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Spitsyn captures European 50 Km

Helsinki, August 13 (Special from Harry Siitonen)--Russia's Valeriy Spitsyn emerged an easy winner in the European 50 Km title race in 3:41:07. (The men's 20 Km and women's 10 Km walks in these European T&F Championships were reported last month.) The 29-year-old upset prerace favorites Jesus Angel Garcia of Spain and Valentin Kononen of Finland, who finished one-two in last year's World Championships in Stuttgart.

During the race, Garcia was in the lead and tried several surges to wear out his competition, but only succeeded in weakening himself to the extent that he could manage no better than fourth at the finish. Kononen, favorite of his home country crowd, was among the early leaders, but experienced stomach trouble with inability to digest his fluid intake. He induced vomiting several times during the event to try to clear his stomach, without success, as he slowed down from energy depletion and finished seventh in 3:47:14.

Italy's Giovanni Perricelli made the stadium finish exciting as he deprived Garcia of a bronze, passing him on the way to the stadium, and then came within 3 seconds of taking the silver medal away from France's Thierry Toutain. Both Spitsyn and Toutain (3:43:52) established personal bests (their previous bests were 3:42:50 and 3:45:25, respectively), while Perricelli (3:43:55) had not only a personal best, but a national record. (His best before the race was 3:47:14.) The results:

1. Valeriy Spitsyn, Russia 3:41:07 2. Thierry Toutain, France 3:43:52 3. Giovanni Perricelli, Italy 3:43:55 4. Jesus Angel Garcia, Spain 3:45:25 5. Robert Korzenowski, Poland 3:45:57 6. German Skurygin, Russia 3:45:30 7. Valentin Kononen, Finland 3:47:14 8. Andrei Plotnikov, Russia 3:47:43 9. Pavol Blazek, Slovakia 3:49:44 10. Axel Noack, Germany 3:50:32 11. Zoltan Czukur, Hungary 3:51:25 12. Andres Marin, Spain 3:52:14 13. Alain Lemercier, France 3:54:44 14. Arturo DeMezza, Italy 3:56:00 15. Peter Tichy, Slovakia 3:56:55 16. Milos Holusa, Czech Rep. 3:57:24 17. Basilio Labrador, Spain 3:58:58 18. Stefan Johanson, Sweden 4:00:18 19. Aleksandr Rakovic, un. 4:01:17 21. Pascal Charriere, Switzerland 4:02:25 21. Roman Bilek, Czech Rep. 4:04:58 22. Stefan Malik, Slovakia 4:07:45 32. Aldo Bertoldi, Switzerland 4:07:58 24. Gyula Dudas, Hungary 4:14:14 25. Juha Kinnunen, Finland 4:18:42 DQ--Aleksandr Potashov, Belarus; Artur Shumak, Belarus; Viktor Ginko, Belarus; Rene Piller, France; and Guisepppe DeGaetano, Italy. DNF--Modris Liepens, Latvia; Risto Nurmi, Finland; Thomas Wallstab, Germany, and Robert Ihly, Germany.

U.S. MASTERS CHAMPIONSHIPS

Eugene, Oregon August 12 and 14: Women's 5 Km: Age 30-34--1. Jackie Kerby Moore, N. Mex. 26:52.62 2. Carmen Jacinsky, Ore. 27:56.60 35-39--1. Karen Stoyanowski, Cal.

SECOND CLASS POSTAGE
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25:24.69 2. Therese Iknioan, Cal. 25:52.82 3. Deborah Stegman, Cal. 28:24.41 4. Laura Cribbins, Cal. 28:26.95 5. Kathy Finch, Wis. 29:13.80 6. Virginia Fong, Cal. 29:43.10 40-44--1. Sally Richards-Kerr, Col. 24:25.51 2. Robin Fujinaka, Cal. 26:59.15 3. Paula Kash Mendell, Cal. 27:19.88 4. Marianne Martino, Col. 27:36.70 5. Phyllis Hanson, N.J. 28:01.54 6. Gwen Drenick, Cal. 29:26.00 7. Laurel Williams, Ariz. 29:36.71 8. Sue Laks, Ore. 29:43.86 45-49--1. Gayle Johnson, Missouri 26:19.07 2. Jeanette Smith, Ind. 26:58.39 3. Donna Cunningham, Cal. 27:01.34 4. Judy Heller, Ore. 28:02.56 5. Barbara Kowalski, Cal. 28:36.60 6. Sandra Womack, Cal. 28:51.14 7. Kathy Frable, Tex. 29:03.31 50-54--1. Lois Dicker, Maryland 28:35.27 2. Jolene Steigerwalt, Cal. 28:46.87 3. Sperry Rademaker, Flor. 29:09.94 5. Carolyn Kortge, Haw. 29:35.65 6. Lani Leblanc, Cal. 30:50.60 55-59--1. Elton Richardson, N.Y. 27:29.68 2. Bev LaVeck, Wash. 28:12.41 3. Nancy Lee Whitney, Maryland 29:33.38 4. Halena Gerundo, Cal. 30:40.18 60-64--1. Ruth Eberle, Missouri 29:29.04 2. Shirley Dockstader, Cal. 30:28.99 65-59--1. Raquel Solis Moreno, Mex. 32:48.61 2. Miriam Gordon, Flor. 33:03.96 70-74--1. Rose Kash, Cal. 36:45.08 80-84--1. Dorothy Roberts, Cal. 45:04.12 (Total of 3 DQs) Men's 5 Km: 30-34--1. Solis Raul Flores, Mex. 23:59.89 2. Michael Blanchard, Col. 24:19.56 35-39--1. Albert Leibold, Kan. 23:23.64 2. Jeff Millington, Utah 26:02.03 40-44--1. Enrique Camarena, Cal. 23:26.73 2. Steve Petrakis, N.M. 24:44.87 3. Robert Frank, Ore. 26:50.55 4. Dave Gwyn, Tex. 27:37.11 45-49--1. Bob Novak, Wash. 25:21.72 2. Norm Frable, Tex. 25:43.68 3. Bill Penner, Cal. 26:28.57 4. Art Grant, Ark. 27:47.73 50-54--1. Don DeNoon, Ill 21:55.49 2. James Carmines, Penn. 23:39.07 3. Alan Yap, Col. 24:29.02 4. Marcel Olliet, France 26:18.09 5. Pete Giachetti, Cal. 27:20.18 6. Rich Friedlander, Missouri 27:21.81 7. Lewis Savik, Mont. 27:37.20 8. David Bickel, N. Dak. 28:09.89 9. Bernie Finch, Wis. 28:49.29 55-59--1. John Elwarner, Mich. 25:06.23 2. Paul Johnson, Ark. 25:08.94 3. Dave Stevens, G. Br. 25:45.48 4. Ed Whiteman, Lou. 25:54.97 5. John Schulz, Cal. 27:57.59 6. Ray Frnaks, Col. 29:28.17 7. Gregory Boyington, Cal. 29:58.26 60-64--1. Jack Bray, Cal. 26:33.92 2. Bob DiCarlo, Col. 27:05.61 3. Carl Acosta, Cal. 27:29.04 4. Bob Fine, Flor. 29:27.20 5. Hugh Pendleton, Cal. 30:16.64 6. Joe Rogers, Georgia 30:26.00 65-69--1. Vance Genzlinger, Mich. 28:07.30 2. John Starr, Del. 28:10.06 3. Bob Mimm, N.J. 28:23.32 4. Robert Eisner, Cal. 29:00.20 70-74--1. Donald Gladding, Ariz. 30:46.92 2. Paul Geyer, Minn. 33:22.04 3. Masashi Noritake, Cal. 33:22.69 75-59--1. Troy Grove, Cal. 35:07.49 2. Dick Stark, N.M. 35:20.00 80-84--1. John Besson, Ore. 38:30.74 85-89--1. Connor Johnston, S. Afr. 43:54.18 (Total of 13 DQs) Women's 10 Km: 30-34--1. Jackie Kerby=Moore 54:32 2. Carmen Jacinsky 59:41 35-39--1. Karen Stoyanowski, Cal. 51:41 2. Therese Kioian 53:36 3. Larua Cribbins 59:25 4. Deborah Stegman 59:42 40-44--1. Sally Richards-Kerr 50:38 2. Phyllis Hansen 55:24 3. Marianne Martino 56:22 4. Robin Fujinaka 56:26 5. Paula Kash Mendell 56:59 6. Gwen Drenick 60:56 45-49--1. Gayle Johnson 54:51 2. Jeanette Smith 55:12 3. Donna CUnningham 56:10 4. Judy Heller 58:29 5. Sandra Womack 59:44 6. Kathy Frable 60:23 50-54--1. Jolene Steigerwalt 59:17 2. Sperry Rademaker 60:22 3. Lois Dicker 60:42 4. Barbara Steffens 61:05 5. Carolyn Kortge

61:16 55-59--1. Elton Richardson 57:24 2. Bev LaVeck 57:56 3. Nancy Lee Whitney 61:44 60-64--1. Ruth Eberle 60:12 2. Shirley Dockstader 64:01 65-59--1. Raquel Solis Moreno 67:15 70-74--1. Rose Kash 76:10 (Total of 3 DQs) Men's 20 Km: 30-34--1. Raul Flores Solis 1:44:05 2. Michael Blanchard 1:48:59 35-39--1. Albert Leibold 1:38:05 2. Jeff Millington 1:47:26 40-44--1. Enrique Camarena 1:43:51 2. Steve Petrakis 1:48:59 3. Dave Gwyn 1:59:34 45-49--1. Gildardo Pineda, Mex. 1:43:19 2. Stan Chramisnki, Wash. 1:46:58 3. Bill Penner 1:50:13 3. Norm Frable 1:51:29 5. Bob Novak 1:52:10 6. Art Grant 1:58:49 50-54--1. James Carmines 1:42:03 2. Alan Yap 1:48:04 3. Marcel Olliet 1:49:17 4. Pete Giachetti 1:56:10 5. Rich Friedlander 1:56:46 6. David Bickel 2:01:36 55-59--1. Ed Whiteman 1:49:20 2. John Elwarner 1:55:23 3. John Schulz 2:02:42 4. Ray Franks 2:08:13 5. Ralph Garfield, N.J. 2:08:42 60-64--1. Jack Bray 1:55:37 2. Carl Acosta 1:55:55 3. Bob DiCarlo 2:00:09 4. Bob Fine 2:09:35 65-59--1. Bob Mimm 2:00:49 2. Vance Genzlinger 2:04:02 3. Robert Eisner 2:09:35 70-74--1. Donald Gladding 2:11:20 2. Paul Geyer 2:22:44 75-79--1. Bill Patterson 2:33:03 2. Troy Grove 2:36:10 80-84--1. John Besson 2:43:41 (Total of 8 DQs)

OTHER RESULTS

National Junior Women's 3 Km Championship, Orono, Maine, Aug. 8--1. Debbie Iden, N.Y. 14:34.01 2. Ann Lankowicz, N.Y. 14:57.41 3. Roselle Saffran, N.Y. 15:11.90 4. Stephanie Gray, Flor. 15:49.45 5. Sarah Devore, Maine 15:51.43 6. Aimee Parsons, N.M. 15:53.43 7. Corrine Colling, Vir. 15:53.87 8. Jeannette Croucher, Ont. 16:13.43 9. Tara She, N.Y. 16:19.64 10. Alison Zabrenski, Mary. 16:22.94 11. Kim Lando, N.Y. 16:25.14 12. Samantaa COhen, N.Y. 16:31.44 13. Laurie Starr, N.M. 16:45.94 14. Becky Parsons, N.M. 17:03.94 15. Andrea Stroud, Wis. 17:33.04 16. Jenny Woodbury, Maine 18:43.44
National Junior Men's 5 Km, same place--1. Kevin Eastler, Maine 22:08.66 2. Will Leggett, Vir. 23:18.66 3. Yariv Pomerane, Flor. 23:23.48 4. Gordon Mosher, Can. 23:42.71 5. Fracoise Berube, Can. 24:50.03 6. Michael Hersey, Maine 25:06.41 7. Frederick Vincent, Can. 25:08.68 8. Brian Colby, Wis. 26:04.64 9. Brandon Perry, Flor. 26:14.14 10. Michael Laseter, Flor. 34:06.24
Open 5 Km, same place--1. Dave McGovern 20:46.7 2. Gretchen Eastler 24:37 3. Bobbi Jo Kukan 24:48 4. Lauren Farkash 26:37 5. Justin Kuo 27:05 6. Sara O'Bannon 29:46 7. Wayne Nicoll 30:48 (16 finishers)
Eastern Regional Masters 5 Km, Providence, July 31: Women--1. Meg Ferguson (40-44) 29:19 2. Jeanne Shepardson (60-64) 33:14 Men 40-44--1. Brian Savilonis 23:52 2. Zindell 27:35 45-49--1. Gary Null 24:35 2. Joe Light 24:44 3. Ron Salvio 30:13 55-59--1. Michael Hoffer 31:55 60-64--1. Barnett 28:07 65-59--1. Cervan Robinson 30:35 2. Louis Candido 30:54
11.7 Miles, Tuanton, Mass., Aug. 14--1. Brian Savilonis 1:36:44 2. John Jurewicz 1:50:41 3. Ken Mattsson 1:51:55 4. Justin Kh=uo 1:52:55 5. Paul Schell 1:53:43 6. Meg Ferguson 1:55:05 (12 finishers)
Eastern Regional 10 Km Road Racewalk Relay Championship, New York City, Aug. 28 (Two person teams with each member going 5 Km)--1. Lukaj and Wojciech Szela (42:42 (21:11 and 21:31) (the two are 10-year-old brothers from Poland who are starting at Lehman College in the Bronx.) 2. Marc Varsano and Dave McGovern 42:50 (22:06 and 20:44) 3. Gary Null (49) and Taka Amano (44) 49:19 (24:16 and 25:03) 4. Robert Gottlieb and Jeff Salvage 51:09 (25:41 and 25:28) 5. Josh Ginsburg and Rob Higgins (both 17) 54:59 (26:40 and 28:19) 6. Bob Barrett (60) and Herb Zydek (55) 55:49 (27:57 and 27:52) 7. Michael Roth and Liz Shelley (58) 57:46 (26:48 and 30:58) 8. Sonia Morales (46) and Bette Vargas (40) 60:38 (30:56 and 29:52) (25 teams finished)
Metropolitan 3 Km Championship, New York City, July 10--1. Michael

Korol 13:44 2. Gary Null 14:01 3. Taka Amano 17:17 4. Robert Gottlieb 14:24 5. Kaisa Ajaye 14:48 6. Roselle Safran 15:03 7. Bob Barrett (60) 16:12 8. Tara Shea (15) 16:18 9. Elton Richardson (55) 16:24 10. James McGrath (57) 16:32 11. Nick Dispenzieri 16:41 12. Robert Higgins 17:07 13. Cervin Robinson (66) 17:34 14. Sonia Morales (46) 17:38 15. David Schmeltzer (43) 17:42 16. Bette Vargas 17:46 17. Gary Westerfield (49) 17:55 (57 finishers) **Metropolitan 20 Km, New York City, May 29--1. Marc Varsano 1:33:43 2. Gary Null 1:54:47 3. Nick Dispenzieri 2:04:11 4. Herb Zydek (55) 2:07:55 Eastern Junior Championship and National Elite Camp Qualifier, Lake Placid, Aug. 28: Women's 5 Km--1. Roselle Safran 26:20 2. Aimee Parson 26:48 3. Tara Shea 27:14 4. Cori Colling 27:18 5. Natalie LeBlond, Can. 27:28 6. Alison Zabrenski 28:05 7. Kim Lando 28:14 8. Marie-Eve Daigneault, Can. 28:35 9. Alison Hartney 28:38 10. Andrea Stroud 28:44 11. Kathryn Thomas 28:48 12. Samantha Cohen 29:50 Open WOMen's 10 Km--Bobbi-Jo Kukan 52:23 Men's 10 Km--1. Kevin Eastler 45:46 2. Yrivar Pomeranz 46:53 3. Gordon Mosher, Can. 47:34 4. Marc LaDouceur, Can. 48:56 5. Brandon Perry 51:25 6. Mike Hersey 52:21 7. Brian Colby 52:25 Open 20 Km--1. Maxim Zyryanov, Belarus 1:36:14 2. Philip Dunn 1:38:06 **1 Mile, Alexandria, Virginia, July 24 (unjudged)--1. Alan Price (47) 7:56.9 2. Victor Litwinski (50) 9:09.7 3. Al Logie (44) 9:10 3 Km, same place (unjudged)--1. Jim Goldstein (45) 16:44 2. Louis Brown (15) 17:43 3. Victor Litwinski 17:48 1 Mile, Alexandria, Aug. 7 (unjudged)--1. Louis Brown 8:51 2. Dic Jirousek (51) 9:11 3. Al Logie 9:20. . . 5. Bill O'Reilly (68) 9:55 3 Km, same place--1. Cori Colling (15) 16:45 2. Dick Jirousek 17:05 3. Nancy Whitney (58) 17:30.8 **Southeast Regional 10 Km, Knoxville, May 27: Women--1. Elizabeth Longton 56:28 (1st over 40) 2. Sally Evenden 58:24 3. Kathy Jakim 61:57 Men: 1. Dave McGovern 42:52 2. Ian Whatley 44:22 3. Mark Danford 55:26 (1st over 40) 4. Gene Harrison 47:06 (2nd over 40) 3 Km, same place--1. Gene Siler 17:26 (1st over 55) 2. Ron Poteete 17:34 (1st 50-54) 3. Henry Coffey 17:56 Women: 1. Joyce Decker 18:05.45 (U.S. 60-64 record) 5 Km, Plantation, Florida, July 4--1. Dale Nelson (50) 25:25 2. Lee Duffner (58) 27:51 3. Robert Fine (63) 28:57 4. Bob Cella (57) 29:46 5. Jay Dash (51) 30:19 WOMen: 1. Linda Stein (46) 27:55 2. Elizabeth Nelson (45) 29:16 5 Km, Orlando, Florida, Aug. 14--1. Burns Hovey 27:32 2. Steve Christlieb 29:55 **1 Hour, Warren, Michigan, Sept. 10--1. Zibi Sadlej 11,703 meters (51:01 at 10 Km) 2. John Elwarner 11,396 3. Max Green 11,099 4. Gerald Bocci 10,013 5. Vance Genzlinger 9890 6. Johnny Parks 9071 WOMen: 1. Kristen Mulhaney 10,946 (53:20 at 10 Km) 2. Wanda Tichy (54) 9135 5 Km, St. Joseph, Mich., July 30--1. Bill Reed 26:50 2. Jerry Cameruci 26:59 WOMen: 1. Rhonda Thiele 30:46 5 Km, Delton, Mich. Aug. 6--1. Jerry Cameruci 25:31 2. Bill Reed 25:59 5 Km, Coloma, Mich., Aug. 6--1. Gerry Thiele 27:58 2. Michael Vurris 28:49 5 Km, Indiana, June 25--1. Don Anderson 24:24 2. Duane Weddle 24:56 3. Max Walker 26:10 3. Randy Evans 26:48 5. Vince Abell 27:35 6. Tim Saiter 27:44 7. Jerry Muskall 27:57 8. Ray Everson 28:06 9. Tom Hairston 28:07 10. Mike Bird 28:14 WOMen: 1. Jeanette Smith 27:12 2. Jackie Jessup 28:06 3. Annella Smith 28:16 4. Tish Roberts 28:49 5. Dorothy Withem 29:10 6. Sonnette Weddle 29:41 7. Anne Reynolds 29:49 8. Kim Adams 29:55 5 Km, Indiana, June 25--1. Duane Weddle 24:46 2. Max Walker 25:38 3. Tom Hairston 27:20 4. Vince Abell 27:37 5. Mike Bird 27:46 6. George Quinn 28:07 7. Bob Gensheimer 29:02 8. Dennis Withem 29:27 9. Brian Keister 29:29 10. Larry Reitz 30:02 WOMen: 1. Lisa Sonntag 23:37 2. Annella Smith 26:51 3. Jackie Jessup 27:20 4. Tish Roberts 27:59 5. Dorothy Withem 28:49 6. Becky Senter 30:23 5 Km, Indiana, July 2--1. Duane Weddle 24:26 2. Randy Evans 26:40 3. George Quinn 27:56 4. Bob Gensheimer 28:29 5. Marshall Cage 29:58 WOMen: 1. Sonnette Weddle 28:21 2. Sami Bailey 29:32 5********

Km, Decatur, Ind., July 8--1. Duane Weddle 24:56 2. Tom Hairston 27:23 3. Marshall Cage 29:29 Women: 1. Sami Bailey 30:07 5 Km, Indiana, July 31--1. Lisa Sonntag 24:14 2. Jeanette Smith 26:42 3. Jackie Jessup 27:56 4. Sonnette Weddle 28:40 6. Tish Roberts 28:53 7. Dorothy Withem 29:08 8. Rita Bogan 30:17 Men: 1. Duane Weddle 25:21 2. Don Anderson 25:42 3. Max Walker 26:00 4. Tim Saiter 26:43 5. Randy Evans 26:58 6. Jerry Muskall 27:28 7. Vince Abell 27:52 8. Tom Hairston 27:58 9. Jerry Lambert 28:46 10. Mike Bird 28:46 5 Km, Denver, July 28--1. Scott Richards (44) 25:47 2. Bob DiCarlo (60) 27:24 3. Daryl Meyers 29:23 4. Charlie Corder (50) 29:47 **Doc Tripp Memorial 10 Km, Broomfield, Col.--1. John Suppler 51:50 2. Mike Blanchard 53:17 3. Marianne Martino (44) 58:26 4. Lori Rupoli (43) 60:31 5 Km, Ft. Collins, Col., Aug. 6--1. Mike Blanchard 24:51 2. Alan Yap (51) 25:23 3. Breta Skinner 28:58 4. Doug Genetton 30:06 5 Km, Evergreen, Col., Aug. 7--1. Daryl Meyers (51) 27:48 2. Christine Chase 28:14 3. Craig Drummond (41) 29:19 4. Charlie Corder 29:36 5. Klaus Timmerhaus (69) 30:00 6. Harley Lenons 30:03 **Colorado 20 Km Championship, Broomfield, July 16--1. Vince Sheehan, N.M. 1:50:45 2. Mike Blanchard 1:52:55 5 Km, Littleton, Col., Aug. 21--1. Mike Blanchard 25:36 2. Scott Richards 27:11 3. Daryl Meyers 28:53 4. Lori Rupoli 28:57 5 Km, Thornton, Col., Aug. 20--1. Peggy Miller (40) 28:00 2. Daryl Meyers 28:31 3. John Reece 29:07 4. Klaus Timmerhaus 30:07 5 Km, Aurora, Col., Aug. 25--1. Mike Blanchard 25:37 2. Daryl Meyers 28:58 5 Km, Denver, Aug. 27--1. Peggy Miller 27:56 2. Daryl Meyers 28:50 3. Lori Rupoli 29:17 5 Km, Ft. Collins, Col., Sept. 2--1. John Suppler 22:50 2. Mike Blanchard 24:46 3. Alan Yap 24:53 4. Sally Richards-Kerr (44) 25:11 5. Scott Richards 27:05 6. Viisha Sedlak (46) 27:22 7. Daryl Meyers 28:15 8. Lori Rupoli 28:32 9. Chris Amoroso (60) 29:27 10. Douglas Gennetten 29:36 11. Harley Lemons 29:53 5 Km, Boulder, Col., Sept. 3--1. Peggy Miller 27:41 2. Marianne Martino 27:43 3. John Lyle (61) 29:47 4. Klaus Timmerhaus 30:58 5 Km, Gallup, N.M., Aug. 2--1. Phillip Kinlichee 27:23 2. Ellen Roche 27:48 3. Louis Jaramilo 29:25 **Western Regional 15 Km, Albuquerque, N.M., SDept. 4--1. Andrzej Chylinski 1:11:46 2. Gohdan Bulakowski (44) 1:15:43 3. Vincent Sheehan 1:19:10 4. Steve Petrakis (44) 1:23:02 5. Dan Pierce 1:23:15 6. Bob Novak (45) 1:23:47 7. Bob DiCarlo (60) 1:32:48 (15 finishers) Women: 1. Eliza Walbridge (44) 1:31:09 2. Breta Skinner 1:33:33 3. Kathy Jo Lovell (44) 1:38:44 . . . 8. Paulette Caron (64) 1:51:43 . . . 10. Joanne Beers (69) 1:54:09 (16 finishers) 5 Km, same place--1. Alex Woelper 27:01 2. David Wormald (42) 28:17 3. Winston Crandall (54) 28:41 4. Jeff Key 29:50 Women: 1. Joanne Owen (47) 30:28 **Masters 3 Km, Portland, Ore., July 29--1. Bob Brewer (53) 14:58.9 2. Rob Frank (41) 15:37.2 3. Doug Vermeer (40) 16:25 4. Art Grant (44) 16:35 5. Jerry Ford (47) 16:47 10 Km, Montreal, June 29--1. Janice McCaffrey 46:22.3 2. Allison Baker 47:55.2 3. Holly Gerke 48:31.3 **Canadian WOMen's 10 Km Championship, Victoria, B.C., July 29--1. Janice McCaffrey 45:17 2. Holly Gerke 46:01 3. Alison Baker 46:21 4. Pascale Grand 47:02 5. Tina Pointra 47:19 6. Rachel Robichaud 48:43.6 7. Lora Rigutto 52:05 8. Sue Hornung 52:32 9. Sian Spacey 53:03 10. Mylene Dupere 54:21 11. Paddy Jones 56:17 12. Ann Marie Oswald 56:23 13. Joanne Fox 56:53 **Men's 10 Km, same place--1. Tim Berrett 40:52 2. Martin St. Pierre 41:04 3. Arturo Huerta 44:44 4. Brent Clark 45:36 5. Pascal Pedneault 46:14 6. Ian Hetherington 50:43 7. Blair Miller 52:17************

Overseas

World Junior Championships, Lisbon, Portugal: Women's 5 Km, July 23--1. Irina Stankina, Russia 21:05.41 (Championship record) 2. Susana Feltor, Portugal 21:12.87 3. Natalia Trofimova, Rus. 21:24.71 4. Maria Vasco, Apain 21:41.47 5. Lijuan Song, China 22:03.69 6. Uuka Kamioka, Mapan 22:06.47 7. Eva Perez, Spain 22:23.31 8. Liu Hongyu, China 22:23.69 9. Monkika Pesti, Hungary 22:24.79 10. Sofia Avoila, Por. 22:48.00 11. Natalie Saville, Austria 22:48.42 12. Jana Weidemann, Germany 22:49.04 13. Veronica Budileanu, Romania 22:58.54 14. Linda Coffee, Australia 22:58.20 15. Anya-Maria Ruoss, USA 23:00.78 (2 to 3 years younger than most of the other competitors. Of those ahead of her, only Saville was also born in 1978. Most were born in 1975, but the winner Stankina is also a youngster, born in 1977.) 16. Dana Pinkert, Germany 23:28.84. . . 26. Deborah Iden, USA 24:58.07 (27 finishers, one DQ) **Men's 10 Km, July 21--1.** Jorge Segura, Mexico 40:26.93 2. Evgeniy Shmaluk, Russia 40:32.72 3. Artur Meleshkevich, Belarus 40:35.52 4. Sebastiano Catania, Italy 40:50.46 5. Daisuke Ikeshima, Japan 41:01.97 6. Alejandro Lopez, Mex. 41:28.14 7. Oleg Ishutkin, Rus. 41:46.30 8. Dion Russel, Australia 41:50.70 9. Andreas Erm, Ger. 42:21.72 10. Marcos Carracedo, Spain 42:26.03 11. Joao Vieira, Por. 42:26.17 12. Peter Barto, Slovakia 42:28.55 13. Tobias Persson, Sweden 42:35.67 14. Alesandro Cambil, Spain 42:47.62 15. Lorenzo Civalero, Italy 42:58.34 16. Lukasz Szela, Poland 43:04.26. . . 28. Justin Marujo, USA 45:22.40. . . DNF William VanAxen, USA (30 finishers, 2 DQs)

Swedish Walk Week, July 3-9: Men's 10 Km, July 3--1. Magnus Morenius 41:24.5 2. Andrew Herrman, US 43:57.3 3. Philip Dunn, US 44:48.3 **Men's 3 Km, July 5--1.** Morenius 11:48 2. Dunn 12:13 3. Hermann 12:24 **Men's 5 Km, July 8--1.** Morenius 20:58.9 2. Dunn 21:28.8 . . . 4. Hermann 21:55.8 **Men's 20 Km, July 9--1.** Henrik Kjellgren 1:33:15 2. Dunn 1:36:10 3. Hermann 1:38:03 Overall Results: 1. Dunn 9 points 2. Hermann and Hjellgren 12 points 3. G=Erik Bengtsson 18 points

Commonwealth Games, Victoria, BC, Canada, August 25: Women's 10 Km--1. Kerry Juna-Saxby, Australia 44:25 2. Anne Manning, Aus. 44:37 3. Janice McCaffrey, Can. 44:54 Holly Gerke, Can. 45:43 5. Vicky Lupton, Eng. 45:48 6. Lisa Langford, Eng. 46:01 7. Verity Larby-Snook, Scotland 46:06 8. Jane Saville, Aus. 47:14 **Men's 30 Km--1.** Nick A'Hern, Aus. 2:07:53 2. Tim Berrett, Can. 2:08:22 3. Scot Nelson, NZ 2:09:10 4. Darrell Stone, Eng. 2:11:30 5. Martin St. Pierre, Can. 2:11:51 6. Simon Baker, Aus. 2:14:02 7. Stephen Parrington, Isla of Man 2:14:15 8. Craig Barrett, NZ 2:14:19 9. Christian Britz, S. Africa 2:14:28 10. Justus Kavulanya, Kenya 2:14:37 11. Stephen Akol, Kenya 2:14:37 12. Chris Maddocks, Eng. 2:18:14

Goodwill Games, St. Petersburg, July 26-28: Men's 20 Km--1. Bernardo Segura, Mexico 1:23:28.88 2. Ruslan Shafikov, Rus. 1:23:28.90 3. Jiao Bao Zong, China 1:24:07.60. . . 7. Allen James, US 1:27:47.56. . . 12. Philip Dunn, US 1:38:09.14 DNF--Andrew Hermann **Women's 10 Km--1.** Olimpiada Ivanova, Rus. 42:30.31 2. Yelena Saiko, Rus. 42:43.23 3. Sari Essayah, Fin. 42:45.04 . . . 9. Michelle Rohl, US 44:41.87

Women's 10 Km, Fana, Norway, May 8--1. Gu Yan, China 42:51 2. Elisabetta Perrone, Italy 43:28 **20 Km, Eisenhutenstadt, Ger., May 15--1.** Daniel Garcia, Mex. 1:20:33 2. Yevgeniy Misyula, Belarus 1:21:24 **Women's 10 Km, same place--1.** Sari Essayah, Fin. 43:10 2. Katarzyna Radtke, Poland 43:16 3. Beate Gummelt, Ger. 43:21 **20 Km, La Coruna, Spain, May 21--1.** Mikhail Schennikov, Rus. 1:19:32 2. Valentin Massana, Spain 1:20:45 3. Robert Korzenowski, Pl. 1:20:55 **Women's 10 Km, same place--1.** Yelena Nikolayeva, Rus. 43:09 **20 Km, L'Hospitalet, Spain, May 29--1.** Daniel Garcia, Mex.

1:21:27 2. Valentin Massana, Spain 1:20:54 3. Schennikov 1:21:42 **20 Km, Livorno, Italy, June 12--1.** Massana 1:02:54 2. Thierry Toutain, France 1:21:20 3. Giovanni Perricelli, Italy 1:21:42 **35 Km, same place--1.** Jesus Garcia, Spain 2:31:06 2. Valeriy Spitsyn, Rus. 2:32:01 3. Rene Piller, France 2:32:04 **Women's 10 Km, Same place--1.** Annarita Sidoti, Italy 41:46 2. Elisabetta Perrone, Italy 42:15 2. Larisa Ramazanova, Rus. 42:31 4. Beate Gummelt, Ger. 42:36 5. Yuliya Odzelyeva, Rus. 42:40 **Finnish National Women's 5 Km, Tuusula, July 10--1.** Sari Essayah 20:28.82 **Finland-Sweden Dual Meet, Stockholm, Aug. 27-28: Women's 5 Km--1.** Anne Perttola, Fin. 23:29 2. Kaisa Suhonen, Fin 23:31 3. Veronica Okvist, Swed. 23:44 Score: Finland 13, Sweden 9 **Men's 10 Km--1.** Stefan Johansson, Swed. 39:52.33 2. Valentin Kononen, Fin. 40:13 3. Magnus Morenius, Swed. 40:43 4. Jan Staaf, Swed. 40:58 Score: Sweden 14 Finland 8. Combined score: Sweden 23 Finland 21 **Nordic Trek Walks, Stockholm, Sept. 10: Men's 50 Km--1.** Ntero Lindman, Fin. 4:03:43 2. Arto Hokkanen, Fin. 4:14:07 3. Henrik Kjellgren, Swed. 4:19:46 (Ronald Weigel, Ger. DNF) **Men's 20 Km--1.** Valentin Kononen, Fin. 1:23:57 2. Jani Lehtinen, Fin. 1:27:51 **Women's 10 Km--1.** Hanne Liland, Nor. 46:39 2. Kjersti Tysse, Nor. 48:39 **Women's 5 Km--1.** Kjersti Tysse, Nor. 22:50 2. Elira Hirvonen, Fin. 25:12 **5 Km, Madrid, Sept. 6--1.** Javier Garcia 21:34.1 2. Valentin Massan 21:34.2 3. Daniel Plaza 21:34.4 4. Fernando Vasquez 21:37.8 (WOuld be interesting to know why these times are so slow, considering these guys walk a much quicker pace for 20 Km)

JOIN THE RACE AT SOME OF THESE EVENTS

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)
Sat. Oct. 15	5 Km, Pomona, Cal. (B) Lynette Atkins Memorial 8 and 5 Km, Kalamazoo, Mich., 9 am (Y)
Sun. Oct. 16	5 Km, Miami, 8 am (Q) Western Regional 8 Km, Las Vegas (O) Western Regional 5 Km, Denver (H) 3 Mile, Topsfield, Mass. (I) Eastern Regional 30 Km, New York City, 8:30 am (F) Detroit Free Press Marathon (Z)
Sat. Oct. 22	Peter Ferrante Memorial 10 Km, Monterrey, Cal., 10 am (T) 5 Km, Chicago (S) 5 Km, Dearborn, Mich. (E) 5 Km, Indianapolis (BB) 5 Km, Miami, 7:30 am (Q) 5 Km, Flint, Mich., 3 pm (Y)
Sun. Oct. 23	3 Mile, Fairview, Penn. (W) 10 Km, New Orleans, 8 am (M)
Sat. Oct. 29	10 Km, Seaside, Cal. (R) 5 Km, Denver (H) 5 Km, Miami, 7:30 am (Q) 5 Km, Atlanta (D) 15 Km, Tulsa, Okla. (K) 8 Km, Alhambra Park, Cal., 7 pm (B)

- Sun. Oct. 30 5 and 10 Km, Albuquerque (L)
5, 20, and 50 Km, Columbus, Ohio, 8 am (AA)
Northeast 20 Km, Boston (I)
2 Mile, Cleveland (N)
5 Km, Denver, 8 am (H)
Masters 5 Km and 1 Mile, Pasadena, Cal., 1 pm (B)
1 Hour, Marin, Cal., 8 am (P)
- Sat. Nov. 4 5 Km, Golden, Col., 9 am (H)
- Sat. Nov. 5 Half Marathon, 5 Km, New Orleans, 8 am (M)
10 Km, Miami, 8 am (Q)
- Sat. Nov. 12 5 Km, Seattle, 9:30 am (C)
10 Km, Longmont, Col., 9am (H)
10 Km, Key Biscayne, Florida, 7:30 am (Q)
- Sun. Nov. 13 1 Hour, Marin, Cal., 8 am (P)
10 Km, Concord, Mass. (I)
- Sat. Nov. 19 10 Km, Miami, 7:30 am (Q)
- Sun. Nov. 20 Half-Marathon, Miami, 7:15 am (Q)
5 Km, New York City, 9 am (F)
- Thu. Nov. 24 4 Mile, Denver, 10 am (H)
- Sat. Nov. 26 5 Km, Denver, 9 am (H)
10 Km, Coral Gables, Flor., 7:30 am (Q)
10 Km, Lake Worth, Flor., 7:30 am (Q)
- Sun. Nov. 27 5 Km, New York City, 9 am (F)

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FROM HEEL TO TOE

"The Ultimate Racewalking Seminar"--Oct. 21 to Oct 23, Kingsport, Tennessee. Coaching staff: Dave McGovern and Ian Whatley (who are currently working on a book explaining in practical terms the sports science basis for training walkers). For further information contact Bobby Baker, 318 Twin Hill Drive, Kingsport, TN 37660. . . The following week (Oct. 29-30) Dave McGovern will be in New York City for a racewalking weekend. Each participant in the weekend's activities will benefit from lectures on modern racewalking technique featuring video from recent national and world championship races, individual video-taped technique analysis, discussions on proper training methods for racewalkers, race preparation, and race strategy. Each participant will also undergo a sample lactate threshold workout to help determine proper training velocities and heart rates for future training sessions. The \$95 fee includes all individual and group instruction, bagel breakfast/orientation on Saturday morning, and all handouts. For further information, call Dave at 706-883-1409, or write him at Box 584, LaGrange College, LaGrange, GA 30240. . . The USA T&F Racewalking Committee has announced dates and locations of the 1995 qualifying events for the IAAF World Race Walking Cup. The international event is scheduled for Beijing, China on April 29-30 at the usual distances of 10 Km for women and 20 and 50 Km for men. The 1995 U.S. 50 Km Senior Men's Racewalk Championship, along with determining the year's champion at the distance, will also serve to select the team of five that will represent the U.S. in Beijing. The race will also be the qualifier for the World T&F Championships scheduled for Gothenburg, Sweden in August. Originally scheduled for New Orleans on January 15, the 50 Km Championship has been shifted to Palo Alto, Cal. on Sunday, January 8. It will be sponsored by the Pacific Association of USATF. Trial races for the other two distances will be held on opposite coasts. The women's 10 Km is scheduled for Walt Disney World's EPCOT Center near Orlando, Florida on Sunday, January 28. The men's 20 Km trial will be held at Fort Ord in Monterey, Cal., on Sunday, February 19. Both races will select five-person teams for Beijing. The 10 and 20 Km teams for Gothenburg will be selected later at the respective National Championships. Persons to be contacted regarding the events are: 50 Km--Ron Daniel, 1289 Balboa Court, #149, Sunnyvale, CA 94086, 415-964-3580; 10 Km--Jon Hughes, 1322 North Mills Avenue, Orlando, FL 32803, 407-896-1160; 20 Km--Buzz Schulte, 268 E. Hamilton Avenue #A, Campbell, CA 95008, 408-374-5900 and Giulio DePetra, 185 Upper Walden Rd., Carmel, CA 93912, 408-624-7211. . . IAAF Racewalk Chairman Bob Bowman adds his thoughts about the lost to our sport of New Zealand's Olympic gold medalist (1956) Norman Read: "Norm not only achieved the greatest objective of any athlete, an Olympic gold medal, but went on to be one of our best

judges and president of his federation. He really helped save the day on a number of occasions in important competitions. He also had little patience with those who wanted to destroy the sport, as he would say, by eliminating the contact rule. We will miss him." On another note Bob continues: "A couple of clarifying comments regarding my Race Walking Working Group report printed in the August ORW. Some of these decisions are still only proposals that could and probably will be amended. For example: (1) the change in the women's standard distance from 10 Km to 20 Km will probably happen in 1997. However, the increase of the men's 20 Km to 30 Km is still being seriously questioned and may not happen. (2) The proposed new definition could easily be delayed for further study. It definitely adds some complexity in the area of judging when we are trying to simplify it. Looking for three requirements (contact, straight leg, heel first) is certainly more demanding than looking for two. Yet we feel the proposal has merit. (3) Our rejection of the contact sensing devices on the shoes is certainly not short-sighted, and the Walking Committee will never close the door on the use of any technology if it meets the proper requirements. It was definitely not written off without any real investigation. We have studied this idea for many years. (Ed. My comment regarding the apparent lack of investigation of the device is based on reports to me from supporters of the device that (a) Bob has based his own rejection of the device on early diagrams and descriptions that don't represent the present technology and ignored more recent material Mr. Furlong has been willing to supply, (b) Bob did not attend a demonstration of the device given in Las Vegas at the time of last year's National Convention although he was in town, and (c) the IAAF Racewalking Committee cancelled an invitation to Mr. Furlong to demonstrate the device at their meeting in Europe early this year. I assume these reports are truthful.) Your example of the Xerox copier is not a valid comparison and is really not applicable. As a former Xerox engineer in the late 70s, I am very familiar with this product's development history. Even though over a billion dollars was eventually spent developing this technology, the reliability of this product is still not even close to the acceptable reliability level needed for the shoe alarm device! The reliability requirement of the Xerox copier is way lower than that of the shoe device. The best you can expect today after 40+ years of copier development is around 5000 hours mean-time-between-failures! Most of us have experienced much lower levels of reliability with our office copiers. But this is quite acceptable to make significant profits from this product. To achieve even this level of reliability, considerable amount of fault tolerant features and hardware redundancy were added to the copier design. Adding weight and size to any shoe alarm is not an option and yet its reliability requirement is many orders of magnitude greater than the copier. Many similar examples can be found where the product's requirements are simply not achievable today or even with future technology. The U.S. Patent Office is full of these. There are natural limitations to any technology, especially if the requirements are just too great, as in this case. Companies that don't understand this eventually go under, and those that do, achieve great success." (Ed. Well put. But, my comparison wasn't meant to suggest anything about reliability, but just the fact that a lot of great ideas have been repeatedly rejected by some great minds because they are impractical, and then somewhere down the line they have a great impact on civilization--not that I think anything to do with racewalking is going to change the course of society.). . . Bob has also written a longer commentary on electronic shoe contact alarms and we have some interesting comments on the IAAF Working Group actions from one of our leading commentators, Martin Smith. However, we are passing up both of those items (perhaps they will find room in a future issue) in favor of an interesting article on race preparation by Dave McGovern.

LOOKING BACK

25 Years Ago (From the Sept. 1969 ORW)--With altitude a definite factor, Bryon Overton won the National 50 Km title at Lake Tahoe in 4:56:07. With a very small field with few elite walkers second place went to Bob Kuchar in only his fifth walking race. After finishing in 5:06:29, Bob reportedly donned his backpack, strolled off into the woods, and has apparently not been seen since around walking races. Bill Ranney was third in 5:12:28. . . Ron Laird was an easy winner of the National 25 Km, held at Kings Point, N.Y. Ron finished in 2:02:32, followed by John Knifton (2:06:05), Canadian Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and Ron Daniel. . . Great Britain's Paul Nihill won the European 20 Km title in 1:30:41, with Caraiiofoglou of Romania surprising Soviet ace Nikolai Smaga to capture the silver medal in 1:31:06. East Germany's Christoph Hohne won the 50 as expected in 4:13:32, with his teammate Peter Selzer second. . . Colin Young covered 129 miles 1155 yards in a 24-hour race in England and Nihill won the 20 Km in a match with France and Czechoslovakia, finishing in 1:28:18.

20 Years Ago (from the September 1974 ORW)--Two-time Olympic gold medalist, 38-year-old Vladimir Golubnichiy won the European Championship at 20 Km, upsetting West Germany's Bernd Kannenberg by 8 seconds in 1:29:30. Hohne won again at 50, this time in 3:59:07, 3 1/2 minutes ahead of Otto Bartsch of the Soviet Union. Selzer and Italy's Vittori Visini were close behind. . . Mexico's Raul Gonzales made his first big splash in the sport with a 1:27:53 20 Km win in a dual with Canada. Daniel Bautista, the Olympic champion 2 years later, was left better than 4 minutes back. . . In London, Roger Mills bettered the world best for 1 mile (6:10.4 by Dave Romansky) with a 6:09, beating Frances's Gerard Lelievre by 2 seconds. . . East Germany's Peter Frenkel recorded a stunning (for the day) 1:23:30 for 20 Km in a Czech race. . . Sue Brodock won the Women's International 5 Km in Stockholm in 24:16, leading the U.S. to a second place team finish.

15 Years Ago (From the September 1979 ORW)--Mexico defended its World Cup title in Munich despite the absence of one of its top competitors, Domingo Colin, and a subpar performance by Raul Gonzales. Daniel Bautista left the field at the starting gun and proceeded to record solo splits of 19:21, 29:05, and 58:52. Slowing only slightly, he finished in 1:18:49, 57 seconds ahead of second place Boris Yakovlyev of the Soviet Union. The Soviets also captured the next three places (with Mexico's Ernesto Canto sixth), and led Mexico by three points after the race. Jim Heiring led the U.S. effort with a 1:28:31 in 31st. Trying to repeat his teammate's tactics, Gonzales overdid it. With 10 km splits of 42:47, 1:25:03, and 2:07:29 (a 3:32:30 pace), he left the field well back, but only succeeded in killing himself. But teammates Martin Bermudez and Enrique Vera came to the fore, finishing one-two in 3:43:36 and 3:43:59. Viktor Dobrovski was third for the Soviets and Gonzales hung on for fourth in 3:46:26. Mexico finished 5 points ahead for the two races. East Germany was third, Italy fourth, and the U.S. 13th. Vincent O'Sullivan (4:12:15) and Marco Evoniuk were 34th and 35th for the U.S. Britain's Marian Fawkes won the women's 5 Km in 22:51 to lead her nation to victory over Sweden. Susan Liers came 10th (24:02) to lead the U.S. to a fourth place finish. . . Marco Evoniuk won the U.S. 50 Km title in 4:15:07, followed by Dan O'Connor, Schueler, and O'Sullivan. . . The European Junior went to Czechoslovakia's Josef Pribilinec.

10 Years Ago (From the September 1984 ORW)--With no chance of Olympic glory, East Germany's Ronald Weigel took out his frustration on a 50 Km course in Berlin, finishing in a stunning 3:38:31, better than 2 1/2 minutes better than the Gonzales' world best. Hartwig Gauder just missed the Gonzales record in second. . . Mexico's Carlos Mercenario, destined to win the World Cup 20 Km 3 years later and the World Cup 50 Km a couple of items since, won the Pan American Junior 10 Km in 48:52, with Troy Englehardt second in 50:49. . . In England, Brian Adams covered 100 miles in 17:39:28, with Jone Cannell also under 18 hours. Twenty finished under 20 hours. The women's race went to Sarah Brown in a blazing 18:36:29.

Tapering and Race Preparation for Racewalkers

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Introduction

Most racewalkers, through trial and error, eventually settle on a training schedule that works best for them. Unfortunately, many of these same walkers become bewildered in the final weeks and days before an important race, either training too much or too little. Another common problem is failure to specifically prepare the body and mind for conditions they will likely experience during competition. This article may give some guidance to these athletes.

Acclimatization

One of the most important, yet least utilized training tools available to the racewalker is *acclimatization*. Acclimatizing means subjecting and adapting the body to environmental conditions similar to those that will be experienced during important races.

The first step in an effective acclimatization is reconnaissance. Find out as much as you possibly can about the race course, likely weather conditions and any other variables that may affect your race. Will the competition be at sea level or altitude? Indoors or out? Are the conditions likely to be hot and humid? Is the course hilly or flat? Road or track? Will the race begin at 6:00 am or 5:00 pm?

Athletes are often told to ignore these factors because they affect every athlete equally. This is absolutely false! The body is adaptable to many deleterious environmental factors, so the prepared athlete will gain an advantage over his non-acclimated competitors. Examples:

1. Weather- Extreme heat and humidity inhibit the body's ability to cool itself. The body can adapt to these conditions to some degree, however. These adaptations occur fairly rapidly, with full adaptation occurring within ten to fourteen days. By training in hot and humid conditions, or by artificially creating these conditions by wearing sweats during workouts, an athlete can gain an advantage over athletes not specifically preparing for these weather extremes.

2. Altitude- Racing at altitude poses a unique challenge for endurance athletes who train at sea level. Unfortunately the only practical way to prepare for a race at altitude is to train in these conditions for at least six weeks before the event. The good news is that most

championship races are not at altitude. Sea level athletes unable to acclimate should plan to race at a pace 7-10% slower than they would be able to maintain at lower elevations.

Since altitude adaptation takes several weeks to set in, there is little point in getting into town a week early to try to acclimate to altitude. There is even some evidence that getting in as close to the race as possible--perhaps the night before--may be better than getting in several days before.

Going the other way, athletes training at altitude will have difficulty achieving quick leg turnover in high elevation workouts, and may be unprepared for the faster pace of sea level races. These athletes should incorporate sufficient short, fast economy work into their training to adapt to high speed walking.

3. Sleep cycles- Nothing is more frustrating than going to sleep a few hours early for a 6:00 am race, only to lie awake all night tossing and turning with anticipation. Short of tranquilizers, the easiest solution is to retire earlier and earlier in the nights leading up to the race to synchronize the body's internal clock. Circadian rhythms should also be synchronized by doing workouts in the weeks before the race at or near the time of day that the race will be contested, adjusting for time-zone differences if necessary. Many athletes who train regularly in the mornings find difficulty feeling "up" for an evening race. Afternoon racers are often tight and tired for morning races. Train at race time to get in synch!

4. Equipment- Racewalkers require very little equipment to compete, but each athlete should be very comfortable with his shoes, shorts, singlet, jogbra, etc. before a race. Always wear your racing shoes and uniform several times in training before competing to make certain that you'll be free of blisters or chafing during the race. Also, make sure that you actually have that equipment with you at the starting line! If you tend to be nervous before traveling to a race, make a list: Shoes, uniform, water bottles, extra pins, etc. should all be packed and ready to go the night before the race. Pin your numbers on your uniform as soon as you get them, and racewalk a bit while wearing them to make certain they are pinned properly. This may save you from frantically re-pinning them at the start line.

At race time double tie your shoes and tuck the ends between the tongue and laces. I double tied my shoes before my last 20k, but still raced the last fifteen with an untied shoe because I didn't tuck in my loose ends!

5. Food and drink- "Carbo-loading" before major races longer than 90 minutes in duration is advisable. Early researchers suggested a "depletion" phase about a week before the major competition. After a hard glycogen depleting workout the athlete ingested a high-protein, low-carbohydrate diet for two or three days to make muscles "hungry" for glycogen. The athlete then switched over to a high-carbohydrate diet to replenish the muscles with glycogen. More recent research has determined that the depletion phase is unnecessary--the athlete need only ingest a high carbohydrate diet in the three days before competition without depleting beforehand. Note: carbo loading does not mean carbo bloating. Carbohydrate percentage should rise, but total caloric intake does not have to increase. Also,

make sure that you have experimented with this type of diet several times in training before attempting a "load" before an important race. Drastic changes in diet may lead to gastric distress during competition.

In warm races longer than five kilometers, you will need to drink on the go. Practice in training! Make sure that you can grab and drink from a cup without stopping. In longer races a carbohydrate-rich sports drink may be necessary. Determine in training what your stomach will tolerate—some athletes can't tolerate high carbo drinks while walking. Try with several different types of drinks on your longer workouts to see what works best for you.

Trust Your Training

For better or worse, whatever training you've done in the months before a race will rise to the top on race day—but only if you allow it to. You must have faith in your fitness going into a race—don't undermine your training by hammering yourself in the last week. Additional fitness gains will be minimal, and they will be overshadowed by the detriment of going into the race fatigued.

There is such a thing as "training through" less-important races, but doing so will sacrifice your best possible performance in these races in exchange for higher-quality training for future, presumably more important competitions. If you want to perform at your absolute peak now, however, you must be rested. But what does "rested" mean?

Tapering

Assuming that you have trained rigorously leading up to an important race, a taper is a way of resting both physically and mentally before an important competition without losing any of the fitness gained during the preceding months of training. This does not mean a complete layoff from training. Quite the contrary, an effective taper is characterized by high intensity training, albeit at lower volume than in the previous weeks. This has traditionally meant maintaining much the same schedule in the final two weeks before the race, except with a 1/3 to 1/2 reduction in both the number of intervals, and in total weekly mileage.

Recent research, however, indicates that an even greater reduction in mileage may be beneficial both in the short and the long terms. Owen Anderson, writing in *Running Research News*, discusses studies with runners who used no taper, a traditional taper, and a taper characterized by drastic reductions in total mileage, and a limited number of short, high-intensity intervals every day in the week leading up to the race.

These intervals—run at slightly faster than 5 kilometer race pace—amounted to 15% of usual weekly mileage in the final week, with enough easy mileage added to ensure sufficient warm ups and cool downs. For racewalkers training 40 miles per week, this would amount to about six miles of intervals in the week before the race. The bulk of these intervals should be completed in the first few days of the taper, with the number of intervals descending through the week. About 800 meters warm up and 800 meters cool down should be incorporated into each workout, increasing total mileage for the week to 13. This may seem like a ridiculously low mileage total for the week, but remember the primary purpose of the taper: Rest!

The group of runners utilizing the very low mileage, high-intensity taper realized a 6% increase in economy over both the regular taperers and the non-taperers. The average time improvement amounted to 29 seconds over 5 kilometers, with every runner in the group improving. Anderson attributed the increase to both the enhanced rest as well as the benefits of the up-tempo running.

What does this mean to the racewalker? Such a taper, coupled with copious stretching and rest should mean enhanced flexibility, more economical technique, increased enzymatic activity and glycogen storage in the leg muscles and quite possibly surprisingly fast race times while doing less work!

A typical taper for a 40 mile per week racewalker is as follows:

Sunday-Easy 800m warm up with flexibility drills. Stretch. 6 x 400 meters @ between 3 km and 5 km race pace. 800m easy cool down. Stretch any tight spots.

Monday-Warm up and cool down as above. 5 x 400 meters—again at slightly faster than 5 km pace.

Tuesday- " " " " 4 x 400 meters.

Wednesday- " " " " 3 x 400 meters.

Thursday- " " " " 2 x 400 meters, 1 x 200 meters.

Friday- " " " " 2 x 400 meters.

Saturday- " " " " 1 x 400 meters.

Sunday-Personal Best Race!

After a disappointing 6th place finish in the national 20 kilometer championships at Knoxville, Tennessee in June I decided to try the "new" taper before my next two races. The results: a strong second place finish at the U.S. Olympic Festival 20 km three weeks later, and a win at the national 10 kilometer championships at Niagara Falls less than one week after that. In both races my legs felt fresher and faster than they had in Knoxville with no apparent loss in fitness.

Conclusion

Consistently subjecting the body to race-like conditions in training the months before, circadian and environmental acclimatization in the weeks before, and plenty of rest in the days before competition are the keys to reaching your full potential.

When tapering, remember that rest, glycogen storage, enzymatic adaptation, and high economy are the goals. Mileage should be reduced to the lowest possible level to ensure that the legs are rested and fully glycogen loaded while still doing a limited number of fast economy intervals. The time for hard mileage has past—the final week should feel very easy, leaving you "chomping" at the bit" for a fast race. If in doubt, always do less!

Building endurance and sharpening speed take many months of hard work. Last minute attempts to "catch up" on missed training will only make you tired for the big race. Once you've done your hard training, the "rest" is easy.