

Berrett win 50 Km; Nelson, Green into trials

Palo Alto, Cal., Jan. 28 (From Ron Daniel)--Under near perfect conditions, Tim Berrett of Cnaada demonstrated why he is currently the premier 50 Km racewalker north of the Mexican border. With a final time of 3:57:21, Tim won the fifth annual Pacific Association sponsored 50 Km race and clinched a spot on the Canadian Olympic team.

Having been under 4 hours twice last year, Tim only needed a 4:10 to show conditioning. But with all but two laps under 12 minutes on the 2500 meter loop, Tim accelerated slightly in the middle and then coasted in to yet another sub--4 hour performance. He comfortably walked the second half 20 seconds faster than the first with 10 Km splits of 47:38, 47:43, 47:03, 47:02, and 47:55. Tim has been training in San Diego since December, and we can now wait to see how much more speed he'll show in the spring.

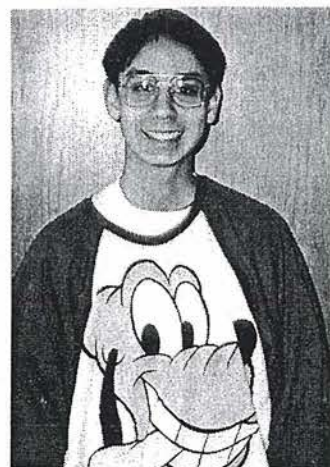
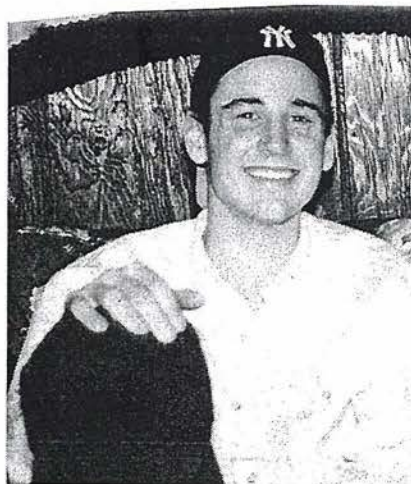
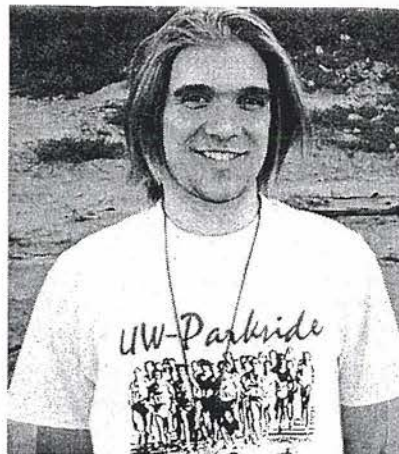
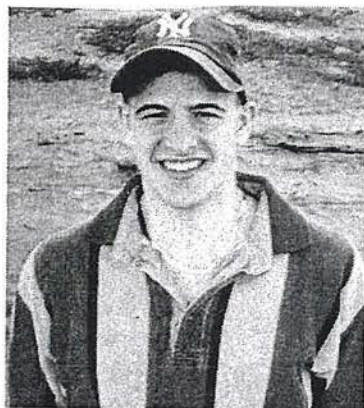
Pre-race expectations had all three members of the 1992 U.S. Olympic 50 Km team (Carl Schueler, Marco Evoniuk, and Herm Nelson) shooting for the 4:00 hour A standard. (Needed if the U.S. is to have more than one competitor in Atlanta. Allen James and Andrzej Chylinski are already there.) Even with years of experience and a perfect setting, this wasn't their day.

Carl was the first to slip off the course at 25 Km in 2:01:58. Short on the necessary training but long at the office, Carl's legs began to tie up and he decided to save them for the Trials on April 20. Marco looked very much on track, passing 25 in 1:59:18 and 30 in 2:24:08, when he started to have leg cramping problems causing him to take 13:18 to cover the next lap. He decided to join Carl on the sidelines.

Herm Melson found himself at 2:00:30 at halfway, but slipping from the 12 minutes per lap goal. For Herm, the option to step off the course didn't exist because he still lacked a qualifying time to be invited to the April 20 Trials. Herm continued to cruise to 35 Km in 3:49:24 (Still excellent pace), then coasted in for a 4:11:14 and an automatic Trials invitation.

With contrasting strategies and "life begins at 40" attitudes, relative newcomer Warrick (Rick) Yeager (41 last July) and Mark Green (40 last November and a 1988 Olympic Trails competitor) sought the 4:25 standard to get into the Trials. Rick was unable to resist the excitement and sense of ease in the early laps, as he went out with the other 4 hour hopefuls. But even that wasn't enough, and he found himself leading through 20 Km in 1:35:10 before reality began to set into his legs and energy stores. Even so, he was still under 4-hour pace at 30 Km (2:23:43) when the real suffering began. Much to his credit, with his 17th lap taking more than 20 minutes, Rick struggled on to record a very creditable 4:27:00 in his first ever finish at 50 Km. Meanwhile, Mark, ever patient, stuck

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Rogues gallery of UW-Parkside walkers. With last month's article on the University of Wisconsin-Parkside program, we ran out of room for pictures. Here are the male racewalkers now at Parkside. Top left: Al Heppner, senior; top right: Will VanAxen, junior; bottom left: David Michielli, sophomore; and bottom right: William Leggett, sophomore.

to his plan perfectly. It may not have been as exciting, but it provided a personal best 4:17:27 (he had 4:18:47 in '88), as well as an automatic invitation to the Trials. Mark's 10 Km splits were 50:12, 50:57, 51:06, 52:03, and 53:09.

Finishing between Mark and Rick was Guatemala's Nelson Funes. He participated in some of the early pace setting, passing 20 Km in 1:35:22 and 25 in 2:00:40 before slowing to a 4:23:35 finish.

The next finisher was Curtis Fisher in 4:33:17, which puts him 14th on the current list of Trials qualifying times. (As noted, a 4:25 is an automatic qualifier, but there will be at least 15 invited.) Sporting one of the longest faces after the race was Dave Marchese, whose 4:36:38 leaves him 16th on the list. He may be looking for another race to try and make the field.

In a concurrent 30 Km, Max Green, nearly 64 (Feb. 22 birthday), one of the outstanding master's walkers in the world, showed excellent form and great strength winning in 2:51:30. He had 5 Km splits of 28:42, 57:06, 1:25:13, 1:53:28, and 2:22:04.

There was also a 20 Km, in which Ian Whatley streaked to the front and cruised through to a 1:32:31. Fighting recent knee problems, Ian was using the race as a training effort. (Ian is the 15th ranked 50 Km walker with a 4:35:09 from last year.) Results: 50 Km: 1. Tim Berrett, Can. 3:57:21 2. Herm Nelson, Club Northwest 4:11:14 3. Mark Green, Las Vegas Walkers 4:17:27 4. Nelson Funes, Guatemala 4:23:35 5. Warrick Yeager, un. 4:27:00 6. Curtis Fisher, NYAC 4:33:17 7. Dave Marchese, Athletes in Action 4:36:38 8. Colin Peters, un. 5:10:32 9. Bruce Logan, MAC 5:23:18 DNF--Carl Schueler, Marco Evoniuk, Steve Pecinovsky, Mike Blanchard, Rodney Kelley, David Doherty, and John Soucheck. DQ--Al Heppner

30 Km--1. Max Green, Wolverine Pacers 2:51:30 2. Fred Dunn 3:31:17

20 Km--1. Ian Whatley 1:32:31 2. Susan Heiser 2:01:19 3. Quan Than 2:07:33 4. Art Klein 2:08:27 5. Jackie Kerby-Moore 2:12:17 6. Susan Mears 2:18:08 (Judges: Martin Rudow, Chief; Laura Cribbins, Dick Petruzzi, Toni Harvery, Lori Maynard, Charlie Sheppard, and Bob Wilson.

MORE RESULTS

Indoor 1 Mile, Providence, R.I., Jan. 14--1. Steve Vaitones 7:11.66 2. Brian Savilonis 7:22 3. Joe Light 7:25 4. Bill Purves 7:31 5. Stan Sosnowski 7:44 6. Mike Hoffer 9:16 7. Louis Candido (65 plus) 9:32 8. George Scott 9:41 9. John Gray (70 plus) 9:56

Women: 1. Meg Ferguson 9:02 2. Jeanne Shepardson 10:26 **Commonwealth Invitational 3 Km, Boston, Jan. 20--1.** Allen James 11:30.36 2. Tim Seaman 1:39 3. Curt Clausen 11:48 4. Gary Morgan 11:54 5. Dave McGovern 12:13 6. Sean Albert 12:15 **Women:** 1. Maryanne Torrellas 13:30.10 2. Sara Standley 13:46 3. Joanne Dow 14:07 4. Kaisa Ajaye 14:56 5. Loretta Schuellien 15:46 6. Samantha Cohen 15:49 **Indoor 3 Km, Boston, Jan. 21--1.** Steve Vaitones 13:56.10 2. Bill Purves 14:38 3. Ken Mattsson 16:04 4. Matthew Perry 16:29 5. Tom Knatt 16:42 6. John Jurewicz 17:05 **Women:** 1. Samantha Cohen 14:56.30 2. Rozanne dePrado 17:25 **Indoor 3 Km, Providence, Feb. 4--1.** Maryanne Torrellas 13:47.17 2. Bill Purves 14:18 3. Joe Light 15:02 4. Stan Sosnowski 15:12 5.

John Jurewicz 17:12 **Indoor 3 Km, Providence, Feb. 11--1.** Stan Sosnowski 15:12 2. Joe Light 15:13 3. Fred Anderson 17:39 **Indoor 1500 meters, New York City, Jan. 19--1.** Al Sangeap 7:07.36 2. Ted Kohnen 7:17 3. Bob Barrett (62) 7:48 4. Jim Baumbach 8:53 5. Nzinga Mack 8:56 **Indoor 3 Km, New York City, Jan. 13--1.** Wojciech Szela 12:18 2. Sean Albert 12:31 3. Lukasz Szela 12:53 4. Khang Vo 13:24 5. Roberto Gottlieb 14:25

Women: 1. Maryanne Torrellas 13:33.09 2. Lisa Kutzing 14:59 3. Kaisa Ajaye 15:18 4. Jennifer Pralgo 16:48 5. Jill Lipman 17:19 6. Loretta Shculeeein 18:06 **Indoor 1500, New York City, Jan. 12--1.** Gary Null (51) 6:53.69 2. Bob Barrett 7:51 3. Cervin Robinson (67) 8:44 4. Jan Gero (62) 8:57 **Indoor H.S. 1500, New York City, Jan. 27--1.** Ted Kohnan 6:53.3 2. Christine Hyland 7:32 3. Keri Cohn 7:44 4. Tara Shea 7:51 5. Amanda Druckman 7:52 6. Jill Romanoff 7:59 7. Gina Mantia 8:25 8. John Brennan 8:36 (15 finishers) **Indoor H.S. 1500, New York City, Jan. 6--1.** Lelia Lewis 9:10 2. Christine Briganti 8:12 3. Cahlia Naveh 8:40 4. Eveline Lewicka 8:54 5. Nzinga Mack 8:54 6. Michelle Mencia 8:55 (17 finishers) **20 Km, Miami, Nov. 12--1.** John Fredericks (47) 1:53:50 2. Brandon Perry 1:59:12 **5 Km, Leesburg, Florida, Jan. 20--1.** L. John Elwarner 26:10 2. Sterling Kerr 27:41 Women: 1. Pam Betz 31:01 **5 Km, Winter Park, Fla., Jan. 27--1.** Edgardo Rodriguez 24:55 2. C.S. Monte Carlo (50-59) 27:31 3. Steve Christlieb (40-49) 27:48 Women: 1. Pam Betz 30:35 (75 competitors) **5 Km, Miami, Jan. 28--1.** John Fredericks (47) 26:17 2. Bob Fine (64) 28:55 3. Gerry Gomes (63) 29:35 4. CHuck Deuser (65) 29:52 Women: 1. Sarah Perry 28:46 **12 Km, Orlando, Fla., Feb. 10--1.** Edgardo Rodriguez 64:32 2. C.S. Monte Carlo 68:03 3. Wim Verhoef 75:51 4. Steve Christlieb 77:31 Women: 1. Pam Betz 79:48 **5 Km, Winter Park, Feb. 4--1.** Pam Betz 30:08 **Indoor 2 Mile, Warren, Michigan, Feb. 3--1.** Ioan Froman 14:08 2. Dan O'Brien 15:07 3. Terry McHoskey 16:59 4. Vance Genzlinger 19:37 Women: 1. Kirsten Mullaney 15:09 2. Walda Tichy 19:51 **4.4 Mile Handicap, Denver, Dec. 3--1.** Marianne Martino (45) 40:40 . . . 3. Nancy Hardesty 44:00. . . 7. Mike Blanchard 38:19 (fast time) 9. Jim Twark 41:27 **4 Mile, Ft. Collins, Col., Dec. 15--1.** Lonnie Schreiner (52) 37:13 2. Narry Burns (49) 39:42 **5 Km, Denver, Jan. 13--1.** Mike Blanchard 26:11 2. Christine Vanoni (45) 28:45 3. Jim Twark (48) 29:19 **1 Mile, Boulder, Col., Jan. 27--1.** Alan Yap (53) 8:01.4 **5 Km, Denver, Jan. 28--1.** Daryl Meyers (53) 28:22 2. Christine Vanoni 28:29 3. Christopher Lesniak (51) 29:01 4. Lori Rupoli (44) 29:25 **Rose Bowl 10 Mile Handicap, Pasadena, Cal., Jan. 21--1.** Chris Dreher 1:27:41 2. Paul Johnson (55) 1:27:50 3. David Crabb (50) 1:03:39 4. Carl Acosta (60) 1:36:42 5. Ron Baers (50) 1:38:56 6. Brian LaBounty (40) 1:38:56 7. Pedro Santoni 1:38:57 8. PEter Armstrong (50) 1:39:42. . . 12. Bob Mimm (70) 1:40:30 . . . 21. Harry Drzin (90) 2:17:34 Women: 1. Margaret Govea 1:32:49 2. Linda Adams 1:39:22 **5 Km, Honolulu, Jan. 28--1.** Jim Carmines (52) 25:11 2. Brad Lau 27:07 Women: 1. Kelly Watson 26:19 2. Anne Head 28:01 3. Robin Fujinaka 28:39 4. Barb Steffens (52) 30:09 **8 Km, Roseville, Cal., Feb. 11--1.** Roger Welborn 44:25 2. Dick Petruzzi (60) 47:32 3. Art Klein 49:07 Women: 1. Chris Sakelarios 44:08 2. Susan Heiser 47:24 3. Terri Brothers 47:30 **5 Km, Seattle, Jan. 13--1.** Stan Chraminski 26:41 2. Bob Novak 27:39 3. Bev LaVeck 30:13 4. Claude Wrathall 30:15 **5 Km, New Zealand, Jan. 27--1.** Craig Barrett 19:34.79 (Barrett is an Atlanta qualifier at 50 Km) **5 Km, New Zealand, Jan. 31--1.** Garry Little 22:12 (betters his own age 54 best, which we reported last month, by nearly 2 seconds) **20 Km, New Zealand, Feb. 11--1.** Little 1:39:07 (betters former age-group best of 1:45:23 by Germany's Herward Kloppe in 1978. Had age 54 best of 47:22 and 1:12:30 enroute.)

CRAVING COMPETITION? TRY ONE OF THESE

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)
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, Orlando, Florida (Call 407-876-4467)
10 Mile (unjudged), Yellow Springs, Ohio 1 pm (M)
5 Km, Albuquerque, NM (EE)
7 Km, Denver, 9:30 am (H)
20 Km, Huntington Beach, CA (B)
20 Km, San Francisco (G)
Sat. March 23 15 Km, Columbia, Missouri, 8:30 am (DD)
5 Km, Miami, 7:30 am (Q)
5 Km, Denver, 10 am (H)
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 **National Masters Indoor 3 KM, Greensboro, NC (FF)**
5 Km, Cedarville, Ohio, 8:30 am (M)
Sun. March 31 5 Km (50 and over), Palo Alto, Cal. (R)
3 Mile, New Orleans, 7:45 am (CC)
5 Km, Denve, 8 am (H)
Thu. April 4 2.8 Mile, Seattle, 6 pm (C)
Fri. April 12 2 Mile, New Orleans, 6:15 pm (CC)
Sat. April 13 5 Km, New Orleans, 8:30 am (CC)
5 KM, New Orleans, 8:30 am (CC)
5 Km, Denver, 9 am (H)
Sun. April 14 Mt. SAC Relays 10 Km, Walnut, Cal., 8 am (B)
Metropolitan 15 Km, New York City, 9 am (F)
5 Km, Denver (H)
Fri. April 19 North American Masters 5 Km and Southern Region 10 Km, LaGrange, Georgia (S)
5 Km, Ft. Lauderdale, Fla., 7 pm (Q)
Sat. April 20 **50 Km Olympic Trial, LaGrange, Georgia**
5 Km, Detroit (O)
5 and 8 Km, Coconut Grove, Fla., 7:45 am (Q)
5 Km, Denver, 9 am (H)
Sun. April 21 5 Km, New Orleans, 8:30 am (CC)
3,5, and 10 Km, Dearborn, Mich. (Z)
5 Km, Denver (H)
5 Mile, Westerly, R.I., 10:30 am (W)
Sat. April 27 3 and 5 Km, Warren, Mich. (O)
5 Km, Atlanta (D)
3 Mile, New Orleans, 7 am (CC)
Penn Relays Women's 5 Km and Men's 10 Km (BB)
Northwest Regional 10 Km, Seattle (C)
5 and 10 Km, Lake Worth, Fla., 7:30 am (Q)
Sun. April 28 Women's 10 Km, Men's 20 Km, Dearborn, Mich. (Z)

	Pacific Assn. 10 Km (G)
	4 Mile, Denver (H)
May 3-5	Southeast Masters 5 and 20 Km, Raleigh, N.C. (Call 919-831-6640)
Sat. May 4	5 Km, Detroit (O)
	5 Km, Decatur, Georgia (D)
Sun. May 5	USATF National Junior Women's 10 Km, Women's 20 Km, and Men's 25 Km, Albany, NY (Y)
	3, 5, and 10 Km, Dearborn, Mich. (Z)
	8 Km, Miami, 7:30 am (Q)
	5 Km, Los Angeles (B)
Thu. May 9	2.8 Mile, Seattle, 6 pm (C)
Sat. May 11	5 miles, Columbia, Missouri, 8 am (DD)
Sun. May 12	Jack Mortland 20 Km (North Region Championships; 5 and 10 km, Yellow Springs, Ohio (M)
	20 Km, London, Ontario (O)
	10 Km, New York City, 8 am (F)

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 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
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 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
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 O--Frank Soby, 3907 Bishop, Detroit, MI 48224
 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--LaGrange Sports Authority, P.O. Box 2162, LaGrange, GA 30241
 V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
 W--Joe Light, 34 George St., Westerly, RI 02891
 Y--Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303
 Z--Ross Barranco, 3235 Musson Road, Howell, MI 48843
 AA--Dick Petrucci, Box 513, Carmichael, CA 95609
 BB--Jeff Slavage, 86 Five Crown Royal, Marlton, NJ 08053
 CC--New Orleans TC, P.O. Box 52003, New Orleans, LA 70152
 DD--Colombia Track Club
 EE--Box 6301, Albuquerque, NM 87197, 505-243-4674
 FF--Dolores Rogers, 770-475-5499

FROM HEEL TO TOE

If you didn't receive your January issue of the ORW, please let me know. I had some trouble printing the address list and have a feeling a few addresses got left off. I should have mailed a few more copies than I did. . . In conjunction the 50 Km Olympic Trials in LaGrange, Georgia on April 20, the LaGrange Sports Authority has added three pre-event races. On Friday the 19th, they will host the WAVA North American Masters 5 Km Championship at 3:30 pm and a combined race, the Georgia State 10 Km Championship and the USATF Southern Regional 10 Km, at 4:30 pm. The events will be held on the Olympic Trials course, which is flat, fast, and located adjacent to the LaGrange College campus. For further details contact the LaGrange Sports Authority, P.O. Box 2162, LaGrange, Georgia 30241. You can call them at 706-812-9000 and ask for Helen Price. . . Sally Richards is offering three racewalk training camps for women in the Colorado Rockies later this year through WALKSPORT, Ltd. Camp dates and fees are June 5 to 9 (\$415), June 22 to 28 (\$575), and September 5 to 8 (\$340). The camp site is Snow Mountain Ranch YMCA 80 miles west of Denver. The aim is to give women specific information and instruction on walking and racewalking through sessions on a variety of terrains. Sessions will be enhanced by use of video cameras, individual and group coaching, group discussions, and invited speakers, including nutritionists, massage therapists, and clothing reps. Contact Sally Richards, 1153 Evergreen Parkway, Suite 224, Evergreen, CO 80439 for further information. . . Another learning opportunity is the Maximum Walking Clinic in Bowling Green, Kentucky on March 30 and 31. Martin Rudow, well-known for his racewalking books and videos, will be on hand to conduct this one. Saturday morning will be an introduction to maximum walking with a 1 Mile race at noon, which will be videotaped. That afternoon will be devoted to technique training, and Sunday will include personal training sessions. Fees are \$15 for all day Saturday, and \$25 for individual coaching on Sunday. Contact Elizabeth Longton, Logan Aluminum Inc., PO Box 3000, Russellville, Ky 42276, 502-755-6178 (day), 502-483-9085 (evenings). . . Ron Laird is the only racewalker listed in the 1994 *Sanders Price Guide to Sports Autographs*. The guide lists his signature at \$5 or \$10 on a photo. That makes him worth more than a lot of cyclists, swimmers, wrestlers, and even some runners and throwers listed on the same page (the one page is all I have). Olga Korbut has the highest prices on that page (\$50 and \$100). . . It's too late for Valentines Day, but if you have needs for chocolates (a wide variety available), contact racewalking's "Chocolate Man" Marc Varsano. He can provide assorted gift boxes, packages, and platters of all sorts of delectable confections. Call Chocolate Man Confections at 800-414-4718. . . Apologies to New Mexico's Vincent Sheehan who I omitted from the results of the Houston 50 Km in the January issue. I showed second place and a time, but no one to go with that time. It was Vincent Sheehan, which I knew since I did get the result onto the annual list I published in the same issue. Also, the race was on Dec. 31, not Dec. 30. . . Steve Vaitones picks up another item of interest from an old issue of *Long Distance Log*. It reads: It's not exactly the elixir of youth but dehydrated marathoners might find some comfort in the following formula prepared by Dr. John Blackburn, Worthington, Ohio's plodding physician--orange (or lemon) juice 4 oz., sugar (or honey) 2 tablespoons, water--enough to make one quart, salt--1/2 teaspoon. Note the editor tried it (that's Browning Ross, editor of the Log) and reports that it is much better if you use Gin instead of water--and leave out the running altogether; especially on hot days! Further note (from the ORW editor): I also tried it back in those ancient days and used it some in races. I did practically all of my training on Doc's 9.3-laps-to-the-mile, private, blacktop track in those days and was privy to whatever he was

cooking up. Probably about time to recycle some of his sports medicine articles from early ORWs.

Training Means for Racewalking

by Dieter Bohlitz, et al

(Ed. This, perhaps controversial, article, sent to me by Steve Vaitones, first appeared in *Die Lehre der Leichtathletik*, a German publication, and was published in its present form in the Fall 1994 issue of *Track Technique*. Personally, I have never advocated the use of weights during training. What do others think?)

Experiments have shown that the use of additional loads to combine basic endurance training with strength development can be successfully applied to racewalk training. An additional loading with a 5 kg weight vest and 200 g ankle weights make it possible to introduce specific cyclic strength development already at the start of basic endurance training without a reduction of speed and stride length.

Our experiments with additional loading allowed athletes to cover 15 km training distances at speeds of 80 to 85 percent of the aerobic threshold without uncontrolled increased stresses on the functional systems. The workouts remained in the physiologically positive range of the endurance training effect.

At the same time, the employment of the two types of additional loading was responsible for different training effects on the participating main muscle groups. The ankle weights developed, above all, eccentric work in the braking phase of the stride structure, while the weight vest was responsible for the improvement of concentric work in the support phase. Both types of loads appeared to have a positive influence on the development of stride frequency.

However, it should be noted that stride frequency will suffer from reduction as soon as muscular fatigue sets in. For this reason, it is advisable and more effective to use only ankle weights in the first half and only the weight vest in the second half of the training distance.

It is also advisable to keep in mind that the weight vest emphasizes concentric work of the main muscle groups and consequently increases the demand on the gastrocnemius muscles at the end of the support phase. This, in turn, can lift the body's center of gravity and lead to an undesirable lengthening of the flight phase. In contrast, no negative influences on technique can be expected from the use of ankle weights.

Whatever the small technique problems, our experiment confirmed that the use of additional loads in the training of racewalkers allows the simultaneous development of basic endurance and specific strength with a positive effect also on stride frequency.

SHOE STUFF

We get questions on racewalking shoes from time to time and never have very definitive answers. I can't afford to try out many different shoes, and when I get something that's good for me, I stick with it for as long as possible. Currently, I am on the Asics Gel series that started at 101 several years ago and is now up to 122 or 123, but still basically the same shoe. (The all-time best, for me, and I think Ron Laird still agrees, was the adidas Italia of the mid-60s--long gone.) Anyway, here are a couple of items that may help those searching for that perfect shodding. First, a brief item by New England RW Chair, Justin Kuo. Second, a lengthy article that appeared on the Internet, which I am picking up from

Bob Carlson's *Front Range Walker News*. It was compiled by Paul Adams. (We are running part of it this month, and the remainder next month.)

Custom Made Racewalking Shoes

Justin Kuo

If you have trouble finding shoes that fit your feet and your walking style, you may want to call a custom shoe company like Hersey shoes in Wilton, Maine. I've been using the Hersey custom shoes for 5 years and can't say enough about them. I travelled up to Bart's shop in Maine. Bart took several measurements of my feet because as most people, my two feet don't have the same dimensions. Less than 2 months later the shoes were delivered.

Some shoes become comfortable after they're broken in--the Hersey's fit as soon as I put them on. They are the most comfortable racewalking shoes I've ever worn. At \$125, they were a bit more expensive than the standard "walking shoes" I was used to.

However, the shoes last a long time. When the Goodyear sole wore down, I sent them back to Bart to be resoled. Each time the shoes come back as good as new. I purchased a second pair shortly after the first so I would always have a decent pair. I kept resoling the worn shoes (about \$25). Last summer, I finally had to get a third pair and retire the original two.

The walking shoes that Hersey builds were originally designed to be track flats. Hersey has been working on a racewalking shoe and is looking for input from walkers regarding construction and materials. He will design your shoes to your specifications. For example, if you land heavy, you may want part of the sole to be made of a stiffer material.

INFORMATION FROM THE INTERNET ON CHOOSING RACEWALKING SHOES

Compiled by Paul Adams

Section I. BUYING SHOES AND REVIEWS OF SOME MODELS

Choosing a Shoe

In general, there are 7 steps in choosing a good race walking shoe. [This generally follows what Martin Rudow says in his book which I am indebted to. He wants to stress that his guidelines have been developed mainly for injury prevention.]

1. Go to a quality running shop. The clerks there should be more knowledgeable about shoes and what type you will need than the clerks in a chain-brand mall store.

2. Flex the shoe. It should bend at its widest point, the ball of the foot. It should not bend at the middle of the foot. If a shoe is too stiff, the back of the shoe may rub on the heel bone and cause irritation.

3. Look for a shoe with a wide toe box built on a semi-curved last. The midsole thickness should be fairly even from the heel to the toe with the heel being a little thicker. Push on the heel of the shoe. Ideally the inner side should be a little stiffer than the outer side. This helps with pronation and guides the foot to the outside.

4. The sole of the shoe should be flat, without any waffles, lugs, or knobs. The outer sole should be constructed of carbon rubber

or something similar for durability. Shoes with a blown rubber outsole tend to wear down quickly.

5. Remove the insole and look at the interior of the shoe. The construction should be combination lasted to give stability upon heel strike and flexibility upon pushoff. Squeeze the heel cup to see if it is firm for ankle stability.

6. Try the shoe on. If it fits and feels good immediately, it is probably a good shoe you.

7. Buy from the local running shop, if you used their expertise.

If some of these terms were unfamiliar to you, then read Section III where they are explained.

SHOES

The shoes are listed alphabetically by company, not by how suited they are to race walking. Two shoes that others have reviewed have been discontinued. They are the Mizuno Challenger Plus and the Reebok World Prix Racewalkers. Therefore I do not include them in this list.

If a description does not have quotes around it, then the description came from a catalog or web site. If it does have quotes then it is someone's opinion on the shoe. Brackets indicates the company that gave the information.

ADIDAS RACE WALK Lightweight shoe designed for the racewalking athlete. Synthetic leather with nylon trim upper. Adiprene midsole and Vibrastop outsole. Launch date, which is when Adidas starts taking orders, is in Feb. 1996. Comes in sizes 4-15; suggested price is \$70, order number is 078130." —By Diane [Adidas]

"The Adidas Race Walk resembles the Adidas Equipment Cushion running shoe, except it's black/violet/gold. It has a Adiprene midsole and Vibrastop outsole. —By Jim S. [Eastbay Tech Support]

"The best racing shoes I have had were the Adidas equipment race walk, but you cannot get them any longer. However, Adidas is going to release their new race walkers in late January!" —By Chad Eder

ASICS GEL RACER Lightweight performance shoe designed for races of all distances. Alpha Gel (TM) in rearfoot.

"My preference is for light weight shoes, the lighter the better, but with medial support and as straight a last as possible. So, the two [Asics Gel Racer and Mizuno Phantom] that I am using now I would recommend for anyone whose preferences match my own. I plan on getting 500 to 600 miles on each of these." —By Gordon Pitz

BROOKS CHARIOT "I feel that the criteria I value are found in the Brooks Chariot, one of the oldest models of running shoes on the market." —By Martin Rudow

MIZUNO PHANTOM Upper of breather mesh with synthetic suede for reinforcement. Slip lasted on racing curve last. Single density compression molded EVA midsole. Carbon rubber heel plug and blown rubber forefoot.

"My preference is for light weight shoes, the lighter the better, but with medial support and as straight a last as possible. So, the two [Asics Gel Racer and Mizuno Phantom] that I am using now I would recommend for anyone whose preferences match my own. I plan on getting 500 to 600 miles on each of these. —By Gordon Pitz

MIZUNO SPIDER RACER Breathable nylon upper with synthetic suede trim. Semi-curve racing last. Single density molded midsole with cutaway arch bridge. Expanded rubber forefoot and carbon heel plug outsole.

NEW BALANCE MW600WB High performance athletic walking shoe. ABZORB (R) technology used to provide maximum shock adsorption. ENCAP (R) EVA midsole for durability and stability. Combination lasted for rearfoot stability and forefoot flexibility. Rubber outsole with flex grooves

NEW BALANCE RC700WT Lightweight racing flat with C-CAP (R) midsole.

"I've been using the RC700WT racing flats for a few months and am relatively pleased with them. I switched to them from running shoes after getting serious about RW. The letters in the model designation are critical. NB also has a model 700 running shoe. They are made on a different last from many NB running shoes. I had to go a half size larger with the racing flats. They don't come in different widths, one of NB's usual strong points." —By John R. Gersh

NEW BALANCE 998

"New Balance 998 ladies running shoe. They will be discontinued when a new 999 version arrives this spring. They are wonderful shoes, I wore them as a runner and then continued when I switched to racewalking. Very durable, comfortable, and they come in narrow sizing (which is great for me) as well as medium and wide widths." —By Leslie Pelletier

NEW BALANCE 640

"Just breaking this one in - very light weight - fairly good cushioning, somewhat narrow through the midfoot, accommodates orthotics, smooth sole. This shoe does not fit as well as the Mizuno [Challenger] but seems to enable me to get a good 'feel' for the road. I think it has possibilities. Is developed to help pronators." —By Peggy Miller

"I have tried the New Balance 650 outdoor cross country track shoe. It has been great on the indoor track, outdoor track and shorter distance training walks. I did try it out on a 10 mile walk and I could have used a little more forefoot cushioning when the road was rough. All in all, the shoe really gives you a feel for the road. It has pretty good support, a fairly thin heel/sole but it does have "nubs" on the sole. The nubs didn't seem to cause me any problems and were great at gripping on the track." —By Peggy Miller

REEBOK ATHLETIC RACEWALKER Nylon upper with mesh side panels provide ventilation. Lightweight Hy-Lite (TM) midsole provides cushioning and support. MC5000 rubber outsole with forefoot flex grooves. Specifically designed around the biomechanics of race walking.

"I think the best available right now are the Reebok Athletic Racewalkers. I have them and I like them." By Ken Mattsson

"I train in these shoes right now. They are lightweight and seem to work well." —By Paul Adams

"Have one pair, think they're great. By Richard Oliver

"For fast training walks I use the Reebok racewalking shoe. Though I don't like it much, I often get blisters on my heel. from it."

—By Sherry Watts

"I currently have (and sometimes use) a pair of the Reebok race walkers, but would not recommend them because they seem to prevent walking on the outer sides of your foot (as proper form mandates)." —By Chad Eder

REEBOK RACER X Mesh side panels provide ventilation. Lightweight Hy-Lite (TM) midsole provide cushioning and support. Blown EVA forefoot for lightweight cushioning. Hexalite (R) material in heel with Hypalon (R) heel plug provide lightweight durability.

"For less important races I have a Reebok running racing flat the Racer X which really isn't great, but its all I have found." —By Sherry Watts

SAUCONY AYA Built on a performance last. Microweave nylon with synthetic suede trim. Features a full-slip last. The midsole is made from molded Maxlite EVA and the outsole is a 2 piece XT-600 carbon rubber.

"The AYA (\$75) is lightweight, built on a curved last for quicker turnover in the gait and is well cushioned. —By George [Saucony]

SAUCONY INSTEP PRO Built on a Saucony walking last, this shoe has soft, full grain upper and is combination lasted. The midsole is molded RPU while the outsole is XT-600 carbon rubber.

"For long slow training I use the Saucony Instep. Its stiff and heavy but it fits me well so I can avoid blisters. It lasts forever I use two pairs a year for about 30 miles a week training and then retire them to everyday shoes for work and life in general." —By Sherry Watts

SAUCONY INSTEP RW Built on a Saucony walking last, this shoe has breathable mesh with synthetic leather upper and is combination lasted. The midsole is molded RPU while the outsole is XT-600 carbon rubber.

"The Instep RW is designed to be a run/walk shoe and is designed to have greater forefoot flexibility than the average walking shoe. The Visible ISD uniquely cradles the heel and supports the arch as the walker moves through the gait cycle. The shoe is comfortably cushioned and supported with the Instep Cushioning Cradle." —By George [Saucony]

SAUCONY SPEEDWALKER

"Didn't like this shoe at all. Fit my foot poorly and tried to control my foot placement and movement in a way that didn't match my racewalking style, i.e. rolling and staying on the outside of my shoe." —By Peggy Miller

(We will run Section II--Shoe Companies and Web Sites, and Section III--Shoe Construction, next month.)

LOOKING BACK

30 Years Ago (From the Feb. 1966 ORW)--Don DeNoon's 6:10.2 for the Mile in the LA Times Indoor meet was a world best. DeNoon covered the first half in 3:04 and then just kept going, leaving Ron Laird, who was waiting for him to fold, some 20 seconds back. . .Laird got a measure of revenge the next day, edging DeNoon over 10 Km in 44:47. . .Ron Daniel won a couple of 1 Mile races on the East Coast in 6:32.9 and 6:36.2.

25 Years Ago (from the Feb. 1971 ORW)--Ron Laird copped the National Indoor 1 Mile crown, beating Daniel by just .1 second in 6:26.9. When Dave Romansky and Ron Kulik were DQ'd, Ray Somers captured third in 6:43.6, just ahead of John Knifton and Greg Diebold. . .Romansky broke the U.S. record for 1500 meters in an earlier race, leaving Daniel 12 seconds back as he did a 5:49.8. . .Tom Dooley showed his versatility, winning a 5 Km race in 21:46 and a 35 Km in 2:56:54 a week later.

20 Years Ago (From the Feb. 1976 ORW)--Todd Scully turned in a couple of quick miles down in Virginia--6:29.2 and 6:12.2. Ron Daniel did a 2 miler in 13:35, with John Fredericks and Dave Romansky also under 14, and Sue Brodock had a 7:11 mile on the other side of the country. Wayne Glusker turned in a good early season 20 Km of 1:36:48.

15 Years Ago (From the Feb. 1981 ORW)--Moving away from Jim Heiring over the last two laps, Ray Sharp won the National Indoor 2 Mile in 12:37.5. Jim was 3 seconds back, with Todd Scully taking third in 13:00. Tom Edwards, Al Halbur, and Tim Lewis rounded out the top six, all under 14:00. . .In the women's 1 Mile, Susan Liers-Westerfield was never challenged as she breezed to a 7:05 win. Sue Brodock was 25 seconds back in second. . .In the Millrose Games, Evan Fox bested Tim Lewis by nearly 2 seconds, winning the mile in 6:13. Tom Edwards was third. . .Two days later, Edwards won the Metropolitan 2 Mile in 13:48. . .Liers-Westerfield preceded her National win with a world's best of 6:58.5. . .Brodock was also quick, winning the LA Times Mile in 7:04. . .Heiring had beaten Sharp in an earlier 2 Mile in Madison, Wis., 12:44.34 to 12:44.39, and also took him at 5 Km in 21:01.3. . .A week before the National 2 Mile, Sharp won the NAIA title in 12:56.89, with Sam Shick more than a minute back.

10 Years Ago (From the Feb. 1986 ORW)--At the Millrose Games, Jim Heiring shattered Ray Sharp's 3-year-old 1 Mile record by nearly 5 seconds as he completed 11 circuits of the Madison Square Garden track in 5:41.25. Tim Lewis was just off the old record with his 5:46.62 in second. Tom Edwards was also under 5:50. . .Heiring came back in the National Indoor 2 Mile to knock off another record, covering 2 Miles in 12:05.94, nearly 2 seconds under the record he set a year earlier. Lewis was again second in 12:17.58 and Pat Moroney third. . .Teresa Vaill won the Women's National Indoor 1 Mile in an American record 6:53.58 with Lynn Weik (6:56.27) close behind. Debbi Lawrence was third in 7:09.83. . .In the LA Times meet, Gary Morgan beat Larry Walker by 5 seconds in 6:02.1.

5 Years Ago (From the Feb. 1991 ORW)--National Indoor titles went to Doug Fournier (5 Km in 20:03.74) and Teresa Vaill (3 Km in 12:49.95). Fournier was 21 seconds ahead of Tim Seaman with Dave McGovern another 10 seconds back. Sara Standley took second in the women's race with a 13:09.72, just ahead of Victoria Herazo. . .Debbi Lawrence, sick at the time of the National, bettered the World Indoor 1500 meter record earlier with a 5:54.35 at the Meadowlands Invitational.

All-Time World Lists

(Compiled by Mel Watman)

20 Km

1:17:25.6t	Bernardo Segura, Mex., 94	3:37:41	Andrei Perlov, Russia, 89
1:18:04	Bo Lingtan, China, 94	3:38:17	Ronald Weigel, East Germ., 86
1:18:13	Pavol Blazek, Czech., 90	3:38:29	Vyatcheslv Ivanenko, Rus., 88
1:18:20	Andrei Perlov, Rus., 90	3:38:43	Valentin Massana, Spain, 94
1:18:32	Vladimir Andreyev, Rus., 95	3:39:45	Hartwig Gauder, East Germ., 88
1:18:33	Mikhail Schennikov, Rus, 93	4:00:02	Aleksandr Potashov, Rus., 90
1:18:35.2t	Stefan Johansson, Swed. 92	3:40:07	Andrei Plotnikov, Rus., 90
1:18:37	Aleksandr Pershin, Rus., 90	3:40:46	Jose Marin, Spain, 83
1:18:37	Ruslan Shafikov, Rus., 95	3:41:07	Valeriy Spitsyn, Rus., 94
1:18:40.0t	Ernesto Canto, Mex., 84	3:41:20	Raul Gonzalez, Mex., 78
		3:41:20	Zhao Yongshen, China, 95

50 Km

World Junior Age Best Performances

(Compiled by Falk Tippmann in *Athletics*)

Men's 10 Km

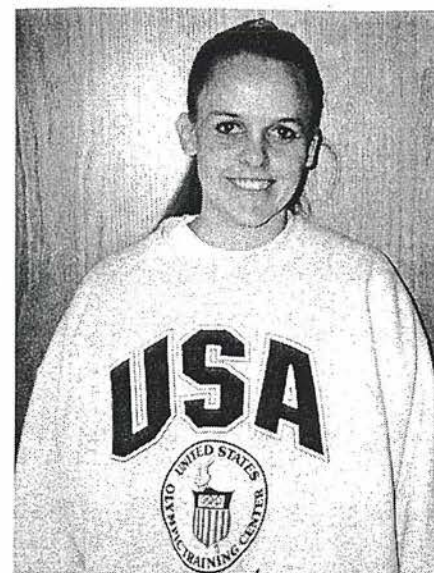
14	43:29.4	Yuriy Mostovik, USSR, 1986
15	41:05.63	Vitaliy Stetsishchin, Ukraine, 1994
16	40:08.23	Jefferson Perez, Ecuador, 1990
17		Same as for age 16
18	39:55.52	Ilya Markov, USSR, 1990
19	38:54.75	Ralf Kowalsky, GDR, 1981

Women's 5 Km

12	22:42.9	Michelle, French, Australia, 1994
13	22:05.0	Wang Yan, China, 1985
14	21:33.8	Wang Yan, China, 1986
15		Same as for 14
16	21:30.92	Olga Shchastnaya, USSR, 1987
17	21:05.41	Irina Stankina, Russia, 1994
18	20:37.7	Jin Bing Jie, China, 1990
19		Same as for age 18

Women's 10 Km

13	45:59	Jin Bing Jie, China, 1985
14	44:59.3t	Wang Yan, China, 1986
15	44:26.7t	Jin Bing Jie, China, 1987
16	43:45	Jin Bin Jie, China, 1978
17	42:44	Long Yu Wen, China, 1993
18	42:13	Irina Stankina, Russia, 1995
19		Same as for age 18



Parkside Rogue's Gallery continued. The ladies side of the Parkside program. Top left: Margaret Ditchburn, senior; top right: Amber Nichols, senior; bottom left: Danielle Kirk, senior; and bottom right: Deb Iden, junior.