

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

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Rohl rolls on

Disney World, Florida, Jan. 28--Michelle Rohl, who led U.S. women in the 1994 ORW rankings, started 1995 on a happy note, winning the World Cup 10 Km Trial after a race-long battle with Victoria Herazo. The 29-year-old Rohl, now living in Lagrange, Georgia, edged away from Herazo over the final 2 km to win the Trial in 46:12. Herazo, 35 from Las Vegas, looking very strong again as she did last summer and fall, was never more than 7 seconds back until the final push and finished in 46:26. These two will be joined on the World Cup Team to compete in Beijing in April by Lynn Brubaker, Lancaster, Penn.; Teresa Vaill, New York; and Debora Vanorden, Colorado.

The race, contested on six laps of a 1.667 km course, saw these first five finishers and Debby Lawrence in a tight group through the first 5 Km, with Rohl, Herazo, and Vaill trading the lead. By 8 Km, Rohl and Herazo had built a 30 second lead and it was a two-woman race to the finish.

The first five finished well clear of sixth-place Sara Standley. The greatest revelation of the race was Joanne Dow in seventh. The 30-year-old Manchester, N.H. resident, started walking just over a year ago. By late spring she was under 56 minutes for 10 Km and then dropped all the way down to 49:53 during the 1 Hour National in Cambridge, Mass. in November. Today, she improved on that by nearly a minute and she's still learning about the sport.

Talking after the race, Rohl said, "It was an exciting course. If it were a little cooler, there could have been an American record set." Michelle, who was the first U.S. finisher in the Barcelona Olympics, will be on her first World Cup team, as will Brubaker. Vaill, age 32, is the only real experienced hand, this being her fifth World Cup (1985, 1987, 1989, and 1991). She also qualified for the team in 1993, but chose not to compete. Herazo was on the 1991 team and Vanorden the 1993 team. However, this is a veteran team age-wise if not service-wise. Rohl is the baby at 29, with Vanorden matching Herazo's 35 and Brubaker topping the maturity list at 37. Debby Lawrence, who had qualified for every team since 1983 (she too chose not to compete in 1993), dropped out of today's race. Dana Yarbrough, who certainly would have been a contender for the team, was missing from the race. No report to us on why.

The course was mostly slightly rolling, with one steep section about 30 meters long on a bridge that brought some complaints from the contestants. Some walkers also complained about the "Mickey Rap" music played on the course during the race.

Results:

1. Michelle Rohl 45:12 2. Victoria Herazo 45:26 3. Lynn Brubaker 46:52 4. Teresa Vaill 47:02 5. Debora Vanorden 47:22 6. Sara Standley 48:14 7. Joanne Dow 48:59

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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8. Gretchen Eastler 51:08 9. Cheryl Rellinger 52:56 10. Kristen Mullaney 53:23 11. ALi Dewitt 53:33 12. Danielle Kirk 53:42 13. Gayle Johnson 54:04 14. Therese Iknoian 54:35 15. Barbara Duplichain 54:39 16. Deborah Iden 55:14 17. Debra Scott 55:18 18. Margaret Ditchburn 56:43 19. Suzanne Kisting 57:20 20. Amber Nichols 59:00 DNF--Debbi Lawrence, Sally Richards-Kerr, and Kelly Watson. Judges: Lori Maynard (Head), Bob Bowman, Frank Alongi, Bruce MacDonald, and two unnamed local judges.



Michelle Rohl and Victoria Herazo move into their final lap at the Women's World Cup 10 Km Trial.

James leads LaGrange crew in 20 Km trial

Monterey, Cal, Feb. 19--Allen James, winner of last month's 50 Km trial, added the 20 Km World Cup Trial race to his growing list of triumphs. He led three other current residents of LaGrange, Georgia onto the team. Allen finished in 1:28:21, not far ahead of Dave McGovern and Andrew Hermann, also from the LaGrange training site. Phil Dunn and Rob Cole (also LaGrange) also captured spots on the World Cup team with their fourth and fifth place finishes, and perhaps William Van Axen in sixth, depending on which race James is going to contest in Beijing. We have no details on the race itself at this point, but should be able to fill that in next month. The results:

1. Allen James 1:28:21 2. Dave McGovern 1:28:33 3. Andrew Hermann 1:28:47 4. Philip Dunn 1:29:19 5. Rob Cole 1:29:21 6. William Van Axen 1:29:40 7. Andrej Chylinski 1:31:03 8. Gary Morgan 1:31:51 9. Marc Varsano 1:32:53 10. Ian Whitley 1:33:19 11. Curtis Fisher 1:33:04 12. Mark Green 1:34:57 13. Mike Rohl 1:37:26 14. Herman Nelson 1:37:43 15. Bradley Lau 1:50:46 16. Ed Bouldin 1:57:06 DNF--Marco Evoniuk and Ray Sharp; DQ--Al Heppner

OTHER RESULTS

Women's Indoor 1 Mile, Dartmouth Relays, Hanover, N.H., Jan. 8--1. Marie-Eva Saigneault, Can. 7:56.37 2. Martine Rainville, Can. 7:58.30 3. Tara Shea 8:18.33 4. Megan Wall 8:58.42 **Indoor 3 Km, Waltham, Mass., Dec. 18--**1. Kevin Eastler 13:19.4 2. Steve Vaitones 13:35.64 3. Mike Hersey 14:56.3 4. Justin Kuo 16:03.2 5. Wayne Nicoll 17:25.4 **Women:** 1. Joanne Dow 13:40.6 2. Gretchen Eastler 13:57.2 **Men's 2 Mile, same place--**1. Kevin Eastler 14:12.99 2. Francois Butler, Can. 14:31.82 3. Frederic Vincent, Can. 14:57.20 4. Gordon Mosher 15:08.64 5. Josh Ginsburg 15:44.47 6. Mike Hersey 16:13.82 **Commonwealth Meet Indoor 3 Km, Boston, Jan. 21--**1. Allen James 11:57.15 2. Rob Cole 12:01.59 3. Sean Albert 12:16.93 4. Lukasz Szela 12:27.32 5. Wojciech Szela 12:34.80 6. Kevin Eastler 12:38.98 7. Marc Varsano 12:43.58 **1 Mile, Providence, R.I., Jan. 14--**1. Brian Savilonis 7:10.19 2. Stan Sosnowski 9:05.43 3. Charlie Mansbach 9:08.51 **Indoor 1500 meters, Fairleigh Dickinson U., N.J., Jan. 8--**1. Lee Babcock 8:42.4 2. Lisa Locricchio 9:04.7 **Metropolitan Indoor 1500, New York City, Jan. 20--**1. Lukasz Szela 6:04.75 2. Wojciech Szela 6:04.76 3. Gary Null 6:47.00 (1st over 50) 4. Josh Ginsburg 7:39.16 5. Alan Sangeap 7:41.95 6. Bob Barrett 7:52.92 (1st over 60) 7. Hammad Hameed 8:09.46 8. Fitsam Getachew 8:11.65...10. Sasha Leinster 8:34.10 **3 Km, Same place--**1. Roberto Gottlieb 13:58.24 2. Maryanne Torrellas 15:38.51 3. Kim Lando 17:33.25 **5 Km, Lang Branch, N.J., Jan. 7--**1. Ray Funkhouser 24:12 2. Tony Noerpel 26:32 3. Ralph Edwards 28:11 4. Elliott Denman 35:51 **N.J. Indoor 3 Km, Princeton, Jan. 8--**1. Sean Albert 12:33.8 2. Ray Funkhouser 13:35.5 3. Tony Noerpel 15:07.3 4. Manny Eisner 15:57 **Women:** 1. Pat Weir 15:11.1 2. Phyllis Hansen 16:14 3. Donna Cetrulo 18:18.9 4. Kathleen Stuper 18:41.6 **5 Km, Long Branch, N.J., Jan. 21--**1. John Soucheck 25:11 2. Tony Noerpel 26:40 3. Ralph Edwards 27:49 4. Avram Shapiro 28:56 **5 Mile, Lakewood, N.J., Jan. 22--**1. Dr. Patrick Bivona 45:53 2. Robert Linky 51:45 3. Elliott Denman 52:02 **5 Km, Washington, D.C., Dec. 18 (unjudged)--**1. Danny Fink 22:09.9 2. Dan Kornhauser 27:34 3. Dick Jirousek (51) 27:50 4. Jim Goldstein (46) 29:07 4. Bill O'Reilly (69) 33:59 **10 Km., same place--**1. Alan Price (47) 59:12 2. Newlie Hewson (72) 64:17.2 **10 Km, Disney World, Jan. 28 (together with women's trial)--**1. Rob Cole 44:16 2. Carl Schueler 45:22 3. Don Lawrence 48:16 4. Brandon Perry 48:29 5. Bohdan Bulakowski 48:43 (1st

over 40) 6. John Fredericks 51:13 (2nd over 40) 7. Edgardo Rodriquez 52:22 8. Sterling Kerr 54:15 (1st over 50) Women: 1. Tina Poitras, Can. 48:26 2. Nannette Reilly 56:03 3. Peggy Miller 56:16 4. Sara O'Bannon 57:04 5. Chris Alt 58:05 6. Linda Stein 58:27 (1st over 40) 7. June Marie Provost, Can. 61:20 (1st over 60) **5 Km, Winter Park, Florida, Jan. 28--1.** Paul Alvord 27:24 2. C.S. Monte Carlo 27:27 (1st over 50) 3. Steve Christlieb 29:20 4. Mark Feinstein 30:42 Women: 1. Pam Betz 30:51 **5 Km, Miami, Florida, Jan. 22--1.** Jonathan Matthews 20:55 2. Gary Morgan 21:10 3. Herman Nelson 21:19 4. Philip Dunn 21:29 5. Marc Varsano 22:04 6. Mike Rohl 23:02 6. Yariv Pomeranz 23:34 7. Brandon Perry (16) 25:29 8. Juan Yanes (45) 26:25 9. Kim Plank (47) 28:02 **Women's 5 Km, same place--1.** Michelle Rohl 22:17 2. Victoria Herazo 22:30 3. Tina Poitras, Can. 23:50 4. Gretchen Eastler 24:29 5. Cheryl Rellinger 25:21 6. Stephanie Gray (12) 27:49 7. Sara O'Bannon 28:28 8. Linda Talbott 29:50 9. June Marie Provost (61) 29:49 **4 Mile, Detroit, New Year's Eve--1.** Gary Morgan 28:05 2. Ioan Froman 29:41 3. John Hunyady 33:07 4. Victor Sipes 34:01 5. Max Green 34:04 6. Terry McHoskey 38:30 7. Ross Barranco 38:43 Women: 1. Kristen Mullaney 33:06 2. Debbie Benton 35:34 3. Sherry Watts 36:18 **30 Km, Houston, Jan. 22--1.** John Locke 3:01:36 (personal bests of 55:30 and 1:52:53 at 10 and 20 Km before hitting wall) 2. Dave Gwyn 3:20:29 **Rose Bowl 10 Mile Handicap, Pasadena, Jan. 15--1.** Mark Green 1:19:51 2. Richard Lenhart 1:21:27 3. Murray Day 1:24:54 4. Chris Dreher 1:29:57 5. David Crabb (49) 1:35:01 6. Carl Acosta (60) 1:35:14 7. Clyde Hatfield (60) 1:38:03 8. Bill Neder (56) 1:41:46 Women: 1. Margaret Govea 1:30:28 2. Danielle Kirk 1:31:35 3. Francine Avellaneda 1:38:15 4. Linda Adams 1:46:01 5. Roberta Boyle (53) 1:46:04 **15 Km, Palo Alto, Cal., Feb. 5--1.** Marco Evoniuk 1:10:51 2. Bill Penner 1:19:19 3. Dennis King 1:23:42 4. Karen Stoyanowski 1:24:55 5. Therese Iknoian 1:27:24 6. Chcuk Marut 1:29:23 7. Pete Giachetti 1:30:09 8. Dick Petruzzi 1:32:55 9. Terri Brothers 1:33:11 10. Leslie Brown 1:35:35

AMBULATORY ADVENTURES ALL AROUND AMERICA

(Or Race Schedule, if you will)

Sat. March 11 5 Km, Seattle, 9:30 am (C)
Men's 35 Km, Women's 10 Km, Welland, Ontario (X)
Sun. March 12 5 Km, Del Amo, Cal. (B)
Sat. March 18 5 Km, New York City, 9 am (F)
4 Mile, Flusing, Mich. (Y)
Sun. March 19 20 Km and 5 Km, Huntington Beach, Cal., 8 am (B)
5 Km, Raleigh, N.C. (D)
Sat. March 25 3.5 Km, Boise, Idaho (V)
15 Km, Columbia, Missouri, 8:30 am (U)
1 Mile, Houston (S)
Sun. March 26 National Invitational Men's 20 Km, Women's 10 Km, Washington, D.C. (J)
5 Km, Sterling Heights, Mich. ((W))
Sun. April 2 50 Km and 5 Km, Stanford, Cal., 8 am (G)
5 Km, Albuquerque, N.M. (CC)
Sat. April 8 5 Km, Los Altos, Cal. (G)
5 Km and 1500 meters, Darlington, S.C. (L)
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)
15 Km, New York City, 9 am (F)
Northeast 10 Km Championship, Manchester, N.H. (I)
5 and 10 Km, Washington, D.C. (J)
5 Km, Atlanta (D)
5 and 10 Km, Dearborn, Mich. (E)
5 Km, Eagle Rock, Cal., 1:30 pm (B)
5 Km, Shingle Springs, Cal. (R)
5 Km, Atlanta (D)
5 Km, Ft. Lauderdale, Florida, 8 am (Q)
3 and 5 Km, Warren, Mich. (W)
10 Km, Kentfield, Cal. (G)
3 Mile, Detroit (W)
5 Km, Providence, R.I., a0 am (Z)

Mon. April 10
Sat. April 15
Sat. April 22
Sun. April 23

Sat. April 29
Sun. April 30

Sat. May 6
Sun. May 7

Contacts

✓A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
✓B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
✓D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
✓E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180
✓F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
✓G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580))
✓H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
✓I--Steve Vaitones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
✓J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
✓K--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
L--Darlington Area Rec. Dept., P.O. Box 94, Darlington, SC 29532
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N--Keith Reichley, 23969 Frank St., North Olmsted, OH 44070
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P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
✓Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
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W--Frank Soby, 3907 Bishop, Detroit, MI 48224
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✓Y--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
Z--R.I. Zoological Society, Roger Williams Park Zoo, Providence, RI 02905
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

The Marin Racewalkers will host Frank Alongi for a series of seminars on Memorial Day weekend (May 28-30). The weekend will also feature some exciting races and Frank will be available for semi-private sessions as well as the seminars. Contact Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, Ca. 94914-0021 for further information. Phone and FAX number--415-461-6843. . . A racewalking clinic is also scheduled in Bowling Green, Kentucky on the weekend of April 1 and 2. This one will be conducted by Martin Rudow, former national coach and author of a best-selling book and videotape on racewalking. Martin will present an introduction to racewalking on Saturday morning, discuss technique training on Saturday afternoon, and be available for personal coaching sessions on Sunday. The Saturday fee is \$15 and Sunday sessions are \$25 for a half-hour or \$50 for an hour. Contact Elizabeth Longton, Logan Aluminum, Inc., P.O. Box 3000, Russellville, KY 42276 for further information. . . Unbelievable! Another error in the ORW. Dudley Harris in New Zealand writes to let us know that we had the wrong Brown in our reference to a women's world best at 50 km in the January issue. He says: "I was interested to read in January's issue: '50 Km Basildon, England, Sept. 13--Sarah Brown 4:56:27 (Women's all-time world best)'. Oh dear, someone's got their Sarahs mixed up with their Sandras. Sarah Brown and Sandra Brown (both Brits) have similar times for distances up to 10 km. Sarah, a member of the Steyning Club to which Norm Read belonged, is what we call a Senior; Sandra, of Surrey, is a Veteran. It's when printed results show only initials, not first names, that confusion can occur. It was Sandra Brown (born April 1, 1949) in the event to which you referred, not Sarah. (Ed. I thank Dudley for trying to get me off the hook with this gambit--and the initial only thing can be a problem--but I must honestly point out that the results I was looking at in a British Centurions newsletter credited the result to Sandra Brown, not just S. Brown, so somehow, my eyes looked at Sandra while my fingers typed Sarah.) Dudley also points out that the time was world best for age 45. Sandra herself had walked 4:50:51 at the same venue 3 years earlier when she was mere lass of 42. He also sends along a couple of pages of data on Sandra's exploits taken from a book he has written on Sandra and her husband Richard, who also walks ultra-distances. We have reported some of Sandra's performances in the past and will try to find room for the material Dudley has sent at some time in the future. . . There is one correction to the list of racewalking committee representatives to USATF subcommittees. Lawrie Robertson has relinquished his post as representative to the official's committee because of his involvement on several other committees and has been replaced by Hal Canfield. Hal notes that racewalking is lacking in most areas of the country in having available sufficient numbers of top quality walking judges. He is obligating himself to try and improve this situation and needs the input of the racewalking community. He would appreciate any and all ideas regarding how we can better involve our certified officials into racewalking activities. You can contact him at 502 Alandale Road, Knoxville, TN 37920, 615-577-1537. . . A scientific study will be conducted this spring and summer by Dr. Howard J. Palamarchuk and the Gait Study Research Center of the Pennsylvania College of Podiatric Medicine, Philadelphia, to test the IAAF proposal of placing heels on racewalking shoes to help prevent lifting. Fifteen subjects are needed, both male and female, from athletes that compete at or near the national team level, including juniors and intermediates. Each participant will receive a monetary payment for participation as well as the pair of unaltered shoes used in the study. If you plan on competing in the Penn Relays in April, consider participating in this study. For more information, call or write Dr. Howard J.

Palamarchuk, Pennsylvania College of Podiatric Medicine, Eighth at Race Streets, Philadelphia, PA 19017; Phone 215-625-5389 (voice mail), 215-757-4350, 215-757-1640 (FAX or message). . . Dick Petrucci, in Carmichael, California, announces the birth of "PRO", Pacific Race Walkers Organization, which is sanctioned as Club 202 of the Pacific Association, USATF. The club is located in Carmichael near Sacramento. The club will be limited in membership, stressing quality rather than quantity. Dick's address is Box 513, Carmichael, CA 95609. . . In trying to organize my "stuff", including racewalking "stuff", I came across a yellowed newspaper from the New York World-Telegram dated Feb. 20, 1960. The subject of the article was Ferenc Sipos. What ever became of Ferenc? Borrowing from the article: "Ferenc Sipos crossed the finish line in Seattle last July and waited to congratulate the man who would come in second. He waited. . . and waited. . . and waited. About 20 minutes later, Lt. Rudy Haluza came along to take the runner-up spot in this 35 Km walk. Sipos, who fled Budapest after the disaster of the Hungarian revolution is currently a student at San Jose State and a competitor for the Santa Clara Youth Village. He will be in the mile walk at tonight's National AAU meet in the Garden. That he will win seems a forgone conclusion. (Ed. He did in 6:27.4, followed by the Ohio Track Club's dynamic duo of Jack Blackburn and Jack Mortland. I had 6:42 and I think Jack was about 6:38.) Ferenc, making his debut in the NYAC games last week was an easy victor in 6:28.6, although it was his first attempt at so short a distance, and the first time he ever competed on boards or indoors. . . Sipos, 25, married to a girl who fled Hungary with him and the father of a year and half old boy, took up walking while serving his mandatory time in the Hungarian army. How does a walker train? 'I work at least 12 miles a day, six days a week. . . walk 100 meters, run 50, walk 300, sprint 100, walk 200, run 100. . . on and on until 12-13 miles. Four times a week I do this on a track, other days it is across roads, fields, mountains. It is nice.' All that training got him only second to Rudy in the National 30 Km in May of that year (2:38 and 2:43) and then he seemed to disappear. What happened? And, how does a racewalker train? See Dave McGovern's little story below. . . Taken from the Newsletter of the Monterey Peninsula Walk Walk Club, Jan.-Feb. 1995 edition: "**Flying Lessons at Palo Alto 50K Race: Contact or No Contact?** At the USAT&F 50K Championship held at Palo Alto on January 8, a good number of racewalkers enjoyed the freedom of "flying time", i.e., losing contact with the ground. A few members of our club videotaped the race, hoping to make an instructional film for future racewalking judges and racewalkers. Here was a chance to tape the best walkers from our nation, as well as Canada, in action. The videotape turned out to be a success, but with unforeseen results. Upon viewing it in slow motion, it was evident that most of the walkers, including the leaders and the Canadians, were losing contact with the ground. Could it be that the racers are anticipating the pending decision from the IAAF Council regarding the conflict between facts and Rule 191? See the film and judge for yourself. Andy Cominos made this professional and artistic videotape, which can be used as an instructional tool--*Modern Techniques Seen Through the Eyes of an Old-Time Walker*. The tape may be purchased by sending a check for \$25 to Andy Cominos, 15 Yankee Point Road, Carmel, CA 93923." (Ed. But why was it a surprise? Because the athletes had looked so good to the naked eye? Because those taking the videotapes were naive? The results are certainly not new and are why we have a few months of lengthy diatribe in these pages every 4 or 5 years and why the IAAF Committee has proposed some changes to the wording of Rule 191.)

U.S. Team Racewalkers Storm Chiapas

Dave McGovern--Dave's World Class ©1995

San Cristobol de las Casas, Chiapas, Mexico, site of a 14-month long indigenous peasant uprising, was recently host of the "First Annual Very Professional Racewalk Training Camp." Three national team athletes--Andrzej Chylinski, Andrew Hermann, and Dave McGovern traveled to Chiapas with their coach Bohdan Bulakowski immediately following the National 50 Km Championship in Palo Alto, California.

After a rendezvous at Mexico City airport, and a short flight to Tuxtla Gutierrez airport in Chiapas State, the gringos--each with sufficient luggage for the one-month camp--were herded into a sub-compact Nissan taxi cab for the 2-hour drive to San Cristobal. After suffering through numerous leg and butt cramps, and three military check points along the winding mountain road, the troops finally arrived at the spacious hacienda that would serve as base camp for the month. After a few days of easy training to recover from the 50 and acclimate to the 7,500 foot altitude, training began in earnest.

Although San Cristobol remained relatively quiet during the training camp period, there were frequent reminders that a war was being fought in the hills. Several times per week long workouts necessitated passage through series of military checkpoints. The soldiers in their sandbagged bunkers soon adjusted to waving through the athletes who were clearly not hiding weapons in their shorts and singlets. On other workouts, helicopters hovered overhead while military convoys loaded with M-16 toting troops rumbled past. And once, while hiking into the mountains, a campesino strongly suggested that the athletes should turn back or else they would probably be killed.

A typical day began at 7 am with a series of hill repeats up the 385 steps leading to the Iglesia de San Cristobol. After "going to church"--as the stair climbing sessions were euphemistically called--the athletes downed a light breakfast of cornflakes, leftovers, or, in Andrzej's case, a couple of ham and cheese sandwiches. The main workout of the day followed at 9 or 10, depending on the weather. Most days saw cloudless skies and temperatures in the mid 70s, but some mornings were cool enough to warrant a later start. Workouts ranged from easy 15 to 20 kilometer walks to hard 12 x 1 km repeats or hilly 25 to 30 km loops around the city. The comida, the main meal of the day, followed the morning workout at around 2 pm, give or take, depending on whether Magdalena, the maid, was napping or cooking while the athletes were out training.

Unless shopping took precedence, a 1- to 2-hour post-meal siesta served to hasten the settling of Magdalena's heavily spiced entrees. On most days, the afternoon nap was followed at around 5 by an easy 7 to 10 km walk with drills or economy repeats. These easy sessions were simply to facilitate recovery from the more intense morning sessions. Evenings were used to unwind with a beverage or two in town, perhaps followed by a subtitled American movie. (Forest Gump proved to be utterly untranslatable, as most of the audience was left completely clueless by the decidedly norteamericano-biased humor). Sundays were always rest days, the only workout being an easy stroll to the banos for a relaxing Turkish bath.

Each of the athletes found his own way to break the monotony of the 140 to 160 km weeks. Andrew, plagued by Saturday Night Fever, spent much of his spare time at the discos. Don-Juan-drzej enjoyed playing tri-lingual scrabble with a number of local senoritas, while Dave read every English language book in the house before being

distracted by a "cultural exchange" with a young Japanese photographer in town to track down rebel leader Subcomandante Marcos.

As is always the case, hard training tended to limit these and other extracurricular entertainments, but some recreational opportunities were just too tempting to pass up. A Super Bowl Sunday trip to the bullfights proved to be one of the most memorable diversions of the camp. Of course, cheap-seat tickets for the sol or sunny side of the bullring were purchased, but the resourceful athletes soon settled themselves into the front row of the sombra, the more expensive shaded side of the arena.

Although one young matador was tossed airborne by a strong thrust of the horns, in the end the bulls didn't have a chance. The end result was a victory for the matadors, picadors, open-the-doors, shut-the-doors, and whatever other kinds of doors were out there that was even more lopsided than the 49ers trouncing of the Chargers. After meeting and congratulating the various bullfighters, the gringos walked home at dusk with a set of bloody bandilleros--freshly pulled from the recently deceased bulls--as souvenirs of the fights.

The end of the most difficult fourth and final week of the camp was celebrated with a small fiesta, and a special dinner at Emiliano's Mustache--home of the finest tacos de pastor in San Cristobol. The long bumpy ride back to Tuxtla the following day allowed the athletes to reflect on the hard training of the previous 4 weeks. Thoughts soon turned toward the looming World Cup Trials in Monterey, California; after enduring 4 weeks of tough, high-altitude training with one of the best coaches in the world, the athletes were leaving confident that their sacrifices would be rewarded by berths on the trip to face the world's best walkers in Beijing. (And they did it!)

OPINION

Steve Vaitones

Is indoor walking viable for our sport? Walks from 1500 meters to 2 miles appear in USATF association championship meets and a regular number of meets in the Northeast. We see decent fields from local competitors, and a lot of masters racing, but where is the support for indoor racing compared to what it was several years ago?

Certainly, looking at the men's U.S. performance base, many of our elite racers' names can be found on the indoor 5 km list as well as the 20 and 50 km charts. This makes the choices tough, especially in a year like 1995 with major trials and championships bunched into the first 2 months. So naturally support may be down based on more focused training. But what of the women? For the Mobil Grand Prix in January, which offered a 3000 meter event for women, there were exactly two inquiries. Since it takes a minimum of three to be a GP event (and meet directors want a larger field to guarantee this), the race was axed from the schedule (for the second straight year). This is probably not unique.

As many problems as there can be with indoor walking, it is often our best chance to have an event in front of a big audience. And, if the quality of competitor and judging is good, the spectators appreciate races even as long as the 3 km.

At the Commonwealth Invitational, announcer Larry Rawson gave quite a bit of commentary during the race and spoke positively of the event (the only error was announcing the mile split a lap early as 5:27, which really wowed the crowd). Allen James was also interviewed on the infield over the PA system as were other winners. Fortunately, the director of the Commonwealth meet will have a 3 km walk anytime we can field at least

five athletes. The men's mile at the Millrose Games will most likely continue as tradition. But, for those meets that once had women's events that went and continue to go unsupported, the event will probably only be seen in the historic highlights section of the program.

One argument I've heard was that it isn't in the World Indoor championships anymore, so why support it. Well, we didn't have any men qualify the past two times, so that does not seem to be much of an issue. Others say these races don't fit into training, but some of the women's races had fit in nicely with schedules. (Ed. Also, check in the Looking Back notes this month to see what Marcel Jobin did in Houston 15 years ago, and you see that the ability to walk a fast mile needn't be disruptive of training.) There is no indoor ranking done, so don't feel the series depends on an indoor time or win or loss. And if there is "not enough money" on the indoor Grand Prix circuit, rest assured that only a very few athletes are getting rich--or even getting expenses--on the indoor circuit.

What do others have to say on the demise of indoor competition?

Walking Is For Wimps

Carroll DeWeese

(Ed. Don't be deceived by the title. This is a positive article. Frank Soby sent it to us with the note: "Carroll DeWeese is a guy I taught to racewalk. He is USATF Michigan master's chair and a VP of Motor City Striders--and maybe a convert." The article, which is written primarily to encourage runners to incorporate walking in their training, apparently appeared in some sort of Association newsletter.)

After an injury at the National Masters Championships, I began racewalking as cross-training for running. On three separate occasions, male running friends of mine said, "What are you doing that for? Walking is for wimps!"

Many runners have a disdain for walkers. They regard walking as an entry-level exercise for non-athletes, women, the overweight, the aged, the infirm, and other "physically challenged" individuals. In their arrogance, they believe that walking is a non-competitive, low-intensity pursuit that has no place in the competitive world of running. Walking is not macho. Walking is "soft".

Scientific research clearly shows that high intensity walkers, who do no running training, can switch to running and achieve the same oxygen uptakes without cross-training. Competitive walkers are capable of developing oxygen uptakes comparable to competitive runners. High-intensity walking can transfer all its oxygen uptake level to running. No other exercise can do that, including aerobics, cross-country skiing, cycling, racket sports, stair climbing, and swimming. High-intensity walkers develop double-gaited fitness: they become fit in both walking and running.

Walking is the primary gait of the human species. Running is a secondary gait. It's evolutionary role in all animals has been a fight-or-flight gait for use in short spurts. I know of no animal, except humans, that runs for more than 3 minutes at a time in its natural environment. The idea of continual sustained running over a period of time is a human notion. This is physically demonstrated in that only three species get stress fractures (a repetitive pounding injury): humans, racehorses, and racing greyhounds. The latter two occur only when they are forced to run under human supervision.

The human body has evolved to walk. Walking is the primary mode of human locomotion. Perhaps my running friends have contempt for walking because it is too ordinary, too commonplace.

When duration and intensity are increased in running, the injury rate for runners increases dramatically. The same is not true for walkers at any intensity level. The average runner hits the ground at 3.5 times body weight. A walker contacts the ground at about 1.5 times body weight. Thus, a runner hits the ground on each step with a force 2x body weight compared to a walker. Casey Meyers in his book demonstrates that a typical 154 pound, 40-mile-a-week runner can reduce the impact on the musculoskeletal system by more than 8 million pounds in just one week by converting half his or her running time to high-intensity aerobic walking. This occurs with no sacrifice to aerobic conditioning.

High-intensity walking in runners' training schedules produces two major benefits: reduced injuries and maintaining a high aerobic capacity. The trick is to use high-intensity walking to replace "junk miles" and easy, recovery running miles. High-intensity walking is not a substitute for fast running. To be fast, you must train fast. Fast running teaches the body running efficiency and prepares it for sustained speed and anaerobic tolerance.

The combination of high-intensity walking and fast running may have another benefit: greater average training intensity. I can do harder workouts more often and recover faster by substituting high-intensity walking for recovery running. My legs are not as "beat up" or fatigued. My body feels less stressed. This is despite the fact that I am using more energy (burning more calories) and more oxygen walking than if I were running. Humans normally start to run when it is easier to run than to walk faster. Once you shift to a run, you use less energy and less oxygen than if you had increased your walking speed.

High-intensity walking means walking at least fast enough that running at the same speed would be easier. Instead of going from a walk to a run, extend the walking gait and walk faster. For most people, running is easier around a 12 to 14 minute per mile pace. The actual speed of changeover is not important. The key is to learn to walk as fast as can be sustained. As speeds increase, walking becomes less energy efficient and the calories burned per distance increase dramatically. Exercise benefits increase dramatically as walking speed increases.

Walking means keeping one foot on the ground at all times and keeping the weight-bearing leg straight as it passes under the body. Walking is not bent legs or flat-footed running.

If you get the opportunity, learn to racewalk. The techniques will teach you how to walk faster and sustain greater speed. In addition, you will learn how to use your hips. Most runners, excepting some sprinters, do not use their hips properly. This results in shorter stride length. Most distance runner hips are not very flexible. Over time, proper racewalking technique may result in improved runner hip flexion and stride length.

Racewalking is very difficult. Much technique is involved. Racewalking requires a gymnast's flexibility, a dancer's grace, a marathoner's endurance, and a chess player's concentration. Racewalking is tough and under appreciated by non-racewalkers. It is not "funny wiggling of the hips" or an inferior form of locomotion.

At the turn of the century, most runners, boxers, and cyclists followed the Harry Andrews method of training. They all spent substantial time walking. Harry was the coach of Alfred Shrubbs, who at one time held all world running records from 2 to 15 miles. Harry's athletes always spent more time walking than running. Their pace was fast. They avoided injury and got considerable recovery miles through walking. Later in this century,

a philosophy developed that the only way to improve speed is to practice speed. As a result, walking was dropped as part of training. Runners were preached the principle of specificity and told to run. Both speed and injuries increased.

Later, the concept of "hard-easy" training was popularized. Runners ran hard one day and easy the next, but they ran.

In an effort to reduce injuries, "cross-training" is now advocated. Runners are told to substitute running time with other aerobic activities, such as cycling, swimming, or weight lifting. The over-looked activity is high-intensity walking--the "cross-training" of the early 1900s. Walking may enhance running more than any alternative activity. It allows runners to train longer, harder, and with more intensity.

Although runners have learned that they have to train fast to race fast, they have also learned that they cannot treat everyday like a race. "recovery miles" and "easy" days are part of training. High-intensity walking and high-intensity running give the best of both the past and the present.

Although the benefits of walking seem to impact directly on running, the reverse does not seem true. The well-conditioned runner has a hard time doing fast, sustained walking. I know of instances where a young, well-conditioned 4-minute miler, untrained in walking, can not beat a 60-year-old racewalker in a 5 Km race when the runner tries to walk the distance. It takes time to learn to walk fast. Learning to combine high-intensity walking and running takes time and persistence.

1994 British Commonwealth Lists

(Compiled by Paul Jones; published in *Athletics*)

20 Km

1:23:07 Nick A'Hern, Australia
1:24:02 Justus Kavulanya, Kenya
1:24:09 Steve Partington, Isle of Man
1:25:19 Scott Nelson, New Zealand
1:25:31 Steve Beecroft, Australia
1:26:01 Tim Berrett, Canada
1:26:11 Martin Bell, Scotland
1:26:18 David Kimutai, Kenya
1:26:24 Julius Sawe, Kenya
1:26:25 Simon Baker, Australia
1:26:33 Mark Donahoo, Australia
1:26:51 Martin St.Pierre, Canada

50 Km

4:02:17 Mike Harvey, Australia
4:11:22 Johan Moerdyk, S. Africa
4:12:37 Duane Cousins, Australia
4:16:53 Dominic McGrath, Australia
4:25:56 Andrew Ludwig, Australia
4:32:25 Les Morton, England

Women's 10 Km

43:09 Kerry Junna-Saxby, Australia
44:37 Anne Manning, Australia
44:54 Janice McCaffery, Canada
45:43 Holly Gerke, Canada
45:48 Vicky Lupton, England
46:01 Lisa Langford, England
46:04 Jane Saville, Australia
46:06 Verity Larby, Scotland
46:10 Wendy Muldoon, Australia

46:29 Jane Barbour, Australia
46:31 Teresa Letherby, Australia
46:35 Tina Poitras, Canada

LOOKING BACK

25 Years Ago (From the Feb.1970 ORW)--Dave Romansky topped Ron Laird in the National Indoor 1 Mile title race, 6:14 to 6:19.7. Ron Kulik was third in 6:20.5, Steve Hayden fourth in 6:22.5, Larry Walker fifth in 6:23.7, and Floyd Godwin sixth in 6:29, just 0.1 ahead of Ron Daniel. .Laird and Godwin flew into Columbus the next morning and hooked up in hot Indoor 3 Mile that afternoon at the OSU Invitational. Laird just won in an American record 20:48, a second ahead of Godwin. Your old editor, then a spry 35, managed a 22:05, but couldn't avoid being lapped on the 220 yard track. The next day, the traveling duo were in Denver for a 15 Km race. .Romansky also had a 6:16 mile in Baltimore and an American record 5:50.2 for 1500 meters in New York. .Laird was named the recipient of the 1969 Ron Zinn Award as the outstanding walker in the U.S., the fifth time he had done so in the award's 9-year existence.

20 Years Ago (From the February 1975 ORW)--Ron Daniel walked off with the National Indoor 2 Mile (which eventually stretched out to today's 5 Km distance) in 13:36.8, with Ron Laird and Larry Walker both less than a second behind in a blanket finish. Ron Kulik, Todd Scully, and Dave Romansky followed closely (13:43 for Romansky). .The Women's 1 Mile Title went to Sue Brodock in 7:22.5, 3 seconds ahead of her sister Linda and Ester Marquez. .Bob Henderson captured the OSU Invitational 3 Mile in 21:52. In the 5-year interval, your editor slowed to 23:17, but took second (today he would be pleased with anything under 30). .Henderson also posted a 45:24 for 10 Km in Champaign, Illinois (indoors) the next afternoon after riding all night in the Mortland car (and also competing in the National 2 Mile in New York the night before the Columbus race) Young Jim Heiring showed his potential at Champaign with a 47:35. Your editor finished third in 50:07. .Sue Brodock had a world's best of 7:15.2 for 1 Mile in Los Angeles and then bettered that with a 7:13.9. .Vladimir Golubnichiy, nearing age 40, won the 3 Mile in the US-USSR indoor dual in a world's best 19:46.2. Veniamin Soldatenko edged out Ron Laird for second, 20:24.8 to 20:27.6.

15 Years Ago (From the Feb. 1980 ORW)--Marcel Jobin of Canada won a 1Mile race in the Houston Astrodome in a blazing 5:54.6, a North American best. .Two weeks earlier, Jim Heiring had done 5:57.5 in L.A. In that same L.A. meet, Sue Brodock recorded a women's world best of 6:58.1. .Jeff Ellis, U. of Wisconsin, Stevens Point, won the NAIA 2 Mile in 13:53.4, with Mel McGinnis second. .Chris Hansen did 5 Km indoors in 21:28 in Racine, Wis. .The day after his fast mile, Jobin won a 50 Km in 4:01:34, also in Houston.

10 Years Ago (From the Feb. 1985 ORW)--U.S. Indoor Titles went to Jim Heiring at 2 Miles in 12:07.5 and Teresa Vaill at 11 Mile in 6:58.6. Tim Lewis was nearly 20 seconds back of Heiring, with Gary Morgan third and T.Om Edwards fourth. Maryanne Torrellas trailed Vaill by 5 seconds, with Ester Lopez on her heels. Carol Brown and Susan Liers

were fourth and fifth. . . Frances's Gerard Lelievre won the World Indoor 5 Km title in 19:06.22. Maurizio Damilano, Italy, was second in 19:11.41, Australia's Dave Smith third in 19:16.04, and Czechoslovakia's Roman Mrazek fourth in 19:39.73. Jim Heiring set an American record of 20:11.69 in sixth. . . Italy's Guiliana Salce won the women's 3 Km World Title in 12:53.42, with Canada's Ann Peel third in 13:06.97. . . Tom Edwards won the TAC National Indoor 3 Km in 11:47.7, beating Gary Morgan (11:55.9), Tim Lewis (11:56.7), and Ray Funkhouser (11:59.3).

15 Years Ago (from the Feb. 1990 ORW)--Teresa Vaill won the Women's National Indoor 3 Km for the second year in a row with a 12:53.17 effort. Ann Peel, Canada, was 17 seconds back in second, and Victoria Herazo (13:37.10) and Maryanne Torrellas (13:50.12) followed. . . In the Men's 5 Km, Canada's Tim Berrett walked away from the field with a 19:42.90. Doug Fournier won the U.S. title in 20:08.40, seven seconds ahead of Gary Morgan. Dave McGovern took fourth 20:40.90, just ahead of Allen James. . . Tim Lewis, only seventh in the National 5 Km, had won the Millrose Games 1 Mile earlier in the month in 5:50.33 with Berrett trailing Steve Pecinovsky in third. A week later, he still had Berrett's number in a 1500 meter race in New York, winning in 5:15.01, 4 seconds ahead of Berrett. . . Vaill had a 6:06 to win the women's 1500 in that latter meet, 14 seconds ahead of Herazo. . . Maryanne Torrellas (6:48.63) won a sparkling mile race over Lynn Weik (6:50.65) and Herazo (6:56.01) in Fairfax, Virginia.

And, some time in the future has arrived rather quickly--here is what Dudley Harris sent me on Sandra Brown.

Long, At The Top Sandra Brown, only to 1993

Born 1 April 1949

International Colours

- * England Athletic Team 1989
- * Great Britain Athletic Team 1991, 1992, 1993

Records & 'Bests'

- * World, Road Running:
Ladies' 24 hours road: 131 miles 583 yds, Chorley, 25-26 Aug 1984.
- * World, Track Running in 1993:
Ladies' 24 hour track: 133 miles 1110 yd, Tooting Bec, 16-17 Oct 1993.
- * World, Race Walking:
Ladies' 50km road: 4hrs 50min 51sec, Basildon 13 Jul 1991.
100km track: 11hrs 17min 42sec, Etrechy 27-28 Oct 1990.
12 hours track: 106km 180m, Etrechy, 27-28 Oct 1990.
100 miles track: 19hrs 38min 53sec, Etrechy, 27-28 Oct 1990.
24 hours track: 193km 306m, Etrechy, 27-28 Oct 1990.
200km road: 24hrs 04min 20sec, Vallorbe, 20-21 Sep 1991.
- * British, Road Running:
Ladies 200km, road: 22hrs 53min 02sec, Chorley, 25-26 Aug 1984.

* British, Race Walking:

Ladies 100 miles road: 18hrs 36min 29sec, Leicester, July 1984.
Ladies 24 hours road: 196.476km (24hrs 13min 02sec), Dijon, 25-26 Aug 90
196.000km (23hrs 42min 15sec), Bazancourt, 27-28 Mar 92

* Scottish All-Comers, Track Running:

Ladies 24 hours track: 120 miles 335 yds, Coatbridge, 24-25 Nov 1984.
Also 40 miles, 50 miles, 100km and 100 miles en route.

Among Other Achievements

* Paris-Colmar ultra-distance race walking event:

Placed 2nd in women's race in 1990, 1991 and 1992.

* European/UK 24-hour race walks, Winner of women's events:

1989: Rouen, Roubaix (28hr).
1990: Chateau Thierry, Bazancourt, Rouen, Dijon, Roubaix (28hr), Etrechy.
1991: Lagny, Bazancourt, Dijon, Vallorbe.
1992: Bazancourt.
1993: London.

* UK/European 100-mile race walks, Winner of women's events:

1984: Leicester 1984: St Oedenrode 1985: St Oedenrode 1985: Blackheath
1987: Ewhurst 1988: Leicester 1989: Metropolitan Police
1990: Leicester 1992: Leicester. 1993: St Oedenrode.

Appointments & Membership

Centurion No 735, July 1982. Vice-Captain, November 1992.
President, Surrey Walking Club, 1991, 1992.
Member: Road Runners Club, LDWA, Civil Service Sports Council.

