

Ohio Race Walker
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Canadians lead way at national 10 Km

Niagara Falls, N.Y., July 10--Both the men's and women's races at the USA T&F National 10 Km championships were captured by neighbors to the north--Tim Berrett and Janie McCaffrey. Both U.S. favorites--Allen James and Debbi Lawrence--dropped out. In the masters division, Don DeNoon had another impressive outing, finishing eighth overall in 46:19 and easily beating the rest of the masters field to finish first in the 50-54 category. (Don is 50.)

In the men's race, Tim Berrett and Allen James took command from the gun, with splits of 4:14 and 8:26 at 1 and 2 Km. Allen dropped off just before 5 Km due to a sore ankle and called it a day at that point. Berrett's 5 Km split was 21:00. Andrzej Chylinski, walking in third up to that point, made a strong move and pulled within 9 seconds of Berrett at 5 Km. But he never got any close as Berrett cruised through to the finish in 42:19. Chylinski was uncontested for second as was Toronto's Arturo Huerta for third.

Jantien Saltet, a 21-year-old from Sydney, Australia, in town for the World University Games, set the early pace, pulling Alison Baker, Canada, along with her. Defending champion and course record holder, Janice McCaffrey, and U.S. champion Debbi Lawrence, followed. With the University Games just four days away, Saltet stepped off the course after 3 Km, which she passed in 13:36, leaving Baker all alone. At this point, McCaffrey made a move on Baker, passing 5 Km in 23:19, leaving Lawrence in third. Debbi, not having one of her usual good races, stepped off shortly after giving way to fellow Olympian Michelle Rohl, making a comeback after giving birth to her second child. McCaffrey moved ahead of Baker and drove through to the finish line for her third consecutive win in this event. Her time of 46:45 was almost a minute off her 45:51 course record set in 1991. Baker held on for second in 47:35, as the two Canadians were the only ones to break 50 minutes.

Results:

Senior Men' 1. Tim Berrett, Can. 42:19 2. Andrzej Chylinski, NYAC 42:41 3. Arturo Huerta, Can. 43:15 4. Gary Morgan, NYAC 43:57 5. Ian Whatley, Pot. Val. 44:38 6. Curt Clausen, Shore AC 44:50 7. Don Lawrence, Kenosha, Wis. 46:08 8. Don DeNoon 46:19 9. Pascal Pedneault, Can. 46:39 10. Dan O'Brien, Pegasus AC 47:01 11. Cliff Mimm, Shore AC 47:54 12. Rick Birkhimer, Can. 49:10 13. Danny Fink, Pot. Val. 49:37 14. Dave Talcott, Shore AC 49:40 15. Jeff Salvage, Phast 49:56 16. Eric Schmook, Hollywood, Florida 50:08 17. Rupert Ravens, Natural Living 50:36 18. Jeff Cassin, Can. 51:00 19. Will Preischel, UCTC 52:54 20. John Soncheck, Shore AC 52:56 21. Ken Mattsson, New England Walkers 55:49 22. Guillermo Magat, Can. 56:29 23. Justin Kuo, NEW 57:51 24. Greg Tindle, Lexington, Ken. 60:12 25. James Mesick, Erie, Pa. 63:10 26. Greg Whigham, Erie, Pa. 63:31 27. Curt Sheller, Shore AC 65:19 28. Brett Dixon, Capital District 66:05 29. Howard Rooker, Valhalla 68:39 DO--Ray Funkhouser



CLASS POSTAGE
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Returned For Better Address

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- Men 40-44:** 1. Brian Savilonis, NEW 53:04 2. Taka Amano, Natural Living 53:07 3. Donald Anderson, Indiana RW 53:22 4. John Hunyady, Pegasus AC 55:01 5. Bill Norton, Shore AC 56:36 6. Robert Ullman, NEW 56:45 7. Randall Evans, Ind. RW 58:19 8. Edward Zindell, Bear Creek, Pa. 62:07 9. Keith Reichley, Lake Erie RW 62:33 10. Doug Marty, Niagara Walkers 64:41 11. Ross Barranco, Wolverine Pacers 65:33 12. Bob Sunman, Ind. RW 71:38 DQ--Ray Funkhouser
- Men 45-49:** 1. Gary Null, Natural Living 51:39 2. Franco Pantoni, New York City 52:13 3. Joe Light, NEW 52:25 4. Norm Frable, Pot. Val. 53:19 5. Jack Lach, Shore AC 56:33 6. Max Walker, Ind. RW 57:56 7. Vince Abell, Ind. RW 60:11 8. Patrick Drury, Shore AC 60:58 9. Michael Bird, Ind. RW 60:58 10. Claude Letten, Pot. Val. 62:31 11. Hugh Pettigrew, Cincinnati 69:15 12. Steven Gross 80:32
- Men 50-54:** 1. Don DeNoon 46:19 2. James Carmines, Pot. Val. 50:46 3. Victor Sipes, WP 51:48 4. Alan Yap, Front Range Walkers 51:56 5. Thomas Zdrojewski, Phast 56:37 6. Tom Knatt, Concord, Mass. 58:30 7. Mike Freeman, Can. 59:31 8. Frank Soby, Pegasus AC 61:08 9. Richard Bales, Niagara Walkers 63:01 10. Bernie Finch, WP 63:17 11. Michael Gough, Can. 64:20 12. John Elwarner, WP 65:01 13. Tom Masterson, Niag. Walkers 65:28
- Men 55-59:** 1. Paul Johnson, Fort Smith Road Runners 55:51 2. Ron Laird, NYAC 59:48
- Men 60-64:** 1. Max Green, WP 54:16 2. Sal Corrallo, Pot. Val. 58:17 3. Frank Fina, NW 62:14 4. Jack Boltain, Conn. RW 62:29 5. Vince Genzlinger, WP 63:04 6. Ed Merrill, Phast 65:26 7. Leo Rivera, Natural Living 65:26 8. Mike Michel, SCRW 66:08
- Men 65-69:** 1. Bob Mimm, Shore AC 58:33 2. Ed Gawinski, Phast 63:13 3. Maynard Mickelson, Ashtabula, Ohio 66:38 4. John Snaden, Florence TC 75:53
- Men 70-74:** 1. Paul Geyer, Ft. Lauderdale RR 68:43 2. Tim Dyas, Ridgewood, N.J. 69:44 3. Don McNelly, Rochester, N.Y. 80:29
- Men 75-79:** 1. Max Gould, Can. 68:24 2. Bill Tallmadge, Berea, Ky. 70:01 3. Harry Drazin, Shore AC 79:58 4. George Conway, NEW 89:55
- Senior Women:** 1. Janice McCaffrey, Can. 46:45 2. Alison Baker, Can. 47:35 3. Michelle Rohl, Racine, Wis. 50:01 4. Lynda Brubaker, Phast 51:04 5. Sue Hornung, Can. 51:32 6. Gretchen Eastler, Simmons Col. 52:48 7. Micheline Daneau, Can. 53:42 8. Peggy Miller, Lakewood, Col. 55:00 9. Brigitte Leblanc, Can. 55:58 10. Patricia Jones, Can. 57:04 11. Maryanne Torrellas, Clinton, Conn. 58:16 12. Ellen Marshall, Phast 58:34 13. Annella Smith, Ind. RW 58:50 14. Mary Fanielli Lund, Niag. Walkers 59:16 15. Dibble Benton, WP 59:17 16. Sanda Troia, Natural Living 61:24 17. Rita Bogan, Ind. RW 61:52 18. Kathy Finch, WP 62:05 19. Elaine Perry, Natural Living 62:32 20. Denise Withen, Ind. RW 65:06 21. Patricia Wigham, Erie, Pa. 66:00 22. Demetria Kalodinos, Nashville, Tenn. 66:28 23. Lisa Missert, Niag. Walk. 66:44 24. Vincene Collura, Nat. Liv. 67:18 25. Pat Maerinc, NEW 75:03 26. Rebecca Piorko, Phast 79:27
- Women 40-44:** 1. Pat Weir, Shore AC 55:18 2. Phyllis Hansen, Shore AC 55:55 3. Elizabeth Longton, Nashville, TC 61:32 4. Karen Fina, Niag. Walk. 63:26 5. Meg

- Ferguson, NEW 63:31 6. Christina Hunziker, Conn. RW 66:50 7. Carol Harty, Niag. Walk. 67:48 8. Ceane Rabada, Phast 73:28 9. Priscilla Frappier, NEW 78:33 10. Stephanie Kirk, Phast 81:03
- Women 45-49:** 1. Jackie Jessup, Ind. RW 61:03 2. Marilyn Chute, Can. 61:53 3. Donna Cetrulo, Shore AC 62:46 4. Kathy Frable, Pot. Val. 63:55 5. Olga Figueroa, Ind. RW 66:14 6. Doris Cate, NEW 68:56 7. Sandy Rubel, Shore AC 71:26 8. Kathryn Carmines, Pot. Val. 73:21 9. Isabel Stuper, Shore AC 73:51 10. Pat Walker, Ind. RW 76:09
- Women 50-54:** 1. Dorothy Withem, Ind. RW 65:03
- Women 55-59:** 1. Sami Bailey, Ind. RW 64:03 2. Beth Grady=Young 66:07 3. Jeanne Shepardson, NEW 70:43 4. Joan Sutherland, Can. 71:01
- Women 60-64:** 1. June Marie Provost, Can. 60:05 2. Jo Presser, Ind. RW 75:14
- Women 65-69:** 1. Joan Rowland, Nat. Liv. 71:16
- Junior Women:** 1. Bobbi Jo Kukan, Uniontown, Pa. 59:52 2. Kathleen Stuper, Shore AC 67:42
- Teams: Senior Men:** 1. Shore AC 2:23:02 2. NYAC 2:26:26 3. Potomac Valley 2:27:34
- Senior Women:** 1. Shore AC 2:53:59 2. Wolverine Pacers 3:01:27 3. PHAST 3:03:06
- Masters Men:** 1. Natural Living 2:36:59 2. New England Walkers 2:42:14 3. Wolverine Pacers 2:46:15
- Masters Women:** 1. Indian Racewalkers 3:10:09 2. New England Racewalkers 3:23:03 3. Potomac Valley 3:25:53
- A total of 165 starters, 151 finishers, with 6 DQs. Judges: Martin Rudow (Chief), Bruce MacDonald, Marjorie Corrallo, Lillian Snaden, Stafford Whalen, Lillian Whalen, Bob Ryan, and David Stroud.
- USA T&F Junior Championships, Spokane, Wash., June 26:** Men's 10 Km--1. William VanAxen, un. 47:14 (VanAxen, fourth last year, will not be 18 until August 22. He just graduated from high school in Oakdale, N.Y. and will attend University of Wisconsin-Parkside starting in the fall.) 2. Justin Marujo, un. 49:11 3. Al Heppner, Wis.-Parkside 51:08 4. Kevin Eastler, Western Maine RW 51:37 5. Joseph Sheppard, CCRW 53:43 6. Adam Mendonca, SC RR 53:45 7. Chad Eder, Cedarville Col. 54:43 8. Sean Albert, St. Peters Col. 56:10 (coming back from heel surgery) 9. Giacomo Meeks, Walk Texas 56:24 DQ--Yariv Pomeranz
- Women's 5 Km:** 1. Lisa Chumbley, Walk Texas 25:01 2. Milissa Baker, Shoreham-Wading River HS 25:10 3. Deborah Iden, Bayport-Bluepoint HS 25:50 4. Margaret Ditchburn, Wis.-Parkside 27:35 5. Danielle Kirk, un. 27:45 6. Debra Scott, un. 28:24 7. Anne Lankowicz, Connetquot HS 28:50 8. Almee Person, Boca Grande 29:01 9. Debbie Carter, Outsiders TF 29:17 10. Jaqueline Campos, CVRPD Scorplons 29:34 11. Jennifer Grego, Outsiders TF 29:52 12. Jennifer Praigo, Farmingdale Col. 30:26 13. Alison Aabrenski, Pot. Val. TC 30:51
- Pan American Junior Championships, Canada, July 15--1.** Perez Jefferson, Ecuador 39:50.73 2. William VanAxen, U.S. 44:26 (Places him third on all-time U.S. Junior list) 3. Joao Cesar Sendeski, Brazil 46:11 4. Justin Marujo, U.S. 47:00 5. Vincent Dery, Can 47:25 (Mexicans did not compete) In the women's 5 Km, Lisa Chumbley was third in 25:56, but we have no further results yet.
- World University Games Women's 10 Km, Buffalo, July 14--1.** Yuwen Long, China 46:17 2. Larisa Ramazonova, Russia 46:19 3. Roselle Giordano, Italy 46:26 4. Zuzana Zemkova, Slovakia 47:18 5. Tina Poitras, Canada 48:03 6. Pascale Grand, Can. 48:19 7. Eva Villasana, Mexico 48:30 8. Dana Yrabrough, U.S. 48:56

Other Results

Maine 5 Km Championship, Orono, July 10: 1. Kevin Eastler 24:22 2. Steve Valtones 24:22 3. Mike Hersey 27:20 4. Caleb Simpson 31:02 Women: 1. Mary Coulomb 33:33
1 Mile, New Haven, Conn., July 11--1. Jim Brochin 8:23 2. Jack Boltano 8:35 3. Patrick 9:10 4. Gus Davis 9:37 5. Slepian 9:53 Women: 1. Maryanne Torrellas 7:28 2.
Hunziker 9:29 3 Km, New York City, July 18--1. Marac Varsano 12:58 2. Michael Korol 13:18 3. Gary Null 13:25 (48) 4. Franco Pantoni (47) 13:58 5. Khang Vo 14:03 6. Takao Amano (43) 14:14 7. Bob Gottlieb 14:25 8. Darren Paruolo (16) 14:51 9. Rochelle Safran (16) 14:53 10. James Spahr 14:55 11. Christopher Cacace (16) 15:05 12. Kalsa Ajaye 15:11 13. Michael Roth 15:26 14. Herbert Zydek (54) 15:31 15. Jennifer Praigo 15:36 16. Elton Richardson (54) 16:06 17. Robert Barrett (59) 16:10 18. Ann Lankowicz 16:12 19. Gil Guallamette (61) 16:18 20. Luis Canepa (45) 16:19 21. Eirik Hanami (12) 17:22 22. Elaine Perry 17:45 23. Gamala Wiggins 17:51 24. Yolonda Kent 17:52 25. Kayode Doboju 18:01 (58 finishers, 3 DQs) **MAC and Eastern Regional 10 Km, New York City, June 5--1.** Pascale Grand, Can. 48:44 2. Nick Bdera (44) 50:10 3. Alan Jacobson (38) 51:10 4. Herbert Zydek (54) 54:52 5. Elton Richardson (54) 58:44 6. Sandy Trola 59:01 7. Paul Butkovich (50) 59:36 8. Seth Sherman 60:24 9. Elaine Perry 61:50 10. Andres Fernandez 61:59 24 finishers, 4 DQs **Empire State Games Trials, Albany, N.Y., June 7:** 20 Km Brett Dixon 2:14 Women's 10 Km--1. Olga Figueroa 1:09:36 5 Km 1. Gerry Havasy 30:53 **Adirondack Championships, June 12:** Women's 5 Km--1. Pascale Grand, Can. 24:07 2. Olga Figueroa 32:23 Men's 5 Km--1. Rich Incremona 28:20 2. Brett Dixon 28:57 5 Km, Long Branch, N.J., June 21--1. Ray Funkhouser 21:58 2. Jeff Davis 28:07 3. Ron Salvio 28:42 4. Ralph Edwards 30:11 Women--1. Phyllis Hansen 25:47 2. Donna Cetrulo 30:41 5 Km, Long Branch, June 28--1. Ray Funkhouser 21:12 2. Ruppert Ravens 24:43 3. Tony Noerpel 24:56 4. Alex Shimko 26:00 Women--1. Phyllis Hansen 16:07 2. Pat Weir 27:02 3. Donna Cetrulo 30:45 5 Miles, Wall Twp., N.J., July 4--1. Ray Funkhouser 36:49 2. Dr. Pat Blvona 48:20 3. Paul Savoth 48:31 Women--1. Phyllis Hansen 43:47 2. Pat Weir 44:02 3. Donna Cetrulo 51:50 5 Km, Long Branch, July 5--1. Cliff Mimm 23:49 2. ROny Noerpel 24:40 3. Alex Shimko 24:56 4. Jeff Davis 27:50 Women--1. Salina Viera 30:13 2. Kathleen Stuper 30:24 3. Donna Cetrulo 30:57 5 Km, Long Branch, July 12--1. Ray Funkhouser 22:40 2. Ruppert Ravens 24:47 3. Tony Noerpel 26:12 4. Jack Lach 27:23 Women--1. Phyllis Hansen 26:45 2. Pat Weir 27:53 3. Salina Viera 30:53 **Southeast Regional Masters 8 Km, Taylors, SC, June 26--1.** Ian Whatley 36:13.3 2. Cheryl Rellinger 41:56 3. Keith Luoma 42:47 4. David Hale 46:15 5. Paul Alvoord 48:54 6. Doug Brown 51:03 (16 finishers) 3 Mile, Kendall, Florida, July 3--1. Sara O'Bannon 28:40 5 Km, Ft. Lauderdale, Florida, July 4--1. Eric Schmook 24:39 2. Bob Fine (62) 28:10 3. Don Stockwell (45) 29:06 4. Brian Mair (52) 29:10 5. Gerry Gomes (60) 30:42 Women--1. Linda Stehn (45) 28:23 2. Sharon Opkins 31:17 **National Senior Sports Classic, Baton Rouge, Louisiana, June 15:** Women's 1500 m Age 55-59--1. Nancy Lee Whitney, Maryland 8:28 2. Sami Ann Bailey, Indian 6:28.70 60-64--1. Maurine Lea, Missouri 9:13 65-59--1. Patricia Nesley, Washington, DC 8:15 2. Miriam Gordon, Florida 8:16 3. Joan Rowland, N.Y. 8:21 70-74--1. Luise Nottage, N.M. 9:42 75-59--1. Velma Jacobs, Colorado 10:19 80-84--1. Estelle Frendberg, Ariz. 11:41 Men 5-59--1. Paul Johnson, Ark. 7:19 2. Don Lee, Louisiana 7:37 3. Robert Barrett 7:48 60-64--1. Fred Shaffer, Penn. 7:38 2. John Lyle, Col. 7:58 3. William Robinson, Georgia 8:05 65-69--1. Ed Gawinski, Del. 8:09 2. William Moremen, Cal. 8:26 3. John Nervetti, N.J. 8:38 70-74--1. Don Gladding, Ariz. 8:47 2. Francis Albaugr, Penn. 9:20 3. Cyril Buchert, La. 9:22 75-59--1. Bill Patterson,

N.C. 9:31 2. Walter Scully, S.C. 9:43 3. Edward Seeger, Vir. 9:56 80-84--1. Phil Lawrence, Ariz. 11:33 85-89--1. Harold Hoffman, N.C. 11:58 90-94--1. Waldo McBurney, Kan. 12:50 95-99--1. Guy Sibley, Ill. 17:49 Men's 5 Km 55-59--1. Paul Johnson, Ark. 26:14 2. Don Lee, La. 27:10 3. Robert Barrett, N.Y. 27:31 60-64--1. Fred Shaffer 26:22 2. Frances Acardi, Ill. 28:52 3. Lionel Guillemette, N.Y. 30:17 65-69--1. Ed Gawinski, Del. 29:02 2. Bill MMoremen, Cal. 29:46 3. John Nervetti, N.J. 30:51 70-74--1. Don Gladding, Ariz. 31:14 2. Francis Albaugh, Penn. 32:07 3. Cliff McCarthy, Ohio 32:44 75-59--1. F. Patterson, N.C. 33:42 80-84--1. Frank Herrelko, Maryland 41:53 Women's 5 Km 55-59--1. Sami Ann Bailey, Ind. 30:05 2. Nancy Lee Whitney, Maryland 31:20 3. Ruth Everson, Ind. 31:47 60-64--1. Maruine Lia, Missouri 31:44 2. Paulette Canon, N.M. 32:56 3. Betty Payle, Col. 33:57 65-69--1. Miriam Gordon, Florida 32:17 2. Patricia Nealey, Wash., D.C. 33:14 3. Joan Beers, Cal. 34:31 70-74--1. Marjorie Holmes, N.M. 36:26 75-59--1. Jean Brunnenkant, Kan. 36:55 80-84--1. Estelle Frendberg, Ariz. 39:06 2 Mile, Metairie, Louisiana, July 10--1. Sydney Holmes 17:31 Women--11. Eva Beck 18:46 2 Miles, Metairie, July 16--1. Pat Rosella 17:56 2. Sydney Hom=Imes (40-49) 18:52 Women--1. Sharon Lewis 17:11 2. Becky Comeaux 18:04 5 Km, Denver, June 12--1. John SPuhler 22:37 2. Daryl Meyers (50) 29:52 3. Breta Skinner 30:03 5 Km, Denver, MAY 14--1. Alan Yap (50) 27:10 2. John Lyle (60) 29:35 3. Marianne Martino (42) 29:46 4. Daryl Meyers 29:48 10 Km, Boulder, Col., June 5--1. Sally Richards-Kerr (40) 51:14 2. Peggy Miller 55:40 3. Ray Franks (58) 60:12 4. John Lyle 60:51 5 Km, Denver, June 5--1. John Spuhler 22:19 2. Christine Chase 28:44 3. Marriane Martino 28:48 4. Klaus Timmerhaus (60) 29:54 5 Km, Denver, June 6--1. Don DeNoon (50) 23:03 2. Alan Yap 26:22 3. Vilsha Sedlak (44) 27:27 4. Stuart SAonne (55) 28:57 5. Daryl Meyers 29:09 6. Lori Rupoli (42) 29:22 7. Breta Skinner 29:34 5 Km, Albuquerque, April 25--1. Steve Petrakis (43) 27:24 2. Ellen ROche 28:31 3. Peter Armstrong (48) 28:46 4. Winston Crandall (52) 29:22 **New Mexico Games 3 Km, June 5--1.** Theron Klssenger 14:06 2. Keenan Wormald 17:09 3. Winston Crandall 17:12 3. Arnold Levick (55-59) 17:31 5. Philip Kinlichee 17:35 6. Lewis Jacamillo 18:04 **New Mexico Games 1500 meters, June 5--1.** Arnie Levick 8:04.1 2. Winston Crandall 8:04.1 3. Philip Kinlichee 8:27 4. Mark Adams 8:32 5. Louis Jaramillo 8:43 6. Phil Gregory 8:50 **Utah Games 3 Km, Salt Lake, June 24--1.** Ben Heath 15:00 (Division M5) 2. Steven Hedges (M3) 15:32 3. Eric DeMillard 17:23 (M2) Women: 1. Sheila Mitchell 17:12 2. Teresa Aguirre 18:14 **Senior Olympics, Eagle Rock, Cal., June 6:** 1500 Meters: Women 50-54--1. Jaye Hanley 8:14 2. Vamgle Campos 9:03 55-59--1. Carol Ferris 9:41 Men 50-54--1. Dale Sutton 7:26.1 2. Jesus Orendain 7:26.7 3. Bill Neder 7:43 4. Ron Brown 8:20 55-59--1. Richard Oliver 7:38 2. Carl Acosta 7:42 3. Alan Brumer 8:14 60-64--1. Ed Ricci 8:41 5 Km: WOMen 50-54--1. Helena Gerundo 31:09 Men 50-54--1. Bill Neder 28:37 2. Stuart Ray 30:38 55-59--1. Carl Acosta 28:02 2. Richard Oliver 29:17 60-64--1. Ed Ricci 31:05 **Western Regional 10 Km, Van Nuys, Cal., May 23:** 1. Larry Walker (50) 47:08 2. Justin Marrujo (16) 48:48 3. Chris Dreher 52:38 4. Jack Bray (60) 54:01 5. Peter Armstrong (48) 56:32 6. Wayne Wurzbarger (51) 56:52 7. Steve Leltner (47) 58:30 8. Carl Acosta (59) 58:34 9. John Schulz (54) 59:21 10. Richard Oliver (56) 59:46 Women: 1. Chris Sakelarios 53:49 2. Jaye Hanley (52) 60:03 3. Lorraine Miller (44) 60:49 5 Km, Los Angeles, July 11: Men--1. Richard Lenhart 24:48 2. Chris Dreher 25:01 3. Adam Mendonca 26:34 4. Wayne Wurzbarger (51) 26:43 5. Steve Avellaneda 27:11 6. Steve Leltner (47) 27:30 7. Bill Neder (54) 27:38 8. Carl Acosta (58) 27:55 9. Jesus Orendain (51) 28:51 10. Craig Droz 28:56 11. Bob Meador (50) 29:20 12. Rob

McMillon (47) 29:22 13. Mel Schultz (60) 29:29 14. Paul Sutherland (61) 29:57
 15. David Snyder (50) 29:58 WOnen: 1. Danielle Kirk 27:17 2. Donna Cunningham (46)
 27:24 3. Margie Alexander 29:40 4. Jaye Hanley (52) 29:47 **800 meter, Van Nuys, Cal.,
 July 7--1. Andy Hecker 4:00 (Part of all-comers track meets held since 1962) 5 Km, Los
 Gatos, Cal., June 12--1. Kirk DeFord (50-54) 26:35 2. Skip Bockhoven 28:32 3. Dick
 Petruzzl (60-64) 28:42 Women--1. Therese Iknolan 27:00 5 Km, Portland, Oregon, June
 6--1. Ed Kousky 26:22 2. Bob Brewer 26:42 (both in age 50-54 group) 5 Km,
 McMinnville, Ore., May 8--1. Vance Godfrey 20:53.43 2. Andrew Herman 23:48 3. Dave
 Thomas 24:24 4. Steve Renard 27:51 **Masters 1500 meters, Seattle, June 6--1. Therese
 Iknolan (35-59) 8:07 2. Paul Kaald (60-64) 8:48 3. Oscar Werner (60-64) 8:50 4. Bob
 Huppe (40-44) 8:50 **Masters 3 Km, same place--1. Stan Chraminski (45-59) 14:58 2. Bob
 Novak (40-44) 15:50 3. Therese Iknolan 15:50 4. Bev LVeck (55-59) 17:28 10 Km,
 Seattle, June 8--1. Herm Nelson 45:53 2. Chris Herwig 52:02 3. Stan Chraminski 52:55
 4. Bob Novak 53:01 5. Ryan Chamberlin 56:18 6. Ian Heatherington 58:00 **Washington
 State Games, Pullman, July 17: 3 Km--1. Kathleen Law 15:16 2. Bev LaVeck 17:21 5 Km,
 Eugene, Oregon, July 17--1. Paul Johnson 7:34 2. Ed Kousky 7:35 3. Bob Brewer 7:38
 50 Km, Bergen, Norway, May 8--1. Denis Teraz, France 3:56:19 2. Jose Urbano, Portugal
 3:57:30 **Women's 5 Km, same place--1. Susana Feltor, Port. 21:01.8 Women's 10 Km
 (Track) same place--1. Kerry Saxby, Australia 42:22.6 2. Ileana Salvador, Italy 42:23.7
 Men's 20 Km, same place (track)--1. Nick A'Hern, Australia 1:20:13 2. Walter Arena, Italy
 1:22:16**********

HEEL AND TOE INTO INDIAN SUMMER AT THESE EVENTS

Sat. Aug. 7 10 Km, Columbia, Missouri 7 am (U)
 3 Km, Salem, Oregon (X)
 8 Km, Alexandria, Virginia, 7:30 am (J)
 Sun. Aug. 8 10 Km, San Francisco, 9 am (N)
 Mon. Aug. 9 5 Km, Long Branch, N.J., 6:30 pm (A)
 Wed. Aug. 11 3 Mile, Edinboro, Penn., 7 pm (V)
 Thu. Aug. 12 **National Masters 5 Km, Provo, Utah, 8 am (W)**
 Sat. Aug. 14 5 Km, Sacramento, Cal. (D)
**National Masters 20 Km men, 10 Km women, Provo, Utah, 7:30
 am (W)**
 Sun. Aug. 15 **National 25 Km Senior and Masters Men, National 20 Km Senior
 and Masters Women and Junior Men, Natinal 10 Km Junior
 Women, Albany, N.Y. (R)**
 Mon. Aug. 16 5 Km, Long Branch, N.J., 6:30 pm (A)
 Sat. Aug. 21 **National Junior 5 Km Men, 3 Km Women, Orono, Maine (Y) (Also
 Race Walk Carnival with 400 m, 800m, 1500 m, 3 and 5 Km
 events)**
 Sun. Aug. 22 5 Km, Lake Merritt, Cal. (P)
 20 Km, Taunton, Mass. (I)
 Mon. Aug. 23 5 Km, Long Branch, N.J., 6:30 pm (A)
 Sat. Aug. 28 5 Km, Paradise, Cal. (D)
 8 Km, Alexandria, Virginia, 7:30 am (J)
 Sun. Aug. 29 **National 5 Km, Men and Women, Denver (Z)**
 Mon. Aug. 30 5 Km, Long Branch, N.J., 6:30 pm (A)

Sun. Sep. 5 North American Masters 15 Km, Albuquerque, N.M., 7:15 am (L)
 Mon. Sep. 6 15 Km, Washington, D.C., 9 am (HH)
 Thu. Sep. 10 5 Km, Metairie, 7 pm, Louisiana (M)
 Sat. Sep. 11 5 Km, Cleveland, Ohio, 10 am (AA)
 1 Hour, Rock Island, IL (EE)
 Sun. Sep. 12 **National 40 Km Senior Men, Masters Men and Women, Ft.
 Monmouth, N.J. (A)**
 5 Km, Long Beach, Cal. (B)
 10 Km, San Francisco (BB)
 Sat. Sep. 18 **National 5 Km Championships, Men and Women, Kingsport, TN(T)**
 5 Km, Columbia, Missouri, 5 pm (U)
 5 Km, Manchester, NH (CC)
 Sun. Sep. 19 5 Km, New York City, 10:30 am (G)
 1 Hour, Alexandria, Virginia, 9 am (HHHHHH)
 Sat. Sep. 25 **National 10 Km and 100 Mile, Xenia, Ohio (V)**
 Sun. Sep. 26 Casimiro Alongi Invitational, 3, 5, 10, and 20 Km, Dearborn,
 Michigan (E)
 Portland Marathon, Portland, Oregon (OO)
 Sat. Oct. 2 8 Km, Kalamazoo, Mich. (G)
 10 and 20 Km, Columbia, Missouri, 7 am (U)
 3 Km, Naperville, Illinois (FF)
 3 Mile, Seattle, 9 am (C)
 Sun. Oct. 3 **National 1 Hour and 2 Hour, Cambridge, Mass. (CC)**
 5 Km and 12 Km, San Francisco (BB)
 Sat. Oct. 9 Half Marathon, Sacramento, Cal. (D)
 Sun. Oct. 10 5 Km, Metairie, Louisiana, 8:30 am (M)

Contacts

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 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
 D--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
 E--Frank Alongi, 26530 Woodshire, Dearborn Hts., MI 48127
 F--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 G--Park Racewalkers, 320 E. 83rd St., Apt. 2C, New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 I--Steve Valtones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
 K--Heartland Racewalkers, P.O. Box 11141, Shawnee Mission, KS 66207
 L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104
 M--NOTC, P.O. Box 52003, New Orleans, LA 70152
 N--Brad Lloyd, P.O. Box 20490, Castro Valley, CA 94546
 O--John Hanan (503-721-6477)
 P--Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
 R--Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946
 S--Kansas City Walkers, 5615 Wornell Road, Kansas City, MO 64113
 T--Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660 (615-349-6046)

U--Columbia TC, P.O. Box 1872, Columbia, MO 65205
 V--Jack Blackburn, 690 Home Avenue, Xenia, OH 45385 (513-376-8019)
 W--Ben Stowell, 1663 Moordale Lane, Salt Lake City, UT 84117
 X--Jim Bean, 4658 Fuhrer St., NE, Salem, OR 97305
 Y--Tom Eastler, RR #1, Box 1043, Farmington, ME 04938
 Z--Creigh Kelley, 8400 E. Prentice Ave., Englewood, CO 80111
 AA--Keith Reichley, 23969 Frank St., North Olmsted, OH 44070
 BB--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnysdale, CA 94086
 CC--Phil McGaw, 156 Blue Hill Ave., Milton, MA 02186 (617-698-1806)
 DD--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
 EE--Dean Easterlund, 4724 11th St., East Moline, IL 61244
 FF--Illinois T&F Assn., 111 W. Butterfield Rd., Elmhurst, IL 60614
 GG--Steve Pekock, Elliot Hospital, 955 Auburn St., Manchester, NH 03103
 HH--Sal Corrallo, 3466 Roberts Lane N., Arlington, VA 22207

FROM HEEL TO TOE

Anyone who has been trying to call the number we gave in the May Issue for further information on Dave McGovern's next racewalk camp (Oct. 13-17) has probably been striking out. The number should be 817-437-2204. We had 457. We had the right address, however. . . On the subject of camps, Howard Jacobson's 10th Annual Walkers Club of America Summer Camp will be held at Camp Seneca Lake in New York from Aug. 28 through September 6. . . American Racewalk Association camps with Viisha Sedlak are scheduled for Feb. 3-6, 1994 in Puerto Vallarta, Mexico and May 26-30, 1994 in Boulder, Colorado. For further information contact the American Racewalk Association, P.O. Box 183-3, Boulder, CO 80308-8323. . . Splits for the National 10 and 20 Km races in Eugene last month: Women's 10 Km--Debbi Lawrence 22:30, 45:55 Teresa Vaill 22:07, 46:04 Sara Standley 23:29, 48:16 Debora VanOrden 23:54, 48:47 Lynda Brubaker 24:18, 49:06 Dana Yarbrough 24:05, 49:07 Susan Armenta 24:24, 49:22 Cindy March 24:14, 49:32 Kim Wilkinson 24:27, 49:48 Victoria Herazo 24:50, 50:29 20 Km--Allen James 21:11, 43:05, 1:06:41, 1:29:09 Jonathan Mathews 21:53, 44:24, 1:07:09, 1:30:45 Doug Fournier 22:11, 45:02, 1:08:18, 1:31:25 Herm Nelson 22:48, 45:52, 1:08:52, 1:31:42 Curt Clausen 22:10, 44:43, 1:07:55, 1:32:26 Gary Morgan 22:09, 44:43, 1:08:03, 1:32:51 Ian Whatley 22:46, 45:55, 1:09:47, 1:34:01 Robert Cole 22:47, 46:17, 1:09:59, 1:34:04 Curtis Fisher 22:33, 45:55, 1:10:02, 1:34:47 Tim Seaman 22:47, 46:18, 1:10:02, 1:34:49. . . Once again, we have to announce that those voting for the USA T&F Hall of Fame have bypassed racewalking's Henry Laskau. This year, the 600 track officials, Hall of Famers, and members of the media who vote selected Rod Milburn, hurdler; Mac Wilkins, discus thrower; Jean Shiley Newhouse, high jumper; and Stan Wright, coach, all worthy candidates, but so is Henry, who has been on the ballot seven times. Henry was seventh among 10 candidates in the balloting, 37 points behind Wright. . . Thanks to Roger Burrows, Coaching Development Manager for Athletics Canada, I now have a copy of the IAAF scoring tables for walking. These tables were established in 1984 and are based on a comparison with current IAAF Progressive Scoring Tables for Combined Events. They allow comparison of times for 3, 5, 10, 15, 20, 25, 30, 35, and 50 Km for men and women, both seniors and juniors. For example, a men's 5 Km time of 24:00 scores 500 points, as does a 1:39:40 for 20, or a 4:39:40 for 50. Roger notes that the ability to compare performances between distances and ages has been very useful to

them in various administrative functions regarding selection, funding, etc. . . From Alan Wood: "I want to agree with your assessment of the let-DQs finish proposal. Most DQ'd walkers believe they didn't gain an unfair advantage and particularly in long events, there is satisfaction in completing the course. So they can add a couple of seconds on their logbook and feel they had a genuine effort. A major objection may be that other walkers won't realize the person has been DQ'd (but they can always hop that someone ahead of them has been DQ'd). Something would have to be done to prevent the "egotist" from breaking the tape at every race in blatant illegal form." . . From the Boston Globe, July 17: "Reebok International Ltd said yesterday it had filed suit against Hyde Athletic Industries Inc. alleging false advertising and unfair competition. The suit, which was filed by Avia Group International Inc., a Reebok unit, in the US District Court for the Southern District of New York, takes issue with Hyde's claim that its Saucony Instep is the top-rated walking shoe. Avia says its Avia 382 was judged the best women's walking shoe by a leading consumer rating magazine, and it wants Hyde to pay unspecified damages, stop making its claims, and to run corrections. Hyde, based in Peabody, said it believed that it has meritorious defenses to Avia's claims and intends to contest the suit in court. A hearing is scheduled for July 28." . . A letter from Marjorie Holmes in Albuquerque: "As a result of the very tight judging or racewalk events in Baton Rouge, LA at the U.S. National Senior Sports Classic IV, June 13-14, many athletes may be discouraged from continuing the sport. About one-third of the 400+ competitors in the 5 km racewalk and the 1500 meter were disqualified. Individuals who were DQ'd were not pulled from the course. They were allowed to complete the competition but their names did not appear on the results list, so that they had no record of their times, the reasons for their disqualifications, or their participation in the race. (Ed. This was in accordance with the proposal of Gene Dix, which we printed last month, and which Alan Wood comments on above.) Better coaching at the state level would have prevented some DQs due to running and bent knee. But experienced walkers who had been competently judged in events over the years were also DQ'd. Some without warning from the event judges. We have hurt the sport. Some changes must be made. (Ed. Note that I was never DQ'd until the first time that I was DQ'd, and never again until the second and third times--all several years apart over 12 or 13 years, but that didn't mean the DQs were not deserved.) The spirit of the games included enjoyment of the event, acknowledgement of the accomplishment, and giving participants the benefit of the doubt. (Ed. At the expense of other contestants?) They should receive credit for finishing the race, and they should be told when and why they were disqualified. (Ed. Under normal procedures, they will not finish the race. Agreed, they deserve to be told why they were DQ'd.) The difficulties in judging other people's knobby knees and arthritic joints has been discussed before. The consensus has been that if there is physical inability to straighten the leg, and if it is as straight as possible when the supporting leg is in the vertical position, there should be no disqualification. (Ed. I'm not sure that consensus exists.) The range where this can be seen is very short--from the side as the walker shifts weight for the next step. Racewalking is a sport that offers enormous benefits at any age, but is particularly good for older people who desire to stay fit, but whose joints can no longer stand the strain of running or jumping. It provides the aerobic benefits of running plus better upper body conditioning than running. Let us learn to do it right, and give us judges who will give us that benefit of doubt." (Ed. Marjorie was not among those DQ'd. One always wonder what is the magic number for percentage of DQs in a race. Perhaps the judging was too strict in Baton Rouge and there were many undeserved DQs. But, be assured, had their been only a handful of DQs, I would have

heard about all the people who "ran" to medals in Baton Rouge along with cries of when are the judges going to start doing their job. . . Steve Vaitones points out that Deborah Van Orden was not the defending 10 Km champ, as we erroneously stated in the summary of this year's title race. She won at Niagara Falls, but the Olympic Trials was the official National Championships for all T&F events. We relied on Bob Bowman's handbook and didn't put our thinking cap on. . . Steve also notes that the Junior Nationals in Spokane were held in brutal conditions for the walkers. He goes on: "I spoke with several athletes or coaches about the meet and all said the same thing: Why were these 5 and 10 Km races held at 1 pm and 2 pm while the 10 Km runs were held in the cool of the evening? To respond, the walks used to be the first events of the day at 8 or 9 am. But we've had a vocal minority complaining about visibility of the walks; that the early hour doesn't let the fans see the walks, makes the walks an afterthought, etc. Well, you can't have it both ways. From a development point of view (and I venture to say from the competitors' point of view), I'd much rather have our young athletes have optimum conditions to go for their best performance possible in the cool of the morning, rather than have a meager crowd watch a survival march in the midday sun. We had three of the five fastest junior women ever racing at their peak fitness level, and they couldn't get within 40 seconds of their lifetime bests." . . . Also from Steve: "Remember the 'Colony' of walkers who moved to Colorado Springs in 1982-84 to work together toward the Olympic Trials and Games? A similar situation has started in Lake Placid, where Philip Dunn and Andrew Herman have moved to train. They've been joined for the summer only by Elliot Taub, Will Van Axen, and Yair Pomeranz." . . . Bruce Douglass, Chairman of the Racewalking Committee has announced the 1993 U.S. Junior and Intermediate National Racewalk Teams. The Junior Men's Team includes William Van Axen, Oakdale, N.Y.; Justin Marrujo, Temecula, Cal.; Al Heppner, Maryland; Kevin Eastler, Farmington, Maine; Joseph Sheppard, San Jose, Cal.; and Adam Mendonca, Riverside, Cal. The Women's Junior Team is Lisa Chumbley, Houston, Texas; Melissa Baker, Shoreham, N.Y.; Deborah Iden, Bayport, N.Y.; Margaret Ditchburn, North Babylon, N.Y.; Danielle Kirk, Bell Canyon, Cal.; and Debra Scott, Rye, N.Y. The Men's Intermediate Team is Philip Dunn, Portland, Oregon; Vance Godfrey, Independence, Ore.; Andrew Herman, Portland, Ore.; Sean Linehan, Castlerock, Col.; and Tim Seaman, North Babylon, N.Y. The women's Intermediate Team is Susan Armenta, Redwood City, Cal.; Gretchen Eastler, Farmington, Maine; Megan Garner-Holman, Shawnee Mission, Kan.; Kelly Watson, Kenosha, Wis.; and Jennifer Zalewski, Kenosha, Wis. Bob Ryan of Lake Placid, N.Y. and Susan Reina, Stonybrook, N.Y. will work with the Junior walkers. Gwen Robertson, Issaquah, Wash. and Steve Vaitones, Waltham, Mass. will work with the Intermediates. The Intermediate team is a new concept of which Steve Vaitones provides the following explanation.

INTERMEDIATE PROGRAM

After several years of discussion, a new level of racewalking development has become reality - The Intermediate program. Racewalking tends to lose most of the top juniors or youth athletes when the walkers turn 20 years old. Their championship race distance doubles from 5K to 10K or 10K to 20K, and at the same time, the qualifying time is faster than doubling their personal best for the shorter distance. To bridge the gap, the USATF RW committee is committed to helping our top young walkers, age 20 - 23, with some extra attention and assistance.

The activities will be coordinated by Gwen Robertson, Rich Torrellas, and Steve Vaitones and will mirror a similar program that Canada and the Europeans have for their U23 athletes. Their first opportunity is to attend the Senior training camp at Colorado Springs Olympic Training Center in August. Second, they have the opportunity to attend the Casimiro Alongi race, and, in team meetings there, give the athletes the chance to help create the program and formulate the policy that will be used to steer the program in the future. Eventually, we hope to include events such as international matches against similar aged athletes, such as our Juniors currently have.

We recognize that the first year or two will present the need for fine tuning the program, and we're open to suggestions. But we hope that the more critical and vocal members of the RW community will look at this as an attempt to get something new going.

The selection process for this first year was as follows: The top "graduating" junior from the previous year is given a place on the team. Then, athletes are selected based on a) qualifying for the senior national championships and b) being the next time ranked athletes at the 10 or 20K distances. Future performances lists (1994) will be taken only from a select number of nationally recognized races so all will be playing on an even field as to legitimate races and courses. The 1993-1994 Intermediate Team is on the enclosed sheet.

Paris-to-Colmar

(Through the years, we have had several commentaries on the great test in endurance walking, the Paris-to-Colmar race. But it's been sometime since we ran a lengthy article by competitor Colin Young, an extraordinary ultra-distance athlete. Now we bring you a first hand account by Dr. Howard Palamarchuk.)

I would like to relate to the Ohio Racewalker (and its readers) the experience I had observing and working with the Paris-to-Colmar Walk you list every year in the Overseas results. This 518 Km racewalk was once known as Paris-to-Strasbourg, but a change was made in finish lines town to Colmar in 1979 (for financial reasons). Nevertheless, the distance and course remain almost the same as the founder of the race, Emile Anthoine, envisioned when he completed the inaugural race in 1927.

The purpose of the course from Paris in the west to Strasbourg in the east was to commemorate the repatriation of the Alsace-Lorraine territory held by the Germans since 1870 and regained by France after World War I. Except for World War II, the race has continued uninterrupted.

As both a podiatrist and a racewalker, I was invited to attend and observe the race by its chief sponsor, Akileine-Aseptia Laboratories of Monaco. The company specializes in foot care products, and creams and cosmetics. If I was a doubter of this race in coming to France, I left a true believer in the incredible effort put forth by the competitors.

This is not hiking or "dog trotting", but a true race walk from the gun to finish tape. All the racewalkers stayed with good racewalking form except for those total body breakdowns and bad "patches" where the body says "no" and the mind says "go". With the leader and eventual winner Noel Dufay covering the 518 Km (322 miles) in 61:18 for an average of just over 5 miles per hour of steady grinding out the miles, you can see why these athletes deserve respect. The women raced 334 km (208 miles) with the winner, Isabell Duchene, covering the distance in 42:59, for an average of 4.8 miles per hour.

Riding in a medical team ambulance, I got to see the race from a unique perspective. The course virtually flat at the start became rolling and undulating through the town of Epinal--the heart of the Champagne country. The course pushed on to the town of Epinal--gateway to Alsace. Just ahead lay a climb of 3,000 vertical feet through the Vosge mountains--the col du Bonhomme. Then came 50 km onward to the finish in Colmar. The weather varied from unusual hot humid conditions in Paris at 85 F, to 45 F during the cold nights closer to the mountains. Bright sun gave way to cold driven rain and wind to blustery conditions by the finish.

The race is not a stage race, but a continuous race except for a mandatory 3 hour rest at 254 km and a mandatory 1 hour rest at 418 km. At the rests, doctors, trainers, and podiatrists (French podiatrists) examine and treat problems the racewalkers may be encountering. Each walker has his or her own motorhome or two with a support staff that feeds, dresses, and cheers on the athlete through the long lonely night stretches between towns, where cheering crowds support the racewalkers in a festive atmosphere. Each walker has a laminated photo ID that is punched at every control point on the course. Based on time splits and approximations, cheating is virtually impossible.

The event is not looked upon as an oddity in France, but is taken up with a passion and fervor on the face of each competitor. Live radio broadcasts and updates on the race are given by mobile crews traveling with the caravan (Tour de France style) and television interviews with the walkers on the move were common. (A very nice 6-minute television piece was put together for the national sports wrapup show following the race.)

As mentioned, Frenchman Noel Dufay handily defeated three-time defending champion Zbigniew Klapa of Poland by 2 hours. The women's winner, Duchene, took back a large lead held by newcomer Russian challengers Irina Poutintseva (5th) and Eugenia Gourieva (8th), who was leading at the Epinal control before succumbing to severe shin splints syndrome.

From a podiatric view, I was amazed at the few foot and leg problems the walkers encountered. Good preparation of the feet and close attention by accompanying podiatrists when blisters did appear kept problems to a minimum. A far cry from what I see at most ultra-distance running events I work at. Use of the special foot creams and preparations seemed to really help prevent friction and heat buildup in the shoes. Nevertheless, by 400 km, the walkers did suffer no matter what was done for them. Will and determination drove them on the finish at Colmar.

For his efforts, Dufay received a new Opel Corsa and second place received \$5,555.55. The women's winner received \$4,630. Spokesmen for the race, Francols and George Mas, of Akileine, expressed great interest in having an American competitor in the near future. They are looking to enlarge the field and make it a truly international event. If you have any interest in challenging this race, contact Dr. Howard Palamarchuk, 310 Middletown Blvd, St. 203, Langhorne, PA 19047.

Results of the 1993 race:

Men: 1. Noel Dufay, France 62:18 (8.315K/hr) 2. Zbigniew Klapa, Poland 64:18 3. Grzegorz Urbanowski, Poland 64:46 4. Adrien Pheulpin, France 65:47 5. Dominique Malthiery, France 66:53 6. Gilles Letessier, France 67:19 7. Jean Dedillon, France 69:15 8. Aleksey Radionov, Russia 69:59 (13 finishers with 13th in 74:45; 28 starters with four more going 471 km or more, and five others beyond 300 km) Women: 1. Isabell Duchene, France 42:59 2. Kora Sommerfeld, France 45:41 3. Edith Couhe, France 46:55 4. Joelle Lefilleul, France 47:16 5. Irina Poutintseva, Russia 49:16 6. Bernadette Brizion, France 49:24 (10 finishers).

LOOKING BACK

25 years ago (From the July 1968 ORW)--Ron Laird captured the National 20 Km title in 1:33:00, with Larry Young, Don DeNoon, and Tom Dooley taking the next three spots. Dooley, in fourth, was only 39 seconds behind Laird in a tight finish. . . The 50 wasn't so close as Young won easily in 4:12:12 (the course was found to be about a half-mile short). There were eight under 4:30, with Goetz Klopfer, Bob Bowman, and Dave Romansky following Larry. . . Larry covered 7 mi 1386 yards in an hour to beat Martin Rudow for the National title in Montana.

20 Years ago (From the July 1973 ORW)--The National 25 Km was contested in Taunton, Mass., and John Knifton came away with the title in 2:05:50, nearly 2 minutes ahead of Ron Laird. Gary Westerfield was a distant third. The walkers were slowed by sweltering temperatures. Knifton was slowed by a dog attack during training two weeks earlier that had resulted in 28 stitches and 5 days in the hospital. To add to his woes, he left his gear at home and had to walk in borrowed things, including a half-size-too-large pair of bowling shoes. He survived without a blister. . . Sue Brodock won the National 5 Km, the first time the women had competed at this distance at the National meet, in 27:40 with Ellen Minkow and Ester Marquez following. . . On the local scene, your then 38-year-old editor, blasted a 31:56 for 4 miles, only a bit more than 2 minutes over what he might have done in the glory years, and immediately announced he was almost ready to start challenging those "near the bottom of the top". A hollow challenge as it turned out. . . Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59.4, and this turned out to be the start of a much more serious challenge to those at the "top of the top". . . Jerry Brown and Bill Ranney competed in Europe with the U.S. track team and, despite some good times (walking that is, not bolsterous revelry), didn't come off too well competitively. In Germany, Jerry had 44:56 and Bill 45:46 for 10 km, but Bernd Kannenberg did 43:48 and Gerhard Weidner was second. In Italy, They had 45:36 and 46:06, respectively, but Visini and ZXambaldo were well ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeniy Ivchenko won in 1:35:14, and this time, Bill beat Jerry with 1:36:37 to 1:37:41.

15 Years ago (From the July 1978 ORW)--Todd Scully lead from the gun to win the National 10 Km at Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Doyle and Martin Kraft followed him. . . The Junior 10 Km went to Ray Sharp in 50:55, with Mike Morris second. . . Todd Scully took second in the US-USSR dual when Vinichenko was disqualified after finishing in 1:31:16. Polozov won in 1:30:04 as Todd did 1:32:13 and Larry Walker 1:34:15. . . In two Junior duals against the Soviets, Sharp did 48:40 and 47:20, but finished third both times. Morris had 48:43 in the second dual. . . Raul Gonzales zipped a 3:41:20 for 50 Km in the annual Prague-to-Podebrady race. . . Paul Hendricks became the first American to compete in the Paris-to-Strasbourg race (500 plus km) and covered 214 km in 31 1/2 hours before dropping out. Josey Simon of Luxemborg won the race in 66:10:47.

10 years ago (From the July 1983 ORW)--Italy's Maurizio Damilano won an International 20 Km in Los Angeles in 1:25:53. Marco Evoniuk captured fourth in 1:27:07, behind the GDR duo of Hartwig Gauder and Ronald Weigel. Dan O'Connor (1:27:49) was sixth and

Jim Heiring (1:28:12) seventh. . . A month later, Heiring bettered the national record for 10 km with 41:07.91 on the track in Stockholm, finishing behind Sweden's Bo Gustavsson and Finland's Reima Salonen. Evoniuk was fourth in 41:27.63. . . Todd Scully won the National 10 at Niagara Falls again, this time doing 44:50, but finished behind Canadian guest Marcel Jobin. Steve Pecinovsky was just 22 seconds behind Scully and only 1 second ahead of Tom Edwards. . . Heiring won the National 5 Km in 20:33.3 in Racine, Wis., better than a minute ahead of Mike Morris. . . At the National Sports Festival, Scully won a very hot 20 Km in 1:39:14, and Randy Mimm walked away with the 50 in a very impressive 4:20:20. . . James Mann won the Junior National 10 Km in 47:25.

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Water Loading for Hot weather Training and Racing.

During walking, muscles generate heat. This is lost through the skin by radiation, conduction, convection and the evaporation of sweat. Under conditions of high temperature/humidity, evaporation becomes the most important method of temperature regulation and large amounts of sweat are produced to cool the body. If the vital organs become too hot, they stop functioning correctly, leading to potentially fatal collapse of the athlete.

Sweat is drawn from the water in soft tissues, such as muscle. This is replenished from the blood which reduces blood volume and increases viscosity. As water is lost, performance deteriorates; a 2% body weight loss from sweating will decrease walking velocity by about 4%. As more water is lost, the blood is preferentially used to supply the vital organs and working muscles. Skin blood flow decreases and there is a drastic body temperature rise. Heat stroke or exhaustion become more likely.

Body water is maintained by drinking and eating. Any excess is rapidly removed by the kidneys as urine. (Chart 1) In exercise, there is progressive loss of water. (Chart 2) This increases with higher environmental temperatures, humidity or with more intense exercise.

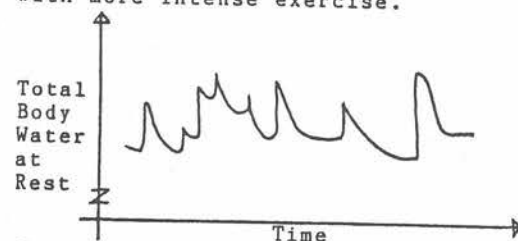


Chart 1.

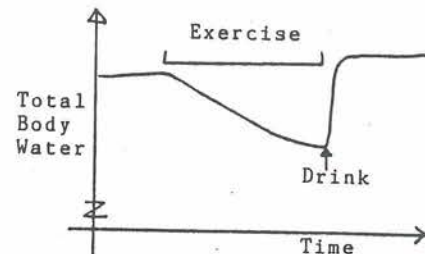


Chart 2.

To be absorbed, water must pass from the stomach to the small intestine. The flow rate is usually about 600 ml per hour. Sweat rates can reach 2000 ml per hour. Even with copious drinking, a net fluid loss can take place. 2-3 pounds per hour of water loss would cause a 1.30 pace 20km walker to slow by 30 seconds per mile in the closing stages.

A traditional strategy has been to increase water intake during the 24 hours prior to a race. This ensures full hydration on the start line but cannot produce any water 'reserves'.

Since urine production is greatly reduced after brisk exercise starts, some athletes drink about 500ml of water

immediately before they race. The water moves to the intestines where it is absorbed and helps maintain blood volume without being sluiced away to the bladder. (Chart 4)

One method of super-hydration holds extra water in the body tissues and blood. It works by 'fooling' the part of the brain controlling kidney function. This centre responds to blood concentration to detect blood volume changes. If you drink solutions of salt, sugar or Glycerol ($C_3H_8O_3$), the extra water is only disposed of after the dissolved molecules have been removed. Sugar is rapidly taken up by the liver or muscles. Salt will slow water removal but sweating could cause dangerous concentrations to arise. Glycerol moves freely into and around body cells, drawing with it extra water. (Chart 3)

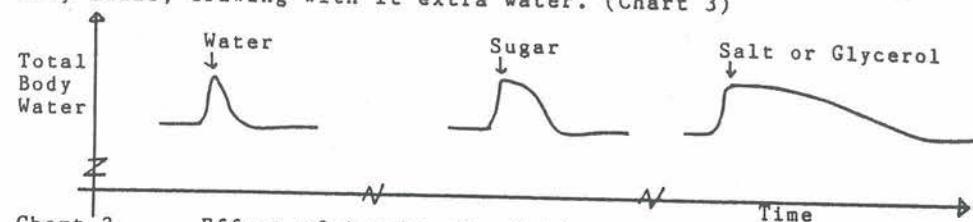


Chart 3 Effect of intake of solutions or water at rest.

In exercise, the Glycerol is used as a minor fuel source, reducing the concentration of blood and soft tissue fluids. The 'spare' water helps maintain blood volume as sweat is lost. This should improve performance and decrease the risk of heat related injury. The suggested method is to drink a Glycerol solution during the period from 120 to 30 minutes prior to a race. (Chart 5) The solution is 0.8 ml Glycerol, 15 ml water and 6 ml sports drink per kg of body weight. Glycerine USP, available at pharmacies, is at least 95% Glycerol.

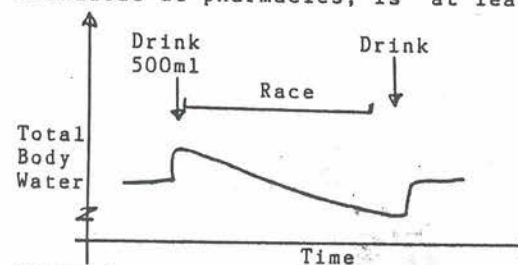


Chart 4

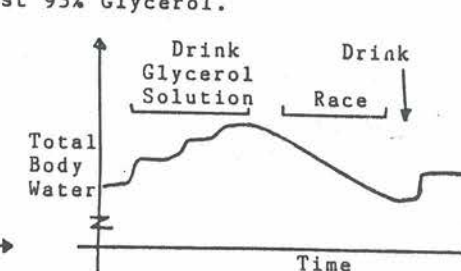


Chart 5

Note that super-hydration is not a substitute for drinking in long races, especially in extreme climatic conditions. Try Glycerol solutions in training to test their effect on your body rather than risking side effects (Occasional reports of nausea, headache or dizziness) in a race. Current recommendations are to include Glycerol in pre-race drinks, not those consumed during a race. There are studies being done to test for benefits of Glycerol in race drinks. If you are fit enough to race in severe heat, super-hydration should not be a health risk.

Ian Whatley is the racewalking representative on the USTAF Sport Science Committee and a Bioengineer. Racewalk Sport Science Bulletin may be copied by non-profit organisations providing that authorial credit is given.