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China, Mexico take World Cup team titles; Chinese sweep individual races

Beijing, China, April 29-30--Enjoying the "home court" advantage, Chinese racewalkers performed spectacularly in the World Cup event, held over two days. The Chinese women were completely dominant in the 10 Km event, finishing 1,3,4,12, and 15 to easily take the team title, 16 points ahead of Italy. This came as no big surprise. It was their third team title (the other two were in 1983 and 1985), as they moved up one spot from 1993. (The event is held every two years.)

Much more of a surprise were the Chinese men who won both individual titles--20 and 50 Km, took four of the first 10 spots in the 20, and finished third in the team standings. Mexico, with strong team efforts in both events, won the men's title. It was their fourth team victory, as they defended their 1993 title. They had also won in 1977 and 1979. This ties them with the USSR for second in total titles, behind the five of the German Democratic Republic. Neither of the other two figure to be winning any future titles.

China's men had never performed well internationally before. They were 18th as a team in 1993. However, they have been turning in a slew of fast 20 Km times in domestic races over the past 2 years and certainly showed their mettle in this race.

There were no breakthroughs for the U.S. team, but some solid performances that brought the women into 14th place and the men to 13th. (Compared to 10th and 11th in 1993.)

China's Hongmiao Gao walked away from everyone over the second half of the race to win the 10 Km in 42:19, 13 seconds ahead of Russia's Elena Nikolaeva. At the halfway mark, Nikolaeva and Italy's Elisabetta Perrone led in 21:13, with Gao, Russia's Irina Stankina and Australia's Kerry Saxby-Junna just a second back. There were four others within 5 seconds of the lead, but then a gap of another 12 seconds back the next three. The field was straggling out behind those three, as the pack broke up early.

The Russians led the Chinese in the team standings at the halfway point with Elena Archiniseva in sixth. But both Stankina and Archiniseva were disqualified, and the Russians dropped to third behind Italy. The biggest surprise in the race was Sari Essayah of Finland. Ranked first in the world the past 2 years, runnerup in the 1993 Cup, and winner of the World Championship that same year, she was nearly 50 seconds behind at 5 kms and struggled in for 13th place.

For the U.S. Michelle Rohl, who suffered from dehydration as at the Pan-Am Games, pulled out a 45:55 for 34th place and Victoria Herazo did 46:25 in 42nd.

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The men's 20 Km started out rather leisurely, with China's Zewen Li and France's Thierry Toutain leading a large pack through the first 5 Km in 20:30. (There were 20 walkers at 20:35 or better and 30 at 20:40 or better.) Always ready to challenge, Russia's Mikhail Schennikov moved out front at the halfway mark in 40:29, having done a 19:56 for his second 5. Li was in second and gaps were opening in the pack, which was down to 16 within 8 seconds of the lead.

When Li decided it was time to separate the real contenders, he did so quickly. At 15 km, he had 1:00:12, six seconds ahead of Schennikov. Two other Chinese were just 4 seconds back of Schennikov. Mexico's Bernardo Segura and a fourth Chinese walker, Migcai Li, were right on their heels and behind them, things were really stringing out.

When Li let it out yet another notch Schennikov had no answer. Covering his last 5 km in 19:32, the Chinese athlete strode smoothly to a 1:19:44 win. Schennikov also walked his fastest 5 km split of the race (19:40) and left Segura way back in third. Yevgeniy Misyulya of Belarus moved from 11th place at 15 Km to fourth at the finish, taking just 19:57 for the last 5.

Spain, which figured to challenge for the team title had a disastrous day. Valentin Massana, runnerup 2 years ago, dropped out early in the race. Olympic gold medalist, Daniel Plaza, in eighth place at 15 km, was DQ'd, and Fernando Vasquez, in the top 15 at 15 Km, also got the hook. That left them with just one finisher and dead last as a team after the first race.

For the U.S., Allen James was not far off his best in 40th and Rob Cole and Andrew Hermann walked well in 61st and 62nd. Phil Dunn struggled the last 5 Km and finished 86th. Dave McGovern had severely sprained an ankle 10 days earlier and missed valuable training, but was with Hermann at 10 Km. However, he suffered dehydration and wound up with heat stroke, doing well to make it to the finish.

In the 50, Youngsheng Zhao took off on his own at the start and by 5 Km (22:17) had 31 seconds on the field. Increasing his pace, he continued to open his lead slightly and at 25 Km (1:50:57) led by 42 seconds. The usual pack in these races was long gone and there were just four walkers in pursuit, Jesus Garcia (1:51:39), Miquel Rodriguez, Mexico (1:51:42), Valentin Kononen, Finland (1:51:45), and German Sanchez, Mexico (1:51:47). Another pack, including the winner of both the 1991 and 1993 races, Carlos Mercenario, was another minute back.

Garcia put in a tremendous effort on the next 5 km, covering it in 21:17, and cut the lead to 10 seconds. Kononen and Rodriguez tried to go with him, but couldn't match that kind of pace, though they did separate themselves from Sanchez.

Zhao responded, covering the next 5 Km in 21:16 himself, but Garcia kept coming and by 35 Km was right with Zhao. Kononen and Rodriguez were now nearly a minute back. Zhao might have been expected to crack at this point, but proved the stronger over the final 15 km, as both athletes gave in to energy drain from that burst. Kononen managed to close down on both of them by 45 Km, where he trailed Zhao by just 43

seconds and Garcia by only 20. But by then, he too was spent and lost more ground over the final 5.

Russia's Valeriy Spitsyn came from 1:30 behind Rodriguez over the last 5 to take fourth and Victor Ginko of Belarus moved up five places in the final 10 Km to take sixth. Mercenario never challenged and finished eighth. But, with Sanchez in 11th, the Mexicans led the team race, ahead of Russia and Spain. With a solid third in the 20 Km points, they wound up a walkaway winner of the team title. China had no one to support Zhao in this race and were passed by Italy for second in the team battle. France, with solid performances in both races, was a surprising fourth, and Belarus beat Russia for the fifth spot, no doubt a very satisfying accomplishment for them.

The U.S. team was led by those two veterans of uncountable World Cup ventures, Car Schueler and Marco Evoniuk, who both came back strongly this year. Carl was 42nd in 4:06:45, at age 39, and Marco, two years younger, 47th in 4:11:31. Evoniuk went through 25 Km in 2:00:19, 72 seconds ahead of Carl, but couldn't sustain the effort as well as Carl. Andrzej Chylinski in 52nd with 4:14:14 was within 2 minutes of his Pan Am Games time and three minutes faster than in the 1993 Gup, when he finished 38th. Eugene Kitts, by far the oldest competitor at 47, tore through 20 Km in 1:39:28, but paid the price as he did 2:09 for the last 20 and finished 80th in 4:45:04. Jonathan Matthews, hoping for much better things, had a groin injury and had to pull out after a labored 26:20 for the first 5 Km. Canada's Tim Berrett, fifth in 1993, was pulled by the judges after 15 Km, which passed in 1:07:49 in sixth place.

The results;

Women's 10 Km: 1. Hongmiao Gao, China 42:19 2. Elena Nikolaeva, Russia 42:32 3. Hongyu Liu, China 42:49 4. Yan Gu, China 42:55 5. Kerry Saxby-Junna, Australia 42:58 6. Elisabetta Perrone, Italy 43:13 7. Olga Leonenko, Ukraine 43:34 8. Rossella Giordano, Italy 43:44 9. Annarita Sidot, Italy 43:55 10. Tamara Kovalenko, Rus. 43:56 11. Katarzyna Radtki, Poland 44:07 12. Xiaoling Fan, China 44:10 13. Sari Essayah, Finland 44:21 14. Valentina Tsybul'skaya, Belarus 44:23 15. Yan Wang, China 44:25 16. Susana Feitor, Portugal 44:25 17. Encarna Granados, Spain 44:28 18. Elina Grouzinova, Rus. 44:31 19. Tatiana Ragozina, Ukr. 44:35 20. Cristian Pellino, Italy 44:38 21. Olga Kardopoltseva, Belarus 45:09 22. Natalya Misyulya, Belarus 45:11 23. Kathrin Boyde, Germany 45:23 24. Graciela Mendoza, Mexico 45:24 25. Anne Manning, Australia 45:26 26. Rosario Sanchez, Mex. 45:29 27. Maria Vasco, Spain 45:40 28. Sonata Milusauskaite, Lithuania 45:41 29. Aniko Szebenszky, Hungary 45:46 30. Maria Urbanikne Rosza, Hung. 45:48 31. Francisca Martinez, Mex. 45:51 32. Ileana Salvacor, Italy 45:55 33. Valerie Nadaud, France 45:56 34. Michelle Rohl, USA 45:57 35. Yuka Mitsumori, Japan 45:57 36. Lisa Langford, Great Britain 46:00 37. Ilika Ilyes, Hung. 46:00 38. Nathalie Frotain, France 46:09 39. Emilia Cano, Spain 46:14 40. Yuka Kamioka, Japan 46:16 41. Tessa Letherby, Australia 46:23 42. Victoria Herazo, USA 46:25 43. Marta Zukowska, Pol. 46:46 44. Janice McCaffrey, Canada 46:43 45. Tina Poitras, Can. 46:44 46. Simone Thust, Ger. 46:45 47. Anne-Catherine Berthodnaud, France 46:49 48. Emi Hayashi, Japna 46:55 49. Teresa Palacio, Spain 46:57 50. Jana Weidmann, Ger. 47:02 51. Vicky Lupton, GB 47:04 52. Debby Van Orden, USA 47:08 53. Lynda Brubaker, USA 47:55 54. Wendy Muldoon, Australia 47:56 55. Jane Barbour, Australia 47:58 56. Maira Luz Colin, Mex. 48:01 57. Pascale Grand, Can. 48:15 58. Yuko Sato, Japan 48:15 59. Maribel Rebollo, Mex. 48:16 60. Carolyn Partington, GB

48:17 61. Holly Gerke, Can. 48:20 62. Andrea Alfoldi, Hung. 48:20 63. Veronica Oqvist, Sweden 48:21 64. Isilda Gancalves, Port. 48:23 65. Nora Leksir, France 48:24 66. Yelena Veremeichuk, Ukr. 48:28 67. Leonarda Yukhevick, Bel. 48:35 68. Kristine Saltanovic, Lith. 48:37 69. Verity Snook, GB 48:42 70. Svetlana Tolstaya, Kazakhstan 48:47 71. Sandy Leddin, Ger. 49:11 72. Anne Perttola, Finland 49:20 73. Miki Itakura, Japan 49:29 74. Monica Gunnarsson, Swed. 49:38 75. Sofia Avoila, Por. 49:43 76. Ton Lean Cheng, Malaysia 77. Annastasia Karen Silvaraj, Mal. 50:27 78. Maya Sozonova, Kaz. 50:31 79. Alison Baker, Can. 50:43 80. Beata Ornoch, Pol. 50:45 81. Nadine Mazuir, France 50:49 82. Melanie Wright, GB 50:50 83. Yacob Amsale, Ethiopia 50:50 84. Koma Gete, Eth. 50:51 85. Rachel Gibbon, New Zealand 51:02 86. Galina Arutina, Kaz. 51:11 87. Ligia Goncalves, Por. 51:23 88. Adera Aberash, Eth. 51:49 89. Debbie Beckley, South Africa 51:50 90. Sada Buksniene, Lith. 52:15 91. Kaisa Suhonen, Fin. 52:25 92. Valentina Savchuk, Ukr. 52:36 93. Monika Pesti, Hung. 53:11 94. Felicita Falconer, S. Afr. 53:31 95. Barbara Nell, S. Afr. 53:35 96. Tay Woh Tech, Mal. 55:27 97. Lynley Mathieson, NZ 57:13 DQ--Christine Tuka, NZ; Elena Archiniseva, Rus.; Irina Stankina, Rus. DNF--Jenni Jones-Billington, NZ; Sue Blingham, S. Afr.; Jessica Franzen, Swed; Teress Vaill, USA

Team Scores: 1. China 443 (1,3,4,12,15) 2. Italy 427 (6,8,9,20,32) 3. Russia 422 (2,10,18, DQ, DQ) 4. Belarus 400 (14, 21, 22, 67) 5. Australia 386 (5,25,41, 54, 55) 6. Mexico 378 (24,26,31,56,59) 7. Spain 376 (17,27,39,49) 8. Ukraine 374 (7,19,66) 9. Hungary 364 (29,20,27,62, 93) 10. France 344 (33,38,47,65,81) 11. Germany 343 (23,46,50,71) 12. Poland 339 (11,43,80) 13. Japan 339 (35,40,48,58,73) 4. USA 335 (34,42,52,53, DNF) 15. Portugal 328 (16,64,75,87) 16. Great Britain 323 (36,61,60,69,82) 17. Canada 321 (44,45,57,61,79) 18. Finland 314 (13,72,91) 19. Lithuania 304 (28,68,90) 20. Kazakhstan 271 (70,78,86) 21. Malaysia 261 (76,77,96) 22. Ethiopia 259 (83,84,88) 23. South Africa 242 (89,84,95) 24. Sweden 194 (63,74, DNG) 15. New Zealand 163 (85,97,DQ,DNF)

Men's 20 Km: 1. Zewen Li, China 1:19:44 (20:30, 40:31, 60:12) 2. Mikhail Schennikov, Russia 1:19:58 (20:33, 40:29, 60:18) 3. Bernardo Segura, Mexico 1:20:32 (20:35, 40:33, 60:23) 4. Yevgeniy, Misyula, Belarus 1:20:39 (20:33, 40:38, 60:42) 5. Michele Didoni, Italy 1:20:50 (20:37, 40:35, 60:33) 6. Shaogua Chen, China 1:20:57 (20:31, 40:33, 60:22) 7. Thierry Toutain, France 1:21:06 (20:30, 40:34, 60:43) 8. Lingrang Bu, China 1:21:11 (20:32, 40:37, 61:03) 9. Robert Korzenowski, Poland 1:21:28 (20:31, 40:37, 61:03) 10. Mingca Li, China 1:21:41 (20:32, 40:32, 60:23) 11. Daniel Carcia, Mexico 1:22:34 (20:37, 40:33, 60:48) 12. Walter Arena, Italy 1:22:37 (20:56, 40:35, 61:25) 13. Enrico Lang, Italy 1:22:51 (20:56, 41:12, 61:54) 14. Jacek Muller, Poland 1:23:00 (20:39, 41:10, ?--results say 1:09:26) 15. Nick A'Hern, Australia 1:23:05 (20:38, 40:48, 61:58) 16. Denis Langlois, France 1:23:13 (20:39, 41:11, 61:55) 17. Daisuke Ikeshima, Japan 1:23:19 (20:35, 41:11, 61:58) 18. Alejandro Lopez, Mex. 1:23:32 (20:51, 40:36, 61:05) 19. Kgor Kollar, Slovak Rep. 1:23:37 (20:34, 40:54, 62:21) 20. Jean Olivier Brousseau, France 1:23:38 (20:43, 41:36, 62:29) 21. Gyula Dudas, Hungary 1:23:47 (20:35, 41:12, 61:59) 22. Tsutomu Takushima, Japan 1:23:49 (20:39, 41:17, 62:10) 23. Giovannim Perricelli, Italy 1:23:54 (20:36, 40:56, 62:02) 24. Claudio Bertlino, Brazil 1:24:14 (20:40, 41:24, 62:31) 25. Mikhail Khmel'nitsky, Belarus 1:24:16 (20:58, 41:52, 62:49) 26. Jun Yang, China 1:24:18 (20:37, 41:11, 62:11) 27. Miguel Solis, Mexico 1:24:25 (20:57, 41:18, 62:28) 28. Sergio Galdino, Brazil 1:24:41 (20:51, 42:10, 63:01) 29. Darrell Stone, Great Britain 1:24:49 (20:33, 41:28, 62:33) 30. Ira Markov, Rus. 1:24:52 (21:07, 41:13,

62:33) 31. Martial Fesselier, France 1:25:09 32. Hubert Sonnek, Czech Rep. 1:25:15 33. Aleksandar Rakovic, Yugoslavia 1:25:17 34. Tomas Kratochvil, Czech Rep. 1:25:18 35. Santiago Perez, Spain 1:25:19 36. Algars Fadeyevs, Latvia 1:25:21 37. Chris Britz, South Africa 1:25:24 38. Viktoras Meskauskas, Lith. 1:25:46 39. Pavol Blazek, Slovak Rep. 1:25:51 40. Allen James, USA 1:25:54 (21:17, 42:26, 63:55) 41. Mariusz Ornoch, Poland 1:26:10 42. Stefan Johansson, Sweden 1:26:14 43. Mike Trautman, Germany 1:26:43 44. Artur Meleshkevich, Belarus 1:26:53 45. Stanley Valentine, S.Afr. 1:27:14 46. Nichan Tsamonikian, Ger. 1:27:14 47. Jose Urbano, Por. 1:27:21 48. Shadat Mendoza, Mex. 1:27:31 49. Anatoly Gorshkov, Ukr. 1:27:33 50. Risto Nurmi, Fin. 1:27:48 51. Vladimir Druchik, Ukr. 1:28:01 52. Frants Kostyukevich, Belarus 1:28:15 53. Dion Russell, Australia 1:28:25 54. Magnus Morenius, Swed. 1:28:50 55. Christophe Cousin, France 1:29:07 56. Valdes Kazlauskas, Lith. 1:29:27 57. Nikolay Kalita, Ukr. 1:29:48 58. Steve Partington, GB 1:30:22 59. Andrea Erm, Ger. 1:30:22 60. Valeriy Borisov, Kaz. 1:30:49 61. Rob Cole, USA 1:30:53 (22:24, 44:10, 65:57) 62. Andrew Hermann, USA 1:31:00 (22:20, 44:34, 67:37) 63. Jiri Malysa, Czech, Rep. 1:31:08 64. Pavel Andrienko, Ukr. 1:31:09 66. Toshihito Fujinohara, Japan 1:31:14 66. Joao Vieira, Por. 1:31:27 67. Robert Valicek, Slovak Rep. 1:31:30 68. Saravanan Govindasamy, Malaysia 1:31:34 69. ALigars Saleniks, Latvia 1:31:37 70. Andrew Penn, GB 1:31:45 71. Criag Barrett, NZ 1:31:52 72. Sergio Vieira, Por. 1:31:55 73. Gintas ANdriuskevicius, Lith. 1:32:21 74. Rasmus Friis, Denmark 1:33:19 75. Torben Kristiansen, Den. 1:33:25 76. Morbir Liepins, Lat. 1:33:39 77. Tobia Persson, Swed. 1:33:41 78. Jan Zahocik, Slovak Rep. 1:33:58 79. Bela Breznai, Hung. 1:34:18 80. Chris Cheeseman, GB 1:34:23 81. Brent Vallance, Australia 1:34:44 82. Aldo Bertoldi, Switz. 1:34:48 84. Karoly Farago, Hung 1:35:16 85. Karunanithi Subramaniam, Mal. 1:35:26 86. Philip Dunn, USA 1:35:40 (22:26, 45:44, 69:28) 87. Virgilio Soares, Por. 1:35:49 88. Jani Lehtinen, Fin. 1:36:23 89. Bernard Blingeli, Switz. 1:37:09 90. Sabyr Charuyev, Kaz. 1:37:15 91. Rudolf Cogan, Czech. Rep. 1:37:27 923. Claus Jorgensen, Den. 1:27:32 93. Nehadsayed Abelhamidl, Egypt 1:37:36 94. Erjan Mryzabekov, Kaz. 1:37:48 95. Graeme Jones, NZ 1:39:08 96. Harmana Ram, India 1:40:03 97. Dave McGovern, USA 1:40:06 (22:16, 44:34, 68:42) 98. Satoshi Yanagisawa, Japan 1:40:12 99. Tony Sargisson, NZ 1:40:26 100. Walid Abdel Fattahaly, Egypt 1:43:00 101. Morgan Rajoo, Mal. 1:45:05 102. Hamedfayga Abdelglil, Egypt 1:47:23 103. C.S. Rath, India 1:48:56 104. Eliangovan THirumai, Mal. 1:49:46 105. Richat Chafikov, Rus. 1:52:13 106. Pradeep CHand, Fiji 1:52:30 107. Tikka Jagdev Singh, Ind. 1:53:25 108. Pramesh Prasad, Fiji 1:54:59 109. Dip Chand, Fiji 1:55:16 110. Zoran Ivinkovic, Yug. 1:56:52 111. Zivadin Milenkovic, Yug. 2:03:22 DQ--Daniel Plaza, Spain (20:32, 40:31, 60:29; Fernando Vazquez, Spain (20:34, 40:37, 61:04); Narinder Singh, Mal.; Riecus Blignaut, S. Afr.; Rousian Chafikov, Rus. (20:30, 40:30, 60:32) DNF--Ademar Kammler, Brazil; Klaus Jensen, Den.; Kim Lappalainen, Fin.; Robert Ihly, Ger.; Arturo DiMezza, Italy; Scott Nelson, NZ; Vladimir Andreev, Rus.

Teams: 1. China 436 (1,6,8,10,26) 2. Italy 422 (5,12,13,23, DNF) 3. Mexico 420 (3,11,18,27,48) 4. France 409 (7,16,20,31,55) 5. Poland 392 (9,14,41) 6. Belarus 384 (4,25,44,52) 7. Japan 357 (17,22,65,98) 8. Slovak Republic 340 (19,39,67,78) 9. Czech Republic 339 (32,34,63,91) 10. Russia 334 (2,30,105,DQ,DNF) 11. Australia 320 12. Germany 320 13. Great Britain 314 14. Ukraine 313 15. USA 308 16. Lithuania 305 17. Sweden 298 18. Latvia 292 19. Hungary 288 20. Portugal 288 21. Brazil 245 22. Kazakhstan 241 23. Denmark 241 24. Yugoslavia 235 25. Malaysia 232 26. Switzerland

231 27. South Africa 228 28. New Zealand 224 29. Egypt 201 30. India 191 31. Finland 181 32. Fiji 178 33. Spain 120 (35,DQ,DQ,DNF)

Mens 50 Km: 1. Yongsheng Zhao, CHina 3:41:20 (44:25, 1:28:54, 2:112:46, 2:55:42) 2. Jesus Garcia, Spain 3:41:54 (45:13, 1:29:39, 2:12:56, 2:55:59) 3. Valentin Kononen, Fin. 3:42:50 (45:14, 1:29:40, 2:13:15, 2:56:43) 4. Valeriy Spitsyn, Russia 3:43:36 (45:30, 1:30:18, 2:14:50, 2:58:52) 5. Miguel Rodriguez, Mex. 3:44:07 (45:18, 1:29:39, 2:13:17, 2:57:18) 6. Victor Ginko, Belarus 3:45:48 (45:45, 1:30:35, 2:16:17, 3:01:20) 7. Rene Pillar, France 3:45:56 (45:32, 1:30:19, 2:14:49, 2:59:29) 8. Carlos Mercenario, Mex. 3:46:46 (45:34, 1:30:17, 2:14:55, 2:59:17) 9. Sergey Korepanov, Kaz. 3:48:06 (45:33, 1:30:42, 2:15:43, 3:01:02) 10. Alexei Voenodine, Rus. 3:48:55 (45:44, 1:30:18, 2:15:04, 3:00:59) 11. German Sanchez, Mex. 3:49:29 12. Giovanni DeBenedictis, Italy 3:49:30 (46:44, 1:32:53, 2:18:07, 3:03:25) 13. Stefan Malik, Slovak Rep. 3:49:47 (47:33, 1:34:35, 2:20:51, 3:05:58) 14. Vitaliy Popovich, Ukraine 3:51:53 (45:32, 1:30:35, 2:15:42, 3:02:04) 15. Sandor Urbanik, Hungary 3:52:07 (46:44, 1:32:54, 2:18:48, 3:04:56) 16. Jaime Barroso, Spain 3:53:37 17. Nikolai Matioukhine, Rus. 3:53:40 18. German Skurygine, Rus. 3:54:48 19. Peter Tichy, Slovak Rep. 3:55:29 20. Andres Marin Spain 3:55:58 21. JEan-Claude Corre, Spain 3:56:57 22. Wei Han, CHina 3:57:03 23. Filberta Pantosa, Mex. 3:57:25 24. Paolo Bianchi, Italy 3:59:53 15. Guiseppe DeGaetano, Italy 4:00:37 26. ROman Mrazek, Slovak Rep. 4:00:47 27. Henrik Kjellgren, Swed. 4:01:03 28. Antero Lindman, Fin. 4:01:16 29. Andrei Plotnikov, Rus. 4:02:09 30. Fumio Imamura, Japan 4:02:11 31. Makhas Potashev, Belarus 4:02:20 32. Sylvain Caudron, France 4:02:44 33. Artur Shumak, Belarus 4:02:46 34. Jose Magalhaes, Por. 4:02:57 35. Milos Holusa, Czech. Rep. 4:03:24 36. Thomas Wallstab, Ger. 4:03:30 37. Tadihiro Kosaka, Japan 4:04:42 38. Basilio Labrador, Spain 4:05:36 39. Ervin Lczki, Hung. 4:05:38 40. Mark Easton, Great Britain 4:05:58 41. Michael Harvey, Australia 4:06:01 42. Carl Schueler, USA 4:06:45 (49:22, 1:38:15, 2:25:52, 3:15:27) 43. Les Morton, GB 4:08:52 44. Zoltan Czukur, Hung. 4:10:18 45. Alain Lemercier, France 4:10:36 46. Harold van Beek, Netherlands 4:10:52 47. Marco Evoniuk, USA 4:11:31 (49:03, 1:37:20, 2:25:07, 3:15:51) 48. Ulf-Peter Sjolholm, Sweden 4:12:34 49. Yuriy Gordeyev, Kaz. 4:12:49 50. Veijo Savikko, Fin. 4:13:21 51. Bo Gustafsson, Swed. 4:14:08 52. Andrzej Chylinski, USA 4:14:14 (49:23, 1:37:53, 2:25:09, 3:16:44) 53. Arto Hokkanen, Fin. 4:14:22 54. Petar Zannar, Ger. 4:14:45 55. Pascal Kieffer, France 4:14:51 56. Johan Moerdyk, S. Afr. 4:16:25 57. Ronald Weigel, Ger. 4:16:44 (1987 winner) 58. Petr Palagitskiy, Ukr. 4:16:48 59. Vladimir Soyka, Ukr. 4:18:38 60. Augusto Cardoso, Por. 4:19:33 61. Jaroslav Makovec, Czech. Rep. 4:19:44 62. Alessandro Mistretta, Italy 4:19:53 63. Henk Plasman, Neth. 4:20:51 64. Roman Bilek, Czech. Rep. 4:21:36 65. Daugvines Juzus, Lith. 4:22:20 66. Pedro Huntjens, Neth. 4:22:27 67. Mark Thomas, Australia 4:22:38 68. Baozhong Jiao, China 4:25:38 69. Vasiliy Malykh, Kaz. 4:28:15 70. Luis Ribeiro, Por. 4:28:53 71. Graham White, GB 4:29:41 72. Duane Cousins, Australia 4:31:29 73. Jeff Cassin, Can. 4:34:33 74. Oliver Mundell, S. SAfr 4:34:35 75. Kazimir Verkin, Slovak. Rep. 4:35:38 76. Dominic McGrath, Australia 4:36:29 77. Jose Pinto, Por. 4:37:32 78. Josef Smola, Czech Rep. 4:42:17 79. Fredrik Svensson, Swed. 4:42:46 80. Eugene Kitts, USA 4:45:04 (50:12, 1:39:28, 2:36:16, 3:38:14) 81. Zbignevas Stankevici, Lith. 4:45:39 82. Rewat Singh, India 5:04:33 82. Curudarshan Singh, India 5:04:33 84. Ram Pal Singh, India 5:21:17 DQ--Tim Berrett, Can (1:07:49 at 15 Km); Guohong Jin, CHina (3:51:32 at 45 km); Martin Bermudez, Mex. (45:13 at 10) DNF--Marcel van Gemert, Neth.; Mark Donahoo,

Australia; Jonathan Mattehws, USA; Martin St. Pierre, Can. (2:45:51 at 35 Km); and 10 others)

Teams: 1. Mexico 426 (5,8,11,23, DQ) 2. Russia 419 (4,10,17, 18,29) 3. Spain 413 (2,16,20,38,DNF) 4. Slovak Repulic 395 (13,19,26,75) 5. France 394 (7,21,32,45,55) 6. Italy 393 (12,24,25,62, DNF) 7. Belarus 386 8. Finland 376 9. China 369 10. Hungary 360 11. Kazakhstan 336 12. Sweden 336 13. Ukraine 333 14. USA 323 15. Germany 319 16. Great Britain 17. Czech Republic 308 18. Portugal 304 19. Netherlands 296 20. Australia 290 21. India 243 22. Japan 239 23. South Africa 185 24. Lithuania 176 25. Canada 85

Final Team Standings; 1. Mexico 846 2. Italy 815 3. China 805 4. France 803 5. Belarus 770 6. Russia 753 7. Slovak Republic 735 8. Hungary 648 9. Czech Republic 647 10. Ukraine 6446 11. Germany 639 12. Sweden 634 13. USA 631 14. Great Britain 626 15. Australia 610 16. Japan 596 17. Portugal 592 18. Kazahkstan 577 19. Finland 557 20. Sapin 533 21. Lithuania 481 22. India 434 23. SOuth Africa 413 24. Poland 392 25. Netherlands 296 26. Latvia 292 27. Brazil 254 28. Denmark 241 29. Yugoslavia 235 30. Malaysia 232 31. Switzerland 231 32. New Zealand 224 33. Egypt 201 34. Fiji 178 35. Canada 85

OTHER RESULTS

Penn Relays 10 Km, Philadelphia, April 29: 1. Herm Nelson 42:06 2. Lukasz Szela 42:15 3. Wojcich Szela 42:55 4. Chad Eder 43:02 5. Tim Seaman 43:48 6. Curtis Fisher 43:51 7. Al Heppner 44:50 8. Khang Vo 44:51 9. Mike Rohl 44:56 10. Sean Albert 44:58 **Women's 5 Km, same place:** 1. Deirdre Gallagher, Ireland 22:52 2. Marykirk Cunningham 24:55 3. Anne Lankowicz 25:03 4. Danielle Kirk 25:32 5. Maria Moulton 25:37 6. Pat Weir 25:41 7. Co;rinne Colling 25:55 8. Kaisa Ajaye 26:17 9. Nikki McNichol 26:26 10. Gloria Rawls 26:33 1. Samantha Cohen 26:35 12. Phyllis Hansen 26:37 **5 Km, Atlanta, March 25--1.** Nanette Reilly 24:09 2. Kathy Jakim 24:25 3. Arlette Berlin (45) 29:14 4. Bonnie Stein 30:00 **Men:** 1. Rob Cole 20:19 2. Dale Martin 24:41 3. Phil Gura 26:06 4. John Mayes (45) 27:50 5. ROn Poteete (52) and Joe Rogers (62) 29:10 7. Spencer Maddux (58) 29:14 8. Fred Mason (57) 29:14 **5 Km, Washington, DC, April 15 (unjudged)--1.** Victor Litwinski (51) 29:47 2. Lois Dicker (55) 30:36 **10 Km, same place--1.** Danny Fink 45:40 2. Alan Price (47) 56:55 3. Jim Goldstein (46) 58:33 **1 Mile, Alexandria, Virginia, April 23--1.** Alan Price 7:56.9 2. Dave Waddle (42) 8:04 3. Dan Kornhauser 8:13 4. Robert Waddle (13) 9:25 5. Ron Clarke (48) 9:28 **3 Km, same place--1.** Cori Colling (16) 15:18.9 2. Bob Briggs 15:20 3. Dave Waddle 17:16 4. Victor Litwinski 17:50 5. Ron Clarke 18:12 6. Robert Waddle 18:20 **1 Mile, Alexandria, May 7--1.** Dave Waddle 8:48.4 2. Dan Kornhauser 8:57 3. Victor Litwinski 9:07 4. Robert Waddle 9:10 **3 Km, same place--1.** Dave Waddle 16:01 2. Cori Colling 16:04 3. Victor Litwinski 17:17 4. Robert Waddle 17:42 5. Bill O'Reilly (69) 20:36 **5 Km, Orlando, Florida, April 8--1.** Burns Hovey 27:02 2. C.S. Monte Carlo 28:36 **5 Km, Winter Park, Florida, April 22--1.** Sterling Kerr 27:07 **Women:** 1. Chris Ault 29:46 **5 Km, Kissimee, Fla., May 13--1.** Edgardo Rodriguez 24:19 2. Sterling Kerr 25:41 **5 Km, Orlando, May 6--1.** Starling Kerr 25:51 2. C.S. Monte Carlo 27:48 **Women:** 1. Alba Campbell 30:51 **5 Km, Ada, Michigan, March 26--1.** Jerry Cameruci 25:40 3. David Dunn 27:49 3. Larry Porter 28:06 **20 Km, Kenosha, Wis., April 23--1.** Chad Eder, Cedarville College 1:28:57 (Another big improvement for the

onrushing junior from the small school in southwest Ohio via the state of Washington.) 2. Al Heppner, U.W. Parkside 1:31:53 3. Will Van Axen, WUP 1:33:58 4. Will Leggett, UWP 1:41:03 5. Dave Michielli, UWP 1:48:08 6. Ian Heatherington, Simon Fraser U. (Can.) 2:05:39 DNF--Tim Seaman, UWP **Women's**

10 Km, same place--1. Susan Armenta, Cal Poly Pomona 48:19 2. ALi DeWitt, UWP 50:06 3. Danielle Kirk, UWP 51:06 4. Pam Tucker, UWP 51:53 5. Sue Kisting, UWP 51:54 6. Liz Fashun, UWP 53:25 7. Margaret Citchburn, WUP 54:01 8. Amber Nichols, UWP 55:11 9. Tracy Ross, Simon Fraser 56:57 10. Joanne Fox, Simon Fraser 57:53 11. Jeanne Link, Mal;one College 61:13 **Open 10 Km, same place--1.** Debbi Lawrence 45:18 2. Lynn Tracy (42) 58:42 3. Michelle Kirk 64:04 4. Joyce Decker (61) 64:59 **Men's 10 Km, same place--1.** Mike DeWitt (44) (and the coach behind all those UWP walkers) 48:47 2. Brian Colby (14) 53:37 3. Pete Williams (42) 54:22 4. Steve Frey (45) 58:30 5. Vince Peters (41) 60:43 **Open 20 Km, same place--1.** Dan Bogel 1:52:48 2. George Kruck (61) 2:10:21

5 Km, Denver, May 10--1. Bob DiCarlo (61) 27:06 2. James TGwark (48) 29:04 3. Craig Drummond (42) 29:44 **5 Km, Denver, May 6--1.** Mike Blanchard 24:23 2. Glen Turner 27:09 3. Bob DiCarlo 28:31 4. Klaus Timmerhaus (70) 30:27 **10 Km, Albuquerque, N.M., April 30--1.** Theron Kissinger 50:01 2. Jackie Kerby-Moore 61:35 3. Jo Owen (48) 61:48 **5 Km, same place--1.** Ellen Roche 29:04 2. Teresa Aragon 30:19 **Crown Valley Senior Games, Eagle Rock, Cal., April 23--1500 meters:** 1. Jesus Orendain (52) 8:08.9 2. Masashi Noritake (71) 9:30 **Women:** 1. Shirley Capps (59) 8:55.9 2. Tammy Kiernan (52) 8:57.3 **5Km:** 1. Carl Acosta (61) 28:00 2. Mel Schulz (62) 29:55 **5 Km, Long Beach, March 19--1.** David Crabb (49) 26:01 2. Richard Oliver (58) 29:51 **Women:** 1. Margie Alexander 30:07 **20 Km, Long Beach, March 19--1.** Mark Green (39) 1:33:17 2. Enrique Camarena (44) 1:43:20 3. Richard Lenhart 1:43:51 4. Chris Dreher 1:48:16 5. Carl Acosta (61) 2:00:07 **Women:** 1. Francine Avellaneda 2:05:04 2. Lorainne Miller (40) 2:05:17 **Mt. SAC Relays 10 Km, Walnut, Cal., April 19--1.** Mark Green 44:15 2. Justin Marrujo (1st junior) 48:56 3. Richard Lenhart 49:39 4. Enrique Camarena 49:54 3. Chris Dreher 52:47 6. David Crabb 53:07 7. Carl Acosta (1st 60-69) 56:52 8. Brian LaBounty 57:29 9. John Schulz (1st 50-59) 57:46 10. Ron Baers (2nd 50-59) 59:32 **Women:** 1. Susan Armenta 49:13 2. Chris Sakelarios 53:15 3. Sean Spacey 55:02 4. Crisel Saez Traynor 59:57 5. Linda Adams 60:55 **Pacific Association 10 KM, San Mateo, Cal., April 30--1.** Kerry Muskalik (nee Bratton) 51:34 2. Molly Lavacek 52:18 3. Chris Sakelarios 52:30 4. Karen Stoyanowski 52:31 5. Therese Iknoian 54:11 6. Jennifer Granucci 58:42 **Men:** 1. Bill Penner 51:38 **5 Km, Foothill College, Cal., April 8--1.** Bill Penner 25:25 2. Art Klein 29:44 3. Pete Ciachetti 28:30 (1st over 50) **Women:** 1. Therese Iknoian 25:43 2. Jennifer Granucci 28:07 3. Terri Brothers 29:18 **10 Km, Fort Ord, Cal., April 23--1.** Kim Wilkinson 25:03 **5 Km, San Francisco, April 15--1.** Jennifer Granucci 28:32 2. Ron Day 28:44 **5 Km, San Francisco, April 22--1.** Jennifer Granucci 28:07 2. Keith McConnell (51) 29:03 3. Brenda Carpino (48) 29:50 4. Bill Moreman (67) 30:02 5. Fred Dunn (66) 30:31 6. Fred Crews (62) 30:33 **10 Km, London, Ontario, May 14--1.** Gary Morgan 43:48 2. Rick Berkheimer 44:53 3. Nanci Sweazey 53:55 4. Paul Guimond 56:34 5. Stuart Summerhayes 57:07 6. Gary Myers 58:54 7. Debeie Benton 59:56 8. Lily Whalen 60:57 (35 finishers)

WIGGLY, WOBBLY WALK WACES (No disrespect to my breed intended)

Sat. June 3 5 Km, San Mateo, Cal. (P)
4 Mile, Indianapolis (V)
Men's 20 Km, Women's 10 Km, Kenosha, Wis., 6 pm (S)

Sun. June 4 5 Km, Indianapolis (DD)
Weinacker Cup 5 and 10 Km, Windsor, Ont. (W)
1500 and 3000 meters, Houston (N)
Sr. Olympics 5 Km, and 1500 meter, Sacramento (R)

Mon. June 5 5 Km, Denver (H)

Sat. June 10 Georgia Masters 5 Km, Atlanta (D)
5 Km, Battle Creek, Mich. (W)
5 Km, Chicago (Call Al Fisher 312-525-54492)
Pacific Masters 5 Km, Los Gatos, Cal. (G)

Mon. June 12 5 Km, Long Branch, N.J., 6:30 pm (A) (And every Monday evening through AUGUST 28)

June 15-17 **USATF National Men's 20, Women's 10 Km, Sacramento, Cal. (Y)**

Sat. June 17 5 Km, Hebron, Ind., 7:45 am (CC)
New Jersey Master's 3 KM, Tinton Falls (A)
New England 5 Km, Worcester, Mass. (I)
10 Km, Evansville, Indiana, 8 am (K)
5 Km, Kalamazoo, Mich. (N)

Sun. June 18 5 and 10 Km, Pasadena, Cal., 5:30 pm (B)
Colorado State Games 5 Km, Denver (H)
3, 5, and 10 Km, Dearborn, Mich. (E)
5 and 10 Km, Pasadena, Cal. (B)

Sat. June 24 5 Km, Eugene, Oregon (X)
5 Km, Indianapolis (V)
USATF National Jr. Men's 10, Women's 5 Km, Walnut, CA (EE)

Sun. June 25 10 Km, Loveland, Col. (H)
20 KM, New York City (F)
5 Km, Marin, Cal., 8 am (P)

Fri. June 30 Northwest Masters 5 Km, Gresham, Ore. (X)

Sun. July 2 5 Km, Greenwood, Ind. (V)
10 Km, Buffalo, N.Y. (T)

Tue. July 4 5 Km, Evergreen, Col. (H)
Pegasus Races, Warren, Mich. (W)

July 5 to 9 **USATF Masters 5, 10, and 20 Km, East Lansing Michigan (L)**

Sun. July 16 3, 5, and 10 Km, Dearborn, Mich. (E)

July 28-30 U.S. Olympic Festival 10 and 20 Km (By invitation)

Sat. July 29 5 Km, Colorado Springs (H)
5 Km, Indianapolis (V)

Sun. July 30 3, 5, 1nd 10 Km, Dearborn, Mich. (E)

Contacts

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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 USATF-NE, P.O. Box 1905, Brookline, MA 02146
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
 K--YMCA, 222 N.W. Sixth St., Evansville, IN 47708
 L--Randy Williams, 12651 Cloverlawn, Detroit, MI 48238
 M--NOTC, P.O. Box 52003, New Orleans, LA 70152
 N--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 O--Jim Bean, 4658 Fuhrer St. NE, Salem, Oregon 97305
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
 R--Sierra Racewalkers, P.O. Box 13203, Sacramento, CA 95813
 S--Mike DeWitt, 4230 27th Street, Kenosha, WI 53144
 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--Jim Bean, 4658 Fuhrer St. NE, Salem, OR 97305
 Y--Jean Snuggs, 4700 College Oak Drive, Sacramento, CA 95841, 916-484-8403
 AA--New Mexico Racewalkers, P.O. Box 6301, Albuquerque, NM 97197
 CC--Bruce Williams, 8120 Georgia St., Suite A, Merrillville, IN 46410
 EE--Don Shrum, 1100 North Grand Avenue, Walnut, CA 91789, 714-594-5611, Ext.4840

FROM HEEL TO TOE

The schedule for the walks at the U.S. Outdoor T&F Championships is: Women's 10 Km, 9 am, Saturday, June 17; Men's 20 Km, 8 am, Sunday, June 15. . .At the World T&F Championships in Gothenburg, Sweden, mark these dates: Men's 20 Km, 2 pm, Sunday, Aug. 6; Women's 10 Km, 5:25 pm, Monday, Aug. 7; Men's 50 Km, 3:45 pm, Thursday, August 10. . .From the Florida Athletic Club: "5 Km Racewalking Team Challenge: Attention all walking clubs. The FAC still believes that we have the best masters racewalking team in the country. What happened last year was just an aberration in terms of our club's performance. So, the only way to prove that we're the best is to have the Second Annual 5 Km Team Challenge." This is a postal event; that is, you conduct your own event and submit the results for comparison. You need at least 10 team members, regardless of age or sex, with scoring done by age-grading tables. For all the rules and details, contact Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445, Phone 407-499-3370, FAX 407-495-5054. . .In a flyer for a new book, Jim Hanley sites several examples of laps being miscounted in major championship races. Although he doesn't include any racewalk events in the list, he could have listed the 1969 National 10 Km in Maryland, which ended in total confusion since none of the officials knew how far anyone other than winner Ray Somers had gone. Fortunately, the athletes all knew and were able to

straighten out the places. Anyway, Jim suggests that if you have had similar experiences, you know how disconcerting it can be. To help avoid such situations in the future, he has written a book, *Lap Counting*. In the book, he teaches a simple and foolproof way to count laps of all competitors. "The easy-to-learn system allows officials to check themselves while a race is in progress to be sure that they do not make a lap-counting error. Communication between all the athletes and other officials is possible, and verifiable evidence is recorded to show all interested parties that the record of laps completed is correct!" Jim is the nation's foremost authority on lap counting. The book explains his lap-counting system, which was used in the 1984 Olympic Games and 1991 Racewalking World Cup. "In those events, packs of 20 to 30 athletes were quickly lapping packs of 10 to 12 athletes at a time, some for the fourth or fifth time! No problem. Even an officials' nightmare like that is easy to handle with this system." For more information, or to order (\$14.95 plus \$2.00 S&H) contact: Lap Counting, P.O. Box 6744, Thousand Oaks, CA 91359. . .The Senior Games in Solano County California on May 4 included racewalks of 50, 100, 200, and 400 meters--undjudged!. . .Ian Whatley reports that they have had some duplication problems on the Ian and Dave tapes, which will delay the release of additional volumes. He asks that anyone who has received a tape that cuts off before the conclusion simply return it for a correct copy. . .Forgot to mention the able staff that accompanied the U.S. walkers to Beijing. Bruce Douglass was Chief of Mission, Dr. Howard Palamarchuk Team Leader, Mark Fenton Men's Coach, Gwen Robertson women's coach, and Dr. Bruce Zappia trainer. . .A note on **lifting**, from master's walker Bill Tallmadge: "When I was taught racewalking by an All-American college walker, I remember him saying that a walker with the correct style could move through a tunnel with only a quarter-inch to spare and never bump his head. I also recall that the overall male winner at Turku, Finland in 1991, the Russian, Semenov, had such a smooth style that he could have done the tunnel with only an eighth of an inch to spare. Lifting while walking without bobbing up and down is impossible. On the other hand, the inch to an inch-and-a-half bob gives the illegal walker away without even looking at the feet. If there is a real desire to eliminate lifting that is presently invisible to judges, I would recommend walking clinics for judges at which a very fast walker would demonstrate both legal and illegal walking where the illegal walking is invisible to the eye. The difference between the two can be determined by the bobbing on one and the lack of bobbing on the other. If there is any doubt, a video will confirm the difference. When judges start checking the head instead of the feet, invisible lifting will begin to disappear. Semenov proved that speed need not be compromised by eliminating the invisible flight phase. (Ed. This theory of judging was widely espoused 30 years or more ago, but I believe was debunked by some biomechanics experts. Regardless of the validity, is it really any easier to detect a bob of an inch or so, short of having each walker go through his or her own see-through tunnel of the correct height, than to detect loss of contact. And, if the judge is concentrating on the head, what about bent knees? Well, I'll leave it to others to comment more astutely.). . .Dave McGovern will present a 5-day training camp at the University of Maine in Orono from August 16-20 in conjunction with the National Junior Camp. Cost is \$495. Contact Dave at 601 Broad Stl, LaGrange, GA 30248 for more information.

LaGrange: Center of excellence

The information in this article, first published in *Southern California Racewalking News*, came from Joe Rogers, USATF Chair of Atlanta, and Rob Cole, men's national team

member. The article gives the background of the development and support system that exists in LaGrange, Georgia for our racewalkers and other athletes prior to the Olympics.

The "I Train In LaGrange" program is sponsored by the LaGrange Sports Authority with the cooperation of the city Parks and Recreation Department. The Sports Authority is a non-profit organization headed by the former mayor of LaGrange. It has the purpose of raising money to fund various aspects of sports in LaGrange.

The idea for making LaGrange a training center picked up speed when it was decided that Atlanta would host the '96 Olympic Games. Through some arrangement with the Atlanta Committee for the Olympic Games, Ron Davis, who coached runners and hurdlers in Africa for 12 to 15 years, was placed in LaGrange. Davis soon attracted several African athletes to train with him. These athletes are sponsored by their governments and attend LaGrange College--another big player in the overall program.

At a USATF Convention 2 years ago, Davis gave a presentation about LaGrange. Dave Waddle, who was living in Atlanta at the time, heard him and began talking up the potential of LaGrange for racewalkers. Davis invited Allen James to move to LaGrange to train. Rob Cole then decided to come down, followed by Andrew Hermann, Michelle and Mike Rohl, Dave McGovern, and, recently, Herm Nelson.

The resident athletes began working very hard to get Bohdan Bulakowski to come, but there was no financial support from the USATF Race Walking National Committee. Sal Corrallo, RW Chairman of the Potomac Valley Association, became interested in the program and gave it a name--Center of Excellence. Corrallo wrote a proposal and obtained some funding from the USATF RW Chair, Bruce Douglass. However, according to Cole, the funding is still negotiable and depends on the Chairman. At the St. Louis Convention '94, Cole thought the funding was going to be about \$5600, but now the amount is subject to making another proposal.

"The support from the LaGrange Sports Authority and its "I Train in LaGrange" Program has been of immense help in getting us started," says Cole. "Whatever funding we get from our national committee will help us continue making the Center of Excellence a success."

Both Cole and James have purchased homes in LaGrange. Rob continues working as a Walk Reebok consultant and Allen has a job as a data analyst for Shorewood Packaging. Herm Nelson works for UPS, and Dave McGovern continues to work with Ian Whatley in promoting racewalking through videos and camps.

There is another part of the LaGrange story. It is a masters racewalker, Paul Johnson, as well as a friend of Paul's, Bill Barnes, who made it possible for Bulakowski to get his green card so he could stay in the U.S. (He is from Poland and is a former international walker of some note.) Many other masters provided financial support as well. So for the record: If it wasn't for masters racewalkers, we wouldn't have Bohdan Bulakowski in this country. And, if it wasn't for Joe Rogers and the LaGrange Sports Authority reaching out a hand to furnish Bohdan with a house and a small job, we would not have a Center of Excellence or a resident coach for our national team and Olympic effort.

More on plyometrics

by Ian Whatley

It was pleasing to see Roger Burrows' insightful response to my article on Plyometrics. I'd like to encourage others to join this discussion on how to train most effectively for racewalking.

A plyometric contraction occurs when a muscle is first stretched rapidly and then shortened to accelerate the body or a limb segment. An example of this is a vertical jump with a prior crouching motion to store elastic energy in the thigh muscles. Vertical jump performance can be further improved as much as 20 percent if the crouching motion occurs as part of a drop jump. Several studies agree that drop-jump training increases the height of jumps preceded by a counter movement but has no important effect on jumps from a static crouch.

Kraemer and Newton summarize that plyometric drop-jump training "...does not effectively increase fundamental muscular power." (Sports Science Exchange, Vol. 7, No. 6, 1994.) So, do I agree with Roger on the need for "Plyometric training" in a racewalker's program? Yes and no! I don't see a need for exercises that involve rapid stretching prior to contraction of any muscle groups (the exact definition of plyometric training), but I do agree that such things as speed drills and dynamic weight work may be of benefit. The apparent disagreement between Roger and myself arose from our slightly different uses of the word "plyometrics".

In an effort to keep a debate refocused on training, here is the Kenyan men's world cross country championship preparation schedule. The speeds and distances are converted from running to racewalking. Their 3-week training camp is at about 6300 feet altitude. I don't advocate this as a training routine, but some sessions might add spice to a repetitive schedule.

Sunday: Ten miles starting at 12 minute miles and gradually accelerating to 7 minute mile pace for the final couple of miles.

All other days:

6 am--45 minutes gradually accelerating from 12 to 8 minutes per mile. Followed by 20 to 30 minutes stretching.

10 am--Hard workout. Typical example sessions:

- 7 Km of fartlek on hilly terrain. Two minutes hard (moving up from 8 to 6 minutes per mile pace through the session) with either 2 minutes or 1 minute rest between fast sections.
- Intervals of 100 to 700 meters. This is a VO_2 Max workout done at close to full speed. The rest is the time taken to return to the start point and the session continues until the athlete cannot continue.
- 2 miles easy followed by 20 X 300 meters in 65 to 68 seconds or 10 X 600 meters in about 2:20 with 400 meters easy recovery walk between fast reps. 1 mile warm down at about 8 min/mile pace.
- Easy warm-up walk followed by two 3 Km reps at 5 mile race pace with 3 minutes rest between reps.
- 10 Km at 7:30/mile followed by 20 X 150 meters at 27 to 30 seconds and an easy 2 mile warm down.

- Some of the sessions cannot be translated usefully into racewalking units, such as 25 X 200 meter runs up a 40 degree hill.

4 pm--5 to 7 miles starting slowly and accelerating close to race pace for the final mile.

Using the same approach, a walking equivalent of Arthur Lydiard's base training maxim would read "Racewalkers must complete 10 weeks of 75 plus miles a week base training before they embark on hill or interval work."

LOOKING BACK

30 Years Ago (From the May 1965 ORW)--In only its third month of publication, the ORW still covered the local scene primarily, including a lot of news about the editor (the same then as today) and the publisher (Jack Blackburn--publisher emeritus for the past 27 years or so). One week, Blackburn beat Mortland in a 2 miler 14:05 to 14:08, the next week it was Mortland better than 2 minutes ahead in 1:17:36 10 miler. Finally, Mortland overcame heat and humidity, or at least, we boastfully reported--and Blackburn to take a 10 Km race in 47:51. Blackburn had 49:19. In the hinterlands, Ron Daniel won the Asbury Park 10 miler in 1:20:04, 10 seconds ahead of Art Mark. Henry Laskau, in a rare appearance 10 years after retirement with many, many national titles, walked a very creditable 1:22:04 in fifth. In yet another 10 miler, Paul Nihill took the British title in 1:14:55, with Ron Wallwork less than a half-minute behind.

25 Years Ago (From the May 1970 ORW)--Dave Romansky won the National 35 Km in Des Moines in 3:13:14 on a 12-lap course that included one hill that had no place in walking race since it was impossible to actually racewalk up it. A close and steadily closing second was Australian Bob Steadman, then living in Winnipeg, in 3:14:19. Bob later took residences in Colorado and Texas before returning to Australia 5 or 6 years ago. (Fortunately, he still honors us with copies of letters from his Mongolian friend, T.S. Gombojab, as witness last month's issue >0. . Romansky also won the National 15 Km in Nutley, N.J. in 1:14 plus on a very hot day. Ron Kulik, hosting the race, beat Steve Hayden for second. . The ORW Postal 20 Km went to Ron Laird in 1:33:35 with Tom Dooley just 21 seconds back. . Romansky blitzed the course record in the Zinn Memorial 10 Mile in Asbury Park, N.J. with 1:10:54. Ron Daniel was 4 1/2 minutes back. . In separate 20 Km races, West Germany's Wilf Wesch had 1:29:02 and Soviet Gennadiy Agapov a 1:29:19.

15 Years Ago (From the May 1980 ORW)--Carl Schueler won the 50 Km Olympic Trail and, in the process, became the first U.S. walker under the 4 hour mark. Schueler caught Marco Evoniuk on the last of 20 laps, and finished in 3:59:33. Evoniuk's 4:00:30 was also under Larry Young's previous U.S. best of 4:00:45. Dan O'Connor passed Jim Heiring just after 40 Km and went on to take the third spot in 4:11:03. Jim finished in 4:12:37. . A week earlier, Canada's Marcel Jobin had become the first North American under 4 hours, winning the Canadian title in 3:54:50. . Jobin also came first in the U.S. 10 Km title race in 41:47.3, nearly a minute ahead of Chris Hansen. O'Connor and Steve Pecinovsky were next. Jobin repeated in the Zinn Memorial 10 Km the next day with a 42:01 ahead of Ray Sharp's 42:49. . Sue Brodock won the U.S. 20 Km title in 1:48:22, with Vicki Jones second and Lori Maynard third. . The men's 20 Km was held in Seattle

with O'Connor beating a relatively weak field in an excellent 1:26:26. John VanDenBrandt, Torry Lingbloom, and Al Halbur followed.

5 Years Ago (From the May 1990 ORW)--National 5 Km races were held in Bethany, Oklahoma with Tim Lewis (21:06) and Teresa Vaill (22:45) winning. Dave McGovern and Ian Whatley were second and third in the men's race. Victoria Herazo and Susan Liers got the silver and bronze in the women's race.



Above: Michelle Rohl (cap) leads the U.S. in the World Cup 10 Km in Beijing. Below: Andrew Hermann and Rob Cole move through the 20 Km in Beijing. (Photos by Howard Palamrachuk)