

Ohio Race Walker
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OHIO RACEWALKER

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James storms to repeat 50 Km title

Palo Alto, Cal., January 8 (From Ron Daniel)--A major storm system christened 28 hearty athletes (including four Canadians also using the race as their trial event) throughout the 1995 USATF 50 Km racewalk championship. Racing on a debris strewn 2.5 km loop, the walkers also battled a steady rain and winds gusting to 50 mph. The only plus in the conditions was the mild temperature (50s) and plenty of cloud cover. But really saving the day were dozens of Golden Gate Race Walker club members, lap counting and manning the aid stations.

With three international teams at stake (Pan Am Games, World Cup, and World Championships), the large entry field was not surprising. What was surprising, considering the conditions, was the intensity of the race right from the starter's gun. With six past champions and five former Olympians in the field, the wet and windy conditions couldn't snuff out the fireworks. Starting at a sub 4 hour pace and continuing to 40 Km, when he turned in his first lap not under 12 minutes, defending champion Allen James became the events' first repeat winner since Carl Schueler in 1991 and 1992. Since 1980, Carl has been the only back-to-back winner, having accomplished it in '84-'84 and '87-'88, as well.

Although winning by almost 2 minutes, Allen had company for most of the race. James, Andrzej Chylinski, Jonathan Matthews, Herm Nelson, and Martin St. Pierre passed 10 Km in 47:42, with Marco Evoniuk, Paul Wick, and Dave Marchese a minute back. That lead group of five stayed together through 25 Km (20 in 1:35:28 and 25 in 1:59:13), with Evoniuk hanging on the best (1:01:54 at 25). By 30 Km, only Chylinski could stay with James at 2:22:50, better than a minute under the coveted 4 hour pace. Matthews and St. Pierre had slipped by 19 seconds and Nelson was another 9 seconds back.

Turning in a quick 23:32, James opened a slight 6 second lead on Andrzej at 35 Km, with Matthews now 29 seconds back. Martin St. Pierre called it a day at 2:47:24; a sub 2:55 35 Km was the goal for consideration by the Canadian federation. Although faltering, Herm Nelson was still alive in fourth place at 2:48:33. In mid-race, another interesting battle had developed between the two four-time Olympians. Carl Schueler had steadily worked his way passed Evoniuk, as they passed 35 Km in 2:52:34 and 2:53:20, respectively. The 40 Km checkpoint pretty well defined the finish with Allan at 3:09:52, a 23:22 5 Km, and Chylinski now 52 seconds back.

Perhaps even more impressive than James' sub 4 hours was Chylinski's big PR by more than 6 minutes. While disappointed in third, Matthews continued to show his consistency with his fourth sub-4:03. Not quite "old timers", but having been the 50 Km standard bearers for better than 15 years, Carl and Marco are still threats. And rounding out the top six was Andrew Hermann with a PR at 4:19:51. In his first 50 Km in 2 years, master walker Gene Kitts surpassed the Olympic Trials' standard with a strong 4:23:53.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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Just missing the Trials' standard, but setting a PR, Mike Rohl was the last under 4:30 at 4:25:12. The race saw 14 finishers under 5 hours, the most in many years.

While it is speculation, a slow down of just 15 seconds per lap (for the leaders) because of the head wind comes out to 5 minutes over the race. Four hours for the taking for Chylinski and Matthews. On the day, there were plenty of heroes and no disgrace to be beaten down by the elements.

Special thanks go to the Palo Alto Parks and Recreation department for the course and set-up material, Collagen Corporation for the post race indoor facilities, and GGRW for the person-power.

1. Allen James, Athletes In Action 3:59:46 (23:48, 47:42, 1:11:37, 1:35:28, 1:59:13, 2:22:50, 2:46:30, 3:09:52, 3:34:14) 2. Andrzej Chylinski, NYAC 4:01:40 3. Jonathan Matthews, GGRW 4:02:42 4. Carl Schueller, un. 4:14:00 5. Marco Evoniuk, un. 4:14:19 6. Andrew Hermann, Adidas TC 4:19:51 7. Rob Cole, Reebok 4:22:30 8. Gene Kitts, un. 4:23:53 9. Mike Rohl, Brooks AC 4:25:12 10. Mike DeWitt, Parkside AC 4:33:57 11. Ian Whatley, Potomav Valley TC 4:35:09 12. Steve Vaitones, Nike Boston 4:49:12 13. Albert Leibold, Front Range Walkers 4:49:53 14. John Soucheck, Shore AC 4:57:47 DNF--Paul Wick 42.5 Km; Herman Nelson 40 Km; Jeff Cassin, Can. 35 Km; Dave McGovern 35 Km; Martin St. Pierre, Can. 35 Km; Patrick Bivona 32.5 Km; Pascal Pdnalt, Can. 30 Km; Steve Pecinovsky 27.5 Km; Ed Bouldin 25 Km; Arturo Huerta, Can. 25 Km; Paul Malek 25 Km; Gary Morgan, 25 Km. DQ--Dave Marchese 47.5 Km; Dan O'Connor 45 Km

OTHER RACES

10 Km, Concord, Mass., Nov. 13--1. Bob Keating (47) 48:32 2. Joe Light (47) 50:19 3. Bob Ullman (45) 58:15 4. Justin Kuo (40) 58:16 5. Ken Mattsson (30) 59:31 6. Tom Knatt (54) 62:05 7. Charlie Mansbach (50) 62:06 . . . 9. John Gray (70) 69:55 Women: 1. Joanne Dow (30) 49:53 2. Jeanne Shepardson (61) 70:48 **1994 Empire State Games, Aug. 6** (I don't think I ever published these results before): Women's 10 Km--1. Lauren Farkash 52:33 2. Elton Richardson 3. Karen Fina 59:55 4. Bette Vargas 59:49 20 Km--1. Rob Cole 1:31:19 2. Elliot Taub 1:36:39 3. Bruce Logan 1:49:05 4. Lon Wilson 1:52:48 5. Robert Lubelski 1:58:29 **5 Km, New York City, Nov. 20--1.** Lukasz Szela (19) 21:51 2. Marc Varsano (30) 21:57 3. Michael Korol (35) 24:14 4. Roberto Gottlieb (31) 24:30 5. Josh Ginsburg (17) 25:26 6. Bruce Logan (29) 25:28 7. Nick Bdera (46) 26:00 8. Bob Barrett (61) 27:28 9. Tara Shea (16) 28:25 10. Bette Vargas (40) 29:25 11. Andres Fernandez (42) 30:09 12. Jan Gero (61) 30:33 (47 finishers) **5 Km, New York City, Nov. 27--1.** Lukasz Szela 21:42 2. Marc Varsano 21:46 3. Michael Korol 24:04 4. Roberto Gottlieb 24:08 5. Josh Ginsburg 25:08 6. Bruce Logan 26:08 7. Nick

Bdera 26:17 8. Bob Barratt 27:47 9. Tara Shea 28:19 10. Bette Vargas 29:07 11. Thomas Masterson (54) 29:33 12. Maria Cox (53) 30:54 (43 finishers) **5 Km, New York City, Dec. 11--1.** Lukasz Szela 22:31 2. Marc Varsano 22:51 3. Yariv Pomeranz (19) 23:31 4. Roberto Gottlieb 24:37 5. Josh Ginsburg 25:12 6. Nick Bdera 26:36 7. Bob Barratt 27:13 8. Tara Shea 28:22 9. Bette Vargas 29:44 10. Sanam Ahmed (17) 30:39 (55 finishers) **Indoor 1500 meters, New York City, Dec. 11--1.** Josh Ginsburg 6:59.4 2. Tara Shea 7:51.8 3. Michael Spady (13) 9:56 **Indoor 1500, New York City, Dec. 16--1.** Gary Null 7:26.85 2. Alan Sangeap 7:41.33 3. Bob Barrett 8:17.99 **1 Mile, New York City, Dec. 23: High School Div.--1.** Kim Lando 8:22.07 2. Bhavna Bhambree 8:28.80 3. Jennifer Coccozza 9:29.89 4. Meredith Emaneul 9:33.12 **Senior Div.--1.** Roberto Gottlieb 7:13.03 2. Will Havarro 7:29.39 3. Bob Barrett 8:16.79 4. Tara Shea 8:30.87 5. Suzanne Scavera 8:51.64 6. Allyson Jaron 9:11.23 **2 Km, same place--1.** Marc Varsano 12:59.99 **1500, New York City, Dec. 30--1.** Gary Null 6:48.04 2. Alan Sangeap 6:49.07 3. Bravna Bhambree 7:40.10 4. Bob Barrett 7:40.44 5. Sarah Caban 8:10.77 6. Marlene Gross 8:14.40 **3 Km, same place--1.** Sean Albert 12:48.91 2. Marc Varsano 12:50.20 3. Roberto Gottlieb 14:05.95 **1500, New York City, Jan. 7--1.** Lukasz Szela 6:05.5 2. Roberto Gottlieb 6:32.0 3. Gary Null 6:39.1 4. Maryanne Torrellas 7:02.6 5. Bob Barrett 7:36.8 6. Sarah Caban 8:34.5 **5 Km, Washington, D.C., Nov. 19 (unjudged)--1.** Dan Kornhauser (38) 26:07.8 2. Dick Jirousek (51) 29:02.8 3. T. J. Marhevko (44) 29:10.8 4. Victor Litwinski (51) 30:22.9 **10 Km, same place--1.** Alan Price (47) 55:12 2. Tim Good (35) 56:23 3. Louis Free (64) 61:21 **Women: 1.** Mark Kirk Cunningham (28) 62:06 2. Terry Disicksko (40) 62:06 **1 Mile, Virginia Beach, Dec. 3--1.** Harry Watson (1st over 50) 2. Dennis Hughes 8:23 3. Patrick Molnar (2nd over 50) 9:21 4. Robert Andes 9:27 **Women: 1.** Mary Gibbons 8:28 **1 Hour, Durham, N.C., Dec. 18--1.** Curt Clausen (27) 11,442 meters 2. John Harmer (48) 10,533 3. Alvia Gaskill (40) 10,272 4. Ray McKinnis (54) 10,110 5. Andy Briggs (63) 9,229 **5 Km, Doraville, Georgia, Nov. 26--1.** Mark Danford 25:20 2. Shaun Foster 27:40 3. Phil Gura 27:55 4. Dan Strohl 29:33 (1st master) **Women--1.** Kathy Jakim 28:56 **USATF Convention Delegates 3 Km, St. Louis, Dec. 3--1.** Ray Funkhouser (45-49), N.J. 13:38.6 2. Michael Blanchard, Col. 14:36 3. Paul Cajka, Vir. 16:26.9 4. Dave Gwyn (40-44), Texas 16:29.4 5. Wayne Nicholl (60-64), New England 17:28.6 6. Ken Uecker (55-59) 17:45.6 7. Bobby Baker (50-54), Tenn. 17:57.8 8. Justin Kuo, Mass. 18:20.6 (12 finishers) **Women: 1.** Bev LaVeck (55-59), Wash. 17:58.6 2. Stella Cashman (50-54), N.Y. 18:39.9 (5 finishers) **10 Km, Longmont, Col., Nov. 12--1.** Mike Blanchard 50:05 2. Alay Yap (52) 53:04 3. Daryl Meyers (51) 56:57 4. Marianne Martino (44) 57:53 5. Breta Skinner (32) 58:43 6. Tom Inglefield (44) 59:57 (11 finishers) **4 Mile, Thanksgiving Day, Denver--1.** Mike Blanchard 32:57 2. Daryl Meyers 36:39 3. Lori Rupoli (43) 37:09 4. Bob DiCarlo (60) 37:49 5. James Twark (46) 37:56 (more than 600 finishers) **5 Km, Aurora, Col., Nov. 26--1.** Mike Blanchard 25:33 2. Scott Richards (44) 26:55 3. Daryl Meyers 28:38 4. Lori Rupoli (43) 29:52 (20 finishers) **5 Km, Ft. Collins, Col., Dec. 4--1.** Daryl Meyers 28:07 **5 Km, Denver, Dec. 11--1.** Mike Blanchard 25:05 2. Daryl Meyers 27:46 3. James Twark 28:00 4. Lori Rupoli 28:22 5. Breta Skinner 28:40 6. Harry Burns (48) 30:03 (more than 550 finishers) **34th Annual Rose Bowl 10 Mile Handicap, Pasadena, Jan. 15 (actual times shown)--1.** Dale Sutton (55) 1:45:01 2. Roberta Boyle (53) 1:46:04 3. Clyde Hatfield (60) 1:38:03 4. Richard Lenhart (36) 1:21:27 5. Mark Green (39) 1:19:51 (fast time) 6. Francene Avellaneda (29) 1:38:15 . . . 11. David Crabb (49) 1:35:01 . . . 14. Margaret Govea (32) 1:30:28 15. Murray Day (30) 1:24:54 16. Danielle Kirk (20) 1:31:35 17. Carl Acosta (60) 1:35:14 . . . 21. Chris Dreher (37) 1:29:57 **5 Km,**

same place--1. Steve Avellaneda 26:56 **Indoor Walks Triathlon, North York, Ontario, Dec. 10** (1500 meters, 3 Km, 5 Km): 1. Arturo Huerta 6:01.1, 13:00.5, 21:51.7--2400 points 2. Rick Birkhimer 6:32.1, 13:55.4, 23:42--1930 3. Marc-Ant. Ladouceur (18) 6:37.8, 14:09.4, 25:46.3--1799 4. Stuart Summerhayes (60) 7:58.3, 16:40.4, 28:56--1778 (points are age adjusted) Women: 1. Joni Bender 7:20.1, 15:30.9, 27:26.9--1715 2. Paddy Jones 7:28.8, 15:51.1, 28:59.8--1541 3. Martine Rainville (19) 7:31.9, 16:15.5, 28:44.0--1456

Roubaix 28 Hour, September--1. Z. Klapa, Poland 250.45 km 2. L. Mekanik, Slovak Rep. 243.73 km 3. Z. Simon, Czech Rep. 234.97 km 50 Km, Basildon, England, Sept. 13--Sarah Brown 4:56:27 (Women's all-time world best)

WIGGLE YOUR WAY IN SOME WONDERFUL WACES

Fri. Feb. 10	Indoor Women's 3 Km, Men's 5 Km, Carbondale, Ill., 8 pm (AA)
Sat. Feb. 11	10 Km, Long Branch, N.J., 11 am (A) Indoor 3 Km, New York City (F) 5 Km, Seattle, 9:30 am (C)
Sun. Feb. 12	Indoor 3 Km, Arlington, Va., 8:30 am (J) 6 Km, North Medford, Mass. (I)
Fri. Feb. 17	Indoor 3 Km, Carbondale, Illinois, 9:20 am (AA)
Sat. Feb. 18	3 Km, Seattle, 1:35 pm (C) 1590 meters, Brooklyn, N.Y. (F) Indoor 3 KM, Carbondale, Ill. (AA)
Sun. Feb. 19	U.S. Men's 20 Km World Cup Trial, Monterey, Cal. (S) 10 Km, Orlando, Florida (L) Western Regional 5 Km, Pasadena, Cal. (B)
Mon. Feb. 20	6 Km, Brockton, Mass. (I)
Fri. Feb. 24	Indoor 3 Km, Seattle (C) Metropolitan Indoor 1500 and 3 Km, New York City (F)
Feb. 24-26	National Master's Indoor 3 Km, Reno, Nev. (X)
Sat. Feb. 25	5 Km, Battle Creek, Mich., 8:30 am (Y)
Sun. Feb. 26	Conn. Indoor 3 Km (BB) Marathon and Half-Marathon, Miami (Q)
March 3-4	USA/Mobil Indoor Women's 3 Km, Men's 5 Km, Atlanta, Ga. (Z)
Fri. March 3	Metropolitan Masters 1500 and 3 Km, New York City (F)
Sat. March 4	Half Marathon, Chico, Cal. (R) Colorado Indoor 3 Km Championships, Colorado Springs (H) 5 Km, Atlanta (D)
Sat. March 11	5 Km, Seattle, 9:30 am (C)
Sun. March 19	20 Km and 5 Km, Huntington Beach, Cal., 8 am (B)
Sat. March 25	3.5 Km, Boise, Idaho (V) 15 Km, Columbia, Missouri, 8:30 am (U)
Sun. March 26	National Invitational Men's 20 Km, Women's 10 Km, Washington, D.C. (J)
Sun. April 2	50 Km and 5 Km, Stanford, Cal., 8 am (G) 5 Km, Albuquerque, N.M. (CC)
Sun. April 9	10 Km and 5 Km, Walnut, Cal., 8 am (B)

Ron Zinn Memorial 10 Mile, Asbury Park, N.J., 11 am (A)

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 O--Jim Bean, 4658 Fuhrer St. NE, Salem, Oregon 97305
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 ✓ Y--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 ✓ Z--USA/Mobil Championships, P.O. Box 120, Indianapolis, IN 46206
 AA--Don DeNoon, SIU Athletics, Mailcode 6620, SIU, Carbondale, IL 62901
 BB--Gus Davis 203-795-6441
 ✓ CC--New Mexico Racewalkers, P.O. Box 6301, Albuquerque, NM 97197



FROM HEEL TO TOE

Well. We really blew it on the 1994 lists accompanying our Annual Rankings last month, specifically on the U.S. Women's 10 Km list. Somehow, I managed to ignore the National Masters Meet, which produced several performances that belonged on the list. Then, I missed a couple of others, and have received a couple of results since publishing the list that included worthy times, including last summer's Empire State Games. Apologies to all

those who were slighted. Rather than simply listing all the corrections here, I am printing an amended list, as follows:

1994 U.S. WOMEN'S 10 KM LIST

44:42t Michelle Rohl	52:51 Susan Armenta
45:01t Teresa Vaill	52:51 Maria Moulton
46:42t Victoria Herazo	53:21 Deb Iden
46:57 Deborah Van Orden	52:33 Liz Fashun
46:59 Lynda Brubaker	53:43 Gayle Johnson
47:15 Dana Yarbrough	53:56 Geri-Lynn Buckholz
47:15t Debbi Lawrence	54:31 SUE Kisting
49:17 Sally Richards-Kerr	54:32 Jackie Kerby-Moore
49:33 Cheryl Rellinger	54:53 Pat Weir
49:38t D.A. Walker	54:54 Barbara Duplichain
49:46 Kim Wilkinson	55:04 Diane Podsiadlik
49:51 Lisa Sonntag	55:12 Jeanette Smith
49:53 Joanne Dow	55:16 Debbie Benton
50:40 Kelly Watson	55:24 Phyllis Hansen
50:54t Gretchen Eastler	55:29 Margaret Govea
51:37 Kaisa Ajaye	55:42 Patty Gehrke
51:41 Karen Stoyanowski	56:10 Donna Cunningham
51:51 Kristen Mullaney	56:16 Kerry Bratton
52:54t Chris Sakelarios	56:18 Robin Fujinaka
52:27 Deb Scott	56:22 Marianne Martino
52:33 Lauren Farkash	56:36 Elton Richardson
52:34 Ali DeWitt	56:38 Deborah Stegman
52:36 Gloria Rawls	56:41 Ann Stokman
52:43 Bobbi Jo Kukan	56:55 Margaret Ditchburn
52:34 Therese Iknoian	56:59 Paula Mitchell

On the men's 20 Km list, we missed Elliot Taub with a 1:36:39. . . Apologies to Ian and Dave. In plugging their new racewalking video last month, we said you could have it for \$19.95 plus \$1.00 postage and handling. It should have been \$2.00 postage and handling. They have honored checks they received for \$20.95, but to ease my guilt, anyone who has ordered it and paid \$20.95 might drop them another buck. They shouldn't have to suffer the consequences of my stupid errors. Anyway, the 30-minute video, "Ian and Dave's Low Budget Videos, Volume II," is still available (for \$19.95, plus \$2.00 postage and handling from Ian Whatley, 240 Donington Drive, Greenville, SC 29615. In reply to two common questions, Ian says: "We can't accept credit cards because banks charge more this service than we make in a month. Volume I is on "Technique" and is not finished yet. It will be released as soon as we have filmed some elite female walkers as reference models." Ian notes that he is also working on a series of 1-hour audio tapes entitled "Racewalking Roundtables™." Each tape includes two in-depth discussions of topics for intermediate and advanced racewalkers. More on that when they are available. . . Racewalking Committee officers and committee representatives elected at the USAT&F National Convention in December were: Chariman--Bruce Douglass; Board of Directors Representative--Sal Corrallo; Associations--Elaine Ward; Budget and Finance Representative--Ray Funkhouser; Coaching Education Committee Representative--Troy Engle; Communication Committee

Representative--Ray Funkhouser; Cultural Exchange Committee Representative--Gwen Robertson; Equipment and Facilities, Specifications Subcommittee Representative--Carol Sams; Law and Legislation Representative--Bill Hickman; Masters Committee Representative--Bev LaVeck; Medical Services Subcommittee Representative--Howard Palamarchuk; Members Services Committee Representative--Ginger Mulanax; Men's Development Committee Representative--Ron Daniel; Men's Development Committee Coaches Representative--Troy Engle; Officials Committee Representative--Lawrie Robertson; Psychological Services Subcommittee Representative--Dave Yukelson; Records Committee Representative--Justin Kuo; Rules Committee Representative--Steve Vaitones; Scientific Services Subcommittee Representative--Ian Whatley; Women's Development Committee Representative--Rich Torrellas; Women's Development Committee Coaches Representative--Gwen Robertson; U.S. Olympic Festival Committee Representative--Dan Pierce. . . The time schedule for the World Race Walking Cup in Beijing, China in April is: Women's 10 Km, 3 pm April 29; Men's 20 Km, 4:30 pm, April 29; Men's 50 Km, 8:30 am, April 30. . . Both the Czech Republic and the Slovak Republic have submitted bids for the 1997 World Cup. . . Splits on last summer's World Junior Championship 10 Km were: 1 km--Aigars Fadejevs, Latvia 4:14.94; 2 km--Fadejevs 8:20.59; 3 Km--Sebastiano Catania, Italy 12:26.22; 4 km--Daisuke Ikeshima, Japan 16:33.44; 5 km--Fadejevs 20:42.81; 6 km--Catania 24:44.95; 7 km--Yevgeniy Shmalyuk, Russia 28:41.52; 8 km--Shmalyuk 32:42.13; 9 km--Jorge Segura, Mexico 36:37.05. Segura blistered the final kilometer in 3:50 to win in 40:26.93 with Shmalyuk 6 seconds back. Catania was fifth and Ikeshima sixth, with Fadejevs disqualified. In the women's 5 Km, Portugal's Susan Feitor led through 4 km with splits of 4:19.37, 8:29.71, 12:45.55, and 16:58.92, but could not withstand the strong finish of Russia's Irina Stankina, who won in 21:05.41. . . Long-time subscriber Bob Jordan in Iowa comments: "I noted your comment concerning the popularity of 50 km walking in the U.S. The 50 km started its downhill slide in this country when qualifying times were placed on it for the Olympic Trials. Sure, you got a lot of riff-raff and slow pokes, but you also had no barriers to keep out some youngster who might just make a break-through effort at the Trials. And, the foot-sloggers like me can tell grandchildren that we once were in the Trials. What could it hurt? Maybe add 20 or so bodies to the race out of a population of 130,000,000 males. I say open it up again. Make it everyman's race, and you might find a pearl amongst us pack fillers." . . Elliott Denman notes the passing of Marion "Mike" Ritchie at age 80 with the following tribute: "Mike Ritchie was a marvelous man and a key member of the N.Y. Pioneer Club teams that won many national championships in racewalking in the 1950s, '60s, and '70s. Mike never won major individual honors, but his spirit was unbeatable and he encourages us all. He survived all kinds of situations as a test pilot, so welcomed an opportunity to compete in a sport where contact with the ground is mandatory. R.I.P., good buddy."

USATF RULES CHANGES AFFECTING RACEWALKING (Compiled by Steve Vaitones)

There are changes in the entry and declaration procedures for national track and field championships, so competitors should read entry forms carefully. Additionally:

Rule 39

- o A dq board should be used for all championships.
- o A copy of the completed Judges' Summary Sheet shall be posted as soon after the event as possible

Rule 150.1

- o Where not specifically stated in racewalking related rules, all appropriate rules applying to track events and road racing shall be followed. This avoids needless duplication and offers solutions to problems not otherwise addressed.

Rule 150.2

- o add: No finishing time shall be listed in results for any athlete who receives notice of disqualification after the competitor has completed the race distance.
- o add: A race must have a minimum of three judges. All judges must be certified as racewalk judges by USATF or the IAAF.
- o add: In walks where multiple distances are contested simultaneously, each competitor must declare in the entry which distance is being entered. Times for distances (but not placings) are valid only if the competitor finishes the distance entered.
- o add: . . .the entire event is held in daylight or with suitable artificial light"

Rule 150.5

- o add: All walking events which qualify or advance a competitor to subsequent events must be competitive racewalk only events that comply fully with racewalk competition rules.

Rule 186.2 For events where records are set:

- o The maximum length shall be 5000 meters.

Rule 186.3 regarding records, replace with the following:

- o For records, track races must have a minimum of four judges and road races must have a minimum of six judges. At least half of these judges must have national or higher certification, and at least one of these must have master or IAAF certification.

Note: This last item had some debate, but was ultimately passed to ensure a quality standard for judging in record-setting events. Before this, there was only a need for three judges with no experience level stated. Records are standards of excellence and the officiating should reflect this.

1994 WORLD JUNIOR LISTS

(Compiled by Lionel Peters for World Junior News)

Men's 10 Km (track)

40:26.93	Jorge Segura, Mexico
40:31.1	Aigars Fadejeva, Latvia
40:32.72	Yevgeniy Shmalyuk, Russia
40:35.72	Artur Meleshkevich, Belarus
40:58.46	Sebastiano Catania, Italy
40:58.9	Fadeyevs Aigars, Latvia
41:09.97	Daisuke Ikeshima, Japan

41:05.63	Vitaliy Sletsishin, Ukraine
41:23.35	Andreas Erm, Germany
41:26.2	Lukasz Szela, Poland

Road performances if better

40:03	Meleshevick
40:10	Segura
40:40	Ivan Trotskiy, Belarus
40:53	Erm

Women's 5 Km (track)

21:05.41	Irina Stankina, Russia
21:06	Susana Feitor, Portugal
21:24.71	Nataliya Trofimova, Russia
21:37	Liu Hongyu, China
21:41.47	Maria Vasco, Spain
22:03.69	Song Lijuan, China
22:05.76	Tatyana Gudkova, Russia
22:06.47	Yka Kamioka, Japan
22:11.5	Maribel Rebello, Mexico
22:14.52	Olga Panferowa, Russia

Road performances if better

21:53	Gudkova
22:05	Monika Pesti, Hungary
22:09	Panferowa

1994 U.S. JUNIOR LISTS

(Compiled by Paul Cajka)

Women's 5 Km

24:37.78	Any-Maria Ruoss	27:01	Melissa Baker
25:20	Danielle Kirk	27:14	Tara Shea
25:58	Lisa Chumbley	27:18	Corinne Colling
25:59.31	Debbie Iden	27:51	Maya Ruoss
26:19.66	Anne Lankowicz	28:38	Alison Hartney
26:20	Roselle Safran	28:42	Jennifer VanAxen
26:37.28	Debbie Scott	28:44	Andrea Stroud
26:48	Aimee Parson	28:48	Kathryn Thomas
26:57	Alison Zabrenski	29:47	Kathleen Law
26:59.48	Kim Lando	29:50	Samantha Cohen

Men's 10 Km

44:28	William VanAxen	51:28	Blair Miller
45:06	Justin Marrujo	52:10	Darren Paruolo
45:46	Kevin Eastler	52:21	Mike Hersey
46:41	Yariv Pomeranz	52:25	Brian Colby
47:03	Darren Eames	52:45	David Michielli
48:51	William Jesse Leggett	55:04	Ralph D'Amato
51:25	Brandon Perry	57:39	Adam Mendoca

1994 U.S. WOMEN'S 20 KM LIST

(Compiled by Paul Cajka)

1:48:15	Lisa Sonntag	2:02:35	Bev LaVeck
1:52:07	Sally Richards-Kerr	2:03:15	Debbie Benton
1:53:35	Kaisa Ajaye	2:07:03	Eileen Lawrence
1:55:57	Therese Iknoian	2:08:50	Gwen Drenck
1:57:22	Karen Stoyanowski	2:08:52	Daryl Ann Kidder
1:57:25	Margaret Govea	2:09:22	Meg Ferguson
1:58:09	Chris Sakelarios	2:09:54	Valerie Stowe
1:58:50	Gloria Rawls	2:09:58	Fran Avellandeda
2:00:29	Elton Richardson		

LOOKING BACK

25 Years Ago (From the Jan.1970 ORW)--In Asbury Park, N.J., Dave Romansky blasted a 1:12:57 for 10 miles a week after a 6:29.8 Indoor 1 Mile. A week later, he improved to 6:28, but got tossed by the judges as Ron Kulik won in 6:33. Not discouraged, Dave went even faster with a 6:12.8 in Pittsburgh and a 6:23 in Philadelphia. . .Floyd Godwin, a recent convert from running, edged Larry Walker in Los Angeles, as both recorded 6:35.9. The next day, Godwin won the Rose Bowl 10 Mile Handicap in 1:15:38. . .Chicago's 10 Mile handicap was won by a young U. of Illinois student, Bob Henderson, in 1:36:30. Walking for only a few weeks at that time, Bob improved quickly and went on to international status. . .Locally, we had what was called a 5 Km race. Walking somewhere on a snow-covered track in wind-blown 18 degree temperature, we covered 12 laps, and figured this included a good bit of extra distance as we were probably well outside of lane 1. Doc Blackburn, given a 5:10 handicap, recorded a good 30:24 to edge out Mortland's 25:24. Barry Richardson, who had unsuccessfully tried to clear the track, finished third.

20 Years Ago (From the January 1975 ORW)--Ron Laird turned in the fast time in the Rose Bowl 10 Mile handicap with a meet record 1:12:26 and caught all but two of the field that had started at various times ahead of him. Steve DiBernardo had a 1:18:52. . .Karl Merschenz braved January cold in Toronto to record a 1:38:36 for 20 Km on the 1st and a 2:45:00 for 30 Km on the 19th. . . In the "Mortland-turns'Master" 10 miler in Worthington, Ohio, your editor stormed to victory in 1:23:12. And., if I was turning Master 20 years ago, you can guess what that means now. As a matter of fact, I sit here typing this on the very day that I hit the big 60. Walked 6 km through 4 or 5 inches of snow to celebrate.

15 Years Ago (from the January 1980 ORW)--Todd Scully won the Olympic Invitational 1500 meters in a quick 5:41, better than 20 seconds ahead of Bruce Harland. . .In a Los Angeles 1 Miler, Ray Sharp did 6:13, 4 seconds ahead of Larry Walker. . .Chris Knotts turned in the fast time in the annual New Year's Eve 6 Mile Handicap in Springfield, Ohio with a 46:27, but could finish only fifth as handicapper Jack Blackburn took care of his family. His father, Dr. John (64:36), crossed the line first, daughter Kathy (66:23) came second, son Tim (56:29) finished third, and Jack himself (52:57) was fourth. Chris had the consolation of a meet and course record, a good time on a cold, dark night.

10 Years Ago (From the January 1985 ORW)--Jack Blackburn was faster 5 years later as he did 52:19 in the New Year's Eve race, but his crooked handicapping had slipped as he could only manage seventh. Chris Knotts also improved, breaking that course record with a 46:10, but he was just one place ahead of Blackburn at the finish

5 Years Ago (From the January 1990 ORW)--Teresa Vaill blasted a 6:50.4 Mile to win the Dartmouth Relays. In the men's 2 Mile, it was Curtis Fisher winning in 13:26.2 . . In the New England Indoor 3 Km Championship, Canada's Tim Barrett left Dave McGovern nearly a minute behind as he won in 11:29.6. Vaill won the women's race in 13:07.8, 15 seconds ahead of Lynn Weik. . .The New Year's Eve 6 Mile had now moved to Xenia, Ohio, along with Jack Blackburn (it has been held in Columbus, Worthington, Rathbone, Van Wert, Continental, Springfield, and Xenia, depending on Jack's location). This time, Tim won in 55:13, 4 minutes ahead of his tired old dad.

Note: Please accept the "English" spelling of their language in the following article. I guess Ian hasn't been here long enough to learn how his language is properly spelled. Much the pity.

Racewalking Sports Science Bulletin 1/95
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Bounding and Tyre Dragging for Racewalkers

"What is bounding and is it useful for racewalk training? Some coaches recommend dragging a tyre attached to a waist belt as a way to strengthen the hamstrings and knees. What are your feelings on this?"
Ken Uecker, El Paso, Texas

Bounding, sometimes called Plyometrics, is training to improve the energy storage and return of the elastic tissues running within and between the muscle fibres of the leg. It is often used by hurdlers, jumpers and middle distance runners.

Examples of Plyometric exercises include hopping, bounding up hill with long slow strides, very slow running with high knee lift or high heel flicking, deep squat jumps, 2 footed jumps off boxes and rebounding back up onto other boxes. These movements are not related to the biomechanics of racewalking and I don't believe they will help racewalkers to race faster. There have been no scientific tests of the effect of these exercises on racewalkers.

I trained as both a runner and racewalker at Loughborough University in England where Plyometrics were first refined for middle distance running. The exercises were carried out in a gym with equipment such as

beams and boxes or on a track/road hill for the pure bounding exercises. There seemed to be some improvement in energy expenditure when running at 400 to 1500 metre race pace. Improved efficiency or economy of movement is desirable for racewalkers. However, these exercises caused marked muscle soreness, seem to increase injury rates and had no clear benefit for longer distance running or racewalking performance.

The difference between bounding for runners or jumpers and drills for racewalkers is that different muscle groups and movement patterns are used. It is best to gain maximum racewalking specific fitness and technique before filling your limited training time with unproven alternative exercises that may cause injuries.

Dragging a tyre on a flat surface is useful to check that you are moving forward at a constant speed. Racewalkers slow down at heel strike and re-accelerate as the leg passes under the body. The greater the speed change through the stride, the greater the energy cost. This is similar to the effect of driving a car by pressing the accelerator and brake in rapid succession. If you have only a slight speed change through your stride, the tyre will slide steadily. If the tyre alternately slides and stops, it indicates a lack of smoothness in your racewalking technique.

The risk is that you will alter your technique. You will get better at dragging tyres but this is not yet an international event! There are far more effective ways to improve "strength" such as weight training, fast intervals or racewalking up a slight hill. I suggest tyre dragging as an occasional check for smooth technique but not as a strength training method.

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1995 SCHEDULE OF RACE WALK CHAMPIONSHIPS
AND MAJOR INTERNATIONAL RACES

DATE	EVENT, LOCATION, DIVISIONS	CONTACT
JAN 8	US 50K CHAMPIONSHIP Trial: Pan Am Games, IAAF World RW Cup, World Championships BAYLANDS, PALO ALTO, CA SM	RON DANIEL 1289 BALBOA COURT #149 SUNNYVALE, CA 94086 415 964-3580 H
JAN 28	US 10K Trial - IAAF World Racewalk Cup WALT DISNEY WORLD SW **QUALIF STDS**	JON HUGHES 1322 NORTH MILLS AVE ORLANDO, FL 32803 407 896-1160
FEB 19	US 20K Trial - IAAF World Racewalk Cup CSU-MONTEREY BAY SM **QUALIF STDS**	BUZZ SCHULTE 268 E. HAMILTON AVE #A CAMPBELL, CA 95008 408 374-5900
FEB 24-26	US MASTERS INDOOR T & F CHAMPS RENO, NV MM, MW 3000m	BILL BOWSER 3695 BRYAN RENO, NV 89503 707-747-7971 after 7:00pm
MAR 3-4	USA/MOBIL INDOOR CHAMPIONSHIPS GEORGIA DOME ATLANTA, GA SM 5000m, SW 3000m **QUALIF STDS**	USA/MOBIL CHAMPIONSHIPS USA TRACK & FIELD P. O. BOX 120 INDIANAPOLIS, IN 46206-0120 317-261-0500
MAR 11-18	12th SUMMER PAN AM GAMES SW 10K; SM 20K, 50K	MAR DEL PLATA, ARGENTINA
MAR 26	NATL INVITATIONAL RACEWALKS WASHINGTON, DC M/W 20K/10K 3K	SAL CORRALLO 3466 ROBERTS LANE NORTH ARLINGTON, VA 22207 703-243-1290 H
APR 29-30	16th WORLD RACE WALKING CUP SW-10K; SM 20K, 50K	BEIJING, CHINA
MAY 21	US 20K/25K CHAMPIONSHIPS ALBANY, NY SW, MW 20K/SM, MM 25K	MARIAN MUDAR 312 GEORGETOWN CT ALBANY, NY 12203 518-457-3833 B 518-869-6415 H
MAY 28	US 10K CHAMPIONSHIPS NIAGARA FALLS, NY SM, MM	DAVID LAWRENCE 94 HARDING AVENUE KENMORE, NY 14217 716-875-6361 H 716-694-7683 B

JUN 13-17	USA/MOBIL OUTDOOR CHAMPIONSHIPS HUGHES STADIUM SACRAMENTO, CA SM 20K, SW 10K **QUALIF. STDS**	JEAN SNUGGS AMERICAN RIVER COLLEGE-PE 4700 COLLEGE OAK DRIVE SACRAMENTO, CA 95841 916-484-8403 B
JUN 24-25	US JUNIOR T&F CHAMPIONSHIPS MT SAN ANTONIO COLLEGE WALNUT, CA JM 10K, JW 5K **QUALIF STDS**	DON SHRUM 1100 NORTH GRAND AVENUE WALNUT, CA 91789 714-594-5611 ext 4840
JUL 5-9	US MASTERS OUTDOOR T&F CHAMPS EAST LANSING, MI MM, MW 5K; MW 10K; MM 20K	RANDY WILLIAMS 12651 CLOVERLAWN DETROIT, MI 48238 313-834-0378
JUL 25-30	JUNIOR OLYMPICS TRACK & FIELD SAN JOSE CITY COLLEGE SAN JOSE, CA Various divisions, distances	STEVE HAAS, ATHLETICS DEPT SAN JOSE CITY COLLEGE 2100 MOORPARK AVENUE SAN JOSE, CA 95129-9980
JUL 28-30	US OLYMPIC FESTIVAL '95 DENVER, CO SM 20K; SW 10K	DR. PHIL HENSON, MANAGER ATHLETICS COMPETITION ACOG, SPORTS DEPT. P. O. BOX 1996 ATLANTA, GA 30301-1996
AUG 4-13	5th WORLD T&F CHAMPIONSHIPS SW 10K; SM 20K, 50K Selection at national championships	GOTHENBURG, SWEDEN
AUG 19	US 5K/3K CHAMPIONSHIPS ORONO, ME JM 5K tr; JW 3K tr	TOM EASTLER RR #1 BOX 1043 FARMINGTON, ME 04938 207-778-6703
SEP 10	US 40K CHAMPIONSHIPS FT. MONMOUTH, NJ SM, MM, MW	ELLIOTT DENMAN 28 NO. LOCUST AVENUE WEST LONG BRANCH NJ 07764 908-222-9080 OR, IF UNAVAILABLE: RAY FUNKHOUSER 908-341-7386
SEP 16	US MASTERS 5K ROAD CHAMPIONSHIPS EASTMAN COMPLEX KINGSPORT, TN MM, MW and US 5K CHAMPIONSHIPS SM, SW	BOBBY BAKER 318 TWINHILL DR KINGSPORT, TN 37660 615-349-6406 H 615-229-4364 B
SEP 24	US 15K CHAMPIONSHIPS NORTHWEST POINT ELK GROVE VILLAGE, IL JM, SW, SM, MM/W	DIANE GRAHAM-HENRY 442 W. BELDEN CHICAGO, IL 60614 312 327-4493

SEP 30	ALONGI INTERNATIONAL R W CLASSIC DEARBORN HEIGHTS, MI SM, SW 3K, 5K, 10K, 20K	WOLVERINE PACERS ATH. CLUB ROSWELL BARRANCO 3235 MUSSON RD HOWELL, MI 48843-9507
OCT 8	US 1HR/2HR CHAMPIONSHIPS MIT TRACK, CAMBRIDGE, MA SW, JM, JW, MM, MW 1HR/SM 2HR	JUSTIN KUO 39 OAKLAND RD BROOKLINE MA 02146 617-731-9889 H 617-734-6322 N E WALKERS
END OF 1995 1996 EVENTS FOLLOW		
APR 20	US MEN'S 50K OLYMPIC TRIALS SM **QUALIF STDS**	LA GRANGE, GA
SEP 14	US MASTERS 5K ROAD CHAMPIONSHIPS MM, MW	KINGSPORT, TN (See Sep 16, 1995)

