

Ohio Race Walker
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Columbus, Ohio 43202



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Herazo hammers 15 Km field; Heppner also wins

Elk Grove, Ill., Sept. 24 (Story by Al Heppner)--On a beautiful, picturesque morning, Victoria Herazo shone under the clear skies, winning the USAT&F 15 Km National Racewalk Championships. Al Heppner led the men's division.

With the two races starting together, Herazo went out with the men's lead pack and left the rest of the women's field at the starting line. With the men pulling her along, Herazo finished in an impressive 1:12:39, only a minute off her own American record. Wisconsin-Parkside senior, Danielle Kirk, was a distant second (1:20:10).

The men's race proved to be much more dramatic as a pack consisting of Will VanAxen, Al Heppner, Paul Malek, and James Carmines led Herazo out of the blocks. However, by the 2 Km mark, VanAxen and Heppner were all alone, with Malek a good 50 meters behind. At 7 Km, Heppner fell off VanAxen and was caught by Malek. VanAxen, A UW-Parkside junior, cruised along and opened up a comfortable margin, while Heppner tucked in behind Malek.

Walking a seemingly effortless race, VanAxen crossed the 10 Km mark in 46:03, almost a minute ahead of Malek and Heppner. Heppner made a move at 10 Km and reestablished a 50 meter lead. Meanwhile, newcomer, Paul Martino, began creeping up on Malek.

VanAxen broke the tape way ahead of the field, only to find he was disqualified. That left Heppner in the lead, and he appeared to have the race won as he still maintained a 50-meter lead with about 300 to go. But as Martino caught up to Malek, the pair sprinted the last straightaway and nearly caught a surprised Heppner. Malek, who kept elbowing Martino further to the outside, hung on for a controversial second-place finish.

The 52-year-old Carmines finished fourth overall in the men's race and easily beat Mike DeWitt, 8 years his junior, for the overall masters title. Max Green, 63, was as impressive as ever, finishing eighth overall among the men and fifth among the masters.

Meet director Diane Graham-Henry was very pleased with the turn-out as more than 60 walkers competed in a 5 Km, the Midwest 10 Km Championship, and the National 15 Km. The 15 had a field of 37 walkers over the four divisions (senior and masters for both men and women). The results:

Senior Men: 1. Al Heppner (21) 1:12:07 (22:58, 47:08) 2. Paul Malek (39) 1:12:11 (23:07, 47:04) 3. Paul Martino (30) 1:12:12 (23:40, 48:13) 4. Edward Fitch (34) 1:27:50

SECOND CLASS POSTAGE
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(29:08, 58:27)

Women's Senior: 1. Victoria Herazo (36) 1:12:39 (23:29, 47:49) 2. Danielle Kirk (21) 1:20:10 (26:26, 53:04) 3. Debbie Benton (38) 1:22:55 (27:24, 55:15) 4. Amber Nichols (23) 1:27:04 (27:26, 56:42) 5. Robin McIntosh (23) 1:36:28 (31:41, 64:05) 6. Kathy Jakim (31) 1:38:33 (32:08, 65:20) 7. Demetria Kalodimos (36) 1:38:47 (32:08, 65:20)
 Master's Men: 40-44--1. Mike DeWitt (44) 1:19:41 (27:22, 54:17) 2. Bill Reed (42) 1:20:54 (26:56, 54:06) 3. Jonathan Udesky (40) 1:29:18 4. Mark O'Donnell (43) 1:36:21 5. Jack Reusser (42) 1:46:34 45-49--1. Max Walker (48) 1:20:37 (26:24, 53:04) 2. Alonzo Taylor (48) 1:29:29 3. Steve Feith (49) 1:31:10 4. Ross Barranco (46) 1:32:29 5. Danny Wineland (47) 1:37:50 50-54--1. James Carmines (52) 1:16:21 (24:34, 50:16) 2. Don Mowles (52) 1:25:11 (27:16, 56:18) 3. Gary O'Daniels (52) 1:31:42 55-59--1. Bernie Finch (55) 1:38:07 60-64--1. Max Green (63) 1:21:16 (27:08, 54:06) 2. George Kruck (61) 1:33:50 65-69--1. Mike Michel (69) 1:38:00 2. Frank Cheseck (65) 1:49:19
 Women's Masters: 40-44--1. Debbie McLaughlin (42) 1:27:49 (29:16, 59:25) 45-49--1. Jeanette Smith (46) 1:29:30 (29:16, 59:25) 2. Pat Walker (48) 1:51:27 50-55--1. Margie Richardson (52) 1:46:39 55-59--1. Elton Richardson (56) 1:34:30 (31:33, 63:13) 2. Beth Young-Grady (58) 1:44:07 65-69--1. Jo Presser (66) 2:04:39 70-74--1. Queenie Thompson (72) 2:04:39

Morgan, Herazo reign at 5 Km

Kingsport, Tenn., Sept. 16--Gary Morgan and Victoria Herazo were the big winners in the USATF 5 Km national racewalk championships held here today. Steady rain and a new course with numerous corners ruled out record times, but the winners were both pleased with their performances. The many turns resulted when construction forced a change in the course layout from last year.

Morgan, from Clarkston, Michigan and the New York AC, survived a torrid early pace to outdistance Dave McGovern and claim the title in 20:54. McGovern finished in 21:05.

Morgan, McGovern, and Curt Clausen blistered the course with a 3:57 first kilometer. "I knew we'd pay for that early pace later on in the race," said Morgan. "It was just way too fast, but once we committed to it, there was nothing to do but keep attacking. I got a pretty good lead, but I can tell you that I was really hurting. I just held on for that last lap."

"I knew better than to go out that fast," said McGovern. "But in a short race like this, you can't hold back. I started to gain a bit over the final two laps, but Morgan's lead was just enough to keep me from rallying."

Herazo blitzed the field to win in 22:48, better than 2 minutes ahead of Cheryl Rellinger. "The conditions were tough," said Herazo. "Not so much the rain as the number of turns. I was hoping to break the U.S. record of 22:15, but it just wasn't going

to happen today. I just kept up with the guys around me and that helped to push me along."

Master's titles went to Jim Carmines and Becky Comeaux. Carmines overtook prerace favorite Ray Funkhouser to win in 23:49, leaving Funkhouser 17 seconds behind. Comeaux also scored an upset, beating Sally Richards decisively over the last 2 Km as she finished in 25:29.

Results:

Men: 1. Gary Morgan (35), Clarkston, Mich. 20:54 2. Dave McGovern (28), LaGrange, Ga. 21:05 3. Curt Clausen (27), Durham, N.C. 21:15 4. Ian Whatley (36), Greenville, S.C. 22:22 5. Paul Martino (30), Charlotte, N.C. 22:45 6. Keith Luoma (33), Martinez, Ga. 23:44 7. Douglas Johnson (35), Morganfield, Ky. 26:11 8. Mark Danford, Atlanta (42) 26:18 9. Edward Fitch (34), Nechamicksbor, Ohio 27:37 9. Paul Cajka (38), Virginia Beach 27:48
 Women: 1. Victoria Herazo (36), Las Vegas 22:48 2. Cheryl Rellinger (29), Carbondale, Ill. 25:05 3. Becky Senter (27), Indianapolis 27:29 4. Elizabeth Longton (44), Guthrie, Ky. 27:59 5. Jeanne Dorton (39), Parkersburg, W.Va. 28:29 6. Monetta Roberts (36), Mobile, Ala. 28:57 7. Teresa Aragon (34), Santa Fe, N.M. 29:40 8. Debbie Bateman (25), Charlotte, N.C. 29:59 9. Ruth Lichtenfeld (39), Mobile, Ala. 30:24 10. Kathy Jakim (30), Lawrenceville, Ga. 30:38
 Master's Men: 1. James Carmines (52), New Cumberland, Pa. 2. Ray Funkhouser (43), Toms River, N.J. 3. Gene Opheim (49) Tallahassee, Fla. 4. John Elwarner (56), Sterling Heights, Mich. 25:25 5. Bruce Booth (47) Salem, Vir. 25:51 6. Paul Johnson (58), Ft. Smith, Ark. 25:59 7. Dave Waddle (42), LaGrange, Ga. 26:14 8. Max Walker (48), Greenwood, Ind. 27:13 9. Andrew Smith (45) Whittier, N.C. 27:42 10. David Wade (48) Kingsport, Tenn. 28:21 11. Ross Barranco (46), Howell, Mich. 28:26 12. Charles George (55) O'Brien, Fla. 28:28 13. Alvia Gaskill (40), Durham, N.C. 28:32 14. Ronald Shields (52), Blain, Penn. 28:47 15. Michael Bird (47), Indianapolis 29:05 16. Ray Everson (60), Mooresville, Ind. 29:22 17. Larry Freeman (54), Newport, Penn. 29:43 18. Cedric Hustace (61), Evansville, Ind. 30:03 19. Mike Michel (65), Lynn, N.C. 30:36 . . . Herb Appell (76) Boomer, N.C. 33:42. . . Bill Tallmadge (79) Berea, Ky. 34:08
 Master's Women: 1. Becky Comeaux (40, New Iberia, La. 25:29 2. Sally Richards (43) Evergreen, Col. 26:18 3. Sally Evenden (40), Knoxville, Tenn. 27:30 4. Jeanette Smith (46), Indianapolis 27:30 5. Martitia Beach (46), Tallahassee, Fla. 30:00 6. Rosemary Wiles (44), Kingsport, Tenn. 30:05 7. Ginny Jones (47), Kingsport, Tenn. 31:53 8. Ruth Everson (57), Mooresville, Ind. 31:59 9. Beth Young-Grady (58), Michigan City, Ind. 32:00

OTHER RESULTS

Junior National Women's 3 Km, Orono, Maine, Aug. 19--1. Samantha Cohen, Croton, N.Y. 14:51.4 2. Olive Loughnane, Dunsandle, Ireland 14:56.8 3. Elizabeth Auden, Canada 15:03.1 4. Alison Zabrenski, Bowie, Maryland 15:21.4 5. Stephannie Gray, Miami, Fla. 15:36.9 6. Sasha Devore, Farmington, Maine 15:42.3 7. Erin Taylor, Oregon City, Ore. 15:45.3 8. Katie Rulapaugh, Sheffield, Iowa 16:20.0 9. Jill Lippman, Holbrook, N.Y. 17:07.9 10. Jenney Woodbury, Morrill, Maine 17:31.4 11. Kelly

McCoy, Cortlandt Manor, N.Y. 17:45.2 12. Nicole Ciomek, Marietta, Georgia 17:47.6 13. Melissa Dabel, Madison, Wis. 17:51.5

Junior National Men's 5 Km, Orono, Maine, Aug. 19--1. Francois Berube, Can. 22:21.7 2. Josh Ginsburg, Hunt Station, N.Y. 22:29.0 3. Brandon Perry, West Palm Beach, Florida 22:57.6 4. Scott Crafton, Indianapolis 23:41.3 5. Brian Colby, Madison, Wis. 23:41.7 6. Shaun Foster, LaGrange, Georgia 24:45.5 7. Michael Hersey, Farmington, Maine 26:15.8 8. Danny Dalton, Kettering, Ohio 27:10.9 9. Ben Westleigh, Lewiston, Maine 28:32.6 10. Michael Laseter, Delray Beach, Fla. 28:41.9 11. Peter Brown, Wilton, Maine 32:26.8 DQ--Gordon Mosher, Can.

Eastern Junior Championships, Lake Placid, N.Y., Aug. 27: Men's 10 Km--1. Marc Laduceur, Can. 49:48.4 2. Shaun Foster 51:34.1 3. Danny Dalton 58:22 4. Michael Laseter 58:37.3 **Women's 5 Km--1.** Stephanie Gray 26:05.3 2. Virginia Jones, League City, Tex. 26:11.1 3. Sasha Devore 26:17.3 4. Erin Taylor 26:21.3 5. Alison Hartney, Sugarland, Tex. 28:53.9 6. Kelly McCoy, Peekskill, N.Y. 31:11.1 **Eastern Regional 10 Km Relay, New York City, Aug. 27: Women--1.** Maryanne Torrellas (24:37) and Denise Hambrick (35:20) 59:57 **Men--1.** Khang Vo (18:45 for 4 Km) and Lukajz Szela (25:42 for 6) 44:27 2. Roberto Gottlieb (26:50) and Mario Pollanz (30:00) 55:50 3. Gary Westerfield (30:27) and Jim McGrath (28:11) 58:38 4. Lawrence DeSouza (28:12) and Benno Stein (30:47) 58:59 (ages 54 and 57) 5. Bob Barrett (27:17) and Daniel Pina (31:52) 59:09 (ages 63 and 66) **Life College International Invitational Track Meet 10 Km, Marietta, Georgia, Sept. 1--1.** Robert Korzenowski, Poland 39:15.60 2. Nichian Tsamonikian, Germany 40:08 3. Denis Langlois, France 40:29 4. Miguel Rodriguez, Mexico 40:45 5. Alessandro Gandellini, Italy 40:52 6. Germain Sanchez, Mexico 41:14 7. Vittoria Colombine, Italy 41:22 8. Paolo Bianchi, Italy 41:25 9. Rene Piller, France 41:35 11. Bernardo Segura, Mexico 41:54 12. Michele Lizio, Italy 41:56 13. Jean Claude Corre, France 42:25 14. Sari Essayah, Finland 42:48 15. Ian Whatley, USA 43:13 DQ--Ruben Arikado, Mexico **Junior Pan Am Games Pre-Meet, Miami, Aug. 27: Women's 3 Km--1.** Anya Ruoss 14:05.28 2. Lisa Chumbley 15:19 3. Isabelle Kim, Can. 15:20 4. Marie-Eve Daigneault, Can. 15:27 5. Laurie Starr 15:31 6. Alison Zabrenski 16:16 **Men's 3 Km--1.** Justin Marrujo 12:46.76 2. Francois Berube, Can. 12:56 3. Brandon Perry 13:31 4. Brian Colby 13:44 5. Dave Rose-Michielli 17:08 DQ--Gordon Mosher, Can. **10 Km, Dearborn, Mich., Aug. 27--1.** Keith Luoma 50:39 2. Max Green 55:31 3. Marino Scerpella 57:35 **Women: 1.** Debbie Benton 56:02 2. Julie Hecksel 57:44 **10 Km, Dearborn, Sept. 9--1.** Max Green 53:31 2. Vance Genzlinger 59:42 3. Kenneth McKay 61:10 **Women's 5 Km, same place--1.** Kristen Mullaney 24:54 **1 Hour, Warren, Mich., Sept. 16--1.** Debbie Benton 11,096 m 2. Diane Podsiadlik 10,401 meters 3. Julie Hcksel 10,234 4. Patty Whitlock (42) 9794 5. JoAnne Parks (62) 9406 (13 finishers) **Men--1.** Ioan Froman 12,906 2. Dan O'Brien 12,202 3. Max Green (63) 11,205 4. John Hunyady (44) 10,832 5. Hartley Vezina (59) 10,135 (9 finishers) **5 Km, Indianapolis, June 24--1.** Becky Senter 26:22 2. Jeanette Smith 26:56 3. Abigail Oliver 30:03 (28 finishers) **Men--1.** Stephen Salmon 24:42 2. Scott Crafton 24:52 3. Max Walker 26:11 4. George Quinn 28:52 5. Jim Crafton 28:57 6. Mike Bird 29:03 7. Craig Woodall 29:52 (22 finishers) **Indiana State Games 3 Km, July 16--1.** Scott Crafton 15:23 2. Jim Crafton 18:58 **Women--1.** Lisa Sonntag 14:13 **5 Km, Indianapolis, July 29--1.** Becky Senter 26:45 2. Jeanette Smith 27:46 3. Sonnette Weddle 28:52 4. Abigail Oliver 29:01 5. Jackie Jessup 29:09 6. Kim Holmes 30:22 (34 finishers) **Men--1.** Stephen Salmon 24:33 2. Max Walker 26:05 3. Vince Abell 26:18 4. Jerry Muskal 27:07 5.

Randy Evans 27:59 6. Tom Hairston 28:43 7. Duane Weddle 28:54 8. Mike Bird 29:06 9. Brian Keister 29:22 10. George Quinn 29:30 11. Ray Everson 29:47 (28 finishers) **Georgia State Games 5 Km, Atlanta, July 23--1.** Michelle Rohl 21:59 2. Kathy Jakim 27:54 3. Patty Voyles 28:04 4. Tammy Cone 28:37 4. Denise Jacobson 28:49 5. Bonnie Stein 29:27 (31 finishers) **Men--1.** Andrew Hermann 21:03 2. Mike Rohl 21:29 3. Keith Luoma 24:02 4. Joel Carter 25:29 5. Phil Gura 25:32 6. Mark Danford 27:04 (1st 40-44) 7. Jim Kelly 27:58 8. Dan Strohl 28:51 (1st 45-49) 9. Charles Carter 29:05 (2nd 40-44) 10. W. Booth 29:23 (3rd 40-44) (19 finishers) **5 Km, Atlanta, Aug. 12--1.** Mark Danford 26:24 2. Phil Gura 27:51 3. Ron Poteete (1st 50-59) 29:11 4. Dan Strohl 29:32 (21 finishers) **Women--1.** Kathy Jokim 29:23 (42 finishers) **1 Mile, Houston, Aug. 4--1.** Duane Brown 8:26 **2 Miles, Houston, Sept. 9--1.** Jay Byers 16:38 2. Lisa Chumbley 16:52 3. Eduardo Losa 18:30 **5 Km, Littleton, Col., Aug. 20--1.** Mike Blanchard 25:31 2. Marianne Martino (45) 28:13 3. Daryl Meyers (52) 29:22 4. Craig Drummond (42) 29:52 5. Lori Rupoli (44) 29:59 **5 Km, Littleton, Aug. 6--1.** Mike Blanchard 24:44 **5 Km, Loveland, Col., Aug. 25--1.** Alan Yap (53) 26:03 2. Dan Pierce 26:29 3. Lonnie Schreiner (52) 28:25 4. Daryl Meyers 28:43 5. Breta Skinner 29:22 6. Stave Santana (44) 29:29 7. Jim Twark (47) 29:47 **5 Km, Boulder, Col., Sept. 2--1.** Albert Leibold 22:51 2. Marianne Martino 27:36 3. Klaus Timmerhaus (70) 30:42 **5 Km, Ft. Collins, Col., Sept. 2--1.** John Spuhler 23:06 2. Mike Blanchard 24:18 3. Scott Richards (45) 25:10 3. Alan Yap 25:23 5. Lonnie Schreiner 28:12 6. Daryl Meyers 28:31 7. Breta Skinner 28:32 8. Jim Twark 29:21 9. Kevin Molick (42) 29:34 **5.28 Km, Denver, Sept. 4--1.** Mike Blanchard 26:20 **5 Km, Aurora, Col., Aug. 17--1.** Scott Richards 27:15 2. Peggy Miiller (42) 28:33 3. Daryl Meyers 29:56 **5 Km, Aurora, Aug. 19--1.** Mike Blanchard 24:35 2. Alan Yap 26:31 **Western Regional 15 Km, Albuquerque, Sept. 3--1.** Mark Green 1:11:12 2. Theron Kissinger 1:14:38 3. Dan Pierce 1:22:36 4. Claudia Leonard 1:30:29 5. Dirce Grauke 1:31:11 6. Linda Adams 1:34:19 **Mid-American Regional Masters 15 Km, same place--1.** Steve Petrakis (45) 1:24:32 2. David Crabb (50) 1:26:19 3. Winston Crandall (55) 1:26:42 4. Iris Delpilar (42) 1:30:47 5. Ken Uecker (58) 1:33:52 6. Arvid Rolle (61) 1:40:13 7. Chuck Emerson (48) 1:40:52 8. George Caron (71) 1:51:13 9. Robert Dorren (70) 2:01:02 **5 Km, same place--1.** Alex Woelper 28:37 2. Steve Moodie (47) 28:39 3. David Wormald (43) 29:28 4. Peter Armstrong (50) 29:36 5. Louis Jaramillo 29:53 6. Artie Levick (59) 30:14 (34 finishers) **5 Km, Albuquerque, Sept. 13--1.** Theron Kissinger 23:20 2. Winston Crandall 27:40 3. David Wormald 28:29 4. Jo Owen (48) 29:21 5. Iris Delpilar (42) 29:26 6. Louis Jaramillo 29:39 (22 finishers) **1 Hour, Marin, Cal., Aug. 20--1.** Ed Kousky 7 miles 23 yds 2. Jack Bray 6 mi 1538 3. Jim Stuckey 6 mi 1494 4. John Schulz 6 mi 1059 5. Huey Johnson 6 mi 179 6. Brenda Usher-Carpino 6 mi 280 7. Virginia Fong 6 mi 155 **1 Mile, Seattle, Aug. 9--1.** Bev LaVeck 8:59.2 2. Paul Kaald 9:10.4 **2.8 Mile, Seattle, Aug. 3--1.** Bev LaVeck 27:35 **Pac. NW Masters 45 Km, Seattle, Aug. 5--1.** Stan Chraminski 24:54.82 2. Bob Novak 25:19 3. Art Grant 27:43 4. Bev LaVeck 29:12 5. Paul Kaald 30:37 **4.25 Mile, Seattle, Sept. 4--1.** Dan Sutich 34:55 2. Stan Chraminski 35:35 3. Bev LaVeck 41:07 **2.8 Mile, Seattle, Sept. 7--1.** Stan Chraminski 23:19 2. Bev LaVeck 26:42 3. Bart Kale 28:10 **Canadian 20 Km, Montreal, July 15--1.** Martin St. Pierre 1:25:43 2. Tim Berrett 1:29:08 3. A. Huerta 1:39:15 4. Jeff Cassin 1:40:46 **Canadian Women's 10 Km, Montreal, July 15--1.** Tina Poitras 45:21 2. Janic McCaffrey 46:55 3. R. Robichaud 47:58 4. Holly Gerke 49:36 5. Pascale Grand 49:53 6. Joan Bender 50:32 7. Allison Baker 50:42 **Canadian Junior**

Nationals, Abbotsford, B.C., Men's 10 Km, July 29--1. Justin Marujo, U.S. 45:02 2. Francois Berube 46:02 3. Gordon Mosher 46:12 4. Frederic Vincent 47:31 5. Ryan Chamberlin 47:31 6. Marc Laduceur 49:03 7. Brandon Perry, U.S. 49:25 **Women's 5 Km, July 30--1.** Lisa Chumbley, U.S. 26:28 2. Samantha Cohen, U.S. 26:36 3. Marie-Eve Daigneault 26:37 4. Isabelle Kim 26:49 5. Alison Zabrenski, U.S. 27:24 6. Keri Smith 27:43 **Match of the Nations, Fougères, France, June 11:** Germany 285, Italy 278, Spain 253, France 242, England 130, Sweden 72, Australia 46. **Men's 20 Km--1.** Valentin Massana, Spain 1:21:25 2. Nick A'hern, Australia 1:21:55 3. Stefan Johansson, Sweden 1:22:40 4. Jean-Oliver Brousseau, France 1:22:54 **Men's 35 Km--1.** Thierry Toutain, France 2:29:57 2. Giovanni Perricelli, Italy 2:30:23 3. Rene Piller, France 2:30:43 4. Ronald Weigel, Germany 2:30:52 **Women's 10 Km--1.** Anna Rita Sidoti, Italy 42:04 2. Kerry Saxby, Australia 42:18 3. Elisabetta Perrone, Italy 42:44 4. Rossella Giordano, Italy 42:49 **Five Nations, Arhus, Denmark, June 17:** 35 Km--1. Harold VanBeek Holland 2:43:24 2. Dirk Nicque, Belgium 2:45:49 3. Hank Plasman, Hol. 2:50:00 4. Claus Jorgensen, Denmark 2:51:33 5. Klaus Jensen, Den. 2:51:46 6. Torben Kristiansen, Den. 2:53:50 7. Mike Rohl, U.S. 2:53:11 **Greek National 20 Km, August--1.** D. Orfanopoulos 1:28:37 2. A. Paspaliaris 1:28:38 3. T. Stamatopoulos 1:28:37

ALL HEEL AND TOE SPECIALISTS BE AWARE OF THESE EVENTS

Sat. Oct. 7 1 Hour, Miami, 7:30 am (Q)
5 Miles, Indianapolis (V)
Lynette Atkins Memorial 8 Km, Kalamazoo, Mich., 9 am (N)
5 and 10 Km, Larkspur, Cal., 9 am (P)
3 Km, Seattle (C) (Following a clinic)

Sun. Oct. 8 **USATF National 1 and 1 Hour, Cambridge, Mass. (K)**
5 Km, Indianapolis (V)
5 Km, Marin, Cal., 9:30 am (P)

Sat. Oct. 14 5 Km, Seattle (C)
5 Km, Miami, 7:30 am (Q)

Sun. Oct. 15 1 Hour, Alexandria, Virginia (J)
3 Mile, Topsfield, Mass. (I)
Southern Regional 15 Km Championship, Atlanta 10 am (D)
5 Km, Atlanta, 8 am (D)
5 Km, Miami, 8 am (Q)
3, 5, and 10 Km, Dearborn, Mich. (E)
5 Km, Indianapolis (V)
5 Km, Pasadena, Cal. (B)
1 Hour, Marin, Cal. (P)

Sat. Oct. 21 5 Km, Davie, Fla., 7:30 am (Q)
5 Km, Indianapolis (V)
10 Km, Ft. Ord, Cal., (R)

Sun. Oct. 22 Eastern Regional 30 Km, New York City (F)
New England 15 Km Championship, Boston (I)
Western Regional 8 Km, Las Vegas, 7:30 am (T)

Sat. Oct. 28 5 Km, Coral Springs, FL, 8 am (Q)
Henry Laskau 5 Km, Miami, 7:30 am (Q)

5 Km, Chicago(S)
25 Km and 2 mile, Houston, 8 am (Y)

Sun. Oct. 29 5 Km., Miami, Fla., 8 pm (Q)

Mon. Oct. 30 Eastern Regional 50 Km Championship, Washington, DC (J)
5 Km, Picayune, Mississippi, 8:30 am (M)
5 Km, Miami, 8 am (Q)

Sun. Nov. 5 Eastern Regional 50 Km, Olympic Trials Qualifying 20 Km, and Potomac, Valley 1 Hour, Alexandria, Virginia (J)
2 Mile, Salem, Oregon (O)

Sat. Nov. 11 5 Km, Key Biscayne, FL, 7:30 am (Q)
5 Km, Seattle, 9 am (C)

Sun. Nov. 12 10 Km, Concord, Mass. (I)
5 Mile, Boston (I)
Florida State 20 Km (Q)
1 Hour, Marin, Cal. (P)
New York City Marathon (U)

Sat. Nov. 18 5 Km, Miami, 7:30 am (Q)

Sat. Nov. 25 5 Km, Atlanta (D)
5 Km, Coral Gables, Fla., 7:30 am (Q)

Sun. Nov. 26 5 and 10 Km, San Francisco (G)
35 Km and 2 Miles, Houston, 8 am (Y)
5 Km, New York City, 9 am (F)

Sat. Dec. 2 5 Km, Miami, 8 am (Q)

Sun. Dec. 3 5 Km, New York City, 9 am (F)
5 Km, Miami, 8 am (Q)

Sat. Dec. 9 5 Km, Seattle, 9 am (C)
5 Km, Miami, 7:30 am (Q)
USATF Southeast Regional Masters and Open 10 Km, Florence, S.C. (L)

Sun. Dec. 10 5 Km, Kent, Wash. (C)
5 Km, New York City, 9 am (F)
5 Km, Boca Raton, Fla. (Q)
5 Km, San Francisco, 8:30 am (G)

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 Y--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072

FROM HEEL TO TOE

It has always been unpleasant to have to report on the passing of companions in the racewalking community, but, it has, of course, been a necessary part of my self-appointed task of trying to keep the faithful informed. It is even sadder to have to report such an event before it happens. Nonetheless, Alan Wood has asked me to publish this statement: "The publisher of *The Master Walker*, Alan Wood, has terminal kidney cancer." Blessedly, he also reports that "he is happy to be going to heaven." Alan has published his informative little newsletter (3 or 4 pages a month in an even more informal format and style than the ORW, if that can be imagined) for 20 years and kept tags on master's statistics. As he gives up the publication, his contributions will be missed by his many faithful subscribers. However, he has found a new editor, and the publication itself will continue. If you are interested, contact Ron Heimbarger at 308 Bartell, Chesapeake, VA 23320. Bev LaVeck will maintain the "Age Best" charts that Alan has kept for many years and send them to Ron for printing. Alan's announcement does not come as a big surprise, as he has documented the physical, psychological, and spiritual aspects of his fight with the disease in the pages of his newsletter. For those who accept the power of prayer, you might remember Alan, although he seems at peace with his fate. . . On a happier note, Gene Dix, 73, founder of the New Mexico Racewalkers, recently had an angioplasty procedure to clear a chest blockage. Success of the procedure is marked by his return to his walking program. . . And, Dr. John Blackburn, patriarch of the Ohio Track Club racewalking efforts, reports that Corinne "Grandma" Blackburn has survived her third coronary angioplasty and is back to her normal, happy (and, we might add, ornery) self. Corinne was a real pioneer in women's racewalking, as was the Ohio Track Club, in the late '50s and early '60s. The Blackburns retired to Arizona several years ago and John still gets out for a few miles at a brisk pace several days a week. . . Three-time Olympic walker, Bruce MacDonald (20 Km 1956, 50 Km 1960 and 1964), has been elected to the New York University Athletics Hall of Fame. A well-deserved honor, but one, the likes of which, come too seldom to racewalkers. . . The Metropolitan Athletics Congress will include racewalks in their indoor track meets beginning in December and running through February. The meets will include 3 Km walks for those who can better 16 minutes and 1500 meters or 1 Mile for others. To receive a full schedule when it becomes available, send a stamped, self-addressed envelope to Stella Cashman, 320 E. 83rd St., New York, NY 10028 or call her at 212-628-13317 after 9 pm. . . Something we don't do often enough

is thank the many readers who append pleasant notes to their renewal notices praising our humble efforts. Notes such as: "I'm more than happy to renew my subscription. . . I look forward to seeing it in my mailbox each month." A few strokes are always pleasant and many of you have supplied them through the years. . . Ian's Real World Racewalking Clinic, featuring Ian Whatley and Dave McGovern in Kingsport, Tenn., October 27-29. The clinic will include an introduction, meal, and video tape presentation on Friday evening; classroom work and outdoor training sessions on Saturday; and further classroom work, a session on stretching, and an outdoor practical session on Sunday. Cost is \$95 per person (lodging and meals not included). Contact Bobby Baker at 615-229-4364 for further information or to make reservations. . . Racewalking coach and author, Howard "Jake" Jacobson, is now doing a weekly fitness column for the *New York Post* titled "In Shape." . . Some further detail on the U.S. Olympic Festival races (see August issue) from Al Heppner, a participant: When asked about the effects of the heat and the altitude, seventh-place finisher Linda Brubaker responded, "Ever race in slow motion?" She continued, "It (the heat) was a very powerful force. It was the heat, and the altitude. Everyone's time was affected." UW-Parkside junior Will Van Axen (10th) said, "I realized about half way through the race that I just wanted to survive." Indeed, the 7,000-foot altitude and the extreme temperatures made everyone's time deceptively slow. It would be safe to knock about 3 minutes of the women's times and about 6 minutes off the men's to determine the truly inspired efforts at this meet. "I thought there were some strong performances. The experienced walkers did well in the heat and the altitude," said Guest Coach Troy Engle. "I think to have a race (men's) at 7,000 feet at 10 o'clock in the morning is a recipe for disaster," he added. The recipe, however, may need no adjustments. The 1997 Olympic Festival has already been cancelled because only 20,000 tickers were sold before this year's Festival. The USOC was hoping to sell twice that number. Furthermore, the status of the 1999 and future Festivals appear to be in serious jeopardy.

MORE ON WORLD CHAMPIONSHIPS

We had only sketchy information and incomplete results when we reported on the World Championships last month. Here is more, thanks to Bob Bowman, writing in *T&F News*.

Women's 10 Km winner Irina Stankina, the World junior champion, is still only 18 years old. She, silver medalist Elisabetta Perrone, and China's Gao Hongmiao broke free from a field of a dozen contenders with about 2 kilometers to go. World Cup winner Gao was pulled by the judges as the three headed for the stadium entrance. Stankina had about 15 meters on Perrone as they entered the stadium and held most of that lead to the finish. Yelena Nikolayeva accelerated tremendously over the last 20 meters to nip Sari Essayah for the bronze, leaving many spectators, if not the judges, wondering about the legality of her progression.

The men's 20 Km saw a pack of seven together at the halfway point in 40:31. That pack was down to five by the 15 km mark. It did not include one of the favorites, Mikhail Schennikov, who had dropped 30 seconds off the pace.

As they entered the final 2 Km loop, it was a three-man race--Didoni, Massana, and Daniel Garcia. Massana cracked first and when Garcia was pulled, just as Gao as they neared the entrance to the stadium, Didoni was on his own. "I knew that Garcia had his third warning and that I would win," said Dordoni. Dordoni's countryman, Giovanni de Benedictis followed Massana across the line with an apparent bronze medal, but he received

his third and fourth red cards for his activities on the final straight and was given a post-finish DQ. So Yevgeniy Misyula, never far back, captured the bronze.

In the 50, Valentin Kononen, always close to the top, but never a winner, finally won a big one. "Sometimes, everything goes as it should," said the 26-year-old Finn. "I have done it my way for 8 years and now it has paid off."

World Cup winner Zhao Yongshen led from the start, as he had in the World Cup, but a large group of challengers lurked never more than 80 meters back. Zhao passed 25 km in 1:53:50 with his lead down to 10 seconds. At the 2 1/2 hour mark, Zhao was caught by Kononen, Viktor Ginko, and defending champion Jesus Garcia. As the splits show, Kononen accelerated sharply (22:31 from 25 to 30 Km, 21:26 from 30 to 35, and then 21:49 and 21:33) and only Zhao tried to stay with him. But even Zhao was 26 seconds back by 40 Km and just about finished. He collapsed before 45 and was taken to the hospital suffering from heat exhaustion. Though slowing a bit on his final 5 km, Kononen moved on to an untroubled victory. He covered the first half in 1:54:00 and second half in 1:49:42. He did his first 20 in 1:31:45 and the last 20 in 1:27:11.

The full results, with splits for the leaders (year of birth in parentheses):

Women's 10 Km: 1. Irina Stankina (77), Russia 42:13 (21:22) 2. Elisabetta Perrone (68), Italy 42:16 (21:21) 3. Yelena Nikolayeva (66), Rus. 42:20 (21:22) 4. Sari Essayah (67), Finland 42:20 (21:23) 5. Larisa Ramazanova (71), Rus. 42:25 (21:22) 6. Rossella Giordana (72), Italy 42:26 (21:22) 7. Maria Urbanik (67), Hungary 42:34 (21:25) 8. Hongyu Liu (75), China 42:46 (21:21) 9. Kerry Saxby-Junna (61), Australia 43:06 (21:24) 10. Beate Gummelt (68), Germany 43:15 (21:37) 11. Yan Gu (73), China 43:27 (21:25) 12. Valentina Tsybul'skaya (68), Belarus 43:34 (21:37) 13. Anna-Rita Sidoti (69), Italy 44:06 (21:22) 14. Olga Kardapoltseva (66), Belarus 44:07 (21:44) 15. Michelle Rohl (65), USA 44:17 (22:04) 16. Encarna Granados (72) Spain 44:19 (22:00) 17. Susana Feitor (75), Portugal 44:25 (22:01) 18. Natalya Misyulya (66), Belarus 44:27 (21:56) 19. Graciela Mendoza (63), Mexico 44:44 (22:25) 20. Norica Cimpean (72), Romania 44:46 (22:02) 21. Tina Poitras (70), Canada 45:02 (22:22) 22. Teresa Vaill (62), USA 45:02 (22:02) 23. Aniko Szabenszky (65), Hungary 45:03 24. Debby Lawrence (61) USA 45:03 (22:23) 25. Miriam Ramon (73), Ecuador 45:04 26. Maria Vasco (75), Spain 45:05 27. Anita Liepina (67), Latvia 45:12 28. Maya Sazanova (68), Kazakhstan 45:13 29. Simone Thust (71), Germany 45:24 30. Janice McCaffrey (59), Canada 45:41 31. Francisca Martinez (68), Mexico 45:55 32. Sonata Milusauskaite (73), Lithuania 45:55 33. Deirdre Gallagher (74), Ireland 46:00 34. Anne Manning (59), Aust. 46:04 35. Lisa Langford (67), Great Britain 46:06 36. Marta Zukowska (72), Poland 46:14 37. Rosario Sanchez (71), Mexico 46:53 38. Kamila Holpuchova (73), Czech. Rep. 47:12 39. Kada Delic (65), Byelorussia 40. Kjersti Tysse (72), Norway 47:57 41. Giovanna Morejon (68), Bolivia 48:18 DQ--Katarzyna Radtke, Poland; HONGMIAO Gao, China; and Kathrin Boyde, Germany. DNF--Tatyana Ragozina, Ukraine

Men's 20 Km: 1. Michele Didoni (74), Italy 1:19:59 (20:06, 40:31, 60:18) 2. Valentina Massana (70), Spain 1:20:23 (40:32, 60:17) 3. Yevgeniy Misyula (74), Belarus 1:20:48 (40:56, 60:33) 4. Ilya Markov (72), Russia 1:21:28 (20:10, 61:07) 5. Zewen Li (73), China 1:21:39 (20:03, 40:32, 60:16) 6. Mikhail Schennikov (67), Russia 1:22:16 (40:38, 60:47) 7. Denis Langlois (68), France 1:22:21 (20:08, 41:02, 61:21) 8. Igor Kollar (65), Slovak Rep. 1:22:30 (20:02, 40:35, 61:02) 9. Mikhail Khmel'nitskiy (69), Belarus 1:23:24 (20:02, 40:58, 61:17) 10. Jean-Olivier Brousseau (67), France 1:23:34 (20:11, 61:58) 11. Nick A'hern (69), Australia 1:23:45 (20:01, 61:38) 12. Nichan Tsamonikian (67), Germany

1:24:17 (20:06, 62:17) 13. Hector Moreno (63), Columbia 1:24:34 (20:08, 63:05) 14. Robert Ihly (63), Germany 1:24:40 15. Enrico Lang (72), Italy 1:24:43 16. Martin St. Pierre (72), Canada 1:24:49 (20:11, 63:08) 17. Jose Urbano (66), Portugal 1:26:10 18. Stefan Johansson (67), Sweden 1:26:20 19. Sergio Galdino (69), Brazil 1:26:53 20. Costica Balan (64), Romania 1:26:53 21. Hubert Sonnek (62), Czech Rep. 1:27:35 22. Gyula Dudas (66), Hungary 1:28:08 23. Shaoguo Chen (71), China 1:28:13 24. Magnus Morenius (69), Sweden 1:28:39 25. Darrell Stone (68), Great Britain 1:28:48 26. Sverre Jensen (66), Norway 1:29:35 27. Roman Mrazek (62), Czech Rep. 1:29:37 28. Claudio Bertolino (63) Brazil 1:30:25 29. Valeriy Borisov (66), Kazakhstan 1:31:22 30. Hatem Ghoul (73), Tunisia 1:32:17 31. Scott Nelson (69), New Zealand 1:32:19 32. Valdas Kaslauskas (58), Lithuania 1:33:54 33. Jefferson Perez (74), Ecuador 1:34:20 (20:03, 40:41, 62:57--don't know what happened to this youngster who has been challenging the Mexicans, but obviously he fell apart for some reason) 34. Myint Htay (73), Malaysia 1:37:08 35. Daisuke Ikeshima (75), Japan 1:37:11 DQ--Giovanni DeBenedictis (68), Italy (20:03, 40:32, 60:17); Daniel Plasa (66), Spain (20:06, 61:43) Tomas Kratochvil (71), Czech Rep.; Lingtang Bo (70) China (20:04, 40:58, 61:20); Daniel Garcia (71), Mexico (20:04, 40:32, 60:18). DNF--Fernando Vasquez, Spain; Alejandro Lopez, Mexico; Mariusz Ornoch, Poland; Dmitriy Yesipchuk, Russia; Vladimir Ostrovskiy, Israel; Bernardo Segura (70), Mexico (20:03, 40:39)

Men's 50 Km: 1. Valentin Kononen (69), Finland 3:43:42 (46:04, 1:31:45, 2:16:31, 2:59:46) 2. Giovanni Perricelli (67), Italy 3:45:11 (46:11, 1:31:42, 2:17:01, 3:01:13) 3. Robert Korzeniowski (68), Poland 3:45:57 (46:05, 1:31:43, 2:16:42, 3:01:10) 4. Miguel Rodriguez (62), Mexico 3:46:34 (46:07, 1:31:45, 2:16:43, 3:01:10) 6. Jesus Garcia (69), Spain 3:48:05 (46:05, 1:31:43, 2:16:30, 3:00:57) 6. Aledsandar Rakovic (68), Yugoslavia 3:49:35 (46:37, 1:33:03, 2:19:04, 3:04:24) 7. Arturo DiMezza (69), Italy 3:49:46 (46:06, 1:31:58, 2:17:29, 3:03:21) 8. Rene Piller (65), France 3:49:47 (46:09, 1:31:46, 2:16:43, 3:02:40) 9. Sergey Korepanov (64), Kazakhstan 3:51:55 (46:05, 1:33:13, 2:18:45, 3:05:30) 10. Nikolay Matyukhin (68), Russia 3:53:25 (46:10, 1:31:52, 2:17:55, 3:05:26) 11. Stefan Malik (66), Slovak Rep. 3:54:23 (47:00, 1:33:03, 2:18:51, 3:05:27) 12. Carlos Mercenario (67), Mexico 3:55:24 (46:05, 1:31:44, 2:16:43, 3:04:53) 13. Axel Noack (61), Germany 3:55:51 (46:18, 1:31:47, 2:18:08, 3:09:06) 14. Tim Berrett (65), Canada (46:34, 1:32:39, 2:19:20, 3:08:32) 15. Aleksandr Voyevodin (70), Russia 3:59:23 (46:11, 1:32:00, 2:18:03, 3:06:23) 16. Jaime Barroso (68), Spain 4:01:23 17. Pavol Blazek (58), Slovak Rep. 4:03:45 18. Henrik Kjellgren (70), Sweden 4:04:38 19. Milos Holusa (65), Czech Rep. 4:04:59 20. Fumio Imamura (66), Japan 4:06:08 21. Jose Magalhaes (54), Portugal 4:09:38 22. Craig Barrett (71), New Zealand 4:10:26 23. Andres Marin (61), Spain 4:12:01 24. Jean Claude Corre (61), France 4:12:38 (2:18:37 at 30) 25. Eloy Quispe (61), Bolivia 4:16:21 26. Michael Harvey (62), Australia 4:16:41 DQ--Giovanni DeBenedictis, Italy (3:01:13 at 40, perhaps the first competitor to be thrown out of both races at the World Championships?); Ronald Weigel (59), Germany (1:54:50 at 25); Peter Malik (69), Slovak Rep.; Viktor Ginko (65), Belarus (2:16:31 at 30, 2:38:03 at 35); Vitaliy Popovich (62), Ukraine (3:02:35 at 40, 3:27:31 at 45); Les Morton (58), Great Britain; Zoltan Czukur (62), Hungary. DNF--Sandor Urbanik (64), Hungary (1:54:52 at 25); Allen James (64), USA (1:33:41 at 20); German Sanchez (66), Mexico (2:16:44 at 30, 2:39:34 at 35); Valeriy Spitsyn (65), Russia (2:18:26 at 30); Thierry Toutain (62), France; Costica Balan (64), Romania; Yongshen Zhao (70), China (3:00:12 at 40); Hubert Sonnek (62), Czech Rep.

Commentary

From Avram Shapiro in Howell Twp., N.J.:

Ben Ottmer's thoughts on coaching during the progress of a race are not hypothetical. On-course coaching by an official in a recent local grand-prix event caused obstruction to the second-place finisher, who had to pull back a few times to avoid the official who was instructing the leader. The winner is a relative newcomer to racewalking, and the benefits from the coaching throughout the race may have had an additional effect on the outcome. The second-place finisher filed a protest, but chose not to pursue it after winning the other two races in the series, which were free from coaching.

Ben thinks the official in this race was justified "in the best interests of racewalking," so that more people will be drawn to the sport by learning the technique. I think the on-course coaching created a potentially dangerous situation that could have resulted in injury. It also gave an unfair advantage to the recipient of the coaching. Keep in mind that this was a race, not a training session. The idea of a race is to compete to win; to put into use the product of one's training. Such competition should be pure, not contaminated by outside interference.

As for Ben's complaint about competing against walkers having "sloppy" form, that's why judges are needed. Where judges are absent, it is not unusual to be criticized by other competitors when one's form deteriorates during a race. That's part of the competition. On-course coaching by a non-competitor isn't. Even judges have to stay on the sidelines.

From Ed Bouldin in Norwalk, Cal.

As you know, I am not a newcomer to the sport of racewalking. I started in 1971 as a member of the Southern California Striders. Other teammates included Bob Bowman, Martin Rudow, Rudy Haluza, John Kelley, and Jim Hanley. (Ed. A distinguished group--IAAF Racewalk Chairman; former national coach, author, video-tape producer, and outstanding clinician; two-time Olympian--1960 and 1968; Irish Olympian; and dedicated promoter and official, respectively.) Back then, racewalking was a true sport of walking, not like it is today. "Today's racewalking consists of straight-legged running." This comment was made to me by a former U.S. Olympian prior to the 1995 National 50 Km Championships. I was also told by this person that I would never get any faster or make a National Team because I walk the old style. "I walk too legal." Back in the '60s and '70s, if you were caught violating the rules you were DQ'd without hesitation, no matter if you were a top ranked walker or just a novice. Not so today. The judging has become a joke. Walkers now complete the race without ever complying with the contact rule. What is even more upsetting is that the judges are aware of the situation and do nothing to curb the problem. They choose to select the fastest persons to the national teams no matter how illegal they may be, so our team can be somewhat competitive with international competition. (Ed. Here, Ed refers to an ORW photo of a walker clearly off the ground, which he notes we published without comment--we won't single out one athlete here--and supplies another photo of an international race with clear lack of contact for more than one athlete.) I'd rather see walkers who walk legally with slower times compete in international competition. Perhaps if the U.S. sent true racewalkers to international meets, other country would follow suit and bring back true racewalking.

During recent National Championships at 20 and 50 Km video cameras were in place to capture the walkers style and to view their performance. However, none of the

judges or the top finishers wanted to review the tape for obvious reasons. I propose the tape be played during the awards ceremony. If the Judges refuse to officiate the race by the rules, perhaps some peer pressure is in order. (Ed. Interesting thought. We have always been against suggested use of video or photography in judging, but have no objection to its use in suggesting that judging standards need to be improved, and there seems to be no lack of that, irregardless of changes in the wording of the rules. As in any sport, the athletes will adjust to the way the calls are being made. But the burden falls on the officials for conformity in judging, and that has always been a problem that is not easily solved.)

LOOKING BACK

30 Years Ago (From the Sept. 1965 ORW)--Ron Laird overcame a muddy track (one huge puddle forced walkers into the fourth lane as they entered the homestretch) in Chicago's Riis Park to win the National 1 Hour title, covering 7 miles 1432 yards. Taking a quick lead, Laird stretch his lead to as much as 56 seconds at 5 miles (37:39). Second place Jack Mortland then closed some ground, but was still 90 yards back at the finish. Mortland's Ohio TC teammate, Jack Blackburn, was another 127 yards back. Ron Daniel came fourth, covering 7 miles 953 yards. .

20 Years Ago (From the Sept. 1975 ORW)--Larry Young, our premier 50 Km walker (two Olympic bronze medals, two Pan Am golds) added another national title to his list, winning in Smithtown, N.Y. in 4:18:56. Augie Hirt was 12 minutes back, with John Knifton, Tom Knatt, Ray Somers, and Paul Ide also finishing under 4:40. . Sue Brodock was an easy winner of the women's National 10. Her 52:03 put her nearly 7 minutes ahead of Sandy Briscoe. . Roland Weisser set a World's Junior record for 10 Km in East Germany with 41:46.8.

10 Years Ago (From the Sept. 1985 ORW)--Paul Wick captured the National 15 Km title, finishing in 1:10:24. Frederico Valerio (1:12:35) and Larry Walker (1:12:43) followed. The women's title went to Ester Lopez in 1:21:48 with Jolene Steigerwalt second. . The Men's World Cup title went to the German Democratic Republic, with China winning the women's title. The Isle of Man hosted the races. Hartwig Gauder led the GDR with is 50 Km win in 3:47:31. Andrei Perlov, USSR, and Axel Noack, GDR, followed. For the U.S. Marco Evoniuk had 4:11:03 in 16th and Carl Schueler 4:13:14 in 19th. Spain's Jose Marin won the 20 in 1:21:42, after apparent winner, Josef Pribilined, Czechoslovakia, was DQ'd. Maruzio Damilano, Italy, and Viktor Mostovik, USSR, captured the other two medals. The Chinese women took one-two individually in a very close race. Hong Yan (46:22) and Guan Ping (46:23) just held off the USSR's Olga Kristoph (46:24).

The following provided by Dudley Harris, a faithful reader and correspondent in New Zealand:

Yesteryear - Training 70 Years Ago

The following are extracts from 'The Secrets of Training', a book found in a bookshop's 'pre-loved' bin, and written by "the famous British coach" W.S. Alexander.

The book is fascinating, not only as an indication of how attitudes and knowledge about training have changed since October 1925 (the date on the preface), but also about social mores of the time.

For example, we aren't told his first name, only that he was a "Captain, Irish Guards" - though what that rank brought to his athletic expertise does not seem to need explanation. It was just the custom of the era ...

The Preface begins:

In compiling this book on walking, marathon, track and cross-country running ... well, he did have his priorities right !

Chapter I: TRAINING

which includes:

The best years are mainly between 21 & 28. In the case of longer distances, from half-mile upwards, marvellous performances have been done by men of ages 30 to 40 ... the man who has been an athlete can go into training .. even at the age of sixty (!!)

The same chapter covers:

MORNING BATH:

Cleanliness is absolutely essential to athletic success; but indiscriminate bathing when in training is not advocated ... long immersion in cold water tightens the muscles and causes lethargy.

Sections follow on: rubbing (self massage), sun baths ("unfortunately the British Isles are not blessed with too much sun"), feet, teeth and sleep.

MEDICINE:

Medicine should not be indulged in more often than necessary to keep the bowels open, but a dose of salts about a week before a race will have most excellent results (2oz salts, ½oz senna leaves, spanish liquorice and ginger).

Then, as a general part of training:

WHEN AND HOW TO WALK:

For the first 3 weeks, a man may find that walking exercises a considerable demand on his resources. Such fatigue is a sure indication of the necessity of walking. One of the finest tonics is a walk before breakfast, a mile out and a mile home every morning ...

Walking is dealt with in greater depth in Chapter XIII, but before getting there I was intrigued by

Chapter II:

DIET & SMOKING

..... Diet is largely a matter of individual taste and digestive capabilities. Men (note the gender, it being taken for granted that women were not athletes in those days) who never touch meat have shown themselves to be possessed of the most wonderful stamina while others would merely become ill and unfit for hard work could they not obtain it.

... Three meals a day are necessary for a man in training ... should a late dinner be required at night, it is recommended that it is taken not later than 8pm.

After a severe race or violent exercise, it is advisable to allow at least an hour before loading the stomach - such a course may induce biliousness ...

Moving on to drinking, ... forgo the luxury of the early morning cup of tea. A far less pleasant substitute .. a glass of water ... glass of light ale between 11 and 12 o'clock is permissible, but only after exercise and with a biscuit. Half a pint with the mid-day meal, and half a pint between 8 and 9pm is recommended. Spirits and liqueurs must on no account be taken, except in the case of an accident, but a half-tumbler of champagne one day in place of the ale is excellent. (!!)

Smoking: if it is desired to become a 1st-class athlete, smoking should not be indulged in. The fact that some fine athletes do not forgo this luxury does not minimise its effects.

Smoking is extremely harmful to the man in training, and is liable to damage his heart and lungs to a considerable extent. If it cannot be entirely given up, it should be reduced by at least half during training and competition.

CHAPTER III: CLOTHING

SHORTS: these should be very loose, at least 24 inches in leg circumference, and should end 4-5 inches above the knee. The athlete is strongly advised to have the shorts made to measure.

A USEFUL HINT

For walking or running long distances, Russian tallow or pure yellow soap should be rubbed over the feet and ankles and on the inside of socks, under and around the crutch, and under the armpits, against chafing.

THE SLIP

Every athlete should wear a slip. It guards against the risk of rupture and considerably reduces fatigue.

MORAL ADVICE

No amount of advice that can be given is of any value unless the athlete is prepared to exercise the sternest self-control and discipline. (Could the gallant captain have been referring to SEX ? !!)

More next month, to include Mr. Alexander's suggested training schedules.