

# OHIO RACEWALKER



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COLUMBUS, OHIO

JANUARY 1996

## RACE RESULTS

**Metropolitan 30 Km, New York City, Oct. 22--1.** Marc Varsano 2:38:33 (50:51, 1:47:37) 2. Gary Null (50) 3:04:18 3. Nick Dispenzieri (41) 3:04:50 4. Lon Wilson (48) 3:07:25 5. Sherwin Wilk (57) 3:07:58 6. Patrick Blvona (54) 3:09:05 (14 finishers) **5 km, New York City, Nov. 26--1.** Khang Vo 22:34 2. Lukajz Szela 22:35 3. Marc Varsano 22:57 4. Josh Ginsburg (18) 23:26 5. Rifkhat Soultanov (51) 24:08 (From Moxcow, Russia) 6. Roberto Gottlieb 25:59 7. Nicholas Bdera (47) 26:03 8. Gary Null (50) 26:24 9. John CLifford (41) 26:27 10. Jim McGrath (58) 27:15 11. Bob Barrett (62) 28:10 12. Sherwin Wilk (57) 28:54 13. Edourad Fedossov (56) (Moscow) 29:36 (38 finishers) **5 Km, New York City, Dec. 3--1.** Marc Varsano 22:19 2. Khang Vo 22:43 3. Rifkhat Soultanov 24:39 4. Robert Penafiel, Ecuadro 25:50 5. Nicholas Bdera 25:52 6. Wilson Rivas, Echador 26:13 7. Jack Clifford 26:14 8. Gary Null 26:37 9. Bob Barrett 27:27 10. Marcus Kantz 28:02 11. Pat Bivona (54) 29:24 12. Jim McGrath 29:42 13. Sean Rodriquez 29:50 (41 finishers) **5 Km, New York City, Dec. 10--1.** Marc Varsano 23:10 2. Maryanne Torrellas 24:54 3. Rifkhat Soultanov 25:19 4. Jack CLifford 26:11 5. Michael Korol 26:34 6. Nicholas Mdera 27:14 7. Bob Barrett 27:25 8. Sherwin Wilk 28:54 9. Sean Rodriquez 29:47 (28 finishers) **Indoor 3 Km, New York City, Dec. 15--1.** Dave McGovern 12:39 2. Sean Albert 12:46 **1 Mile, same place--1.** Gary Null 7:31 2. Michael Korol 7:39 3. Bob Barrett 8:21 **Women: 1.** Loretta Schuellein 8:16 2. Jeniffer Pralgo 8:17 **High School Indoor 1500 meters, New York City, Dec. 17--1.** Jenny Etienne 8:19 2. Christine Birganti 8:19 3. Karen Harrington 8:32 **H.S. Indoor 1500, New York City, Dec. 27--1.** Lelia Lewis 8:19 2. Danielle Barletto 8:32 **Indoor 3 Km, New York City, Dec. 23--1.** Dave McGovern 12:05 2. Rob Cole 12:08 3. Sean Albert 12:58 4. Josh Ginsburg 13:08 **Women: 1.** Maryanne Torrellas 13:39 2. Lynda Brubaker 13:51 3. Smantha Cohen 15:47 **1 Mile, same place--1.** Roberto Gottlieb 7:17 2. Bob Barrett 8:17 **WOMen--1.** Jennifer Pralgo 8:17 2. Meredith Emanuel 8:50 **H.S. 1500 meters, same place--1.** Tara Shea 7:47 2. Christine Hyland 7:52 3. Suzanne SAcavera 7:56 **Indoor 3 Km, New York City, Dec. 30--1.** Allen James 12:27 2. Sean Albert 12:52 3. Josh Ginsburg 12:55 **Women: 1.** Kaisa Ajaye 15:23 2. Jennifer Pralgo 16:20 **1 Mile, same place--1.** Gary Null 7:30 2. Bob Barrett 8:20 **10 Mlle, Asbury Park, N.J., Dec. 31--1.** John Soucheck 1:19:53 2. Curt Sheller 1:21:40 3. Jack Lach (51) 1:30:44 4. Manny Eisner (55) 1:39:20 5. Jack Lucey (59) 1:39:54 6. Ben Ottmer (61) 1:40:57. . Harry Drazin (82) 2:12:23 **Women: 1.** Gloria Rawls 1:31:08 2. Phyllis Hansen 1:31:38 3. Pat Weir 1:36:34 **10 Km, Long Branch, N.J., Dec. 17--1.** John SOuchek 49:36 2. Curt Sheller 49:57 3. (Cont. on p. 3)



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### 1995 U.S. 50 Km Rankings

(Readers will recall we did not include these rankings in last month's issue pending results of a Dec. 30 race in Houston. So here they are.)

- |  |  |
|--|--|
| 1. Allen James<br>3:59:46 (1) U.S. Champ. 1/8<br>3:59:27 (6) Pan Am Games<br>DNF World Champ. 8/10   | 5. Marco Evoniuk<br>4:14:19 (5) U.S. Champ. 1/8<br>4:11:31 (47) World Cup 4/30 |
| 2. Andrzej Chylinski<br>4:01:40 (2) U.S. Champ. 1/8<br>4:12:39 (9) Pan Am Games<br>4:14:14 (52) World Cup 4/30<br>3:58:39 (1) Rotterdam 10/9 | 6. Rob Cole<br>4:22:30 (7) U.S. Champ. 1/8<br>4:13:25 (4) Rotterdam 10/8       |
| 3. Jonathan Matthews<br>4:02:42 (3) U.S. Champ. 1/8<br>DNF World Cup 4.30  | 7. Andrew Hermann<br>4:19:51 (6) U.S. Champ. 1/8                               |
| 4. Carl Schueler<br>4:14:00 (4) U.S. Champ. 1/89<br>4:06:45 (42) World Cup 4/30  | 8. Eugene Kitts<br>4:23:50 (8) U.S. Champ. 1/8<br>4:45:04 (80) World Cup 4/30  |
|  | 9. Mike Rohl<br>4:25:12 (9) U.S. Champ. 1/8                                    |
|  | 10. Curt Clausen<br>4:29:13 (1) Houston 12/30                                  |

### 1994 U.S. 50 Km List

- |                           |                        |
|---------------------------|------------------------|
| 3:58:39 Andrzej Chylinski | 4:35:09 Ian Whatley    |
| 3:59:27 Allen James       | 4:42:33 Yariv Pomeranz |
| 4:02:42 Jonathan Matthews | 4:43:57 Mike DeWitt    |
| 4:06:45 Carl Schueler     | 4:49:12 Steve Vaitones |
| 4:11:31 Marco Evoniuk     | 4:49:53 Albert Leibold |
| 4:13:25 Rob Cole          | 4:50:51 John Soucheck  |
| 4:19:51 Andrew Hermann    | 4:58:34 Bob Keating    |
| 4:23:53 Eugene Kitts      | 4:59:19 Vince Sheehan  |
| 4:25:12 Mike Rohl         | 5:05:29 Mike Blanchard |
| 4:29:13 Curt Clausen      |                        |

A nice recovery in the state of 50 Km walking in this country with 18 athletes under 5 hours. In 1991, we had 23, but in subsequent years it had dropped to 12, 13, and 10.

Jack Lach 55:17 4. Manny Eisner 59:22 5. Jack Lucey 59:41 6. Bob Mimm (70) 60:43 1 Hour, Durham, N.C., Dec. 16--1. Curt Clausen 13,778 meters (44:42 at 10 Km) 2. Debbie Bateman 10,019 meters (59:56) 3. Alvia Gaskill 9574 m 10 KM, Florence, S.C., Dec. 9--1. Curt Clausen 45:53 2. Ian Whatley 48:43 3. Keith Luoma 49:13 4. Andrew Smith 55:36 (1st 45-49) Women: 1. Lisa Sonntag 53:44 5 Km, Doraville, Georgia, Nov. 25--1. Phil Gura 27:25 2. Bill Richardson 28:59 Women: 1. Denise Jacobson 30:23 5 Km, Miami, Dec. 2--1. Tim Nicholls 25:28 2. John Fredericks (47) 25:31 3. Dave Esson 26:55 4. Michael Laseter (13) 28:28 5. Brian Mair (54) 28:42 Women: 1. June-Marie Provost (62) 30:32 Lake Erie Association Indoor 3 Km, Kent, Ohio, Jan. 6--1. Daryl Ann Kidder (44) 16:07 2. Ron Laird (57) 17:26 3. Anthony Silvidi (75) 20:57 50 Km, Houston, Dec. 30--1. Curt Clausen 4:29:13 2. 4:59:19 5 Km, Denver, Nov. 17--1. Daryl Meyers (52) 26:53 2. Lori Rupoli (44) 28:17 3. Harry Burns (49) 29:20 4. Roger Rybicka (47) 29:43 4 Mile, Denver, Nov. 19--1. Mike Blanchard 35:04 2. Bob DiCarlo (61) 35:28 3. Jim Twark (47) 37:04 5 Km, Aurora, Col., Nov. 25--1. Mike Blanchard 27:39 2. Daryl Meyers 28:08 3. Marianne Martino (45) 28:19 4. Jim Twark 28:38 5. Christine Vanoni (44) 28:50 6. Lori Rupoli 29:05 5 Km, Denver, Dec. 10--1. Mike Blanchard 26:44 2. Jim Twark 27:29 3. Daryl MEyers 27:55 4. Lori Rupoli 28:07 5. Christine Vanoni 28:13 6. Harry Burns 28:37 5 Km, Albuquerque, NM, Nov. 19--1. Steve Petrakis (45) 26:05 2. Steve Moodie (48) 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 Moore 30:48 5 Km, Kent, Wash., Dec. 9--1. Stan Chraminski 26:00 2. Bob Novak 26:20 3. Bev LaVeck 30:08 (despite shoelace trouble) 6th Annual Indoor Walking Triathlon, North York, Ont., Dec. 9--1. Arturo Huerta 2129 points ( 22:42 for 5 Km, 13:00 for 3 Km, and 6:30.3 for 1500m) 2. Stuart Summerhayes (61) (17:18, 16:20, 7:45.4) Women: 1. Joni-Ann Bender 23:55, 14:08, and DNF 2. Lily Whalen (51) 29:35, 17:16, and 9:41

### Little by Little, Gary's Back

by Dudley Harris

Max Green, that doughty walker from Michigan has a library list of records to his name, one of the longest-standing being his 54-year-age-grade record of 24:18 for 5 Km, set in October 1986.

But New Zealander Gary Little turned 54 on New Year's Eve 1995. After an unusually quiet year (for him), Gary decided to make a come back in 1996, starting with a 5000 meter track blast of 22:13.52.

The deed was done in Hamilton, New Zealand on January 13, at an official Athletics New Zealand meet between athletes from the provinces (states) of Northland, Auckland, and Waikato.

The race was won by 24-year-old Craig Barrett in 19:47.20, with 20-year-old Tony Sargisson second in 21:12.97. In the last 9 months, Barrett has been focusing not on 5 Km but on 50 Km, having gone under the Olympic qualifying time in his debut 50 Km with a 3:59:06 on June 4, 1995.

Women place getters in the 5000 meter track event at the same meet were: 1. Jenni Jones-Billington 23:19.69 2. Gabrielle Blythe, Australia 23:37.56 3. Cherie Nelson 27:52.78



## GOT ITCHY FEET? TAKE THEM TO SOME OF THESE VENUES

Sat. Feb. 10	5 Km, Seattle, 9 am (C)
	Indoor 3 Km, Carbondale, Ill., 9 am (Z)
Sun. Feb. 11	10 and 20 Km, Miami (Q)
	3 Km, Bridgeport, Conn., 9 am (I)
	8 Km, Roseville, Cal., 10 am (AA)
	5 Km, New Orleans, 8:30 am (CC)
Sat. Feb. 17	Indoor 1 Mile, Indianapolis (M)
Sun. Feb. 18	5 Km, Raleigh, N. Car. (S)
	Indoor 4 Km, New York City, 7 pm (F)
	Marathon and 1/2 Marathon, Miami (Q)
	3 and 5 Km, Albuquerque, N.M. (BB)
Sat. Feb. 17	10 Km, Women's 5 Km, North York, Ont., 9 am and 2 pm (Y)
	Women's Mile, Men's 3 Km, Carbondale, Ill. (Z)
Sun. Feb. 18	5 Km and 3 Km, Albuquerque, NM (EE)
Fri. Feb. 23	Mich. Indoor Championships, Warren, Mich. (O)
Sat. Feb. 24	5 Km, Miami, 7:30 am (Q)
	10 Km, Slidell, Louisiana, 8 am (CC)
Sun. Feb. 25	Western Regional 5 Km, Pasadena, Cal. (B)
	Met. Indoor 3 Km and 1500 meters, New York City (F)
Sat. March 2	<b>USATF National Indoor Women's 3 Km, Men's 5 Km,</b>
<b>Atlanta (Z)</b>	
	Half Marathon, Chico, Cal. (R)
Sun. March 3	10 Km, Westwego, La., 8 am (CC)
Sat. March 9	5 Km, Seattle, 9 am (C)
	5 Km, Atlanta, 11 am (D)
Sun. March 10	5 Km, Metairie, La., 8:30 am (CC)
	5 Km, Cooper City, Florida, 7:30 am (Q)
Sun. March 17	20 Km, Huntington Beach, Cal., 10 am (B)
	5 Km, New York City, 9 am (F)
	5 Km, New Orleans, 8 am (CC)
	5 Km, Miami, 7:30 am (Q)
	5 Km, Albuquerque, NM (EE)
	20 Km, San Francisco (G)
Sat. March 23	15 Km, Columbia, Missouri, 8:30 am (DD)
	5 Km, Miami, 7:30 am (Q)
Sun. March 24	National Invitational Walks (20 Km Men, 10 Km Women), Washington D.C. (J)
	5 Km, Sterling Heights, MI (O)
Sat. March 30	<b>National Masters Indoor 3 Km, Greensboro, NC (FF)</b>
Sun. March 31	5 Km (50 and over), Palo Alto, Cal. (R)
	3 Mile, New Orleans, 7:45 am (CC)
Sat. April 13	5 Km, New Orleans, 8:30 am (CC)
Sun. April 14	Mt. SAC Relays 10 Km, Walnut, Cal., 8 am (B)
	Metropolitan 15 Km, New York City, 9 am (F)

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## FROM HEEL TO TOE

Probably no one will believe this could happen in the ORW, but there were a few errors in our rankings and lists last month. To begin with, the World 10 Km rankings were, of course, for 1995, not 1994 as we showed. (But no one called us on that one.) In the U.S. 10 Km rankings, we missed Becky Comeaux. She had a 53:57 at the National Masters in East Lansing, a race reported in these pages, so there is no excuse for missing her there. But, later she turned in a 50:58 (Nov. 4 in Mobile, Alabama), a result we had never received. That time moves her equal with Gayle Johnson in 22nd place on the annual list. Our apologies. We also missed a 52:52 for Lisa Chumbley, which moves her up 10 slots from the 54:13 we had as her best. Then, in the U.S. 10 Km rankings, on Victoria Herazo's slate, we showed her second in the the World Veteran's Meet, when she was, of course, first. That 2 is right beside the 1 on the keyboard, you know. A note from Alan Wood's sister, Barbara Gray. (We reported Alan's death last month) "I was with him for the last two weeks of his life and he died courageously, without pain killers, and fairly quickly once he knew that he was not going to be healed. He prayed for healing, and then to be



taken home to be with the Lord. I think he would want you know that prayers were our support in his final days. His work with the Masater Walker all those years was very important to him and was something which I know he is glad will continue."

.Zinn Awards for 1995, announced at the USATF Convention went to Allen James in the men's 20 Km, Andrzej Chylinski in the men's 50 Km, Michelle Rohl in the women's 10 Km, Gary Westerfield as the year's top contributor to the sport, and the Pacific Association as the year's top association. Among those receiving President's Awards for dedication and support was racewalking's Lori Maynard, internationally certified racewalk judge and a long-time active contributor to the sport in many ways.

. If your club is interested in participating in the National Age Graded Team Challenge 5 Km Racewalk for 1996, contact Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445 (FAX 407-495-5054, phone 407-499-3370). Races must be held on a track or certified course between April 1 and October 31 with at least 10 on a team. Bob will send full details if you contact him. . A new book is available from Elaine Ward and the North American Racewalking Foundation. *MASTERS RACEWALKING, American Coaches and Athletes Share Ideas on Technique, Training and Racing* provides a resource of ideas of successful coaches and athletes. It presents a wide spectrum of information on technique training, stretching and strengthening exercises, workout schedules, racing strategy, cross training equipment, injury prevention, nutrition, and more. The cost is \$14.95 plus shipping and handling (\$2.00 on single orders). Phone orders to 800-898-5117, FAX to 818-577-2264, E-mail to NARWF@aol.com, or write to N.A.R.F. Publishing, P.O. Box 50312, Pasadena, CA 91115. Also available from Elaine is *Walking Wisdom for Women*, which shows women of all ages how to do a walking makeover. The book's two main themes are "Walk Young" and "Walk for Success." Elaine feels that the skill of walking remains an unrecognized and underdeveloped asset. By becoming aware of how they walk, women can both improve their well-being and improve their image and opportunities. That book goes for \$12.95. . The closing comments of IAAF (International Amateur Athletic Federation) Racewalk Chairman Bob Bowman's report to the USATF convention are worth repeating: "I also would like to share with you an example of a true champion both on and off the track (or road). Sari Essayah of Finland was the 1993 Women's World Race Walking champion. She was ranked #1 in the world in both 1993 and 1994. She also represented the athletes on the special IAAF Race Walking Working Group where she demonstrated considerable expertise in a very professional style. Her graduate studies in economics probably cost her a #1 ranking again this year, but she was still ranked seventh by *Track and Field News*, her sixth straight year in the top 10. However, what impresses me most about this great champion is her leadership and sportsmanship qualities. She took it upon herself to communicate personally the new IAAF rule proposals on race walking to her fellow walkers at a meeting of the athletes in Beijing. She got a 100 percent approval of this! She then returned to competition in Goteborg and almost repeated as world champion. In the closest finish ever, four walkers finished within 7 seconds. Unfortunately, Sari was passed in the last 10 meters and lost third by less than a second. The Finnish team officials, who did not consult with Sari, protested the results, claiming the woman in third should have been disqualified for loss of contact. (Note: This is not a valid basis for a protest and the finish straight was judged by three IAAF judges with no calls made.) When Sari found out that these officials were making a protest, she did not support it (neither did the President and General

Secretary of the Finnish federation) and spoke against it saying she supports the judges' decision as final! Yes, there are still true champions in our sport." In an aside to the ORW, Bob notes the video of the finish clearly showed that Nikolayeva (sh;s the one who took the bronw) maintained contact as she passed a tired Essayah. She had no red cards and only one caution. . Judges for the 1996 Olympics, approved by the IAAF Council, are: S. Markham, Great Britain; T. Dahllof, Sweden; D. Casillas, Spain; Y. Zhao, China; G. Roldan, Mexico; V. Samotesov, Russia; L. Vacotti, Italy; L. Moc, Czech Republic; and Martin Rudow, U.S.A. . Bowman also reported on the IAAF Racewalking Committee's goals and objectives for 1996-97, which are: 1. A standardized judging, education, and certification program for National, Area, and International officials. 2. A standardized coaching education program for coaches within the developing federations and regions of the world. 3. An electronic warning/recording system at world championships; hips and Olympic Games. 4. Publication of revised IAAF booklets on judging, coaching, and organization of walking events. 5. Development of walking programs in those areas of the world that are new to racewalking. 6. An outdoor Grand Priz type circuit for walkers. . This is becoming the Bob Bowman, but Bob also took the IAAF to task about their poor, even shoddy, coverage of the World Championship walks in the special souvenir edition of their magazine (something I should have picked up on). Here is his letter:

Dear Editorial Staff:

I enjoyed reading the Special Edition of the IAAF Magazine highlighting the winners of the 5th IAAF World Championships. However, the author of the article on the men's 20 Km walk on page 34 did not accurately report in the first paragraph the judging details. This reporting does not give a fair account of the best conducted world championships yet in walking. The new electronic communication system used for the first time in Goteborg eliminated all delays in the communication of warnings from the individual judges to the recorder and Chief Judge for the first time ever. In fact, there are no delays. IT happens instantaneously. There are some short delays in actually notifying the athletes of their disqualification, but this will always be the case in any event.

The author states, "on TV one could see quite clearly 5 minutes before the end of the race that Daniel Garcia had received a third warning disc and was therefore disqualified." The author may be confused. The white warning discs do not equate to a disqualification. In fact, Garcia actually received seven warnings from the nine judges, and received three red cards, which did equal disqualification. Two of those red cards occurred on the last lap as you can see on the attached computer printout. He is #77. He was then disqualified as soon as he approached the Chief Judge just prior to entering the stadium, within a couple of minutes from the time the third red card was recorded. That is a tremendous improvement over any previous championship.

In the same first paragraph, the author also misrepresented what happened to Giovanni DeBenedictis. He incorrectly states, "He crossed the line in third place but he too was disqualified, having earlier exhausted his quota of warnings but not been



notified." Again, there is no such thing as "quota of warnings" and he was certainly notified of all his warnings and red card proposals for disqualification. He had two red cards posted on the board several laps before he entered the stadium. He knew when he entered the stadium exactly how many he had. He received two more (one more than needed to disqualify) in the final straight. Therefore, he was disqualified almost immediately. It doesn't happen in any sport any faster than that! Let's be more accurate and fair in reporting these events in an official IAAF publication.

Also, how can you write an article about the 50 Km walk on page 35 and not even mention the winner until almost the end of the article? The story was Kononen, not the Chinese walkers.

## LOOKING BACK

**30 Years Ago** (From the Dec. 1966 ORW)--The 1 Mile walk in the Los Angeles Invitational (won by Ron Laird in 6:38) made it on to television, but we had to editorially chastise CBS for playing it as some sort of comic relief. . . The National Junior (more precisely "Novice" at that time) 50 Km went to Marty Kraft in 5:22:34 ahead of Roger Duran. . . Ron Daniel won a 1 Mile race in New York in 6:34. . . On the local scene, Jack Blackburn whipped your editor in a 2 Mile (outdoor) on a cold January day in 14:38 to 14:43. . . Earlier, the second annual New Year's Eve 6 Mile Handicap went to Dr. John Blackburn. Walking in a cold, driving rain, he covered the 1/3 mile loop over a gravel road and mud path 18 times in 57:10. His effort held off two harding-charging Jacks--Blackburn and Mortland, who started 8 minutes back and came within 16 seconds at the finish, deadheating in 49:26. Corrinne Blackburn, one of the real pioneers in women's race walking, finished sixth in 85:26, sipping champagne enroute.

**25 Years Ago** (from the Janu 1971 ORW)--In L.A., Ron Laird set an American Indoor record for 4 miles (records were recognized at an amazing number of strange distances in those days) with a 28:41.2. Larry Walker finished 22 seconds back. . . Ron Kulik edged Ron Daniel in a New York 1 Miler, 6:31.5 to 6:32.9. . . Walker was an easy winner over Laird in a 1 Mile race, 6:28.3 to 6:36.3. . . But, Dave Romansky topped them all with times of 6:20.6 and 6:21.7. In the latter race, Daniel did 6:22.2 and Kulik 6:24.5. . . A 20 miler in California saw Goetz Klopfer winning in just 2:37:58.

**20 Years Ago** (From the Jan 1976 ORW)--Laird was announced as the winner of the National 1 Hour Postal championship for 1975, his 8 mi 612 yard performance edging Todd Scully by just 32 yards. Wayner Glusker did 7 mi 1736 yards and John Knifton 7 mi 1677. Masters winner was Rudy Haluza with 7 mi 843 yards.

**15 Years Ago** (From the January 1981 ORW)--Fast mile times were turned in by Evan Fox in New York (6:20.7) and Todd Scully in Philadelphia (6:18.9). Tim Lewis did 6:25 behind Scully. . . We carried an item entitled "Further Commentary on Recent Commentary on Previous Commentary on That Subject That is Receiving a Great Deal of Commentary These Days--Judging."

**10 Years Ago** (From the January 1986 ORW)--Tom Edwards turned in a fast early season mile at West Point, winning in 6:10.6. Curtis Fisher was second in 6:19.74. . . At the Dartmouth Relays, Lynn Weik edged Teresa Vaill by 0.4 seconds while winning the mile in 7:12.29.

**5 Years Ago** (From the January 1991 ORW)--Alan Price won the National 100 Km title in Atlanta in 11:41.39, nearly 14 minutes ahead of Dave Waddle. . . Ron Laird wrote a profile on 1964 Olympic 50 Km participant, Chris McCarthy, whose publication, the Midwest Walker, preceded the ORW.

## 1996 SCHEDULE OF RACE WALK CHAMPIONSHIPS AND MAJOR INTERNATIONAL RACES

DATE	EVENT, LOCATION, DIVISIONS	CONTACT
MAR 1-2	USA/MOBIL INDOOR CHAMPIONSHIPS GEORGIA DOME ATLANTA, GA SM 5000m, SW 3000m **QUALIF STDS**	USA/MOBIL CHAMPIONSHIPS USA TRACK & FIELD P. O. BOX 120 INDIANAPOLIS, IN 46206-0120 317-261-0500
MAR 24	NATL INVITATIONAL RACEWALKS WASHINGTON, DC M/W 20K/10K 3K	SAL CORRALLO 1600 NORTH OAK ST #916 ARLINGTON, VA 22209 703-243-1290 H
MAR 29-31	US MASTERS INDOOR T & F CHAMPS GREENSBORO, NC MM, MW 3000m	
APR 20	US OLYMPIC TRIAL 50K LA GRANGE, GA SM **QUALIF STDS**	USA TRACK & FIELD OLYMPIC TRIALS P. O. BOX 6060 INDIANAPOLIS, IN 46206 317-636-4003
MAY 5	US 10K/20K/25K CHAMPIONSHIPS UNIV AT ALBANY, ALBANY, NY JW 10K;JM,SW,MW 20K; SM,MM 25K	ELAINE S HUMPHREY 7048 SUZANNE LANE SCHENECTADY, NY 12303 518-473-9117
MAY 19	US 10K CHAMPIONSHIPS NIAGARA FALLS, NY SM, MM	DAVID LAWRENCE 94 HARDING A VENUE KENMORE, NY 14217 716-875-6361 H 716-694-7683 B
MAY 23-24	PAN AMERICAN RACEWALKING CUP	TBA
MAY 25-27	YOUTH ROAD WALK CHAMPIONSHIPS BRIDGETON, MO	GINGER MULANAX 11975 GIST ROAD BRIDGETON, MO 63044-1431 314-298-0916 H



JUN 14-23	US OLYMPIC TRACK & FIELD TRIALS ATLANTA, GA SM 20K, SW 10K **QUALIF STDS**	USA TRACK & FIELD OLYMPIC TRIALS P.O. BOX 6060 INDIANAPOLIS, IN 46206 317-636-4003
JUN 28-29	US JUNIOR T&F CHAMPIONSHIPS OHIO-WESLEYAN, COLUMBUS, OHIO JM 10K, JW 5K **QUALIF STDS**	
JUL 23-28	JUNIOR OLYMPICS TRACK & FIELD HOUSTON, TX	
JUL 26-AUG 4	GAMES OF THE XXVI OLYMPIAD ATLANTA, GA	SELECTION BY TRIALS
AUG 15-18	US MASTERS OUTDOOR T&F CHAMPS SPOKANE, WA MM, MW 5K; MW 10K; MM 20K	VERNIE FOXLEY WEST 3410 FORT GEORGE WRIGHT DR MS 3070 SPOKANE, WA 99204 509-533-3644 B 509-533-4128 F
AUG 20-24	JUNIOR WORLD T&F CHAMPIONSHIPS SYDNEY, AUSTRALIA	
AUG 25	US 5K CHAMPIONSHIPS WILKES-BARRE, PA SM, SW	JEREMY STEIN, C/O SALLIE MAE 220 LASLEY AVE HANOVER INDUSTRIAL ESTATES WILKES-BARRE, PA 18706 717-821-3610 B 717-821-4543 F
SEP 8	US 40K CHAMPIONSHIPS FT. MONMOUTH, NJ SM, MM, MW	ELLIOTT DENMAN 28 NO. LOCUST AVENUE WEST LONG BRANCH, NJ 07764 908-222-9080 OR, IF UNAVAILABLE: RAY FUNKHOUSER 908-341-7386
SEP 14	US MASTERS 5K ROAD CHAMPIONSHIPS EASTMAN COMPLEX KINGSPORT, TN MM, MW	BOBBY BAKER 318 TWINHILL DR KINGSPORT, TN 37660 615-349-6406 H 615-229-4364 B
SEP 22	US 15K CHAMPIONSHIPS NORTHWEST POINT ELK GROVE VILLAGE, IL JM, SW, SM, MM/W	DIANE GRAHAM-HENRY 442 W BELDEN CHICAGO, IL 60614 312-327-4493 H/F
SEP 28	ALONGI INTERNATIONAL R W CLASSIC DEARBORN HEIGHTS, MI SM, SW 3K, 5K, 10K, 20K	WOLVERINE PACERS ATH. CLUB ROSWELL BARRANCO 3235 MUSSON RD HOWELL, MI 48843-9507
OCT 13	US 1HR/2HR CHAMPIONSHIPS MIT TRACK, CAMBRIDGE, MA SW, JM, JW, MM, MW 1HR/SM 2HR	JUSTIN KUO 39 OAKLAND RD BROOKLINE, MA 02146 617-731-9889 H/F 617-821-3000 B

Probably the most successful racewalking program in the U.S. through the years has been that at the University of Wisconsin-Parkside. Under the direction of Bob Lawson and, more recently, Mike DeWitt, UWP has turned out a steady stream of national class walkers, both men and women. One of the current athletes in that program, Al Heppner, wrote the following article for us, looking at the DeWitt years at Parkside.

## Building tomorrow's stars

### Wisconsin-Parkside's walking program

My alarm clock went off at 7:30 a.m., but neither of us got up. I opened my eyes for a split-second to see if my roommate had awoken, but he was buried underneath his covers. I knew it was frigid outside and we had 15 miles to racewalk that morning. I pretended not to hear the music and layed my head on my pillow once again. Both my roommate and I knew that we were awake, but neither of us did anything. Finally at 7:43 a.m. he yelled, "Are you going to shut that off?"

We got dressed quickly, or at least pretty quickly for two people still half-asleep and drove to the local junior high school for 8 a.m. practice. There was the familiar sight of Coach De Witt jogging from his house to the school, but we stayed in the heated car until the last possible minute.

A few hours later, when we were done, it made it all worthwhile. We were ready to go to brunch, just as most of our classmates were beginning to feel their hangovers. It was a good feeling to know that you've done a 15 mile workout before others had left their dorms.

The program at Parkside started in earnest back in 1972, when Coach Mike De Witt began racewalking as a senior. This was the first year the NAIA (National Association of Intercollegiate Athletics) held the walk and De Witt, assisted by Bob Lawson, the coach at that time, became Parkside's first All-American racewalker. The next year, De Witt got Jim Heiring started in the Junior Olympic racewalking program, when Heiring was a senior in high school. Heiring came to Parkside the next year. "He set all the records by his sophomore year," De Witt said.

De Witt didn't take over the program until 1981 and the first female walker did not enter the scene until 1983. Deb Spino was a national champion runner, but she got injured her senior year. However, she felt no pain when De Witt introduced her to racewalking. Deb Spino-Lawrence, of course, dominated racewalking for many years and went on to make the 1992 Olympic Team. Since then, to recruit women walkers, De Witt has had to look no further than his current track team. A few female walkers have contacted him, but the majority have come right from the team. The burning question around campus is which runner is going to walk next. Last January, runner Pam Tucker was forced to red-shirt because she had transferred for the second time. De Witt decided to have her walk. In less than four months, Tucker walked 51:42 for 10 km and narrowly missed qualifying for USTF Nationals.

On the men's side, most of De Witt's walkers have been recruited from Suffolk County, Long Island. Tom Edwards was the first in '81. Suffolk County has one of the few and certainly the largest high school racewalking program in the nation.

In 14 years, De Witt has coached 12 NAIA National Champions and 4 Olympians in racewalking alone. He's also guided countless other college track athletes to All-American and National Championships, including the 1986 NAIA National Cross Country Championship; a team that was led by Michelle Marter-Rohl. In fact, De Witt's been successful where ever he has coached. When he coached high school track for a couple of



years, he qualified at least one athlete in every event (except the triple jump) for the state meet.

De Witt balances his time with all his athletes marvelously. He coaches over 30 runners, eight collegiate walkers, and over 30 more master walkers. He also coaches both of his sons' baseball teams, referees Parkside women's basketball games, keeps stats for Parkside men's basketball games, teaches full-time at an elementary school in Racine, and teaches in Parkside's Community Outreach Program. To get the full effect, you have to read one of De Witt's typical days during the spring semester:

5:30 A.M.	Wake up.
6:30 A.M.--8 A.M.	Women's track team morning practice.
8:30 A.M.--3 P.M.	Teach at the elementary school.
4:00 P.M.--6 P.M.	Parkside team racewalk practice.
6:30 P.M.--8:30 P.M.	Parkside Athletic Club master racewalk practice.
9:00 P.M.--9:30 P.M.	Dinner time.
9:30 P.M.--10:30 P.M.	Grade papers and plan workouts.
10:30 P.M.	Bed.

How in the world does he balance his time with his athletes? "The majority of them are self-motivated," De Witt explains. "I work with each group 2-4 times a week for the quality work and they are on their own for recovery."

Currently, there are four male walkers and four female walkers on the team. All four of De Witt's male walkers are nationally ranked: Will VanAxen, NY, (7th) and Al Heppner, MD, (12th) on the senior level; Dave Michielli, NY, (3rd) and William Leggett, VA, (4th) on the junior level. Danielle Kirk (CA) is ranked #15 in the nation on the women's side. Margaret Ditchburn (NY), Amber Nichols (WI), and Deb Iden (NY) complete the women's team. Deb Scott (NY) would be the fifth member, but she is running the 400 and 800 meters because of an injury. All nine walkers have either been a member of a national team and/or NAIA All-American. De Witt also coaches four other nationally ranked walkers including his daughter, Ali, and U.S. Olympian Michelle Rohl.

"All of them have good enough ability now or in the next few years to challenge for the national team or even an international team such as the World Cup," De Witt said. "They are all pretty much in tune with what it takes to be a good walker."

De Witt's athletes are quick to praise the program. "Coming to Parkside has enabled me to work out with other racewalkers. My teammates all try to help each other," said Sophomore Dave Michielli. "It's (Parkside) made it possible to reach my full potential as opposed to going to another university and being the only walker." Michielli's 10 km time dropped over seven minutes and he was an NAIA All-American in his first year. In addition, he represented the U.S. at the Junior Pan-Am Games in Chile last summer.

Margaret Ditchburn has also reaped the benefits from Parkside's program. "It's helped me a lot with races, because they're much longer than they were in high school," she said. "I can do longer workouts and train a lot better everyday. It's gotten to the point where I feel guilty about missing workouts." Ditchburn was on the Junior National Team a few years ago and represented the U.S. Intermediate Team in Mexico.

Tim Seaman, who graduated from Parkside last spring, added, "The best thing about Parkside was my training partners. I had the opportunity to work out with good quality walkers." Seaman is the school's only four-time collegiate National Champion in any sport.

The university itself is located in Kenosha, Wisconsin, just 30 miles south of Milwaukee. Most people know very little about the school. Parkside has one of the best biology programs in the mid-west, with nearly 90% of its pre-medicine graduates going on to medical school. "Some people give Parkside a bad name," Seaman said. "However, the school itself is very good. The teachers are high quality and know what they are talking about."

The weather, however, is not high quality according to Seaman. "The cold affected me tremendously. It changes your technique, makes you not want to go out and train, and aggravates injuries," he said.

However, not every walker is so critical of the cold. "It doesn't bother me at all," Ditchburn said. "As long as I have my facemask on then it's all right." Ditchburn did admit to almost freezing her toes off. "But it makes you a tougher person."

Michielli doesn't mind the sub-zero temperatures. "It really hasn't affected me that much," he said.

One thing is for sure. The weather makes you want to thank the man who invented the furnace every winter day.

The biggest thrill for De Witt, besides summertime, is when one of his athletes has a big-time personal best. "It's when I've seen someone I've coached starting from scratch make a national or Olympic Team," he said. "Once a year, someone has a big breakthrough race. That's a lot of fun."

Unfortunately, one big race may have been taken away from the walkers. As the university joined the NCAA Division II Great Lakes Valley Conference, the school dropped its NAIA affiliation. The NAIA Track & Field Championships has racewalking, but the NCAA does not. The Parkside Walkers have dominated the event. The last 14 men's national champions were from Parkside. Last year, the team grabbed four out of the six All-American slots, finishing 1st, 3rd, 4th, and 6th. The Parkside women have won all three individual national championships in the walk, including last year when they took five out of the six All-American positions (1st, 2nd, 3rd, 5th, and 6th). The athletic department is still fighting, but the chances of the team getting back to the NAIA Championships look slim.

Whether the team gets back to the NAIA's or not won't make or break this team. A team-first attitude is what propels them. "An important reason why over 25 walkers have qualified for (USTF) national races is that the older guys and girls help each other to get better," De Witt explains. "The same person is not necessarily the top walker every year, and they realize it's most important to hit the time standard. Everyone cheers for each other."

Ditchburn simply stated, "This team means a lot to me."

Just like Parkside's team means a lot to the racewalking community.

#### Parkside's NAIA National Champions Men

1982-Tom Edwards  
1983-Mark Manning  
1984-Will Prieschel  
1985-Andy Kaestner  
1986, 87, 88-Mike Stauch  
1989-Reggie Davenport  
1990-Doug Fournier  
1992-Dave Dougherty  
1991, 93, 94, 95-Tim Seaman

Women (began in 1993)  
1993-Jen Zalewski  
1994-Kelly Watson  
1995-Sue Kisting

**PARKSIDE OLYMPIANS**

Men

**JIM HEIRING (80, 84, 88)****ANDY KAESTNER (88)**

Women

**DEB LAWRENCE (92)****MICHELLE ROHL (92)**

(Note: AI has listed NAIA Champions from the time Mike DeWitt took over as coach. Before that, Jim Heiring won both Indoor and Outdoor titles in 1975, 1976, and 1977; John VanDenBrandt won both indoors and outdoors in 1979; Chris Hansen won outdoors in 1978; and Ray Sharp won indoors and outdoors in 1981.)

**USATF Convention notes--Atlanta, November 28-December 2**

(Compiled by Bob Carlson, Denver, Front Range Walkers)

It was exciting to be in Atlanta, a city bustling with construction and other activities as they prepare for the premier athletic event of 1996—the 26th Olympic Games July 26—August 4. This will be the 100th anniversary—it was first held in Athens, Greece in 1896. The facility that affects race walking, the Olympic Stadium will soon be completed. The exterior looks like Coors Field—which is not surprising because it will be remodeled (at a cost of \$12 million) into a baseball stadium for the Braves afterwards. Fulton County Stadium, across the street, will be leveled after the baseball season is over for a parking lot. The track, which is the best that can be made at this time, will be moved to Moorhead College across town. The practice track, identical surface to the main one, is near the stadium will be retained and bleachers added for an outstanding track facility for Atlanta. The race walks and marathon are the only events that the public can see for nothing because they are road events with start and finish in the stadium. All other events will cost megabucks to attend.

This was not a voting year for racewalking officers. Dan Pierce will remain as National VP for RW until the 1996 convention in San Francisco. The IAAF rule change dictating that walkers legs must be straight upon ground contact with the leading foot was adopted. Another change is that the word “warning” now means “disqualification” presumably because competitors will be warned by how many DQ calls they see on the posting board. The term warning as used previously is now called a “caution” to be used if a competitor is in danger of becoming illegal. As before, it can only be given once by any one judge to any one competitor for either of the two rules. In elite competitions, it will now be legal to transmit DQ calls (warnings) to the card recorder electronically, thus speeding up the notifications drastically. Gary Westerfield had the opportunity to see this system work successfully in the Goteborg Sweden World Champs. I heartily agree with the new rule requiring the straight leg on contact because I have always taught it that way anyway. IAAF judge Ron Daniel put on

an excellent judging seminar covering many aspects including the new rule changes. Dave Yukelson gave an excellent talk on sports psychology. He is RW's USATF adviser for this discipline. Two new road records were approved for 1995 performances—44:17 by Michelle Rohl in the 10K and 1:35:40 in the 20K by Victoria Herazo.

Some interesting ideas were presented in Atlanta. For one, initial efforts were instituted for putting a racewalker web page on the Internet. Several committee members will start to work on this to increase networking possibilities. The question was brought up on how to get race walking into more colleges. The suggestion was brought up that efforts should be made to start women's race walking clubs on the campuses that could eventually lead to competitions with other colleges. Gender equity, now a factor in the NCAA, could be a factor encouraging a development such as this. High schools and colleges are now the biggest untapped sources for new talent. All but the most elite of track running athletes could become far more prominent in racewalking than they could in the ultra-competitive running events. Of course, it will behoove all of us involved in racewalking to find ways to increase the number of qualified officials, coaches and judges versed in the sport for success in the progression.

Thanks to the efforts of Tom Eastler in Maine, that state is holding demonstration race walking events in many high school meets, with the idea of having scoring for one mile events included in the meets in a year or so. I wish this could happen in other areas. New York state is the only one with High School RW competition, and that seems to be dwindling slowly away.

The Centers of Excellence and Elite Camps for Youths programs were successful in the past year, and hope was expressed that these successes will continue in 1996. Camps were held in Orono, Maine, Colorado Springs, Colorado, Lake Placid, New York, La Grange, Georgia and Washington DC. Planned are opportunities to have future camps at Kenosha, Wisconsin and San Diego, California. Emphasis is, as it must be, on developing youth talent to take over from some of the aging veterans in the sport, especially in the 50K. A lot of credit must go to Tom Eastler, Bob Ryan and Sal Corrallo for doing a great job in working with young athletes.