

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

VOLUME XXX, NUMBER 3

COLUMBUS, OHIO

JUNE 1994

## Segura, Piller nail world records; James follows American record with win at Nationals; Vaill also prevails

Allen James, who had already walked the fastest ever 50 Km by a U.S. athlete earlier this spring, journeyed to Fana, Norway in early May for the annual track races there and came home with an American record. Allen had a 1:24:26.9 while finishing fourth behind Bernardo's Segura startling world record of 1:17:25.5, bettering the 1:24:50 by Tim Lewis in Seattle in 1988. However, he is still well off Tim's road best of 1:22:17 at Dearborn in 1989. Six weeks later, Allen overcame the heat and Jonathan Matthews to win the US national title in Knoxville. He had 1:28:35.9 in that one. In Knoxville, Teresa Vaill just beat Michelle Rohl as both bettered Debbi Lawrence's American record for 10 Km. Read on for some of the details. Also in Fana, Frenchmen, Rene Piller, just broke Raul Gonzalez's world record for 50 Km with a 3:41:38.4. Read on for details.

## Good racing at U.S. Nationals

Knoxville, Tenn., June 16 and 18--The National 10 Km title race saw both Teresa Vaill and Michelle Rohl bettering Debbi Lawrence's American record of 45:28.4 set in 1991. Vaill managed to overcome a determined effort by Rohl to take the race and the record in 45:01.46. Michelle was just 6 seconds back at the finish. Lawrence, seeking her fifth title in the last 6 years was pushed back to fourth by Debbie VanOrden. In a high-quality race, Lynda Brubaker had 48:22 in seventh and 11 walkers went under 50 minutes.

In the men's 20, James finished just 27 seconds ahead of Matthews with Andrzej Chylinski just over 1:30 in third. Then seven others crossed the line within 2 minutes of Chylinski in another race with good depth, despite the heat wave that was covering the eastern seaboard and great performances by intermediate team members Phil Dunn, Andrew Hermann, and Tim Seaman.

### The results:

Women's 10 Km: 1. Teresa Vaill, un. 45:01.46 (American record) 2. Michelle Rohl, Parkside AC 45:07.6 3. Debbi Van Orden, un. 47:00.3 4. Debbi Lawrence, Natural Sport 47:16.0 5. Dana Yarbrough, un. 47:20.3 6. Victoria Herazo, Cal. Walkers 48:11.0 7. Lynda Brubaker, Phast 48:22.2 8. Sally Richards-Kerr, High Altitude RW Team 49:18.0 9. D.A. Walker, H.A. RW Team 49:38.0 10. Cheryl Rellinger, Potomac Valley 49:51.0 11. Lisa Sonntag, un. 49:51.0 12. Gretchen Eastler, Western Main RW 50:53.8 13. Kim Wilkinson, Monterey Walk Walk 51:14.0 14. Kelly Watson, Parkside, AC 53:42.3 DNF--Gayle Johnson, Columbia TC

Men's 20 Km: 1. Allen James, Athletes in Action 1:28:35.87 2. Jonathan Matthews, Golden Gate Walkers 1:29:02.3 3. Andrzej Chylinski, New York AC 1:30:04.6 4. Phil

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO

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

Dunn, Adidas TC 1:30:30.5 5. Andrew Hermann, Adidas TC 1:30:46.5 6. Dave McGovern, New York TC 1:31:12.4 7. Tim Seaman, un. 1:31:18 8. Gary Morgan, New York AC 1:31:46 9. Herman Nelson, Club Northwest 1:31:56 10. Rob Cole, Reebok Racing Club 1:32:05 11. Al Heppner, Wisconsin-Parkside 1:33:23 12. Marc Varsano, Park Racewalkers 1:33:26 13. Don DeNoon, un. 1:35:27 (first Master, first over 50) 14. Vance Godfrey, Athletes in Action 1:36:59 15. Curtis Fisher, New York AC 1:36:59 16. Dave Marchese, Athletes in Action 1:38:12 17. Paul Wick, un. 1:38:38 DNF--Ian Whatley, Potomac Valley and Don Lawrence, Natural Sport

### World Records in Norway

Fana, Norway, May 7--Exactly one month ago, China's Bo Lingtao walked a 20 Km in 1:18:03.3 on the track in Beijing to take down the world record of 1:18:35.2, set by Swede Stefan Johansson in 1992. Today, Mexico's Bernardo Segura shattered the new record with a 1:17:25.5 on the Fana track, scene of several past records, including Johansson's. The 24-year-old Mexican, ranked 10th in the world last year, had a previous best of 1:19:39. (But, then Bo Lingtao's best had been 1:19:49.) Allen James was fourth in the race with his American record, but then must have been lapped four times, which is rather frightening. Jonathan Matthews was seventh in 1:27:12.5.

In the 50, not often contested on the track, Piller finished in 3:41:28.4, just 10.2 seconds under the record that Mexico's Raul Gonzalez set here in 1979. China's Zhou Yongsheng finished second in 3:48:13.7, an Asian record. Piller was sixth in last year's world championships. His time was a world record on the track, but not the best time in the world this year as Spain's Valentin Massana had a 3:38:43 on the road in March.

### Sonntag wins National 20, Dunn National 25 in Albany

Albany, N.Y., May 10 (from Robert Ryan)--With the men (going 25 Km) and the women (going) 20 Km, Teresa Vaill led the coed field through a blazing fast first 10 Km (44:34), and then dropped out, opting to save herself for the National 10 six weeks. The performance certainly previewed her victory there, however. Her time is the fastest ever by a U.S. woman on the road, but doesn't count for anything since she didn't complete the scheduled distance.

With the rabbit gone, the men's field attempted to continue the pace with a lead group of Phil Dunn, Ian Whatley, Andrew Hermann, and Marc Varsano. With the heat of the day and the early pace, the contenders started to drop off one by one, with Whatley the last to go. Dunn continued through 20 Km in 1:32:26 with everyone else better than a minute-and-a-half behind. After that, he continued to pull away from the field to win in 1:58:05. Late surges by Mike Rohl, Hermann, and Varsano failed to reel in the leaders.

In the women's 20, Sonntag and Canada's Micheline Daneau hooked up in an early-race dual behind Vaill. Lisa established a mid-race lead, which she never

relinquished in spite of a gallant late race surge by the Canadian. Sonntag's winning time was 1:48:15.

The Master's race was highlighted by the outstanding time of Bohdan Bulakowski, the Lagrange, Georgia Program coach and 1980 Polish Olympian. Bohdan won in 2:11:48. American masters were lead by Bob Keating in 2:23:02 and Ed Whiteman set an American age 55-59 best with his 2:24:08. Masters women were led by 55-year-old Elton Richardson in 2:02:55.

Results: Women's 20 Km--1. Lisa Sonntag (30), Indianapolis 1:48:15 2. Micheline Daneau (33) Montreal 1:49:34 3. Kaisa Ajaye (30), New York City 1:53:35 4. Gloria Rawls (37), Mountaintop, Ga. 1:58:50 5. Robin McIntosh (34) Flushing, Mich. 2:20:24 6. Maureen Robinson (37), Kingston, N.Y. 2:42:53 Master's Women--1. Elton Richardson (55), New York City 2:02:55 2. Daryl Ann Kidder (42) Narborcreek, Penn. 2:08:52 3. Meg Ferguson (44) North Scituate, RI 2:10:25 4. Kathy Fable (48) McKinney, Tex. 2:22:24 5. Olga Figueroa (49), Saranac Lake, N.Y. 2:24:10 Men's 25 Km--1. Phil Dunn (22), Lake Placid, N.Y. 1:58:05 2. Ian Whatley (35) Greenville, S.C. 2:00:39 3. Marc Varsano (29), New York City 2:01:14 4. Andrew Hermann (23) Lake Placid, N.Y. 2:04:29 5. Mike Rohl (29), Lagrange, Ga. 2:05:39 6. Steve Pecinovsky (39), Jacksonville, Ark. 2:09:09 7. Steve Vaitones (38), Waltham, Mass. 2:16:57 8. John Soucheck (28), Aberdeen, N.J. 2:17:45 9. Don Gallegos (30), Burlington, Ver. 2:31:59 10. Michael Korol (35), Forset Hills, N.Y. 2:34:14 11. Michael Blanchard (32), Castle Rock, Col. 2:35:12 12. Stephen Donald (30), Boston, Mass. 2:36:52 13. Justin Kuo (39), Brookline, Mass. 2:39:39 14. Ken Mattsson (30) Cambridge, Mass. 2:41:09 DNF--Dave Marchese, Khang Vo, Dave Lawrence, and Adam Tanners. Teams: 1. Potomac Valley TC (Whatley, Pecinovsky, Carmines) 6:40:29 2. New England Walkers (Keating, Savilonis, Gallegos) 7:18:31 Masters--1. Bohdan Bulakowski (44) Lagrange, Ga., Poland 2:11:48 2. Bob Keating (47), Nashua, N.H. 2:23:02 3. Brian Savilonis (43), Princeton, Mass. 2:23:30 4. Ed Whiteman (55), Covington, Lou. 2:24:08 5. Dave Romansky (56) Pennsville, N.J. 2:27:40 6. James Carmines (50), New Cumberland, Penn. 2:30:41 7. Paul Johnson (56) 2:32:55 8. Norm Fable (48), McKinney, Tex. 2:33:59 9. Bernie Finch (54), Pepin, Wis. 2:53:08 10. Ed Merrill (61), Wilmington, Del. 2:55:14 11. Ross Barranco (44), Howell, Mich. 3:06:56 12. Ed Gawinski (67) Wilmington, Del. 3:13:39 13. Melvin Lees (71) San Luis Obispo, Cal. 3:14:12

### OTHER RESULTS

5 Mile, Grafton, Mass., June 4 (unjudged)--1. Brian Savilonis (43) 39:18 2. Bob Keating (46) 40:27 3. Stephen Donald 46:19 4. Justin Kuo 46:48 5. Charlie Mansbach (49) 50:40 Women: 1. Mewg Ferguson (44) 47:46 5 km, Winthrop, Mass., June 11 (unjudged)--1. Bob Keating 22:35 2. Brian Savilonis 22:51 3. Stephen Donald 25:45 4. Justin Kuo 27:42 Women: 1. Joanne Dow 25:45 2. Meg Ferguson 28:37 Met. 15 Km, New York City April 10--1. Marc Varsano 1:09:17 2. Khang Vo 1:13:47 3. Michael Korol 1:15:51 4. Gary Null (49) 1:20:39 5. Kaisa Ajaye 1:21:42 6. Bruce Logan 1:22:29 7. Richard Harper (44) 1:26:00 8. Herbert Zydek (55) 1:30:05 9. Elton Richardson (55) 1:31:21 10. Sherwin Wilk (55) 1:32:00 11. Nick Dispenziera 1:32:19 (36 finishers) Zinn Memorial 10 Mile, Asbury Park, N.J., April 10--1. Ray Funkhouser 1:21:20 2. John SOuchek 1:21:58 3. Cliff Mimm 1:25:58 4. John Fredericks 1:29:59 5. Dave Romansky 1:31:52 6. Jack Lach 1:35:34 7. Bob Mimm (1st over 60) 1:38:19 Women: 1. Phyllis Hansen 1:38:54 1 Hour, Ft. Monmouth, N.J., April 24--1. Sean Albert 12, 002 meters



(49:45 at 10 Km) 2. John Soucheck 11,903 (50:08) 3. Dave Romansky 11,234 (53:20)  
 4. Robert Gottlieb 10,619 5. Jack Lach 10,481 6. Ben Ottmer 9,883 7. Many Eisner  
 9,626 Women: 1. Phyllis Hansen 10,536 20 Km, Wall Twp., N.J., May 15--1. Marc  
 Varsano 1:36:28 2. John Soucheck 1:41:58 3. Sean Albert 1:44:27 4. Jack Lach 1:58:50  
 5. Curt Sheller 1:58:53 50 Km, Wall Twp., May 15--1. Carvin Robinson (65) 5:49:23 2.  
 Dr. Pat Bivona 5:59:11 3. Jan Gero 5:59:58 (7 finishers) Women: 1. Marcia Shapiro (55)  
 6:50:13 5 Mile, Point Pleasant, N.J., May 22--1. Ray Funkhouser 38:50 2. Dr. Pat  
 Bivona 46:51 3. Pat Drury 47:15 4. Alan Fidler 50:26 5. Elliott Denman 54:01 Women:  
 1. Pat Weir 47:02 New Jersey 5 Km, Piscataway, June 11--1. Sean Albert 22:49 2. Cliff  
 Mimm 23:17 3. Ray Funkhouser 23:24 4. John Soucheck 24:14 5. Dave Romansky  
 24:39 6. Pat Drury 28:26 7. Neil Albert 30:14 Women: 1. Gloria Rawls 25:27 2. Phyllis  
 Hansen 27:17 3. Maria Moulton 27:52 4. Donna Cetrulo 30:31 5 Km, West Long  
 Branch, N.J., June 13--1. Ray Funkhouser 22:42 2. John Soucheck 24:27 3. Curt Sheller  
 26:49 4. Frank Darden 27:36 5. Ron Salvio 27:43 6. Jeff Davis 27:56 Women: 1.  
 Phyllis Hansen 26:42 2. Donna Cetrulo 30:59 5 Km, Hopewell, Vir., June 4--1. George  
 Fenigsohn (46) 26:09 2. Dennis Hughes 27:24 3. Harry Watson (52) 27:30 Women: 1.  
 Mary Gibbons 27:29 Tennessee Masters 10 Km, May 27--1. Elizabeth Longton (40-44)  
 56:28 2. Sally Evenden (35-39) 58:24 3. Kathy Jakin (20-29) 61:57 Men: 1. Dave  
 McGovern (20-30) 42:52 2. Ian Whatley (35-39) 44:22 3. Mark Danford (40-44) 55:26  
 4. Gene Harrison (40-44) 57:06 5. Gene Siler (55-59) 60:37 (11 finishers) Tennessee 5  
 Km--1. Joyce Decker (60-64) 18:05 Men: 1. Gene Siler 17:26 2. Ronald Potette (50-54)  
 17:34 3. Henry Coffey (40-44) 17:56 5 Km, Coconut Creek, Florida, May 15--1. Eric  
 Schmook 24:37 2. John Fredericks 25:34 (1st over 45) 3. Brandon Perry 25:56 4. Juan  
 Yanes 27:06 5. Brian Halfide 28:37 6. Bob Cella 29:03 (1st over 55) 7. Bob Fine 29:27  
 (1st over 60) 8. Gerry Gomes 30:18 (2nd over 60) Women: 1. Linda Stein 28:15 (1st  
 over 45) 2. Alba Campbell 28:59 (2nd over 45) 3. Sara O'Bannon 29:00 4. Chris Alt  
 30:00 5. Monica Boyd 30:05 5 Km, New Orleans, June 5--1. Barry Creppel 27:13  
 Women: 1. Becky COMeaux 27:14 5 Km, New Orleans, May 22--1. Sidney Holmes  
 28:06 Women: 1. Sharon Lewis 27:52 2. Michelle Rogers 30:27 Weinacker Cup Races,  
 Port Huron, Mich., May 22: Men's 10 Km--1. Gary Morgan, Mich. 44:37 2. Arturo  
 Huerta, Ont. 46:12 3. Rick Birkheimer, Ont. 47:26 4. John Elwarner, Mich. 55:02 5.  
 Stuart Summerhayes, Ont. 60:45 Teams: Ontario 1266 points, Michigan 977 (I don't  
 know where the oints come from.) Women's 5 Km--1. Diane Podsiadlik, Mich. 27:05 2.  
 Joanna Irvine 27:14 3. Debbie Benton, Mich. 28:05 4. Susan Lor, Ont. 28:35 5. Sherry  
 Watts, Ont. 29:36 6. Patricia Whitlock, Mich. 29:45 7. June Marie Provost, Ont. 29:56  
 8. Valarie Stowe, Mich. 30:19 Teams: Michigan 1011, Ontario 964. Total team scores:  
 Ontario 2230, Michigan 1988 5 Km, Ann Arbor, Mich. May 28--1. Gary Morgan 20:02  
 2. Harry Stoddard 25:52 3. Debra Benton 25:54 4. Anlozo Taylor 26:01 5. Michael  
 Burns 26:28 6. Patricia Whitlock 27:05 7. Frank Soby 27:32 8. Deborah Volk 27:35 9.  
 Ted Robu 27:54 10. Dawn Kress 28:23 11. Henry Babbitt 28:30 12. Valerie Stowe  
 28:45 13. Robin McIntosh 28:49 14. Jarry Barber 29:03 15. Diane Dewitt 29:36 16.  
 Karen Bisgeier 29:37 5 Km, Kalamazoo, Mich., April 2330--1. Gary Morgan 22:49 2.  
 John Hunyady 24:59 3. John Elwarner 25:25 4. Don Mowles 26:43 5. Bill Reed 27:25  
 Women: 1. Julie Andersen 28:38 2. Patricia Whitlock 29:12 3. Terri Krentz 29:39 4.  
 Deborah Volk 29:50 5 Km, Benton Harbor, Mich. May 7--1. Jerry Cameruci 27:23 2. Bill  
 Reed 27:36 Women: 1. Patricia Whitlock 29:20 5 Km, Marshall, Mich., May 21--1. Harry  
 Stoddard 27:21 10 Km, Elkhart, Ind., May 30--1. Thomas Hairston 59:22 2. Rick Bainter  
 60:55 Women: 1. Tina Baughman 61:25 4 Mile, Portage, Mich., June 4--1. David Dunn

36:44 2. Mike Burris 37:47 5 Km, Battle Creek, Mich., June 11--1. Gary Morgan 21:15  
 2. Bill Reed 26:40 5 Km, Kalamazoo, June 18--1. Bill Reed 26:15 2. Ken Cyr 27:35 3.  
 David Dunn 27:40 4. Joe Ferrara 28:15 Women: 1. Kristen Mullaney 28:15 5 Km,  
 Denver, April 16--1. Mike Blanchard 24:33 2. Alan Yap (51) 25:37 (personal record) 3.  
 Victor Sipes (51) 26:089 4. Peggy Miller 27:47 5. Ron Wollenhaupt 28:07 2 Mile,  
 Denver, April 30--1. Micheline Daneau, Can. 17:00 2. Lori Rupoli (42) 17:58 10 Km,  
 Broomfield, Col. April 23 (track)--1. Andrzej Chylinski 46:09 2. Carl Schueler 47:46 3.  
 Debby Van Orden 50:48 4. D.A. Walker 51:46 5. Mike Blanchard 52:44 6. Sally  
 Richards-Kerr 53:32 7. Alan Yap 55:06 8. Marianne Martino 61:35 20 Km, Broomfield,  
 May 7 (track)--1. Chylinski 1:36:15 2. Curtis Fisher 1:36:45 10 Km, same place--1. Dee  
 Walker 51:19 2. Mike Blanchard 51:26 3. Sally Richards-Kerr 52:04 4. Alan Yap 53:19  
 5. Patty Gehrke 57:27 6. Marianne Martino 59:15 5 Km, Denver, May 7--1. Scott  
 Richards (44) 26:45 2. Bob DiCarlo (60) 26:50 3. Jeff McNamara (42) 30:22 5 Km,  
 Aurora, Col., May 7--1. Lori Rupoli 28:39 2. Jeff McNamara 29:06 3. Daryl Meyers (51)  
 29:32 4. Klaus Timmehaus (69) 30:03 5 Km, Denver, May 14--1. Marianne Martino  
 28:21 2. Daryl Meyers 29:18 3. Klaus Timmerhaus 30:07 10 Km, Denver, May 22--1.  
 Andrzej Chylinski 44:27 2. Curtis Fisher 45:11 3. Carl Schueler 47:32 4. Debby Van  
 Orden 48:34 5. Alan Yap 52:28 6. Dan Pierce 54:02 7. Scott Richards 56:23 8. Bob  
 DiCarlo 56:37 9. Patty Gehrke 56:42 10. Lori Rupoli 59:14 11. Marianne Martino  
 59:24 12. Breta Skinner 59:56 5 Km, Albuquerque, N.M., June 12--1. Steve Petrakis (44)  
 25:20 2. Alex Woelper 26:59 3. Jackie Kerby-Moore 27:33 4. Ellen Roche 27:52 5.  
 Winston Crandall 27:55 6. Peter Armstrong (49) 28:10 7. David Wormald (42) 28:26 8.  
 Laurie Starr (15) 29:12 15 Km, Los Angeles area--1. Chris Dreher 1:21:32 2. Harry  
 Davids 1:25:20 (1st 50-59) 3. Carl Acosta 1:25:46 (1st 60 plus) 4. Adam Mendoca  
 1:31:35 5. Richard Oliver 1:33:31 (2nd 50-59) Women: 1. Margaret Govea 1:26:51 2.  
 F. Avellaneda 1:31:24 5 Km, same place--1. Mark Green 23:33 2. S. Avellaneda 26:29  
 3. Jesus Orendain 30:31 (1st 50-59) Women: 1. Donna Cunningham 29:30 (1st 40-49) 2.  
 Margie Alexander 30:08 3. Barbara Kowalski 30:38 (2nd 40-49) Tournament of Walkers,  
 Pasadena, Cal., June 18: 3Km--1. Bill Neder 17:37 5 Km--1. David Crabb 27:55 (1st 40-  
 49) Women: 1. Danielle Kirk 27:44 2. Margie Alexander 30:00 10 Km--1. Richard  
 Lenhart 49:54 2. Chris Dreher 52:12 3. Enrique Camarena (43) 54:03 4. Carl SAcosta  
 (60) 56:01 5. Richard Oliver (57) 59:06 Women: 1. Jackie Kerby-Moore 55:15 2.  
 Margaret Govea 55:29 3. Donna Cunningham (47) 57:21 4. Francine Avellaneda 60:43  
 Western Regional 20 Km, Palo Alto, Cal., May 22--1. Jonathan Matthews 1:31:25 2. Paul  
 Wick 1:33:41 3. Andrew Liles 1:38:47 4. Jim Lenschau 1:42:43 5. Stan Chraminski  
 1:46:00 (1st 40-49) 6. Steve Petrakis 1:50:16 (2nd 40-49) 7. Bob Novak 1:56:46 (3rd  
 40-49) 8. Jack Bray 1:57:27 (1st 60-69) 9. Petre Giachetti 2:02:44 (1st 50-59) 10. Larry  
 Green 2:05:51 (2nd 50-59) (13 finishers, 3 DQs, 2 DNFs) Western Regional Women's 10  
 Km, Palo Alto, May 22--1. Victoria Herazo 47:41 2. Dan Yarbrough 48:46 3. Sally  
 Richards-Kerr 49:17 (Betters her own American age 40-44 record by 2 seconds) 4. D.A.  
 Walker 50:18 5. Kim W8lkinson 50:37 6. Sian Spacey, Can. 51:36 7. Therese Iknoian  
 52:40 8. Susan Armenta 52:51 9. Chris Sakelarios 52:51 10. Karen Stoyanowski 53:54  
 11. Jackie Kerby-Moore 56:03 12. Kerry Bratton 56:37 13. Robin Fujinaka 57:47 14.  
 Jennifer Grannuci 60:16 (23 of 24 starters finished. Yarbrough and Spacey were non-  
 Western region competitors.) 5 Km, Monterey, Cal., April 30--1. Therese Iknoian 25:48 2.  
 Hansi Rigney 30:06 Pacific Association 5 Km, San Jose, May 28--1. Jonathan Matthews  
 20:07.6 2. Joe Sheppard 24:21 3. Art Klein 30:17 WIneBL 1, Kim Wilkinson 24:21 2.  
 Therese Iknoian 25:51 3. Kerry Bratton 27:20 4. Laura Cribbins 29:34 5 Km, Marin, Cal.



May 29--1. Warrick Yeager 24:34 2. Jack Bray (61) 26:44 3. Dick Petruzzi (61) 28:13 4. Robin Fujinaka 28:35 5. John Schulz (57) 29:16 6. Paula Mendell (44) 29:36 5 Km, Sacramento, June 4--1. Jack Bray 25:47 2. John Schulz 26:42 3. Larry Green (59) 27:01 4. Pete Giachetti (51) 27:38 5. Dick Petruzzi 27:42 6. Bob Eisner (65) 28:58 5 Km, Dixon, Cal., May 12--1. Dick Petruzzi 28:52 1500, Sacramento, June 4--1. Jack Bray 7:14 2. Pete Giachetti 7:35 3. Dick Petruzzi 7:42 4. Bob Eisner 8:01 5. Fred Crews (61) 8:28 Ontario 30 Km Championship and Commonwealth Games Trial, Welland, Ont., May 28--1. Tim Berrett 2:11:34 (45:01, 1:28:12) 2. Martin St. Pierre 2:14:50 (45:01, 1:28:58) 3. Brent Clark 2:27:52 46:53, 1:35:05 3. Arturo Huerta 2:35:07 (46:34, 1:35:00) 20 Km, Same place--1. Pascal Pedneault 1:35:01 Ontario Women's 10 Km, same place--1. Pascale Grand 48:44 2. Mylene Dupere 25:47 3. Micheline Daneau 52:25 4. Paddy Jones 58:00 5. Joanna Irvine 58:06 6. Sue Lor 59:05 7. Sherry Watts 59:19 8. Sue Burnett 60:10 9. June Marie-Provost 60:41

## Overseas

50 Km, Dudince, Czech. March 27--1. Pavol Blazek 3:52:45 2. S. Mulik 3:54:29 3. Bilek 3:56:03 4. Korepanov, Kas 3:57:12 5. Czukur, Hung. 3:57:41 6. Ticky 3:57:51 7. Holusa 3:58:00 Women's 10 Km, same place--1. Rosza, Hungary 44:29 2. Cybulskaya, Belarus 44:47 3. Holpuchova 44:50 20 Km, Canberra, Aus., Jan. 28--1. Nick A'Hern 1:25:14 2. Beecroft 1:25:31 3. Simon Baker 1:26:25 Women's 10 Km, same place--1. Kerry Junna-Saxby 43:51 2. Manning 44:41 20 Km, Berlin, March 27--1. Axel Noack 1:25:52 2. Emm 1:25:52 3. Volkmar Scholz 1:27:52 Women's 5 Km (track), Sydney, Aust., March 11--1. Kerry Junna-Saxby 20:45.03 2. Manning 21:46.5 3. Blythe 22:07.3 4. Letherby 22:22 5. Barbour 22:31 6. Jane Sayville 22:44 20 Km, Beijing, April 7--1. Bo Lingtao 1:18:03 Women's Track 10 Km, same place--1. Gao Hongmiao 41:37:9 (World record bettering Nadezhda Ryashkina's previous mark by nearly 20 seconds)

## GRAB YOUR WATER BOTTLE AND HEAD OFF TO THESE HOT SUMMER RACES

Thu. July 7	2.8 Miles, Seattle, 6 pm (C)
Sat. July 9	Masters 3 Km, Libertyville, Illinois (T) 5 Km, Parchment, Mich., 8 am (Y) 3 Km, Gresham, Oregon, 3 pm (X) 5 Km, Atlanta (D) 10 and 15 Km, Dearborn, Mich., 9 am (E) 5 Km, Lakewood, Col. (H) Montana State 5 Km, Kalispell (K) 3 Km, Alexandria, Virginia, 8:30 am (J) 3 Km, New York City, 8:30 am (F) 5 Km, Gresham, Oregon, 11 am (X) 5 Km, Elk Grove, Cal., 8 am (R) 5 Km, Los Angeles, 7 am (B) 1500 and 3000 m, St. Louis (DD)
Sun. July 10	5 Km, Los Angeles (B) National USA T&F 10 Km, Men and Women, Niagara Falls (AA) 5 Km, Atlanta (D)
Mon. July 11	
Sun. July 10	
Sat. July 16	

Sun. July 17	5 Km, Florence, S.C., 9:45 am (CC) 10 and 15 Km, Dearborn, Mich., 9 am (E) 5 Km, St. Joseph, Mich., 8:45 am (Y) 10 and 20 Km, Denver (H) Western Regional 5 Km, Las Vegas (B) 1 Hour, Marin, Cal., 8 am (P) 5 Km, Jefferson, Louisiana, 7 pm (M) 5 and 10 Km, Albuquerque (L) 5 Km, Marlboro, Mass. (I) 5 Km, Denver (H) 5 Miles, South Boston, Mass. (I) 2 Miles, New Orleans, 6:45 pm (M) Masters 5 Km, Tacoma, Wash. (C) 5 Km, Kalamazoo, Mich., 8:30 am (Y) Masters 3 Km, Libertyville, Ill. (S) 5 Km, Lafayette, Col., 8 am (H) Montana Sr. Olympics 1500 and 5 Km (K) 3 Km, Alexandria, Virginia, 8:30 am (J) 3 Miles, Norco, Louisiana, 8 am (M) 15 Km, Pala Alto (P)
Wed. July 20	10 Miles, Narragansett, R.I. (I) 5 Km Dowagiac, Mich., 8:30 am (Y) North Region 8 Km, Indianapolis (AA) 5 Km, Albuquerque (L) Doc Tripp 5 Km and 10 Km, Broomfield, Col., 8 am (H) Montana Masters 5 Km, Bozeman, Mont. (K) 5 Km, Manchester, Vermont (I) North Region 8 Km, Indianapolis (EE) 5 Km, Newburyport, Mass. (I) 2.8 Miles, Seattle, Wash. (C) 5 Km, Ft. Collins, Col. (H) 5 Km, Coloma, Mich. (Y) 5 Km, Delton, Mich., (Y)
Thu. July 21	
Sat. July 23	
Sun. July 24	New Mexico Sr. Olympics 5 Km, Las Vegas, N.M. (L) 3 Km, Alexandria, Virginia, 8:30 am (J) Northeast 15 Km, Concord, N.H. (I) 3 Mile, Edinboro, Penn., 7 pm (W) 3 Mile, Edinboro, Pa., 7 pm (W) NATIONAL MASTERS 5 KM, EUGENE, OREGON (bb) 5 Km, South Haven, Mich., 9:30 am (Y) 5 Km, Craftsbury Common, Ver. (I) NATIONAL MASTERS WOMENS 10 AND MENS 20KM, EUGENE (BB) 11.7 Mile, Taunton, Mass. (I) 5 Km, Red Rock State Park, N.M. (L) 5 Km, Allegan, Mich., 8 am (Y) 5 Km, Florence, S.C., 9:45 am ((FF) NATIONAL JUNIOR 3 AND 5 KM, ORONO, MAINE (v) 5 Km, Littleton, Col. (H) 5 Km, Flint, Mich., 8 am (Y) 5 and 10 Km, Dearborn, Mich., 9 am (E) 4 Mile, Millcreek, Penn. (W) 10 Km, Exeter, N.H. (I)
Fri. July 29	
Sat. July 30	
Sun. July 31	
Tues. Aug. 2	
Thu. Aug. 4	
Sat. Aug. 6	
Sun. Aug. 7	
Wed. Aug. 10	
Fri. Aug. 12	
Sat. Aug. 13	
Sun. Aug. 14	
Sat. Aug. 20	
Sun. Aug. 21	
Sat. Aug. 27	

Sun. Aug. 28	5 Km, Paradise, Cal., 8 am (R) Western Regional 5 Km, Denver (H) 1 Hour, Marin, Cal. (P) Eastern Regional Junior 5 and 20 Km, Albany, N.Y. 8 Km, Needham, Mass. (I)
Sat. Sept. 3	5 Km, Metairie, Louisiana, 6:30 pm (M)
Sun. Sept. 4	Western Regional 15 Km, Albuquerque, N.M. (L) 5.2 Mile Handicap, Interlaken, N.J. (A) Eastern Regional 15 Km, Washington, D.C. (J)
Sun. Sept. 11	NATIONAL 40 KM CHAMPIONSHIPS, FORT MONMOUTH, NJ (A)

#### Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764  
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106  
 C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115  
 D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086  
 E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180  
 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028  
 G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580)  
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
 I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146  
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206  
 K--Ken Chomo, 424 4th Ave. SW, Ronan, MT 59864  
 L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104  
 M--NOTC, P.O. Box 52003, New Orleans, LA 70152  
 N--USATF/Illinois, 111 W. Butterfield Rd., Elmhurst, IL 60126  
 O--Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028  
 P--Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914  
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445  
 R--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609  
 S--Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048  
 T--Craig Dean, 719 Stonegate Ct., Libertyville, IL 60048  
 U--Columbia TC, P.O. Box 1872, Columbia, MO 65205  
 V--Tom Eastler, RR #1, Box 1043, Farmington, ME 04938  
 W--Daryl Ann Kidder, 6967 Garfield Ave., Harborcreek, PA 16421  
 X--Jim Bean, 4658 Fuhrer St., NE, Salem, OR 97305  
 Y--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009  
 Z--Frank Soby, 3907 Bishop, Detroit, MI 48224  
 AA--Chad Bird, U. of Indiana, Indianapolis, IN 46202  
 BB--Champ. Org. Comm., P.O. Box 10825, Eugene, OR 97440  
 CC--Florence Track Club, P.O. Box 1476, Florence, SC 29503  
 DD--Virginia Mulanex, 11975 Gist Rd., Bridgeton, MO 63044  
 EE--Kenny Long, 107 Loretta Dr., Indianapolis, IN 46217  
 FF--Florence Track Club, P.O. Box 1476, Florence, SC 29503  
 GG--George Watts, Ath. Dept., Box 15016, U. Of Tennessee, Knoxville, TN 37901  
 HH--Track Office, Florida State U., P.O. Box 2195, Tallahassee, FL 32370

#### FROM HEEL TO TOE

Norman Read, the 1956 Olympic 50 Km gold medalist for New Zealand died suddenly on May 22 during a Masters 54 Km cycle race. He had been riding with the main bunch early in the race, but had dropped off the pace. Riding alone, he collapsed and died. Dudley Harris provides the following background on Norm's career. Born in England on Aug. 13, 1931, he emigrated to New Zealand in the mid '50s. The New Zealand selectors showed little interest, so he paid his way to Australia, where he worked as a clerk and a gardener, and trained in order to do a New Zealand qualifying time. He was eventually chosen for the Kiwi team. At the Melbourne Olympics, in temperatures exceeding 100 F, the heat was too much for the favored trio of Klimov, Thompson, and Dolezal. One by one, they dropped out, while Read, showing superb judgment, worked his way towards gold. He joined the Russian, Yevgeniy Maskinkov, in the lead at around 35 Km, and the pair matched strides until 5 Km from home. Then, the smiling Read, his white handkerchief knotted around his neck, strode away to win in 4:30:42.8. Maskinov was second in 4:33:57, while the Swede, Ljunggren (who had won int the 1948 Games in London) was third. Since then, he bettered his 50 Km time, but was obliged eventually to cease competitive walking by injury. His post-racing achievements included becoming the inaugural President of the New Zealand Race Walking Association, and, this year, the President of Athletics New Zealand; plus a member of the International Panel of Judges, officiating at meets such as the Barcelona Olympics. Gary Little, our National walks coach, says, "Norm was a lesson in humility and experience. He said of his gold medal: 'I was just lucky to get it right in one race on one day.' When asked to speak to New Zealand's top walkers, Norm said, 'I can't imagine that I could have anything to say that they would want to listen to.' He was wrong on both counts, being clearly a man to be respected." Graham Saetter, current President of New Zealand RWA, says: "He achieved his goal of Olympic Gold medal through a single-minded dedication; but in an era before 'goal setting' became common in sport. Norm lived the concept. He was a true champion--but not so determined to achieve individual success that he could not relate to the needs of others. He added a sense of dignity to every event he attended. I feel honored to have known Norman Read." (Ed. I was privileged to compete against Norm at White Plains, N.Y. at the National Masters in 1975. Many foreign athletes were at the meet, which preceded the World Masters Meet in Toronto. At age 44, spotting me 4 years, he had little trouble "mastering" me at both 5 and 20, although England's Roy Thorpe beat him in both.) . . . Elliott Denman, who competed against Norm in Melbourne, and now writing sports for the Asbury Park Press, received this year's Don Dunphy Award presented at the annual Spiked Shoe dinner at Manhattan College. The Dunphy is the club's top media award. . . A press release from the National Sporting Goods Association tells us that exercise walking remains as the country's favorite participant sport. Although participation declined 2.5 percent, exercise walking continued ahead of swimming among the 50 sports and fitness activities surveyed. (I see now, that this is a better than 1-year-old release and that the figures are for 1992.) Exercise walking had 67/8 million participants, while swimming drew 63.1 million. Bicycling riding (54.6 million), fishing (47.6), camping (47.3), bowling (42.5), exercising with equipment (39.4), billiards (29.3), basketball (28.2, and aerobic exercising (27.8) followed. . . I perhaps let Bob Bowman get a little carried away in his reply to Elaine Ward in last month's ORW and should have done a little censoring rather than simply copying his letter. For example, his statement that "her newsletter continues to be a wealth of mininformation on racewalking", probably puts me, as editor on the border

of libel, and is certainly not a statement I agree with. I have always touted Elaine's Southern California Racewalking Newsletter as the best of the local and regional newsletters and feel she is providing an excellent service for her subscribers, though I don't always agree with her editorial positions. (Obviously, neither does Bob.) Nor, would I describe Elaine as a "loose cannon", which I allowed Bob to do. Without going into further detail, there were other passages in Bob's letter that I should probably have deleted. I apologize to all my readers, to Elaine, and to Bob (for not censoring him), since I have always tried to keep personalities out of the debates that are carried on in these pages and strayed from that path in this instance.

This month's lengthy commentary comes from Ron Daniel, international competitor, international judge, racewalk administrator, coach, technical expert on the sport, and good friend of racewalking. He comments on various and sundry matters, under appropriate subheadings:

#### Notes and scuttlebutt

At the recent 50 Km and Western regional, we asked the athletes to drop a note of appreciation to the sponsors. While it may seem insignificant, the couple of notes that were received made a big hit with the sponsors. In this day of tight dollars, a sponsor appreciates knowing that the athletes were happy with sponsor support. As a meet director, it also makes going back a little easier.

Just beginning my 36th year of fun and excitement as a racewalker, I know that I have old copies of the McCarthy American Racewalker. If I'm not a charter subscriber of the ORW, I'm pretty close. Can put my hands on most issues but not in mint condition. (Ed. Not even the ORW's own file is in mint conditions. Those old ditto issues from the first year or so are fading.)

#### March issue comments on shortage of qualified judges for HS events

This observation isn't a new criticism. The situation is a little like the chicken and egg problem. Until a good athlete comes along, no one considers the judging need, then it's too late. This same situation has occurred in other countries, where the strength/endurance training has out paced the technique mastery. The result being that fast walkers at home wind up being DQ'd on the road. A recommendation is that if a new club, away from a qualified pool of judge, wants to grow in size, it should immediately start training about six members to be judges. That way, as the new judges gain experience and because there are six of them, they don't have to give up competing themselves as the club grows. Hopefully, when that good athlete comes along, the club will be ready.

#### On the run-alarm as a training aid

Assuming that the run alarm can be satisfactorily improved so that it's reliability is acceptable for training, it along with video feedback may be helpful to a walker to fine tune his/her technique. It could also be disastrous for a walker to use the run alarm to perfect a technique that allows a 30 to 50 msec flight phase. I say this because a considered device for a judging aid could turn out to be a small hand held video camera and replay set. Wouldn't it be ironic to have worked hard to perfect the invisible lift only to be caught on stop action!

#### Capaciflector

If I understand the argument by Danish, another potential failure mode could be introduced by the athletes themselves just by touching one another.

#### Furlong energy expenditure study

Not having Dr. Furlong's address, I offer this friendly overview through the ORW. With the study sample of one, it should not be assumed that the flight phase mode comes by way of a change in hip swivel. Each walker may have his/her own technique transition leading to loss of contact. I suggest trying to evaluate the cost in energy due to the breaking action at the heel strike. How does this change as an athlete loses contact? I suspect that the major savings is the accumulated energy savings by having less touchdowns over the course of a race. From this assertion, however, I am not suggesting that an athlete who loses contact is doing so 100 percent of the time; so it would be inappropriate to extrapolate the result out to the full race distance.

#### Loss of contact and pull of gravity

In several writings supporting the dismissal of the contact rule, one of the scientific basis cited has been that the only way that the walker gets his/her foot back to the ground is simply by falling ala the force of gravity. This totally ignores the dynamic use of the upper body and arms. As a demonstration try the following experiment. Get two bathroom scales, put one foot on each scale, simulate the walking motion while standing in place (i.e., shifting weight from one foot to the other and rolling up on the toes), watch what the reading on the scales show. Now, start to swing the arms. Now what are the scales reading? If done correctly, you should see the reading on the scale beneath the straightened leg rise. This apparent increase in weight comes from the downward swing through of the arm above the straight leg, thereby demonstrating that there is a downward motion in addition to just gravity.

#### Judging rules and benefit of doubt to the walker

It is generally accepted in racewalking and other athletic events (and rightly so) that in the application of the rules, the benefit of the doubt goes to the athlete. In some ways, the current flap over judging is an outgrowth of this premise. (The judge can't make a 100 percent accurate call at all times.) An immediate reversal of this benefit to the athlete could be fashioned by simply changing the observation of the contact phase to require that the judge look for contact versus loss of contact. In this way, if the judge cannot see double contact, then the athlete is to be recommended for disqualification! Another rules/contact alteration could be the requirement that the athlete visibly make contact with the ground with the heel. Much like the straight leg requirement, where the judge has to evaluate when the leg is straight, the judge would be looking for contact under a specific condition. The foregoing is not approved by the judges committee and is only my musing.

Ron Daniel

#### LOOKING BACK

**20 years Ago** (From the June 1974 ORW)--The Colorado Track Club duo of Jerry Brown and Floyd Godwin took one-two in the National 20 Km on Long Island. Brown's 1:33:34 left him 24 seconds ahead of Dave Romansky at the finish, but Dave had been DQ'd



before 15 Km, though never properly notified. Godwin finished in 1:35:01, followed by John Knifton, Ron Daniel, and Bob Henderson. . . Three weeks later, Knifton won the 5 Km title in Los Angeles, finishing 8 seconds ahead of Larry Walker in 22:23. Bill Ranney, Tom Dooley, Daniel, and Ed Bouldin followed, all under 23. . . Carl Swift won the NAA 10 Km in 49:18.6 from Paul Ide and Jim Bean. . . The National Junior 10 Km went to Steve Herman in 49:08 with Jim Murchie second. . . In Italy, Karl-Heinz Stadtmüller, of East Germany, walked 1:20:58 for 20, but the course turned out to be only 19, 164 meters in length. East Germany's Winfried Skotnick won the supposed 50 Km (47.91 Km) during this botched International meet in 3:52:12.

**15 years ago** (From the June 1979 ORW)--In trials for the Pan American Games, Marco Evoniuk won the 50 Km and Neal Pyke the 20. Evoniuk's 4:10:33 was nearly minutes ahead of Vincent O'Sullivan, with Karl Johansen third. Pyke took command at the start and lead all the way to win the 20 in 1:27:11, but Todd Scully was only 44 seconds back at the finish. Chris Hansen also bettered 1:30. Larry Walker was fourth, and Evoniuk, with only one day off after the 50, beat Jim Heiring for fifth. The races were held in Walnut, Cal. . . Sue Brodock won both the 5 and the 10 Km races at the Women's Nationals, doing 24:07 on Friday and 50:33 on Sunday, both American records. Paul Kash, Chris Sakelarios, and Sue Liers followed in the 5, and Liers, Sakelarios, and Esther Lopez in the 10. . . In Norway's annual walking Grand Prix, records fell to Mexicans in both the 20 and 50. Domingo Colin did 1:20:59 in the 20, leaving former record holder Daniel Bautista some 80 seconds behind. Anatoliy Solomin, Boris Yakloyev, and Felix Gomez also broke the old record of 1:23:32 (A 1:22:30 by Frances's Gerard Lelievre was pending approval.) Raul Gonzales did 3:41:39 in the 50, leaving Lelievre better than 16 minutes behind in second. . . Colin also had a 3:47:18 for 50 as Mexico won an international meet from West Germany, Sweden, Hungary, and Spain. Bautista won the 20 in 1:22:15.

**19 Years Ago** (From the June 1984 ORW)--Walking races a week apart, Marco Evoniuk won the U.S. Olympic Trials at both 20 and 50 Km in Los Angeles. The 20 came first, and Marco did 1:26:17, leaving Jim Heiring a minute behind. Dan O'Connor captured third in 1:29:12, with Sam Shick fourth in 1:30:25. Evoniuk completely dominated the 50, winning in 4:02:25, nearly 12 minutes ahead of Vincent O'Sullivan. Carl Schueler was another minute back and a minute-and-a-half ahead of Tom Edwards for the third spot. Randy Mimm and Troy Engle followed. . . The National 20 Km, held just a week ahead of the Trials didn't attract a very strong field, but Ray Funkhouser turned in a good performance to win in 1:31:48, 2 minutes ahead of Gary Morgan. They were seventh and 16th the next week. . . Debbi Lawrence won the women's 10 Km national in 51:01, 15 seconds ahead of Esther Lopez. Susan Liers was third. Lopez did a 50:42 a couple of weeks later with Teresa Vaill second.

**5 Years Ago** (From the June 1989 ORW)--Soviet walkers were dominant in the World Cup held in Barcelona, winning both men's and women's team titles decisively. China and Italy followed in the women's race, with the U.S. 9th, and Italy and France were second and third in the men's race with the U.S. in 12th. The women's 10 Km winner was East Germany's Beate Anders in 43:08 with Australia's Kerry Saxby second and Italy's Ileana Salvador third. But the Soviet women came fourth, sixth, and ninth to take the title. Lynn Weik and Teresa Vaill finished 21st and 23rd for the U.S., Lynn with a 46:38. The USSR was 1-2-3 in the men's 20, with Frantz Kostyukovich first in 1:20:21. Time Lewis was

45th. Australia's Simon Baker won the 50 in 3:43:13, but with 2nd, 3rd, and 5th, the Soviets sewed up the team title. Paul Wick led the U.S. with a 4:12:24 in 24th. . . Tim Lewis won his fifth straight U.S. 20 Km title in 1:27:19, 47 seconds ahead of Gary Morgan. Mark Manning was third. In the women's 10, Lynn Weik set a national record on the track with her 46:44.1, leaving Teresa Vaill nearly 40 seconds back. Maryanne Torrellas beat Debbi Lawrence for third.

#### Racewalking Sport Science Bulletin 6/94

© Ian Whatley 1994

#### **New Research on Endurance Physiology**

Where can you find articles on the scientific basis of racewalk endurance training? Introductory level information may be found in basic physiology texts or coaching books obtainable through local bookstores or by mail from track & field or running magazines. "Running Research News" is a bimonthly publication which explains recent endurance running findings in easily understood terms. It is available worldwide and may be ordered on a credit card to avoid international money exchange difficulties. For subscription information, please write to RRN at - PO Box 27041, Lansing, MI 48909, USA or fax on USA 517 393 3150.

Somewhat more advanced material may be found in exercise physiology textbooks. The I.O.C. publication "Endurance in Sports" (eds. Shephard and Åstrand, 1992) is an excellent example. It is available through Human Kinetics [US 1 800 747 4457], Marston's [UK 0865 791155 & Canada 1 800 465 7301], and Blackwell [Australia 03 347 0300]. These publisher's book lists include many texts directly or indirectly useful in advancing your knowledge of racewalking sport science. In addition to the basic areas of Biomechanics and Physiology, look at topic areas such as: learning motor skills, training periodisation, injury rehab and sports psychology.

University libraries may have a reference section (Dewey Decimal around 612) of relevant texts or may hold periodicals (science research reports) in the stacks. The "Journal of Applied Physiology," "Medicine and Science in Sport and Exercise," the "Journal of Sports Medicine" and other similar publications include articles applicable to the training of walkers. A librarian or a technical bibliography such as "Indexus Medicus" may help locate items of interest. These sources are the most complex and assume some prior learning on the subject matter.

There is little Racewalking specific information available. Most articles relate to long distance running, swimming or cycling. All of these activities are simple cyclic skills carried out for periods from 5 minutes to 5 hours. Findings on physiology, nutrition, biochemistry, psychology and sports medicine may suggest how racewalkers can train and race faster. The following points will help determine which concepts are applicable and how they may be converted into racewalking specific training sessions:



- **Specificity.** If an activity is similar to racewalking in terms of mechanics and intensity, the results of studies on this activity are more likely to be transferable to RW training. Movements can be compared by considering the major muscle groups used and the rate of contraction. e.g. Studies on 'sliding boards' show the quadriceps to be the main muscles used and the number of slides per minute to range from 30 to 50. This shows little help for training racewalkers since they need to develop the antagonist muscles (Hamstrings, gluteal group and lower back) at a step rate in the 180 to 220 per minute range.

- **Intensity.** Two athletes exercising at the same percentage of their maximum Oxygen uptake capacity are doing comparable amounts of work, even if one is engaged in walking while the other is running. To 'convert' training loads between sports, use time and effort rather than speed and distance. For example: Runners seeking to raise their Lactate threshold will carry out tempo runs. These involve running slightly below 10 Km race pace for about 3 1/2 miles. Studies show them to be running at 87% - 92% of maximum heart rate for about 20 minutes duration. A racewalker can achieve the same Lactate threshold training effect by walking for 20 minutes at about 90% of maximum heart rate. This is NOT the same as walking 3 1/2 miles at just below 10 Km race pace.

- **Economy.** If no time or % heart rate/Oxygen uptake data is provided in an article, you can approximate the RW training equivalent using the G.F. This is a ratio factor relating the economy of walking and running. Providing the distance covered is greater than 1 mile, running is 1.35 to 1.4 times more efficient than walking for most individuals. For example: 1. If a runner covers 70 miles in a week, a walker would expend the same energy in walking about 50 miles per week. 2. A running training session might be described as: 10 mins warm-up, 2 X 2 miles at 5 mile race pace with 2 mins rest between and 10 mins warm-down. The equivalent session for a racewalker would be: 10 mins warm-up, 2 X 2,400 Metres at 5 Kilometre race pace with 2 mins rest between and 10 mins warm-down.

The G Factor is based on a statistical analysis of running and walking performances and assumes reasonable proficiency of RW technique. Cycling and swimming GFs have not yet been calculated.

Although converting or extrapolating from studies on other endurance sports is not totally accurate, it can provide a great many useful insights on the training of racewalkers.

\*Racewalking Sport Science Bulletin is not affiliated with any of the journals or publishers mentioned in this article. RWSSB may be copied by non-profit organisations provided that authorial credit is given.



Above: Following the Mortland Invitational 20 Km from left to right, Ron Laird, Chad Eder (2nd), Jack Mortland, Bill McCray (3rd), and Gary Morga, the winner.  
Below: A postcard located in an antique shop somewhere in Michigan caption "Marathon Walking, Guatamala 1977" courtesy of Frank Soby.