

Ohio Race Walker  
3184 Summit Street  
Columbus, Ohio 43202



# OHIO RACEWALKER

VOLUME XXX, NUMBER 8

COLUMBUS, OHIO

OCTOBER 1994

## Racewalking gone wild

There may have been nothing like it before in the history of walking in this country--five major races on five consecutive weekends. Starting with the National 40 Km in Fort Monmouth, N.J. on Sept. 11, we then saw the National 5 Km in Kingsport, Tenn., the Pan American Cup in Atlanta, the Alongi Memorial in Dearborn, Mich., and finally, the National 1 and 2 Hour races in Cambridge, Mass. on October 9. Let's take them as they occurred.

## McGovern stuffs O'Connor, Whatley in second half of National 40

Fort Monmouth, N.J., Sept. 11 (Reported by Elliott Denman)--Late entry Dave McGovern turned a negative split into a positive development. Trailing Dan O'Connor by more than half a minute, even with Curt Clausen, and leading Ian Whatley by just 2 seconds half way through the race, he walked the second 20 Km faster than the first two win the USA Track and Field National 40 Km racewalk by more than 2 minutes over Whatley. His late rush carried him to a 2:28:02 triumph in the 56th annual event.

Sixty-seven walkers gathered from 12 states and Venezuela for the testing race, contested on a 2 Km loop course over the military post grounds. McGovern, a 29-year-old walker from Congers, N.Y., studying for his MBA at LaGrange (Georgia) College and taking aim at the 1995 Atlanta Olympics, appeared just a few minutes before the start. He let two-time Olympian O'Connor of Bellmore, N.Y. do all the early pace setting, but charged ahead just past the 28 Km post and was never behind after that. His first 20 Km took 1:45:12, his second 1:42:50.

Whatley, of Greenville, S.C., wound up second, clocking 3:30:14, while O'Connor, 42, a winner of five past National 40 Km titles, held on for third in 3:39:53 and led all Masters Division finishers. (Is Dan, not heard from for some time, planning a try at yet another World Cup team?)

Meg Ferguson, 44, of the New England Walkers club, won the women's Masters crown in 4:25:14, with Elton Richardson, 55, New York City, right behind in 4:28:40. Elton had a world best for women 55 and older at 20 Km with 2:00:39 and led Ferguson by nearly 9 minutes at that point. She then had to really gut out the second half of the race and deserves much credit for staying the course.

McGovern, competing for the New York Athletic Club, regained the 40 Km title he first won at Brookdale Community College in 1990 and boosted his own confidence quotient over the longer routes. He's best known as one of the nation's best sprint walkers, but this was clear evidence he can be a threat at the longest Olympic distance, 50 Km.

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO

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

To McGovern, the race began turning around when "Dan O'Connor asked for a Coke at the refreshment table, indicating he really needed it." Soon, McGovern bolted into the lead and began pushing the pace. O'Connor dropped back but Whatley moved up. "That was really jolly hard work and fun, in a bizarre kind of way," the British-born Whatley said. "Some long races are a survival thing, but this was a real race."

Fourth-place finisher Curt Clausen, sixth-place John Soucheck, and 10th-place Curt Sheller carried host Shore Athletic Club to the men's team title. It was a comeback, too, for Clausen, the 1988 40 Km champion who was badly bruised in an auto accident en route to the USA Mobil Natinal Championships in Knoxville last June.

The results: 1. Dave McGovern, 29, NYAC 3:28:02 (52:54, 1:45:12, 2:36:52) 2. Ian Whatley, 35, Potomac Valley 3:30:14 (52:54, 1:45:14, 2:38:04) 3. Dan O'Connor, 42, Stars and Stripes 3:39:53 (52:18, 1:44:36, 2:36:52) 4. Curt Clausen, 26, Shore AC 3:43:19 (52:54, 1:45:12, 2:42:56) 5. Brian Savilonis, 44, New England Walkers 3:46:15 (55:09, 1:49:29, 2:44:19) 6. John Soucheck, 28, Shore AC 3:46:56 (55:30, 1:49:24, 2:45:30) 7. Bob Keating, 47, NEW 3:54:10 (55:09, 1:49:29, 2:47:10) 8. Juan Yanes, 44, Venezuela 3:56:40 (55:09, 1:51:32, 2:51:11) 9. Alan Price, 47, Potomac Valley 4:04:59 10. Curt Sheller, 41, Shore AC 4:06:12 11. Jeff Salvage, 27, PHAST 4:11:40 12. Tom Zrodjewski, 54, PHAST, 4:18:22 13. Jack Lach, 50, Shore AC 4:20:32 14. Bill Norton, 42, NEW 4:29:57 15. Cervin Robinson, 66, Park RW 4:30:06 16. Dr. Pat Blvona, 53, Shore AC 4:35:28 17. Manny Eisner, 53, Shore AC 4:41:39 18. Jan Gero, 61, Park RW, 4:42:03 19. Mike Michel, 64, Lynn, N.C. 4:47:29 21. Dr. John Shilling, 58, 4:59:52 22. Leo Rivera, 62, Natural Living 5:03:08 23. Dr. Gerald Kass, 55, Shore AC 5:11:01 24. Jack Lucey, 57, Shore AC 5:15:23 25. Niall Mandal, 51, Shore AC 5:21:16 26. Avram Shapiro, 51, Shore AC 5:22:52 27. George Solis, 62, WCLA 5:22:52 28. Greg Johnson, 47, Shore AC 5:53:32 DNF--Ralph Edwards, 52, Shore AC 4:28:37 at 34 Km.; Bob Mimm, 69, Shore AC 3:18:53 at 30; Taka Amano, 44, Natural Living 2:45:45 at 28; Mike Rohl, LaGrange, Ga. 52:54, 1:45:51, 2:20 at 24; and 9 others. 1 DQ

Women: 1. Meg Ferguson, 44, NEW 4:25:14 (65:44, 2:09:22, 3:15:56) 2. Elton Richardson, 55, New York 4:28:40 (60:12, 2:00:39, 3:11:35) 3. Janet Pfeiffer, 45, Shore AC 4:39:21 4. Donna Cetrulo, 45, Shore AC 4:39:57 5. Joan Rowland, 68, Natural Living 5:22:52 6. Nancy Linkl, 47, Shore AC 5:45:01 7. Isabel Stuper, 47, Shore AC 5:50:37

## Matthews scores decisive win at 5 Km

Kingsport, Tenn., Sept. 17--The race sponsors, Food City, treated the walkers like royalty and the walkers responded with one of the finest in-depth U.S. 5 Km races ever staged. Light rain stopped just before the gun and the 85 athletes set off for 6 laps of an almost flat course.

Allen James led the charge with Honathan Matthews and Dave McGovern in close contention, passing through 2 Km in 7:50--a 19:35 pace. Drawn along by the leaders

blazing pace, Ian Whatley, Gary Morgan, and Rob Cole were 12 seconds back and Michelle Rohl and Victoria Herazo had detached themselves from the rest of the women's field with an 8:54 split.

James dropped gradually off the lead pair with McGovern holding on to Matthews until the final 800 meters. Although recording deep positive splits, Matthews hit a U.S. road record of 20:12. Rohl posted the fastest winning time in U.S. women's national 5 Km history (22:27), while Herazo's 22:39 in second place would have won 21 of the last 22 nationals. Race Director, Bobby Baker, was delighted to have 18 walkers break 25 minutes and hopes to continue development of this race as one of our premier domestic events. The results:

Women: 1. Michelle Rohl 22:37 2. Victoria Herazo 22:39 3. Lynda Brubaker 23:18 4. Sally Richards-Kerr 24:38 (1st Master) 5. Cheryl Rellinger 24:45 6. Lisa Sonntag 25:05 7. Gayle Johnson 26:09 (1st over 45) 8. E. Longton 27:27 (3rd Masters) 9. S. Evenden 27:46 10. D. Laughlin 29:13 (4th Masters) 11. K. Jakim 29:17 12. M. Beach 30:28 (5th Masters) 13. R. McIntosh 30:37 14. A. Berlin 31:09. . .D. Rogers 32:54 (1st 55-59)

Men: 1. Jonathan Matthews 20:12 2. Dave McGovern 20:35 3. Allen James 20:54 4. Gary Morgan 21:10 5. Rob Cole 21:17 6. Ian Whatley 21:20 7. Andrew Herrman 21:49 8. Curt Clausen 22:17 9. Mike Rohl 22:46 10. P. Martino 23:21 11. Keith Luoma 23:48 12. T> Flora 27:10 Masters: 1. Bohdan Bulakowski 22:59 2. Ray Funkhouser 23:46 3. M. Danford 23:51 45-49. 1. G. Opheim 25:58 2. J. Malone 27:36 3. B. Goodwin 27:50 50-54--1. R. Poteete 29:47 2. Bobby Baker 30:08 55-59--1. S. Kerr 26:50 60-64--1. J. Rogers 31:14 65-59--1. Bhag Singh Sidhu 34:18 70-74--1. J. Hunter 35:44 75-59--1. Corky Daman 32:07

## Mexicans dominate Pan-Am Cup

Atlanta, September 23-24--Taking the gold medal and team honors in all three events, Mexico dominated the 1994 edition of the Pan American racewalking competition. The Mexicans were led by Graciela Mendoza in the women's 10 Km, Bernardo Segura in the 20 Km, and Carlos Mercenario in the 50. The 10 and 20 Km races were held on Friday and the 50 on Saturday.

Mendoza, the 1991 Pan American Games gold medalist in the event, held off Teresa Vaill to win on a challenging course in 46:14. The 31-year-old Vaill prevailed over Mexico's Francisca Martinez for the silver medal. With Maria Colin in fifth, the Mexicans easily won the team title from the U.S., which had Victoria Herazo in eighth and Debora Van Orden in tenth to support Vaill's strong effort. Canada, with Janice McCaffrey in fourth, Holly Gerke in seventh, and Pascal Grand in eleventh, was just two points behind the U.S. Times were slowed by very hilly course and quite humid conditions. This was true in all three races.

The 24-year-old Segura, who broke the world record on the track in Norway earlier this year, did not have an easy time of it annexing this title. He could never shake teammate Daniel Garcia (?2) and Ecuador's former World Junior Champion, 20-year-old Jefferson Perez. Segura finished in 1:24:15, just 8 seconds ahead of Garcia and 19 ahead of Perez. A fourth-place finish by Miguel Solis put the Mexicans well ahead in the team points.

Canada's Martin St. Pierre walked a very strong race, probably the best effort of his career, staying within about 2 minutes of the world class walkers in front of him and



beating those seasoned internationals, Colombia's Moreno boys. Jonathan Matthews led the U.S. in 12th, with Allen James in 14th.

Many of the athletes complained about the difficulty of the course, but one who did not was El Salvador's Carols Alberto-Rivera. The oldest competitor in the race at 44, he walked a personal best 1:46:17, though finishing last.

The Mexican's were completely dominant in the 50, copping the first five places. Mercenario, a World Cup gold medalist at both 20 (1987) and 50 (1991 and 1993) and 1992 Olympic silver medalist didn't seem overly affected by the conditions, breezing through in 3:52:06, a few inches in front of Miguel Rodriguez, who was given the same time. German Sanchez trailed the duo by 11 minutes in third. The winning time was just 36 seconds off the meet record. Mercenario commented, "I didn't know we were so close to the Cup record. Had we known this was the case, we would have gone for the record. We approached this like a world class event. We were like warriors."

The race was the first test event for the 1996 Olympic Games and the organizing committee had budgeted \$135,000 to ensure its success and to make it a showcase for what can be expected organizationally in 1996. That's probably about 10 times what would have gone into the event in any other circumstances and it assured an excellent competition.

It seems the only complaints centered on the course itself and the bottom line there seems to be that you can't get a flat course in the immediate vicinity of the Olympic Stadium.

Following the race, Segura complained: "I am in sincere disagreement with the idea that this will be the Olympic course. Some of the athletes could be injured due to the downhill sections." His teammate Garcia added: "I am in agreement with Bernardo. The course, in reality, is bad. In truth, there are a lot of instances where you lose your rhythm."

IAAF Racewalk Chair Bob Bowman accepts responsibility for selecting the course. "It was the best choice we had found as of this competition. It is very hilly around the Olympic stadium area and since we must stay within 1 Km of the stadium, a flat course is impossible. Flat courses are not necessarily a true test of a walker's ability anyway; however steep downhills should be avoided because of judging, etc. So it was not too surprising that many of the walkers did not like this course. The most negative remarks in this regard came from Segura and Garcia following the 20 Km. The downhill section of the course was a problem, which we now have eliminated by changing the course from a loop circuit to a mostly up-and-back circuit. This event helped us in identifying this and therefore fulfilled the purpose of conducting this event in Atlanta. Perez commented 'Olympic athletes should be prepared for all types of courses and incidents.' You've got to love the kid's attitude. Mercenario, following the 50, commented that although it was a tough course, 'like warriors, we cannot choose the battlefield.' In my opinion, Perez is a superior technical walker to Segura and Garcia and will be very hard to beat in the future."

Dave Maggard, managing director for sports of the Atlanta Committee for the Olympic Games (and, to do a little name dropping, a former shot putter who was a teammate of mine on a 1965 U.S. touring track team), said the course might be modified slightly, but is unlikely to be moved out of the neighborhood east of the Olympic Stadium. "Whatever modification we could make, we'd like to stay in that neighborhood," Maggard said. "That's our intention if we possible can."

Results of the event: Women's 10 Km: 1. Graciela Mendoza, Mexico 46:14 2. Teresa Vaill, US 46:20 3. Francisca Martinez, Mex. 46:28 4. Janice McCaffrey, Can. 46:43 5. Maira Colin, Mex. 47:09 6. Miriam Ramon, Ecuador 47:12 7. Holly Gerke, Can. 47:28 8. Victoria Herazo, US 47:48 9. Rosario Sanchez, Mex. 48:13 10. Debora Van Orden, US 48:15 11. Pascale Grand, Can. 48:35 12. Lynda Brubaker, US 48:42 13. Rachel Robichaud, Can. 49:23 14. Dana Yarbrough, US 49:39 15. Gretchen Eastler, US 51:40 16. Lora Rigutto, Can. 51:42 17. Maria Madgalena-Guzman, El Sal. 52:19 18. Nailza Pereira de Azevedo-Pazin, Brazil 52:30 19. Lisa Sonntag, US 52:47 20. D. A. Walker, US 53:35 21. Lidia Carriego, Argentina 53:42 22. Rosemar Piazza, Brazil 54:33 23. Micheline Daneau, Can. 55:15 24. Lvana Henn, Brazil 55:19 25. Sue Hornung, Can. 58:00 26. Ofella Puyol, Arg. 58:28 27. Mildred Zayas-Martinez, Puerto Rico 61:50 DNF--Bertha Vera, Ecuador

Teams: 1. Mexico 442 2. USA 431 3. Canada 429 4. Brazil 409 5. Argentina 271 6. Ecuador 144 7. El Salvador 139 8. Puerto Rico 133 (Scoring three from each country with 150 for first, 148 for second, 147 for third, etc.) (Intermittent rain, 8 mph wind, 68 F, 81 percent rel. humidity)

20 Km: 1. Bernardo Segura, Mexico 1:24:15 2. Daniel Garcia 1:24:23 3. Jefferson Perez, Ecuador 1:24:34 4. Miguel Solis, Mex. 1:26:03 5. Martin St. Pierre, Can. 1:26:26 6. Hector Moreno, Columbia 1:26:30 7. Sergio Caldino, Brazil 1:26:47 8. Julio Martinez, Guatamala 1:26:51 9. Claudio Bertolino, Brazil 1:27:24 10. Querubin Moreno, Col. 1:27:43 11. Clodomiro Moreno, Col. 1:28:03 12. Jonathan Matthews, US 1:28:04 13. Ademar Kmmmler, Brazil 1:28:28 14. Allen James, US 1:30:01 15. Jorge Segura, Mex. 1:31:13 16. Roberto Oscar, Guat. 1:31:14 17. Jorge Lorefice, Arg. 1:32:07 18. Andrzej Chylinski, US 1:32:15 19. Omar Aguirre, Ecuador 1:32:54 20. Philip Dunn 1:35:53 21. Pascal Pedneault, Can. 1:36:14 21. Andrew Hermann, US 1:38:25 23. Luis Barcia, Guat. 1:39:07 24. Jose Torres-Zayas, Puerto Rico 1:41:13 25. Tim Seaman, US 1:41:13 16. Arturo Huerta, Can. 1:44:14 27. Balmore Ernesto=Elias, El Sal. 1:46:10 28. Carlos Alberto-Rivera, E. Sal. 1:46:2=17 DQ--Rodrigo Serrano, Mex.; Al Heppner, US; Benjamin Lorefice, Arg.; and Milton Uyaguari, Ecuador Team: 1. Mexico 444 2. Colombia 423 3. Brazil 421 4. Guatamala 407 5. USA 407 6. Canada 404 7. Ecuador 279 8. Argentina 134 9. Puerto Rico 129 (Overcast with light drizzle, 8 mps wind, 68 F, 87 percent rel. humidity)

50 Km: 1. Carlos Mercenario, Mexico 3:52:06 (47:24, 1:33:23, 2:20:05, 3:05:57) 2. Miguel Rodriguez, Mex. 3:52:06 3. German Sanchez, Mex. 4:03:07 4. Ruben Aricado, Mex. 4:09:46 5. Ignacio Zamudlo, Mex. 4:16:55 6. Jorge Luis Pino, Cuba 4:17:31 7. Julio Cesar Urias, Guat. 4:18:41 8. Rob Cole, US 4:23:10 9. Daniel Vargas=Hernandez, Cuba 4:24:38 10. Steve Pechovsky, US 4:33:50 11. Dave Marchese, US 4:34:11 12. Jorge Risquet, Cuba 4:35:47 13. Paul Wick, US 4:41:31 14. Ademir Domingues, Brazil 4:46:48 DQ--Nelson Rocha, Brazil; Francisco Gomez, Cuba; and Edel Oliva, Cuba. DNF--Manoel Pereira de Souza, Brazil; Tim Berrett, Can.; Julio Martinez, Guat.; and Paul Malek, US. Team: 1. Mexico 445 2. Cuba 429 3. USA 427 4. Guatamala 145 4. Brazil 139 6. Canada 0 (Mostly cloudy, 6 mph wind, 70 F, 93 percent humidity)

### Alongi International Races

Women's 10 Km International: 1. Lynda Brubaker 46:59 2. Joni Bender, Can. 50:56 3. Lora Rigutto, Can. 51:37 4. Lauren Eastler-Farkash 53:23 5. Kristen Mullaney 53:26 6.

Francisca Martinez, Mex. 54:42 7. Gayle Johnson (54:43 (1st Master) 8. Daryl Ann Kidder 57:40 9. Patricia Whitlock 58:07 DQ--Eva Machuca, Mex.

**Men's 20 Km International:** 1. Guillermo Rodriguez, Mex. 1:24:17 2. Filiberto Pantoja, Mex. 1:24:22 3. Nicolas Martinez, Mex. 1:29:52 4. Ian Whatley 1:30:28 5. Gary Morgan 1:31:04 6. Jan Klos, Poland 1:33:51 7. Gharfara Abderrezak 1:34:21 8. Ioan Froman 1:39:22

**Women's Junior 5 Km Team:** 1. Nancy Villalobos, Mex. 24:47 2. Lisa Chumbley, US 25:58 3. Roselle Safran, US 26:30 4. Alison Zabrenski, US 26:57 5. Martine Rainville, Can. 27:19 6. Anne Lankowicz, US 27:29 7. Kim Lando, US 27:48 8. Aimee Parson, US 27:52 9. Marie-Eve Daigneault, Can. 28:41 USA 443, Canada 292, Mexico 151

**Men's Junior 10 Km Team:** 1. Francisco Pantoja, Mex. 42:01 2. Jesus Sanchez, Mex. 43:19 3. Oscar Ramirez, Mex. 44:27 4. William Van Axen, US 44:28 5. Justin Marrojo, US 45:06 6. Yariv Pomeranz, US 46:41 7. Will Leggett, US 48:51 Mexico 448, US 438, Canada 0. Combined Junior Teams: US 881, Mexico 599, Canada 292

**Women's 10 Km Club:** 1. Debbie Benton 55:16 q. Diane Podsiadlik 55:22 3. Deborah Stegman 56:38 4. Becky Senter 61:31 (10 finishers)

**Men's 10 Km Club:** 1. Tito Palacios, Mex. 41:16 2. Rick Biekhimer, Can. 45:09 3. Sadley Zbigniew 49:59

**Women's 5 Km Masters:** 40-44--1. Fuentes Vargas, Mex. 27:40 2. Debbie McLaughlin 29:12 3. Nella Perrine 29:29 4. Kerry Weaver 29:43 (9 finishers) 45-49--1. Jeannette Smith 27:24 2. Linda Stein 27:35 3. Jackie Jessup 27:50 4. Patty Kerr 31:02 (7 finishers) 50-54--1. Valerie Stowe 29:35 2. Walda Tichy 31:38 (4 finishers) 60-64--1. June-Marie Provost, Can. 29:43 (4 finishers) Over 70--1. Imogene Watkins 36:37

**Men's Masters 5 Km:** 40-44--1. Mario Renteria, Mex. 52:12 2. Bill Reed 55:18 3. Ted Robu 58:15 45-49--1. Max Walker 52:37 2. Vince Abell 55:44 3. William Goodwin 56:53 4. Robert Campbell 57:21 5. Dale Dickie, Can. 58:19 6. Michael Bird 58:52 7. Michael Burris 59:33 8. Ross Barranco 60:11 (11 finishers) 50-54--1. Ed Kousky 51:42 2. Victor Sipes 52:43 3. Terry McHoskey 54:59 4. Marino Scerpella 56:23 5. Gary Myers, Can. 57:23 6. Gary Gray 61:25 (9 finishers) 55-59--1. Gerald Bocci 60:16 60-64--1. Max Green 52:57 2. Jack Bray 54:08 65-59--1. Vance Genzlinger 59:54 2. Kenneth McKay 62:29 3. William Flick 63:17 (6 finishers)

## James and Herazo Dominate National 1 and 2 Hour Walks

Cambridge, Mass., Oct. 9--A cool, but windy morning on the campus of MIT found a large group of dedicated racewalkers, officials, judges, and spectators at Steinbrenner Stadium for USAT&F 1 and 2 Hour championships.

In the men's 2 Hour, there were 12 competitors, but none could compete with Allen James on this day. Getting an early lead, Allen eventually lapped the field three times to break the American record for the event and capture the 25 Km record on the way. (Unfortunately, we don't know what his time for the 25 was.)

The women's 1 Hour, which followed, saw 27 competitors on the starting line. Victoria Herazo and Deborah Van Orden immediately broke into a sizeable lead with Van Orden breathing down Herazo's neck for more than 5 Km. By 6 Km, Victoria had lapped everyone else and Debbie trailed by 150 meters. Shortly after 8 Km, Van Orden was DQ'd and Herazo dropped off her earlier pace. She finally completed 12,440 meters, some 754 meters behind the World Best she did in 1992.

### Results:

2 Hour: 1. Allen James (30), Athletes in Action 26,661 meters (Old American record 26,145 by Ray Sharp in 1982) 2. Marc Varsano (29), Park Racewalkers 25,372 3. Carl Schueler (38) Colorado Springs 24,884 (Perhaps he too is looking to another World Cup team at 50) 4. Ian Whatley (35), Potomac Valley Walkers 24,537 5. Curt Clausen (27), Durham, N.C. 23,003 6. Dave Lawrence (39), Kenmore, N.Y. 21,645 7. Justin Kuo (40), New England Walkers 20,104 8. Philip McGaw (44), North Medford Club 19,758 9. Ken Mattsson (30), NEW 19,746 10. Alan Seagal (47), NEW 16,453 Dave McGovern DNF

2 Hour: 1. Victoria Herazo (35), California Walkers 12,440 meters 2. Gretchen Eastler (22), Simmons College 11,638 3. Joanne Dow (30), NEW 11,514 4. Lauren Eastler-Farkash (25), Rochester, N.Y. 10,954 5. Kaise Ajaye (31), New York City 10,876 6. Elton Richardson (55), New York City 10,227 7. Eileen Lawrence (41) Kenmore, N.Y. 9578 8. Donna Cetrulo (46) 9216 9. Jeanne Shepardson, NEW (66) 8829 10. Carolyn Willis (40), North Medford Club 8734 11. Donna Goguen (48), NEW 8614 12. Jenny Woodbury (12), Waldo Kennedy Club 8446 13. Cathy Orr (59), Pawtucket, Conn. 8367 14. Kathryn Carmines (50), Pot. Valley 8225 15. Christopher Corkery (48), NEW 8119 16. Sheila Danahey (43) Mystic, Conn. 8043 (21 finishers)

### OTHER RESULTS

**New England 15 Km Championships, Charlestown, R.I., Sept. 18--**1. Brian Savilonis (44) 1:14:43 2. Joanne Dow (30) 1:25:17 3. Bob Ullman (44) 1:27:57 4. Meg Ferguson (44) 1:30:35 5. Charles Mansbach (49) 1:37:22 (10 finishers) **Jersey Shore Half Marathon, Long Branch, N.J., Oct. 6--**1. Manny Eisner 2:13:37 2. Dr. Patrick Bivona 2:14:42 3. Alan Fidler 2:14:52 **10 Km, Atlantic City, Sept. 25--**1. John Soucheck 51:04 2. Alan Price (1st 45-49) 53:28 3. Curt Sheller (1st 40-44) 55:10 4. Marcus Kantz 57:29 5. Ronald Shields (1st 50-54) 57:29 6. Tom Zdrojewski 58:23 7. Patrick McMenaman 59:09 8. Bob Mimm (1st 65-59) 59:41 9. Larry Freeman 59:46 10. Alan Robinson 59:52 11. Dan Kornahuser 60:55 12. Viktor Litwinski 61:18. . .25. Harry Drazin (1st 80-84) 1:22:49 (25 finishers) **WOmen:** 1. Geri-Lynn Buckholz 53:56 2. Maria Moulton 54:32 3. Pat Weir (1st 40-44) 54:53 4. Donna Cetrulo (1st 45-49) 61:02 5. Nancy Lee Whitney (1st 55-59) 61:02 6. Patricia Nesley (1st 65-59) 68:24 (12 finishers) **Potomac Valley Games 3 Km, Alexandria, Virginia, Sept. 4:** Women 14-19--1. Cori Colling 16:22 Women 20-29--1. Marykirk Cunningham 17:05 Women 40-49--1. Nadya Dimitrov 17:34 Women 60-69--1. Pat Nesley 19:50 Men 20-29--1. Dave McGovern 11:50 2. Maxim Zyryanov, Belarus 12:44 Men 30-39--1. Dave Lawrence 13:55 2. Justin Kuo 15:54 Men 40-49--1. Alan Price 14:52 2. Jim Goldstein 16:30 Men 50-59--1. Joe Guy 16:17 2. Boris Orosdov, Belarus 17:29 3. Viktor Litwinski 17:34 **North American Masters and Eastern Regional 15 Km, Washington, DC., Sept. 5--**1. Dave McGovern 1:10:12 (23:38, 46:51) 2. Maxim Zyryanov 1:10:29 (23:38, 46:52) 3. Steve Pecinovsky 1:10:32 (23:05, 46:52) 4. Yariv Pomeranz 1:14:05 5. Elliot Taub 1:16:42 6. James Carmines (50) 1:19:03 7. Dave Lawrence 1:19:37 8. Alan Price (47) 1:20:35 9. Keith Luoma 1:22:03 10. Ron Shields 1:28:28 11. Tim Good 1:30:01 12. Jim Goldstein (45) 1:31:06 13. Larry Freeman (53) 1:33:14 (18 finishers) **5 Km, same place--**1. Frank Soby (54) 29:33 2. Mike McNamee (40) 29:40 3. Louis Brown (15) 29:28 4. Marykirk Cunningham 29:49 (9 finishers) **1 Hour, Alexandria, Virginia, Sept. 11--**1. Steve Pecinovsky 12,973 m 2. Dave Marchese 12,800 3. Paul Schwartzburg 11,102 4. Tim Good 10,498 5. Joe Guy (51) 10,075 6. Marykirk

Cunningham 10:031 7. Dave Kodner 10:011 8. Lois Dicker (54) 9714 9. Viktor Litwinski 9637 10. Dan Kornhauser 9630 11. Nancy Whitney (58) 9559 (19 finishers) **1 Mile, Alexandria, Aug. 21--1.** Alan Price 8:01.4 2. Thomas Marhevko (44) 9:03 3. Dan Kornhauser 9:10 4. Stett Harrison (15) 9:28 **3 Km, same place--1.** Alan Price 15:26 2. Dave Kodner 17:55 3. Thomas Marhevko 18:24 4. Viktor Litwinski 18:47 (11 finishers) **3 Km, Miami, Florida, Sept. 25--1.** Brandon Perry (15) 14:22 2. John Fredericks (45-49) 14:34 3. Eric Schmook (29) 15:09 4. Juan Yanes (44) 15:22 5. Mike Mason (46) 17:31 6. C.S. Monte Carlo (49) 17:41 7. Jay Dash (51) 17:50 8. Chuck Bryant (38) 18:03 (18 finishers) Women: 1. Linda Stein (47) 16:20 2. Sara O'Bannon (32) 16:30 3. Christine Alt (32) 16:51 4. Stephanie Gray (12) 17:18 5. April Conaghan (23) 17:41 . . . Miriam Gordon (68) 19:15 (U.S. age group record) (14 finishers) **5 Km, Altamonte Springs, Florida, Oct. 1--1.** Edgardo Rodriguez 26:45 2. Paul Alvord (50-59) 29:02 3. C.S. Monte Carlo 29:17 4. Steve Christlieb (40-49) 29:45 Women: 1. Chris Alt 29:28 **5 Km, Orlando, Florida, Sept. 17--1.** Paul Alvord 27:33 2. Steve Christlieb 27:57 3. Chuck McLaughlin 30:31 Women: 1. Pam Betz 31:22 **5 Km, Orlando, Florida, Oct. 8--1.** Edgardo Rodriguez 26:37 2. Paul Alvord 28:37 3. Steve Christlieb 29:02 4. C. S. Monte Carlo 29:31 5. Chuck McLaughlin 29:56 Women--1. Chris Alt 28:49 2. Christine Hoffman 30:19 (54 finishers overall) **5 Km, Orlando, Oct. 15--1.** Danny Fink 27:30 2. Paul Alvord 28:19 3. Steve Christlieb 29:18 4. Chuck McLaughlin 30:01 **5 Km, Cleveland, Sept. 10--1.** Garry Reider 26:28 2. Jerry Muskul 27:38 3. Darryl Ann Kidder 27:42 4. Tim Bailey 30:29 (15 finishers, 2 DQs) **Detroit Free Press Marathon, Oct. 16--1.** Gary Morgan 3:39:46 2. Jeff Cassin (22), Canada 3:46:01 3. Jan Klos, Poland 3:51:40 4. Janusz Surowicz, Pol. 4:25:30 5. John Pantaleo (52) 4:39:46 6. Gerald Bocci (56) 4:43:21 Women: 1. Demetria Kalodimos 4:46:17 2. Valerie Stowe (52) 4:51:22 3. Robin McIntosh 4:56:03 **10 Km, Dearborn, Mich., Sept. 17--1.** Max Green 53:35 2. Vance Genzlinger 61:36 **10 Km, Dearborn, Aug. 27--1.** Debbie Benton 55:38 Men: 1. Victor Sipes 53:52 **5 Km, Allegan, Mich., Aug. 20--1.** Jerry Cameruci 26:42 2. Hank Meyers 27:46 **10 Km, Lansing, Mich., Sept. 3--1.** Ken Cyr 57:04 2. Tim Thelsen 59:22 **1 Mile, Pasadena, Texas, Aug. 27--1.** Jay Byers 7:32 2. Bob Watson 7:58 **10 Km, Oakland, Cal., Oct. 11--1.** Jonathan Matthews 44:01 2. Dennis King 57:03 (10 finishers) Women: 1. Karen Styonowski 52:45 2. Therese Iknoian 53:15 3. Kerry Bratton 56:16 4. Robin Fujinaka 58:02 5. Jennifer Granucci 60:13 6. Terri Brothers 61:18 7. Sandy Womack 62:16 (12 finishers) **California Senior Games, LaJolla, Oct. 11:** Men's 5 Km: 55--59--1. John Schultz 27:41 2. Greg Boyington 30:10 60-64--1. Jack Bray 26:12 2. Carl Acosta 27:44 3. Mel Schultz 29:16 4. Bob Meador 29:21 5. Fred Crews 29:52 6. Clyde Hatfield 30:09 65-59--1. Jim Selby 30:30 Men's 1500 meters: 1. Jack Bray (61) 7:29 2. Carl Acosta (61) 7:54 3. Fred Crews (61) 8:15 4. Greg Boyington (59) 8:23 5. Bob Meador (60) 8:36 6. Clyde Hatfield (60) 8:38 Women's 5 Km: 50-54--1. Jolene Steigerwalt 29:32 60-64--1. Shirley Dockstader 30:46 2. Betty Crews 31:03 Women's 1500--1. Jolene Steigerwalt (51) 8:31 2. Shirley Dockstader (61) 8:52 3. Betty Crews (60) 9:06 **5 Km, Sacramento, Cal., Aug. 26--1.** Terri Brothers 29:41 **Silver State 10 Km, Carson City, Nev., Aug. 28--1.** Bill Penner 57:31 2. Peter Giachetti 58:10 Women: 1. Marjorie Alexander 62:43 **5 Km, Portland, Oregon, Aug. 6--1.** Scott Nelson, New Zealand 23:00.23 2. Herm Nelson 20:09 3. Dan Suitich 22:54 4. Art Nelson 28:39 Women: 1. Linn Murphy, New Zealand 23:31.56 **2.8 Mile, Seattle, Sept. 1--1.** Bruce Harland 23:44 2. Bob Novak 23:53 3. Bev LaVeck 25:58 **1/2 Marathon, Woodinville, Wash., Sept. 5--1.** Stan Chraminski 1:56:43 2. Ron Helm 2:04:07 3. Bev LaVeck 2:09:30

**Asian Games, Oct. 10:** 20 Km--1. Chen Shaoguo, China 1:21:15 2. Bo Lingtang, China 1:21:56 Women's 10 Km--1. Gao Hongmiao, China 44:11 2. Gu Yan, China 44:18

# PUT ON THOSE GOLDEN SLIPPERS AND WALK THESE GOLDEN STREETS

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) 5 Km, Picayune, Mississippi, 8:40 am (V) 10 Km, Longmont, Col., 9am (H) 10 Km, Key Biscayne, Florida, 7:30 am (Q) 5 Km, Flint, Mich. (Y)
Sun. Nov. 13	1 Hour, Marin, Cal., 8 am (P) 10 Km, Miami, 8 am (Q) 10 Km, Concord, Mass. (I) 5 Mile, Manalpan, N.J. (A)
Sat. Nov. 19	10 Km, Miami, 7:30 am (Q) 5 Km, Turkeyville, Mich., 8:30 am (Y)
Sun. Nov. 20	Half-Marathon, Miami, 7:15 am (Q) 10 Km, Gretna, Louisiana, 8 am (M) 5 Km, New York City, 9 am (F) 5 and 10 Km, Kalamazoo, Mich. (Y) Coney Island 10 Mile Handicap, New York City
Thu. Nov. 24	4 Mile, Denver, 10 am (H) 5 and 10 Km, San Francisco, 9 am (C)
Fri. Nov. 25	5 Km, Niles, Mich., 9 am (Y) 5 Mile, Freehold, N.J., 11 am
Sat. Nov. 26	5 Km, Denver, 9 am (H) 5 Km, Seattle (C) 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) 1 Hour, Fort Monmouth, N.J., 10 am (A) South Regional 50 Km, Houston, Texas, 7 am (K) 5 and 10 Km, San Francisco, 8:30 am (C)
Thu. Dec. 1	5 Km, Ft. Lauderdale, Florida, 7:30 pm (Q)
Sat. Dec. 3	5 Km, Miami, 7:30 am (Q) 5 Km, Columbia, Missouri (U)
Sat. Dec. 10	5 Km, Kent, Washington (C) 5 Km, Miami, 7:30 am (Q) 10 Km, Columbia, Missouri, 8:30 am (U)
Sun. Dec. 11	5 Km, San Francisco, 8:30 am (C) 5 Km, Boca Raton, Florida 7:30 am (Q) 1 Hour, Fort Monmouth, N.J., 10 am (A) 5 Km, New York City, 9 am (F)
Sat. Dec. 17	5 and 10 Km, Seattle (C)



	5 Km, Salem, Oregon, 10 am (O)
	10 Km, Coconut Grove, Florida, 8 am (Q)
Sun. Dec. 18	Todd Scully 10 Km, Long Branch, N.J., 1:15 pm (A)
	5 Km, Miami, 7:30 am (Q)
Sat. Dec. 31	10 Mile, Asbury Park, N.J., 10 am (A)
	5 Km, Coconut Grove, Florida, 5:45 pm (Q)
Sun. Jan. 1	1 Mile, Salem, Oregon (O)

#### Contacts

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 D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086  
 E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180  
 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028  
 G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580))  
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
 I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146  
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206  
 K--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072  
 L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104  
 M--NOTC, P.O. Box 52003, New Orleans, LA 70152  
 N--Keith Reichley, 23969 Frank St., North Olmsted, OH 44070  
 O--Jim Bean, 4658 Fuhrer St. NE, Salem, Oregon 97305  
 P--Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914  
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445  
 R--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609  
 T--MPWWWC, PO Box 221172, Carmel, CA 93922  
 U--Columbia TC, P.O. Box 1872, Columbia, MO 65205  
 V--David Guizerix 601-798-4881, or 504-847-1701 evenings  
 Y--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009

#### FROM HEEL TO TOE

Technique Productions has announced two exciting developments for Advanced Race Walking, the all-time best selling book on competitive racewalking. First, it has been selected as the official racewalking coaching manual for the International Amateur Athletics Federation (IAAF), the governing body for track and field competition throughout the world. It will be the sole racewalking book used at IAAF clinics. Peter Thompson, IAAF Director of Coaching Development, praises the book thus: "Advanced Race Walking takes readers from the basics all the way to world class training programs. It's by far the best coaching and self-coaching book available in the world today." Second, author Martin Rudow has just completed 40 new pages for an updated fourth edition. The new material reflects developments in the sport and the latest in coaching advances for improving technique, endurance, and speed. Rudow has been continually involved with racewalking as an athlete, official, coach, author, and clinician since 1962. As an athlete, he was world ranked at 10 and 20 Km in 1968 and 1969. He has officiated at virtually every major national and world championship event, including the Olympic Games. He was National

Racewalking Coach from 1986 through 1988 and has produced a videotape (race Walking Technique) on race walking. He is a magazine publisher and consultant in addition to his racewalking commitments. The fourth edition of Advanced Race Walking retails for \$11.50. If you can't find it at your bookseller, contact Technique Productions, 4831 NE 44th St., Seattle, WA 98105, or call 206-527-9218. . . Do it with Dave. Another chance to take advantage of Dave McGovern's excellent approach to clinics presents itself in a Racewalking Weekend in New Orleans December 2 to 4. Participants will benefit from lectures on modern racewalking technique, individual video-taped technique analysis, discussions on proper training methods for racewalkers, race preparation tips, and race strategy suggestions. The \$95 fee includes all individual and group instruction, a Friday evening orientation/pasta dinner, and all handouts. For more info, contact Dave at Box 584 LaGrange College, LaGrange, GA 30240, 706-883-1409, or write Karen Kloiber, 1920 Stumpf Blvd., Terrytown, LA 70053. . . Ian Whatley has had a very busy year, after recovering from knee surgery last fall. He competed in 33 races between Feb. 19 and October 9, and has done all the outdoor Nationals (5, 10, 15, 20, 25, 30, 40, 50, and 2 Hour) in a 1 year span--beginning with the National 30 Km on October 31, 1993. Has anyone else done this since the days of the nomadic Ron Laird? We think not. If a few more top walkers would make the effort to get to more of the National races we might avoid some of the quite uncompetitive events we see. . . Ten Kilometers splits from the European 50 Km (results and commentary in last month's issue): Spitsyn (45:06, 1:29:24, 2:13:36, 2:56:59, 3:41:07; Toutain 45:02, 1:29:17, 2:13:36, 2:57:44, 3:43:52; Perricelli 45:44, 1:31:23, 2:17:12, 3:01:37, 3:43:55; Garcia 44:58, 1:29:12, 2:13:37, 2:57:43, 3:45:25; Korzenowski 45:18, 1:29:54, 2:14:24, 3:00:02 3:45:57; Skurygin 45:07, 1:29:25, 2:13:34, 2:58:20, 3:46:30; Kononen 45:02, 1:29:19, 2:13:48, 3:00:05, 3:47:14; Plotnikov 45:18, 1:29:54, 2:14:46, 3:01:26, 3:47:43; Blazek 45:06, 1:29:36, 2:14:48, 3:01:26, 3:49:44; Noack 45:08, 1:29:56, 2:14:24, 3:00:43, 3:24:58. . . From Bob Bowman: "I appreciate your printing my comments in the last ORW regarding the Working Group proposals. However, I would like to comment on your editorial comment explaining your comment regarding the apparent lack of investigation of the shoe alarm. (Ed. I am going to refrain from commenting on Bob's comment on my comment explaining my previous comment. For the, he might have to comment on my comment . . .) Your assumption that these reports are truthful is incorrect for the following reasons: (a) It is the inventor's responsibility to provide us with the latest diagrams and descriptions, not ours. The inventor sent his design package to me in November 1993. If he withheld information, that was his choice. If he had made significant changes in his design, it was up to him to provide this information. Of course, he was repeatedly asked to address the reliability issues and also failed to do this. (b) I did not attend a demonstration of the device in Las Vegas because I had an important meeting to attend that conflicted with the demo. Also, any demonstration would not add anything to what I already knew. And until you solve the reliability problems, demonstrations are not very helpful, as was the case here. (c) The IAAF Walking Committee did not cancel an invitation to Furlong to demonstrate his device at our meeting in Europe early this year because we never invited him in the first place! . . . Danny Vogel in Chicago passes on the following information from Running Times: Former racewalking junior world champion Alexey Volgin of Russia won a major running event in Saratoma, Japan, the International IAU 100 Km World Championships, in 6:22:43, a 6:09 mile pace.



## SENIOR NATIONAL OUTDOOR RACEWALK CHAMPIONS 1994

Women

- 5 Km Michelle Rohl, Parkside AC, 22:27, Kingsport, Tenn., Sept. 17  
 10 Km Teresa Vaill, un., 45:01.6, Knoxville, Tenn., June 16  
 15 Km Victoria Herazo, California Walkers, 1:11:40, New Orleans, Feb. 19  
 20 Km Lisa Sonntag, un., 1:48:15, Albany, N.Y., May 19  
 1 Hour Victoria Herazo, California Walkers, 12,440 meters, Cambridge, Mass., Oct. 9

Men

- 5 Km Jonathan Matthews, Golden State RW, 20:12, Kingsport, Tenn., Sept. 17  
 10 Km Dave McGovern, New York AC, 42:56, Niagara Falls, N.Y., July 16  
 15 Km Allen James, Athletes in Action, 1:06:03, New Orleans, Feb. 19  
 20 Km Allen James, Athletes in Action, 1:28:36, Knoxville, Tenn., June 18  
 25 Km Phil Dunn, adidas 1:58:05, Albany, N.Y., May 22  
 40 Km Dave McGovern, New York AC 3:28:02, Fort Monmouth, N.J., Sept. 11  
 50 Km Allen James, Athletes in Action, 3:55:39, Palo Alto, Cal., March 13  
 2 Hour Allen James, Athletes in Action, 26,661 meters, Cambridge, Mass., Oct. 9

## LOOKING BACK

**25 Years Ago** (From the Oct. 1969 ORW)--A U.S. team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airolo-Chiasso road relay in Switzerland. . .Laird won national titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the former, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30 Km, Tom Dooley gave Ron a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind. . .East German ace Christoph Hohne bettered the world record at 50 Km (track) with 4:08:05. . .On the local scene, your already aging editor (well, I was then 34) won a 2 mile in 14:49 and a struggling 20 Km in 1:43:14.

**20 Years Ago** (From the October 1974 ORW)--Led by Bob Henderson and Augie Hirt, the U.S. won a dual meet from Canada in Montreal. Bob won the 20 Km in 1:34:32 with John Knifton edging Karl Merschenz and Marcel Jobin for second in 1:37:14. Augie beat Tom Knatt in the 50 with 4:40:15. Tom was 2 minutes back, well clear of Canada's Pat Farrelly. . .Larry Young captured the National 30 Km title in 2:30:26, with Hirt second and Mexico's Domingo Colin third. . .That was in Columbia, Missouri, where on the same day, Ruth Eberle won the women's National 10 Km in 57:30. . .Also in Colombia, the annual 100 miler saw a record 5 finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neil, Dave Leuthold, and Leonard Busen followed. . .John Knifton turned in a knifty 1:31:30 for 20 Km on the track in Pine Plains, N.Y.

**15 Years Ago** (from the October 1979 ORW)--This time, Canada, led by Mike Stones and Helmut Boeck, prevailed over the U.S.. The meet was held in Niagara Falls. Stones won the 15 Km in 1:10:41, just 5 seconds ahead of Dennis Reilly. Ron Daniel and Al Halbur

won the next two spots for the U.S. Boeck (2:33:17) and Pat Farrelly (2:34:47) were one-two at 30 Km giving Canada a one point win from the two races. Alan Price, Ray Somers, and Wayne Glusker took the next three spots. . .Two weeks earlier, Price had defended his 100 mile title in Columbia, winning in 19:52:15. Seven others, led by Bob Chapin and Leonard Busen, finished. . .The Lugano Cup (now World Cup) went to Mexico, who took three of the first four places at 50 Km to edge the USSR by 5 points. East Germany was third. Daniel Bautista won the 20 for Mexico in 1:18:49, but the strong Soviet contingent took the next four spots to take a commanding lead. Boris Yakovlyev was second in 1:19:46. At 50, Martin Bermudez edged Enrique Vera by 23 seconds in 3:43:36, as favored Raul Gonzalez faded to fourth, after passing 20 in 1:25:03. The U.S. finished 13th among 14 teams. . .Dan O'Connor won the National 30 Km in Detroit with a 2:22:43. Steve Pecinovsky was just 5 seconds back.

**10 Years Ago** (From the October 1984 ORW)--Carl Schueler, following up his Olympic sixth-place finish, recorded one of the most one-sided victories in U.S. National Racewalking Title annals in winning the National 40 Km in Fort Monmouth, N.J. Carl had an excellent 3:13:57. Second place Ray Funkhouser finished in 3:39:21, followed by Nick Bdera, Fabian Knizacky, and Randy Mimm. . . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with 18:46:13. That was better than 2 minutes under Paul Hendrick's mark from 1980. It marked Alan's 15th 100 miler. Bob Keating (21:42:55) and Bruce Etherton were the only other finishers. . . Canada's Guillaume Leblanc won the Alongi 20 Km in 1:26:37, followed by Mexico's James Lopez and Italy's Sergio Spagnulo.

**5 Years Ago** (From the October 1989 ORW)--In brutal weather conditions--high humidity and a temperature that climbed past 90 during the race--Dave McGovern, protesting that he was not a 40 Km walker, won the National title at that distance. His winning time of 3:52:34 reflected the conditions. The conditions favored tough, old guys, with the next five finishers being past 40. Nick Bdera and Alan Price finished second and third. . .Tim Lewis recorded an impressive win in the Alongi 20 Km with a U.S. road record of 1:22:17. Going through the first 10 in 40:51, he easily dropped Italy's Sergio Spagnulo, who finished second in 1:23:39. The next four spots went to Zbigniew Sadlej, Poland; Victor Sanchez, Mexico; Carl Schueler, and Gary Morgan. Italy's Ileana Salvador won the women's 5 Km in 21:52, beating Monica Gunnarsson, Sweden; Alison Baker, Canada, and Debbi Lawrence. . .Gary Morgan covered 25,710 meters to win the National 2 Hour in Cambridge, Mass. He led Jeff Salvage by 455 meters. Dave McGovern was third with 24,455. The women's 1 Hour went to Lizzy Kemp, who covered 10,899 meters to beat Susan Westerfield by 256 meters. . .And, Alan Price was still on top at 100 miles. He won the Columbia race in 19:54:11, leaving Dale Sutton more than 27 minutes behind. Ray Franks, Dave Thorpe, and Veda Roubidoux also finished the distance.

Following are the comments from reader Martin Smith, which we mentioned last month--we may give Martin a regular column before long since he continues to comment so ably--and a training note by Wayne Armbrust, which he gave me some time ago (not the date). Wayne is the former coach of the Ohio Track Club and current coach of the Columbia Track Club. He departed Columbus when he married racewalker Gayle Johnson who was leaving her faculty position at Ohio State for a position at the University of Missouri. Okay, the Martin Smith letter:



Dear Mr. Mortland:

I imagine you will be swamped with comments about the IAAF Race Walking Working Group actions. Many of the points seem, at least, reasonable and well considered. The change to the "Definition of Racewalking" rule and the possible creation of a new technical rule regarding footwear will affect walkers' bodies. The skeptic in me is asking for some real data on these changes.

The heel-first contact rule is listed as a requirement separate from the straight knee rule, but the explanation indicates that these will be lumped together for warnings. (That is, a walker could not receive from one judge a warning for non-heel contact and then a bent knee warning; the bent knee call would be the second violation in the combined category and, thus, it would have to be a "red card.") Is this interpretation correct?

Concerning the testing period for the new definition of racewalking, what factors will be evaluated? Is there a control group, so that the testing will show what is better, not just whether the new rule is workable? Is any possible effect on injury rates for athletes to be evaluated? Does seven months trial give adequate time to evaluate whether the straight knee on contact rule will affect the frequency of injuries in the sport? Or do most walkers already walk this way?

The new definition will force walkers to absorb all the shock of foot touchdown in the hip, back, and in (perhaps) increased cushioning in the shoe heel. If, to comply with the new rule, a walker must change his or her style, he or she may also have to switch to shoes with more elevated heels for self-preservation. Yet, it appears that the testing period for the rule is going forward not coordinated with the availability of elevated heel shoes known to meet the still undetermined dimensions.

It strikes me as somewhat ironic that, the straight knee on contact rule seems likely reward those walkers who already have the foot contact closest to the vertical projection of the center of gravity. This gives virtual endorsement by the rules to the very "short stroke, high turnover" style that has been ascendant over the last 15 to 20 years and has been central in the races that contributed most to the judging controversy in that period.

Finally, the phrase "seeks to make", instead of "maintains" (And what happened to "at all times"?), in the rule could open the door to attempts to judge the walker's intent. Will this give opportunities to introduce "political" judging? Further, is this the first wedge pushing racewalking away from attempting to enforce the contact rule?

*Martin T. Smith*

Martin T. Smith

General Endurance Training Considerations  
Wayne T. Armbrust, Ph.D.  
The Ohio Track Club (Now Columbia Tc)  
November 13, 1990

The following is a compendium of material distilled from various sources, much of it from the work of Dr. Jack Daniels and Fred Wilt. It is hoped that it will be helpful as a brief guide to current thinking in endurance training methods.

Basic to all endurance training is the determination of the running or walking velocity at which  $\text{VO}_2\text{max}$  occurs. An endurance athlete can expend energy at the rate corresponding to  $\text{VO}_2\text{max}$  for only about 15 minutes. Thus for a runner, velocity  $\text{VO}_2\text{max}$  ( $\text{vVO}_2\text{max}$ ) can be approximated by 5000 meter race pace and for a walker, by 3000 meter race pace. Therefore, for a 14:30 5000 runner,  $\text{vVO}_2\text{max}$  corresponds to approximately 345 meters/min. This is the intensity at which  $\text{VO}_2\text{max}$  interval work is done and will be referred to as I intensity. All other types of training will be related to I intensity. E intensity is the pace at which long runs or walks are performed and at which running or walking is done on easy days, which should be approximately 75% of  $\text{vVO}_2\text{max}$ , or in the case of the hypothetical 14:30 5000 runner, about 259 meters/min. Examples of this for the same hypothetical runner might be 20 k in 1:17:15 for a long run or 5000 in 19:18 for an easy run. T intensity is the pace at which threshold workouts are performed. T intensity is the pace at which blood lactate accumulates at a rate disproportionate to increases in speed. These workouts are important to increase the percentage of  $\text{VO}_2\text{max}$  which can be sustained for a long period of time. T intensity is usually taken to be approximately 88% of  $\text{vVO}_2\text{max}$ . (5 k in 16:30 or 1500 intervals in 4:57 for our hypothetical runner) R intensity is the speed at which fast intervals are performed and should be about 3 to 5 seconds per 400 meters faster than I intensity for the runner and about 5 to 8 seconds per 400 faster for the walker. (400s in 64.5-66.5 sec for our hypothetical runner) With these ideas in mind, the following are types of workouts which should be considered:

1. Easy runs or walks at E pace from 5 to 10 k in length. Sometimes this will be the only training session on an easy day, at other times it might be the morning session of a two workout day.
2. Long runs or walks at E pace, covering 20 k or more or up to 25 or 30% of weekly distance.
3. Tempo runs or walks of about 20 minutes duration at T intensity.
4. Cruise Intervals. These are another form of threshold workout consisting of intervals of 800 to 3000 meters in length at T pace with a short rest between intervals.
5.  $\text{VO}_2\text{max}$  Intervals. Intervals performed at I intensity covering from 200 to 1500 meters with a rest equal to or slightly shorter than the preceding interval. This type of workout is said to most efficiently develop the aerobic energy system. Total distance covered per session for this type of workout should not exceed approximately 8% of weekly distance, or not over 10,000 meters, whichever is less.
6. Fast intervals. Intervals of from 100 to 400 meters performed at R intensity. Nearly complete recovery is allowed the athlete before beginning the next interval. Workouts of this type are said to improve running or walking economy and speed. No more than 5% of weekly total distance per session for this type workout.