

Ohio Race Walker
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OHIO RACEWALKER

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40 Km title to Cole

Fort Monmouth, N.J., Sept. 10--Call Rob Cole a hot young Olympic candidate. The 25-year-old from LaGrange, Georgia led every step of the way in winning the gold medal at the 57th annual National Championship 40 Km racewalk here today.

It was the first ever USA T&F national crown for Cole, a graduate of Hendrick Hudson H.S. in Montrose, N.Y. and the University of Wisconsin-Parkside. Now representing the Reebok Racing Team, he did it decisively. Cole was clocked in 3:28:45 over 20 laps of the 2 Km loop.

"Sure, I'm thinking about Atlanta (site of the 1996 Olympic Games), but my real goal is Sydney in 2000," said Cole. His target is the 50 Km racewalk, the longest footrace on the Olympic program. It will take a time of 4 hours or better and a finish in the first three at next April's 50 Km Olympic Trails for Cole to make the team.

Dr. Eugene Kitts, a chiropractor from Aiea Hawaii, who has been a U.S. internationalist for the past decade, came on strong in the second half of the race to claim second in 3:37:51.

Cole reached the 20 Km halfway post in 1:42:10 and covered his second 20 Km in 1:46:35. But Kitts, after a 1:51:53 first 20, followed with a 1:45:58. John Soucheck of Aberdeen Township in New Jersey improved three places over his 1994 performance to snare third in 3:51:59. Kitts won the USATF Masters title and Meg Ferguson, representing the New England Walkers, repeated as women's Masters champion in 4:31:33.

With 1994 champion Dave McGovern, another resident of LaGrange (the center for would-be Olympians), a late scratch with a knee injury, 57-year-old Dave Romansky of Pennsville, N.J. was the lone past 40 Km champion to compete. The 1968 Olympian flashed some of his old form with a 3:57:46 fifth place that beat many of the younger entries and won the Masters 55-59 division gold.

Host Shore Athletic Club retained both its men's open and women's Masters Team titles. The club was hosting the race for the 32nd time in the past 33 years. They missed only in 1971, when the race went to Kansas City. Results:

1. Rob Cole, Reebok 3:28:45 (51:27, 1:42:10, 2:33:23) 2. Dr. Eugene Kitts, Hawaii (1st 45-59) 3:37:51 (56:21, 1:51:53, 2:43:34) 3. John Soucheck, Shore AC 3:51:59 (56:20, 1:51:53, 2:47:48) 4. Bob Keating, Northeast Walkers (2nd 45-49) 3:55:27 (54:29, 1:49:44, 2:47:49) 5. Dave Romansky, Shore AC (1st 55-59) 3:57:46 (57:52, 1:51:53, 2:50:29) 6. Brian Savilonis, NE Walkers (3rd 45-49) 4:07:50 (57:39, 1:56:05, 3:00:46) 7. Curt Sheller, Shore AC (1st 40-44) 4:25:14 8. Alan Price, Potomac Valley (4th 45-49--started 12 minutes late) 4:25:39 9. Dr. Patrick Bivona, Shore AC (1st 50-55) 4:26:31 10.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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National 10 Km at Niagara Falls in May. Top: Dave McGovern (top) and Debbie Lawrence cross the finish line as winners. (Photos courtesy Dave Lawrence.)

Benno Stein, Park Walkers (2nd 55-59) 4:32:55 11. Manny Eisner, Shore AC (2nd 50-54) 4:33:25 12. Cervin Robinson, Park Walkers (1st 65-59) 4:40:50 13. Bob Mimm, Shore AC (1st 70-74) 4:41:25 14. Malcolm Hall, Shore AC (3rd 50-54) 4:49:58 15. Jan Gero, Park Walkers (1st 60-64) 4:50:27 16. Tom Quattrocchi, Shore AC (2nd 40-44) 5:00:32 17. Jim Brown, Shore AC (2nd 60-64) 5:10:58 18. Gerals Kass, Shore AC (3rd 55-59) 5:29:03 19. Greg Johnson, Shore AC (5th 45-59) 6:22:23 DNF--Mike Michel, Lynn N.C. 4:23:54 at 34 Km; Dr. John Shilling, Walk USA 3:51:33 at 32 Km; Steve Cohen, Park Walkers, 3:37:42 at 30 Km; Yariv Pomeranz, New York City 2:49:37 at 28 Km; Thomas Zrodjewski, PhastWalkers 2:39:10 at 26 Km; Jack Lach, Shore AC 2:56:02 at 26 Km; and 8 others.

Women: 1. Meg Ferguson, NE Walkers (1st 45-49) 4:31:33 (1:04:01, 2:09:17, 3:17:27) 2. Jeanne Bocci, Wolverine Pacers (1st 50-54) 4:40:25 3. Janet Pfeiffer, Shore AC (2nd 45-49) 4:42:28 4. Nancy Linky, Shore AC (3rd 45-49) 4:42:28 4. Joan Rowland, Natural Living (1st 65-59) 5:27:09 6. Isabel Stuper, Shore AC (4th 45-49) 6:22:23 DNF--Donna Cetrulo, Shore AC 3:25:13 at 28 Km; Phyllis Hansen, Shore AC 1:00:12 at 10; and Elton Richardson, Walk USA 58:27 at 10.

Team Scores: Men: 1. Shore AC (Soucheck, Romansky, Sheller) 12:14:59 2. Park Walkers 14:04:12 Masters Men: 1. New England Walkers 12:34:50 2. Shore AC 13:41:21 Women--1. Shore AC 16:28:39

Judges: Bruce MacDonald, Elliott Denman, Stella Cahsman, Karina MacDonald, Marcia Shap, and Ray Funkhouser.

Herazo, McGovern dominate

Cambridge, Mass., October 8—An early morning start for the USATF Men's 2 Hour Championship Racewalk, held on the MIT track, found Dave McGovern and Kouchaoui El Hassan (from Morocco) immediately breaking away from the remainder of the very small field. By 1600 meters, Dave had a commanding lead over the remainder of the field and was lapping the other five competitors at the end of 2 miles.

It was very cool and damp at the start of the race, but overcast weather soon disappeared and the temperature and the humidity rose rapidly. HZassan (did not speak any English) received his third red card near the 1-hour mark and McGovern was continuing to build up his lead over the remaining three competitors for an impressive win, covering 23,606 meters.

The Women's 1 Hour Championship had a much larger field (31) for the 11:40 am start. Victoria Herazo broke into an immediate lead, followed closely by Maryanne Torrellas. By 5 Km, Herazo had lapped the field and she went on to a decisive win in the oppressive conditions. This was Victoria's fourth National title in the last few months (20 km, 5 Km, and 15 Km earlier), plus Olympic Festival and four wins at the National and World Masters Racewalks.

In the Master's 1 Hour, Bob Keating scored a surprisingly easy win over Jim Carmines, finishing nearly a lap and a half ahead. Carmines settled for first in the over 50 category, beating Alan Yap by nearly 300 meters.

Results:

2 Hour--1. Dave McGovern, NYAC 23,606 meters 2. Justin Kuo (41), New England Walkers 20,012 3. Will Desrosiers, NEW 18,886 4. Benno Stein (57), Park Walkers 18,692 DQ--Kouchaoui El Hassan, Boston AC and Ken Mattsson, NEW.

Women's 1 Hour--1. Victoria Herazo, California Walkers 12,326 meters 2. Maryanne Torrellas, Conn. RW 11,425 3. Gloria Rawls, Shore AC 11,002 4. Lynda DeWitt, NEW 10,430 5. Elton Richardson (56), New York City 9923 6. Annie Montgomery, (48), NEW 8790 7. Carolyn Wills (41), North Medford Club 8721 8. Margaret Keogh (57), L Street Walkers 8705 9. Marva Jenkins (56), Unisphere Walkers 8620 10. Jenny Woodbury (13), Waldo Kennedy Track 8606 11. Carl Kuo (48), NEW 8599 12. Maureen Robinson, NEW 8577 13. Jane Critchlow 8483 14. Donna Goguen (49), NEW 8366 15. Denise Hambrick, Conn. RW 8188 16. Sheila Danahey (44), NEW 8104 (23 finishers, 6 DQs)

Master's 1 Hour--1. Robert Keating (48), New England Walkers 11,877 2. James Carmines (52), Potomac Valley Walkers 11,308 2. Alan Yap (53), Front Range Walkers 11,016 4. Bill Purves (51), Hong Kong Ladies Road 10,792 5. Andres Smith (46), Whittier, N.C. 10,638 6. Bob Barrett (61), Park Walkers Club 7. Robert Ullman (46), NEW 10,578 8. Stuart Summerhayes (61), Cambridge (Ontario) Walkers 9. Tom Knatt (55), NEW 10,463 10. Stanley Sosnowski (45), NEW 10,032 11. Mike Michel (65) Lynn, N.C. 9729 12. John Jurewicz (45), NEW 9712 13. Louis Free (65), Uncasville, Conn. 9488 14. Cervin Robinson (67), Park Walkers 9366 15. Fred Anderson (43), NEW 9312 16. Bernie Finch (55), Pepin, Wis. 9222 17. Bernard Kaufman (61), Unisphere Walkers 8954 18. Valio Lieder (66), North Medford Club 19. John Gray (71), NMC 8903 20. John MacKay (54) NEW 8838 21. George Coffin (67), Topsfield, Mass. 8522 22. Stuart Corning (70< NMC 7596 23. Bill Hogan (66), Capitol District 7398 24. Bryan McGucken (19), Wallingford, Conn. 7339 4 DQs Judges: Stella Cahsman, Tom Eastler, Tom Knatt, Bruce MacDonald, Karina MacDonald, Ken Mattsson, Sally Nicoll, Wayne Nicoll, and Steve Vaitones

OTHER RESULTS

USA-Canada Junior Dual Meet, Ottawa, Sept. 24: Women's 5 Km--1. Any Ruoss, U.S. 24:32 (14:34 at 3 Km) 2. Samantha Cohen, U.S. 25:32 (15:13) 3. Lisa Chumbley, U.S. 26:07 (15:16) 4. Alison Zabrenski, U.S. 26:16 (15:32) 5. Isabelle Kim, Can. 26:19 (15:44) 6. Marie Eve Daigneault, Can. 26:34 (15:54) 7. Laurie Starr, U.S. 26:43 8. Keri Smith, Can. 27:17 9. Elizabeth Audet, Can. 29:35 Guests--1. Martine Rainville 25:34 2. Marina Crivello 28:06 3. Alex Kolodziej 28:08 4. Kelly Sloan 29:57 Teams: 1. U.S.A. 1:16:11 2. Canada 1:21:10

Men's 10 Km: 1. Justin Marrujo, U.S. 45:00 2. Francois Xavier Berube, Can. 46:08 3. Davis Rose, U.S. 47:01 4. Brandon Perry, U.S. 47:16 5. Gordon Mosher, Can. 47:18 6. Frederic Vincent, Can. 47:32 7. Will Leggett, U.S. 48:14 8. Ryan Chamberlain, Can. 48:32 9. Brian Colby, U.S. 48:43 Teams: 1. USA 2:19:17 2. Canada 2:20:58 Coaches/Officials 2 Km: 1. Steve Pecinovsky, U.S. 8:35 2. Rachel Robichaud, Can. 9:13 3. Nikola Oudovenko, Ukraine 10:08 4. Joanne Irvine, Can. 10:26 5. Roger Burrows, Can. 10:36 6. Mey Neville, Can. 11:43 7. Sara O'Bannon, US 11:47 8. Denis Arsenalult, Can. 12:02 (13 finishers, 1 DQ)

Alongi International Racewalk Classic, Dearborn, Michigan, Sept. 29: Men's International 20 Km--1. Arturo Huerta, Can. 1:27:58 2. Curt Clausen 1:29:43 3. Ioan Froman 1:29:59 4. Carl Schueler 1:30:24 5. Gary Morgan 1:32:48 6. Mark Green 1:32:59 7. Paul Martino 1:40:23 DNF--Andrew Hermann DQ--Danny Fink, Theron Kissinger, Herman Nelson, Ian Whatley. Women's International 10 Km--1. Debby VanOrden 47:57 2. Lynda Brubaker 49:49 3. Lisa Sonntag 51:37 4. Maryanne

Torrellas 53:58 5. Lisa Chumbley 54:13 (1st Junior) 6. Danielle Kirk 54:34 7. Cheryl Rellinger 54:31 8. Martine Rainville 56:31 DNF--Joni Bender, Can and Kristen Mullaney DQ--Lora Rigutto Men's Junior Team 10 Km--1. Francisco Pantoja, Mex. 43:22 2. Oscar Ramirez, Mex. 44:31 3. Francois Berube, Can. 47:20 4. Josh Ginsburg, U.S. 49:06 5. Brian Colby, U.S. 49:07 6. Gordon Mosher, Can. 51:16 7. Scott Crafton, U.S. 55:47 DNF. Dave Rose-Michielli, U.S. DQ--Vincent Frederick, Can. and Jesus Sanchez, Mex. Teams: USA 437, Mexico 299, Canada 293 Women's Junior Team--1. Abigail Saenz, Mex. 24:23.7 2. Nancy Villalobos, Mex. 25:48 3. Erin Taylor, U.S. 26:05 4. Lisa Chumbley U.S. 26:17 5. Marie-Eve Daignault, Can. 26:49 6. Elizabeth Audet, Can. 27:15 7. Marina Crivello, Can. 28:44 8. Andrea Stroud, U.S. 32:15 9. Jill Lippman, U.S. 32:55 Teams: USA 438, Canada 435, Mexico 299 Women's 10 Km--1. Diane Podsiadlik 55:07 2. Linda Adams 60:40 Men's 10 Km--1. Rick Birkhimer 46:31 2. Dan O'Brien 47:27 3. Edward Fitch 58:38 Al Heppner Master Women's 5 Km--1. Deb McLaughlin 28:07 2. Daryl Ann Kidder 28:13 3. Liliana Whalen, Can. 29:02 4. Eileen Lawrence 29:18 5. Janet Coma and Jackie Jessup (1st 45-49) 29:40 7. Marilyn Chute 29:46 (1st 50-54) 8. Patty Whitlock 29:50 9. June-Marie Provost, Can. 30:03 (1st 60-64) 10. Nella Perrine 30:21 Master Men's 10 Km--1. David Lawrence 50:56 2. Mario Renteria 53:58 3. Max Green 54:07 (1st 60-64) 4. Bill Reed 55:43 5. Max Walker 55:44 (1st 45-49) 6. Vince Abell 56:22 (2nd 45-49) 7. David Crabb 57:24 (1st 50-54) 8. Gary Myers 58:52 (2nd 50-54) 9. Ron Laird 58:57 (1st 55-59) 10. William Flick 59:21 (1st 65-59) 11. Jack Starr 59:38 (2nd 65-59) 12. Tom Hairston 59:52 13. Ross Barranco 60:14 (3rd 45-49) 14. Michael Burris 60:16 (4th 45-49) 15. Michael Bird 60:20 (5th 45-49) (Total competitors--252. 105 Masters, 85 fitness, 25 juniors, 22 elite intermediates and seniors, 15 non-elite intermediates and seniors.)

New England 20 Km Championship, Charlestown, R.I., Sept. 17--1. El Hassas Kouchaoui 2:02:44 2. John Jurewicz 2:04:46 3. Stan Sosnowski 2:16:38 4. Louis Free 2:16:45 5 Km, Manchester, Vermont, July 30--1. Lynda DeWitt 26:38 2. Frank Masterson (57) 26:42 3. Janice Mead (41) 30:45 New Jersey USATF 10 Km Championship, Atlantic City, Sept. 24 (on the Boardwalk): Women: 1. Maria Moulton, Shore AC 49:33 (course and event record) 2. Sharon Lyons, Conn. Walkers 52:52 3. Gloria Rawls, Shore AC 53:00 4. Pat Weir, Shore AC 54:52 (1st master) 5. Phyllis Hansen 55:22 (2nd master) Men: 1. Dave McGovern, NYAC 43:54 (course and event record) 2. Tim Seaman 44:02 3. Cliff Mimm, Shore AC 45:19 4. Marc Varsano, Park Walkers 47:25 5. John Soucheck, Shore AC 49:09 6. Dave Romansky, SHore AC (1st 50-59) 49:57 7. Curt Sheller, Shore AC 50:46 (1st 40-49) 8. Alan Price, Potomac Valley (2nd 40-49) 52:33 9. Bob Barrett, Park Walkers (1st 60-69) 56:16 10. Manny Eisner, SHore AC (2nd 50-59) 56:48 11. Jack Lach, SHore AC (3rd 50-59) 57:11 12. Marcus Kantz (3rd 40-49) 57:46 13. Bob Mimm, Shore AC (1st 70-79) 61:12 14. Ed Gawinski, Phast Walkers (2nd 60-69) 62:51 Eastern Regional 5 Km, Wilkes Barre, Penn., Sept. 17: Men--1. Arturo Heurta 20:16 2. Lukasz 20:26 3. Dave McGovern 20:35 4. Gary Morgan 20:54 5. Philip Dunn 21:37 6. Vo Khang 21:55 7. Cliff Mimm 22:00 8. Marc Varsano 22:02 9. Danny Fink 22:44 Women--1. Teresa Vaill 22:03 2. Jone-Ann Bender, Can. 23:31 3. Maria Moulton 24:06 4. Maryanne Torrellas 24:11 5. Bobbi Jo Kukan 24:55 6. Kaisa Ajaye 25:42 7. Gloria Rawls 25:56 8. Sharon Lyons 26:14 (78 total finishers) Masters Races, Arlington, Virginia, Sept. 2-3--1. B. Erett Booth (47) 15:08.3 2.

Claude Letien (48) 17:08 3. Victor Litwinski (51) 17:31 4. Cedric Hustace (61) 17:43 5. John Gersh (48) 18:00 **5 Km, same place**--1. Jim Carmines (52) 24:41 2. B. Errett Booth 26:08 3. Tim Good 29:02 4. Jim Goldstein (46) 29:27 5. Ronald Shields (52) 29:27 6. Victor Litwinski 30:02 7. Cedric Hustace 30:30 **15 km, same place**--1. Steve Pecinovsky (40) 1:13:24 2. Danny Fink 1:13:35 3. Alan Price (48) 1:23:30 4. B. Errett Booth 1:26:15 5. Jim Goldstein 1:34:33 **1 Mile, Arlington, Virginia, Aug. 20** (unjudged)--1. Everett Carson (16) 8:40 2. Sal Corrallo (64) 8:48 3. Rita Cronley (41) 9:18 **3 Km, same place** (unjudged)--1. Claude Letien (48) 17:09 2. Sal Corrallo 17:10 3. Victor Litwinski 17:48 **5 Km, Atlanta, Aug. 26**--1. Kathy Jakim 29:49 Men--1. Mark Danford 26:09 2. Gary Langley 27:14 3. Philip Gura 27:15 4. Bill Richardson 29:59 **8 Km, Flint Mich., Aug. 26**--1. Ioan Froman 35:54 2. Gary Morgan 37:28 3. John Elwarner 42:50 4. David Zerka 46:20 7. Hartley Vezina 47:03 Women: 1. Kristen Mullaney 41:31 2. Sheri Samassa 45:58 3. Julie Hecksel 46:10 **5 Km, Miami, Aug. 19**--1. Rod Vargas (45) 27:20 2. Juan Yanes (445) 28:32 3. Brian Mair (54) 29:55 4. Bob Cella (58) 29:57 Women: 1. Linda Stein (47) 28:32 **5 Km, Elk Grove, Illinois, Sept. 24**--1. Jim Heiring 25:13 2. Augie Hirt (44) 26:35 3. Bruce Leasure (46) 29:37 **North Region 10 Km, same place**--1. Kristen Mullaney 49:57 2. Ed Sell 57:10 3. Brian Keister 58:03 4. Thomas Hairston (45) 58:08 4. Gordon Pitz (57) 59:33 Women: 1. Lynn Tracy (43) 58:09 **20 Km, Kenosha, Wisconsin, June 3**--1. Don Lawrence 1:33:44 2. Al Heppner 1:40:00 3. Keith Luoma 1:42:20 **10 Km, Oakland, Cal., Sept. 10**--1. Ron Day 57:17 2. Dick Petrucci 59:07 3. Art Klein 60:43 4. Fred Dunn 61:43 (14 finishers) Women: 1. Kerry Moskalik 48:53 2. Terri Brothers 58:50 3. Patricia Durham 59:06 4. Susan Heiser 62:07 (11 finishers)

The International Scene

World University Games, Fukuoka, Japan, Sept. 2: Men's 20 Km--1. Daniel Garcia, Mexico 1:24:11 (21:34, 42:27, 1:03:35) 2. Giovanni Perricelli, Italy 1:24:19 (21:33, 42:26, 1:03:34) 3. Arturo DiMezza, Italy 1:24:33 (21:34, 42:27, 1:03:35) 4. Daisuke Ikeshima, Japan 1:24:52 (21:35, 42:28, 1:03:36) 5. Mingjun Tan, China 1:25:09 (21:32, 42:26, 1:03:35) 6. Wei Wang, China 1:25:27 (21:34, 42:28, 1:03:57) 7. Toshihito Fujinohara, Japan 1:25:36 (21:32, 42:26, 1:03:35) 8. Aleksandr Rakovic, Yugoslavia 1:26:59 (21:32, 42:29, 1:04:25) 10. Dmitri Essiptchouk, Russia 1:27:36 11. Juan Antonio Porras, Spain 1:28:20 12. Bela Breznai Hungary 1:29:10 13. Curt Clausen, U.S. 1:30:39 (21:52, 44:23, 1:07:39) 15. Tim Seaman, U.S. 1:35:37 (21:52, 43:53, 1:07:57) (17 finishers) Women's 10 Km--1. Anna Rita Sidoti, Italy 43:22 (21:24) 2. Rossella Giordano, Italy 43:30 (21:31) 3. Larissa Ramazonova, Russia 43:56 (21:30) 4. Susan Feitor, Portugal 44:05 (21:40) 5. Helga Gummelt, Germany 44:18 (21:24) 6. Nina Aliouchenko, Russia 44:21 (21:31) 7. Jimgxue Li, China 45:08 (22:02) 8. Emi Hayashi, Japan 45:19 (22:02) 15. Rachel Robichaud, Can. 50:16 17. Susan Armenta, U.S. 51:24 (24:47) 19. Gretchen Eastler, U.S. 54:31 (26:12) (20 finishers) **European Junior Championships, Nyiregyhaza, Hungary, July 27-30:** Men's 10 Km--1. A. Erm, Germany 40:51.38 2. F. Fernandez, Spain 41:03 3. D. Abellan, Spain 41:58 4. V. Stetsishin, Ukraine 42:28 5. A. Nadezhin, Russia 43:06 6. D. Galanello, Italy 43:11 7. M. Janek, Slovak Rep. 43:29 8. I. Trotskiy, Belarus 43:38 Women's 5 Km--1. S. Avoila, Portugal 22:13.23 2. O. Panferova, Russia 22:25 3. J. Weidemann, Germany 22:31 4. M. Seeger, Germany 23:25 5. I. Jorge, Portugal 23:34 6. A. Janosi, Hungary 23:42 7. Y. Ryzhova, Belarus 23:42 8. A. Fidanza, Italy 23:50 **Pan**

American Junior Championships, Santiago, Chile: Women's 5 Km, Sept. 3--1. V. Palacios, Mexico 23:12.6 2. A. Saenz, Mex. 23:19 3. A. Aliaga, Bolivia 24:33 4. Lisa Chumbley, U.S. 25:19 5. N. Paque, Colombia 25:34 6. M. Vargas, Cuba 25:54 Men's 10 Km, Sept. 2--1. J. Sanchez, Mex. 42:14.82 2. F. Pantoja, Mex. 42:44 3. H. Aguirre, Ecuador 43:25 4. N. Zambrano, Colombia 43:40 5. M.E. Do Prado, Brazil 46:40 6. Dave Michielli, U.S. 47:59 DQ--Justin Marrujo, U.S. **Finnish Women's 20 Km Championship, Sept. 17**--1. Sari Essayah 1:33:25 2. Tarja Jaskari 1:40:45 3. Kaisa Suhonen 1:43:48 4. Anne Perttola 1:45:04 (12 under 2 hours) **French 50 Km, Ay-Champagne, Sept. 17**--1. Rene Piller 3:53:32 2. Caudron 3:56:35 3. Fesselier 4:02:27 4. Nuttin 4:08:08 5. Terraz 4:08:43 **Swedish National 50 Km, Appelbo, Sept. 17**--1. Christer Svensson 4:15:21 **20 Km, Baden-Wuerttemberg, Germany, Sept. 16**--1. Robert Ihly 1:29:55 2. Peter Zanner 1:30:48 3. Ferguen Wahab 1:31:34 **Women's 5 Km, same place**--1. Ruta Schwoche 22:29 2. Kada Delic 22:55

CARE FOR A WALK IN THE PARK (OR ON THE TRACK, PERHAPS THE ROAD)?

Sat. Nov. 4	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 20Km, and Potomac, Valley 1 Hour, Alexandria, Virginia (J) 2 Mile, Salem, Oregon (O) 5 Km, Key Biscayne, FL, 7:30 am (Q) 5 Km, Seattle, 9 am (C)
Sat. Nov. 11	10 KM, Concord, Mass. (I) 5 Mile, Boston (I) Florida State 20 Km (Q) 1 Hour, Los Altos Hills, Cal., 9 am (G) New York City Marathon (U)
Sat. Nov. 18	5 Km, Miami, 7:30 am (Q) 1 Huur, Fort Monmouth, N.J., 10 am (A)
Sat. Nov. 25	5 Km, Atlanta (D) 5 Km, Coral Gables, Fla., 7:30 am (Q)
Sun. Nov. 26	35 Km and 2 Miles, Houston, 8 am (Y) 5 Km, New York City, 9 am (F) 1 Hour, Fort Monmouth, N.J., 10 am (A) 5 Km, Miami (Q)
Sat. Dec. 2	5 Km, Miami, 8 am (Q)
Sun. Dec. 3	5 Km, New York City, 9 am (F) 5 Km, Point Pleasant, N.J. (A) 5 Km, Davie, Florida 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)
	1 Hour, Fort Monmouth, N.J., 10 am (A)
Sat. Dec. 16	5 Km, Miami, 7:50 am (Q)
Sun. Dec. 17	Todd Scully 10 KM, Long Branch, N.J., 1:20 pm (A)
Sat. Dec. 30	5 Km, Miami, 7:50 am (Q)
Sun. Dec. 31	South Regional 50 Km, Houston, 7 am (Y)
	4 Mile, Belle Isle, Detroit (W)
	Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)

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FROM HEEL TO TOE

The Southeast Masters 10 Km in South Carolina on Dec. 9 (see schedule above) will include separate sections for women and men starting at 8 and 9 am, respectively. This will allow the women to use the race for attaining the Olympic Trials qualifying standard (49:45). The races are on the track and sufficient certified judges will be on hand to meet qualification criteria. Call John Snaden at 803-5665-4396 if you have further questions. . .

The University of Mary, a small, private university in Bismarck, North Dakota, is actively seeking men and women competitive racewalkers for enrollment. A number of athletic scholarships will be offered ranging from \$2600 to full tuition (\$6500). Athletes must meet NAIA eligibility standards. The University of Mary has an enrollment of 2000 students with numerous highly regarded academic

programs. Its track and field program has been nationally ranked for a number of years. Interested athletes can contact Mike Thorson, Track Coach, University of Mary, 7500 University Drive, Bismarck, ND 58504. Telephone 701-255-7500 or 1-800-408-6279, Ext. 471.

LOOKING BACK

30 Years Ago (From the October 1965 ORW)--An easy winner of the National 15 Km in Atlantic City was Ron Laird, with the editor of the fledgling Ohio Racewalker edging Ron Daniel for second. . .The World Record for 50 Km fell to Christoph Hohne. Walking on a track in Dresden, EG, he finished in 4:10:52. . .In separate 1 Hour races, Henri Delarue of France went 8 miles 636 yards and Dieter Lidner of East Germany covered 8 miles 286 yards. . .And the East Germans started a string of four straight wins in the World Cup as Lidner (20 Km) and Hohne (50 Km) won individual titles.

20 Years Ago (From the October 1975 ORW)--The GDR led the World Cup by 7 points after the first day's 20 Km, but came unglued in the 50 and lost to the Soviet Union. Karl-Heinz Stadtmuller won the 20 in 1:26:12 from Bernd Kannenberg of West Germany. Yevgeniy Lyungin won the 50 for the Soviets in 4:03:42, with West Germany's Gerhard Weidner in second. The East Germans lost one man on a DQ about half way through the race and had another hit the wall at about 35 Km, seemingly handing the race to the Soviets who had three competitors in the top five at that point. But suddenly, Veniamin Soldatenko was pulled by the judges at 40 Km and the GDR was back in it, only to have Ralf Knutter pulled in turn at about 45 Km. West Germany was a close third in the team race. The U.S. had a bad time of it with two DQs in the 20 and finished last of the nine teams. . .In an accompanying women's 5 Km (not an official World Cup event yet at that time), Sweden's Margareta Simu won in 23:41, nearly a minute ahead of teammate Siv Gustavsson. Britt Holmquist completed a Swedish sweep. Sue Brodock was fifth in 25:12 and the U.S. team finished sixth of eight. . .Mexicans Daniel Bautista and Domingo Colin took 1-2 in the Pan-American Games 20 Km, with Larry Young third in 1:37:53. . .Chuck Hunter won the Columbia, Missouri 100 miler in 20:26:29, 55 minutes ahead of Rob Spier. Augie Hirt won the National 100 Km, held at the same time, in 11:16:19. . .In England, Dave Boxall won a 100 miler in 17:56:06, as nine competitors finished under 20 hours. . .The National 30 Km went to Larry Young in 2:25:56, 13 minutes ahead of Paul Ide.

10 Years Ago (From the October 1985 ORW)--Alan Price won his sixth 100 mile title in 20:37:30. . .And Carl Schueler won his third consecutive National 40 Km title in Monmouth, N.J., covering the distance in 3:15:04, just 1:07 off his own course record. Dan O'Connor was better than 11 minutes back in second. Eugene Kitts (3:29:26) and John Slavonic (3:30:18) finished third and fourth. . .The Alongi International 20 Km went to Canada's Guillaume Leblanc in 1:25:22. Mexicans Mauricio Villegas (1:26:36) and Marcellino Colin (1:26:33) followed.

5 Years Ago (From the October 1990 ORWW)--In a great Alongi Race, Poland's Zbigniew won easily in 1:23:40, leaving Guillaume Leblanc 74 seconds back. Tim Lewis was third in 1:26:52 and five other U.S. walkers bettered 1:30 (Doug Fournier 1:27:47, Curtis Fisher 1:28:26, Allen James 1:28:49, Carl Schueler 1:29:15, and Dave McGovern 1:29:54). In the women's 10 Km, Debbi Lawrence won in 45:34, beating Lynn Weik (45:56), Canada's Janice McCaffrey (46:26), and Victoria Herazo (46:50). In a U.S.-Canada Junior meet, Martin St. Pierre blitzed a 43:54 to beat Tim Seaman (44:25) and Phil Dunn (44:45). . . Tim Lewis covered the first 20 Km in 1:30:53 and then eased off to win the National 2 Hour by covering 25,676 meters. Mark Fenton was 1600 meters back. Victoria Herazo was also an easy winner, covering 12,346 meters to take the National 1 Hour ahead of Susan Liers.

Always interesting and astute in his commentary, ORW reader and sometimes competitor Martin Smith sent us the following letter from America's heartland in Cedar Rapids, Iowa.

Bill Tallmadge's comments on judging prompted me to to consider again some aspects of racewalk judging. Tallmadge asserts that, lifting without bobbing up and down is impossible. Judging by observing this bobbing is not particular useful, because the bobbing motion caused by lifting is much smaller than (the 25 to 38 millimeters) Tallmadge estimates and legal racewalking involves at least some vertical motion for almost all racewalkers. If, in legal walking, this motion is Tallmadge's quarter inch (6.2 mm), it is enough to make lifting with flight duration of slightly more than 30 milliseconds per stride indistinguishable on this basis from legal racewalking. (In 30 ms, with a horizontal takeoff, the walker's center of gravity falls only 5 mm.) Judging by the amount of head bounce would allow longer flight times to go undetected than now escapes the judges.

Also, the assumption that, during walking (or lifting with flight duration comparable to those observed), head vertical motion can be directly associated with either loss of contact or with vertical motion of the center of gravity is undemonstrated. If a racewalker can change the height of the head (by changing the vertical length of the spine) with appropriate timing, head vertical motion may be an aid to maintaining contact. I believe many racewalkers attempt to vary spinal extension in precisely this manner.

For judging to become more effective, judges will have to be trained to penetrate the illusions created by skilled racewalkers. The primary illusion is that the advancing foot has contacted the ground significantly before the actual contact.

The second illusion is that smoothness is a useful determinant of contact in racewalking. (It may be said that this illusion is perpetrated upon the judges by their own assumptions.) I remember hearing many years ago Larry Larson tell about viewing films of Raul Gonzalez. Larry explained that it seemed paradoxical that in some parts of the film where Gonzalez appeared smoothest and looked absolutely "on," slow or stop motion revealed him to be clearly lifting, while at other times, when he appeared much rougher, stop motion showed he was legal.

One difficulty in judging contact directly may be that seeing the exact point where contact is made or lost requires foveal vision, that is, vision within the small angular area that focuses light onto the high density cone region in the center of the retina. The separation

of the feet at the double contact point (or ostensible double contact point) insures both feet can not be in the foveal view, when the walker is viewed from the side and from typical judging distances.

In order to actually see loss of contact (from the side), a judge must observe the trailing foot leave the ground, shift the gaze to the advancing foot, and finally observe the advancing foot still off the ground. If judges actually adopt this method in detecting lifting, then flight times that go undetected give an estimate of the time required for this process. If another technique of judging is to be more effective, it must allow detection of lifting with shorter flight times than judging methods presently used.

If other indications of lifting more accessible to vision outside the fovea could be used, judging might be able to become more effective in detecting lifting. Two approaches occur to me. Both methods rely on viewing angles away from the center of the view while simultaneously observing loss of contact in the foveal view. Unfortunately, I have no data to show either suggested method would allow lifting to be detected with shorter flight times than current judging methods.

The first approach requires that the judge can assume consecutive stride cycles are highly similar. If a judge can determine the angle with respect to vertical of the lead leg at the time of loss of contact of the trailing leg and the lead leg angle at actual lead leg contact, a comparison of the two angles would allow lifting to be detected. This approach requires the angles to be observed without foveal vision, so that the feet may be observed in the fovea, the leading foot in one stride and the trailing foot at the similar point in the next cycle.

A second approach suggests comparing the speed of the recovering leg to the speed of the supporting leg. Viewed in the walker's center of mass system, the recovering leg must move forward at least as fast as the supporting leg moves backward, if contact is maintained. (The judge can "pan" his or her gaze at the walker's center of mass horizontal speed by maintaining the walker's torso at a constant "azimuthal" position in the judge's view.) Observation of a "lazy" recovery indicates lifting. As "lazy" is highly subjective, a practical method may be to observe the trailing foot loss of contact and the timing of the reversal of the lead leg angular direction. If the reversal of direction does not precede the loss of contact, the loss of contact must be occurring before the leading foot contact (unless the walker has a quite jarring impact).

Adoption of the new Definition of Race Walking will have a remarkable effect on judging. A judge need only to see that the advancing leg is still bent at the knee when the trailing foot loses contact with the ground to know some rule is violated. If I am correct, this will be easier to observe than continuous contact violations, and we can expect to see virtually all cautions and warnings to be for bent knee, until elite walkers learn to straighten the knee well in advance of actual contact.

I suspect that the difficulty racewalking has with non-cognoscenti spectators is that, they are convinced that they observe with their own eyes, not using slow motion video, that walkers are off the ground, and getting away with it. These spectators do not hesitate to use binoculars and make their judgements from head on or extreme rear angles. These are banned or frowned upon in racewalk judging, although front or rear judging offer the only way both of a walker's feet can be seen simultaneously in the foveal view (and would seem the best way to view lifting). If we ignore this possibility, judges (and walkers) ought to be able to explain to spectators and TV commentators how optical conditions make front or rear judging unreliable or biased. (We need to have a reasonably detailed description of the optical difficulties or illusions.)

Yesteyear -- Training 70 Years Ago

(Here is the conclusion of Dudley Harris's extracts from the book *The Secrets of Training*, published in 1925. This feature began in last month's issue.)

WALKING AS PART OF TRAINING

Walking should form the basis of all athletic training, as it lays the foundations of stamina without fear of injury. Unfortunately, track walking is not as popular with the public as it should be, largely due to the shuffling and often doubtful styles.

In preparation for long-distance work, walking can scarcely be over-done. All athletes should learn to become good walkers, and should constantly indulge in this form of exercise.

The actual process calls for considerable effort, but, by the correct synchronisation of all movements, is easily overcome.

SYNCHRONISATION & BALANCE

There are four centres of resistance which have to be overcome:

1. Imparting of forward movement to the body.
2. Swinging of the arms.
3. Action of trunk and pelvis.
4. Raising of the body.

Perfect synchronisation demands that all four be in harmony. Hence the athlete should aim at perfecting style before attempting speed.

The big toe plays an important part in the back thrust. The angle at which feet are placed on the ground has influence on big toe thrust. If feet are turned out, the thrust can come only on the side of the toe, or about the upper joint, and make it sore.

Every endeavour should be made to acquire good balance. Learn to stand correctly; walk as in slow marching, pointing the toe; walk sideways and backwards; do some shadow boxing, tennis, dancing or any exercises which give the body natural balance.

PRINCIPLES OF WALKING

The body should be erect, head slightly thrown back, legs straight, and elbows close to the sides.

At top speed, the arm action is considerably stressed and, in its forward movement, the hand should come about as high as the shoulder.

The hips should be swung round, so that the feet are brought into a straight line. That means each foot should cover a straight line, instead of the feet coming on each side of the line.

Though the knee may be bent in the stride, the forward leg should be straightened when the heel reaches the ground, and should remain straight to the end of the stride.

TACTICS

In starting a race, the athlete should always go off at top speed, using a full-stressed arm action and quick step movement for the first hundred yards. Then settle down to normal racing speed.

When the athlete has decided to increase to full speed, on no account relax it till the tape has been reached. This demands careful experiment to ascertain the greatest distance that can be done at full speed.

QUICK WALKING

This calls for more exertion but, in fact, is much less tiring than slow walking.

In slow walking, as in standing about, the blood is less active and, thus, the lungs are not called upon to supply much oxygen. The action of the heart and lungs is insufficient to overcome the weight of the blood in the veins, hence the circulation is sluggish and, moreover, the waste products from the muscles and blood are not carried away quickly enough.

Quick walking, on the other hand, causes faster action of the heart and lungs; the blood is in good circulation, becomes well-supplied with oxygen, and a stimulating effect is conveyed to all the working parts.

TRAINING - FIRST MONTH

Early training may be done on the road. The athlete should devote time to acquiring correct style, and easy head, arm and body carriage. Work may be done about four times a week on distances from 3 to 5 miles (5-8km), starting easily the first week and working up to about $\frac{3}{4}$ speed at the end of the month. An easy stroll up to 10 miles (16km) may be done with considerable advantage on Sundays.

TRAINING - SECOND MONTH

Turn attention to track-work, doing from 2 to 6 laps at $\frac{1}{4}$ speed. The second week should be devoted to fast work over 300 yds, interspersed with a few strides over 2-3 laps at $\frac{1}{2}$ and $\frac{3}{4}$ speed. During the 3rd and 4th weeks, work out over the full distance of the race at $\frac{3}{4}$ speed, and do two speed trials over the distance twice. Results will indicate whether speed or stamina are the lacking factor, and the training will be regulated accordingly. If necessary, the second month period may be extended before races are undertaken. It is advisable to work with someone of good style and capable of fast bursts of speed.

TRAINING - THIRD MONTH

Races may be entered during the third and subsequent months. When competing once a week:

MON: May be a rest day. TUE: Two easy laps, and vigorous massage.
WED: 4-6 laps at $\frac{3}{4}$ speed THU: Two bursts of 300 yds each at $\frac{3}{4}$ speed.
FRI: Rest. SAT: Race.

G.E.Larner, many times World Champion from 1 to 10 miles, did much of his training on the road, but this was of necessity rather than choice. His best distance was 1 to 2 miles, and this schedule has been largely based on his training methods.

Olympic Trials Qualifiers: *Confirmed Results as of September*

Steve Vaitones submits this list of verified performances. Others may have qualifying performances that have not yet been confirmed. He reminds athletes that qualifying times must be on a track or certified road course and achieved under "record-setting" conditions (i.e. the appropriate number and certification of judges, tracks with curbs, a bonafide competitive field, etc.). Women's 10K track races must be women-only events. All races must be sanctioned. For speedy validation, submit printed results with judging and course information to Steve, 90 Summit St., Waltham, MA 02154.

Women's 10K: 49:45, or top 15

- 1) Michelle Rohl (8-95) 44:17
- 2) Teresa Vaill (6-95) 45:01.00
- 3) Debbi Lawrence (8-95) 45:03
- 4) Victoria Herazo (6-95) 45:52.63
- 5) Deb Van Orden (6-95) 46:02.99
- 6) Lynda Brubaker (1-95) 46:52
- 7) Joanne Dow (3-95) 47:43
- 8) Sara Standley (1-95) 48:14
- 9) Susan Armenta (4-95) 48:19
- 10) Kerry Moskalik (9-95) 48:53
- 11) D. Yarbrough (6-95) 49:02.13
- 12) M. Cunningham. (6-95) 49:30.47
- — —
- 13) K. Wilkinson (5-95) 49:49
- 14) C. Rellinger (3-95) 50:04
- 15) Ali DeWitt (4-94) 50:06

Men's 20K: 1:28:00, or top 15

- 1) Allen James (6-95) 1:24:46.0
- 2) Herm Nelson (6-95) 1:27:14.7
- — —
- 3) D. McGovern (3-95) 1:28:02
- 4) Philip Dunn (3-95) 1:28:18
- 5) Gary Morgan (6-95) 1:28.40.9
- 6) A. Hermann (2-95) 1:28:47
- 7) Chad Eder (4-95) 1:28:57
- 8) Curt Clausen (6-95) 1:29:20.5
- 9) Tim Seaman (6-95) 1:29:20.6
- 10) Rob Cole (2-95) 1:29:21
- 11) Mark Green (5-95) 1:29:30
- 12) W. VanAxe (6-95) 1:29:32.2
- 13) Ian Whatley (3-95) 1:29:50
- 14) Marc Varsano (6-95) 1:30:56.5
- 15) A. Chylinski (2-95) 1:31:33

Men's 50K: 4:25:00, or top 15

- 1) Allen James (3-95) 3:59:27
- 2) A. Chylinski (1-95) 4:01:40
- 3) J. Matthews (1-95) 4:02:42
- 4) Carl Schueler (4-95) 4:06:45
- 5) Marco Evoniuk (4-95) 4:11:31
- 6) A. Hermann (1-95) 4:19:51
- 7) Rob Cole (1-95) 4:22:30
- 8) Eugene Kitts (1-95) 4:23:53
- — —
- 9) Mike Rohl (1-95) 4:25:12
- 10) Ian Whatley (1-95) 4:35:09
- 11) Mike DeWitt (1-95) 4:43:57
- 12) Steve Vaitones (1-95) 4:49:12
- 13) Al Leibold (1-95) 4:49:53
- 14) John Soucek (1-95) 4:57:47
- 15) M. Blanchard (5-95) 5:05:29



A gallery of Olympians gather at the World Master's Championships in Buffalo last summer. Front row from left Bruce MacDonald (1956, 1960, 1964); Elliott Denman (1956); Henry Laskau (1948, 1952, 1956) Back row from left: John Kelly (Ireland), Ron Laird (1960, 1964, 1968, 1976), Bob Mimm (1960). (Photo courtesy Bev LaVeck)



National 40 Km champ Rob Cole. The picture was taken after last year's Pan Am Cup race.