

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XXIX, NUMBER 2

COLUMBUS, OHIO

APRIL 1993

Italian women close winners in hot World Cup; Mexican men romp

Monterrey, Mexico, April 24-25--Ignoring stifling heat that brought many of the world's top walkers to their knees, Mexico's men took full advantage of the "home court" to score a decisive team victory in the World Cup of Racewalking. Finishing first and third in the 20 Km, and 1-3-4 in the 50, the Mexicans amassed 640 points to runnerup Spain's 491. Italy was just 4 points behind the Spaniards and France took fourth. The U.S. men, led by Andrzej Chylinski's 38th place at 50 and Jonathan Matthews 41st at 20, finished 11th, an improvement over recent showings.

In the women's competition at 10 Km, Italy packed three walkers between 6th and 10th places to edge China and Russia for the title. China's Yan Wang captured the individual title. The U.S. women, walking without Teresa Vaill and Debbi Lawrence, finished 13th, with Debbi VanOrden the top place getter in 44th.

The women's race was walked at 3:30 on Saturday with the temperature hovering right around the 100 F (38 C) mark. Just as in Monterey, California two years ago, the heat slowed times considerably, with Wang winning in 45:10, 2 to 3 minutes behind what could be expected in such a competition.

For the men's 20, also on Saturday, the temperature was in the low 90s, still much too warm for optimum performance. Thus, Daniel Garcia was able to win in 1:24:37, and only about half the field finished under 1:35. The course also contributed to the slow times in both races, with four hills on each lap--two up and two down with one of the ups very steep, though relatively short--and a cement block surface that was irregular at best.

For the 50, started at 7 am on Sunday morning, the temperature was only in the 80s at the start, but rose back into the 90s as the race progressed. Thus Carlos Mercenario's winning time of 3:50:28 was probably the best performance of the meet. Mercenario recaptured the gold medal he won as a 20-year-old in New York City in 1987. He was runnerup to Russia's Andrei Perlov 2 years ago. Canada's Tim Berrett walked a brilliant race to take fifth place.

At this point, we can offer only partial results and no details on how the races progressed. All those details will come in a full report next month.

Women's 10 Km: 1. Yan Wang, China 45:10 2. Sari Essayah, Finland 45:18 3. Yelena Nikolayeva, Russia 45:22 4. Madeleine Svensson 45:43 5. Kerry Junna-Saxby, Australia 45:55 6. Ileana Salvador, Italy 46:02 7. Anna Rita Sidoti, Italy 46:14 8. Susan Feitor, Portugal 46:28 9. Yuwen Long, China 46:34 10. Elisabetta Perrone, Italy 46:49 11. Yelena Gruzina, Russia 46:56 12. Olimpiada Ivanova, Russia 47:02 13. Beate Anders, Germany 47:06 . . 15. Alison Baker, Canada 47:34. . . 44. Debbi Van Orden 50:22. . . 46. Dana Yarbrough 50:40 . . 53. Cindy March 51:45 . . 70. Fran Bustos 54:13 . . 82. Sara Standley 57:59

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

Teams: 1. Italy 196, China 193, Russia 193, Anustrlia 170, Hungary 160, Spain 145. . . US 13th with 97 points.

Men's 20 Km: 1. Daniel Garcia, Mexico 1:24:26 2. Valentin Massana, Spain 1:24:32 3. Alberto Cruz, Mexico 1:24:37 4. Robert Korzenowski, Poland 1:24:47 5. Mikhail Schennikov, Russia 1:24:49 6. Daniel Plaze, Spain 1:24:52 7. Giovanni di Benedictis, Italy 1:25:09 8. Robert Ihly, Germany 1:25:32 9. Igor Kollar, Slovakia 1:26:09 10. Giovanni Perricelli, Italy 1:26:17 11. Vladimir Andreyev, Russia 1:26:26 12. Mingcai Li, China 1:26:26. . . 41. Jonathan Matthews 1:31:28. . . 47. Allen James 1:32:24. . . 59. Dave McGovern 1:35:25. . . 66. Ian Whatley 1:36:53. . . 76. Marc Varsano 1:39:47

Teams: 1. Mexico 365 2. Italy 244 3. Spain 240. . . 14. US

Men's 50 Km: 1. Carlos Mercenario, Mexico 3:50:28 2. Jesus Garcia, Spain 3:52:44 3. German Sanchez, Mex. 3:54:15 4. Miguel Rodriguez, Mex. 3:54:22 5. Tim Berrett, Canada 3:55:12 7. Valentine Kononen, Finland 3:57:28 7. Simon Baker, Australia 3:50:36 8. Hartwig Gauder, Germany 3:59:10 9. Guiseppi De Gaetano, Italy 4:00:19 10. Jean Claude Corre, France 4:01:12 11. Martin Bermudez, Mexico 4:01:37 12. Rene Piller, France 4:02:33. . . 38. Andrzej Chylinski 4:17:36. . . 51. Herm Nelson 4:27:44. . . 57 Dave Marchese 4:31:43. . . 66. Dan O'Connor 4:48:19

Teams: 1. Mexico 275 2. Spain 251 3. France 245. . . 10. US

Final team score: 1. Mexico 640 2. Spain 491 3. Italy 487 4. France 454. . . 11. US

The real National Invitational results

Talk about spreading misinformation! Last month we perpetrated probably the biggest mistake in the storied history of ORW errata and minor goofs. Relying on results published in the prestigious USA Today, we had a late-breaking bulletin showing the first five finishers in the National Invitational 10 and 20 Km races, a meet that also served as the qualifier for the U.S. World Cup Team. Those results placed Kaisa Ajaye and Lisa Sonntag on the women's team with fourth and fifth place finishes in times way, way under their personal bests. We thought it was a very surprising result, but who are we to question this great paper. No doubt, Kaisa and Lisa were equally surprised to find themselves on the team after actually finishing 23rd and 19th in times more in line with their usual performance. The result also moved Canada's Pascal Grand from fifth to third and left actual third and fourth place finishers, Debbi Lawrence and Allison Baker, out. Anyway, our apologies to all concerned and to our readers. Now we have the real results, which I received with considerably shock shortly after putting the bogus results in the mail.

The first five we listed in the men's 20 Km were correct, however. So here are the full results, with 2 Km splits for the leaders:

Women's 10 Km: 1. Teresa Vaill 45:27 (8:43, 17:40, 26:45, 36:00) 2. Janice McCaffrey, Canada 46:16 (8:58, 18:20, 27:35, 36:54) 3. Debbi Lawrence 47:06 (8:44, 18:09, 27:37, 37:13) 4. Allison Baker, Canada 47:15 (8:59, 18:21, 27:47, 37:37) 5. Pascale Grand, Canada 47:28 (9:25, 18:58, 28:33, 38:00) 6. Sara Standley 47:37 (9:06, 18:32, 28:19, 37:56) 7. Tina Poltras, Canada 47:44 (9:23, 18:52, 28:34, 38:04) 8. Debbie VanOrden 47:49 (9:25, 18:33, 28:31, 38:05) 9. Cindy March 48:22 (9:33, 18:56, 28:37, 38:36) 10. Dana Yarbrough 48:29 (9:44, 19:34, 29:15, 38:57) 11. Francene Bustos 49:11 12. Susan Armenta 49:26 13. Corinne Whissel, Canada 50:10 14. Sally Richards-Kerr 50:36 (Age 40, first master) 15. Ami Colwell 50:37 16. Susan Hornung, Can. 50:50 17. Jennifer Zalewski 51:09 18. Maryanne Torrellas 51:30 19. Lisa Sonntag 51:42 20. Brigitte Leblanc, Can. 51:56 21. Micheline Daneau, Can. 52:01 22. Gretchen Eastler 52:19 23. Kaisa Ajaye 52:22 24. Viisha Sedlak (44) 52:38 25. Melissa Baker (16) 52:59 26. Peggy Miller 53:08 27. Joanna Irvine, Can. 53:10 28. Megan Garaner-Holman 53:18 29. Cheryl Rellinger 54:53 30. Mylene Depere 55:33 31. Pauline Stickels 55:41 32. Pat Weir (42) 55:54 33. Therese Iknoian 56:11 34. Ellen Marshall 57:03 35. Jennifer Grego 59:23 36. Kathy Frable (43) 59:49 37. Eileen Lawrence 60:57 38. Gloria Rawls 61:12 39. Kathy Finch 61:44 40. Jan Cook 62:38 (48 finishers) DQ--Gayle Johnson and Joan Rowland.

Men's 20 Km: 1. Tim Berrett Canada 1:22:47 ((8:33, 17:03, 25:23, 33:34, 41:49, 50:01, 58:17, 1:06:32, 1:14:44) 2. Mikhail Khmelnsky, Rus. 1:23:07 (8:31, 17:01, 25:21, 33:35, 41:50, 50:02, 58:19, 1:06:31, 1:14:45)--as we see, Berrett was able to accelerate sharply on his final 2 Km to take the gold. 3. Allen James 1:26:42 (8:42, 17:09, 25:43, 34:19, 42:53, 51:30, 1:00:10, 1:09:08, 1:17:52) 4. Jonathan Matthews 1:27:12 (8:43, 17:14, 25:46, 34:21, 42:58, 51:45, 1:00:37, 1:09:26, 1:18:25) 5. Martin St. Pierre, Can. 1:27:31 (8:41, 17:19, 25:58, 34:42, 43:26, 52:12, 1:00:56, 1:09:46, 1:18:39) 6. Andrzej Chylinski 1:28:58 7. Dorel Firica, Can. 1:29:17 8. Dave McGovern 1:29:35 9. Ian Whatley 1:29:36 10. Marc Varsano 1:29:44 11. Gilbert D'Aoust, Can. 1:30:16 12. Curtis Fisher 1:30:19 13. Maxim Zyranov, Rus. 1:30:45 14. Dave Marchese 1:31:02 15. Don DeNoon (Age 49) 1:32:21 (In his second year back walking after about 24 years as a coach and runner, DeNoon bettered his personal best of 1:32:28 set on the way to 25 Km in Detroit in 1968. Don was fourth in the 1964 Olympic Trials in 1:38:09 and was DQ'd in the 1968 Trial after finishing fifth. He had a 1:33:25 in that year's National. He is still nearly 6 minutes behind New Zealand's 50-year-old Gary Little) 16. Ray Funkhouser (42) 1:33:20 17. Curt Clausen 1:33:28 18. Rob Cole 1:34:49 19. Phillip Dunn 1:35:36 20. Arturo Huerta, Can. 1:36:02 21. Andrew Hermann 1:36:47 22. Tim Lewis 1:37:45 23. Jeff Cassin, Can. 1:40:50 24. Steven Pecnovsky 1:41:11 25. Dave Doherty 1:41:49 26. Eric Schmook 1:42:17 27. Carl Schueler 1:44:09 28. Yariv Pomeranz (17) 1:44:17 29. Paul Malek 1:44:25 30. Elliot Taub 1:46:50 31. Philip McGaw (42) 1:47:38 32. Michael Korol 1:47:51 33. Nicholas Bdera (44) 1:48:48 34. Norman Frable (47) 1:49:01 35. Alan Price (46) 1:50:43 36. Dominic Chartier, Can. 1:51:40 37. Jeff Salvage 1:53:24 38. Robert Ullman (44) 1:54:16 39. Alvia Gaskill 1:54:54 40. Justin Kuo 1:55:08 41. Tom Bower (49) 1:56:08 42. Thomas Zdrojewski (52) 1:56:32 43. Herbert Zydek (54) 1:56:56 44. Michael Roth 1:57:42 45. Paul Cajka 1:58:14 46. Ken Mattsson 2:00:08 47. Martin Smith (43) 2:02:09 48. Ron Morra (44) 2:03:46 49. Rupert Ravens 2:06:43 50. Stanley Schecter (60) 2:08:47. . . 52. Edward Merrill (60) 2:10:07. . . 55. Edward

Cawinski (66) 2:18:57 DQ--Danny Fink. DNF--Don Lawrence, James Lenschau, David Lawrence, Doug Fournier

5 Km, same place--1. Albert Heppner (18) 23:40 2. James Carmines (49) 25:50 3. Malcolm Posey 28:27 4. Dave Kodner 28:28 5. Bob Kitchen (45) 28:29 6. James Goldstein (44) 28:45 7. Joe Guy (49) 29:18 8. Bill Goodwin (46) 29:20 9. Ronald Shields (49) 29:22 10. Arthur Noll (58) 29:30 11. Dan Kornhauser 29:33 12. James Lemert (57) 30:06 (30 finishers)

Women's 5 Km--1. Rachel Robichaud, Can. 24:54 2. Barbara Miller 29:17 3. Sami Bailey (56) 29:46 4. Valerie Meyer 30:26 (22 finishers)

Vaill breaks U.S. record at Penn Relays

Philadelphia, April 24--Powering around the Franklin Field track for 12 1/2 laps, Teresa Vaill bettered Debbi Lawrence's U.S. Women's record for 5 Km while winning the Penn Relays title in 21:28.17. Debbi's record was 21:32.00. Gretchen Eastler never let the swift Vaill get out of her sights and walked a brilliant 21:47.57 in second, shattering her personal best (providing the New York Times is more reliable than USA Today). In the Men's 10 Km, Curt Clausen won in 43:31.40, with Puerto Rico's Jose Torrese and master's ace Ray Funkhouser not far back.

Women's 5 Km: 1. Teresa Vaill 21:28.17 2. Gretchen Eastler 21:47.57 3. Debbie Iden 24:04.42 4. Lisa Chumbley 24:19.58 5. Milissa Baker 24:29.18

Men's 10 Km: 1. Curt Clausen 43:41.40 2. Jose Torrese, Puerto Rico 43:39.45 3. Ray Funkhouser 43:46.12 4. Will Van Axen 45:52.94 5. Dave Doherty 46:23.46

OTHER RESULTS

10 Km, Marlborough, Mass., March 10--1. Brian Savilonis (42) 52:13 2. Phil McGaw (42) 53:04 3. Joe Light (45) 54:40 4. Bob Ullman (44) 55:32 5. Justin Kuo 56:31 6. Ken Mattsson 59:13 7. Tom Knatt (53) 63:59 **Women:** 1. Meg Ferguson (42) 64:04 **20 Km, Framingham, Mass., April 4--**1. Steve Vaitones 1:46:09 2. Michael Korol 1:46:31 3. Pphil McGaw 1:52:55 4. Bob Ullman 2:01:45 **Women:** 1. Micheline Daneau, Can. 1:47:20 2. Gretchen Eastler 2:01:23 3. Chris Anderson 2:03:32 **National Interscholastic Girls 1 Mile, Syracuse, N.Y., March 15--**1. Melissa Baker 1:12.90 2. Debra Scott 7:28.80 3. Cebra Scott 7:28.83 4. Jennifer Frost 7:33.25 5. Roselle Safran 7:42.12 6. Anne Lankowicz 7:44.14 7. Sarah Gordon 7:48.41 8. Jennifer Van Axen 9=8:02.71 9. Tata Shea 8:08.91 10. Erin Ingram 8:13.60 (15 finishers) **Metropolitan 15 Km, New York City, April 17--**1. Gary Null (48) 1:17:53 2. Nick Bdera (44) 1:18:53 3. Michael Korol 1:19:24 4. Maryanne Torrellas 1:21:19 5. Kaisa Ajaye 1:21:35 6. Norman Frable (47) 1:22:56 7. Herbert Zydeck (54) 1:26:07 8. Tom Zdrojewski (52) 1:26:25 9. Elton Richardson (54) 1:30:25 10. Stanley Schechter (60) 1:33:38 11. Ed Gawinski (66) 1:34:14 (36 finishers) **13.1 miles, Lincroft, N.J., March 7--**1. Jack Lach 2:07:07 2. Ralph Garfield 2:09:19 **10 Miles, Freehold, N.J., March 21--**1. John Soucheck 1:26:21 2. Jack Lach 1:31:52 3. Dr. Patrick Bivona 1:32:32 4. Ralph Edwards 1:38:47 **10 mile, Asbury Park, N.J., April 4--**1. Ray Funkhouser 1:12:30 2. Cliff Mimm 1:20:57 3. Shabar Kul-Khmedallah 1:22:16 4. Nick Bdera 1:22:34 5. John SOuchek 1:24:08 6. TOny Noerpel 1:26:20 7. Jack Lach 1:28:40 8. Norm Frable 1:29:31 9. Lon Wilson 1:29:59 10. Tim CHelius 1:31:17 **Women:** 1. Phyllis Hansen 1:31:37 2. Elton Richardson 1:35:39 3. Kathy Frable 1:41:56 **SC State Championships, Darlington, April 3:** 1500 meters--1. David Hale 7:47 (1st 40-44) 2. Floyd Hanes 8:21 3. Ken Long (65-59) 8:49 **Women:** 1. Donna Pekar 8:22 3 Km--1.

David Hale 16:31 2. Mike Michel (60-65) 17:22 3. Floyd Hanes 17:23 **Women:** 1. Donna Pekar 17:37 **10 Km, Winter Park, Florida, March 27--**1. Edgardo Rodriguez 53:43 2. Burns Hovey 54:23 3. Chuck McLaughlin (50-59) 58:36 4. William Mathews (60 and over) 61:15 **2 Mile, North Bay Village, Florida, March 21--**1. Eric Schmook 22:58 2. Bob Cella 27:54 3. Don Stockwell 28:06 **Women:** 1. June Marie Provost 29:24 **5 Km, Miami--**1. Eric Schmook 22:36 2. Bob Cella (50-59) 28:55 **Women:** 1. June Marie Provost 29:20 **5 Km, Palm Beach, Florida--**1. Marc Varsano 22:56 2. Eric Schmook 23:35 **Women's 5 Km, Miami, April 15--**1. Sara O'Bannon 28:42 2. April Conaghan 29:20 (31 finishers) **5 Km, Altameda Springs, Florida, April 18--**1. Steve Christlieb 27:17 2. Chuck McLaughlin 27:21 **5 Km, Coral Gables, Florida--**1. Eric Schmook 22:07 2. Mark Danford 23:45 3. Gerry Gomes 28:38 **Women:** 1. Sara O'Bannon 28:09 2. June-Marie Provost 29:39 **5 Km, Miami--**1. Eric Schmook 22:45 2. Mark Danford 28:27 **Women:** 1. Sara O'Bannon 28:31 **Jack Mortland Invitational, Columbus, Ohio, April 4:** **Women's 10 Km--**1. Lenore Norris 63:57 2. Rebecca Hayes 67:21 **Men's 20 Km--**1. Dan O'Brien 1:36:49 (24:14, 48:40, 1:12:47) 2. John Elwarner (53) 1:49:19 3. Martin Smith 2:03:48 DQ--Bernie Finch (2:10:14) and Jack Shuter **5 Km--**1. Chad Edder 24:13 **Republic of Texas 5 Km, Austin, March 21--**1. Bohdan Bulakowski, Poland 22:33 2. Adam Pawlik 25:00 3. Keith Butteraugh 25:18 4. Norman Frable 25:19 5. Richard Letsinger (47) 26:25 6. Presley Donaldson (59) 27:09 7. Steve Marcum 29:12 8. Bill Adams (52) 29:49 **Women:** 1. Dana Yarbrough 24:52 2. Cheryl Rellinger 25:45 3. Heidi Epp (40) 27:42 4. Sally Meyer (44) 30:24 **5 Km, Denver, February 14--**1. Sally Richards-Kerr 25:55 2. Sheri Young 29:36 **Indoor 3 Km, Air Force Academy--**1. Sally Richards-Kerr 15:28 2. Ray Franks (58) 16:58 3. John Lyle (60) 17:23 4. Daryl Meyers (50) 17:26 **Indoor 3 Km, Boulder, Col., Feb. 13--**1. Curtis Fisher 12:25 2. John Spuhler 13:33 **Indoor 1 Mile, Boulder, March 6--**1. Mike Blanchard 7:43 2. Viisha Sedlak 7:47 3. Alan Yap (50) 8:07 4. Akbar Khalsa (45) 8:52 5. Ray Franks 8:56 6. Daryl MEyers 8:59 7. Lorraine Green 9:00 **5 Km, Denver, March 7--**1. Sally Richards-Kerr 25:56 2. Bob DiCarlo (59) 27:47 3. Daryl Meyers 28:45 4. Christine Chase 29:04 5. Marianne Martino (42) 29:27 6. Stuart Sonne (55) 29:57 (281 finishers) **5 Km, Longmont, Col., March 13--**1. Dan Pierce 27:08 2. Mike Blanchard 27:24 3. Megan Garner-Holman 27:46 4. Alan Yap 27:48 (34 finishers) **7 Km, Denver, March 14--**1. Raul Fabian, Mex. 34:35 2. Mike Blanchard 37:14 3. Daryl Meyers 42:45 **20 Km, Long Beach, March 21--**1. Murray Day 1:41:42 2. Richard Ashton 1:41:59 3. Chris Dreher 1:47:06 4. Enrique Camarena (40-49) 1:55:17 5. Ray Kraus (40-49) 1:57:57 6. Carl Acosta (50-59) 1:58:29 7. Richard Oliver (50-59) 1:59:24 8. Brian La=Bounty (40-49) 2:02:12 9. Ronald Baers (50-59) 2:03:39 10. James Smith (50-59) 2:03:56 (21 finishers) **Women:** 1. Jaye Hanley (50-59) 2:01:27 2. Lorraine Miller (40-49) 2:05:14 (7 finishers) **5 Km, same place:** 1. Wane Wurzbarger (50-59) 26:52 2. Steve Leitner (40-50) 27:15 3. Jesus Orendein (50-59) 28:33 4. Aaron Mendonca 29:36 **Women:** 1. Francene Bustos 24:23 2. Donna Cunningham (40-49) 27:09 3. Danielle Kirk 28:13 4. Margery Alexander 28:51 (36 finishers) **LA Marathon, March 7--**1. Chris Dreher 4:31:39 2. Bob Mimm (58) 4:47:54 **Mt. SAC Relays, Walnut, Cal., April 17:** **10 Km--**1. Antonio Armendariz (18) Mexico 46:10 2. Richard Lenhart 50:22 3. Adam Mendonca 50:31 4. Ethiel Soto, Mexico 50:50 5. Chris Herwig, Can. 50:53 6. Chris Dreher 51:43 7. Jack Bray (60 and over) 53:49 8. Richard Oliver (50-59) 57:45 9. Carl Acosta (50-59) 59:24 10. Ron Baers (50-59) 60:00 11. James Smith (50-59) 60:10 (22 finishers) **Women:** 1. Francene Bustos 50:08 2. Sian Spacey, Can. 53:09 3. Megan Garner-Holman 53:54 4. Joanne Fox, Can. 54:23 5. Donna Cunningham (40-49) 56:12 6. Anne Meyer 56:55 7. Jaye Hanley (50-59) 59:26 8. Lorraine Miller (40-49) 61:05 (19 finishers) 5

Km, same place--1. Aaron Mendonca 27:29 2. Wayne Wurzbarger (50-59) 27:31 3. Art Grant (40-49) 27:41 4. Craig Droz 28:21 5. Stuart Ray (50-59) 29:42 (8 finishers)
Women: 1. Danielle Kirk 28:11 2. Barbara Steffens (40-49) 29:08 3. Tamara Williams 29:43 4. Cherly Embry 29:55 5. Margie Alexander 30:11 (21 finishers) **Half-Marathon, Chico, Cal., March 6--1.** Tommy Aunan 1:58:49 2. Sally Focacci 2:02:52 3. Phil Lydon 2:19:50 (16 finishers) **5 Km, Sacramento, March 27--1.** Tommy Aunan 25:11 2. Karen Stoyanowski 26:08 3. Larry Green (57) 26:44 4. Sally Focacci 27:20 (14 finishers) **20 Km, Salem, Oregon, March 7--1.** Vance Godfrey 1:33:29 2. Andrew Hermann 1:39:31 **5 Km, same place--1.** Bob Brewer 26:48 **Women's 10 Km, same place--1.** Amy Colwell 52:54 **Women's 3 Km, same place--1.** Kristen Thomas 17:23 **5 Km, Eugene, Oregon, March 13--1.** Ed Kousky 27:05 **5 Km, McMinnville, Oregon, March 13--1.** Vance Godfrey 20:56 2. Andrew Hermann 22:23 3. David Thomas 22:31 4. Andres Liles 23:17 5. Steve Renard 24:37 **6 Km, same place--1.** Kristen Thomas 17:23 **Women's 10 Km, same place--1.** Annette Swearingen 30:26 **3 Km, Seattle, March 6--1.** Dan Sutich 13:42 2. Pasqual Pedneault, Can. 14:34 3. Stan Chraminski 14:34 4. Bob Novak 14:55 **Women:** 1. Joanne Fox, Can. 15:00 2. Tracey Ross 16:08 3. Ann Tuberg 16:28 4. Bev LaVeck 17:52 **3 Km, Seattle, March 27--Stan Chraminski 14:29.6 2. Sian Spacey 14:42.3 3. Joanne Fox 15:17.1 4. Marco Marisklavos (13) 15:23.2 5. Valerie Chan 16:56 2.8 mile, Seattle, April 1--1.** Stan Chraminski 22:59 2. Bob Novak 23:36 3. Ann Tuberg 15:33 **Pac. Northwest 5 Km, Bellingham, Wash., April 12--1.** Dan Sutich 22:47 2. Stan Chraminski 24:31 3. Bob Novak 25:35 4. Jason Glover 26:36 5. Gary Briggs 27:16 6. Chris Herwig 27:44 **Women:** 1. Sian Spacey 25:31 2. Joanne Fox (sick) 27:20 3. Tracy Ross 27:44 4. Valerie Chan 28:56 **10 Km, Seattle, April 18--1.** Dan Sutich 48:29 2. Bob Novak 53:21 3. Lew Jones 58:32

FOR YOUR PERAMBULATING PLEASURE

Sat. May 8 Women's 5 Km, Austin, Texas (W)
 5 Km, Davenport, Iowa (Z)
 Sun. May 9 5 Km, New Orleans, 8 am (M)
 Sat. May 15 5 Km, San Francisco (N)
 5 Km, Hammond, Indiana (AA)
 5 Km, Denver (H)
 Thu. June 3 2.8 Miles, Seattle, 6 pm (C)
 Sat. May 15 5 Km, Metairie, Louisiana, 6 pm (M)
 5 Km, San Francisco (N)
 Sun. May 16 5 Km, Needham, Mass., 2:20 pm (I)
 US Masters 50 Km Champ. and 50 Mile, Long Branch, NJ (A)
 Sun. May 17 5 Km, Atlanta (D)
 Fri. May 21 5 Km, New Orleans, 6 pm (M)
 Sat. May 22 Masters 5 Km, Winter Park, Florida (Q)
 5 Km, Somerset, Pa., 9 am (X)
 Sun. May 23 15 Km, Riverside, Cal. (B)
 10 and 20 Km, Washington, DC (J)
 5, 10, and 20 Km, Liverpool, NY (V)
 15 Km, Sterling, Mass. (I)
 5 Km, Denver (H)

Sat. May 29 National Youth Road Racewalk Championships, Overland Park, Kansas (Y)
 15 Km, Columbia, Missouri (U)
 Sun. May 30 Metropolitan 20 Km Champ., New York City, 9 am (G)
 Mon. May 31 5 Km, Stone Mountain, Georgia (DD)
 10 Km, Marlin, Cal., 8 am (BB)
 Thu. June 3 2.8 Mile, Seattle, 6 pm (C)
 Sat. June 5 5 Km, Fontana, Cal., (B)
 5 Km, Los Angeles (B)
 Men's 20 Km, Women's 10 Km, Kenosha, Wisconsin (P)
 5 Mile, Grafton, Mass. (I)
 Two 5 Kms in Denver (H)
 1500 m and 5 Km, Rancho Cordova, Cal. (D)
 3 Km, Seattle (C)
 Sun. June 6 Western Regional 10 Km, Van Nuys, Cal. (B)
 Senior Olympic 5 Km, Pasadena (B)
 Track Racewalks, Pasadena, Texas (O)
 5 Km, Denver (H)
 Metropolitan and Eastern Reg. 10 Km, Queens, NY, 10 am (G)
 Masters 5 Km, Monmouth, N.J., 10 am (A)
 5, 10, and 20 Km, Schenectady, NY (F)
 N.J. Masters 5 Km, West Long Branch, 10 am (A)
 8 Km, Ukiah, Cal., (N)
 3 Km, Seattle (C)
 Tue. June 8 1 Mile, Holmdel, N.J., 6 pm (A)
 Wed. June 9 5 Km, Lisle, Illinois (CC)
 Fri. June 11 2 Mile, Lakewood, Col., 7 pm (H)
 Sat. June 12 Masters 5 Km, Los Gatos, Cal., (N)
 5 Km, Evansville, Indiana (BB)
 5 Km, Chicago, Illinois (EE)
 Northeast 5 Km Championship, Dedham, Mass. (I)
 5 Km, Miami (Q)
 5 Km, Overland Park, Kansas (K)
 5 Km, Denver (H)
 Mon. June 14 5 Km, Long Branch, N.J., 6:30 pm (A)
 June 17-19 USA Mobil Outdoor Championships, Men's 20 Km, Women's 10 Km, Eugene, Oregon (R)
 5 Km, Lockport, Illinois (CC)
 Sat. June 19 10 Km, Albany, N.Y. (F)
 Two 5 Kms and a 10 Km, Denver (H)
 Sun. June 20 2 Mile, New Orleans, 8 am, (M)
 5 Km, Denver (H)
 Mon. June 21 5 Km, Long Branch, N.J., 6:30 pm (A)
 June 26-27 US Jr. T&F Champ., Men's 10 Km, Women's 5 Km, Spokane, Wash.
 Sat. June 26 5 Km, Rock Island, Illinois (C)
 6 Hour and 12 Hour, Ithaca, N.Y. (V)
 Sun. June 27 Southeast Masters 8 Km, Taylor, S.C. (FF)

Mon. June 28	5 Km, Long Branch, N.J., 6:30 pm (A)
Thu. July 1	2.8 Mile, Seattle, 6 pm (C)
Fri. July 2	3 Mile, Miami (Q)
Sat. July 3	1 Mile, Monmouth, N.J. (A)
Sun. July 4	8 Km, Washington, D.C., 7:30 am (J)
	5 Km, Denver (H)
Mon. July 5	5 Km, Long Branch, N.J., 6:30 pm (A)
Thu. July 8	3 Mile, Miami (Q)
Sat. July 10	US 10 Km, Men and Women, Niagara Falls, N.Y. (T)
	Masters 3 Km, Libertyville, Illinois (CC)
	2 Mile, New Orleans, 7 pm (M)
	5 Km, Elk Grove, Cal. (D)

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 F--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 G--Park Racewalkers, 320 E. 83rd St., Apt. 2C, New York, NY 10028
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 R--Championships Organizing Committee, P.O. Box 10825, Eugene, OR 97440
 S--Vernie Foxley, Athletics MS-3070, W 3410 Ft. George Wright Dr., Spokane, WA 99204
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FROM HEEL TO TOE

Horrors! Another mistake in the last issue. Our schedule of events listed a 5 Km race in Somerset, Pa. for Sunday, May 17. The race, the 3rd Shane Vieregge Memorial, is actually on Saturday, May 22. Just an inputting error, but that doesn't explain how we created a nonexistent date, particularly when we also had the correct date, Sunday, May 16, on the schedule. . . Potomac Valley Walkers are sponsoring a series of Racewalk Clinics. The final session of one series, conducted by Alan Price, will be on May 12 at Constitution Gardens in Washington, DC. Another series, conducted by Bob and Tracey Briggs, started on May 1 and will run for eight Saturdays through June 19 at 9 am. This one is at St. Stephens/St. Agatha school in Alexandria, Virginia. Contact the Potomac Valley Walkers, c/o Valerie Meyer, 2305 Buchanan St., Arlington, Virginia 22206. Also contact Valerie regarding the clubs 11 summer track and field meets, including a 1 mile walk, which will be held every other Sunday. . . The American Racewalk Association, headed by Viisha Sedlak, has scheduled its 5th Annual Racewalk Training Camp for Boulder, Colorado, May 27-31. The camp invites beginners and future Olympians for two-a-day workouts, seminars, video coaching, and individual attention at a beautiful locale. In addition to primary coach Sedlak and other ARWA certified coaches, the camp staff includes weight trainers, a nutritionist, chiropactors, and other health professionals. The registration fee is \$485. Contact the ARWA at P.O. Box 18323, Boulder, CO 80308-1323. . . The ARWA also has a "Competitive Walker" camp scheduled for Boulder from July 1 to 4 and a Walking Get-Away Weekend for Winter Park, Colorado on August 21-22. . . Bob Steadman, now back in Australia, but a first-hand observer of the U.S. and Canadian scene for many years, comments on recent issues: "There is ample debate about judging in the ORW. . . The question is central to the sport, but I hate to see it obscuring other major issues, such as limited organized interclub and interstate walking competition; limited access to training venues, especially tracks and especially in winter; ignorance of walkers' special medical and orthopedic problems even among many doctors; the lack of competitive opportunities in schools and colleges; all leading to a U.S. Olympic record in walking well behind those of other sports." Bob also passed along the cartoon seen elsewhere in this issue. . . Also now residing in Australia is U.S. Olympian John Allen who suggests that results of international competitions should include the number of red cards for each competitor (e.g., 1 R or 2 R) along with the place and time. He also thinks publication of the judges scorecards would be a good idea. . . A brief note from Dr. Howard Palamarchuk, former enfant terrible of the racewalking world, now respected podiatrist and racewalking committee medical advisor: "Yes, I am not pleased with the recent besmirching of our beloved revolution of the early '70s Guano Press. We were the people's paper born of the roots of social, political, and economic revolution with roots deep in the traditions of Haight-Ashbury, Greenwich Village, L.A., and the cradle of liberty, Philadelphia. We received a worldwide audience and were even quoted by the "establishment" Track and Field News. We were the longhairs, the tiedyes, the followers of Ginsberg and Leary, Abbie Hoffman, Eldridge Cleaver, and Goetz Kkopher. Our editorials and satire were aimed at the injustices of society as a whole, including inconsistencies in judging, favoritism, and poor course selections and race conditions. Yes, certain people were attacked, but not for their character or their beliefs, but because they didn't know what the word "contact" even was. Enough of these technoindustrial pseudo scientific discussions on the flight phase. What about those great jass reviews Mortland once did? Or what about the Woodstock nation that once was walking? Viva Guano! God bless Willwerth, Diebold, and Westerfield, and

Howie Pal. Death to fascist Imitators. The inside traders of racewalking. As for me, I'm headin' out the door with my tie dye singlet on for the Grateful Dead playin' in Landover, Md. Keep on truckin'---"Free" Palamarchuk. (Ed. As a rather straight, but reasonably tolerant dude, I managed to live through that whole era without paying a lot of attention to what was going on in either camp. Listened to my jazz, went to my races, went to church, loved my wife and little boys, and wished that people could get a little respect for each other. I still do.) . . . The city of LaGrange, Georgia has submitted a bid to host the 1994 Pan American Racewalk Cup on Labor Day weekend thanks to efforts of the Walking Club of Georgia. The organizing committee for the event includes Dave and Barb Waddle and the advisory board Wayne and Sally Nicoll, all activists in the sport. Also on the advisory board is a hero of my youth, Mal Whitfield. The 1948 and 1952 Olympic gold medalist (800 meters, 4 x 400 relay) and former Ohio State athlete is now in LaGrange with the "I Train In LaGrange" program, an international training facility for track and field athletes. Both Allen James and Herm Nelson have relocated to LaGrange to take advantage of the facility. . . Racewalking's Mary Howell has been named Manager of the North's women's team for this summer's Olympic Festival to be held in San Antonio July 23--August 1.

Tips for Beginning Racewalkers

by Jim Hanley

(Competitor, coach, and Olympic official)

1. Before starting any exercise program, consult your physician.
This is a good excuse to get that physical exam you have been putting off.
2. Be patient.
It takes 3 years to become a top athlete. Start gradually. Don't let outstanding performances of veteran walkers discourage you. You'll get there eventually.
3. Concentrate on proper form and technique.
Train with other racewalkers and coaches, enter USATF races, but don't worry too much about speed, at first, because it will mean nothing if you get disqualified for bad form. Talk to the racewalk judges; they can--and are very willing to--help you before or after all races.
4. Throw away your stopwatch.
Just kidding! But if you insist in timing yourself in workouts, limit it to about one "time trial" a week. In other workouts, sniff the breeze, relax, enjoy the activity, and concentrate on form.
5. Train with a buddy.
This will help the miles pass easily. Besides, your training partner can coach you and keep you motivated--especially on days you might prefer to skip.
6. Train, train, train.
Try to walk on a daily basis. Remember, the hardest part of any workout is getting out the door.

7. Alternate hard and easy workouts.
Studies have shown that the body needs time to recover from a hard workout and will actually do better if you take it easy the day after a hard training session. Though racewalking is a relatively injury-free activity, one way to get hurt is to push it 100 percent every day.
8. Change workout sites frequently.
Working out on the same track or road every day is boring. Change the venue and enjoy the new scenery.
9. Expect muscle soreness.
Because you are working previously unused muscles, you will be sore for about 2 weeks. Hot showers alternated with cold ones help. The good news is that if you can tough it out, you'll never have this trouble again because you will have developed "ankles of iron and buns of steel."
10. Warm up.
Many athletes stand around socializing just before their race; they then jump on the starting line and take off. This is another good way to get hurt and also to have a bad performance. Warmups are especially important for older athletes and for short races. I found that strolling around slowly--using proper form--worked best for me because I gradually warmed up the same muscles I was to use in a race. Others prefer stretching exercises. One should warmup for workouts as well, and untimed ones have the advantage of allowing you to warmup as your slowly complete your first quarter mile or half mile.
11. Monitor your body
You should feel invigorated and alert after a workout. If you are really tired, you have done too much. Taper off. During the activity, you should feel relaxed and "in sync." If you feel dizzy or get blurry vision during a walk, stop immediately and rest.
12. Drink plenty of water.
The old coaches rule of not drinking fluids is medically the worst thing that you can do.
13. On hot days, wear loose-fitting, white, clothing and a hat.
Heat from the sun is reflected by light colors and air blowing against your body helps cool you by evaporation. Besides protecting you from heat exhaustion, a hat serves as a great sweatband.
14. Eat nutritious food, enjoy a healthy lifestyle, and get plenty of rest.
Don't even think about smoking.
15. Keep a log of your workouts.
Write down what you did, and how you felt. The investment in a small notebook to do this will be repaid in that it will motivate you and tell you what works best. Besides, when you become world champion, it will be a valuable historical document!

16. Set Realistic goals.

Examples are: finish a 5 km race, walk a mile in 20 minutes, etc. These intermediate goals will help you train more frequently. And it feels great when you attain them. You can--and will--revise them and set new ones.

17. Try to enter a USATF race about once a month and go for a personal best time.

You will be amazed at how much faster you can go under race conditions as other athletes "pull you along." Remember, there are two ways to win: crossing the finish line first, or doing better than you have ever done before!

18. Remember that relaxation, and moving your arms faster, will make you walk faster.

Stay loose. Relax. Your legs can only go as fast as your arms, so pump the arms faster to increase your speed.

19. Keep track of your personal records for each commonly walked distance.

Write them down in a special part of your training log book and leave plenty of space for improvement. You'll need it. Nothing will motivate you more than seeing the fantastic improvement you make.

20. Enjoy your new sport.

It will help you make new friends, look better, have more energy, and generally improve the quality, and possibly the length, of your life.

* * * * *

ONE TOUGH GUY

In my second year in this sport, 1960, I packed myself off to Baltimore, along with my Ohio TC teammates, for the 20 Km Olympic Trials. Although I had been third (second U.S.) in the Indoor 1 mile that year and had been touted by some as an Olympic team candidate off that race, I knew that was a ridiculous projection. Little did those people know that at the time I walked that 6:42 mile, I had never carried 8 minute miles even to the 3 mile mark. My strength had improved by the next summer, but only to the extent that I knew I could at least go at an 8:30 pace. So I went to the race for fun and a good competitive experience. Midway in the race, I glanced ahead of me and saw Bob Mimm, perhaps 50 yards away. I said to myself, "Well, that's at least one more place I'll pick up," because that is what had happened on the same course the year before. Mimm was a sitting duck for my well conditioned body. But, somehow, Bob disappeared from my view and when I finally finished the race, in 10th place (up 3 spots from the year before), I asked who had made the team. "Haluza, Zinn, and Mimm", came the reply. My first lesson in what a little determination can do.

Well, as I improved, I beat Bob a lot of times over the next few years, but he could always be depended on for a tough, determined effort, and he became one of the first guys to just keep going and going in competition as the years rolled by. Fifteen years after the Baltimore, I found myself in Bridgeport for the National 10 Km, my first national race after turning 40 and joining the masters ranks. Once again, about half way through the race, I found myself overhauling Bob Mimm. What was this 50-year-old relic doing in

front of me. As I came along side, I made some jovial, offhand remark and in return got only some guttural sound, a dropping of the head, a digging in of the heels, and an acceleration of the pace to hold off this young whippersnapper. As always, the old guy was there to compete. Well, I managed to get away from him and once again finished 10th (not much progress in 15 years), just under 50 minutes. But I think Bob was no more than a minute behind, a time not far off what he had been doing for 10 in his salad days.

Now at age 68, Bob is walking times I don't even dream of any more. Competing regularly and dlobbering anyone even close to his age. He is a three-time winner of the Master of the Year Award presented by the Master Walker and must have the longest continuous career (since 1955) still going in the country. To catch up with him, we give you the following interview, conducted by Elaine Ward, editor of the Southern California Racewalking News following the LA Marathon.

Ed. How about your training?

Bob: People ask me about my training methods expecting some real secrets, but I really don't have any. I like variety; and I like to do a lot of different things. I don't really follow any program. Training is just something you have to do without thinking. I am not a morning person. I like to train in the afternoon or evening. The last few months, I have been getting my son Clifford to train with me, which has helped.

I trained for the marathon with him. We went to a hilly park and did at least 2 hours there on the weekends. That was enough to get me through the Marathon. I have never been one to read every Running magazine and what have you. The time you are doing that, you could be out training. Why read about someone else when you can be doing it.

I have never really considered myself a long distance person; it is a chore for me to do a marathon or 50 Km, but I usually recuperate fairly quickly. But the first couple of hours afterwards really do hurt.

Ed: Did you do any speed training for the Indoor 3000? (National masters in Montana)

Bob: That's my problem. I am not doing enough speed work and I guess that's why my times aren't that fast any more. I think you need speed work, but I have been concentrating on not getting injured because I had a lot of injuries a year or so ago. I never used to get injured when I was younger, but when you get older, the tendons tighten up; and I don't stretch as much as I should. I do it whenever I think about it.

Ed: Do you have any secrets about eating?

Bob: No. I eat everything. I am careful about chemicals. I do read labels. For example, I will not buy Campbell soups as they are filled with monosodium glutamate. I use cream and milk and not the chemical substitutes. Before they found out that pasta was good thing to eat the night before a race, I was eating it. I didn't know it was what you are supposed to eat. In fact, when I was on the track team in college, the athletes were given a special dinner that the regular students didn't get. It was a precompetition dinner and was always the same thing: steak, baked potato, and carrots.

Ed: How about you and stretching?

Bob: The shorter the distance, the more warmup you need. One thing I think is important to tell masters coming into the program in their 50s and 60s is that racewalking isn't easy. A lot of people think racewalking is a lot easier than running. They find out it is not so easy and lose interest. Let them know before they start.

It is just like in the Marathon at the Olympics. They showed all the marathon and kept saying how tough it was, how grueling, and how it is the most difficult event in the Olympics. They never think of the 50 Km walk, which is much more difficult than the marathon. Believe me, because I have done both. Running a marathon is easy compared to 31 miles of racewalking.

Ed: You have to very competitive to do as well as you do. How would you define the competitive spirit?

Bob: If I go into a race, I like to win. Yet if I don't win, I'm ready for the next race. I know some people who won't go in a race if they don't think they can win. I think it's the desire to compete.

And, add this from an interview by Alan Wood in the Master Walker (Bob is very popular on the interview circuit):

Ed: Many athletes are "driven" by something, such as a past disappointment or burning goal. Your tenacity makes one wonder if such a factor exists with you.

Bob: There is no one motivating factor in my life. I must be active, and I love variety. I like running, but also walk because it actually provides overall muscle exercise. I am, or could, be happy bicycling, hiking, etc. Walking also provides an excuse for traveling, which I love. I think we all need some balance in our lives. I would not be happy doing one thing—even if paid well—on a full-time basis. My kids have helped me maintain a balance in my life. They also have provided the greatest pleasures and satisfactions in my life. I am happy that they all developed an appreciation of the benefits of physical fitness. I tried to encourage them, not push them.

LOOKING BACK

25 Years Ago (From the April 1968 ORW)—An unknown shook things up at the national 10 Km race in Maryland and the officials botched things up with their inability to count laps in the track race. Ray Somers, in his first walking race, won in 47:59.4, but walked an extra lap, so was actually close to 46 minutes. He moved easily away from an unbelieving Ron Laird over the last 4 miles to win by 40 seconds. The walkers had to straighten out the finish places among themselves, as officials insisted that many walkers go 2 and 3 extra laps. . . A week later, Somers again demonstrated his quick conversion from running as he reeled off 8 miles 797 yards in a 1 hour race. . . In the National 25 Km in Detroit, Don DeNoon had his greatest race ever, whipping Larry Young by nearly 2 minutes in 1:55:13. Ron Laird and Bill Ranney finished third and fourth, also under 2 hours, with Canadian, Karl Merschenz, just missing that barrier. . . Jack Blackburn and Jack Mortland waged a 10 Km dual on the Upper Arlington, Ohio track, with Blackburn edging away in the second half to win in 48:58 to Mortland's 49:14 (about a half-minute faster than he had managed in the National). . . Larry Young set a U.S. 50 Km record on the track with a 4:21:02. . . As

always, Shaul Ladany won the annual 50 miler in New Jersey, breaking his own record for the race in 8:05:18.

15 Years Ago (From the April 1978 ORW)—Augie Hirt missed Shaul Ladany's meet record by less than a minute in winning the National 75 Km in 7:05:46. Martin Kraft had 7:10:32, with Ladany a distant third on this day. The Master's title went to Sal Corrallo in 8:01:32, sixth overall. . . John Knifton won the National 35 Km in Des Moines, Iowa with a 3:05:42. . . In Mexico City, Raul Gonzalez went nearly 7 minutes under Bernd Kannenberg's world record for 50 Km with a 3:45:52 on the track. . . The Ohio TC's Chris Knotts showed his potential with a 47:17 for 6 miles in Columbus. Steve Pecinovsky actually topped him in 47:03, but did not satisfy hard-nosed judge, Dr. John Blackburn. Jack Blackburn won the olm man's battle over Mortland in 50:08

5 Years Ago (From the April 1988 ORW)—The Olympic 50 Km Trials in Indianapolis saw Carl Schueler take command from the start and move to an easy win in an impressive 3:57:48. Marco Evoniuk and a surprising Andy Kaestner captured the other two Olympic berths in 4:03:33 and 4:05:07. Jim Heiring, Herm Nelson, Paul Wick, Eugene Kitts, and Mark Fenton followed. Schueler went through 25 Km in 1:56:53, but without competition couldn't maintain that pace. There were 16 finishers and one DQ from the 22 starters. . . Gary Morgan was an impressive winner at the Mortland Invitational 20 Km in Columbus, covering the distance in 1:27:30. Steve Pecinovsky was second in 1:30:54 and Dave McGovern third in 1:32:15. 31 of 34 starters finished. The women's 10 Km went to Maryanne Torrellas in 48:03, with Debbi Lawrence 20 seconds back. Canada's Pascale Grand was right on Debbi's heels in 48:25. . . In the National Invitational in Washington D.C., Alan Schwartzberg prevailed in 1:26:39. Richard Quinn, Marc Bagan, and Curtis Fisher followed in 1:31:07, 1:31:35, and 1:31:37. The women's 10 went to Teresa Vaill in 47:11, 3 minutes ahead of Mary Howell.

EXTRA LEUNIG

POWER WALKING WAS INVENTED BY MRS. GLADYS POWER OF YARRAVILLE IN 1951.

Mrs. Gladys Power was cooking sausages with onion gravy when informed that her husband, Jack, had been spotted in the local pub having a "quiet pot."

Clutching a large spoon in one hand and a sausage in the other, she set off to "fish him out."

It was evening and as she crossed the road in the sunset her silhouette looked like this:—



Jack got the whisper that she was on her way and ducked out the back door to make his escape down the lane.

So forceful and dramatic was her stride that its essence passed into the collective unconscious.

And emerged decades later in a pure form, with an emotional tone eerily similar to the original and seminal event.



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