

Ohio Race Walker
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Chylinski, Herazo Victors in Natlinal 5 Km

Denver, Aug. 29--Victoria Herazo, apparently recovered from the injury she suffered last winter following the heats of the World Indoor Championships (she slipped on an icy sidewalk), Victoria Herazo scored a decisive win in the National 5 Km racewalk. It marked her fourth win in the event in the last 5 years (she missed in 1990). Victoria took the lead at the start on a 1667 meter course and stormed through the first kilometer in 4:18. She passed 3 Km in 13:23 and went on to win in 22:55 with Debby Van Orden some 30 seconds back.

In the men's race, Andrzej Chylinski won in 21:26, 14 seconds ahead of Curtis Fisher. The results:

Women: 1. Victoria Herazo (34), Las Vegas 22:55 2. Debby VanOrden (33), Colorado 23:25 3. Sally-Richards Kerr (40), Col. 24:30 4. Peggy Miller (39), COL., 26:22 5. Lori Rupoli (42) Col. 28:30 6. Pat Cooper (43), COL. 29:38 7. Kathy Frable (48), Texas 29:01 8. Elton Richardson (54), New York City 29:02 9. Megan Garner-Holman (21), Col. 29:08 10. Terri Hamilton (28), Col. 29:10 11. Judy Cabrera (36), Col. 29:24 12. Christine Chase (37), Col. 29:47 13. Joleen Reefe (34), Co. 30:12 (41 starters)

Men: 1. Andrzej Chylinski (32), Col. 21:06 2. Curtis Fisher (27), Col. 21:40 3. John Spuhler (26), Col. 22:38 4. Mike Blanchard (32), Col. 24:13 5. Theron Kissinger (22), N.Mex. 24:37 6. Dan Pierce (37), Col. 25:12 7. Norman Frable (48), Tex. 25:52 8. Dan Immesoete (29), Col. 29:48 9. Dave Gwyn (41), Texas 30:02

Puerto Rico's Ramirez takes 40 Km title

Fort Monmouth, N.J., Sept. 12 (From Elliott Denman)--Jose Ramirez thrives on multiple assignments. Back home in Aguada, P.R., he is both an industrial microbiologist and a physical education teacher. In his spare time, he is a racewalker and aspiring international athlete. The 27-year-old Ramirez put his talents on display today in the 55th annual National 40 Km racewalk championship with a decisive triumph in 3:40:10.

Ramirez easily outwalked a 73-athlete field in the race staged over a 2 Km loop. He passed the 20 Km mark in 1:46:35 and breezed the second 20 in 1:53:35 to win by nearly a half a mile over walker-up Gary Null of New York City. "I never walked in conditions like this, it was tough for me," said Ramirez, who considered the mid-yos temperatures far too cool for comfort. He's used to a lot more heat and humidity.

Women's winner of the race, staged by Shore Athletic Club in conjunction with Army officials and sponsored by Point Pleasant Distributors, was Elton Richardson of New York City in 4:19:48. She's a 54-year-old speech pathologist who has only been competing in the walking sport the last 4 years. Once a distance runner, she gave up that

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sport to focus on walking and has since won a string of U.S. and world honors. Null won both the U.S. Masters championship and the USA T&F overall gold medal. The famed broadcaster, writer, nutritionist, lecturer, and fitness advocate, clocked splits of 1:48:45 and 1:55:52 to finish in a Masters-record 3:44:37.

Men's Results: 1. Jose Ramirez, P.R. 3:40:10 2. Gary Null, Natural Living Club 3:44:33 (1st 45-49) 3. Bob Keating, New England Walkers 3:50:31 (2nd 45-49) 4. Brian Savilonis, NEW 3:58:41 (1st 40-44) 5. Franco Pantoni, NL 3:59:06 (3rd 45-49) 6. Thomas Zdrojewski, Phast Walkers 4:07:29 (1st 50-54) 8. Bill Norton, Shore AC 4:10:51 (2nd 40-44) 9. Alan Price, Potomac Valley 4:11:28 (5th 45-49) 10. Herb Zydek, NL 4:11:55 (1st 55-59). Also: Dr. Patrick Bivona, Shore AC 4:20:56 (2nd 50-54), Bob Mimm, Shore AC 4:24:32 (1st 65-59); Mike Michel, Lynch, N.C. 4:42:49 (1st 60-64); Harry Drazin, Shore AC 6:19:20 (1st 80-84); Bill Preston, Unisphere Walkers 6:37:20 (1st 70-74)

Women's Results: 1. Elton Richardson, New York 4:19:48 (1st 50-54) 2. Suzanne Martin, Park Walkers 4:39:16 3. Liz Shelly, NL 4:42:34 4. Ana San Antonio, NL 4:44:33 (1st 40-44) 5. Elaine Perry, NL 4:94:32 6. Denise Romansky, Shore AC 5:04:10 7. Maureen Robinson, NEW 5:06:08 8. Marcia Shapiro, Shore AC 5:12:48 (1st 55-59) 9. Sandy Rubel, Shore AC 5:18:05 (1st 45-49) 10. Vivian Lowery, Met. RW 5:32:48 (1st 65-59)

Alongi Highlights

Dearborn, Sept. 26--In the 15th Annual Casimiro Alongi Memorial Invitational, Mexico's Bernardo Segura was an easy winner at 20 Km and Italy's Annarita Sidoti won the women's 10 Km. In the accompanying U.S.-Canada Junior match William VanAxen (43:16) and Debbie Iden (24:16) set U.S. Junior records. Sally Richards-Kerr had a world's best for women 40 and over, winning the Open 10 in 49:19. Full results and details next month.

Int. 20 Km--1. Bernardo Segura, Mex. 1:21:55 2. Giovanni Perricelli, Italy 1:27:09 (Walking with a fever) 3. Tito Palacios (age 18), Mex. 1:28:08 4. Arturo Huerta, Can. 1:28:51 5. Guillermo Rodroquez (17), Mex. 1:29:23 6. Gary Morgan 1:29:31 7. Andrew Herman 1:29:49 Int. 10 Km--1. Annarita Sidoti, Italy 46:06 2. Debbie Van Orden 46:53 3. Linda Brubaker 47:46 4. Pascal Grand, Can. 48:06 5. Dana Yarbrough 48:07 6. Kim Wilkinson 48:21 7. Gretchen Eastler 49:24 8. Susan Armenta 49:28

MORE RESULTS

National Junior Women's 3 Km, Orono, Maine, August 31--1. Debbie Iden, Bayport, NY 15:13.88 2. Danielle Kirk, Bell Canyon, Cal. 15:34:31 3. Julie Falardeau, Quebec, Can. 16:05.14 4. Aimee Parson, Roswell, NM 16:18.79 5. Tara Shea, Central Islip, NY 16:47.20 6. Becky Parson, Roswell, NM 16:55.65 7. Alison Zabrenski, Bowie, Mary. 17:06.53 8. Mary Coulombe, Poland Springs, Maine 17:36.30

National Junior Men's 5 Km, Orono, Maine, Aug. 21--1. Al Heppner, Kenosha, Wis. 21:39.38 2. Justin Marrujo, Temecula, Cal. 22:13.72 3. Kevin Eastler, Farmington, Maine

22:34.33 4. Adam Mendonca, Riverside, Cal. 23:10.80 5. David Rose, New York 23:40.72 6. Darren Eames, New York 24:16.96 7. William Leggett, Woodbridge, Va. 25:06.16 8. Joe Sheppard, San Jose, Cal. 25:12.30 9. Yariv Pomeranz, Miami, Fla. 25:19.4 10. Michael Hersey, Farmington, Maine 26:01.1 11. Caleb Simpson, Farmington, Maine 28:15.8

Steve Valtones reports: These races went off for the first time in several years and were held as part of the Maine Racewalk Carnival. They followed a week-long junior training camp at the University of Maine. This year there were two training camps for juniors, the first in Maine, followed by the annual camp for juniors and youth at Lake Placid. The camp and races were an example of what can be done working with a community and with the press. In the Bangor Daily News, covering the northern half of the state, there was a half page on the first day of the camp and nearly a full page following the race. Inviting the sports editor to present awards brought along two reporters; one to cover the race and one to do a human interest feature. Three television stations covered the event, and it didn't hurt to invite one of the more running-literate reporters along a a Maine shore cruise beforehand where a lengthy interview took place. Then, working with Chamber of Commerce offices, articles and photos appeared in additional coastal papers. All of this pointing to several basics on getting media coverage: 1. You have to make the event something that the media wants to cover. 2. Getting press people involved in the event gives them a reason to cover it. 3. You have to a heck of a lot of work to get items 1 and 2 done. Tom certainly did a gold medal job in bringing plenty of positive media attention to racewalking. (How do our younger walkers rate as overall athletes: Phil Dunn ran a 4:06 at the Minnesota Intercollegiate meet this spring--and has done under 4:00 for 1500 meters. Justin Marrujo raced a 100 mile bike race under 6 hours.)

3 Mile, Newburyport, Mass., Aug. 3--1. Steve Valtones 23:57 2. Phil McGaw (43) 25:00 3. Bob Ullman (44) 26:17 4. Justin Kuo 27:25 5. Wayne Nicoll 29:55 (9 finishers) 11.7 Mile, Taunton, Mass., Aug. 22--1. Joe Light (45) 1:46:50 2. Phil McGaw (43) 1:52:55 3. Justin Kuo 1:52:56 4. Steve Peckikonis 1:54:23 5. Geroge Lattarulo (44) 1:54:24 6. Paul Schell (56) 1:56:03 7. Charlie Mansbach (48) 1:59:53 (13 finishers) 8 KM, Needham, Mass., Aug. 29--1. Ken Mattsson 46:01 2. Paul Schell 48:23 3. Meg Ferguson 49:06 4. Charlie Mansbach 50:01 National Elite Qualifying Races, Lake Placid, N.Y., Aug. 29: Men's 5 Km--1. Danny Dalton (12), Kettering, Ohio 30:30 Men's 10 Km--1. Kevin Eastler (16) 45:34 2. Adam Mendonca (17) 48:24 3. William Leggett (17) 49:53 4. Mike Hersey (16) 50:31 5. Joe Sheppard (19) 51:11 6. Wayne Meeks (16), Houston, Texas 51:16 7. Brian Colby (13), Madison, Wis. 56:12 8. Brandon Perry (14), W. Palm Beach, Fla. 58:50 Men's 20 Km--11. Andrew Hermann (22) 1:31:04 2. Philip Dunn (22) 1:33:22 3. Justin Marrujo (17) 1:37:29 4. Yariv Pomeranz (18) 1:44:20 Women's 5 Km--1. Danielle Kirk (19) 25:29 2. Tara Shea (16) 27:07 3. Aimee Parson (16) 27:15 4. Virginia Jones (12), League City, Tex. 28:11 5. Becky Parson (16) 28:34 6. Alison Aabrenski (14) 28:49 7. Andrea Stroud (12), Madison, Wis. 30:00 Women's 10 Km--1. Gretchen Eastler (21) 50:05 2. Lisa Chumbley (17), Houston, Tex. 50:26 3. Melissa Baker (17), Shoreham, NY 53:59

5 Km, West Long Branch, N.J., July 26--1. Ray Funkhouser 21:58 2. Cliff Mimm 22:25 3. John Soucheck 24:50 4. Tony Noerpol 25:09 Women: 1. Phyllis Hansen 26:42 2. Donna Cetrulo 30:38 3. Salina Viera 30:57 5 Km, W. Long Branch, Aug. 16--1. Ray Funkhouser 22:29 2. Jeff Davis 27:34 3. Mark Brunner 29:41 4. Hans Ehrnstrom 29:52 Women: 1. Phyllis Hansen 27:06 2. Pat Weir 28:02 5 Km, West Long Branch, Aug. 23--1. Ray Funkhouser 22:25 2. Jeff Davis 26:58 3. Jack Lach 27:04 4. Ben Ottmer 28:49

Women--1. Phyllis Hansen 26:33 **Potomac Valley Masters 3 Km, Sept. 5:** Women: 1. Valerie Meyer (35) 17:07.4 2. Nancy Whitney (57) 17:58 Men: 1. Dave Marchese (28) 12:54 2. James Carmines (50) 14:04.2 (pending National age group record) 3. Timothy Good (33) 15:58 4. Dino Delaportis (43) 16:12 5. Dave Kodner (36) 16:48 6. Joe Guy (50) 17:02 7. Claude Letten (46) 17:20 8. Ronald Clarke (46) 17:27 9. James Goldstein (44) 17:40 **Potomac Valley 15 Km, Sept. 6--1.** Dave Marchese 1:10:39 (23:18, 47:04) 2. Alan Price (46) 1:25:56 3. Jim Wass (41) 1:28:25 4. Malcolm Posey 1:30:06 5. Sal Corrallo (62) 1:34:04 6. Tim Good 1:36:34 (13 finishers) **3 Km, Alexandria, Virginia, July 25--1.** Jim Wass 17:31.4 2. Phil Caine 17:33.6 3. Valerie Meyer 17:34.4 4. Nancy Whitney 17:43.9 **3 Km, Alexandria, Aug. 8--1.** Bob Briggs 13:53.9 2. Dave Dodner 16:45.6 3. Claude Letten 16:48 4. Jim Goldstein 16:50 5. Valerie Meyer 17:03 6. Phil Caine 17:34 **5 Km, Parma, Ohio, Sept. 11--1.** Gary Reiter 26:43 2. Ron Laird (54) 27:07 3. Keith Reichley (41) 28:57 4. William Flick (67) 30:21 (10 finishers) Women--1. Daryl Ann Kidder (42) 29:10 (6 finishers) **2 Km, Warren, Mich., July 4--1.** Frank Soby (53) 11:03 **1500 meters, same place--1.** John Hunyady 6:47 **3 Km, same place--1.** Zibi Sadlej 12:55 2. Dan O'Brien 13:21 3. John Hunyady (42) 16:20 **10 Km, Dearborn, Mich., Aug. 21--1.** Marino Scerpella (52) 55:00 2. Robert Campbell (48) 57:22 Women: 1. Diane Podsiadlik 56:50 2. Debbie Benton 57:15 **5 Km, same place--1.** Jerry White (56) 29:05 Women--1. June-Marie Provost (60) 30:21 **5 Km, Dearborn, Sept. 4--1.** Marino Scerpella 26:11 2. Vance Genzlinger (64) 27:15 3. Robert Campbell 27:38 **1 Hour, Warren, Michigan, Sept. 18--1.** Zibi Sadlej 12,581 meters 2. Dan O'Brien 12,564 3. John Elwarner (54) 11,213 4. Robert Campbell 10,628 Women--1. Jeanne Bocci (50) 9930 **5 Km, Delton, Mich., Aug. 14--1.** Jerry Cameruci 27:47 **USA National Masters 5 Km, Kingsport, Tenn., Sept. 18--1.** Allen James (29) 21:25.42 2. Don Denoon (50) 21:40.85 3. Curt Clausen (20-29) 22:11 4. Ray Funkhouser (42) 22:20.54 5. Ian Whatley (30-34) 22:25.98 6. Bohdan Bulakowski (43) 22:45.02 7. James Carmines (50) 24:08 8. Norman Frable (45-49) 25:08 9. Paul Johnson (55-59) 25:34 10. Fred Bonnett (45-49) 25:57 11. Gene Ophelm (45-49) 26:15 12. Alvia Gaskill (35-39) 26:45 13. Gene Harrison (40-44) 28:47 14. Ross Barranco (40-44) 29:25 15. Bobby Baker (50-54) 29:42 16. James Norvill (45-49) 29:57 Women: 1. Victoria Herazo 22:20.01 2. Sally Richards-Kerr (41) 24:13.53 3. Elizabeth Longton (42) 26:51.89 4. Kathleen Frable (48) 29:02 5. Lois Dicker (50-54) 30:01 6. Martilla Beach (40-44) 30:03 (8 finishers, men and women) **5 Km, Georgia--1.** Allen James 21:16 2. Bert Starzer 26:22 2. Mark Danford (40+) 27:21 4. Gary Langley (45+) 28:37 5. Charles Carter (40+) 29:38 6. Dan Strohl (45+) 30:02 Women: 1. P. Henderson 29:45 2. Patty Voyles 30:01 **5 Km, New Orleans, Aug. 22--1.** Sharon Lewis 27:13 2. Sydney Holmes 29:07 3. Becky Comeaux 29:12 **5 Km, Metairie, Louisiana, Sept. 4--1.** Barry Creppel 29:47 **5 Km, Metairie, Sept. 10--1.** Sydney Holmes 28:12 2. Sharon Lewis 28:14 3. Becky Comeaux 28:38 **4 Miles, New Orleans, Sept. 15--1.** Ed Whiteman 34:42 2. Sharon Lewis 37:15 3. Sydney Holmes 37:25 4. Becky Comeaux 37:32 **North American Masters 15 Km, Albuquerque, N.M., Sept. 5--1.** Steve Petrakis (40-44) 1:20:34 2. Alan Yap (50-54) 1:22:20 3. Norm Frable (45-49) 1:23:19 4. Peter Armstrong (45-49) 1:28:29 5. John Knifton (50-54) 1:32:34 6. Pat Bryan (45-49) 1:33:19 7. Presley Donaldson (55-59) 1:34:53 Women: 1. Sally Richards-Kerr (40-44) 1:20:06 2. Eliza Walbridge (40-44) 1:30:40 3. Pat Cooper (40-44) 1:32:58 4. Kathy Frable (45-49) 1:36:10 **Open Division:** 1. Andrzej Chyllinski 1:08:59 2. John Spuhler 1:10:09 3. Vincent Sheehan 1:16:11 4. Dan Pierce 1:19:20 Women: 1. Dana Yarbrough 1:19:27 2. Dee Walker 1:23:29 **5 Km, same place--1.** Winston Campbell (53) 28:13 2. Mark Rumsey 28:50 3. Almee Parson (15) 28:55 4. David Wormald (42) 29:07

5. Becky Parson (15) 29:16 6. Kathy Jo Lovell (43) 29:21 7. Ellen Roche 29:27 8. Don Knight (46) 29:29 9. Laurie Starr (14) 29:32 10. Jeff Key 30:14 (27 finishers) **Tournament of Walkers, Pasadena, Sept. 11:** 3 Km--1. Larry Walker 13:43.3 2. Daniel Thompson 16:08.3 3. Steve Lettner 16:36.1 4. Bob Hickey 16:51.7 Women: 1. Donna Cunningham 16:15.9 5 Km--1. Chris Dreher 25:42.7 2. Danielle Kirk 26:39 3. Daniel Thompson 28:04 4. Mel Schultz 28:15 (60 plus) 5. Margie Alexander 29:20 6. Bill Neder (50+) 29:59 10 Km--1. Carl Acosta (50+) 57:13 2. Paul Sutherland (60+) 61:28 **5 Km, Paradise, Cal., Aug. 28--1.** Tommy Aunan 25:50 2. Karen Stoyanowski 26:16 3. Darwin DeGroot 28:59 4. Bob Eisner 30:10 5. Dick Petruzzi 30:17 (21 finishers) **State Games of Oregon, Portland, July 10-11--5 Km:** 1. Ed Khousky (50-54) 25:53 2. Bob Brewer (50-54) 26:59 Women--1. Carmen Jacinsky 29:19.08 2. Judy Heller (45-49) 29:20 3 Km: 1. Noel Wooler (15-18) 13:22.1 2. Steve Renard 13:48 3. Dave Friebeal 15:07 4. Bob Brewer 15:08 5. De Kousky 15:10 6. Dusty Muller (45-49) 17:28 7. John Hanan (50-54) 17:51 Women--1. Tracy Rosangriva 16:23 Judy Heller 17:16 3. Carmen Jakinsky 17:41

1993 WORLD CHAMPIONSHIPS

Here are the full results of the walking races in the World T&F Championships in Stuttgart, reported partially last month:

Women's 10 Km (Year of birth and 5 Km split in parens): 1. Sari Essayah (67), Finland 42:59 (21:54) 2. Ileana Salvador (62), Italy 43:08 (21:54) 3. Encarnacion Granados, Spain (72) 43:21 (21:54) 4. Elisabetta Perrone, Italy (68) 43:26 (21:54) 5. Beate Anders (68), Germany 43:28 (21:55) 6. Katarzyna Radtke (69), Poland 43:33 (22:00) 7. Yelena Nikolayeva (66) Russia (43:47: 21:53) 8. Yelena Sayko (67), Russia 43:56 (21:56) 9. Anna-Rita Sidoti (69), Italy 44:13 (22:06) 11. Susana Feitor (75), Portugal 45:06 (22:26) 12. Yelena Arshintseva (71) 45:17 (22:03) 13. Tatyana Ragozina (64), Ukraine 45:24 (22:35) 14. Andrea Alföldi (64) Hungary 45:57 (22:37) 15. Katrin Born (70) Germany 46:11 (22:25) 16. Miriam Ramon (73), Ecuador 46:13 (22:39) 17. Natalya Misyulya, Belarus (66) 46:22 (22:58) 18. Lisa Sheridan (62), Ireland 46:31 (22:55) 19. Yuko Sato (68), Japan 46:41 (23:00) 20. Ildiko Ilyes (66), Hungary 46:45 (22:41) 21. Yuka Kamioka (75) Japan 46:48 (23:08) 22. Teresa Vaill (62) US 46:58 (22:56) 23. Vicky Lupton (72), GB 47:03 24. Alison Baker (64), Canada 47:20 (22:39) 25. Kamila Holpuchova (73), Czech. 47:24 26. Yuliya Lisnik (66) Mol 47:41 17. Janice McCaffrey (59) Can. 47:45 28. Maria Collin (66) Mexico 47:51 29. Verity Larby (70) GB 47:54 30. Zuzana Aemkova (67) Slovakia 47:56 31. Sada Buksniene (67) Lithuania 48:03 32. Liliana Bermeo (69) Columbia 48:08 33. Gabrielle Blythe (69) Australia 48:23 34. Tina Pointras (70) Canada 48:24 35. Simone Thrust (71) Germany 48:38 36. Hilde Gustafsen (68) Norway 48:39 37. Debbi Lawrence (61) US 48:53 (23:41) 38. Kada Delic (66) BSH 49:06 39. Kjersti Tysse (72) Norway 49:08 40. Maricela Chavez (62) Mexico 49:18 41. Linn Murphy (60), New Zealand 49:24 42. Julie Drake (69) GB 50:22 43. Sara Standley (67) US 51:01 (24:32) 44. Magdalena Guzman (64) ESA 51:01 44. Dounia Kara (72) Algeria 51:33 46. Helen Low Guan Hoon (49) Singapore 54:07 47. Perri Williams (66) Ireland 55:24 DQ--Hongyu Liu (75), China (21:55); Yan Wang (71) China (21:55); Madelein Svensson (69) Sweden 21:52; Eva Machuca (70) Mexico (23:07). DNF--Kerry Junna-Saxby (61), Australia (21:58)

20 km: 1. Valentin Massana (70) Spain 1:22:31 (42:30) 2. Giovanni De Benedictis (68) Italy 1:23:06 (42:27) 3. Daniel Plaza (66) Spain 1:23:18 (42:28) 4. Jaime Barroso (63)

Spain 1:23:41 (42:30) 5. Yevgeniy Misyula (64) Belarus 1:23:45 (42:30) 6. Sergio Galdino (69) Brazil 1:23:52 (42:30) 7. Robert Ihly (63) Germany 1:24:21 (42:27) 8. Igor Kollar (65) Slovakia 1:24:23 (42:27) 9. Ignacio Zamudio (71) Mexico 1:24:32 (42:35) 10. Sandor Urbanik (64) 1:24:40 (42:28) 11. Viktor Mostovik (63) Moldavia 1:24:53 (42:26) 12. Arturo De Mezza (69) Italy 1:24:59 (42:32) 13. Jacek Muller (72=3) Poland 1:25:24 (42:29) 14. Pavol Blazek (58) Slovakia 1:25:31 (42:44) 15. Jean Brousseau (65) France 1:25:53 (42:32) 16. Josef Pribilinec (60) Slovakia 1:26:11 (42:27) 17. Allen James (64) US 1:26:53 (43:00) 18. Vladimir Lndreyev (66) Russia 1:27:01 42:31 19. Tim Berrett (65) Canada 1:27:28 (43:22) 20. Stefan Johansson (67) Sweden 1:28:02 (42:28) 21. Tsutomu Takushima (67) Japan 1:28:39 (43:07) 22. Nick A'Hern (69) Australia 1:28:47 (42:33) 23. Viktorias Meskauskas (70) Lithuania 1:28:57 24. CHRis Maddocks (57) GB 1:29:22 25. Scott Nelson (69) New Zealand 1:30:17 26. Jan Staaf (62) Sweden 1:30:29 27. Gyula Dudas (68) Hungary 1:32:55 28. Darrell Stone (68) GB 1:32:55 29. Gligorij Kornev (61) RUssia 1:33:16 30. Hatem Ghoulia (73) Tunisia 1:33:24 31. Vladimir Ostrovski (66) Israel 1:35:41 32. Abdelwahab Ferguene (58) Algeria 1:35:48 33. Sverre Jensen (66) Norway 1:35:53 DQ: Hirofumi Sakai, Japan; Costica Balan, Romania; Yuriy Kuko, Belarus; Mikhail Schennikov (67), Russia (42:28); Bernardo Segura (70, Mexico (42:29); Daniel Garcia, Mexico; Walter Arena, Italy DNF--Andy Penn, GB; Frants Kostyukevich, Belarus; Mingcai Li, China; Valeriy Borisov, KZK; Sergey Shildkret, Azerbaijan

50 Km: 1. Jesus Angel Garcia (69) Spain 3:41:41 (44:41, 1:29:36, 2:13:44, 2:57:09) 2. Valentin Kononen (69) Finland 3:42:02 (45:00, 1:30:05, 2:13:56, 2:57:33) 3. Valery Spitsyn (65) Russia 3:42:50 (44:59, 1:30:03, 2:14:34, 2:59:02) 4. Axel Noack (61) Germany 3:43:50 (44:52, 1:29:36, 2:13:55, 2:57:24) 5. Basilio Labrador (67) Spain 3:46:46 (45:00, 1:30:04, 2:13:56, 2:59:39) 6. Rene Piller (65) France 3:48:57 (45:45, 1:31:27, 2:17:28, 3:02:09) 7. Tim Berrett (65) Canada 3:50:23 (45:40, 1:31:14, 2:16:50, 3:01:25) 8. Carlos Mercenario (67) Mexico 3:50:53 (44:43, 1:29:37, 2:13:39, 2:57:39) 9. Jean Claude Corre (61) France 3:51:51 (46:13, 1:32:00, 2:19:03, 3:04:16) 10. Sergey Korepanov (64) Kaz. 3:52:50 (45:45, 1:31:39, 2:19:03, 3:03:41) 11. Viktor Glinko (65) Belarus 3:53:41 (47:25, 1:33:07, 2:20:28, 3:06:17) 12. German Sanchez (66) Mexico 3:54:07 (44:51, 1:29:37, 2:13:45, 3:00:34) 13. Giovanni Perricelli (67) Italy 3:54:30 (47:04, 1:33:29, 2:21:50, 3:06:32) 14. Simon Baker (58) Australia 3:57:11 (45:27, 1:30:04, 2:16:48, 3:04:08) 15. Massimo Quiriconi (63) Italy 3:57:33 (47:04, 1:34:28, 2:22:04, 3:10:14) 16. Vyacheslav Smirnov (57) Russia 3:58:20 (45:52, 1:31:48, 2:19:26, 3:06:38) 17. Andres Marin (61) Spain 3:58:45 (45:00, 1:30:05, 2:17:27, 3:06:31) 18. Stefan Malik (66) Slovakia 4:01:28 19. Jonathan Matthews (56) US 4:02:52 (47:45, 1:34:52, 2:22:12, 3:11:00) 20. Fumio Imamura (66) Japan 4:03:22 21. Pascal Charriere (64) Switzerland 4:04:19 22. German Skurygin (63) Russia 4:04:27 23. Les Morton (58) GB 4:06:56 24. Milos Holusa (65) Czech. 4:06:56 25. Modris Liepins (66) Latvia 4:10:35 26. Aldo Bertoldi (610) SAwitz. 4:12:09 27. Sergey Shildkret (62) Azer. 4:14:10 28. Jose Urbano (66) Portugal 4:17:34 29. Adhemir Domingues (59) Brazil 4:19:08 30. Trond Moretro (68) Norway 4:19:14 31. Herman Nelson (61) US 4:21:08 (48:20, 1:36:27, 2:25:36, 3:20:46) 32. Hirofumi Sakai (650) Japan 4:21:33 33. Michael Harvey (62) Australia 4:23:40 34. Eloy Quispe (61) Bolivia 4:26:20 35. Aleksandr Stigelenko (70) Kaz. 4:31:51 DQ--Miguel Rodriguez (67) Mexico (544:42); Robert Korzenowski (68) Poland (44:42, 1:29:37, 2:13:55, 2:57:33); Godfried Dejonckheere (52) Belgium; Vitaliy Popovich (62) Ukraine; Aleksandr Potashov (62) Belarus. DNF--Hartwig Gauder (54) Germany

(44:42, 1:29:36, 2:13:54), Zoltan Czukur (62) Hungary; Ronald Weigel (59) Germany (44:59, 1:30:04); Stefan Johanson (67) Sweden, Julio Urias (72) Guatemala.

In the women's 10 Km, Essayah finally emerged at the top after a third place in the 1999 World Championships, a fourth in the Barcelona Olympics, and a second in the World Cup last spring. As you can see by the splits, Sweden's Madeleine Svensson led at the halfway point in 21:52, but 14 others were still on her heels. Svensson's attempt to improve on hers 1991 silver medal came to an end when she got the red flag before the 7 km mark. Within another kilometer, both Chinese contenders were gone. Svensson had been pushing for a bigger lead with Essayah determined to cover her move. Once she was gone, the 26-year-old Finn had the race to herself and finished unchallenged.

The 20 was a highly tactical race with upwards of 20 competitors still in contention with 3 km to go. Massana, following the strategy he had planned for the race shot out of the field at that point and went unchallenged to the tape. But the quick acceleration by a large pack put the judges work. Of nine that managed to cover Massana's move to some extent and stay in contention for medals, five were eventually disqualified. Schennikov and Garcia were both shown the red flag as they entered the stadium, apparently on their way to the other two medals. As noted last month, the DQs of apparent medalists in the stadium seemed to incense the crowd and the press, who had the impression one crazy judge was standing at the entrance and picking off walkers as they came in. The calls, of course, came on the course, but with all that was going on were not relayed in time to get the culprits before they hit the stadium.

The 23-year-old Garcia, who pushed Carlos Mercenario all the way at the World Cup made it two gold medals for Spain, holding off the strong finish of Kononen. Mercenario appeared to be in control again when he took the lead by 30 Km with a swift 10 km split that broke up a tight pack. But he started to struggle during the next 10 and by 40 Km Garcia was in the lead with Noack, Korseniowski, and Kononen not far behind. Kononen caught him with one lap of the 2 km course to go, but the Finn couldn't match the Spaniard's strong finish. As in Barcelona, Korzenowski was disqualified in the closing stages with a medal in his grasp.

Alan James offers a competitor's view on the races and the experience in general:

20 Km--It was disappointing to hear all the shistles and jeers that accompanied the finish. Something must be done about allowing chief judges into the stadium. If they can't stop the athlete an appropriate distance from the finishing area (1000 m?), have the competitors finish and manipulate the results. Most fans at a big meet will hardly blink an eye when athlete X is nowhere to be seen in the results except in the DQ section. Did anyone raise a fuss when Robson da Silva was DQd from the 200 m semis? No.

10 Km--Another exciting women's race, though I learned it's much harder to watch a race when you're trying to videotape it. No real surprises, except the absence of the Chinese at the finish. They were DQd, yet weren't looking that good anyway. Teresa leading near 2 km faded quickly, only to catch a second wind for the last 4 km or so. It was "Sari" to see Madelein get DQd after taking a commanding lead, but I'm sure Sari wasn't Sorry.

50 Km--With a cool morning, the race was guaranteed to be hot. The start was the usual pedestrian style, however, that was short lived. After a fairly mellow first 20, the guns

started firing. (After all, there was a bomb threat at the stadium delaying the start of the race. Oh, to have such status as the 50 Km walk.) At 25, the second pack, including Kononen, Spitsyn, and Baker, began narrowing the gap on the lead pack of about eight, including Mercenario, Garcia, and Korzenowski. Already the pace quickened and the 30 Km split was down to 44:04. The race was on. The lead pack noticing the surge responded by putting their guns to fully automatic. Some were tossed and many were lost as they blazed an amazing 43:30. And, yes, the day was also heating up. In fact, it began to feel quite warm and all of the shade that was on the course earlier was completely gone. At this point, we were wondering if they could keep it up. Well, they did and finished with a 44:31! There were three National records set and nine personal bests, all in the top ten. Jonathan walking at a 3:54 pace through 30 Km, managed an excellent time at 4:02:52 despite the pain of the earlier pace. Herm, up one place from Barcelona, was on 4:00 pace when he relived San Antonio again for the last 20 KM.

On his own race and experiences, Alan comments: It was really cold the first three days I was there, but after that it was about as hot as it gets. (But not even close to LaGrange and our humidity, thankfully.) My race was on the second day of the meet, and, yes, it was hot, my new found advantage. I started near the back of the pack of 47 walkers. As the race progressed, I slowly and steadily worked my way up. At 10 Km, I was only 34 seconds in back of the leader. There were about 30 athletes in the front pack and I was walking mostly by myself. It felt great to be so close to the lead at this point. As the race continued, the heat began to get the best of many. The highlight was walking in to the stadium with a Russian, who's best time is 6 minutes better than mine, and passing him on the last turn to the finish. I couldn't believe it when I finally heard my finishing place, the best ever by an American at these championships and my best international finish. The race was only part of a great time in Germany. Through the organizing committee, I had the opportunity to have some great adventures: ride with one this years Le Man's 24 Hour Champions in his Porsche race car and drive their 911 buggy through a slalom course, soar in a glider over a few castles, shoot an M-16 rifle at the U.S. Special Forces base, and rent a van and drive some friends to Neuschwanstein (the "Disney" castle), Garmish (site of the '36 Winter Games), and Innsbruck (site of the '64 and '76 Winter Games).

FOR THOSE WITH THE DRIVE TO COMPETE

Sat. Oct. 9	Half Marathon, Sacramento, Cal. (D)
	North Region Race Walk Championships, Illinois (FF)
Sun. Oct. 10	5 Km, Metairie, Louisiana, 8:30 am (M)
	North Region Racewalk Championships, Illinois (FF)
	10 Km, Albuquerque, NM (L)
Sat. Oct. 16	5 Km, Davenport, Iowa (N)
	3 and 10 Mile, New Orleans, 8 am (M)
	Metropolitan 30 Km, New York City, 9 am (C)
Sun. Oct. 17	1 Hour, Alexandria, Virginia, 9 am (HH)
	Detroit Marathon (Z)
Sat. Oct. 23	5 Km, Picayune, Mississippi, 8:40 am (W)
	1 Hour, Long Branch, N.J. (A)
	5 Km, Pasadena, Cal., 9 am (O)
	1 Hour, Ft. Lauderdale, Florida, 7 am ((Q))

Fri. Oct. 29	5 Km, Metairie, Louisiana, 7 pm (M)
Sat. Oct. 30	Art Keay Memorial 10 Km, Toronto, Ontario, 10 am (V)
	Henry Laskau Walk, Coconut Creek, Florida, 8 am (Q)
	10 Km, Seaside, Cal. (F)
Sun. Oct. 31	5, 20, and 50 Km, Columbus, Ohio (R)
	National 30 Km, Atlanta, Georgia (Y)
Sun. Nov. 7	5 Mile, Manalapan, N.J. (A)
	5 Km, Los Angeles (B)
Sat. Nov. 13	New England 10 Km, Concord, Mass. (I)
Sun. Nov. 14	1 Hour, Foothill College, Cal. (BB)
Sat. Nov. 20	1 Hour, Seattle (C)
	1 Hour, Long Branch, N.J. (A)
	10 Km, Washington, D.C., 8:30 am (HH)
Sun. Nov. 21	10 Km, Gretna, Louisiana, 8 am (M)
Fri. Nov. 26	5 Mile, Freehold, N.J. (A)
Sun. Nov. 28	1 Hour, Long Branch, N.J. (A)
	5 KM, New York City, 10 am (C)
Sat. Dec. 4	5 Km, Columbia, Missouri (U)
	South Carolina 10 Km, Florence, S.C. (K)
Sun. Dec. 5	5 Mile, Point Pleasant, N.J. (A)

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 CC-USATF National 1 and 2 Hour, 39 Oakland Rd., Brookline, MA 02146 (617-566-7600)
 DD-Walking Club of Georgia, P.O. Box 645, Stone Mountain, CA 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

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FROM HEEL TO TOE

Tragedy has just struck. I just spent about an hour and a half typing in a lot more results, only to have my screen suddenly go blank--Lost somewhere in the great computer void. You'll get those results next month (and some of them are overseas stuff going back as far as February) because that is the least enjoyable task and I'm not going to go through it again right now. Besides, I'm running out of time to get this out and if I don't get it done now I won't have time tomorrow and then I'll really be late. First time that has happened to me since I gave up the typewriter. Fortunately, everything I had input earlier, which is everything before this point and some after, was still in memory. . . Bev LaVeck questions the answer given the example given in #6 in Jim Hanley's article on timing in last month's ORW. She suggests the correct answer should be 2:09:45 because it is a road course. . . Anyone interested in communicating via electronic regarding racewalking can send mail to KEN_MATTSSON@HEINLE.COM. He would also like to get a mailing list together of racewalkers around the country. If anyone is interested, they can write him at P.O. Box 230, Back Bay Annex, Boston, MA 02117. . . We're sorry to report that racewalking has lost one of its greatest friends with the passing of Masters great Don Johnson in late August. Alan Wood reports: "The hormone Lupron brought his P.S.A. blood score back down to normal, and it appeared that Don Johnson's prostate cancer was under control. But it came back stronger than ever. Leg-swelling and a jump in the P.S.A. score were the first tipoffs, and other symptoms followed. The cancer went to his bones, and on August 4, he entered the hospital for radiation treatments. But asthma developed to complicate matters, and in just 3 weeks he was gone. Don Johnson was one of the most beloved and respected people in our sport. Young stars would come to him for advice. He was quiet and unassuming, to the point that one week before the end, he didn't even want me to print that he was in the hospital. He was 76 1/2 years old. Don was one of the small group of people who had attended all ten World Masters Games. He had planned to be in Japan in October for the next edition and will be sorely missed by a lot of people there. . . IAAF Racewalk Chairman and international judge Bob Bowman comments on the World Championships 20 Km "controversy": "Most of the DQs occurred toward the end because it was a tactical race. They would all have been pulled outside the stadium, but the Chief Judge missed the first one so he ran into the stadium after him. Then he had to continue to notify the others also in the stadium during the last 400 meters. The crowd reacted negatively (Ed. and the press) thinking this one judge was doing all this on his own. Even though this was all done according to the rules and has the support of the walkers, this is still not good publicity for our event and with the video coverage, we are always going to look bad unless we do something positive to correct this situation. If we disqualify people at the end, we lose, but if we don't, we lose credibility. We have several groups with

broad representation from all factions of the sport working on the problem. The only real credible solution we have is an old one. To require a heel on the walking shoe. (Ed. The type of shoe most people were wearing when I came into the sport.) This is being given serious consideration and many of us feel it will help prevent the front foot delayed contact we see from the 'modern' quick-stepping technique being employed by many of the present day walkers. These walkers are simply not making contact with the front foot until it is almost under the body. By that time, the rear foot has often left the ground. The shoes being used are heelless and contribute to this situation. With a definite heel that extends beyond the plane of the sole, it will be difficult to walk this way without an exaggerated lifting action, which is easily detectable." Bob also passes along results of the National Games of China in Beijing. He was there, with England's Peter Marlow, to help judge. He notes: "Not sure the course was accurate. They claimed it was measured properly. We became suspicious when their men, who didn't appear to be walking that fast--especially in the 50--came in with those times. Good weather and flat course. Women's 10 Km, Sept. 8--1. Chunxiu Li 41:48 2. Hongbiao Gao 41:57 3. Yan Wang 42:46 4. Yan Gu 42:50 5. Hungyu 43:01 6. Lijuan Song 43:07 7. Xiaoling Fan 43:10 8. Yan Sun 43:28 9. Linkun Wei 43:34 10. Yinghua Tang 44:20 20 Km, Sept. 8--1. Shaoguo Chen 1:19:43 2. Lingtang Bu 1:19:49 3. Mingcai Li 1:20:00 4. Mingjun Tan 1:20:41 5. Zinyuan Mao 1:20:54 6. Yongsheng Zhou 1:21:22 7. Weihui Shen 1:21:45 8. Zhaoguang Sun 1:22:16 9. Zhaowen Shou 1:22:23 10. Jun Wang 1:22:51 50 Km, Sept. 12--1. Mingcai Li 3:49:17 2. Guohong Jin 3:55:08 3. Yongsheng Zhou 3:58:07 4. Songxian Zu 4:00:07 5. Zhaoguang Sun 4:01:18 6. Yongsheng Zhao 4:02:41 7. Yan Ren 4:05:30 8. Lingtang Bu 4:08:57 9. Baozhong Jiao 4:11:25 10. Zinyuan Mao 4:11:50

LOOKING BACK

25 Years Ago (From the September 1968 ORW)--In the U.S. Olympic Trials in Alamosa, Colorado, Ron Laird prevailed at 20 Km in 1:37:45 with Rudy Haluza (1:38:14, Larry Young (1:38:40), and Tom Dooley (1:41:03) following. Young was an easy winner at 50 in 4:34:10, followed by Goetz Klopfer (4:44:02), Dave Romansky (4:47:23), and Bob Kitchen (4:50:56). (Remember, the races were at high altitude.) When Young chose not to double, Dooley was added to the team. . . Tom Dooley zipped a quick 5 miler (35:20) in California, leaving Bill Ranney and Klopfer well back. . . A week before the trials, Young scored a very easy win in the National 30 Km in Columbia, Missouri in 2:31:20. Jack Blackburn was second, some 24 minutes behind, as few people showed up for the race. . . A few days after the trials, some of those competitors traveled to Atlantic City for the National 15 Km. Laird won in 1:09:03, with Romansky 39 seconds back. The next four spots went to Ron Kulik, Jack Blackburn, Ron Daniel, and Steve Hayden.

15 Years Ago (From the September 1978 ORW)--In the European Championships, East Germany's Roland Wieser won at 20 and Spain's Jorge Llopert at 50. Wieser pulled away from three Soviet competitors on the final 5 Km to win in 1:22:12. He had a 20:30 on that last loop. Pyotr Potschenchuk and Anatoliy Solomin finished in 1:23:43 and 1:24:12. Llopert took command after 30 Km to win in 3:53:30. Next were Soviet Veniamin Soldatenko in 3:55:12 and Pole Jan Ornoch in 3:55:15. Four others broke 4 hours. . . The U.S. 50 Km championships saw Mexicans Domingo Colin, Pedro Aroche, and Enrique Vera take the first three spots. Colin had 3:55:50. Marco Evoniuk took the U.S. title in 4:24:05, with Augie Hirt and Carl Schueler also under 4:30. . . U.S. Junior titles went to

Pete Timmons at 5 Km (25:31) and Mike Morris at 20 (1:47:10). Dave Cummings was second at 5 and Timmons at 20. . . Sweden won the Women's World meet with Britt Marie Carlsson first at 5 Km in 13:05 and Ellsabeth Olsson first at 10 in 49:22. Sue Brodock was the top U.S. finisher in the 5 with a 24:41 in 8th. Liz Dufour was seventh at 10 in 52:39. The U.S. team finished third behind Norway.

5 Years Ago (From the September 1988 ORW)--Curt Clausen won the National 40 Km in Union, N.J. in 3:25:51, becoming the youngest man (age 20) ever to capture the title. Mark Fenton was second in 3:31:10 and Alan Jacobson third. Gary Null, in sixth place, won the Master's title in 3:48:08. The first woman was Dorit Atlas in 4:12:39. . . In the World Junior Games in Sudbury, Ontario, Spanish women, Maria Diaz and Olga Sanchez finished one-two in the women's 5 Km, with Diaz clocking 21:51.31. Dierdre Colliers was the first U.S. finisher in 12th with 24:40.14. The men's 10 Km went to Cruz of Mexico in 41:16.11 with Sapin's Valentin Massana, this year's World Champion at 20 Km, in second, 17 seconds back. John Marter led the U.S. walkers with a 47:40 in 18th.1. Mikhail Schennikov, Rus. 1:18:33 2. Yuri Kuko, Bel. 1:19:08

The following article by long-time ORW contributor, full-time sportswriter, 1956 Olympic racewalker, racewalking promoter par excellence, and great friend of the sport, Elliott Denman appeared in the Summer 1993 Issue of American Athletics.

50K Race Walkers Need Concentration, Guts

Is the longest, toughest Olympic footrace too long, too tough for Americans?

In the Big Picture, the answer is "yes, unfortunately."

We're not talking marathon run here. That's "only" 26 miles and 385 yards, a "mere" 42.2 kilometers.

We're talking 50-kilometer race walk here. We're talking 31 miles and 120 yards. We're talking the race that really separates the men from the boys.

The 50K walk has been on the Olympic program of every Games—with the exception of 1976—since 1932.

Twenty-four stout-hearted American men have answered the call in a dozen Olympic 50K races and the best of them have responded magnificently. But the event cries out for new blood and fresh

Larry Young collected Olympic 50K bronze medals in 1968 and '72. Carl Schueler placed sixth in '84. Adolph Weinacker was seventh in '56. Ernie Crosbie took eighth and Bill Chisholm ninth in '32, and Goetz Klopfer was 10th in '68.

Those top-ten performances were downright terrific, everything considered, and "everything," in this case, takes in some huge territory.

First of all, race walking is a minority sport in the United States. Sure, there are millions of Americans who count walking as their favorite form of exercise, and the sale of walking shoes is going through the roof, and there are loads of books and videos on the market to prod Americans off their seats and onto their feet, but the truth of it is that the number of them who walk as serious competi-

Second, of those who are serious race walkers, just a few venture into the 50K. For some obvious reasons, most prefer "the sprints," races as short as one mile and as long as 20K, the other Olympic racing distance for men. For a good guess, there are just 15 to 20 American athletes training to be international 50K walkers, and that's easily the smallest base any Olympic track and field event in the U.S. has to build on.

Third, even for those who want to walk the 50K, there's a real shortage of U.S. 50K races to point to. Just a handful are scheduled around the U.S. in any given year. Too few promoters and walking devotees out there are willing to put in the time and effort and staying power to stage these long ones.

Fourth, there's a serious lack of world-class 50K coaching available in the U.S., not to mention the support structure needed to bring the best together.

Fifth, and finally, going 50K requires a lot more than the ability to go the distance. Race walking is a technique event. Walkers must comply with the rules of the game—which require contact with the ground at all times and a straightening of the knee in the weight-bearing phase of the stride. In other words, no "lifting" and no "creeping."

There are judges out there making sure the rules are adhered to. And as the race goes on, the miles go by, and fatigue sets in, no compromises are allowed. Yes, a walker can be disqualified in the final 120 yards after passing muster for 31 miles. Yes, it has happened, sometimes even in major races. It's all part of the game.

It's 31 miles and 120 yards of paying careful attention to technique. It's certainly not a "go as you please" kind of thing.

"There's something different about the 50," maintains Carl Schueler, the 36-year-old Colorado Springs resident who has been a member of four Olympic 50K teams. "Race walking itself is a specialty, there's sort of a fraternity that's involved. People who walk 50K are even of a more unique exception. It's kind of a rare group that can do it. There are some extremely good athletes, excellent athletes at 20K (the other men's Olympic race walking distance) who may have done some pretty good times at 20K; they generally stay away from the (50K) event. For whatever reason—physically, or just their psychological makeup, they stay away from it."

"In the 50, you're spending most of your time setting yourself up so you're able to finish it. That's opposed to the 20, where it's kind of a tempo thing the whole way. The race (a 50) doesn't really start until, say, 30K or 40K, it's almost like two races. The good 50K peo-

ple are able to carry that 20K feeling through the whole 50K."

To Mark Fenton of Stoughton, Massachusetts, a leading race walk physiologist as well as a nationally-ranked 50K man, "there's kind of a psychological makeup to have the mindset to maintain the concentration for four hours or more."

"For perhaps the first two, two-and-a-half hours, you really are positioning yourself, you're setting yourself up, you may well be operating kind of sub-maximally," says Fenton. "You're not hammering yourself, you're not really at your limit of your speed by any means. If you were, those first 2-1/2 hours, you'd never be able to finish the thing."

"But you do have to maintain concentration. You've got to be walking as efficiently as you can, using up as little energy as possible. If you don't, you're in trouble. With an hour and a half to go, your body just begins running out of fuel. You don't really deplete your body's stores of glycogen and carbohydrates (in a 20K). But those are definitely going to get used up (in a 50K), no matter how much you prepare, no matter how many times you go out and do 20-mile workouts, where you teach your body to do things like metabolize fat and store extra carbohydrates in the liver and muscles and so on. You can do all those kinds of things but in the end, in an event that takes about four hours, it's still going to run you down."

"Concentration's not just (on) technique," says Fenton. "You've got to concentrate on drinking your water and your carbohydrate replacement beverages. You've got to keep your wits about you. Even if you're not really thirsty early, drink those things, because your body's going to require them late in the race. There are a lot of things you've got to do to keep your head in it. It's more than simply the walking."

"Even after a 50K in which I'm really well prepared, have done a lot of long workouts, have the mileage, I often feel after the race an exhaustion that may last, that may not even hit you for a day or two. If you've had a very good race, often you're psychologically quite 'up' afterwards, there's an adrenaline excitement and so on, but you run out of steam. It's unlike even a marathoner, who goes 26 miles, it only takes him about two, two and one-half hours. He really hasn't run himself down. But after a 50 (K walk), there will be a couple weeks, literally. It really tears your system down. There's a total system fatigue."

"If you have a good 50K, afterwards you're kind of on a high, but the next day, then it's when it really hits you," says Schueler. "You can't get out of bed. If you've had a bad one, you feel worse during the race than right after. Next day, you don't feel that bad, because you weren't able to get everything out of your body."

"When I won the Olympic trial (50K) in 1980, and broke the American record, I felt really good finishing," said Schueler. "The other guys around me were dying and having a hard time standing up in the shower and that kind of stuff. I felt really good and went to the banquet."

"But when I woke up the next morning and tried to run, I couldn't take a step. It takes about six or seven weeks totally get back."

Just two Americans (Schueler and Marco Evoniuk) have ever broken four hours for the 50K. What does it take?

"You've got to have that speed," says Schueler. "You've got to be able to go about a 1:30 20K without having it rip you to shreds."

"You also have to have, and some people do and some people don't, the ability to get truly comfortable at a sub-maximal pace. Then, after two and a half hours or so, you've got to be able to overcome the depletion."

Then there's the mental part.

"If you're having a good day, and you've prepared yourself, you're kind of going on auto-pilot and it's not that hard," says Schueler.

If you're not, however, trouble lurks.

"It's very difficult if you're not having a good day, and have to push yourself because any extra energy you have to use to push yourself is enhancing the chance that you won't be able to finish a 50K."

Then there are all the "little things" to think about. Schueler's checklist includes: "A leg cramping up, or your breathing getting a little out of control, or you've got to the bathroom, or your foot falling asleep and you put it down and can't feel it, or you have side aches, or neuroses that things aren't going quite right, or people baiting you."

"You've always got something and you've got to deal with them."

Then there's occasional "big, total monster crash."

"Some people can come back from that," says Schueler. "But not many."

"Everybody has different things. If you let it bother you, then you're dead."

Experience, of course, always helps. When the going gets tough, the vets know how to get going. The 50K isn't child's play.

"The more of these (50K's) you get under your belt, things do seem to feel a little less catastrophic," says Fenton.

Fenton isn't a believer in massive, time-killing mileage work.

"I don't think it's a matter of putting in a bunch of 120-140 mile weeks, or anything insane like that," he says. "I'm no longer a believer in that. I'm a believer in technique."

"You've got to have that rapid, kind of high-turnover technique—a fluidity and efficiency at speed is far more important. It's far better to do some quality work, up to 15-18 miles, than worry about getting out there and doing, say, 24 miles."

Recognition? Admiration? Esteem? For 50K men, it's there and it's not there. "We get kind of

a strange, grudging respect," says Schueler. "We get a tremendous amount of respect from the people who really know track and field."

But too few do.

After he placed sixth in the '84 50K, Schueler heard from "only the people I knew, but that's what really counted. Most people saw it on TV and that means everything. If it's on TV, that makes it a big deal. I probably got 150 cards and letters. That's all I wanted at that point."

"There are two kinds of track and field fans, the hard core ones who follow the sport in detail, and the others who know Carl Lewis and about three other people."

"We are like certain kinds of orphan sports, in that we don't have an awful lot of participation, like the hammer throw, which may be the best example."

"It's not like we should get all this respect, either, just because we do it. Everybody who does the race walk shouldn't be put up on a pedestal, like it's the greatest thing on earth, just because they're willing to do the work. I don't think we deserve adulation just because we finish races."

Still, these are incredible athletes.

The best of the world's 50K walkers will go the whole 31 miles-plus at speeds just over seven minutes per mile. The world record is down to 3:37:41 (by Russia's Andrey Perlov). Look at it this way—that's going the marathon distance in about 3:05—and going for another five miles.

When the "elite" race walkers compete in the many marathon runs that encourage their presence, these walkers inevitably walk on home ahead of 90 percent of the runners. Few realize it, but the New York City Marathon annually invites a handful of the world's finest 50K runners.

But not since Colorado's Evoniuk earned a fine ninth at the 1983 IAAF World Championships in Helsinki, and Schueler's solid sixth at L.A. in 1984, has the U.S. done anything truly outstanding in international 50Ks.

At the 1988 Seoul Olympic Games, Evoniuk placed 22nd, Schueler 23rd and Wisconsin's Andy Kaestner 34th. At Barcelona in '92, Schueler was 23rd again, and Washington State's Herman Nelson 32nd, while Evoniuk failed to finish.

U.S. 50K prestige hit bottom in the summer of 1991. At the Pan American Games in Havana, the two U.S. representatives, Evoniuk and Wisconsin's Paul Wick did not finish. At the 3rd World Championships in Tokyo, Schueler, the lone American entry, didn't finish, either.

Instead of rising, U.S. 50K stock seems to be sinking. As 50K walkers from Russia (and the other former Soviet republics), Mexico, Germany, Italy, Spain, France, the Czech Republic, and Slovakia, Poland and many other nations battle it out "up front," Americans have all kinds of trouble staying with the pace and being competitive.

What to do?

A major outreach program is probably necessary. We urgently need to get more qualified, distance-oriented athletes training seriously. The best of the current domestic 50K crop is in their mid-30s and eligible for sub-masters competition.

So where do we get our new 50K walkers? Lots of potential sources leap to mind.

Let's recruit the good-but-not-really-great people from marathoning, for starters. You know, the 2:22 to 2:40 types, the strong-as-a-bull guys who may never make it to the front of a big-race marathon pack.

Let's seek out solid cross-country runners, too. Walking is a complete body activity that requires upper body as well as lower body strength. Anyone who can knock out a good strong 10K over hill and dale might be just the guy for who'd be a good 50K walker.

And we should reach out to other sports, as well. To cycling, and cross-country skiing, and swimming, perhaps. Jonathan Mathews, one of the country's

most improving 20K walkers (and a 50K possibility for '96) is a former cyclist. Leo Sjogren, who walked the 50K in the 1952 and '56 Olympics, was a national-caliber cross country skier. Ron Laird, a four-time Olympic walker and the lone race walker enshrined in the National Track and Field Hall of Fame, was a high school swimmer.

The candidates are certainly out there. But they've got to be "channeled" into the 50K and shown the light.

A special beauty of track and field is that there's an event in it for every one. Not everyone's a sprinter, or a miler or a high hurdler, or a triple jumper or a discus thrower. In every case, there's a world of alternatives.

So it is, certainly, with the 50K. We just need more men giving it a serious try. From these

numbers will come quality. And, with luck, Olympic and international medals.

We need more awareness of race walking in general and 50K walking in particular. We need to get kids involved in race walking at the shorter distances and toughen them up—gradually for sure—for the longer hauls.

We need races for our 50K people to walk, we need coaches to keep them on the right path, and we need the system of national support and encouragement that our top rivals from other nations already enjoy.

Most, important, we simply need to think 50K.

The 50K is the real thing. It's the toughest race of the Games. It's about time more Americans toughened up to face this ultimate challenge. ✱



Jean Francois L'Hullier presses on through Champagne country on his way to a ninth place finish in the '93 Paris Colmar race (see Howie Palamarchuk article in July ORW). (Howard Palamarchuk photo)