

Ohio Race Walker  
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# OHIO RACEWALKER

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## Essayah, Schennikov rule in Europe

Helsinki (Report from Harry Slitonen, San Francisco's racewalking guru on special assignment to the homeland)--Finland's Sari Essayah continued her reign on top of the women's racewalking world with an impressive win in the European Championship 10 Km. The title goes well with her World Championship win and number one world ranking in 1993, a year in which she also had a second in the World Cup race.

In the Men's 20 Km race, Russia's Mikhail Schennikov, who has not been a factor in the big races for the past 2 years (although he had number 5 and 6 world rankings) returned to the top with an impressive win in the 20 Km.

Essayah set a meet record of 42:37 to edge Italy's Anna-Rita Sidoti and Russia's Yelena Nikolayeva-Kuznetsova, who were both given a 42:43, with Sidoti getting the nod for the silver. Essayah was spurred on by tumultuous cheering by her country's fans, who packed the stadium 20,000 strong and lined the road course wall-to-wall. The cry "Sari! Sari!" never once let up anywhere along the course. Essayah was in the lead pack from the start, and she and the other two medalists eventually pulled clear.

Essayah made her move about a kilometer from the finish to go into a clear lead. Sidoti tried to pull even on the long uphill to the stadium, but Essayah stepped up the pace to stay in front.

As Sari pulled into the stadium, the supposedly dour, taciturn largely Finnish crowd went totally nuts. The din never ceased. It was Finland's first gold medal of the games, preceded by Seppo Raty's silver in the javelin the preceding day.

The Finnish newspapers and magazines were full of pictures and feature stories of Essayah before and after the race. The TV news the evening after the race and the newspapers the next morning talked about nothing but Sari. We wonder, when will the cover of Sports Illustrated ever feature an American women's walker, not to speak of the men?

In the 20 Km, Schennikov went into a comfortable lead early in the race and was never really challenged. His 1:18:45 effort was a new meet record and just 15 seconds off his personal best. Yevgeniy Misyulya of Belarus was second in 1:19:22.

After slightly over two laps in the stadium, the walkers charged down a steep hill to the 2 Km main loop, which they circled 9 times, before chugging up the same hill to a stadium finish.

There were nine judges on the course, with two head judges as a new wrinkle. One of these head judges patrolled the course while the other stood by the DQ board throughout the race. The purpose was to minimize the number of DQ calls made after the conclusion of the race. Nonetheless, Robert Korzenowski, of Poland, was in fifth

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



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place and had turned the corner for the last uphill pull toward the stadium and had already disappeared when his third DQ marker was posted on the board. The other significant disqualification in the race was Spain's Olympic gold medalist Daniel Plaza. The race was also used to experiment with computer transmission of DQ calls to the desk by the board, although bicyclists were still in evidence bringing in red cards.

**Women's 10 Km, August 10:** 1. Sari Essayah, Finland 42:37 2. Anna-Rita Sidoti, Italy 42:43 3. Yelena Nikolayeva-Kuznetsova, Russia 42:43 4. Yelena Arshintseva, Russia 43:23 5. Larissa Ramazanova, Russia 43:25 6. Natalia Misyulya, Belarus 43:39 7. Elisabetta Perrone, Italy 43:47 8. Susana Feitor, Portugal 43:47 9. Beate Gummelt, Germany 44:09 10. Tatyana Rogzina, Ukraine 44:15 11. Ileana Salvador, Italy 44:51 12. Valentian Tsybulskaya, Belarus 45:06 13. Emilia Cano, Spain 45:14 14. Maria Urbanik, Hungary 45:31 15. Encarnacion Granados, Spain 45:43 16. Kjersti Tysse, Norway 46:10 18. Valerie Nadaus 46:23 19. Simone Thust, Germany 46:16 20. Vicky Lupton, Great Britain 46:30 21. Hanne Liland, Norway 46:51 22. Julia Lisnki, Moldavia 47:20 23. Verity Snook, GB 47:23 24. Isilda Gonsalves, Portugal 47:42 25. Dierdre Gallagher, Ireland 48:50 16. Kada Delic, Bosnia-Herts. 49:58 27. Kaisa Suhonen, Finland 50:51 28. Mira Saastamoinen, Finland 51:54 DQ--Lisa Langford, GB; Kathrin Boyde, Germany; Katarzyna Radtke, Poland; Norica Cimpan, Rumania; and Olga Czonenko, Ukraine

**Men's 20 Km, August 8:** 1. Mikhail Schennikov, Russia 1:18:45 2. Yevgeniy, Misyulya, Belarus 1:19:22 3. Valentin Massana, Spain 1:20:30 4. Gio/vanni DeBenedictis, Italy 1:20:39 5. Mikhail Orlov, Russia 1:21:01 6. Giovanni Perricelli, Italy 1:21:51 7. Igor Kollar, Slovakia 1:22:23 8. Sandor Urbanik, Hungary 1:22:49 9. Hubert Sonnek, Czech Rep. 1:23:11 10. Michele Didone, Italy 1:23:21 11. Fernando Vazquez, Spain 1:23:22 12. Jean Claude COrré, France 1:23:42 13. Robvert Valicek, Slovakia 1:24:13 14. Vyatcheslav Fedtshuk, Moldavia 1:25:07 15. Denis Langlois, France 1:25:12 16. Claus Jorgensen, Denmark 1:25:29 17. Algard Fadejeus, Latvia 1:26:06 18. Ilya Markov, Russia 1:26:53 19. Valdas Kazlauskas, Lithuania 1:27:02 20. Modris Liepins, Latvia 1:27:14 21. Antero Lindman, Finland 1:27:56 22. Jani Lehtinen, Finland 1:31:55 23. Pauli Pirjeta, Finland 1:33:01 DQ--Mikhail Hmelnijski, Belarus; Daniel Plaza, Spain; and Robert Korsenowski, Poland. DNF--Viktoras Kaslauskas, Lithuania and Stefan Johansson, Sweden.

## OTHER RESULTS

**U.S.-Canada Junior Meet, Buffalo, July 14-15:** Women's 3 Km--1. Anya-Marie RUoss, U.S. 13:53.71 2. Deborah Iden, U.S. 14:28.59 3. Martium Rainville, Can. 14:55.44 4. Deb Scott, guest 15:12.7 5. Tracy Roan, Can. 15:42.57 Men's 5 Km--1. Justin Marrujo, U.S. 22:12.25 2. William Van Axen, U.S. 22:15.81 3. Kevin Eastler, U.S. (guest) 22:18.35 4. Vincent Dary, Can. 23:14.44 5. Francois Berube, Can. 23:31.36 6. William Leggett, U.S.

(guest) 24:17.28 (Thanks to the USATF National Office, several additional walkers were allowed to compete as guests in this meet. The U.S. was able to have two additional walkers who had finished in the top five at the Nationals. The walks were the **only event** where additional U.S. guest competitors were allowed to compete.) **New England USATF 5 Km, Worcester, Mass., July 24:** Men--1. Brian Savilonis (43) 23:45 2. Joe Light (46) 24:43 3. Ken Mattsson 26:10 4. Tom Knatt (53) 27:20 5. Justin Kuo 27:42 6. Stanley Sosnowski (43) 29:25 7. Michael Hoffer (55) 29:33 8. John McKay (50-59) 29:42 9. John Jurewicz (40-49) 29:43 10. Wayne Nicoll (60-69) 31:12 11. Bill Banks (60-69) 32:01 Women: 1. Lynda DeWitt 28:14 2. Linda Quepo (40-49) 32:47 (7 finishers) **USATF East Region 5 Km, Albany, N.Y., July 16--1.** Steve Vaitones 24:47.80 Women--1. Nancy Linky 33:28 **Eastern Regional 50 Km, Wall Twp., N.J., May 15--1.** Cervin Robinson, Park Walkers (65) 5:49:23 2. Dr. Patrick Bivona, Shore AC (50) 5:55:21 3. Jan Gero, Park Walkers (60) 5:59:58 4. Greg Johnson, Shore AC (43) 6:46:15 5. Dr. Gerry Kass, Shore AC (55) 6:49:13 6. Avram Shapiro (55) Shore AC 6:50:13 Women: 1. Marcia Shapiro, Marc Varsano, Park Walkers 1:36:38 (47:21) 2. John SOcheck, Shore AC 1:41:58 (50.00) 3. Sean Albert, St. Peter's Colelge 1:44:27 (47:21) 4. Jack Lach, Shore AC (50) 1:58:27 5. Curt Sheller, Shore AC (40) 1:58:32 6. Bob Mimm, Shore AC (69) 2:13:58 7. Jon Van Briesen, Shore AC (43) 2:22:10 (11 finishers) Women: 1. Nancy Linky, Shore AC (40) 2:28:07 **10 Km, same place--1.** Phyllis Hansen, Shore AC (42) 56:31 2. Stella Cashman Park Walkers 65:08 3. Kathleen Stuper Shore AC (15) 67:50 **3 Km, Alexandria, Virginia, June 12 (unjudged)--1.** Victor Litwinski (51) 17:35 2. Bill O'Reilly (68) 18:25 3. Ben Woodburn (64) 18:36 **5 Km, same place--1.** James Moreland (41) 25:59.6 2. Jim Goldstein (45) 29:06 3. Con Colling (15) 29:09 4. Lois Dicker (54) 29:27 **3 Km, Alexandria, June 26--1.** James Moreland 14:47.3 2. Louis Brown (15) 15:59 3. S. Harrison (15) 17:11 4. Lois Dicker 17:13 5. Nancy Whitney (58) 18:00 **3 Km, Alexandria, July 10--1.** William-Jesse Leggett (18) 14:48.3 2. Louis Brown 16:58 3. Jim Goldstein 17:16 4. Cori Colling 18:09 **Virginia Commonwealth 10 Km, Lynchburg, July 16--1.** Bruce Booth 58:20 2. Gene Siler 60:35 (both in 40 and over category) **4 Km, same place--1.** Paul Cajka 22:26 2. Bruce Booth 22:30 Women: 1. Canielle Rand-Byrd 25:44 **5 Km Atlanta, June 11--1.** Mark Danford (40-44) 26:30.9 2. Dan Strohl (45-49) 30:08 Women: 1. Arlette Berlin (40-44) 31:21 **Georgia State Games 5 Km, Atlanta, July 24--1.** Rob Cole 20:52 2. Mike Rohl 22:45 3. Bohdan Bulakowski (40-44) 32:11 4. Keith Luoma 23:51 5. Mark Danford 26:45 6. Joel Carter 26:49 7. Gary Longley (45-49) 28:14 8. Dan Strohl 29:39 9. Jim Kelly 29:41 10. Ron Poteete (50-54) 29:44 (19 finishers, 5 DQs) Women: 1. Kathy Jakin 29:13 2. Patty Voyles 29:27 3. Yvonne Clark 30:30 (16 finishers) **2 Mile, New Orleans, July 8--1.** Sindye Holmes (43) 19:16 Women: 1. Becky COMeaux 17:38 **5 Km, New Orleans, July 17--1.** Barry Creppel 27:47 2. Eric Parker 30:58 **10 Km, Dearborn, Michigan, July 30--1.** John Elwarner (56) 53:36 2. Maxc Green (62) 54:38 **Women's 5 Km, same place--1.** Diane Podsiadlik 26:45 **Michigan Senior Olympics, Holland, June 16:** 1500 meters--1. Beth Young-Grady, Indiana (55-59) 9:10 Men: 1. Vance Genzlinger, Indiana (65-59) 8:50 **5 Km, Eua Claire, Mich., July 3--1.** Mike Burris 29:13 Women: 1. Janie Colton 29:15 **10 Km, same place:** 1. Janie Colton 63:00 **Master's 1500 meters, Kalispell, Montana--1.** Lew Savik (50-54) 7:28.38 2. Udo Grady (60-64) 9:04.14 **5 Km, same place--1.** Lewis Savik 28:19.53 **10 Km, Longmont, Col., June 11--1.** Alan Yap (51) 53:21 2. Patty Gehrke 57:51 3. Marianne Martino (43) 59:27 **5 Km, Denver, June 5--1.** Lon Rupoli (42) 28:38 2. Jeff McNamara (42) 28:59 3. Daryl Meyers (51) 29:45 (more than 250 finishers) **5 Km, Denver, June 19--1.** Daryl



Meyers 28:58 2. Lori Rupoli 29:00 5 Km, Denver, June 11--1. Mike Blanchard 24:08 2. Theron Kissinger 24:46 3. Bob DiCarlo (60) 26:47 4. Klaus Timmerhaus (69) 30:40 10 Km, Loveland, Col., June 25--1. Mike Blanchard 51:51 2. Alan Yap 53:05 3. Patty Gehrke 55:42 4. Dan Pierce 55:51 5. Pete Giachetti 58:21 6. Breta Skinner 61:17 Colorado State Games 5 Km, Denver, June 18--1. Daryl Meyers 29:24 2. Sven Meyers 29:55 3. Charlie Cooder (50) 30:41 5 Km, Denver, July 9--1. Lori Rupoli 29:28 5 Km, Albuquerque, N.M., June 12--1. Steve Petrakis 25:20 2. Alex Woelper 26:59 3. Winston Crandall 27:58 4. Peter Armstrong 28:16 5. David Wormold 28:26 5 Km, Albuquerque, N.M., July 17--1. Ellen Roche 27:37 2. Jackie Kerby-Moore 28:07 3. Winston Crandall 28:12 4. David Wormold 28:59 5. Fred Moore 30:32 6. Louis Jaramillo 30:39 10 Km, same place--1. Theron Kissinger 51:21 2. Steve Petrakis 58:11 5 Km, Albuquerque, July 24--1. Theron Kissinger 22:44 2. John Spuhler 23:49 3. Vincent Sheehan 24:25 4. Winston Crandall 27:18 5. Louis Jaramillo 29:55 WOMEN: 1. Ellen Roche 27:54 2. Joanne Owen 29:55 3. Lourie Starr 30:40 1600 meters, Birmingham, Cal., July 27--1. Eric Parker (41) 8:54.7 2. Andy Hecker 9:03.1 15 Km, Los Angeles, May--1. Chris Dreher 1:21:32 2. Harry Davids (50-59) 1:25:20 3. Adam Mendonca 1:31:35 4. Richard Oliver (50-59) 1:33:31 Women: 1. Margaret Govea 1:26:51 2. Francene Avallaneda 1:31:34 5 Km, same place--1. Mark Green 23:33 2. Steven Avallaneda 26:19 3. Jesus Orendain (50-59) 30:31 Women: 1. Donna Cunningham (40-49) 29:30 2. Barbara Kowalksi (40-49) 30:38 3. Tammy Kiernan (50-59) 30:40 3 Km, Pasadena, June 18--1. Bill Neder 17:37 5 Km, same place--1. David Crabb (49) 27:55 Women: 1. Danielle Kirk 27:44 2. Margie Alexander 30:00 10 Km, same place--1. Richard Lenhart 49:54 2. Chris Dreher 52:12 3. Enrique Camarena (43) 54:03 4. Carl Acosta (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) 57:20 4. Francine Avallaneda 60:43 5 Km, Los Angeles, July 10--1. Jackie Kerby-Moore 26:08 2. Margaret Govea 26:48 3. Danielle Kirk 28:38 4. Fran Avallaneda 28:55 5. Tammy Kiernan (50-54) 30:48 Men: 1. Chris Dreher 24:25 2. Winston Crandall (50-54) 26:20 3. David Crabb (45-49) 27:17 4. Peter Armstrong (45-49) 27:18 5. Carl Acosta (60-64) 27:21 6. Bob McMillon (45-49) 29:36 7. Mel Schultz (60-64) 29:46 7. Jim Coots (50-54) 29:55 Pacific Association Masters 5 Km, Union City, Cal., July 16--1. Therese Iknoian 26:32 2. Robin Fujinaka 27:09 3. Terri Brothers 28:23 Men: 1. Art Klein 29:39 2. Greg Boyint=gon 30:28 Pacific Association 15 Km, Pala Alto, July 24--1. Therese Iknoian 1:21:52 2. Bill Penner 1:24:28 3. Jackie Kerby-Moore 1:26:48 4. Terri Brothers 1:28:55 5. Bradley Lau 1:31:59 (17 finishers) 1 Hour, Marin, Cal., July 17--1. Rezak Gharfara 7 miles 1228 yards 2. Jack Bray 7 mi 152 3. John Schuls 6 mi 1103 4. Jim Stuckey 6 mi 439 5. Virginia Fong 6 mi 395 6. Carolyn Rose 5 mi 1730 (13 finishers) 5 Km, Eugene, Oregon, June 15--1. Ed Kousky (50-54) 25:22 2. Bob Brewer (50-54) 25:58 3. Doug Vermeer 28:39 4. Jerry Ford 29:10 5. Steve Feith 30:11 Women: 1. Judy Heller (45-49) 29:21 2. Georgia Cutler (50-54) 30:09 3. Sue Laks 30:14 1 Mile, Seattle, June 29--1. Herm Nelson 6:15 3 Km, Seattle, July 6--1. Herm Nelson 11:54.5 2. Bev LaVeck 17:18 3. Oscar Werner 17:38 4. Paul Kaald 17:48 1 Mile, Seattle, July 13--1. Bev LaVeck 8:55 1 Mile, Seattle, July 20--1. Herm Nelson 6:24.5 2. Jeff Savage 7:54 3. Bev LaVeck 8:59.6 Northwest Regional 5 Km, Tacoma, Wash., July 23--1. Stan Chraminski (46) 25:09 2. Ed Krousky (53) 25:13 3. Bob Novak (45) 25:44 4. Bob Btewer (53) 28:00 5. Bob Huppe (44) 28:44 6. Bev LaVeck (58) 28:53

World Junior Championships, Men's 10 Km, Lisbon, Portugal, July 23--1. Segura, Mexico 40:26 2. Shmaluk, Russia 40:32 3. Meleshovich, Russia 40:35 Women's 5 Km, Kokemaki, Fin., July--1. Sari Essayah 20:34.76 (European Track Record)

World Veteran's Road Race Championships, Toronto, July 30-31: Women's 20 Km: 35-39--1. Cath Reader, England 1:54:53 2. Gloria Granados, Spain 1:59:11. . .4. Kathy Finch, U.S. 2:16:48 40-44--1. Ludmila Nitvagovskaya, Russia 1:47:38 2. Sally Richards-Kerr, U.S. 1:52:07 3. Anne Irving, England 2:05:23 4. Sherry Watts, Can. 2:05:30 5. Eileen Lawrence, U.S. 2:07:03 45-49--1. Marilyn Chute, Can. 2:09:35 2. Kathy Frable, U.S. 2:14:35 3. Olga Figueroa, U.S. 2:19:05 50-54--1. Valerie Stowe, U.S. 2:09:54 2. Marina Hoerneck, Spain 2:11:17 3. Bridget Cushen, Eng. 2:32:15 55-59--1. Bev LaVeck, U.S. 2:05:25 2. Beth Young-Grady, U.S. 2:16:17 3. Nancy Whitney, U.S. 2:18:17 60-64--1. June Marie Provost, Can. 2:05:58 2. Santosh Kanwar, India 2:53:29 65-59--1. Patricia Nesley, U.S. 2:26:05 2. Joann Beers, U.S. 2:36:55 3. Joe Presser, U.S. 2:39:46 Men 40-44--1. Nariman Althuhametov, Russia 1:39:54 2. Mark Jarviste, Estonia 1:40:23 3. Bohdan Bulakowski, Poland 1:41:57 4. Ross Barranco, U.S. 2:12:04 45-49--1. Alexander Oleinik, Russia 1:39:54 2. Vyacheslav Troshkin, RUSSIA 1:45:30 3. Robert Keating, U.S. 1:45:54 4. Johann Siegele, Austria 1:50:06 4. Norm Frable, U.S. 1:58:39 50-54--1. Don DeNoon, U.S. 1:36:33 2. Edward Shillabeer, Eng. 1:46:33 3. James Carmines, U.S. 1:46:42 4. Alan Yap, U.S. 1:50:59 5. P. Andreotti, Italy 1:51:36 6. Victor Sipes, U.S. 1:56:21 55-59--1. Romolo Pelliccia, Italy 1:46:13 2. Brian Gore, Eng. 1:52:14 3. Paul Johnson, U.S. 1:58:14 4. Mario Pollanz, Italy 2:03:11 5. Gerry Bocci, U.S. 2:04:54 6. Ron Laird, U.S. 2:06:31 60-64--1. Mario Sciarretta, Italy 1:54:36 2. Douglas Fotheringham, Eng. 1:59:33 3. Hiroshi Wada, Japan 2:03:19 4. Stuart Summerhayes, Can. 2:04:43 5. Tom White, U.S. 2:05:39 6. Joe Rogers, U.S. 2:18:41 65-59--1. Bob Mimm, U.S. 2:04:38 2. Vance Genzlinger, U.S. 2:07:51 3. Salvatore Brancaccio, Can. 2:16:22 5. Rudolph Austermuehle, Ger. 2:17:22 6. Angelo Arena, Italy 2:21:26 70-74--1. Carlo Bobba, Italy 2:14:04 2. Melvin Lees, U.S. 2:28:54 75-59--1. Bill Tallmadge, U.S. 2:24:41 2. Max Gould, Can. 2:27:39 80-84--1. Johannes Luther, Germany 3:08:05

#### GOT FIDGETY FEET AND HANKERIN' HIPS? HERE'S THE TICKET

Sat. Sept. 10	5 Km, Parma, Ohio, 10 am (N) 5 Km, Charleroi, Pa. (W) 4 Miles, New Orleans, 8 am (M)
Sun. Sept. 11	NATIONAL 40 KM CHAMPIONSHIPS, FORT MONMOUTH, NJ (A) 19 Km, Hingham, Mass. (I)
5 and 20 Km, Albuquerque (L)	
Sat. Sept. 17	3 Mile, Bay Village, Ohio (N) USA T&F 5 Km Championship, Kingsport, Tenn (EE) 5 Km, Hammond, Indiana (AA) 5 Km, Manchester, N.H. (I) 5 Km, Florence, S.C. (DD)
Sun. Sept. 18	2 Mile, Peabody, Mass. (I) MAC 5 Km,, New York City (F)
Sat. Sept. 24	5 K, Larkspur, Cal. (P)



- Sun. Sept. 25 5 Km, New Orleans, 4:30 pm (M)  
 Sat. Oct. 1 North Region 10 Km, Elk Grove Village, Illinois (S)  
 Eastern Regional 10 Km, Atlanta City, 9 am (A)  
 1 Hour, San Francisco (C)
- Sun. Oct. 2 3 Km, Naperville, Illinois (CC)  
 5 Km, Santa Barbara, Cal. (B)  
 Portland, Ore. Marathon (K)  
 Alongi International 3, 10, and 20 Km, Dearborn, Mich. (E)  
 5 Km, Hamden, Conn. (I)
- Sun. Oct. 9 5 Km, New Orleans, 8:30 am (M)  
**USA T&F 1 and 2 Hour, Cambridge, Mass. (I)**  
 15 Km, El Paso, Texas (V)  
 5 Km, Pomona, Cal. (B)
- Sat. Oct. 15 Lynette Atkins Memorial 8 and 5 Km, Kalamazoo, Mich., 9 am (Y)  
 Sun. Oct. 16 Western Regional 8 Km, Las Vegas (O)  
 Western Regional 5 Km, Denver (H)  
 3 Mile, Topsfield, Mass. (I)
- Sat. Oct. 22 Peter Ferrante Memorial 10 Km, Monterrey, Cal., 10 am (T)  
 5 Km, Chicago (S)
- Sun. Oct. 23 3 Mile, Fairview, Penn. (W)  
 10 Km, New Orleans, 8 am (M)
- Sat. Oct. 29 10 Km, Seaside, Cal. (R)  
 Sun. Oct. 30 5 and 10 Km, Albuquerque (L)  
 Northeast 20 Km, Boston (I)  
 2 Mile, Cleveland (N)
- Sat. Nov. 5 Half Marathon, 5 Km, New Orleans, 8 am (M)

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#### FROM HEEL TO TOE

Dave McGovern, of Dave's World Class, will be doing a clinic in Kingsport, Tennessee from October 21 to 23 with the help of Ian Whatley. For more information, contact Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660; Home phone 615-349-6406, Bus. phone 615-226-4364. . . You may notice that you are getting your ORW a bit early this month. Since I will be vacationing the week of August 21, I was forced to get things together earlier. Actually, the ORW originally came out around mid-month and then slowly drifted to the end of the month. For about the last 25 years I have had the thought of drifting back the other way, but have never done it until forced to by this circumstance. (Which must mean we have always vacationed the first half of the month.) That doesn't mean, however, that we won't be back to the end of the month in September. You'll just have to wait and see. . . Hope that everyone got their ORW last month and that it came to the right address. When I tried to print my address labels, the "sort" step in the process gave me only names, but no addresses. Since no one was immediately available to help me, essentially a computer illiterate, I reverted to copying my hard copy of the previous month's labels (a precautionary step I have always taken, which finely proved wise) and then hand updating everything I had input since, i.e., renewals, address changes, new subscribers. The problem, I now know, was in a new tool kit installed on our office computers when we networked our small group. My computer guru, Delphine, now has me sorting properly again so there should be no problem with this month's labels. . . A faithful subscriber for 18 years, Ben Ottmer in New Jersey notes: "Through the 18 years I have been subscribing, I can't remember anyone commenting on the first thing I look for when I receive an issue: the one-liner that precedes the coming events list. They seem to always be unique." I was inspired for some reason to be creative in that department many years back (10? 15?). About the time I decided my creative juices were running low in devising a new "upcoming events" heading each month, a famous reader, Ron Laird, made the same comment Ben has just made. That was probably 5 or 6 years ago, or maybe even longer, and put the pressure on me to continue, since someone had actually noticed my creativity. So, just as I am about ready to chuck the idea again, Mr. Ottmer puts the pressure back on me. Actually, there is no guarantee that every head is unique since I haven't kept an indexed list and what I think is an inspiration today may have

actually been an inspiration several years ago. Anyway, I managed to come up with at least one more fresh head for this month. . . This from Bev LaVeck: Nominations for the Zinn Contributor award should be made as soon as possible. Be sure to include supporting biographical data. This is a once-per-lifetime award. Past recipients are McDonald, Mortland, Silcock, Larson, Tigerman, Ingram, Jacobson, Alongi, MacLachlan, Kitchen, Denman, Jansen, Sundlun, Rudow, Bowman, Laskau, Ward, Corrallo, and Daniel. The previous year's top vote getters plus new names are given to a panel of past recipients, who narrow the candidates to two. Names of the two finalists go on the ballot, which is sent to all persons listed in the USATF Directory under the RW Committee. Send nominations to Bev LaVeck, 6633 NE Windermere Road, Seattle, WA 98115. . . Yariv Pomeranz, member of the Junior National team, is apparently a brilliant student as well as outstanding walker. He will be entering his junior year at New York University this fall, though still only 18. . . Gayle Johnson, who represented the West in the Olympic Festival 10 Km walk, is believed to be the oldest female Athletics participant in Festival history. Now 45, Gayle started walking six years ago here in Columbus. She is now in Columbia, Missouri with husband and coach, Wayne Armbrust, former Ohio Track Club coach. Wayne, now the Columbia Track Club coach, recently completed the USATF Coaching Education Level II Alumni School and is now certified at Level II in three event groups: the throws, sprints and hurdles (he coached 1972 Olympian Dick Bruggeman), and endurance, which he just added. By the time you read this, he will have completed the USATF Lead Instructor School at Ball State University and be qualified to instruct at Level I Coaching Instruction schools. He added racewalking to his capabilities a few years ago when a romantic interest with Gayle led him to helping her with her walking. He has now developed an in-depth knowledge of racewalking mechanics to go with his knowledge of endurance training and presents a source that is worth tapping by the larger racewalking community. . . Elliott Denman writes:

"I was so terribly shocked to hear the news of Norm Read's passing and I share the grief the Read family in New Zealand must be feeling at this time. Norm, to me, was both a hero and exemplar, a marvelous man and true sportsman.

"I was one of three Americans who chased Norm back in the 1956 Olympics 50 Km walk. I was a kid of 22 at the time and the trip there at that age was the most momentous of my life to that time. I was far back of Norm, but remember 'seeing' him finish. This was possible because I happened to be walking past a TV store at the time some kilometers back, and Norm was finishing, and winning the gold, while I still had a ways to go. I shared Norm's joy because I had met him just briefly before the Games and knew what an upset this was. It inspired me to find some added energy for own finish, in 11th place.

"Norm was able to visit here back in the mid '60s. It was at the time the Cary Grant film "Walk Don't Run" (Ed. Which was given a not too favorable review in the ORW) was opening in New York City, and they had a promotion for the event, which was great fun. Norm stayed over here with me and my wife and we did some strolling. It turned out to be Cary Grant's final film.

"In later years, I too, became a racewalking judge, and thus had the pleasure of serving with Norm on the panel of judges at last year's World Championships in Stuttgart. Norm seemed to be the fittest of the lot and I remember his morning walks and also long hikes and swims. To have him taken away this way, too young, and with so much energy and enthusiasm still to give, is a terrible blow to all of us.

"Believe me that Norm was a hero in the USA (at least anywhere I ever went) as well as in New Zealand. I had always looked up to him as the most marvelous of all Olympic champions, modest all the way, but a champion in every way champions are destined to be. Also a magnificent walker and most important, giving something back to the sport that had meant so much to he and others."

El Paso, Texas will hold its 15th Annual Sierra Medical International Race on Oct. 9. The race starts in El Paso, goes into Juarez, Mexico and returns to El Paso. There are escorts in Mexico and bottled water is furnished along the entire course. It is a 15 Km course, mostly flat with one small hill over each bridge crossing the Rio Grande. There will be trophies, male and female, first three places in both open and masters, and medals in 5-year age-group increments. An Expo on the day before the race at the Airport Hilton will include a racewalking clinic featuring Sally Richards-Kerr, 1993 Master Racewalker of the Year, and four-time Olympian, Ron Laird. For further information, contact the El Paso Heart Association at 915-833-1231 or Ken Uecker at 915-598-8612.

### Significant change on the horizon

The IAAF (the international ruling body for track and field) Race Walking Working Group met in Rome on June 7 and made some significant decisions. The following report is from Bob Bowman, Chairman of the IAAF Race Walking Committee, with his comments (and my occasional comments in parentheses).

The following are the most significant decisions made and approved by the IAAF Council to improve the image and credibility of race walking:

1. Indoor walks were deleted from the Indoor World Championships starting in 1995. (Ed. This will upset some because it eliminates another avenue of public exposure for the sport. But, that exposure always had the potential to be negative, because all of the judging problems we have been hashing over lately are magnified by the sustained high speeds of the short indoor races--5 Km men and 3 Km women. The finish of the men's walk in Indianapolis 7 years ago was completely ridiculous, but fortunately no one seemed to notice. But, no one needed a slow motion replay to see the problem. We've gone through the same arguments on indoor races in this country for many years and everyone will never agree. But, here, a decision has been made. Right or wrong? You be the judge.)
2. The standard outdoor championship distances were changed as follows:  
Women: Changed from 10 to 20 Km  
Men: Changed from 20 to 30 Km; retain 50 Km.  
It was felt that racewalking should be encouraged as an endurance event. Therefore, the increase in distances was considered consistent with that concept. This will start in 1997 with the major world championships.
3. A Race Walking Judges Education and Certification Program to be developed jointly by the IAAF Walking Committee and IAAF Development Department. This will be a required program administered in each of the IAAF Areas at the IAAF Regional Development Centers.
4. To encourage the development of an electronic communication/recording system for the judging procedure during major championship events. We are currently



working with Seiko on this and hope to use it at next year's World Championships. This would replace the current bicycle care collecting system at the world championship level.

5. The Chief Judge will continue to be the supervising judge and the only judge to communicate the disqualifications to the walkers, but will no longer actually judge the competition. (This change requires an amendment to IAAF Rule 191 and will be presented to the IAAF Congress for approval in 1995.) This one we debated for some time, but eventually felt the advantages outweighed the disadvantages. This may not be necessary or desirable at the national and local level.
6. Pending a testing period, which will last until the end of 1994, the Working Group has recommended the following rewording of IAAF Rule 191.1, Definition of Race Walking:  
 "Race Walking is a progression of steps so taken that the walker seeks to make contact with the ground, so that no visible loss of contact is seen." (Ed. "visible" . . . "is seen" is redundant. I would suggest "so that no loss of contact is apparent to the judges' vision." But, they may not care what I suggest.)  
 (a) During the period off each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.  
 (b) During the period of each step, the heel must be the first part of the advancing foot to make contact with the ground.  
 (c) The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until in the vertical upright position" This is the most significant proposal and will require a legislative change to IAAF Rule 191.1. This change requiring the heel to touch first with a straight leg upon contact until in the vertical position is felt to help close the gap between Rule 191.1 and the actual enforcement of the rule. It is also felt that the current judging procedures can easily incorporate this change. For example, the warning padadle symbol for bent knee can be redefined to mean a warning for either heel placement or bent leg.
7. Pending funding, it was agreed to establish a development and testing program for walking shoes with distinct elevated heels to facilitate the implementation and judging of the new definition of race walking. This could eventually lead to a technical rule change requiring the use of shoes with distinct elevated heels (dimensions to be determined).
8. To assign a Race Walking Technical Delegate for all major championships to work with the IAAF Technical Delegates and the Local Organizing Committee.
9. All judges for major championships should be recommended by the IAAF Walking Committee for consideration and final approval by the IAAF Council. This is the way it is supposed to happen. Unfortunately, it has not always been followed. Therefore, the Working Group wanted to stress the importance of this procedure.
10. Encourage the formation of a Grand Prix circuit, along the lines of the World Cross Challenge in order to increase the prestige of race walking events. This is pending necessary funding sponsors.

11. Lower the age of mandatory retirement for the IAAF Panel Judges from 70 to 65. This takes effect on January 1, 1995. It was a unanimous decision by both the Walking Committee and the Working Group. We are all eventually affected by it, so no one should feel slighted.
12. The Working Group rejected the concept of using ground contact electronic devices on walking shoes. This was unanimously rejected by both the Walking Committee and the Working Group. (Ed. This one seems a bit short-sighted to me, though I suppose it doesn't close the door forever to this technology. But, it would seem this technology was written off because of a conviction that it was impractical without any real investigation. I work for a research institute that in the late '40s took on development of a technology that the inventor had been trying to peddle to major companies for 10 years. Completely impractical they said. After several years of development, this copying technology was licensed to a small company in Rochester then called Haloid. That same company is now better known as Xerox. The original crude machine, which needed about 2 minutes to make a single copy, but operated on the same principle as today's high-speed copiers, now is on display just off our lobby. Technology development is, of course, filled with similar stories where those who knew full well just what is practical were later kicking themselves swiftly in the britches. Well, just a thought in passing.)

## LOOKING BACK

**10 Years Ago** (From the August 1984 ORW)--In the Los Angeles Olympics Mexico captured both gold medals in the persons of Ernesto Canto and Raul Gonzalez. In the 20 Km, defending gold medalist Mauricio Damilano, Italy, led Canto by 8 seconds after 15 Km, but was no match for the Mexican over the final 5. Canto won in 1:23:13 with Gonzalez also catching the Italian to take the silver in 1:23:20. Damilano was another 6 seconds back and Canada's Guillaume Leblanc, only a second back of Canto starting the final 5 Km, finished a brilliant fourth in 1:24:29. For the U.S., Marco Evoniuk stayed close to the leaders through 10 Km and then hung well for seventh place in 1:25:42. Jim Heiring finished 23rd in 1:30:20 and Dan O'Connor 33rd in 1:35:12. In the 50 eight days later, Damilano hung with Gonzalez through 35 Km, but when the Mexican accelerated at that point, Maurizio had no answer and dropped out at 40 Km. Gonzalez won easily in 3:47:26 with Sweden's Bo Gustafsson second in 3:53:19 and Italy's Sandro Bellucci third in 3:53:45. Carl Schueler captured sixth for the U.S. in 3:59:46. Vincent O'Sullivan was 14th in 4:22:51 and Marco Evoniuk dropped out after 25 Km, which he made in 1:55:51, 2 minutes back of the leaders.

**5 Years Ago** (From the August 1989 ORW)--At the U.S. Olympic Festival in Norman, Oklahoma, Mark Fenton won at 35 Km in 3:03:50, Richard Quinn at 20 in 1:32:23, and Debbi Lawrence in the women's 10 with a 49:21.8. Mike Rohl was just a minutes back of Fenton with Paul Malek third. Carl Schueler (1:33:00) and Curt Clausen (1:34:00) followed Quinn. Lawrence was unchallenged in the very hot conditions, with Wendy



Sharp second in 51:41 and Victoria Herazo third in 51:54. . . In a seven-nation match, Italy's Mauricio Damilano won the 35 Km in 2:31:52, guest Kerry Saxby from Australia the women's 10 in 43:13, France's Thierry Toutain the 20 in 1:23:42, Spain's Valentin Massana the junior 10 in 41:32, and Kathrin Born of the GDR the junior women's 5 Km in 22:07. . . The Paris-to-Colmar 521 Km race went to Roger Quemener in 64:35, 26 minutes ahead of Pheulpin.

#### A note on Sari Essayah from the premeet Guide to the European Championships

The most important elements today in the life of World Champion walker Sari Essayah, 27, are her honest belief in God, top level sport, and without any doubt her husband Roope Knapp, 24.

Born in Lapinlahti on Feb. 21, 1967, Sari's early life included many different forms of sport, but in the end her main interest became walking, when this daughter of a Finnish mother and North African father reached the age of 17. Sari first took part in the general series of the Finnish Championships when she competed in the Women's 10 Km walk in Kuopio in 1987. Since then her "champion's run" has been unbroken whenever she has been taking part in a national Finnish event.

The talented girl made her World Championship debut in Rome in 1987 when she took 19th place among the world's best in the 10 Km race. At the World Championships in Tokyo, the just-married Sari collected a great bronze medal. At the Barcelona Olympics, she was just out of the medals, but took an honorable fourth place. Last year in the World Championships in Stuttgart, Sari delighted the whole Finnish nation by walking her way to the very top. Early in the year, she had been second in the World Cup race.

"When God is with me, I know that I have nothing to fear," said the radiant World Champion when she poured out her inner feelings to a television interviewer just after she had walked her way to the gold.

An interesting article from Athletics, Canada's official Track & Field publication:

### By Roman Olszewski

About five years ago a friend of mine, Paul Guimond, called to tell me about a peculiar thing that had happened to him. A nurse from an old folks nursing home in Toronto had mentioned to him that a man who had just passed away left, along with a few items of clothing, an old scrapbook of press clippings and sports memorabilia. The nurse had known that Paul had been involved in track & field and since the old gentleman apparently had no friends or family, she thought that he might like to have the scrapbook.

To Paul's surprise the man who had passed away was Harold Carter. Harold, some of our older readers may remember, was the short, white-haired walking judge who could be seen at many track & field meetings in Ontario in the '70's. Although Harold was already getting on in years he would never complain about the hot sun or the rain. If he could get a ride to the meet he'd be there.

Near the end of the 70's or in the early '80's, I can't remember when for sure, we stopped seeing Harold at the meets and racewalking competitions. No one knew where he had disap-

peared to. We forgot about Harold until we heard about his death at the nursing home.

Harold was not one to talk about his past and, unfortunately, none of us thought at the time to ask. All we knew about his kind, shy man was that he enjoyed officiating and that he loved to walk the streets of Toronto all day. His scrapbook, which we were fortunate enough to receive by sheer chance, gives us a few gleanings which will help us to remember Harold in a wider context.

Harold was born in England, probably in 1899. The scrapbook contains two original undated photographs of Harold when he was still an infant. In one he is shown in his mother's arms. In the second he shares his mother's lap with his brother Cecil; and his sister Evelyn sits next to them in a high chair. Cecil may have been a twin as he appears to be the same age as Harold. Evelyn was the oldest, at about 2 years of age. How Harold came to Canada is a mystery. He may have been one of the many English children who were sent on ships by themselves to Canada to be looked after by Canadian families.

There are only a few more photographs of Harold in the scrapbook, all taken when he was in his twenties or thirties and almost all of him in his athletic garb. Most of the pages are taken up with neatly-mounted press clippings of stories and results of running and walking competitions of the day. Harold is mentioned in many of them. He was primarily a racewalker, although he did participate in some running races. I think

Harold was most proud of his accomplishments in the 50km event; there are several certificates in the collection certifying his having completed the events. These were signed by, amongst other Canadian track & field notables, Harold Webster and George Goulding.

I was surprised to see how popular walking was in the early days. In the 1929 Canadian 50km Championship, for example, there were 75 starters, with about two-thirds of them being Canadians. In that race, which started and ended at Sunnyside Park in Toronto, Joe Mahon, representing the University of Toronto, won in a time of 5:03:28, not bad for that year and for a course that meandered through the hilly streets of Toronto. I particularly enjoyed one segment of the newspaper account of the race:

"The walkers were stretched over a distance of eight to nine miles and were well-received

by interested spectators en route, some of them kind-hearted farmers and their wives proffering nourishment to the boys."

Harold Carter, who was representing Central YMCA, finished well back, in 26th with a time of 6:06:38. The oldest man in the field, 67-year old F.W. Johnson of Toronto, finished in 8:02:00. There was also a very young man in the race, a teammate of Carter, 16-year old Gilbert Morris. Morris finished the race in 6:30:05.

Carter completed three or four more 50k races. No great times or finishing positions, but he was equally proud of all of them. This was a man who loved to race for the sake of racing.

We don't know if Harold continued his training during the war years. Walking judge Doug Walker, who has lived in Toronto almost all of his life, says he remembers that as a kid, in the late forties, he and his friends would make fun of Harold as he racewalked down the streets of west Toronto. One day, Harold stopped, went over to the boys and started up a friendly conversation with them. Several minutes later he was on his way. He had won the boys over and they would never bother him again.

That was the way Harold was then and that was the way we knew him when we last saw him. It's a real pity that Harold died alone and without the recognition that he deserved for his years of service to the sport. I hope this column has in some small way helped to pay tribute to this kind gentleman.

Saturday, August 6, 1994

AN OPEN LETTER TO RACEWALKERS AND ROADRUNNERS:

USATF National Race Walking Committee Chairman Bruce Douglass has put off discussion of the elimination of the US Olympic Festival 50K Walk until December. We are giving up the 50K permanently if we do not react now. The same situation applies to the 10K track runs. The race walking and long distance running communities of the US must consider the issue now. Doing anything else will give the USOC free rein to make more reductions in racewalking and long distance running.

Let me take this on in detail:

1. If the USOC reduction of staff and events is exemplified by the abridged Pan-African Track and Field Meet (no running events over 3000 meters and no walks) it is apparent what USOC is doing. The ancient Spartans told their athletes to either come home with the victors laurels or on their shields. Our walkers and long distance runners have come home on their shields too many times. In comparison, the sprinters have usually brought home the laurels of victory. We can't ignore the events we do poorly in like race walks and distance runs over 800m. Developmental Walks and Runs are what we need, and the USOF 50K walk and 10K track runs are needed. You must confront your weaknesses to conquer them.

2. If we can find the funds to bring in developmental walkers for the Womens' 10K and Mens' 20K Walks at the USOF, we can find the funds to support the 50K walk. In other words, we should support the event from RW Committee funds. We've supported the Pan-Am Games before, so there's a precedent for the 50K. I'm not so sure about the LDR community, but I think there's also funding available somewhere for a marathon or half marathon in the USOF. They've had the funding and opportunities to add developmental athletes to the 10K track runs for a few years, so the cash must be there.

3. Why is the USOC cutting back on the US Olympic effort when we're the home team in 1996? Why has this been done with such secrecy? These are questions that bear asking in any case. We should be putting in a maximum effort in all events for Atlanta in 1996, not economizing. USOC appears to be penny wise and pound foolish.

4. What is the viability problem with an eight man race over 50 kilometers? I haven't seen too many lead packs that are much bigger. Retention of the 50K Walk will build up the 50K talent pool and provide an award for walkers who excel at 50K. Above all, we need to hold onto the events we have. There aren't very many 50K walks held every year. Deletion of the 10K walks isn't quite as critical, but they are an Olympic event and should still be part of the USOF.

5. If health concerns are such a matter, why have any outdoor Summer Olympics events at the Olympic Festival? I don't see them cancelling any other outdoor events to protect the athletes and officials. Do you think the IOC will be as mamby-pamby as the USOC over a little heat and humidity? If the USOF is run under the same conditions as the 1996 Atlanta Olympics, it will be great preparation for the Olympics. Our 50K walkers and long distance runners need to compete at these conditions before Atlanta to ready them to do their best in the Olympics, so let's go ahead with the 50K walk and long distance runs.

6. The deletion of the Mens' and Womens' 10K runs are an example of what could happen to the Womens' 10K and Mens' 20K walks. The running community was also offered the alternative of additional developmental runners in the 10K's in exchange for the elimination of the marathon and half marathon. Can the race walking community trust the USOC if they pulled the rug out from under the LDR community when they had the same agreement? We have to take a lesson from this and avoid the same situation in the future, which is even more likely to happen in 1997 when the 10K and 20K are increased to 20K and 30K. Fool me once, shame on you; fool me twice, shame on me. Let's not come out of this with egg on our faces.

I am sure that the 50K can be returned to the US Olympic Festival without sacrificing 10K and 20K walkers. We should stand and hold at the position that we will have three walkers from each region in all three Olympic walk distances. Let's not beg for crumbs at USOC's table but let's be strong and defend our sport. This is our duty as race walking activists and promoters. I urge all racewalkers to write to USOC and demand the return of the 50K Walk to the USOF NOW! I also invite the RRCA and the USATF LDR community to join our crusade in order to return the Marathon and 10K runs to the Olympic Festival. There aren't too many 10K's on the track, and our Olympic runners need the track experience. If walkers and runners unite we can successfully reinstate our distance events.

Yours in sport,

*Paul A. Cajka*

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