



# OHIO RACEWALKER

VOLUME XXXI, NUMBER 9

COLUMBUS, OHIO

NOVEMBER 1995

## RESULTS

**New England 15 Km Championships, Cambridge, Mass., Oct. 22--1.** Brian Savilonis (45) 1:20:37 2. Bill Purves (51) 1:21:56 3. Joe Light (48) 1:22:52 4. Bob Ullman (47) 1:27:52 5. John Jurewicz (45) 1:32:01 6. Louis Free (65) 1:35:12 7. Paul Schell (58) 1:35:12 (16 finishers) **N.Y. Empire State Games: Scholastic Girls 5 Km, Aug. 3--1.** Tara Shea 27:27 2. Christina Brigante 29:55 3. Chrissy Fina 30:07 **Women's 5 Km, Aug. 3--1.** Lauren Farkash 25:33 2. Kaisa Ajaye 25:49 3. Samantha Cohen 26:11 4. Rosell Safran 28:24 5. Eileen Lawrence 29:12 6. Sandra Leake 29:46 **Men's 10 Km, Aug. 3--1.** Lukasz Szela 43:45 2. Wojciech Szela 46:30 3. David Lawrence 51:18 4. Nicholas Harding 55:13 5. Michael Roth 57:12 6. Thomas Masterson 60:55 **Women's 10 Km, Aug. 5--1.** Lauren Farkash 52:48 2. Lisa Kutzing 56:12 3. Elton Richardson 57:38 4. Karen Fina 59:30 **Men's 20 Km, Aug. 5--1.** Lukasz Szela 1:27:31 2. Khang Vo 1:34:56 3. James Miner 1:58:37 **Master's 5 Km, Aug. 5: Women 55-59--1.** Susan Richter 30:38 **Men 55-59--1.** Francis Masterson, Jr. 27:32 2. Bill Wiecek 30:38 **Men 60-64--1.** Bob Barrett 27:33 **Men 65-59--1.** Frank Fina 30:21 **Metropolitan 5 Km, New York City, Sept. 23--1.** Lukasz Szela 21:13 2. Wojciech Szela 21:34 3. Khan Vo 22:00 4. Marc Varsano 22:03 5. Yariv Pomeranz 23:23 6. Chris Stadler 24:35 7. Nick Bdera (47) 25:00 8. Bruce Logan 25:21 9. Kaisa Ajaye 25:50 10. Richard Harper (45) 26:36 11. Bob Barrett (61) 27:23 12. Tara Shea (17) 28:21 13. Sherwin Wilk (57) 28:46 14. Jill Lippman (17) 29:30 15. David Schmeltzer (44) 29:34 16. Nadya Dimitrov (45) 30:20 (59 finishers, 4 DQs) **New York City Marathon, Nov. 12--1.** Carlos Mercenario, Mex. 3:24:48 2. Allen James 3:30:47 3. Marco Evoniuk 3:35:01 4. Curt Clausen 3:43:28 6. Gary Morgan 3:46:12 DNF--Dave McGovern (Those were the elite, judged walkers). Unjudged: 7. Nick Dispenzien (41) 4:42:55 8. Benedicte Mathijssen, France 4:48:30 9. Bruce Logan 4:55:22 10. Cervin Robinson (67) 5:04:09 11. Daniel Pina (66) 5:17:29 12. Elliot Denman (61) 5:18:22 **1 Hour, Alexandria, Virginia, October 15--1.** James Carmines (52) 11,891 meters 2. Jim Goldstein (47) 10,359 3. Claude LeTien (48) 10,225 4. Alan Price (48) 9,729 (But started 10 minutes late) **5 Km, Atlanta, Sept. 23--1.** Nannette Reilly 25:43 2. Bonnie Stein 31:42 **Men--1.** Bill Richardson 28:09 2. Dwight Calloway (49) 29:22 3. Dan Strohl (49) 29:43 **3 Mile, Atlanta, Oct. 7--1.** Kathy Jakim 27:33 2. Bonnie Stein 30:56 **Men--1.** Mark Danford 23:33 2. Phil Gura 26:23 3. Bill Richardson 27:27 4. Dan Strohl 28:01 5. Ron Poteete (52) 28:42 **Southern Regional 15 Km, Atlanta, Oct. 15--1.** Herm Nelson 1:11:28 2. Dave Marchese 1:11:43 3. Keith Luoma 1:16:20 4. Ed Whiteman (55+) 1:21:35 5. Sterling Kerr (55+) 1:23:59 6. Philip Gura 1:25:51 7. Bill Richardson 1:29:40 8. Dwight Calloway (45+) 1:30:09 9. Steve Feith (45+) 1:32:01 10. Dave Gwyn (40+) 1:33:39 **Women:** 1. Lisa Sonntag 1:18:21 2.



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Barbara Duplichain 1:21:37 3. Becky Comeaux (40+) 1:22:04 4. Kathy Jakim 1:33:52  
**5 Km, same place**--1. Edward Fitch 27:25 2. Dale Martin 27:31 **5 Miles, Miami, Oct. 1--1.** Tim Nicholls 25:21 2. Ron Raymond (50) 29:06 3. Robert Fine (64) 29:54 **5 Km, Orlando, Florida, Oct. 28--1.** Edgardo Rodriguez 25:33 2. C.S. Monte Carlo 27:13 3. Steve Christlieb 27:29 **Women--1.** Pam Betz 30:35 **5 Km, Orlando, Nov. 11--1.** C.S. Monte Carlo 26:55 2. Steve Christlieb 27:15 3. Phil Brown 30:02 **Women--1.** Pam Betz 30:04 **10 Km, Warren, Michigan, Oct. 29 (track)--1.** Maryanne Torrellas 49:16 2. Kristen Mullaney 53:14 **10 Km, Dearborn, Mich., Oct. 22--1.** Koan Froman 44:38 2. Ross Barranco 58:56 3. Tony DeGrazia 61:48 (8 finishers) **Women:** 1. Diane Podsiadlik 54:47 2. Debbie McLaughlin 57:42 **7 Km, Indianapolis, Aug. 7--1.** Jeannette Smith 37:17 2. Becky Senter 38:24 **Men--1.** Max Walker 35:46 2. Vince Abell 35:52 3. Randy Evans 37:14 4. Brian Keister 37:56 5. Tom Hairston 38:02 6. Mike Bird 38:40 7. George Quinn 38:58 8. Jim Crafton 39:50 9. Craig Woodall 40:30 10. Jack Johnson 41:34 **5 Km, Indianapolis, Sept. 4--1.** Abigail Oliver 29:48 **Men--1.** Don Anderson 27:41 2. Randy Evans 28:00 3. Tom Hairston 28:10 4. George Quinn 29:11 **5 Km, Indianapolis, Sept. 23--1.** Jeannette Smith 27:15 2. Becky Senter 28:36 3. Anella Abell 28:56 4. Jackie Jessup 29:08 **Men--1.** Max Walker 25:43 2. Randy Evans 26:34 3. Vince Abell 27:05 4. Mike Bird 28:24 5. Brian Keister 28:39 5. George Quinn 28:47 6. Lee Hyland 29:29 7. Craig Woodall 30:37 **7 Km, Indianapolis, Oct. 8--1.** Lisa Sonntag 35:00 2. Jeannette Smith 40:55 3. Becky Senter 41:36 **Men--1.** Scott Crafton 37:26 2. Max Walker 37:33 3. Vince Abell 39:06 4. Randy Evans 40:04 5. George Quinn 41:14 6. Brian Keister 49:19 **5 Km, Indianapolis, Oct. 15--1.** Jeannette Smith 27:58 **Men--1.** Scott Crafton 25:28 2. Max Walker 25:41 3. Don Anderson 27:20 4. Tom Hairston 27:26 5. George Quinn 29:14 6. Jim Crafton 29:56 7. Jerry Lambert 30:07 8. Phil Dant 30:18 **1 Mile, Tulsa, Okla., Oct. 21--1.** Paul Johnson (58) 7:14 2. Dave Cwyn (43) 8:19 3. Jim Moore (44) 9:59 **Women--1.** Wende Williams 9:46 2. Linda Smith (46) 9:58 3. Sara Hill 10:08 **15 Km, Tulsa, Oct. 28--1.** Michael Hairston (40) 1:18:22 2. Paul Johnson (58) 1:20:08 3. Molly Lavacek 1:21:24 4. Susie Hilmer 1:31:34 5. Michael Whitehead (44) 1:35:25 6. Kevin Wheeler 1:38:11 (48 finishers) **5 Km, Denver, Oct. 22--1.** Daryl Meyers (52) 28:29 2. Jim Twark (47) 30:23 **Half-Marathon, same place--1.** Patty Gehrke 2:10:28 2. Peggy Miler 2:12:03 **10 KM, Longmont, Col., Nov. 4--1.** Alan Yap 55:45 2. Jim Twark 58:07 3. Tom Inglefield 60:58 **5 Km, Albuquerque, Oct. 29 (reported as short course)--1.** Steve Moodie (47) 23:47 2. Louis Jahamillo 25:51 3. Jo Ann Owen (48) 25:59 4. Sal Waquie 26:00 5. Dirce Grauke 26:54 **5 Km, Albuquerque, Nov. 19 (certified course)--1.** Steve Paetrakis (45) 26:05 2. Steve Moodie 27:11 3. Louis Jaramillo 28:59 4. Ellen Roche 29:05 5. Peter Armstrong (50) 29:08 6. Ken Uecker (58) 29:18 7. Arnie Levick (59) 29:55 8. Jackie Moote 30:48 (25 finishers) **Western Regional 8 Km, Las Vegas, Oct. 22--1.** Mark Green 37:52 2. Michael Stauch 40:23 3. Chris Dreher 43:04 4. David Crabb (50+) 43:29 5. Jack Bray (60+) 43:31 6. Max Green (60+) 43:32 7. Norm Frable (50+) 43:39 8. Carl Acosta

(60+) 45:51 9. Bill Penner (45+) 46:07 10. Pedro Santoni 46:18 11. Jesus Orendain (50+) 46:43 12. Robert Ferrier (55+) 49:33 (12 finishers) **Women:** 1. Linda Adams 48:40 2. Barbara Steffens (50+) 50:18 3. Kathy Frable (50+) 52:07 (18 finishers) **5 Km, Los Angeles, Oct. 15--1.** Enrique Camarena 25:24 2. Chris Dreher 25:25 3. Winston Crandall 26:20 4. Carl Acosta 27:47 5. Jesus Orendain 28:46 6. Richard Oliver 28:54 (25 finishers) **10 Km, Monterey, Cal., Oct. 22--1.** Kim Wilkinson 51:31 2. Bill Penner 54:22 3. Therese Kinoian 54:49 4. Ron Daniel 57:54 5. Terri Brothers 58:40 6. Dick Petrucci 58:57 7. Art Klein 60:08 8. Robert Lubelski 60:49 (28 finishers) **5 Km, Kentfield, Cal., Oct. 8--1.** Warrick Yeager 22:34 2. Jack Bray 26:05 3. John Schulz 26:50 4. Jim Stuckey 26:55 5. Fred Belt 28:24 6. Keith McConnell 28:40 7. Art Klein 28:45 8. Brenda Usher-Carpino 29:16 9. Virginia Fong 29:29 10. Huey Johnson 30:11 **2nd Race--1.** Bill Penner 26:32 2. Molly Joffe 29:43 (49 walkers total) **1 Hour, Marin, Cal., Oct. 15--1.** Jack Bray 6 miles 1405 yds 2. Brenda Usher-Carpino 6 miles 282 3. Virginai Fong 6 miles 14 **2.8 Mile, Seattle, Oct. 5--1.** Bob Novak 23:36 2. Bev LaVeck 26:36 3. Steve Fredrickson 27:04 **5 Km, Seattle, Oct. 14--1.** Stan Chraminski (47) 25:12 2. Bob Novak (46) 25:19 3. Steve DiBernardo (43) 25:26 4. Ann Tuberg 28:47 5. Bev LaVeck (59) 28:57 6. Paul Kaald (62) 29:36 **5 Km, Seattle, Nov. 11--1.** Stan Chraminski 26:17 2. Bob Novak 26:45 3. Bev LaVeck 29:38 4. Claude Wrathall 29:52 **50 KM, Rotterdam, Netherlands, Oct. 8--11.** Andrzej CHylinski 3:58:25 . . . 4. Rob Cole 4:13:22 (Personal bests for both, and Chylinski joins Allen James in meeting the Olympic qualifying standard)

#### FURTHER OPPORTUNITIES FOR THAT STIRRING COMPETITIVE WALK

Sat. Dec. 9	5 Km, Seattle, 9 am (C) 5 Km, Miami, 7:30 am (Q) USATF Southeast Regional Masters and Open 10 Km, S.C. (L)
Florence,	5 Km, Denver, 9 am (H)
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 (P) 1 Hour, Fort Monmouth, N.J., 10 am (A) 5 Km, Miami, 7:50 am (Q) 4 Mile, Ft. Collins, Col., 9:30 am (H) Todd Scully 10 KM, Long Branch, N.J., 1:20 pm (A)
Sat. Dec. 16	5 Km, Miami, 7:50 am (Q)
Sun. Dec. 17	4 Mile, Ft. Collins, Col., 9:30 am (H)
Sat. Dec. 30	Todd Scully 10 KM, Long Branch, N.J., 1:20 pm (A) 5 Km, Miami, 7:50 am (Q) 50 Km, Houston (Y)
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) 5 Km and Half-Marathon, Irvine, Cal., 8:30 am (B) 5 Km, Seattle, 9 am (C) Race at some distance, Denver area (H) 10 Mile Handicap and 5 Km, Pasadena, Cal. (B) 5 Km, Miami, 4:30 pm (Q) 5 Km, Denver (H) 50 Km, Palo Alto, Cal (G)
Sat. Jan. 6	
Sun. Jan. 13	
Sun. Jan. 14	
Sun. Jan. 21	
Sat. Jan. 28	



Sat. Feb. 3 3 Km (Indoor), Indianapolis, Ind (M)  
 5 Km, Miami, 9 am (Q)  
 Sun. Feb. 4 Marathon and Half-Marathon, San Diego (B)

**Contacts**

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764  
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106  
 C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115  
 D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086  
 E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180  
 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028  
 G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580)  
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
 I--Steve Vaitones, c/o USATF-NE, P.O. Box 1905, Brookline, MA 02146  
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206  
 M--Vern LeMere, 250 University Blvd., Indianapolis, IN 46202 (317-274-3432)  
 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--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614  
 V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143  
 W--Frank Soby, 3907 Bishop, Detroit, MI 48224  
 Y--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072

**FROM HEEL TO TOE**

**Last chance.** Note on the schedule above that you can end your year with a 50 Km race in Houston on Dec. 30. It is expected to be a strong field as walkers take advantage of one of the few opportunities to achieve an Olympic Trials or Olympic Games qualifying time. Another opportunity is available in Palo Alto, Cal. on Jan. 28. Contact Dave Gwyn about the Houston race and Ron Daniel about the Palo Alto race. Their addresses are on the list of contacts. . . **Training camp.** We have no details, but can tell you that Bohdan Bulakowski, the Polish Olympian who is coaching walkers at the Training Center in LaGrange, Georgia, will conduct a Racewalking Camp from Jan. 12-14. Call Rob Cole at 708-884-7635 for further information. . . **Enjoy the British scene.** For those who might be in England next fall, whether on vacation, business, sabbatical, or what else, Robert Sayers offers a racing opportunity. The 47th Annual Chippenham to Calne 6 Mile Racewalk (for men and women) is scheduled for October 12, 1996. (I think. I would have said December 10, based on his notation of 12/10/96. Then I saw the latest date for entries of 1/10/96, and, wondering about entries due a year ahead of the race, remembered that the British and we Yanks make these notations in reverse order of one another. Clever of me, wouldn't you say, old chap.) The event includes both individual and team competitions. Team finishes will be decided by totaling the times of the three best placed team members in the women's event and the four best in the men's event. For further information contact Mr. Robert Sayers, 27 Falcon

Road, Calne, Wiltshire, SN11 8PL, England: Phone 01144 1249 822453. . . **Correction.** The results we published for the National 15 Km in the September issue were incorrect. Paul Malek was listed as finishing second. However, he declined his place, although he was not officially disqualified. But, you might recall from the report on the race that there was some question of interference on the finishing straight. So Paul Martino moves up to second. . . **Mimm out.** The following appeared in the weekly notes sent out by USAT&F media liaison, Pete Cave: Racewalker Cliff Mimm has been suspended for life following a second failure to report for drug testing. Mimm, 37, of Willingboro, N.J., failed to appear for testing on Jan. 17, 1994, and his suspension was upheld on May 9, 1994. Mimm requested an appeal, but failed to file during the allotted period. His case was dismissed on Aug. 18, 1994. Mimm failed to appear for testing for a second time on July 18, 1994, and never requested a hearing. . . **Rellinger in.** Also from the weekly notes: Racewalker Cheryl Rellinger has become the 400th athlete placed in the USOC's Olympic Jobs Opportunities Program in the 1996 quadrennium. OJOP's purpose is to provide U.S. Olympic hopefuls with opportunities to progress toward productive careers. Companies involved with the program agree to allow the athletes time off for training and competition. Rellinger, the 10th place finisher in the 10 Km walk at this year's USA Mobil Championships in Sacramento, was recently hired by J.C. Penney Inc. in Carbondale, Ill. OJOP has placed more than 1200 athletes since the program began in 1977. During this four-year period, OJOP reached its 400th placement 7 months earlier than the last quadrennium, during which 443 athletes were placed. . . **New organization.** And, this from the October USAT&F Racewalk Newsletter: In response to an opportunity presented by Bob Bowman, several influential people in racewalking met in San Diego in May and launched the United States Walking Federation. Federation board members include Bowman (chairman); Martin Rudow (executive director); Ron Daniel, Mark Fenton, Darlene and Bill Hickman, Howard Palamarchuk, and Ian Whatley. The purpose of the Federation is "to provide support and guidance to the fitness walking community, and to support and assist elite and emerging elite racewalkers in the U.S." There is no desire or intent to compete with, to supersede, or in any way to interfere with USAT&F or with the many clubs and organizations throughout the country already promoting walking and racewalking for public and private gain. So far, the Federation has concerned itself with defining its mission, organizing itself, and finding corporate support. Questions may be directed to Martin Rudow, 206-527-9218. . . **A bit from the past.** Frank Soby provides an interesting excerpt from the book *Marathon* by Clarence DeMar, published by the New England Press in 1937. As most readers probably know, DeMar was a many time winner of the Boston Marathon. "After the marathon, I concentrated my practice on the long walk. While perhaps harder on some muscles than running, this did not cause nearly so much nervous strain and I enjoyed it. In long road walking races, the only rule to distinguish walking from running is that you must have one foot touching the ground at all times. The NEAAU generously voted to pay my way to the Olympic tryout at Cincinnati. In practice, I "walked" the 31 miles in 4 hours and 30 minutes. Wishing to be of help, some of the athletic officials had me show them some of my "walking". They advised me to take it slow for the first half of the race to be sure I was walking and to save my energy. As they had voted me the funds for the trip, I followed this advice, contrary to my judgment. It took more energy to go slow than fast and as



soon as I started to speed up at the halfway point, the judges warned me that I was running and I had to slow up to avoid being disqualified. Had I gone fast at the start, it might have passed as walking and certainly I'd have removed a lot of the distance while fresh. Finally, I finished 15th in 5 hours and 30 minutes. I expect to go in a lot more of these races in the future. What walking needs is an electric gadget that will ring as you leave the ground! If every walker had one, it would relieve the judges of guessing. But with all the walking, I expect to do some more running." (Ed. I don't know of DeMar doing any more serious walking. At least, he never excelled. But, was he the first to propose an electronic means of judging? Probably not.) . . . **Pitching in.** Don Lovell in Carter Lake, Iowa is doing his bit to promote our sport. This fall, he has instructed both beginning and advanced racewalking classes at Metropolitan Community College in Omaha. These non-credit classes met for 2 hours, one day a week for 4 weeks. Don, who also coaches youth ages 8 to 18 at the Omaha Boys and Girls Club, is a sustaining member of USAT&F and an associate member of the American College of Sports Medicine. In a recent letter, he notes: "We should insist that our public schools that promote high risk of injury sports include racewalking. Only a few are doing that now. However, the State Junior Olympics offer real promise." Recently, he submitted a suggestion to Offutt AFB, Nebraska in which he notes: "Most military installations encourage and promote sports, but very few offer instructions for or promote racewalking. . . Air Force Officer Rudy Haluza was a great walker. We really need support from our military organizations to keep up with other countries in Olympic and World Cup competition. . . ." His proposed method then reads: "Encourage service personnel and dependents to learn racewalking and provide instructions, including amending Drill and Ceremonies to include that at the command 'forward' troops lean forward from the ankles about 5 degrees, step off with leading leg straight on contact with foot at 45 degree angle directly in front of standing foot, keeping the leading leg straight until the body passes over the straight leg. At 120 steps per minute the lower arms should swing parallel with the ground. This walk prevents any bounce and the motive force is provided by the hips and hamstrings, is more efficient and looks better according to almost any judge of marching contests. After becoming accustomed to this gait a marcher need not jog at all at double time to retain smooth gait and stay relaxed. The relaxed, very low impact stride is the reason walkers always beat runners in the 6 day events." (Ed. I have to question the validity of that statement.) He lists as expected benefits: "Less loss of time due to injury. More relaxed, yet alert personnel, less equipment needed than other sports." His suggestion was not approved for adoption, for the stated reason that: "While there is no question that racewalking is a beneficial exercise, it is clear that the individual is looking for some sort of competition for the people he coaches at the local Omaha Boys and Girls Club. Walking is a beneficial form of exercise due to its low stress level. If done properly through the guidelines of ACSM (American College of Sports Medicine), it is probably the safest form of exercise. Individuals in the Air Force and DOD civilians that we service through our Fitness Centers are not encouraged to get fit or try a fitness discipline for the sake of competition, even though competition can be a driving force. Increasing speed/pace will definitely increase the stress level on the muscular and cardiovascular systems. This stress impact or increase could be detrimental to some people. It can cause joint injuries and other body complications that would not

occur from regular walking. Regarding the usage of race walking for pass and review formations, this particular comment is completely out of our hands. Commanding officers at the absolute highest levels would have to make a determination that all services would break military tradition and march in this manner. We thank the suggestor for his interest in fitness and our suggestion program." Since that correspondence last summer, Don has written the U.S. Department of Health and Human Services suggesting a one paragraph change in the US Military Drill and Ceremonies Manual. In that letter he notes: "The benefit of placement of ones foot directly in front of the other when walking, marching, or running helps keep the body weight along the outside of the foot and keeps the knee in the patellar groove when racewalking, however the greatest reason for encouraging this form is the additional boost to the low pressure side, blood flow through the hips. The hip muscles action in racewalking is unique to this sport and is only simulated to some extent in latin and exotic dance." Anyone who wants to pursue Don's ideas with him can write Don Lovell, 1503 Neptune Drive, Carter Lake, Iowa 51510, or call him at 712-347-5448. . . **We win a convert.** Chalk one up for our sport. Racewalker Scott Crafton was featured in an Indianapolis suburban weekly late last summer as a convert from football. The article begins: "What's the difference between runners and racewalkers?" joked Scott Crafton, a 16-year-old racewalker from North Central. "Arthroscopic surgery." The article goes on: Crafton is a former North Central football player and member of the track team. He decided to give up those two sports shortly after September of 1994. That was when he discovered racewalking. While training for the Corporate Challenge, Crafton's father would race in smaller racewalking events. At one of those events, the younger Crafton decided to go along with his father and race, just for the heck of it. He finished second in the 5 Km event and that was it. He gave up football and track, joined the Indiana Racewalker's Club and began training seriously. The 6 foot 2 1/2 inch tall racewalker soon dropped from his football playing weight of 210 pounds to a mere 175 pounds. . . Crafton has discovered he definitely is good at the sport. He won a gold medal for his age group in the Youth Athletics National Championships and a bronze medal in the National Junior 5 Km Championships in Orono, Maine. (Ed. Not to be picky, but he was actually fourth in 23:41.3, certainly an excellent result at age 16) . . . Crafton is determined to get very good at his chosen sport. On any given day during the summer, you could see him out training. He followed a six-day-a-week training schedule. He did his shorter workouts around his neighborhood but his longer ones at Eagle Creek.

#### A WALK WITH THE MASTER

(Martin Rudow's new video, which we have mentioned earlier, and which follows up his earlier video and books, is receiving rave reviews. Bev LaVeck provides the following from the Oct. 27 edition of the *Wall Street Journal*. It was written by R. Sokolov.)

Martin Rudow is no Jane Fonda. But his new video, "Maximum Walking"—unsexy and unslick—offers a safe, painless natural route to lifetime fitness for anyone who can still put one foot in front of the other. Well, there's more to it than that. Rudow is not, categorically not, part of the boomlet for ordinary walking or



even so-called power walking that has put thousands of couch potatoes on the street, many with weights in their hands. As former U.S. Olympic and National RW coach, Rudow wants to bring his obscure and often mocked sport, in its "legal", seriously athletic form, within reach of an ever-fatter, less fit public. . . .

Even with the video, it helps to have someone around who knows the ropes, someone to tell you to stand up straight, relax your shoulders, and so on. In Manhattan, where I walk on the new esplanade, dodging out-of-control rollerbladers, sleeping crackheads, and disoriented borzois, most of the comments I get are unhelpful. I already know my aerobically efficient arm movements remind certain people of the flapping flight of birds. When overweight truckers on a cigarette break smack their lips as I pass, I yearn for a knowledgeable critique.

So, I was really thrilled when I got my wish in spades. The other morning, Martin Rudow came to my house and we went out walking for an hour. Next summer, he'll be an Olympic racewalking judge in Atlanta. . . . Myself, after a year-and-a-half of strenuous training, I can reliably clock in 5 or 6 miles at a stretch at a moderate 11-minute pace, occasionally stepping up the rhythm. So, I was relieved to learn that Rudow, over 50 like me, is keeping his trim with a similar pace. Or so he says, being a very polite fellow from Seattle.

Off we go, two middle-aged guys covering the waterfront in studied strides. Rudow is so smooth he seems to be hardly trying. Inevitably, the talk turns to walking, the orphan sport we're both committed to. Rudow thinks the U.S. lifestyle just doesn't leave time for the very long hours of training racewalkers in other countries are willing to put in to achieve the supreme fitness needed to perform at current world-class levels. He tells about a leading U.S. walker who went down to work out with the Mexican team at high altitude on the black volcanic sands of Popocatepetl. After a day or so, he was so disillusioned, he came home and gave up competitive walking.

This is how I felt briefly when Rudow happened to mention that my age group is the most stiffly competitive in Masters racewalking. (The 10 Km 50-54 record of Don DeNoon is around 7.5 minutes/mile). So, I'm not going to cut any kind of swath at Masters track meets, but I have been trying to plant my heel with my foot flexed at about a 90-degree angle to my shin, just like coach said I should. It hurts a bit, but walking is a tough business.

(Contact Martin at 4831 NE 44th Street, Seattle, WA 98105, or call 1-800-WALK-MAX to order his book or video. The new video costs \$21.70.)

## BACK, HAMSTRING FLEXIBILITY TRAINING RECOMMENDED

(From the project summary and analysis of the Olympic Training Center's Science Project)

Fifteen elite racewalkers were tested at the USOC Sport Science and Technology Lab in Colorado Springs in August. The primary objective was to evaluate physiological and biomechanical variables related to racewalking performance, including body composition, lactate threshold, heart rate and walking velocity, maximal aerobic capacity, flexibility, stride rate, and stride frequency. Unfortunately, equipment problems precluded maximal aerobic capacity testing for many camp participants.

## Major outcomes

**Body composition:** This year's athletes had a lower body fat percentage than those tested in the past. For women, the group average was 14.6 percent, with a range of 12.0 to 18.9 percent. Only one woman fell outside the desirable range of 10 to 18 percent for elite performance. For men, the average was 7.1 percent, with a range of 4.4 to 12.4 percent. Likewise, only one man fell outside the desirable range of 4 to 10 percent for elite performance.

Although body fat that is too high can be detrimental to performance, there can also be negative effects from body fat that is too low. For athletes who are already low, any significant loss in body weight will probably include a loss of lean body mass. Such a loss would likely impair performance. Maintenance of lean body mass above "essential" should be emphasized.

**Flexibility.** Flexibility was measured through a standard sit-and-reach test that assesses hamstring and lower back. All of the female athletes were within or above the desired range. Three of the five men tested were within the range, while one was slightly below and one was significantly deficient.

**Maximal aerobic capacity.** Six of the eight men and one woman were evaluated for VO2 max. For men tested, the average was slightly higher than in 1994 (59.3 ml/kg/min). Maximal aerobic capacity is valuable in identifying athletic potential; however, threshold variables and economy have a stronger correlation to performance.

**Lactate threshold.** Average threshold pace for the women was 9:06 min/mile at a heart rate of 171 BPM. Men were measured at an average of 7:10 min/mile at 174 BPM. Threshold values obtained during this camp were comparable to those seen in the lab in the past for elite walkers. Changes in lactate threshold parameters can be used to monitor training adaptations and effectiveness and to gauge performance potential.

## Recommendations

- o Since body fat has been shown to correlate to successful performance in aerobically based sports, it is important for these athletes to closely monitor lean and fat body mass. Any weight loss should be gradual and concentrate on fat loss; essential body fat must be maintained to avoid a decrement in performance.
- o Since flexibility of the lower back and hamstrings is important in racewalk performance and injury prevention, a structured stretching program may be beneficial in providing appropriate and effective flexibility techniques. Such programming would be especially valuable to those individuals who are deficient in flexibility.
- o Lactate threshold and economy is beneficial if monitored to provide information to athletes and coaches to assess training levels and adaptation and to allow appropriate adjustments in training.
- o Follow-up testing of potentially high-performing athletes should be scheduled at regular intervals.



**30 Years Ago** (From the November 1965 ORW)—In the Ohio T.C. Club's Annual Distance Carnival, Jack Mortland won the opening event, a 7-miler, in 55:45, with Chuck Newell second in 60:21 and Wayne Yarcho third in 61:32. A couple of hours later, Jack Blackburn was looking for a 14-minute effort in the 2 miler, but fell 12.3 seconds short. However, he left Mortland 44 seconds behind, with Newell third in 16:38. Canada's Bert Life edged Wayne Yarcho for fourth, as both recorded 17:17. Charles Williams won a 1 Mile for those 12 and under in 9:44, edging Billy Werner by 7 seconds. Both were age 11. On Sunday, Jeanne Bocci was an easy winner in the women's 5 mile in 48:38. Mortland had little trouble in the 15 miler, as Blackburn had finished a 4-mile run only about 15 minutes before the start. (Yes. We were hearty souls.) Mortland had 2:09:10, to Blackburn's 2:24:57, with Yarcho third in 2:26:44. . . Ron Laird won his seventh National title of the year, taking the 35 Km in Detroit in 3:07:09. Ron Daniel was 5 minutes back and Dan Calef third in 3:14:47. Daniel was within a minute of Laird with 10 km to go, but could not match Ron's strong finish. . . Elliott Denman took 28th in the annual London-to-Brighton race (52 1/2 miles) in 9:32:14, 3:18 off the best ever by a U.S. walker (Paul Schell in 1962). The race was won by Italy's Abdon Pamich in 7:37:42 ahead of Don Thompson (7:45:04). Pamich was the 1964 Olympic 50 Km gold medalist and Thompson the 1960 gold medalist. . . Laird also won the National 25 Km in Seattle. His 2:01:42 left Karl Johansen better than 12 minutes back. Bill Ranney was third. . . Ron Daniel had a reported 1:34:51 20 Km in New England, but I think it was on their notorious 11 1/2 miles course.

**25 Years Ago** (From the November 1970 ORW)—Goetz Klopfer walked an American record 2:34 for 20 miles in Seattle. On the way, he set records at 15 miles (1:54:47), 25 Km (1:58:52), 2 Hours (15 miles 1192 yards), and 30 Km (2:23:14). . . In the annual Thanksgiving Day 6 Miler (short) in Cincinnati, Wayne Yarcho edged Doc Blackburn (48:45 to 49:10) with Dale Arnold and Clair Duckham following. . . Jerry Bocci won two races at the OTC Distance Carnival with 1:25:40 for 10 miles and 15:44 for 2. . . Dave Romansky beat Ron Daniel in a short 15 miler in Long Branch, N.J., 1:56:55 to 1:58:33. . . East German Christoph Hohne won the Lugano 100 Km race in 9:26:31, missing his own course record by 10 minutes.

**20 Years Ago** (From the November 1975 ORW)—Larry Young easily won the National 30 Km title in 2:25:26, with Paul Ide nearly 13 minutes back and Augie Hirt in third. . . Two weeks later, John Knifton edged Young in the National 35 Km in Pittsburgh. John had 2:53:04 and Larry 2:53:36. Ide was third. . . Bernd Kannenberg (Germany) set a World 50 Km Record on the track with 3:56:51 and Italy's Vittorio Visini bettered the 20 Mile record with a 2:27:38.

**15 Years Ago** (From the November 1980 ORW)—In San Diego, Paul Hendricks walked brilliantly to beat Allen Price and his American record in the National 100 miler. Paul finished in 18:49:52. Price was also beaten by surprising newcomer Jonathan Rem (has he ever been heard of again?), who did 19:19:46. Allen snuck under 20 hours and five others finished the distance. . . The National 40 Km in Long Branch went to Dan O'Connor in 3:24:21. Ray Sharp led with 10 Km to go, but trailed by more than 4 minutes at the finish. Randy Mimm was third. . . Nikolia Vinnetschko cruised to a 1:21:47 20 Km in the Soviet title race as 13 walkers bettered

1:26:00. . . Soviet walker Boris Yakolyev won the 9-day, 9-stage Tour de Romandi in Switzerland, covering the 289.7 Km in an elapsed time of 25:28:27.

**10 Years Ago** (From the November 1985 ORW)—Sweden's Bo Gustafsson was the first walker home in the New York City Marathon with a time of 3:15:55. Marco Evoniuk was next in 3:23:56 and Sweden's Ann Jansson led the women, finishing third overall in 3:39:43. . . Tom Edwards edged Curtis Fisher in the Metropolitan 10 Km Championship, 45:35 to 45:36. . . Fisher won the Henry Laskau 5 Mile in Mineola, N.Y. in 36:51. . . Mexicans swept the first four places in a Los Angeles 10 Km, Bilduilfo Andavio had 39:57 and Martin Bermudez 39:58. Paul Wick was the first U.S. walker in 41:46, and Larry Walker led the masters in 43:51. . . In Czechoslovakia, Josef Pribilinec did a track 10 Km in 38:02.61. Roman Mrazek was a full minute behind.

**5 Years Ago** (From the November 1990 ORW)—Mexican walkers were dominant in the Pan American Cup races. In the women's 10 Km, Graciela Mendoza (46:07) was well clear of Canada's Janice McCaffrey (46:41). Teresa Vaill was first for the U.S. in 47:18. Led by Ernesto Canto (1:21:46), Mexico swept the first four places at 20 Km, with Canada's Guillaume Leblanc (1:23:26) finishing fifth. Carl Schueler had 1:28:21 in seventh. And at 50, Martin Bermudez (3:51:30) beat teammate Francisco Reyes by 8 minutes. Gene Kitts was fifth in 4:19:27 for the U.S. Team scores for the men's 20 Km were: Mexico 78, Brazil 60, U.S. 50, Canada 45, with eight nations participating. For the 50 it was Mexico 35, Guatemala 22, U.S. 20, Brazil 9. For the women it was Mexico 64, Canada 59, U.S. 41, Ecuador 41 (among seven nations). Canada's Tim Berrett was the first walker home in the New York City Marathon in 3:24:12. Following were Carlos Mercenario, Mex. 3:26:28, Bo Gustafsson 3:30:31, Ronald Weigel, Germany 3:35:11, Stefan Johansson, Sweden 3:36:05. Tim Lewis was eighth in 3:45:37.

#### 1995 WORLD LISTS

(As of Sept. 29. Compiled by Mel Watman in England)

#### Men's 20 Km

1:18:32 Vladimir Andreyev, Russia  
1:18:37 Russian Shafikov, Russia  
1:18:37 Mikhail Schennikov, Russia  
1:18:53 Ilya Markov, Russia  
1:91:09 Bernardo Segura, Mexico  
1:19:13 Rinat Shafikov, Russia  
1:19:17 Yevgeniy Misyulya, Belarus  
1:19:19 Mikhail Orlov, Russia  
1:19:32 Bo Lingtang, China  
1:19:44 Li Zewen, China

#### Men's 50 Km

3:41:20 Zhao Hongshen, China  
3:41:54 Jesus Garcia, Mexico  
3:42:13 Valentin Massana, Spain  
3:42:20 Viktor Ginkov, Russia  
3:42:50 Valentin Kononen, Finland  
3:43:36 Valeriy Spitsyn, Russia  
3:44:07 Miguel Rodriguez, Mexico  
3:44:24 Daniel Plaza, Spain  
3:45:11 Giovanni Pericelli, Italy  
3:45:56 Rene Piller, France

#### Women's 10 Km

41:29 Larisa Ramazonova, Russia  
41:30 Olympiada Ivanova, Russia  
41:50 Yelena Arshintseva, Russia



41:55 Irina Stankina, Russia  
 41:58 Yelena Gruzina, Russia  
 42:01 Tamara Kovalenko, Russia  
 42:04 Anna Rita Sidoti, Italy  
 42:11 Nina Alyushenko, Russia  
 42:16 Elisabetta Perrone, Italy  
 42:18 Kerry Junna-Saxby, Australia

Readers may recall that early in the year, we had a mixup in a race report from England between Sarah Brown and Sandra Brown. We called Sandra Sarah in reporting an outstanding endurance result. New Zealand's Dudley Harris straightened us out. At that time, he sent a one page bio of Sarah's amazing career in endurance walks from a 1993 book he had written on her and her husband, Richard, also a great endurance athlete. We haven't found room to run it until now, but finally, here it is. Warning! Don't try these feats unless you are well prepared. If you want information on Dudley's book, you can write him at 1074 B Beach Road, Torbay, Auckland 10, New Zealand.

## Long, At The Top Sandra Brown, only to 1993

Born 1 April 1949  
 International Colours

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

### Records & 'Bests'

- \* World, Road Running:  
Ladies' 24 hours road: 131 miles 583 yds, Chorley, 25-26 Aug 1984.
- \* World, Track Running in 1993:  
Ladies' 24 hour track: 133 miles 1110 yd, Tooting Bec, 16-17 Oct 1993.
- \* World, Race Walking:  
Ladies' 50km road: 4hrs 50min 51sec, Basildon 13 Jul 1991.  
100km track: 11hrs 17min 42sec, Etrechy 27-28 Oct 1990.  
12 hours track: 106km 180m, Etrechy, 27-28 Oct 1990.  
100 miles track: 19hrs 38min 53sec, Etrechy, 27-28 Oct 1990.  
24 hours track: 193km 306m, Etrechy, 27-28 Oct 1990.  
200km road: 24hrs 04min 20sec, Vallorbe, 20-21 Sep 1991.
- \* British, Road Running:  
Ladies 200km, road: 22hrs 53min 02sec, Chorley, 25-26 Aug 1984.
- \* British, Race Walking:  
Ladies 100 miles road: 18hrs 36min 29sec, Leicester, July 1984.  
Ladies 24 hours road: 196.476km (24hrs 13min 02sec), Dijon, 25-26 Aug 90  
196.000km (23hrs 42min 15sec), Bazancourt, 27-28 Mar 92

- \* Scottish All-Comers, Track Running:  
Ladies 24 hours track: 120 miles 335 yds, Coatbridge, 24-25 Nov 1984.  
Also 40 miles, 50 miles, 100km and 100 miles en route.

### Among Other Achievements

- \* Paris-Colmar ultra-distance race walking event:  
Placed 2nd in women's race in 1990, 1991 and 1992.
- \* European/UK 24-hour race walks, Winner of women's events:  
1989: Rouen, Roubaix (28hr).  
1990: Chateau Thierry, Bazancourt, Rouen, Dijon, Roubaix (28hr), Etrechy.  
1991: Lagny, Bazancourt, Dijon, Vallorbe.  
1992: Bazancourt.  
1993: London.
- \* UK/European 100-mile race walks, Winner of women's events:  
1984: Leicester 1984: St Oedenrode 1985: St Oedenrode 1985: Blackheath  
1987: Ewhurst 1988: Leicester 1989: Metropolitan Police  
1990: Leicester 1992: Leicester. 1993: St Oedenrode.

### Appointments & Membership

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

Three young walkers with names difficult for our tongues have been prominent in New York City area races over the past year or so—Khang Vo and the Szela brothers. Here is an article on Vo that appeared in the June 15 *New York Times* (again we haven't found space for it until now). The Szela brothers are mentioned briefly as training partners.

## On the Long Journey, Racer Keeps Walking

### Vietnam Memories Inspire Lehman Senior

By NUNYO F. DEMASIO

Yellow dog meat was the clue.

In Vietnam, this was considered a delicacy for impoverished families, and even as he ate it, Khang Vo knew it meant something important. His parents revealed that they were sending him away to avoid the horrors and struggles of the Vietnam War's aftereffects.

Now, 15 years later, Vo is a 24-year-old senior at Lehman College in the Bronx. He is also one of America's best collegiate racewalkers.

And he uses his harrowing memories to inspire his performances.

At the Penn Relays' 10,000-meter racewalk in Philadelphia last Sunday, Vo finished eighth out of 19 competitors in 44 minutes 50 seconds. At Lehman, where he also runs long distances, he has set 15 records, mostly in racewalking. On May 14, Vo competes in the trials for the Empire State Games 10,000-meter racewalking event, in which he won a bronze medal last year.

Vo will not say if he aspires to compete in the Olympics. "I'm just



"taking it one day at a time," said Vo, who is studying to be a nutritionist. "If it doesn't come, I'm not going to be disappointed, but if it does..."

For Vo, it has been a long journey to the Bronx. He had been raised in Vung Tau, a resort 40 miles south-east of Ho Chi Minh City, formerly Saigon. But in 1980, his uncle placed him on a refugee boat as packed as a rush-hour subway car.

"I was confused because I didn't know what to do," said Vo, who was 16 at the time. "If I jumped, I would have drowned, so I just sat there and went with the flow."

"The ebb and flow of the perilous South China Sea made the engine-propelled boat seem like a paper raft. 'The boat was a piece of junk,' said Vo. 'It was like a fishing boat. There was no top to it. It was hollow. Like a cantaloupe when you take out the inside.'"

The passengers inside the rickety vessel were helpless as a storm raged for two days. There was no destination, but death seemed certain.

"There was a map with a compass," said Vo, "but we didn't know where we were going."

After about a 400-mile ride, the boat landed on Malaysia. Soldiers transported the Vietnamese to Pulau Pidong, an island where Vo earned 50 cents a day rowing boats for fishermen.

After four months, he was matched with an American family through a foster-care program. On May 22, 1981, Vo arrived at Kennedy International Airport. He wore a T-shirt, shorts and thongs as he waited to meet his new family.

"I stood next to the escalator like a dead tree trunk," he said.

Vo was moving in with the Andersen family of Farmingville, L.I. He spoke no English. His first name means "health," but he appeared emaciated. "He had that malnourished look," said Rosemary Andersen, his surrogate mother, "with the broad rib cage."

Vo was introduced to running in elementary school. In his first race — as a fifth grader — he won his school's one-mile marathon.

"My friends started teasing me," Vo said. "They said, 'Khang, you're going to be in the Olympics.' I didn't know what the Olympics was at that time."

But Vo knew running.

"I liked to watch him run because he would get into this kind of a stride that I thought was extremely graceful and beautiful," Mrs. Andersen said. "He always looked like a thoroughbred."

In the years after he arrived on Long Island, Vo always hoped to go back to Vietnam, but was deterred by financial constraints and the risk of imprisonment.

In February 1994, President Clinton lifted America's 20-year-old trade embargo against Vietnam. Last fall, Lehman sponsored an exchange program to Vietnam, and Vo enrolled.

"We're very happy that you're finally coming home after 14 years," his father wrote him last June.

In a reunion last Aug. 29, Vo saw his family again. "It was the most emotional moment I've ever witnessed," said Daniel Shore, a public information officer at Lehman. "His mother ran across the yard and reached out and hugged him, and his sisters climbed up on his lap. It was just raw, joyous emotion."

A framed photograph of Vo's mother that he took last year sits on a desk in his apartment in the Norwood section of the Bronx. "After 14 years and after 10 kids, big difference," said Vo. "She's much chubbier, she has gray hair, but she's still the same old mom that I used to know: loving, caring. My mom and I were very close. We were like..." He completed his sentence by pressing two fingers together.

Vo felt a great sense of relief in seeing his family. But upon returning to New York, the emotional week with his family dominated his thoughts. He neglected running and his schoolwork. For several hours

each day, Vo watched the videotape of his trip to Vietnam.

"Eventually, he snapped out of it," said Lehman's track coach, Joe Sciorrone, who lives two floors below Vo. "But it took a couple of months for him to get back to his old self."

In February, in Vo's first race since returning from Vietnam, he set a meet record (13:59.68) in the 3,000-meter racewalk at the Adirondack USA Track and Field Championships.

On a radiant morning this week, Vo race-walked around the Jerome Park Reservoir across from Lehman. The 5-foot-8-inch, 125-pounder resembled a fluid robot: With his fists clenched, his arms swung rhythmically as his hips exploded in motion.

Vo works out each day at 7:30 A.M. with two teammates, Lukasz and Wojciech Szela, blond-haired, blue-eyed twin brothers from Poland.

"Khang is a very hard worker."

Bob Jordan sent us this political cartoon from the *Des Moines Register* with the comment: "Even if one doesn't recognize them as Newt Gingrich and Colin Powell, anyone can tell they're politicians from the soles of their shoes. As we all know, politicians tend to 'waffle' a lot."

#### DUFFY'S VIEW



said Lukasz Szela, who finished second, one place ahead of his brother, in the Penn Relays racewalk. "I think he will make the Olympics."

Whether he does or not, Vo has a sense of fulfillment now that he has been back to visit his family.

"The pressure right before I left was like starting a race," said Vo, who gained his American citizenship last year. "I would get nervous. You struggle through a race to finish, and I'm struggling years after years, wanting to go back to see my parents. Fourteen years."

He sighed, then added: "I could say, wow, finally, I finished, I finished the race."