), and interesting apttern results:

	Total finishers	20 Km	1:34	1:30	1:27	1:24
1989	119		?	66	42	24
1987	120		86	66	44	21
		50 Km	4:28	4:15	4:05	3:56
1989	93		64	43	28	10
1987	86		63	42	26	15
		10 Km	50:00	48:00	46:30	45:00
1989	99		57	39	18	9
1987	85		48	27	17	5

Based on that chart, a 1:27 20 Km produces about as many competitors as a 4:15 50 Km (40 plus) and a 1:24 20 Km produces about as many as a 4:05 50 Km (25). The women's times produce the same result as of 1987: 50:00 10 Km yields 40 plus competitors and 48:00 yields 25 or so. Because of the rapid development of women's walking, though, those same times are clearly out of date by 1989. (Ed. note: The just completed world championships show a possible flaw in such analysis of single races. There were 20 at 1:24 or better in the 20, only 6 at 4:05 or better in the 50, and only 13 women under 45:00 at 10. This would suggest th 20 Km standard is much the easier, but doesn't take into account the much more severe weather conditions for both the 50 and the women's 10.)

There are, then, seemingly two ideas at work: one in which times reflect "equivalent effort" and another one in which the times used will produce similar limited numbers of competitors. To double check this, I looked at the qualifying standards for marathon runners. Using a comparison study done of the level of energy required to go the same speed between runners and walkers and the average relationship among 20 km and 50 km walk time, the qualifying times of 2:25 (B selection) and 2:12 (A selection) for the marathon "relate" to a 4:11 and 3:47 for the 50 km walk. Obviously, the 2:12 marathon (3:47 50 km) is a very stiff standard, but there are several times as many competitive and recreational marathon runners as 50 km walkers. The field for the 1991 Marathon may be as large as for a 4:05 50 km walk field. The "B standard" of 2:25 marathon and 4:15 50 km, however, reflect a "similar effort". This would tend to open participation of at least one athlete to many nations.

\* \* \* \* \*

Talk about judging problems, consider the following article from the April 1991 issue of the *American Journal of Physics*. I have received it from a couple of sources.

### Speed limits on walking

George B. Rybicki

Harvard-Smithsonian Center for Astrophysics, 60 Garden Street, Cambridge, Massachusetts 02138

According to one dictionary,<sup>1</sup> to "walk" means to "go on foot without lifting one foot clear of the ground before the other touches the ground." Even neglecting dynamical considerations altogether, it is possible to show from this definition that relativistic kinematics puts limitations on how fast one may walk. In order to establish these limits, we shall have to imagine that feet and legs can be accelerated infinitely rapidly and can move at speeds arbitrarily close to the speed of light  $c$ . It should be already clear that our purpose here is not to give a realistic discussion of the process of walking,<sup>2</sup> but rather to illustrate some fundamental concepts of relativity by reference to a common, everyday experience.

For preciseness, we define the uniformly moving frame of the walker's mean motion and use the relative speed between this frame and the frame of the ground to define the "speed of walking." This relative speed can be calculated in either frame. Let us first analyze the motion in the mean walker's frame. Observations<sup>3</sup> then show the ground moving underneath the walker, with feet alternately meeting it, moving backward while staying in contact with it, lifting off, and moving forward to meet it again. One foot remains in contact with the ground while the other is aloft, marginally satisfying the definition of walking. Since the speed of the ground is just equal to the speed of the backward moving foot, which is nearly  $c$ , we might conclude that the mean speed of walking is limited only by the speed of light.

However, a different conclusion is reached by observing a walker from a frame at rest with respect to the ground. Each foot can move at nearly  $c$ , but must stay on the ground at least half the time, while the other foot is moving and off the ground (see Fig. 1). Thus the mean speed of each foot is nearly  $c/2$ , and we now conclude that the mean speed of walking is limited to one-half the speed of light.



How can these two analyses be reconciled? A perceptive relativist will have noticed the word "before" in the definition of walking and realized that this concept, defining the time-ordering of two events, will not necessarily be the same in all frames of reference. For example, in Fig. 1 an observer in frame  $x'-t'$ , moving with a negative velocity relative to the ground, will sometimes see both feet off the ground. What appears to be walking to one observer may appear to be running to another!

A natural way to avoid this ambiguity is to insist that the conditions for walking must be met in all frames, leading to what one might call the *universal definition of walking*. When one foot strikes the ground, both must remain planted for a time interval long enough for a light signal to propagate from one to the other. Being within each other's "light cone," the two events will have the same time ordering in all frames, and no observer will ever see both feet off the ground at the same time. If this modification is adopted, then the limiting speed can easily be found by considering the motion with respect to the ground frame (see Fig. 2). Each foot spends two units of time moving forward, then waits one unit while the light signal propagates to the other foot, and finally waits another three units while the same process occurs with the other foot. Since forward motion of each foot occurs only one-third of the time, under this universal definition the *mean speed of walking is limited to one-third the speed of light*.

<sup>1</sup>Webster's Third New International Dictionary of the English Language, Unabridged (Merriam-Webster, Springfield, MA, 1986), p. 2571.

<sup>2</sup>For more "down-to-earth" dynamical discussions of walking, see Herbert Lin, "Newtonian mechanics and the human body: Some estimates of performance," *Am. J. Phys.* 46, 15-18 (1978); A. Bellemans, "Power demand in walking and pace optimization," *Am. J. Phys.* 49, 25-27 (1981); O. Helene, "On 'waddling' and race walking," *Am. J. Phys.* 52, 656 (1984).

<sup>3</sup>As usual, this term implies observations by a set of local observers with synchronized clocks. Alternatively, direct visual observations by a single observer must be corrected for the finite propagation speed of light signals.

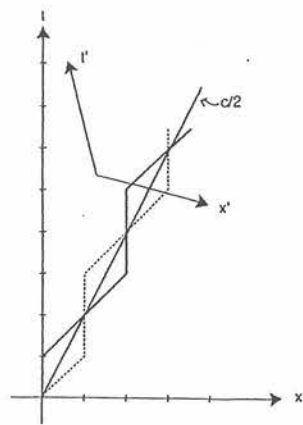


Fig. 1. The motion of the two feet (dotted and heavy lines) as seen in the ground frame  $x-t$ . The mean speed is  $c/2$ . The axes of another frame  $x'-t'$  are shown in which both feet are off the ground simultaneously at  $t' = 0$ .

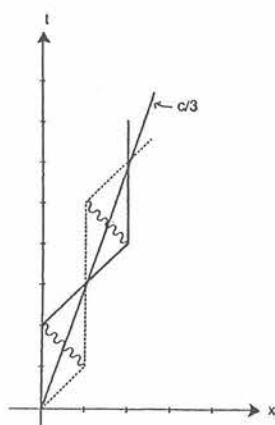
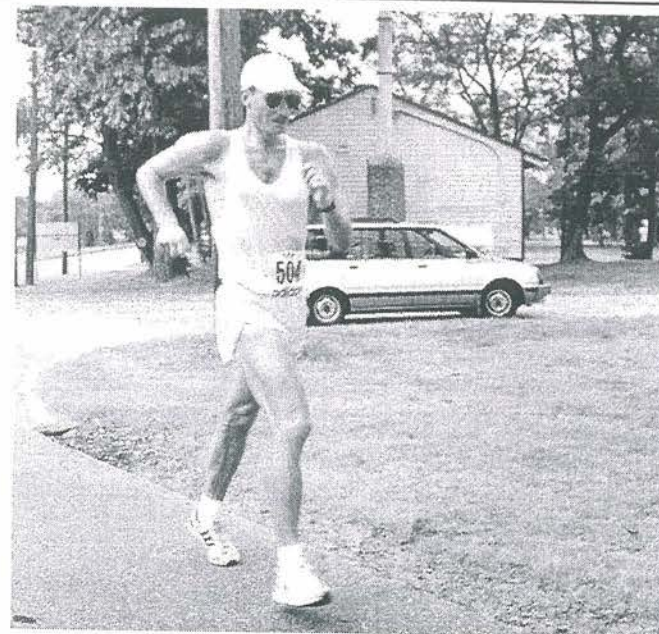


Fig. 2. The "universal walk" in the ground frame. The wavy lines denote light signals that inform each foot when it is permissible to move. The mean speed is  $c/3$ .



Paul Malek strides to victory in the National TAC 40 Km race at Fort Monmouth, N.J. (Photo courtesy of Elliott Denman)



Roselle Safran, 14, of Brentwood, New York, who shattered the national record in winning the TAC Youth National 3 Km Championship in Lafayette, Louisiana on July 5. Her time was 15:26.58, bettering the mark of 15:43.59 set by California's Jennifer Formosa last year. Roselle's sister, Danielle, was just 2 seconds over the old record in second place.