

Ohio Race Walker
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Rohl and James stay on top

Atlanta, March 4 (From Steve Vaitones)--Michelle Rohl and Allen James brought their early season dominance indoors and earned the gold medals at the USATF Indoor Track & Field Championships. Only nine walkers toed the line in each race, the small fields due in part to the year's unusual winter racing schedule, which had trials races at both 20 and 50 Km for men and at 10 Km for women.

The walks were moved to Saturday morning after originally being scheduled for Friday night, as they would have been the only finals on Friday. That, though may have been a mixed blessing, as the walks would have been the lead-in to the Georgia High School Invitational with several thousand spectators, providing the off-asked-for "exposure". On Saturday morning, in comparison, it was a toss-up as to whether there were more officials on the field or more spectators in the stands. Nonetheless, the athletes were ready to put it on the line around the Georgia Dome's spacious, banked 200 meter circuit. A far cry from Madison Square Garden's steeply pitched 11 lap per mile runway, the blue mondo oval allowed plenty of room for strategic moves and shoulder-to-shoulder matchups. The winners, though, were decided shortly after the gun in both races, with only a few midpack challenges spicing up the competition.

In the women's race, Rohl led from the start, getting comfortably out in front by the 800 meter mark and gradually increasing the lead over second placer Victoria Herazo. "I was surprised because Victoria usually goes out harder," noted the LaGrange, Georgia resident. "Mostly, I was walking conservatively because I wanted to win it. I didn't care about the time. I didn't train for this distance because I'm getting ready for the Pan Am Games." With kilometer splits of 4:15 and 8:39, she finished in 13:04.99, moving her to seventh faster American performer of all time.

This season's surprise, Joanne Dow of Manchester, N.H., place third in her first go at a USATF Track championship. Her 13:28.22 clocking (4:25, 9:04) moves her to ninth on the U.S. performers list. In fourth, Gretchen Eastler moved to tenth all-time, while Kristen Mullaney and Danielle Kirk also recorded personal bests. Ali DeWitt was the only DQ in the race.

In the men's race, an expected rematch of last year's great duel between James and defending champion Jonathan Matthews never materialized. James utilized a similar race plan to Rohl's--establish a lead and remain just out of reach. James had a 5 meter lead over Matthews and training partner Rob Cole after 400 meters. Matthews put the same margin over Cole in the next two laps, and those gaps widened throughout the race.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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"This race was a bit slower than what I had hoped, and this year my mile at the Millrose Games was slower than I had hoped," remarked James. "We did a 50 Km eight weeks ago; it takes a long time to make the transition to speedwork after distance training." Planning the first double in recent memory by an American at the Pan American Games, the 50 Km titlist toured the track in consistent kilometer splits of 3:55, 7:56, 11:59, and 16:01, before easing up to the final 20:16.47.

The only real racing was for places three, four, and five. Just past half way, Gary Morgan and Chad Eder caught Cole and passed him in tandem. Positions shuffled several times in the ensuing 1500 meter until Rob retook third place for good at 4 Km. Eder won the battle for fourth in a personal best 20:56.80. Yariv Pomeranz, the youngster in the field, received the only red paddle of the race, while Herm Nelson was a did-not-finish, dropping just past 2 Km.

The Mobil Indoor Grand Prix standings were the same as the final result order in both races. This was the only race of the season for the women, while the men's tally also included the Commonwealth Invitational and Millrose Games. Results:

Women's 3 Km--1. Michelle Rohl, Brooks AC 13:04.99 2. Victoria Herazo, Calif. Walkers 13:11.76 3. Joanne Dow, un. 13:28.22 4. Gretchen Eastler, un. 13:48.35 5. Susan Armenta, un. 13:59.55 6. Kristen Mullaney, Pegasus TC 14:21.51 7. Danielle Kirk, U. of Wis.-Parkside 14:24.06 8. Anne Lankowicz, un. 15:07.54 DQ--Ali DeWitt, U. of Wis.-Parkside. (World Record 11:44.00, Alina Ivanova, Russia, 2/7/92; American Record 12:20.42, Debbi Lawrence, 3/12/93; Meet Record 12:35.79 Debbi Lawrence 2/26/93)

Men's 5 Km--1. Allen James, Athletes in Action 20:16.47 2. Jonathan Matthews, un. 20:29.66 3. Rob Cole, Reebok Racing Club 20:36.43 4. Chad Eder, Cedarville, Ohio College 20:46.42 5. Gary Morgan, NYAC 20:56.80 6. Marc Varsano, Park RW 21:22.06 7. Sean Albert, St. Peters College 24:14.30 DNF--Herm Nelson, Clbu Northwest; DQ--Yariv Pomeranz, un. (World Record 18:-8.08 Mikhail Schennikov, Russia, 2/14/95; American Record 19:18.40 Tim Lewis 3/7/87; Meet Record 18:53.25 Guillaume Leblanc, Can. 2/26/88)

Pan American Games, Mar del Plata, Argentina: Women's 10 Km, March 21--1. Graciela Mendoza, Mexico 46:31.93 2. Michelle Rohl, USA 46:36.52 3. Francisca Martinex, Mex. 47:44.78 4. Maria Bermer, Col. 48:29.02 5. Holly Gerke, Can. 48:46.49 6. Marian Rama-on, Ecu. 50:13.15 7. Giovanna Moreion, Bol. 51:04 8. Janice McCaffrey, Can. 53:26.47 9. Lidia Carriago, Arg. 55:32.56 DQ--Teress Vaill, USA

OTHER RESULTS

Indoor 3 Km, Milford, Conn., Feb. 26--1. Bob Gottlieb 14:30 2. Joe Light 14:49 (1st over 40) 3. Sharon Lyons 16:15 4. Ed O'Connor 16:25 5. Gerry Patrick 17:04 (1st over 50) 6. Larry Titus 17:27 (2nd over 50) 7. Louis Free 17:55 (1st over 60) 8. Benno Stein 18:11 (3rd 50-59) **Indoor 3 Km, Boston, Feb. 12:** Women--1. Gretchen Eastler 13:39 2. Sasha Devore 15:39.5 Men--1. Lukasz Szela 12:14.18 2. Wyciech Szela 12:14.21 3. Mark Fenton 13:22 4. Vo Khang 13:25 5. Roberto Gottlieb 13:50 **3.75 Mile, Brockton, Mass., Feb. 20 (unjudged)--1.** Steve Vaitones 29:00 2. Joe Light (47) 29:52 3. Justin Kuo (40) 32:29 4. Ken Mattsson 32:35 5. Bob Ullman (46) 32:45 6. Tom Knatt (54) 33:54 7. Paul Schell (57) 34:47 8. Stanley Sosnowski (44) 35:10 (17 finishers) Women: 1. Joanne Dow 28:58 2. Evelyn Bandlow (41) 37:27 (7 finishers) **New York vs Boston T&F Match, Boston, Feb. 19: Men's 3 Km--1.** Kevin Eastler 12:41.51 2. Yariv Pomeranz 13:15.86 3. Mike Hersey 14:21.44 **Women's Mile--1.** Joanne Dow 6:46.20 2. Gretchen Eastler 7:01.30 3. Maryanne Torrellas 7:59.53 4. Roselle Safran 7:56.86 5. Tara Shea 8:14.21 **Laatino Games H.S. Girl's 1500 meters, New York City, Jan. 27--1.** Samantha Cohen 8:01.2 2. Lee Babcock 8:29.6 3. Nzinga Mack 8:33.8 4. Jennifer Corozzo 8:35.8 **Metropolitan Indoor 1500 meter Championship, New York City, Jan. 27--1.** Wojciech Szela 5:51.84 2. Lukasz Szela 5:52.05 3. Yariv Pomeranz 6:06.47 4. Roberto Gottlieb 6:40.84 5. Alan Sangeap 6:46.71 6. Bob Barrett (61) 7:21.33 7. Vincent Robustelli 7:46.09 8. John Calvelli 7:48.86 9. Pete Powell 7:57.72 10. Dennis Jamison 7:58.85 11. Cervan Robinson (66) 8:27.68 12. Dale Carnegie 8:34.78 (He must be around 100, but listed as a high school boy. Well, maybe not the same Dale Carnegie) (17 finishers, 1 DQ Women--1. Anne Lankowicz 6:58.10 2. Kaisa Ajaye 7:18.85 3. Bhavna Bhambree 7:26.93 4. Tara Shea 7:33.14 5. Kim Lando 7:47.80 6. Meredith Emanuel 8:33.11 (19 finishers, 3 DQs) **Millrose Games 1 Mile, New York, Feb. 3--1.** Allen James 5:52.75 2. Jonathan Matthews 5:55.72 3. Wojciech Szela 6:03.14 4. Lukasz Szela 6:04.22 5. Gary Morgan 6:06.77 6. Sean Albert 6:09.98 7. Chad Eder 6:14.21 8. Pierce O'Callaghan, Ireland 6:19.43 9. Marc Varsano 6:24.18 10. Curt Clausen 6:41.25 11. Yariv Pomeranz 6:44.61 **3 Km, New York City, Feb. 11--1.** Sean Albert 12:27.51 2. Marc Varsano 12:28.66 3. Yariv Pomeranz 13:07.55 Women--1. Tara Shea 16:19.39 **3 Km, New York City, Feb. 24--1.** Marc Varsano 12:22.88 2. Yariv Pomeranz 12:25.44 3. Larry Beckerle 13:54.44 4. Bruce Logan 16:34.86 **1500 meters, New York City, Feb. 24--1.** Wojciech Szela 5:43.0 2. Lukasz Szela 5:44.4 3. Alan Sangeap 6:41.5 4. Gary Null (50) 6:48.2 5. Josh Ginsburg 6:52.4 6. Cervin Robinson (65) 8:20.6 Women: 1. Jill Lippman 8:04 2. Sarah Caban 8:08.8 3. Barbara Adler (50) 8:59.5 **National Interscholastic 1 Mile, Syracuse, N.Y., March 13--1.** Kevin Eastler, Maine 6:11.98 2. Francoiz Berube, Can. (10th grade) 6:14.05 3. Frederic Vincent, Can. (11th grade) 6:47.58 4. Brandon Perry, Florida (10th grade) 6:50.64 5. Michael Hersey, Maine 7:02.22 6. Josh Ginsburg, N.Y. 7:15.02 7. Shaun Foster, Georgia (11th grade) 7:24.44 8. William Navarro, N.Y. 7:45.51 **National Interscholastic Girl's 1 Mile, Syracuse, March 13--1.** Lisa Kutzing, N.Y. (9th grade) 7:24.67 2. Alison Zabrenski, Maryland (10th) 7:33.13 3. Sasha Devore, Maine (10th) 7:38.53 4. Roselle Safran, N.Y. 7:40.77 5. Bhavna Bhambree, N.Y. (11th) 7:42.84 6. Samantha Cohen, N.Y. 7:43.12 7. Cori Colling, Virginia (10th) 7:44.40 8. Sally Rapp, N.Y. (10th) 7:48.32 9. Karina Wireman, N.Y. 7:56.27 10. Karen Bonna, N.Y. (11th) 7:56.35 11. Kimberly Lando, N.Y. 8:00.63 12. Laurie Starr, N.M. (10th) 8:00.87 13. Alyson Boccad, N.Y. (11th) 8:03.51 14. Suzanne Scaveara, N.Y. (11th) 8:07.79 15. Deniase Esserman, N.Y. 8:10.19 16. Tara Shea, N.Y. (11th) 8:15.27 17. Minjee Kang, N.Y. (11th) 8:17.60 18. Stephanie Gray, Florida (7th) 8:20.45 19. Jessica

Kimmel, N.Y. 8:24.71 20. Jill Lippman, N.Y. (11th) 8:25.04 (27 finishers. All athletes in both races not otherwise designated are high school seniors) **5 Km, New York City, March 18:** Women--1. Maryanne Torrellas (36) 26:17 2. Sharon Lyons (33) 26:38 3. Kim Lando (18) 27:30 4. Ellen O'Shaughnessy (34) 28:55 (20 finishers) Men--1. Lukasz Szela 21:02 2. Marc Varsano (30) 21:23 3. Sean Albert (21) 22:14 4. Khang Vo 24) 22:27 5. Yariv Pomeranz (19) 23:26 6. Roberto Gottlieb (31) 24:21 7. Josh Ginsburg (17) 24:30 8. Michael Korol (36) 25:33 9. Nick Bdera (46) 26:12 10. Bob Barrett (61) 27:14 11. Nick Dispenzieri (41) 28:43 12. Cervan Robinson (66) 29:46 13. Sherwin Wilk (56) 29:48 (21 finishers) **Indoor 3 Km, Arlington, Virginia, Jan. 22--1.** Dick Jirousek (51) 16:53 2. Jim Goldstein (46) 16:56 3. Marykirk Cunningham 17:19 (12 finishers) **Indoor 3 Km, Arlington, Jan. 29--1.** Louis Brown (15) 16:33 2. Marykirk Cunningham 16:36 3. Viktor Litwinski (51) 17:41 **Indoor 1600 meters, Arlington, Feb. 12--1.** ALison Zabrenski (15) 7:56 2. Cori Colling (16) 8:11 **3 km, same place--1.** James Moreland (42) 15:44 2. Louis Brown 16:45 3. Marykirk Cunningham 16:48 4. Dave Kodner 16:51 5. James Goldstein 16:56 6. Louis Free (64) 17:19 7. Dick Jirousek 17:30 8. Viktor Litwinski 18:00 (13 finishers) **5 Km, Coconut Creek, Florida, Jan. 29--1.** Dave Esson 29:10 2. Bob Cella (57) 29:33 **Southern Regional 10 Km, Orlando, Florida, Feb. 19:** Women: 1. Chris Alt 56:05 2. Sara O'Bannon 56:42 3. Linda Stein (1st 40-45) 57:11 4. Alba Campbell (2nd 45-59) 58:15 5. June Provost (1st 60-64) 61:42 (15 finishers) Men: 1. Brandon Perry 50:40 2. Edgardo Rodriguez 51:09 3. John Fredericks (1st 45-49) 52:39 4. Gene Opheim (2nd 45-49) 54:06 5. Eric Schmook 54:13 6. Sterling Kerr (1st 55-59) 54:25 7. Chris Motecarlo (1st 50-54) 58:11 8. Tom White (1st 60-64) 58:34 9. Paul Alvord (2nd 50-54) 59:14 10. Charles Carter (1st 40-44) 60:37 11. Dave Gwyn (2nd 40-44) 60:55 . . . Cokey Daman (77) 65:31 (22 finishers) **8 Km, Winter Spring, Florida, Feb. 25--1.** Chris MonteCarlo 46:14 2. Marlo Feinstein 49:32 Women: 1. CHris Alt 43:57 **10 Km, Winterhaven, March 4--1.** C.S. MonteCarlo 58:19 Women--1. Alba Campbell 58:51 **5 Km, Miami, March 3--1.** John Fredericks 24:29 Women: 1. Sara O'Bannon 27:12 **5 Km, Coral Springs, Florida, March 11--1.** Eric Schmook 25:55 2. Dave Esson 28:56 3. Bob Fine (63) 29:54 Women: 1. Sondara Vladem (40) 29:27 **5 Km, Palm Beach, Florida, March 11--1.** John Fredericks 24:44 2. Fred Shaffer 29:12 Women: 1. Sara O'Bannon 27:45 2. June Marie Provost 29:36 **5 Km, Aventura, Florida, March 18--1.** Juan Yanes (45) 27:30 2. Lee Duffner (58) 28:48 3. Gerry Gomes (62) 29:30 Women: 1. Londa Stein (47) 28:51 2. June-Marie Provost (61) 29:31 3. Monic BOyd 29:57 **Indoor 3 Km, Chicago, Feb. 4--1.** Don Lawrence 12:59.8 2. Debbi Lawrence 13:41.6 3. Don Mowles (1st over 50) 15:58.9 4. Ron Winkler 16:45 5. Terri Krentz 17:41 (11 finishers) **5 Km, College Station, Texas, Feb. 25--1.** Cheryl Rellinger 25:03 2. Lisa Chumbley 26:10 3. John Knifton 27:27 4. Chip Schaeffer 28:57 5. Shawnee Jones BONnette 29:04 6. Lojza Vosta (61) 29:20 **5 Km, Bryan, Texas, March 4--1.** Lisa Chumbley 25:37 2. Lojza Vosta 27:26 3. Shawnee Jones Bonnette 28:33 4. Dave Gwyn 28:50 **1 Hour, Houston, March 11--1.** Cheryl Rellinger 11,598 meters (25:10, 51:45) **5 Km, Aurora, Col., Jan. 14--1.** Mike Blanchard 24:33 2. Daryl Meyers (52) 27:55 3. Bob DiCarlo (60) 28:17 4. Lori Rupoli (43) 29:13 5. Harry Burns (48) 30:09 **5 Km, Denver, Jan. 29--1.** Mike Blanchard 24:13 2. Scott Richards (44) 25:57 3. Daryl Meyers 28:16 4. James Twark (47) 30:14 **1 Mile, Boulder, Col., Jan. 28--1.** Mike Blanchard 7:20.8 2. Harry Burns 9:11 **National Masters Indoors 5 Km, Reno, Nevada, Feb. 24:** Women: 30-34--1. Jennifer Granucci, Cal. 16:44 35-39--1. Victoria Herazo, Cal. 13:25 2. Therese Iknoian, Cal. 15:39 3. Deborah Stegman, Cal. 16:30 4. Becky Comeauz, Cal. 16:33 5. Terri Brothers, Cal. 17:40 40-44--1. Karen

Styoanowski, Cal. 16:31 2. Laurel Williams, Alaska 18:23 45-49--1. Kathy Fable, Tex. 18:50 55-60--1. Bev LaVeck, Wash. 18:12 60-64--1. Shirley Dockstader, Cal. 19:09 65-59--1. Joan Rowland, N.Y. 22:26 70-74--1. Imogene Watkins, Col. 22:32 (American record) 85--1. Dorothy Robarts, Cal. 28:47 (world record) Men: 30-34--1. Herm Nelson, Wash. 12:28 40-44--1. Andy Hecker, Cal. 16:46 2. Steve Gardiner, Wy. 17:31 3. Art Klein, Cal. 17:46 45-49--1. Bill Penner, Cal. 15:13 2. Norm Fable, Tex. 15:35 50-54--1. Jim Carmines, Penn. 15:12 2. Ed Kousky, Ore. 15:13 (made up 10 secons in last 600 meters, but didn't quite get there) 3. Winston Crandall, N.M. 15:52 55-59--1. John Elwarner, Mich. 15:24 2. Paul Johnson, Ark. 16:03 3. John Schulz, Cal. 16:23 60-64--1. Jack Bray, Cal. 15:46 2. Dick Petruzzi, Cal. 16:46 3. Claude Wrathall, Cal. 17:28 65-59--1. Vance Genzlinger, Mich. 17:38 2. Ed Gawinski, Del. 17:46 3. Jack Ozment, Ariz. 18:29 70-74--1. Richard Bennett, Cal. 21:41 75-79--1. Joe Perrin, Nev. 20:55 **Western Region 5 Km, Pasadena, Cal., Feb. 19:** Men: 30-39--1. Richard Lenhart 23:53.2 2. Murray Day 24:49 3. Chris Dreher 25:16 4. Steve Lavelland=eda 26:18 5. Pedro Santoni 28:39 40-44--1. Enrique Camarena 26:09 45-49--1. Bill Penner 25:23 2. David Crabb 25:59 50-54--1. Wayne Wurzbarger 27:58 2. Jesus Orendain 30:34 55-59--1. Bill Neder 29:07 60-64--1. Carl Acosta 28:16 2. Arvid Rolle 30:41 70-74--1. Masahsi Noritake 33:36 Women: 20-19--1. Chris Sakelarios 16:04.4 2. Margaret Govea 26:35 3. Fran Avellaneda 28:37 4. Susan Mears 30:16 40-44--1. Joan Schlingen 30:52 45-49--1. Barbara Kowalski 32:57 50-54--1. Tammy Kiernan 31:57 55-59--1. Helena Gerundo 31:14 60-64--1. Ria Marsh 35:01 65-69--1. Alice Garcia 35:16 70-74--1. Jane Dana 41:41 **Indoor 5 Km, Moscow, Feb. 14--1.** Mikhail Schennikov 18:07.08 (World record, bettering 18:15.25 by Grigoriy Kornev in 1992) 2. Kornev 19:04.29 **Women's Indoor 3 Km, Erfurt, Ger., Feb. 15--1.** Beatte Gummelt 11:17.57 **Men's 3 Km, same place--1.** Axel Noack 11:04.03 **20 Km, Tokyo, Jan. 1--1.** Takushima 1:22:38 (National record) **5 Km, Melbourne, Australia, Feb. 23--1.** Nick A'Hearn 19:50.62 2. D. Russell 20:07 **Australian 5 Km Championships, March 2-5:** Junior Men: 1. Dion Russell 21:11 2. Damien O'Mara 22:01 Junior Women: 1. Natalie Saville 22:12 2. Linda Coffee 22:23 3. Jo Strngman 23:31 Men: 1. Nick A'Hern 19:37 2. Dion Russell 20:07 Women: 1. Kerry Junna-Saxby 21:22 2. Anne Manning 22:02 3. Theresa Letherby 22:25 3. Linda Coffee 22:38 5. Jane Saville 23:00 **Australian Women's 10 Km Championship, Canberra, March 18--1.** Kerry Junna-Saxby 43:53 2. T. Letherby 45:08 **Men's 20 Km Championship, same place--1.** Nick A'Hern 1:22:35 2. Mike Harvey 1:27L05 3. Dion Russell 1:27:19 **1994 National Postal 1 Hour** (Sponsored and conducted by the Shore Athletic Club): Men's Open: 1. Gharfara Abderrezak, Marin, Cal. 13,228 meters 2. Steve Pecinovsky, Potomac Valley TC 12,973 3. Dave Marchese 12,800 4. Ray Funkhouser, Shore AC 12,225 5. John Soucheck, SHore AC 12,081 6. Mike Blanchard, Front Range Walkers 12,060 7. Sean Albert, St. Peter's Col. 12,002 8. Kevin Eastler, W. Maine RW 11,876 9. Zibi Sadlej, Pegasus 11,703 10. James Carmines, PVTC 11,675 11. Brian Savilonis, New England Walkers 11,660 12. Jeff Millington, Golden Gate RW 11,623 13. Robert Keating, NEW 11,554 14. Curt Clausen, Shore AC 11,442 15. Jack Bray, Marin RW 11,404 16. John Elwarner, Wolverine Pacers 11,396 17. Larry Walker Cal. Walkers 11,356 18. Alan Price, PVTC 11,298 19. Dave Romansky, Shore AC 11,234 20. Alan Yap, FRW 11,125 21. Paul Schwartzburg 11,102 22. Max Green, Pegasus 11,099 23. Tony Noerpel, Shore AC 11,003 24. John Schulz, Marin RW 10,877 25. Carl Acosta, Walkers CLub of LA 10,876 26. Jack Lach, Shore AC 10,629 27. Roberto Gottlieb,

Westchester TC 10,619 28. Ron Shields, NE Penn Trailbazers 10,608 29. Tom Knatt, NEW 10,603 30. Robert Ullman, NEW 10,559 31. John Harmer 10,533 32. Paul Johnson, Fort SMitt RR 10,521 33. Tim Good, PVTC 10,498 34. Scott Richards, FRW 10,483 35. Manny Eisner, Shore AC 10,460 36. Curt Sheller, Shore AC 10,428 37. Patrick Bivona, Shore AC 10,407 38. Ralph Edwards, Shore AC 10,316 39. Dean Easterlund, Cornbelt RC 10,301 40. Doug Vermeer, RWNW 10,261 41. Jim Stuckey, Marin RW 10,183 42. Mike McNamee, PVTC 10,135 43. Ray McKinnis 10,110 44. Joe Guy, PVTC 10,075 45. Paul Schell, North Medford CLub 10,059 46. Jonathan Udesky, Chicago WC 10,046 47. Gerald Bocci, Pegasus 10,013 48. Dave Kodner, PVTC 10,011

Women's Open: 1. Victoria Herazo, Cal. Walkers 12,753 2. Gretchen Eastler, Simmons Col. 11,638 3. Joanne Dow, NEW 11,514 4. Karen Stoyanowski, Sierra 11,136 5. Kristen Mulhaney, Pegasus 10,946 6. Kaisa Ajaye 10,876 7. Robin Fujinaka 10,679 8. Lauren Farkash 10,598 9. Phyllis Hansen, Shore AC 10,536 10. Donna Cunningham, S. Cal. RW 10,528 11. Erin Taylor, RWNW 10,479 12. Deborah Stegman, Marin RW 10,466 13. Tammy Vinar, Cornbelt RC 10,453 14. Marianne Martino, FRW 10,429 15. Peggy Miller, FRW 10,428 16. Pat Weir, Shore AC 10,242 17. Elton Richardson, 10,227 18. Jennifer Granucci, GGRW 10,157 19. Jolene Steigerwalt, CW 10,117 20. Jo Ann Nedelco, GGRW 10,108 21. Marykirk Cunningham, PVTC 10,019 22. Virginia Fong, Marin RW 10,018 23. Terri Krentz 9,897

Girls 10 and under: 1. Stephanie Bean, Salem TC 7,678 **Girls 11-14:** 1. Kim Smith, Oregon 8,930 2. Jenny Woodbury, Waldo Co. TC 8,446 **Girls 15-19:** 1. Erin Taylor 10,479 **Boys 10 and under:** 1. Ryun Haugaard, Minn. Jr. Loons 8,056 2. Tony Klappa, MJL 8,047 **Boys 11-14:** 1. Craig Haugaard, MJL 9,105 **Boys 15-19:** Kevin Eastler 11,876

Women 40-44: 1. Fujinaka 2. Hansen 3. Martino 4. Miller 5. Weir 6. Eileen Lawrence 9,578 7. Jane Hein, PVTC 9,549 **Women 45-49:** 1. Cunningham 2. Paul Kash 9,790 3. Diane Graham-Henry 9,786 4. Judy Heller, American RW 9,757 5. Donna Cetrulo, SHore AC 9,456 **Women 50-54:** 1. Steigerwalt 2. Nedelco 3. Lois Dicker, PVTC 9,714 4. Carolyn Rose, Marin RW 9,629 5. Lani LeBlanc, Marin RW 9,374 6. Walda Tichy, Pegasus 9,135 **Women 55-59:** 1. Richardson 2. Nancy Whitney, PVTC 9,559 3. Rachel Norton, Cornbelt RW 9,004 **Women 60-64:** 1. Ruth Eberle, RW Club of St. Louis 9,618 2. Shirley Dockstader, Marin RW 9,428 3. Ria Marsh, S. Cal. RW 9,156 **Women 65-59:** 1. Patricia Nesley, PVTC 8,798 **Women 70-74:** 1. Rose Kash, Cal. Walkers 7,569 **Women 75-59:** 1. Mary Latham, PVTC 6,888 **Women 80-84:** 1. Doroth Robarts, Marin RW 6,696 **Women 85-89:** 1. Dorothy Robarts 6,407 (4 months later, following a birthday)

Men 40-44: 1. Funkhouser 2. Savilonis 3. Richards 4. Sheller 5. Vermeer 6. McNamee 7. Art Klein, GGRW 9,858 8. Tony Quattrocchi, SHore AC 9,822 **Men 45-49:** 1. Keating 2. Price 3. Noerpel 4. ullman 5. Harmer 6. Easterlund 7. Ed Sell, Chicago WC 9,900 8. Harry Burns, FRW 9,718 **Men 50-54:** 1. Carmine 2. Walker 3. Yap 4. Lach 5. Shields 6. Knatt 7. Eisner 8. Bivona 9. Edwards 10. McKinnis 11. Guy 12. Pete Giachetti, Sierra 9,999 13. Viktor Litwinski, PVTC 9,637 **Men 55-59:** 1. Elwarner 2. Romansky 3. Schulz 4. Johnson 5. Stuckey 6. Schell 7. Bocci 8. Stuart Sonne, FRW 9,910 9. Arthur Noll, PHAST 9,751 10. Ralph Garfield, Shore AC 9,668 **Men 60-64:** 1. Bray 2. Green 3. Acosta 4. Ben Ottmer, Shore AC 9,883 5. Stuart Summerhayes 9,843 6. Vilmaris Strautins, FRW 9,836 7. John Lyle, FRW 9,704 8. Wayne Nicoll, NEW 9,541 **Men 65-59:** 1. Vance Genzlinger, Pegasus 9,890 2. Edward Gawinski, PHAST 9,866 3. Cervin Robinson, Park Walkers 9,584 **Men 70-74:** 1. Klaus Timmerhaus, FRW 9,820 2. Bob Mimm, SHore AC 9,726 3. John Levinson, Marin 8,785 4. Joseph Mallon, RWNW 8,662 5. Sidney Wright, FRW 9,647 6. John Gray, NMC 8,484 7. E. B.

Lloyd, N. Car. RR 8,444 8. Jorge Newberry, SCRW 8,325 **Men 75-79:** 1. Tom Kirley, Cornbelt RC 9,184 2. Troy Grove, Marin RW 8,374 **Men 80-84:** 1. Harry Drazin, Shore AC 7,394 2. Frank Rubin, NEW 7,072 3. Wayne Dexter 7,021 **Teams: Women's Open:** 1. California Walkers 30,439 2. Shore AC 30,234 3. Marin RW 30,113 **Men's Open:** 1. Otoomac Valley 35,946 2. SHore AC 35,748 3. Marin RW 35,509 (Total of 240 participants)

PLANNED PERAMBULATING PROGRAMS

(Or, if you prefer, race schedule)

Sat. April 8	5 Km, Los Altos, Cal. (G)
Sun. April 9	5 Km and 1500 meters, Darlington, S.C. (L) 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)
Mon. April 10	5 and 10 Km, Washington, D.C. (J)
Sat. April 15	5 Km, Atlanta (D)
Sat. April 22	3 Km, Worcester, Mass., 9 am (I) 15 Km, Portage, Mich. (Y) 5 Km, Indianapolis (V)
Sun. April 23	5 and 10 Km, Dearborn, Mich. (E) 5 Km, Eagle Rock, Cal., 1:30 pm (B) 5 Km, Shingle Springs, Cal. (R) 5 Km, Marin, Cal. 9 am (P)
Sat. April 29	5 Km, Atlanta (D) 5 Km, Ft. Lauderdale, Florida, 8 am (Q) Art Keay Memorial 10 Km, Toronto, 10 am ((X) 3 and 5 Km, Warren, Mich. (W) 10 Km, San Mateo, Cal. (G) 5 Km, Studio City, Cal., 8 am (B) 3 Mile, Detroit (W)
Sun. April 30	5 Km, Decatur, Georgia (D) 5 Km, Providence, R.I., a0 am (Z) 3, 5, and 10 Km, Dearborn, Mich. (W) 10 Km Broomfield, Col. (H) 1500 meters, Atlanta (D) (And every Tuesday through July 11) 5 Km, Detroit (W)
Sat. May 6	1500 meters, Marin, Cal. (P)
Sun. May 7	Mortland Racewalks, 5, 10, and 20 Km, 8:30 am, Yellow Springs, Ohio (K) 10 Km, London, Ontario (W) 5 and 10 Km, Albuquerque, N.M. (AA) 24 Hour Walking Relay, Atlanta (D)
Tue. May 9	5 Km, Indianapolis (V)
Sat. May 13	USAT&F Women's 20 Km, Men's 25 Km, Albany, N.Y. (S)
Sun. May 14	Western Regional Women's 10 Men's 20 Km, Palo Alto, Cal. (G)

- Mon. May 22 Inland Empire 15 Km and 5 Km, Riverside, Cal. (B)
 5 and 10 Km, Denver (H)
 Sun. May 28 USAT&F Men's 10 Km, Niagara Falls, N.Y. (T)
 Alongi 5 Km, Marin, Cal., 3 pm (P)
 5 Km, San Mateo, Cal. (P)
 Sat. June 3 4 Mile, Indianapolis (V)
 5 Km, Indianapolis (V)
 Sun. June 4 Weinacker Cup 5 and 10 Km, Windsor, Ont. (W)
 Sr. Olympics 5 Km, and 1500 meter, Sacramento (R)
 5 Km, Denver
 Mon. June 5 Georgia Masters 5 Km, Atlanta (D)
 Sat. June 10 5 Km, Battle Creek, Mich. (W)
 Pacific Masters 5 Km, Los Gatos, Cal. (G)

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 ✓ B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
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 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
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 ✓ R--Sierra Racewalkers, P.O. Box 13203, Sacramento, CA 95813
 ✓ S--Marian Mudar, 313 Georgetown, Ct., Albany, NY 12203
 ✓ T--David Lawrence, 94 Harding Ave., Kenmore, N.Y. 14217
 U--Columbia TC, P.O. Box 1872, Columbia, MO 65205
 ✓ V--Indiana Racewalkers, 411 Taylor St., Pendleton, IN 46064
 ✓ W--Frank Soby, 3907 Bishop, Detroit, MI 48224
 ✓ X--B. Appollonio, 260 Town Centre Blvd., Suite 103, Markham, Ont. L3R 8H8, Can.
 Y--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 ✓ Z--R.I. Zoological Society, Roger Williams Park Zoo, Providence, RI 02905
 ✓ AA--New Mexico Racewalkers, P.O. Box 6301, Albuquerque, NM 97197

FROM HEEL TO TOE

The Jack Mortland Invitational Racewalks, the brainchild of the Wolfpack Track Club's founder and president, John White, were going under this year because John can no longer

get permission for races on the Whetstone Park bikepath. The walks had been conducted under John's able guidance for the past 7 years. To the rescue comes Ohio's Racewalk Chairman, Vince Peters, who is putting on the Jack Mortland Racewalks in Yellow Springs, Ohio on May 14. Vince is offering races at 5, 10, and 20 Km with \$50 first place awards in the Men's 20 and Women's 10. Those races will be the Ohio Championships. Yellow Springs is in a beautiful spot with lots of terrific hiking trails around, for those who don't get enough walking in the races. It's a delightful village and the home of Antioch College, which welcomed bohemians, beats, hippies, and flower children before anyone had heard of bohemians, beats, hippies, and flower children. For information on the races, contact Vince Peters at 607 Omar Circle, Yellow Springs, OH 45387, 513-767-7424 evenings. . .Correction to the National 50 Km results reported in the January issue. Mike DeWitt had a 4:43:57 (not 4:33:57) and Ian Whatley, not Mike, was 10th. . .From Ron Daniel: "Thoughts on Looking Back for newcomers to the sport. Somewhere at the end of the '70s or early '80s, there was a significant change to the implementation of the racewalking rules in the judges procedure. That was the introduction of the warnings (white paddle) as we now know it, along with the three DQ calls from separate judges (for a short while, the Chief Judge's call counted for two). Until this change, there was no distinction from the first warning and it being a DQ call, of which the walker only received two, and both calls could come from the same judge. That first warning/DQ call, early in a race, sure had you walking cautious the rest of the way. The current rules certainly give the benefit of the doubt to the walker, which may account for some of our present problems, along with aiding in some of the faster times." . . .From Steve Vaitones: "The Boston Marathon has been working to collect memorabilia of the historic race's first 100 years and they are finding that even the office itself had surprisingly little in the way of early history of the event. Our own New England association of USATF can only trace most of our championship events into the 1970s, mostly because age-old old-aged administrators' files were often flung to the wind. There's probably a lot of walking material that is in basements or attics, one step away from being just one more round of the trash or recycling man. As a saver of statistics, reviewer of records, and collector of "stuff" related to walking, I am trying to rescue some older material from this plight. If anyone has ORW volumes from before 1974 (my intro year to the sport--wow!, over 20 years), any copies of "it's the Racewalker", Harold Whitlock's old book, posters or programs from Lugano Cups prior to 1985, trophies or accounts from really old races, I'd be interested in putting them into useful storage. (Ed. Gosh, Steve, I have a lot of such "stuff", but I sort of treasure it, too. Maybe some day.) Being hopelessly non-profit, I'm willing to apy face value plus postage. Please contact me directly with what you are willing to part with (written list if possible): Steve Vaitones, 90 Summit St., Waltham, MA 02154. (Ed. Another rather meaningless aside. Noticing that Steve also leaves on Summit St., I'll drop a bit of trivia on you. My last two residences as I grew up in Galion, Ohio were on Summit St. and Columbus St., and now, for nearly 32 years, I have lived on Summit St. in Columbus. Back to Steve.) I'm also looking for any Track & Field News prior to 1970, and the old black and white issues of Runner's World. Thanks in advance. (Ed. Well, I could help there too, were I willing to part company. A complete file of T&F News from the fall of 1953 on, and I think I have most of the early copies of Runner's World stashed in a box somewhere.) Oh, and the Boston Athletic Association is still looking for memorabilia, primarily earlier than 1970. Contact Gloria Ratti at 617-236-1652." . . .More of Dave's World Class Racewalking Clinics on the docket. Dave (McGovern) has scheduled clinics for Atlanta, April 21-22; Mobile, Alabama, May 12-14

Miami, May 19-21; and Somerset, Penn., June 9-11. The clinics include individual video analysis, training theory, and training schedule design. Contact Dave at Box 584, 601 Brand St., LaGrange, GA 30240, 706-883-1409 for more information. . . Also note that Volumes 1, 3, and 4 of "Ian and Dave's Low Budget Videos" (see Dec. 1994 and Jan 1995 ORWs) are now ready. Contact Ian Whatley at 240 Donnington Drive, Greenville, SC 29615 about these. . . The Potomac Valley Track Club is sponsoring a series of spring racewalking clinics. The PVTC instructors will cover proper form and offer training advice. Instructors are racewalkers with years of training, racing, and teaching experience and include National Team members and coaches, American record holders, and age group champions. Beginner level clinics are held at Constitution Gardens in Washington, D.C. on Tuesday evenings from April 4 through May 9 beginning at 6 pm. Beginner and intermediate level clinics are scheduled on Saturdays starting at 8:30 am from April 15 through May 20. Call 703-671-2520 for recorded information or call Dick Jirousek (before 9 pm) at 703-451-5194 to talk live. . .

Tom COLby in Madison, Wis. informs us and our readers that there will be a feature on racewalking televised nationally on PBS. It will air during the program "Get Real." The story will feature kids from the West Side Track Club of Madison. The show is to be aired on May 14, 6:30 am; May 19, 4 pm, and May 20, 9:30 am, CST. Or, check your local listings. . . The USATF Racewalking Committee has named twelve athletes to the national development program Intermediate Team. The athletes, age 19 to 22, were selected based on their accomplishments and potential as national senior team competitors. All are current college student-athletes. The team is: Men: Sean Albert, St. Peters College, Paramus, N.J.; Chad Eder, Cedarville College, Cedarville, Ohio; Al Heppner, U. of Wisconsin, Prakside, Kenosha, Wis.; Yariv Pomeranz, New York University, New York City; Tim Seaman, UW-Parkside; Will Van Axen, UW-Parkside. Women: Gretchen Eastler, Simmons College, Boston; Debbie Iden, UW-Parkside; Danielle Kirk, UW-Parkside; Bobbi Jo Kukan, U. of Pittsburgh, Pittsburgh, Pa.; Anne Lankowicz, SUNY Stony Brook, Bohemia, N.Y.; and Debbie Scott, UW-Parkside. The Intermediate Team was established in 1993 as a development program for racewalkers age 20-23 to assist with coaching, training, and competition as they make the transition to senior level competition. Plans for 1995 include an international competition in July and a training camp at the US Olympic Training Center in Colorado Springs in August. Development program coordinators are Steve Vaitones (617-566-7600 and Gwen Robertson (216-392-1500).

Flying Lessons at Palo Alto

Our reference in last month's From Heel to Toe column to the editorial under this banner in the newsletter of the Monterrey Peninsula Walk Walk Walk Club has elicited some interesting commentary.

From Roger Burrows, Event Group Coordinator--Walks, Athletics Canada: Thanks for your comment "Why was this a surprise?" to the revelation from California that slow motion videotape of an elite walker shows a flight phase. Of course it does. Slow motion video tape of people hurrying for a bus would likely show one too! The Monterey Peninsula Walk Walk Walk Club should, with all respect, wake wake wake up!

If the video camera had been invented when rule 191 was written, the rule might read something like this: "Video and photographic equipment provides perspectives of

observation beyond the range of the unaided eye. These methods therefore may not be used to evaluate whether race walking conforms to the definition in this rule." I think it should say this now.

Modern racewalkers are stronger and faster than predecessors. So are athletes in all sports. Hence rules, and the ways they are interpreted, evolve. Because a modern baseball strike zone or a basketball foul are different than in the old days, are they any less glorious games? Choose any sport today and judge it in yesterday's terms and you're doomed to frustration.

Racewalking is an activity that combines the endurance of a long distance runner with the rhythm of a miler and the skill of a hurdler. (Ed. Emphasis ours.) Walkers need the hide of a rhinoceros at times, but you'd like to think that people inside the sport would be more supportive.

On the other side, though not directed specifically at the piece under discussion, this from Ken Uecker in Texas:

I just have to comment on the page 2 picture in the Feb. 1995 ORW. The picture shows Ms. Rohl with both feet clearly off the ground and Ms. Herazo if we had a clear shot looks suspect.

I would think if we show pictures of our nation's best, we would at least show them legal. As your newsletter seems to be a sounding board for judging and enforcing these rules and looking for better ways, this is proof positive something needs to be done.

Editor: Well, we had a set of better pictures than this the first time we ever published pictures of a bunch of flyers in Madison Square Garden in 1968, and lots more through the years. The pictures only so reality, and I can only say "See the letter above."

And, finally, from Pacific Association RW Chairman ROn Daniel, international judge, international competitor, and learned observer:

Since the editorial first appeared in the MPWWWC newsletter and then the ORW, I've received a few comments from judges and athletes. Comments mostly suggesting that the editorial was an unfortunate negative characterization of an otherwise very fairly and legally walked race. Jack, you were on the mark when you labeled the videotaper naive. He had more interest in artistic accomplishment than racewalking savvy. The cameraman spent most of his time positioned on a corner, a location guaranteed to produce more frequent loss of contact. And of course, "viewing it in slow motion" is just what most of the conversation has been about lately; but of course, judging is by unaided eye. Additionally, in practice, judges do not overemphasize corners for their viewing. They will observe at corners and turn-arounds to discourage flagrant violators from taking advantage on the turn. Meanwhile, a similar position on a turn was chosen by the videotaper for the recent 20 Km World Cup trial and last fall's 10 Km Maga Walk. At the 20 Km, when it was recommended to the cameraman that he position himself on a straightaway for side shots, he stated that he wanted to get long head-on and going away shots; more judging observing no-no's.

Also implied in the editorial was yet another reference to past misinformation, that being an IAAF proposal to drop the contact rule. **How many times does it have to be written, there is no IAAF proposal to drop the contact rule, period.** (Emphasis Daniel's) There is a dream/fantasy by Caesar Moreno and a few members of the Norwegian federation.

Thanks also to Roger Burrows for the following interesting commentary on another item in the February issue.

PLYOMETRICS

By Roger Burrows

I am always impressed by Ian Whately's explanations of aspects of sport science. It is a mark of true knowledge to be able to communicate intricate ideas in such a clear and accessible way to those seeking to understand.

I wonder if he might be interested in comparing notes on plyometric training with an old liberal arts type like myself? In the last ORW, Ian explained plyometrics wonderfully, but then expressed doubts about its specificity in terms of race walking technique. A fair point, but hear me out.

"Plyometrics" is not just a series of drills searching for relevance. Although the term is often used in this loose way, plyometrics is not a synonym for "bounding" (which Ian was originally asked about).

Plyometrics refers to the training and use of a kind of muscle strength, just as "muscular endurance", and "power" are kinds of muscle strength also. A muscle's plyometric response is, as Ian says, its ability to return stored energy completely and quickly. It's sometimes called "special strength", "explosive strength" even "elastic strength".

This is the essence of speed and it varies from event to event only in degree. All human motion is muscular activity of some kind. To do an athletic action faster than the time before needs an increased plyometric response from the working muscles. It matters little whether this is your second long jump take-off of the day or the last loop of your 50k race walk.

The uncanny rhythm of a Perlov or a Mercenario at the top of their game is, at least in part, because their muscles maintain their plyometric response. They can therefore keep the same amazing stride rate more than three hours after they started. The blistering speed of a Shchennikov or an Anders is not solely because they did lots of "speed-work". It's because they are genetically endowed with a neuromuscular system which causes each muscle contraction to be plyometrically better than yours or mine. Then they did lots of speed work!

Frankly, I would put a case of beer on the fact that they are also better than most of us in a 30m sprint, or a standing long jump, even an overhead shot put heave. These are some of the useful little tests of explosive muscle strength which our power and speed event colleagues use.

But let's not give up too easily. We may never catch Mikhail or Beate in a sprint walk. But we can work with our own "wiring" to improve its strength and efficiency. Let's not overlook an important clue provided by Ian when he mentions that plyometric training seems to work for 400-1500 runners. It does, it works wonderfully ... and guess who has the stride rate of a top class middle distance runner? A top-class race walker, that's who!

Plyometric training is not just the traditional bounding and depth-jumping (jumping down from a height and immediately rebounding up) which Ian remembers from University - and which jumpers, throwers and sprinters still do, by the way. Plyometric training can contribute to endurance events too. If your race walk programme still contains some of the speed drills, medicine ball work, springing, hopping or dynamic weight-training exercises from your middle-distance running days, then you're working on your "plyometrics". And good for you. When you need to "pick it up" later in the race to drop an opponent or drive for the line, it's your muscles that do it. Your body will generally find the fuel for your motor (cardiorespiratory system). But if your transmission's given out, all the aerobic horsepower in the world won't move you faster!

LOOKING BACK

30 Years Ago (From the March 1965 ORW--the very first issue)--Dr. John Blackburn was reported as the winner of the New Year's Eve 6 Mile Handicap, which became the First Annual race the following year when we conducted the second. With a 5 minute start, Doc finished nearly a full minute ahead of son Jack in 49:32. Jack's 50:32 was the fast time on the rather treacherous course (including a mudrun) at the Indian Village Day Camp where Jack lived at the time. (He managed it for the Columbus Recreation Department.) Nearly 30 seconds back of him was a hobbling Jack Mortland. . . Later, however, Mortland won the first-ever indoor race in Columbus, a 2 miler, in 14:49, beating Jack b. by 0.1 second. . . Blackburn came back a month later to beat the Mort outdoors. 14:21 to 14:24. . . In between, Mortland captured a 10 miler in 1:20:48. Obviously, all we had was local stuff in that first issue, but that quickly changed.

20 Years Ago (from the March 1975 ORW)--Paul Steward won the IC4A indoor mile title in 7:10.8. This collegiate race is no longer contested. . . Karl-Heinz Stadtmuller stormed around an indoor track in East Germany to complete 10 Km in 41:37, a world's indoor best. . . We published a brief capsule of the ORW history, noting that we started out charging \$1.20 per year for what was then a 5-page letter reproduced by the ditto process.

10 Years Ago (From the March 1985 ORW)--Marco Evoniuk was an easy winner in the TAC 20 Km team race with a 1:28:40 in Monterey, Cal. Sam Shick trailed by over 6 minutes, with Steve DiBernardo right on his heels. Lori Maynard won the women's race in 1:58:07, just over a minute ahead of Jolene Steigerwalt. Mary Baribeau was third in 2:00:27. Tom Edwards broke the American indoor 5 Km record in winning the Intercollegiate at Princeton in 20:17.55. Ed O'Rourke was second in 21:22. . . Ray Funkhouser covered 20 Km in 1:30:07 in Long Branch, N.J.

Dave McGovern provides the following observations on the World Cup 20 Km Trials (reported last month).

Young Studs Hammer Retreads

©1995 Dave McGovern--Dave's World Class

With an average age of nearly forty, the U.S. World Cup fifty kilometer squad proves that there is still some life left in the legs of former national and Olympic team members such as Marco Evoniuk, Carl Schueler and Eugene Kitts. Perhaps heartened by

the graying of the fifty kilometer squad, several more former stars came out of the woodwork at the twenty kilometer trials in Monterey California, only to have their hopes dashed by a crop of emerging elites.

Most surprising, perhaps, was the resurfacing of former 1:25 walker Ray Sharp who vowed never to return to the sport after the 1991 season. Currently residing in Sedona, Arizona, Ray resumed racewalk training in November in the hopes of travelling with the U.S. team to Beijing, China in April for the World Walking Cup. Ray was joined in his pursuit by 1988 Olympic 20 kilometer trials winner Gary Morgan and four-time Olympian Marco Evoniuk.

A relatively pedestrian first loop of the flat, two kilometer course gave fleeting hope to the veterans as a large pack followed closely behind Evoniuk through a 9:02 first split. As the pace intensified, the old horses fell off one by one. Ray Sharp, the first casualty of a series of sub-4:20 kilometers, dropped out before the ten kilometer mark, followed by Evoniuk at the 12. After ten kilometers, Allen James, closely pursued by 1993 World Cup teammate Dave McGovern, pulled away from a tight second pack of Phil Dunn, Andrew Hermann, Rob Cole, Gary Morgan and promising newcomer Will Van Axen. Morgan fell off the pace by fifteen kilometers, leaving the four X-generation athletes to duke it out for the three remaining seats on the bus to Beijing.

The pack of emerging elite athletes traded places leading the pack into a strong sea breeze on a long uphill section of the course, as they each faced the realization that four athletes were now fighting for the three remaining spots on the Cup team. The pack broke with four kilometers to go as the inexperienced Van Axen stopped to tie a shoelace. A strong surge to rejoin the pack left the UW Parkside sophomore dead-legged for the final sprint to the finish line.

After shadowing James through 18 kilometers, McGovern was once again slowed by a weak stomach. After stopping briefly to vomit before the final loop, the NY Athletic Club/Powerbar veteran resumed his charge after 1992 Olympian James, closing the gap to 12 seconds. James emerged victorious in 1:28:21 followed closely by McGovern in 1:28:33. Hermann pulled away from Adidas teammate Philip Dunn over the final kilometers to take the third position with a 1:28:47 to Dunn's 1:29:19. Rob Cole, able to keep his Reeboks tied through the entire twenty kilometers, bought his ticket to China with a 1:29:21 to Van Axen's 1:29:40.

Hermann, Dunn, Cole and Van Axen, all under the age of twenty five, all set personal bests in Monterey. Also, in eclipsing the 1:30 barrier, each has qualified for the

1996 twenty kilometer Olympic Trials. Although not quite matching the lofty accomplishments of their predecessors yet, in trouncing the veterans at this important trials, race the novices have shown that they will be a force to be reckoned with in the coming years.

NEW OLYMPIC RACEWALK COURSE PROPOSED by Phil Howell

The Pan Am Cup last fall was, in part, a test of the proposed Olympic racewalk course. Judging from participant feedback, the course clearly failed that test. While hills are to be expected in Atlanta, the Summerhill course had one steep downhill section that was just TOO much.

Atlanta Olympic officials recently announced a new proposal for the 1996 course (see diagram at right). Using this new course, competitors would start in the Olympic Stadium, head north on Clark Street (passing between the I-75/I-85 connector and Atlanta Fulton County Stadium) and then head east to Capital Avenue.

Competitors would then enter a 2K loop in which most of their walking will be done. That loop runs from a turnaround point on Capital Avenue to a mini-loop around the State Capital building and back to the Capital Avenue turnaround.

As competitors approach the end of their race, they would return to the stadium the same way they left it - via Clark Street - and finish on the track inside the Olympic Stadium.

The new course appears to this writer to be a very significant improvement over the Pan Am Cup course. It has fewer hills and less crown, and should give racewalking greater exposure with a venue that is right in the middle of crowds headed to and from the Olympic Stadium.

