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Happy Holidays

ORW World Rankings Show Walkers Taking Soviet Union Out In Style

As 1992 begins and they turn out the lights on the Soviet Union, Gorby can rejoice in the final fling of the dying empire's walkers. The 1991 Ohio Racewalker World Rankings show Soviets first and second in the Women's 10 Km, first and third in the Men's 20 Km, and second and third in the 50. (Next year we will be ranking Estonians, Ukrainians, Russians, and so on.) Only Mexico's Carlos Mercenario in the 50 prevented a Soviet sweep of the top spots. Alina Ivanova ranked number one at 10 and Mikhail Schennikov number one at 20. Andrei Perlov took the runnerup spot at 50. Not surprisingly, the U.S. rankings were topped by Debbi Lawrence, Tim Lewis, and Carl Schueler at 10, 20, and 50, respectively.

As usual, the rankings show the subjective judgment of your editor based on each athlete's competitive record for the year, performance in major races, and collection of times. The rankings are accompanied by lists of the year's best times, 50 deep in most cases. Thanks to Bob Bowman for compiling the World 20 and 50 Km lists.

1991 World 10 Km Rankings--Women

- | | | |
|-----------------------------|------------------------------|---------------------|
| 1. Alina Ivanova, USSR | 46:42t (1) | Pan Am Games 8/8 |
| 42:29 (1) Sochi 2/17 | 44:03 (6) | World Cup 8/24 |
| 43:45 (1) Monterey 3/31 | | |
| 44:36 (1) Victoria 4/3 | 4. Madelein Svensson, Sweden | |
| 43:26 (2) Sesto San G. 5/1 | 45:57 (13) | World Cup 6/1 |
| DQ World Cup 6/1 | 43:27 (1) | Ornskoldsvik 6/29 |
| 42:50 (1) SU Champ. 7/11 | 44:24t (1) | Swed. Champ. 7/28 |
| 42:57 (1) World Champ. 8/24 | 43:13 (2) | World Champ. 8/24 |
| Irina Strakhova, USSR | | |
| 42:44 (3) Sochi 2/17 | 5. Sari Essayah, Finland | |
| 43:55 (1) World Cup 6/1 | 44:44 (1) | Lapinahti 4/28 |
| 43:40 (4) World Champ. 8/24 | 46:20 (16) | World Cup 6/1 |
| | 45:53 (1) | Brunflo 7/6 |
| | 44:04 (1) | World Univ. G. 8/24 |
| 3. Graciela Mendoza, Mexico | 43:13 (3) | World Champ. 8/24 |
| 44:12 (2) Monterrey 3/31 | | |

SECOND CLASS POSTAGE
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- | | |
|-----------------------------|-----------------------------|
| 6. Yelena Saiko, USSR | 9. Ileana Salvador, Italy |
| 42:29 (2) Sochi 2/17 | 44:52 (1) Pomigliano 3/17 |
| 42:22 (1) Alytus 5/4 | 44:52 (6) World Cup 6/1 |
| 44:11 (3) World Cup 6/1 | 43:36 (2) Ornskoldsvik 6/29 |
| 44:02 (5) World Champ. 8/24 | 44:09 (7) World Champ. 8/24 |
| 7. Olga Kardopoltseva, USSR | 10. Beate Anders, Germany |
| 45:00 (4) Monterrey 3/31 | 44:18 (1) Naumburg 4/21 |
| 45:32t (2) Victoria 4/3 | 45:03 (7) World Cup 6/1 |
| 43:10 (1) Sest San G. 5/1 | 43:53 (3) Ornskoldsvik 6/29 |
| 42:44 (2) Alytus 5/4 | 44:35 (1) World Champ. 8/24 |
| 44:36 (4) World Cup 6/1 | |
| 8. Kerry Saxby, Australia | |
| 43:54t (1) Sydney 1/19 | |
| 44:49 (5) World Cup | |
| 44:02 (5) World Champ. 8/24 | |

Strakhova won the World Cup and performed very well in the World Championships, but Ivanova, despite her DQ in the Cup, had the better overall record, the faster time, and a 2-1 victory margin over Strakhova. Of the rest, Mendoza performed the best in both major races and seems a clear third. Saxby was the next most consistent with two fifths, but . . . Svensson was very impressive following a poor World Cup performance and brilliant at the World Championships. Likewise for Essayah. Saiko had an impressive third at the World Cup and two very fast times, and beat Kardopoltseva both times they met. Kardopoltseva beat Saxby at the World Cup, the only time they met. So Saxby drops to eighth. Salvador and Anders were consistent in the two major races and easily rank ahead of anyone else.

1991 World List

- | | |
|---------------------------------|--------------------------------|
| 42:22 Yelena Saiko, USSR | 43:37 Anna Rita Sidoti, Italy |
| 42:29 Alina Ivanova, USSR | 43:53 Beate Anders, Germany |
| 42:44 Irina Strakhova, USSR | 43:54t Kerry Saxby, Australia |
| 42:44 Olga Kardopoltseva, USSR | 43:54 Tamara Kovalenko, USSR |
| 43:13 Sari Essayah, Finland | 44:03 Graciela Mendoza, Mexico |
| 43:13 Madelein Svensson, Sweden | 44:06t Jingxue Li, China |
| 43:25 Yelena Nikolayeva, USSR | 44:11t Yueling Chen, China |
| 43:36 Ileana Salvador, Italy | 44:23 Lidia Fessenkova, USSR |
| 43:36 Daisuki Ikekima, Japan | 44:24 Kathrin Born, Germany |

- | | |
|--------------------------------|---------------------------------|
| 44:24 N. Serbivenko, USSR | 45:23 Yan Kong, China |
| 44:25 I. Bruzmanova, USSR | 45:27 Z. Sviridenko, USSR |
| 44:26 O. Leonenko, USSR | 45:29 Debby Lawrence, USA |
| 44:29 Nadezhda Ryashkina, USSR | 45:31 Pia Pagani, Italy |
| 44:42 Kat. Radtke-Schewe, Pol. | 45:32 Emilio Cano, Spain |
| 44:44 Olga Krishtop, USSR | 45:32 Ildiko Ilyes, Hungary |
| 44:47 Tamara Surovtseva, USSR | 45:34 Monica Gunnarsson, Sweden |
| 44:51 Y. Armintseva, USSR | 45:37 Susanna Feitor, Portugal |
| 45:00 Maria Rosza, Hungary | 45:45 N. Yermolenko, USSR |
| 45:04 N. Alyushenko, USSR | 45:45 Y. Weremeichuk, USSR |
| 45:14 R. Makorova, USSR | 45:51 Janice McCaffrey, Canada |
| 45:17 I. Zemkova, USSR | 45:51 Terosa Vaill, USA |
| 45:20 L. Mayorova, USSR | 45:53 Ziaoling Fan, China |
| 45:21 Yuli Wang, China | 45:54 Maricolo Chavez, Mexico |
| 45:22 Andrea Alföldi, Hungary | 45:56 Victoria Oprea, Rumania |
| 45:23 Maria Cruz Diaz, Spain | 45:56 Lynn Weik, USA |

1991 U.S. 10 Km Rankings

- | | |
|------------------------------|-----------------------------|
| 1. Debby Lawrence | 4. Teresa Vaill |
| 45:32 (1) San Jose 4/21 | 45:56 (3) San Jose 4/21 |
| 47:06 (1) High Park 4/28 | DNF World Cup 6/1 |
| 46:13 (15) World Cup 6/1 | 48:47 (8) TAC 6/13 |
| 46:07 (1) TAC Champ. 6/13 | 45:51 (1) Alongi Mem. 9/28 |
| 45:58 (1) Van Nuys 6/23 | |
| 45:29 (1) Oly. Fest. 7/19 | 5. Michelle Rohl |
| 46:52 (2) Pan Am Games 8/1 | DQ San Jose 4/21 |
| 45:58 (19) World Champ. 8/24 | 49:42 (2) Hihg. Park 4/28 |
| | 48:22 (4) TAC 6/13 |
| 2. Lynn Weik | 47:04 (2) Van Nuys 6/23 |
| 48:48 (1) Wash, DC 3/24 | 47:25 (3) Oly. Fest. 7/19 |
| 46:56 (2) San Jose 4/21 | |
| 47:44 (28) World Cup 6/1 | 6. Debpra Vam Prdem |
| 46:13 (2) TAC 6/13 | 49:17 (6) San Jose 4/21 |
| 45:56 (5) World Univ. G.9/15 | 48:41 (6) TAC 6/13 |
| 46:49 (25) World Champ. 8/24 | 47:43 (4) Oly. Fest. 7/19 |
| 46:48 (1) Alexandria 9/15 | 47:11 (3) Alongi Mem. 9/28 |
| 3. Victoria Herazo | 7. Lynda Brubaker |
| 47:05 (4) San Jose 4/21 | 50:03 (8) San Jose 4/21 |
| 47:33 (27) World Cup 6/1 | 48:38 (5) TAC 6/13 |
| 46:25 (3) TAC 6/13 | 49:39 (6) Niag. Falls 7/13 |
| 47:16 (3) Van Nuys 6/23 | 47:46 (5) Oly. Fest. 7/19 |
| 46:38 (2) Oly. Fest. 7/19 | 51:08 (6) Alexandria 9/15 |
| 47:10 (27) World Champ. 8/24 | 48:56 (11) Alongi Mem. 9/28 |
| 46:55 (2) Alexandria 9/15 | |

8. Maryanne Torrellas	9. Wendy Sharp
51:07 (2) Wash. DC 3/24	48:28 (5) San Jose 4/21
DNF San Jose 4/21	49:08 (42) World Cup 6/1
48:43 (7) TAC 6/13	49:46 (9) TAC 6/13
52:03 (2) W. Long Branch 6/4	50:38 (5) Van Nuys 6/23
49:49 (7) Oly. Fest. 7/19	
47:39 (6) Alongi Mem. 9/28	10. Cindy March
	50:44 (1) San Fran. 7/22
	48:59 (12) Alongi Mem. 9/28
	49:32 (1) Seaside 10/19

1991 U.S. 10 Km List

45:29 Debbi Lawrence	52:02 Margaret Govea
45:51 Teresa Vaill	52:14 Dierdre Collier
45:56 Lynn Weik	52:58 Karen Rezach
46:25 Victoria Herazo	53:10 Andrea Johnson
47:04 Michelle Rohl	53:27 JoAnn Nedelco
47:11 Debora Van Orden	53:37 Brenda Long
47:39 Maryanne Torrellas	53:42 Lisa Sonntag
47:44 Lynda Brubaker	53:57 Cindy Paffumi
48:20 Wendy Sharp	54:31 Maggie Bagan
48:46 Tracey Briggs	54:31 Jeannette Smith
48:59 Cindy March	55:01 Mataji Graham
49:16 Sara Standley	55:59 Jackie Kerby
49:33 Elizabeth Galasso	56:08 Alison Ashton
49:33 Kim Wilkinson	56:14 Mary Howell
49:47 Zofia Wolan	56:35 Danielle Hairabedian
49:49 Francene Bustos	56:40 Julia Gebron
49:58 Lizzy Kemp-Salvato	57:01 Carmen Jacinsky
50:41 Cheryl Rellinger	57:05 Cathy Mish
50:53 Kaisa Ajaye	57:27 Sandra DeNoon
51:16 Holly Wick	57:30 Donna Cunningham
51:17 Gayle Johnson	57:37 Eileen Lawrence
51:21 Viisha Sedlak	57:38 Brenda Cash-MacIsaac
51:49 Susan Liers	57:49 Ellen O'Shaughnessy
51:51 Claudia Leonard	57:50 Jaye Hanley
51:52 Dorit Attias	57:57 Kathy Frable

1991 World 20 Km Rankings

1. Mikhail Schennikov, USSR	1:20:43 (1) Ornskoldsvik 6/29
1:23:10 (4) Monterrey 3/31	1:19:37 (1) World Champ. 8/24
1:20:04 (2) L'Hospitalet 4/21	
1:20:43 (1) World Cup 6/1	3. Yevgeniy Misyula, USSR
1:19:46 (2) World Champ. 8/24	1:19:13 (1) Sov. Champ. 7/11
	1:20:22 (3) World Champ. 8/24
2. Maurizio Damilano, Italy	
1:23:54 (12) L'Hospitalet 4/21	
1:21:31 (8) World Cup 6/1	

4. Giovanni DeBenedictis, Italy	8. Daniel Plaza, Spain
1:21:13 (5) World Cup 6/1	1:22:53 (1) LaCoruna 4/13
1:20:29 (4) World Champ. 8/24	1:20:47 (3) L'Hospitalet 6/1
	1:21:00 (4) World Cup 6/1
5. Ernesto Canto, Mexico	DQ World Champ. 8/24
1:24:11 (5) Monterey 3/31	
1:20:46 (2) World Cup 6/1	9. Valentin Massana, Spain
1:28:22 (5) Pan Am Games 8/4	1:24:35 (7) LaCoruna 4/13
	1:21:38 (10) World Cup 6/1
6. Thierry Toutain, France	1:20:29 (5) World Champ. 8/24
1:20:56 (3) World Cup 6/1	
1:21:22 (9) World Champ. 8/24	10. Robert Korzeniowski, Poland
	1:24:49 (8) LaCoruna 4/13
7. Walter Arena, Italy	1:21:19 (5) L'Hospitalet 4/21
1:21:13 (6) World Cup 6/1	1:21:19 (7) World Cup 6/1
1:21:01 (7) World Champ. 8/24	1:21:32 (10) World Champ. 8/24

Close call on first, but Schennikov won two of three from World Champion Damilano and had a better record overall. DeBenedictis had the best record of the rest in the two big ones, but Misyula beat him at the World Championships and had a fast race in the SOviet Championships. Canto was unimpressive except for the World Cup, but challenged Schennikov all the way there and beat Toutain. Toutain didn't do anything at the World Championships to beat Canto out of the fifth spot. Arena was very solid in the two big races and is very close to the two ahead of him. Plaza's late DQ at the World Championships cost him third or fourth in the rankings. Massana and Korzeniowski had the best record of the rest in the two major races.

1991 World 20 Km List

1:18:58 Aleksandr Pershin, USSR	1:20:46 Ernesto Canto, Mexico
1:19:05 Frants Kostyukovich, USSR	1:20:47 Daniel Plaz, Spain
1:19:13 Yevgeniy Misyula, USSR	1:20:48 Vladimir Druchik, USSR
1:19:17 Vladimir ANDreyev, USSR	1:20:52 Robert Ihly, Germany
1:19:37 Maurizio Damilano, Italy	1:20:56 THierry Toutain, France
1:19:41 Igor Plotnikov, USSR	1:21:01 Walter Arena, Italy
1:19:43 Pavol Blazek, Czech.	1:21:05 Sandor Urbanik, Hungary
1:19:46 Mikhail Schennikov, USSR	1:21:15 Mingcai Li, China
1:19:48 Yevgeniy Zaikin, USSR	1:21:16 Nikolai Matyukhin, USSR
1:19:48 Andrei Perlov, USSR	1:21:16 Grigori Kornev, USSR
1:20:10 Artur Shumak, USSR	1:21:16 Gyula Dudas, Hungary
1:20:11 Roman Mrazek, Czech.	1:21:17 Joel Sanchez, Mexico
1:20:27 Aleksei Pershin, USSR	1:21:19 Robert Korzenowski, Poland
1:20:29 Giovanni DeBenedictis, It.	1:21:24 Axel Noack, Germany
1:20:29 Valentin Massana, Spain	1:21:36 Valeri Smirnov, USSR
1:20:33 Igor Kollar, Czech.	1:21:37 Giovanni Perricelli, Italy
1:20:34 Vyach. Terepanov, USSR	1:21:31 Carlos Mercenario, Mexico
1:20:44 Ronald Weigel, Germany	1:21:41 Nikoli Kalitka, USSR

1:21:41 Marcelo Moreira, Brazil	1:21:53 Oleg Plastun, USSR
1:21:42t Martial Fesselier, France	1:21:54 Yevgeniy Bocharov, USSR
1:21:44 Vik. Meskauskas, USSR	1:21:55 Sergei Pyatachenko, USSR
1:21:47 Hubert Sonnek, Czech.	1:21:56 Mikhail Kurushin, USSR
1:21:50 Yuriy Kuko, USSR	1:22:00 Vladimir Ostrovski, Israel
1:21:51 Mikhail Orlov, USSR	1:22:01 Milos Holusa, Czech.
1:21:52 Yuriy Begunov, USSR	1:22:01 Bernardo Segura, Mexico

1991 U.S. 20 Km Rankings

1. Tim Lewis	6. Doug Fournier
1:26:52 (1) San Jose 4/21	1:32:31 (1) Wash. DC 3/16
1:28:04 (54) World Cup 6/1	1:27:39 (2) San Jose 4/21
1:29:55 (1) TAC 6/13	1:32:09 (75) World Cup 6/1
1:31:07 (7) Pan Am Games 8/4	1:33:30 (7) TAC 6/13
1:30:55 (31) World Champ. 8/24	DQ World Univ. G. 7/20
	1:29:47 (8) Alongi Mem. 9/28
2. Allen James	7. Curtis Fisher
1:28:27 (1) Long Beach 3/16	1:28:12 (4) San Jose 4/21
1:27:47 (3) San Jose 4/21	1:28:15 (56) World Cup 6/1
1:30:25 (67) World Cup 6/1	1:35:26 (10) TAC 6/13
1:26:24 (1) Oly. Fest. 7/19	1:39:01 (10) Pan Am Games 8/4
1:26:33 (2) Alongi Mem. 9/28	1:30:30 (9) Alongi Mem. 9/28
3. Gary Morgan	8. Andrzej Chylinski
1:35:26 (16) San Jose 4/21	1:30:18 (8) San Jose 4/21
1:30:21 (3) TAC 6/13	1:31:09 (4) TAC 6/13
1:26:57 (2) Oly. Fest. 7/19	1:27:34 (3) Oly. Fest. 7/19
1:27:52 (3) Alongi Mem. 9/28	1:37:38 (14) Alongi Mem. 9/28
4. Dave McGovern	9. Don Lawrence
1:38:28 (20) San Jose 4/21	1:28:53 (5) San Jose 4/21
1:29:09 (1) Wash. DC 5/19	DNF World Cup 6/1
1:30:54 (3) TAC 6/13	1:33:53 (8) Oly. Fest. 7/19
1:19:27 (10) World Univ. G. 7/21	
1:29:12 (1) Atlanta 11/2	10. Bobby Briggs
5. Jonathan Matthews	1:33:44 (8) TAC 6/13
1:29:52 (7) San Jose 4/21	1:29:02 (6) Alongi Mem. 9/28
1:31:30 (5) TAC 6/13	
1:32:37 (7) Oly. Fest. 7/19	
1:28:41 (5) Alongi Mem. 9/28	
1:33:29 (1) San Fran. 11/17	

1991 U.S. 20 Km List

1:26:24t Allen James	1:26:57t Gary Morgan
1:26:52 Tim Lewis	1:27:34t Andrzej Chylinski

1:27:39 Doug Fournier	1:34:11 Richard Quinn
1:28:12 Curtis Fisher	1:34:21 Larry Walker
1:28:41 Jonnathan Matthews	1:34:23 Steve Pecinovsky
1:28:53 Don Lawrence	1:34:42 Tom Nutter
1:29:02 Bob Briggs	1:35:32 Philip Dunn
1:29:09 Dave McGovern	1:35:34 Dan O'Connor
1:29:17 John Marter	1:36:14 Dan O'Brien
1:29:33 Carl Schueler	1:36:52 James Lenshau
1:30:06t Herm Nelson	1:37:22 Jon Jorgenson
1:30:47t Rob Cole	1:37:35 Andrew Herman
1:30:56 Ian Whatley	1:37:40 Dave Waddle
1:30:57 Ray Sharp	1:37:55 Nick Bdera
1:31:09t Curt Clausen	1:38:13 Scott Widdall
1:31:56 Dave Marchese	1:38:34 John Kerfoot
1:32:20 Marc Varsano	

1991 World 50 Km Rankings

1. Carlos Mercenario, Mexico	6. Hartwig Gauder, Germany
3:53:30 (3) Mexico City 4/7	3:49:10 (2) Naumburg 4/21
3:42:03 (1) World Cup 6/2	3:53:14 (6) World Cup 6/2
4:03:09 (1) Pan Am Games 8/11	3:55:14 (3) World Champ. 8/31
2. Andrei Perlov, USSR	7. Vitaliy Popovich, USSR
3:52:20 (1) Mexico City 4/7	3:53:11 (2) Mexico City 4/7
DQ World Cup 6/2	DQ World Cup 6/2
3:53:09 (2) World Champ. 8/31	3:44:01 (1) Soviet Champ. 7/10
	4:00:10 (4) World Champ. 8/31
3. Aleksandr Potashov, USSR	8. Bernd Gemmelt, Germany
DQ World Cup 6/2	3:51:12 (4) World Cup 6/2
3:53:09 (1) World Champ. 8/31	
4. Simon Baker, Australia	9. Valentin Kononen, Finland
3:46:36 (2) World Cup 6/2	3:48:54 (1) Dudince 4/7
DNF World Champ. 8/31	4:02:34 (5) World Champ. 8/31
5. Ronald Weigel, Germany	10. Giovanni Perricelli, Italy
3:45:57 (1) Naumburg 4/21	3:49:40 (1) Ital. Champ. 3/17
3:47:50 (3) World Cup 6/2	3:52:51 (5) World Cup 6/2
DNF World Champ. 8/31	DNF World Champ. 8/31

Another close call, but MErENARIO won a title and Perlov didn't. From there, it's a matter of weighing performances in the World Cup and World Championships. Gauder was the only one in the top 10 to perform well in both races, but there is good reason to rank Potashov (World Championship win), Baker (World Cup second), and Weigel (beat Gauder decisively twice) ahead of him. Popovich, with fourth in the World Championship, fast time in Soviet title race, and finish ahead of

Mercenario in Mexico City, gets the nod over Gummelt and his World Cup fourth. Kononen edges Perricelli with faster time, as they were fifth in World Championship and World Cup respectively.

1991 World 50 Km List

3:42:03 Carlos Mercenario, Mexico	3:54:00 Jorge Llopart, Spain
3:44:01 Vitaliy Popovich, USSR	3:54:08 Guisepe DeGaetano, Italy
3:45:57 Ronald Weigel, Germany	3:54:36 Miguel Rodriquez, Mexico
3:46:36 Simon Baker, Australia	3:54:52 Jose Marin, Spain
3:48:43 Andrei Plotnikov, USSR	3:55:36 Jan Klos, Poland
3:48:54 Valentin Kononen, Finland	3:55:47 Igor Pasteruk, USSR
3:49:01 Mechislav Vezhel, USSR	3:55:47 Sergei Korepanov, USSR
3:49:01 Stanislaw Vezhel, USSR	3:55:48 Rene Piller, France
3:49:10 Hartwig Gauder, Germany	3:55:53 Jacek Bednarek, Poland
3:49:27 Pavol Szikora, Czech.	3:56:11 Vladimir Soika, USSR
3:49:40 Giovanni Perricelli, Italy	3:56:13 Tim Berrett, Canada
3:49:42 Aleksandr Volgin, USSR	3:56:22 Jaime Barroso, Spain
3:49:47 Bo Gustafsson Sweden	3:56:36 Zhaoen Shou, China
3:49:49 Godfried DeJonckheere, Bel	3:57:25 Ruiz Faustino, Spain
3:50:18 Valeriy Spitsin, USSR	3:58:15 Laszlo Sator, Hungary
3:51:12 Bernd Gummelt, Germany	3:58:33 Martin Bermudez, Mexico
3:51:23 Sandro Bellucci, Italy	3:58:41 Sergei Katurayev, USSR
3:51:35 Viktor Glnko, USSR	3:58:47 Jan Holander, Poland
3:51:39 Kestas Jazepcikas, USSR	3:58:52 Mikhail Shitikov, USSR
3:52:20 Andrei Perlov, USSR	3:58:55 Enrique Vera, Sweden
3:52:43 Martial Fesselier, France	3:59:18 Fumio Imamura, Japan
3:53:03 Vyacheslav Smirnov, USSR	3:59:29 Jaroslav Makovec, Czech.
3:53:09 Aleksandr Potashov, USSR	3:59:37 Veijo Savikko, Finland
3:53:33 German Skurygin, USSR	3:59:56 Zoltan Czukor, Hungary
3:53:47 Gyula Dudas, Hungary	3:59:58 Sergei Pershin, USSR

1991 U.S. 50 Km Rankings

1. Carl Schueler	4:05:33 (2)	San Fran. 12/15
4:11:03 (1)	TAC 3/7	
4:08:51 (31)	World Cup 6/2	
DNF	World Champ. 8/31	
4:06:21 (3)	San Fran. 12/15	
2. Marco Evoniuk	5. Paul Wick	
4:14:03 (2)	TAC 3/7	
DNF	World Cup 6/2	
DNF	World Champ. 8/31	
4:04:46 (1)	San Fran. 12/15	
3. Herman Nelson	6. Tim Lewis	
4:23:54 (7)	TAC 3/7	

7. Dan O'Connor	9. Andrzej Chylinski, Poland
4:23:01 (6)	TAC 3/7
4:30:22 (59)	World Cup 6/1
4:25:30 (2)	Oly. Fest. 7/19
4:19:59 (5)	San Fran. 12/15
8. Bob Briggs	10. Jonathan Matthews
4:24:32 (8)	TAC 3/7
4:19:24 (1)	Oly. Fest. 7/19
	4:23:25 (1)
	Atlanta 11/2
	DNF
	San Fran. 12/15

Note: As I write this, there is still one 50 to be contested on December 29 in Houston. If the results have any effect on these rankings, I will publish the corrected rankings next month. Likewise with the following list.

1991 U.S. 50 Km List

4:04:46 Marco Evoniuk	4:29:24 Mark Fenton
4:05:53 Herman Nelson	4:35:45 Ray Sharp
4:06:21 Carl Schueler	4:39:15 Steve Pecinovsky
4:15:13 Eugene Kitts	4:40:00 Dave Waddle
4:16:39 Paul Wick	4:40:45 Dan Pierce
4:17:39 Andrzej Chylinski	4:40:45 Chris Rael
4:17:50 Tim Lewis	4:47:03 Steve Vaitones
4:19:24 Bobby Briggs	4:56:17 Alan Price
4:19:59 Dan O'Connor	4:58:05 Ian Whatley
4:23:35 Jonathan Matthews	4:58:55 Bill McCray
4:24:19 Paul Malek	
4:25:10 Mark Manning	
4:27:13 Mike DeWitt	

Evoniuk impressive in late season 50 Km

San Francisco, Dec. 15 (From Ron Daniel)—In what can only be described as an exciting finish, Carl Schueler, in an uncharacteristic fade, dropped from first to third over the last 5 Km of today's 50 Km race. Marco Evoniuk, finishing with a 25:11 for the last 5, moved into first and hung on to get the Olympic Games standard of 4:05 by just 14 seconds. Finishing in second was Herm Nelson, his final 5 Km of 24:36 leaving him just 33 seconds short of the standard. But his was his best performance in 2 years and last year's foot injury seems to be history.

After a fast start (25 Km in 2:00:55) and a mid-race crash, Andrzej Chylinski finished with a 25:01 over the last 5 Km to hang onto to fourth in a personal record 4:17:39. Rounding out the finishers was Dan O'Connor in a solid 4:19:59, his best time in a couple of years.

The results:

1. Marco Evoniuk 4:04:46 (48:18, 1:36:20, 2:24:29, 3:14:02) 2. Herm Nelson 4:05:33 (48:24, 1:36:55, 2:25:53, 3:15:51) 3. Carl Schueler 4:06:21 (48:18, 1:36:13, 2:24:29,

3:12:55) 4. Andrzej Chylinski 4:17:39 (48:19, 1:36:14, 2:26:51, 3:21:08) 5. Dan O'Connor 4:19:59 (49:19, 1:39:26, 2:31:16, 3:26:04) DNF (Jonathan Matthews, 2:43:50 at 32.5 Km), Ron Ens (3:05:23 at 32.5), David Marchese (2:18:02 at 27.5), Richard Quinn (1:37:39 at 20). DQ--Michael Nixon Judges: Ron Daniel, Chief, Sonny Maynard, Toni Harvey, Bob Bowman, Lori Maynard, and Bob Wilson.

Other Results

New England 10 Km, Concord, Mass., Nov. 24--1. Steve Vaitones 50:18 2. Phil McGaw 56:21 3. Justin Kuo 56:26 4. Charles Mansbach 62:19 (14 finishers) Women: 1. Carol Kuo 69:41 **New York City Marathon, Nov. 14--1.** Tim Berrett, Can. 3:21:30 2. Hartwig Gauder, Germany 3:22:00 3. Marco Evoniuk 3:38:08 4. Dan O'Connor 3:45:28 5. Doug Fournier 3:48:52 6. Alan Jacobson 4:07:44 7. Bruce Logan 4:27:26 8. Richard Oliver 4:28:29 (1st over 50) 9. Herbert Zydek 4:31:51 11. Nick Bdera 4:34:16 12. Marc Bagan 4:34:34 . . 14. Howie Jacobson 4:44:55 (1st over 60). . . 21. Frank Lamorte 5:15:48 (1st over 70) Women: 1. Lynda Brubaker 4:12:57 2. Elizabeth Galasso 4:29:49 3. Susan Liers 4:30:41 4. Barbara Anderson 4:37:26 5. Elton Richardson 4:44:56 (1st over 50) 6. Jeanne Bocci 4:48:36 **5 Km, New York City, November 17--1.** Michael Korol 23:34 2. Richard Harper (42) 27:08 3. Kaisa Ajaye 27:24 (1st woman) 4. Alan Jacobson 27:50 5. Howard Jacobson (61) 27:51 6. Thomas Marhevko (41) 28:19 7. Herb Zaydek (52) 29:17 8. Bob Thaler (53) 29:42 9. Tom Worthington (44) 29:54 10. Bob Spillman (60) 30:30 **20 Km, Hauppauge, N.Y., Dec. 22--1.** Dan O'Connor 1:35:33 2. Lynn Weik 1:35:38 (better her own American record by 50 seconds, 47:22 at 10 Km, 1:11:24 at 15) 3. Howard Jacobson 1:58:00 **10 Km, same place--1.** Doug Fournier 50:04 **10 Km, Washington, DC, Nov. 16--1.** Bob Briggs 44:12 2. Tracey Briggs 48:46 3. Maldolm Posey 55:16 4. Sal Corrallo (60) 55:32 5. Valerie Meyer 59:35 **5 Km, same place--1.** Dan Kornhauser 26:13 2. Regis Harkins (51) 29:50 **5 Km, Virginia Beach, Va., Oct. 19--1.** Paul Nowall 27:54 2. Dennis Hughes 27:55 **Nort Carolina 1 Hour, Durham, Dec. 14--1.** Curt Clausen 11,643 meters 2. Andrew Briggs (1st over 60) 9,739 **Citrus Bowl 1/2 Marathon, Orlando, Florida, Dec. 7--1.** Edgardo Rodriguez 1:57:52 2. Burns Hovey 2:06:07 3. Jim Chapman 2:12:50 Women: 1. Lauren Demetry 2:20:20 **5 Km, same place--1.** Ken Cutler 26:56 2. Chuck McLaughlin 27:19 **Florida TAC 10 Km, Lake Eola, Oct. 19--1.** Edgarda Rodriguez 52:26 2. John Fredericks 52:26 (1st over 40) 3. Chuck McLaughlin 59:29 (1st over 50) Women: 1. Linda Stein 58:? **5 Km, Coconut Creek, Florida, Nov. 5--1.** John Fredericks 24:26 2. Lee Duffner (55) 27:10 3. Linda Stein (44) 27:42 3. Louise Tolson (40) 28:16 5. Dale Nelson (47) 28:19 6. Tamara Shendell 28:44 7. James Burkhart (41) 29:37 8. Donna Pape 30:00 (50 finishers) **Gulf 35 Km, Houston, Nov. 24--1.** Eliza Walbridge 3:40:53 2. Dave Gwyn 4:10:25 3. John Stowers 4:17:52 **5 Km, Longmont, Colorado, Oct. 19--1.** Alan Yap (49) 26:38 2. Daryl Meyers (48) 27:02 **5 Km, Golden, Colorado, Nov. 10 (about 500 meters long)** 1. Daryl Meyers 29:26 2. Sue Ann Bradley 35:36 **5 Km, Denver, Oct. 20--1.** Viisha Sedlak (42) 25:47 2. Claudia Leonard 26:05 3. Annette Sargent 26:27 4. Caryl Meyers 28:07 5. Mike Blanchard 28:45 6. Akbar Khalsa (44) 28:57 7. Leo Overmann 29:24 8. Gerard Storie (59) 30:03 (436 finishers) **10 Km, Longmont, Colorado, Nov. 16--1.** Carl Schueler 47:54 2. Dan Pierce 51:59 3. Debbie Van Orden 52:11 4. Alan Yap 58:24 5. Chris Amoroso (57) 59:53 6. Mike Blanchard 61:19 (19 finishers) **8 Km, Alhambra, Cal., Oct. 26--1.** Keith Ward 37:14 2. Richard Lenhart 40:23 3. Wayne Wurzbarger 44:07 4. Eugene Hampton 49:50 Women: 1. Megan Garner-

Holman 44:17 2. Donna Cunningham 48:04 3. Barbara Kowalski 49:53 **10 Km, Riverside, Cal., Nov. 10--1.** Keith Ward 22:31 2. Richard Lenhart 24:01 3. Dave Snyder 27:09 4. Steve Leitner 27:23 5. Carl Acosta 28:16 6. Rodney Canes 28:24 7. Wilson Crone 29:04 8. Dick Guthery 29:37 Women: 1. Victoria Herazo 22:58 2. Andrea Johnson 27:05 3. Donna Kennedy 30:52 **1/2 Marathon, Long Beach, Nov. 11--1.** Richard Ahston 1:47:32 2. Wayne Wurzbarger (49) 2:04:10 3. Bill Neder (53) 2:04:27 4. Ron Baers (49) 2:04:42 5. Jim Coots (50) 2:11:43 6. Jesus Orendain 2:11:43 (49) 7. Arvid Rolle (57) 2:13:18 8. Ken Yoshihara (52) 2:14:26 Women: 1. Brenda MacIsaac 2:16:57 **2 Mile, Salem, Oregon, Nov. 3--1.** Colette Govan 17:29.2 2. Tess Marino 17:57 3. Sue Laks 19:06.2 **10 Km, Salem, Oregon, Oct. 20--1.** Joel Estrin 55:16 **20 Km, Aarhus, Denmark, Sept. 7--1.** Hubert Sonnek, Czech. 1:25:31 2. Karel Repasky, Czech. 1:26:24 **Nordic Women's 10 Km Champ., Stockholm, Sept. 14--1.** Sari Essayah, Norway 44:47 (Just realized that I am missing this result on Essayah's summary in the World Rankings, but it has no effect on her ranking) 2. Veronica Oquist, Swed. 46:42 3. Ylva Tallberg, Swed. 48:15 **Swiss Airola to Chiasso Relay, Oct. 13 (A race with great tradition, but we haven't seen the result for several years. The U.S. sent a team on several occasions. Walked in torrential rain this year)** 1. Minsk, Byelorussia 6:51:14 2. Opava, Czech. 6:59:12 3. Budapest 6:59:20 4. Bansk Bystrica, Czech. 7:02:50 5. Lugano Roma 7:17:10 6. Bremen, Germany 7:17:57: 1st leg 18.6 Km--1. N. Carmody, London Met. Police 1:21:25 2. J. Maier (Istvan Czaba, Budapest, and Stanislaw Vezhel, Minsk, were the leaders in 1:21:04, but were each given a 3 minute penalty. They do this in lieu of disqualifying an entire team for the sins of one member.) 2nd leg 21 Km--1. Attur Shumak, Minsk 1:25:07 2. Z. Czukor, Bud. 1:31:03 3. J. Makovec, BB 1:31:36 3rd leg 20.9 Km--1. V. Glnko, Minsk 1:27:19 2. Paul Blagg, Met. Pol. 1:34:21 4th leg 16.6 Km--1. E. Andrasfay, Bud 1:14:50 2. P. Gabris, BB 1:15:24. . . 8. Franz Kostyukovitch, Minsk 1:26:38 5th leg 15 Km 1. Karoly Farago, Bud. (no times given) 2. Yevgeniy Misyula, Minsk 200 Km, Dijon, France, August 31-Sept. 1--1. L. Mackanic, Czech. 21:55:19 2. A. Phelepin 23:19:57. . . 8. Sandra Brown 23:53:05 for 193.29 (was third at 100 Km)

GET 1991 OFF ON THE RIGHT FOOT AT THESE EVENTS

Sun. Jan. 5	Half-Marathon, Miami (Q) 9 Km, New Orleans (V)
Fri. Jan. 10	Masters Indoor 1500 m (women, 3 Km (men, Hanover, NH (I)
Sat. Jan. 11	10 Km, Downey, Cal., 8 am (B) 15 Km, Long Branch, NJ, 11 am (A)
Sun. Jan. 12	Indoor 3 Km, Princeton, N.J., 10:30 am (A) Indoor Mile (women), 2 Mile (men), Hanover, NH (I) Indoor 2 Mile, Arlington, Virginia, 8:45 am (E)
Sat. Jan. 18	5 Km, Half-Marathon, and, Marathon, New Orleans, 8 am (V)
Sun. Jan. 19	Women's 10 Km, Men's 20 Km, New Orleans (certified course for Olympic Trials qualifying) (AA) Rose Bowl 10 Mile Handicap, Pasadena, 8:30 am (B)
Sat. Jan. 25	5 Km, Redondo Beach, Cal., 8 am (B) Women's Invitational 3 Km Indoor, Cambridge, Mass. (I) 10 Km, Long Branch, NJ, 11 am (A)
Sun. Jan. 26	Indoor 2 Mile, Arlington, Vir., 8:45 1m (E)

Sat. Feb. 1	5 Km, Miami, 8 am (Q)
	10 Km, Long Branch, NJ (A)
Sun. Feb. 2	Indoor 2 Mile, Arlington, Virginia, 8:45 am (E)
	Indoor 3 Km, Cambridge, Mass. (I)
	5 and 10 Km, New Orleans, 8 am (V)
Sat. Feb. 8	5 Km, New Orleans, 9 am (V)
	5 Km, Orlando, Florida (D)
Sun. Feb. 9	Long Beach Marathon, 7 am (B)
	Northeast Indoor 3 Km Champ., Providence, RI (I)
	4 Mile, Long Branch, NJ (A)
	5 Km, New Orleans, 8:30 am (V)
Sat. Feb. 15	5 Mile, Long Branch, NJ, 11 am (A)
Mon. Feb. 17	3.8 Mile, Brockton, Mass., 2 pm (I)
	5 and 10 KM, Wilshire, Cal. (B)
Sat. Feb. 22	2 Mile and 10 Km, New Orleans, 8 am (V)
Sun. Feb. 23	Indoor 2 Mile, Arlington, Virginia, 8:45 am (E)
	5 Km, Monterey Park, Cal., 8 am (B)
Sun. March 1	Los Angeles Marathon, 8:45 am (B)
Sun. March 8	2 Mile and 10 Km, New Orleans, 8 am (V)

Contacts

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- ✓ B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
- ✓ D--Verna Buchs, 585 Via Lugano, Winter Park, FL 32789
- ✓ E--Arlington Co-OP, 1035 S. Edgewood, Arlington, VA 22204
- ✓ I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
- Q--Florida Walkers, 4223 Palm Forest Drive, N., Delray Beach, FL 33445
- ✓ V--NOTPC, P.O. Box 52003, New Orleans, LA 70152
- AA--Dottie Clemmer, 830 Foucher St., New Orleans, La. 70115
- BB--Sal Corrallo, 3466 Roberts Lane N., Arlington, VA 22207

FROM HEEL TO TOE

The *San Jose Mercury News*, which did not endear itself to the racewalking crowd with some of its coverage of last spring's World Cup in San Jose, made pages of *Soccer America* with an error that shows they really aren't too much on top of things. According to *Soccer America*: "The Associated Press's insistence on calling Guangzhou, which served as the host city of the 1991 Women's World Championships in CHina, by its former (Western) name of Canton, threw a few sports desks for a loop, but none quite as much as that of the *San Jose Mercury News*. Its Nov. 28 edition carried a one-paragraph wrapup of the semifinals in its "Sports Digest" section. It was one thing to have the U.S. women beating Germany 5-2 in "Canton, Ohio". But it went on to report that "Norway beat Sweden 4-1 in Punyu, Ohio in the other semifinal." . . . Following are top times from Regional Championships in the TAC Emerging Elit Program in Track and Field: Men's 5 Km--Herm Nelson, West 21:18.30; Marc Varsano, East 22:14.23; Dominic Urbano, Northwest 22:36.20; Nick Bdera, East 22:40.45; James Lenschau, West 22:58.20; Marc

Bagan, East 23:30.97. Women's 5 Km--Fran Bustos, West 24:47.10; Elizabeth Galasso, East 25:03.10; Margaret Góvea, West 25:28.50; Cindy March, West 25:32.70; Kaisa Ajaye, East 25:50.98; Dorit Attias, East 25:57.07. . . The Potomac Valley Seniors Track Club is presenting a series of winter racewalk clinics. They are scheduled every Saturday from Jan. 4 through Feb. 29 at 8 am at the Tysons Corner Mall, wherever that is. The fee is \$45 for the series. Contact Potomac Valley Walkers, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206 or call Beth Alvarez (301) 249-5548 for more information. . . As a first step toward a possible Grand Prix racewalking circuit, the IAAF has designated several established events as IAAF Permit Races for 1991. These events have generally been most successful, the only problem being the lack of international judges at most of them. The 1991 series, which has been supported by many world-class walkers was: Mexican Race Walking Week, March 31-April 7; Dudine, Czech. April 7; LaCoruna, Spain, April 13; Hospitalet, Spain April 21; Sesto San Giovanni, Italy, May 1; Ornskoldvik, Sweden, June 29; Frankfurt, Germany, August 11; and Dearborn, Michigan September 29 (Alongi Memorial). The possibility of implementing a Grand Prix circuit for 1992 will depend on what financial arrangements can be made and the overall success of the Permit Races. Efforts are being made to secure sponsorship of this circuit. . . The Olympic Creed: The most important thing in the Olympic Games is not to win but to take part. Just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well. Baron Pierre DeCoubertin, Founder of the Modern Olympic Games. "If that's the case, why are qualifying standards being imposed in the Olympic racewalking events in 1992 for the first time?????" Signed, Interested Reader??? (Who was once an Olympian himself.) . . The American Racewalk Association has scheduled training camps for Honolulu, February 7 to 10, 1992, and for Boulder, Colorado, May 21-25, 1992. Both will be conducted by Viisha Sedlak. Contact the ARA, P.O. Box 18323, Boulder, CO 80308 for further information.

LOOKING BACK

25 Years Ago (From the Dec. 1966 ORW)--Jack Blackburn won the annual Ft. Thomas, Kentucky to Cincinnati short 6 mile in 43:13, with Chuck Newell beating Wayne Yarcho for second. . . Canadian Bert Life, age 56, won the Coney Island handicap, then 10 1/2 miles in 1:39:44. Ron Daniel took fast time honors in 1:26:38. . . Annual subscription rate for the ORW was \$1.20.

20 Years Ago (From the December 1971 ORW)--The Ohio Racewalker gave its annual Dr. John H. Blackburn Award to Goetz Klopfer for his 2:34:20 20 miler. The award was given for the single outstanding performance in race walking during the year. It was abandoned a few years later for various reasons, along with the ORW Style prizes that used to be presented at all national races. . . John Knifton won the Asbury Park 10 miler in 1:19:12. . . In Los Angeles, Ron Laird did an indoor 4 miler in 28:42, beating Larry Walker. . . The first annual ORW World Rankings were topped by East Germans--Peter Frenkel at 20 Km and Christoph Hohne at 50. East Germans and Soviets occupied the first six spots in the 20 and the first seven at 50. Dave Romansky was the only ranked U.S. walker--tenth in the 20.

10 Years Ago (From the December 1981 ORW)--Mexican topped the ORW Rankings for 1981--Daniel Bautista at 20 and Raul Gonzales at 50. Maurizio Damilano was second in the 20 and East Germany's Dietmar Meisch second at 50. In the U.S. Rankings, Marco Evoniuk and Jim

Heiring were one-two at 20 and Carl Schueler and Evoniuk on top at 50. . On the ladies side, Australia's Sue Cook sat atop both the 5 and 10 Km rankings. Sue Brodock of the U.S. was second at 5 and ninth at 10, and Sweden's Ann Jansson second at 10. Soviet women were just getting started in the sport. . Brodock topped the U.S. Rankings at both distances ahead of Susan Liers in the 5 and Jeanne Bocci in the 10. Jeanne was ranked 10 th in the World at 10. . The subscription rate was now \$4.00 per year.

5 Years Ago (From the December 1986 ORW)—China and the USSR had moved strongly into the women's racewalking picture and the ORW 10 Km Rankings saw Hong Yan and Ping Guan of China on top, followed by Olga Krishtop of the USSR, then USSR, CHina, USSR to round out the top six. Canada's Ann Peel led the rest of the world in seventh. . Maryanne Torrellas, Teresa Vaill, and Debbi Lawrence topped the U.S. Rankings. . In the Men's World Rankings, Spain's Jose Marin and the ever-present Maurizio Damilano led the 20 Km, with Hartwig Gauder and Andrei Perlov were on top at 50. . U.S. Rankings saw Tim Lewis, Marco Evoniuk, and Jim Heiring leading the 20, Carl Schueler, Evoniuk, and Randy Mimm the 50.

Finally, here is a landmark article lifted from the *Front Range Walkers News*.

THE VAGARIES OF FLATUS EXPULSION

by Bob Carlson

I feel compelled to address the none too dainty subject of flatus expulsion since—although the problem is omnipresent—research on the subject is almost non-existent. We talk about about all manners of problems brought on at times by exercise and their cures, but this is one that suffers from a dearth of information. The reason I am driven to write on the subject is that I had an interest in this very subject during my college days when my intellectual curiosity was at its zenith. At that time I tried and failed miserably at coming up with anything concrete on this subject either in the literature or from personal experiments. My personal, dismal failure occurred when I tried to produce fartric acid by bubbling captured flatulate through water in the chemistry lab without even a modicum of success. Although there is without a doubt vast amounts of the gas introduced into the atmosphere constantly, harvesting the fartric anhydride is yet another matter. The subject has been fairly dormant in my mind since about 1950. Much to my delight, though, I recently read an article by Tom Sobal in the February 1989 issue of *Mountain Athlete Magazine* which addresses the subject in a very interesting, scientific and comprehensive manner.

Tom devised a process he called "flatoanalysis" in which he ran farts through a gas chromatograph in order to separate the component gases. He got his samples by getting volunteers to collect gas, while sitting in a water-filled bathtub, by passing it and catching the bubbles in test tubes, quickly sealing the tubes and rushing them to the chemistry lab for analysis. This was a far superior method to the way I tried years ago—I did not have the sense to assemble the vital coterie of donors.

The 6 major flatal gases found were: Carbon dioxide, hydrogen, oxygen, nitrogen, methane and hydrogen sulfide. He theorized that the proportions of each component in a fart would reveal its origin. For instance, if the reason for the need to pass gas was because of swallowing air, then the flatulence would be nearly wholly composed of gases found in the atmosphere. The air we breathe has 78% nitrogen, yet research demonstrated that it was highly unusual to find any farts that had over 30% of this gas. Since nitrogen is not a

by-product of metabolism nor is it readily absorbed by the body, he reasoned that there must be another more important source of the gases in flatus.

Bacterial fermentation in the large intestine turned out to be the major cause. The major gases measured were carbon dioxide and hydrogen—the by-products of anaerobic bacterial metabolism. Colonies of bacteria that reside in us all feast on any undigested food in the gut that escape absorption in the small intestine. Gases result from this bacterial degradation and are expelled as farts, some more explosive than others.

Here is something that all Coloradans should take note of. The higher the altitude, the higher the incidence of flatulence. The lowered atmospheric pressure causes the gas produced to expand in volume. The culprit as far as smell is concerned is hydrogen sulfide. This gas is present in only very small quantities, yet its odiferous "rotten egg" smell is super-potent. It is produced by incomplete protein digestion (another reason seldom mentioned for using carbo for energy). Proteins such as beefsteak lie around a long time in the stomach before they are completely digested, whereas most carbohydrates are readily absorbed. The result is as Tom so aptly puts it "foods with high sulfur containing amino acid may result in the formation of the rank and vicious 'protein fart'"

There are certain non-meat sources that also cause excess flatulence such as dietary fiber, beans, and some dairy products. Certain members of the bean family can cause large volumes of gas because they contain two sugars that cannot be digested by the enzymes the body produces. However the ever-present bacteria in the gut do produce these enzymes, causing explosive results. Many adults are milk intolerant—unable to digest the lactose—and the same phenomenon occurs when they pass largely unused into the gas factory at the end of the bowels. Most people, if they take an interest in the subject, can determine which foods increase their flatulence whether it be brussels sprouts, certain fruits, beans or dairy products.

One low altitude study found by Tom showed that a normal person farts an average of 13.8 times per day. However this average must be greater than this at higher altitudes for the reason already mentioned. This average is no doubt higher in any case because so many farts escape undetected, probably through some misguided embarrassment on the part of the person studied. Mr Sobal indicated that there is evidence that regular strenuous exercise increases gastrointestinal motility and this motility causes a person to fart more.

Unfortunately, flatulence is probably a detriment rather than an asset under race conditions. There is only an infinitesimal "jet effect" aiding forward propulsion, and the rankness of the odor produced is in direct proportion to the desire of those behind you to pass you up and stay there for the remainder of the race. Nonetheless, this oft-heard poetic gem still rings true: "Better to fart and bear the shame, than squelch the fart and suffer pain."