

Year's End Means ORW Rankings

Since 1971, the ORW has marked the end of the year with its annual rankings of the world's best walkers at both 20 and 50 Km. In 1973, we added U.S. rankings at both distances, and in 1979, women's rankings, both World and U.S. at 10 Km. (Actually, for a few years we ranked the women at both 5 and 10 Km, until the 10 became established as the premier event.) Our early neglect of the women had nothing to do with sexism, but was because there wasn't enough reported activity on the women's side of the sport to justify rankings.

In making the rankings, I consider finishes in major competitions, competitive record against other contending athletes, and collection of times. The final result is the subjective opinion of your editor, but reflects who are the best both in the world and the country and what it takes to get there, if you have such ambitions. Accompanying the U.S. rankings are lists of the best times at each distance for the year, with only the best performance of each athlete listed. I'm withholding the world lists until next month when I should have more complete information than now. So, here we go.

1996 World 10 Km Rankings

- | | |
|---|---|
| 1. Yelena Nikolayeva, Russia
41:04 (1) Russ. Ch. 4/20
42:37 (7) Eisenhuettenstadt 5/11
41:49 (1) Oly. Games | 5. Rosella Giordano, Italy
42:37 (2) Eur. Cup 4/20
42:20 (2) Moscow 6/2
42:43 (5) Oly. Games 7/29 |
| 2. Elisabetta Perrone, Italy
44:23 (5) European Cup 4/20
42:09 (4) Eisen. 5/11
42:54 (4) Moscow 6/2
42:12 (2) Oly. Games 7/29 | 6. Katarzyna Radtke, Poland
43:45 (4) Eur. Cup
42:17 (5) Eisen. 5/11
43:05 (7) Oly. Games 7/29 |
| 3. Yan Wang, China
42:19 (2) Chin. Ch. 3/10
42:19 (3) Oly. Games 7/29 | 7. Olympiada Ivanova, Russia
41:46 (1) Adler 2/11
42:30 (3) Moscow 6/2 |
| 4. Yan Gu, China
42:24 (3) Chin. Ch. 3/10
42:34 (4) Oly. Games 7/29 | 8. Anna Rita Sidoti, Italy
43:26 (1) Eur. Cup 4/20
43:04 (6) Moscow 6/2
43:57 (11) Oly. Games 7/29 |

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. No FAX number or E mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

9. Olga Kardapoltseva, Belarus
44:59 (8) Eur. Cup 4/20
42:45 (8) Eisen. 5/11
43:23 (8) Moscow 6/2
43:02 (6) Oly. Games 7/29

10. Valentina Tysbulskaya, Belarus
44:35 (6) Eur. Cup 4.20
43:05 (11) Eisen. 5/11
43:21 (8) Oly. Games 7/29

Despite an off-performance in the Eisenhutzenstadt race, which brought most of the top competitors together early, Nikolayeva is a clear number one with her smashing Olympic win and the fastest time of the year. . Perrone never won, but she was consistent in the three top races outside of the Olympics and then came through with the Olympic silver. . Wang and Gu get the next two spots off their Olympic performance. Hongmiao Gao, who beat them in the Chinese Championship race, was DQ'd in Atlanta and goes unranked. . Giordano had two great races going into the Olympics, beating Perrone twice, but still we can't rate her higher than her fifth place in Atlanta. . Radtke gets sixth place, having beaten Kardapoltseva, who edged her for sixth in Atlanta, rather decisively in two earlier races. . Ivanova did not compete in Atlanta, but had a fast time and good performance in the tough Moscow race. Sidoti faltered in Atlanta, but her strong win in the European Cup and finish ahead of Kardapoltseva in Moscow earns her eighth. . Kardapoltseva and Tysbulskaya get the next two spots off their Olympic finishes. . Kerry Saxby, who won the Eisenhutzenstadt race, but dropped to twelfth in Atlanta, is the odd-woman out.

1996 World 20 Km Rankings

1. Jefferson Perez, Ecuador
1:20:56 (1) Fana 5/4
1:20:21 (11) Eisen. 5/11
1:20:07 (1) Oly. Games 7/26

5. Mikhail Schennikov, Russia
1:18:36 (1) Russ. Ch. 4/20
1:18:37 (2) Eisen. 5/11
1:21:09 (7) Oly. Games 7/26

2. Ilya Markov, Russia
1:18:48 (2) Russ. Ch. 4/20
1:19:35 (7) Eisen. 5/11
1:20:16 (2) Oly. Games 7/26

6. Rishat Shafikov, Russ.
1:19:30 (2) Adler 2/11
1:23:13 (8) Eur. Cup 4/20
1:20:03 (1) Moscow 6/2
1:20:41 (5) Oly. Games 7/26

3. Bernardo Segura, Mexico
1:19:05 (5) Eisen. 5/11
1:20:23 (3) Oly. Games 7/26

7. Aigars Fadejevs, Latvia
1:20:40 (6) Adler 2/11
DNF Eisen. 5/11

4. Nick A'Hern, Australia
1:23:55 (1) Aus. Ch. 2/7
1:20:44 (13) Eisen. 5/11
1:20:31 (4) Oly. Games 7/26

8. Robert Korzenowski, Poland
1:21:46 (1) Eur. Cup 4/20
1:21:13 (8) Oly. Games 7/26

9. Yevgeniy Misyula, Belarus
1:18:18 (1) Eisen. 5/11
1:21:16 (9) Oly. Games 7/26

10. Vladimir Andreyev, Russia
1:19:11 (1) Adler 2/11
1:19:45 (3) Russ. Ch. 4/20

The Olympic Games were decisive and there are only two deviations from the finish there in these rankings. Perez backed his decisive Olympic win with a fast track race in Norway. He was well back in the Eisenhutzenstadt race, but that race seemed to be a sort of mirror image of the Olympics in its finish positions, and the Olympics carries much more weight, even though the Eisen. field was very tough. . Markov was also well back at Eisen., but had a good race in the Russian Championship besides his strong Atlanta finish. . Segura fared better at Eisen., but could not match the other two when it counted. . A'Hern gets fourth, beating Schennikov decisively in Atlanta. . The Russian, however, ranks two places higher than his Olympic finish, having beaten Markov in the Russian Championship and all but one of the others who finished ahead of him in Atlanta at Eisen. . The only other deviation from the Olympic finish is Andreyev in tenth. He did not compete in Atlanta, but beat Shafikov and Fadejevs in an early race and had a strong third in the Russian Championships.

1996 World 50 Km Rankings

1. Robert Korzenowski, Poland
3:42:40 (1) French Ch. 3/31
3:43:30 (1) Oly. Games 8/2

6. Ignacio Zamudio, Mexico
3:55:2 (2) Mex. Oly. Tr. 4/21
3:46:07 (6) Oly. Games 8/2

2. Mikhail Schennikov, Russia
3:47:27 (2) Ger. Ch. 4/28
3:43:36 (2) Oly. Games 8/2

7. Valentin Kononen, Finland
3:45:19 (2) Ger. Ch. 4/28
3:47:40 (7) Oly. Games 8/2

3. Valentin Massana, Spain
3:46:38 (1) Span. Ch. 2/25
3:44:19 (3) Oly. Games 8/2

8. Thierry Toutain, France
DQ Oly. Games 8/2
3:40:58 (1) Hercourt 9/29

4. Artur DiMezza, Italy
3:52:36 (2) Eur. Cup 4/20
3:44:52 (4) Oly. Games 8/2

9. Sergey Korepanov, Kazakhstan
3:48:42 (8) Oly. Games

5. Viktor Ginko, Belarus
3:42:52 (1) Ger. Ch. 4/28
3:45:27 (5) Oly. Games 8/2

10. Daniel Garcia, Mexico
3:51:45 (1) Mex. Oly. Tr. 4/21
3:50:05 (9) Oly. Games 8/2

The Olympic Games pretty much decided the rankings with none of the placers there doing anything especially good or bad in other races to justify any shuffling. However, Thierry Toutain's post-Olympic World Record on the track earns him some recognition in the rankings, despite his Olympic's DQ (at 34 Km while in 5th place). We decided eighth was a fair spot.

1996 U.S. 10 Km Rankings

1. Michelle Rohl
44:08 (1) Kenosha 5/19
46:37 (2) Oly. Trials 6/22
44:29 (14) Oly Games 7/29
49:10 (2) Pan Am Cup 9/21

2. Debbi Lawrence
46:05 (1) Oly. Trials 6/22
54:32 (20) Oly Games 7/29

3. Victoria Herazo
45:02 (24)Eisen. 5/11
48:12 (3) Oly. Tr. 6/22
DQ Oly. Games 7/29

4. Deborah Van Orden
48:39 (2) San. Fran. 3/17
47:50 (2) LaGrange 4/19
45:07(1) LaGrange 5/4
49:13 (4) Oly. Tr. 6/22
50:28 (1) Broomfield 8/18
49:43 (3) Pan Am Cup 9/21

5. Teresa Vaill
45:21 (1) Nat. Inv. 3/24
45:27 (1) Albany 5/5
49:36 (6) Oly. Tr. 6/22

6. Sara Standley
46:53 (3) Nati. Inv. 3/24
45:56 (31)Eisen. 5/11
49:23 (5) Oly. Tr. 6/22
51:27 (7) Pan Am Cup 9/21

7. Dana Yarbrough
46:09 (24)Eisen. 5/11
50:12 (7) Oly. Trials 6/22
53:18 (11)Pan Am Cup 9/21

8. Susan Armenta
48:22 (5) Nat. Inv. 3/24
47:46 (1) Palo Alto 5/19
51:24 (9) Oly. Trials 6/22
47:57 (2) Palo Alto 6/2

9. Kim Wilkinson
52:46 (3) San. Fran. 3/17
49:32 (1) San Matco 4/28
47:58 (2) Palo Alto 5/19
50:47 (8) Oly. Trials 6/22
49:51 (1) Monterey 10/26

10. Joanne Dow
50:02 (8) LaGrange 4/19
51:42 (10) Oly. Tr. 6/22
47:43 (1) Alongi 9/29

Only two changes here from the way they finished in the National Championship/Olympic Trials race. Teresa Vaill, with her National Invitational win and another fast race moves ahead of Sara Standley. And, Susan Armenta, also with a good National Invitational performance and two other fast races (beating Wilkinson in one of them) moves ahead of Kim Wilkinson.

1996 U.S. 10 Km List

44:06 Michelle Rohl
45:02 Victoria Herazo
45:02 Deborah Van Orden
45:21 Teresa Vaill
45:32 Debby Lawrence
45:56 Sara Standley
46:09 Dana Yarbrough
47:46 Susan Armenta
47:54 Joanne Dow
47:58 Kim Wilkinson
48:54 Mary Kirk Cunningham
48:56 Danielle Kirk
49:33 Maryanne Torrellas
49:38 Cheryl Rellinger
49:42 D.A. Walker
49:46 Lyn Brubaker
49:48 Kristen Mullaney
50:00 Maria Moulton
50:06 Molly Lavacek

50:20 Lisa Sonntag
51:03 Sally Richards
51:04 Nanette Reilly
51:12 Kerry Moskalik
51:41 Fran Bustos
51:41 Chris Sakelarios
52:11 Kelly Watson
52:26 Gretchen Fastler
52:37 Deborah Iden
52:38 Anne Lankowicz
52:39 Becky Comeaux
52:47 Kaisa Ajaye
53:16 Therese Iknoian
53:40 Lauren Fastler-Farkash
54:11 Kelly Murphy-Glenn
54:29 Barbara Duplichain
54:34 Diane Podisadlik
54:40 Lisa Chumbley
54:44 Patty Gehrke

55:14 Phyllis Hansen
55:41 Peggy Müller
56:07 Marianne Martino
56:14 Susan Heiser
56:41 Monette Roberts

57:04 Julie Hecksell
57:24 Linda Stein
57:28 Jeanette Smith
57:47 Pat Weir

1996 U.S. 20 Km Rankings

1. Curt Clausen
1:25:41 (2) Nat. Inv. 3/24
1:29:50 (1) Oly. Trials 6/22
1:31:30 (50)Oly. Games 7/26
DQ Pan Am Cup 9/21

2. Tim Seaman
1:24:14 (34)Eisen. 5/11
1:30:27 (2) Oly. Trials 6/22
DQ Helsinki 7/5
1:41:41 (13)Pan Am Cup 9/21

3. Allen James
1:25:05 (35)Eisen. 5/11
1:31:17 (4) Oly. Trials 6/22
1:34:46 (6)Pan Am Cup 9/21

4. Rob Cole
1:27:50 (51)Eisen. 5/11
1:31:42 (5) Oly. Trials 6/22
1:37:49 (10)Pan Am Cup 9/21

5. Philip Dunn
1:29:08 (5) Nat. Inv. 3/26
1:27:05 (50)Eisen. 5/11
1:32:33 (6) Oly. Trials

6. Gary Morgan
1:34:23 (9) Nati. Inv. 3/24
1:36:55 (2) Dearborn 4/21
DNF Kenosha 5/19
1:31:00 (3) Oly. Trials 6/22
1:39:29 (11)Pan Am Cup 9/21
1:33:12 (1) Alongi 9/29

7. Jonathan Matthews
1:27:30 (1) Palo Alto 5/10
1:33:48 (7) Oly. Trials 6/22

8. Dave McGovern
1:26:29 (3) Nat. Inv. 3/24
1:45:45 (12)Oly. Trials 6/22
1:29:08 (1) Helsinki 7/5

9. Ian Whatley
1:32:31 (1) Palo Alto 1/28
1:27:18 (4) Nat. inv. 6/22
1:30:38 (2) Palo Alto 5/19
DNF Oly. Trials 6/22

10. Dave Marchese
1:29:14 (6) Nat. Inv. 3/24
1:30:59 (3) Palo Alto 5/19
1:35:29 (9) Oly. Trials 6/22

No one was very consistent, but Clausen with his Olympic Trials win and good National Invitational race gets the nod for number one. . . Seaman didn't do well after the Trials, but he had the fastest time of the year and a solid second in the Trials. . . James, Cole, and Dunn, all with some impressive races outside the Trials, move ahead of their Trials conqueror, Gary Morgan. The veteran Morgan, as always was at his best for the big race, but was too spotty otherwise to get the third spot. . . Matthews had a good race in Palo Alto, but not good enough to move him ahead of anyone who beat him at the Trials. . . McGovern was way back at the Trials, but was great at the National Invitational and had a good overseas race to capture the eighth spot. . . Ian Whatley did not finish at the Trials, but beat ninth-place finisher Dave Marchese in two other races and gets ninth.

1996 U.S. 20 Km List

1:24:14 Tim Seaman	1:31:39 Marco Evoniuk
1:25:05 Allen James	1:33:25 Mark Green
1:25:41 Curt Clausen	1:33:27 Curtis Fisher
1:26:24 Dave McGovern	1:34:37 Herm Nelson
1:26:48 Andrzej Chylinski	1:35:18 Mike Rohl
1:27:05 Philip Dunn	1:35:41 Andrew Herman
1:27:18 Ian Whatley	1:36:23 Marc Varsano
1:27:30 Jonaathan Matthews	1:38:29 Dan O'Brien
1:27:50 Rob Cole	1:40:31 Sean Albert
1:29:14 Dave Marchese	1:40:44 John Soucheck
1:29:56 Chad Eder	1:42:36 James Carmine
1:30:10 Ioan Froman	1:43:06 Steve Pecinovsky
1:30:48 Al Heppner	1:43:11 Curt Sheller
1:31:00 Gary Morgan	
1:31:25 Warrick Yeager	

1996 U.S. 50 Km Rankings

1. Allen James	6. Ian Whatley
3:59:11 (1) Oly. Trials 4/20	4:14:48 (5) Oly. Trials 4/20
4:01:18 (24) Oly. Games 8/2	DNF Palo Alto 6/2
	4:58:50 (11) Pan Am Cup 9/22
2. Andrzej Chylinski	7. Dave Marchese
4:09:22 (3) Oly. Trials 4/20	4:36:38 (7) Palo Alto 1/28
4:03:13 (26) Oly Games 8/2	4:15:31 (6) Oly. Trials 4/20
4:33:21 (5) Pan Am Cup 9/22	DNF Palo Alto 6/2
	5:12:23 (12) Pan Am Cup 9/22
3. Andrew Herman	8. Rob Cole
4:07:52 (2) Oly. Trials	4:16:42 (7) Oly. Trials
4. Marco Evoniuk	9. Mark Green
DNF Palo Alto 1/28	4:17:27 (3) Palo Alto 1/28
4:10:45 (4) Oly. Trials 4/20	4:19:19 (9) Oly. Trials 4/20
DNF Palo Alto 6/2	
4:40:18 (3) Pan Am Cup	10. Curtis Fisher
	4:33:17 (6) Palo Alto 1/28
5. Herm Nelson	4:32:57 (10) Oly. Trials 4/20
4:11:14 (2) Palo Alto 1/28	
4:17:51 (8) Oly. Trials 4/20	
3:59:14 (1) Seattle 6/8	
DQ Oly. Games 8/2	
DNF Pan Am Cup 9/22	

James won the Trials, was the first U.S. finisher in Atlanta, and had the year's best time. So he is an obvious number one. . . Chylinski, though only third at the Trials, had a great race in the Olympics and led the U.S. contingent in very testing conditions at the Pan Am Cup. So he edges out Trials runnerup Herman for second. . . Evoniuk was a solid fourth in the Trials. . . Nelson, only eighth at the Trials, later went under 4 hours to qualify for the team and had another fast race. So

he gets the nod for fifth over the three athletes just ahead of him at the Trials. . . The rest are ranked based on their Trials finishes.

1996 U.S. 50 Km List

3:59:11 Allen James	4:15:31 Dave Marchese
3:59:14 Herm Nelson	4:16:42 Rob Cole
4:03:13 Andrzej Chylinski	4:17:27 Mark Green
4:07:52 Andrew Herman	4:27:00 Warrick Yeager
4:10:45 Marco Evoniuk	4:32:57 Curtis Fisher
4:14:48 Ian Whatley	4:37:56 Mike Rohl

Results

3 Mile, Hilton Head, S.C., Nov. 2--1. Patti Henderson 29:04 **5 Km, Florida, Dec. 7--1.** Tim Nicholls 21:08 (state record) 2. Bob Cella 28:32 (1st Master) 3. Mario Viteri 29:14 (1st 50-59) Women: 1. Linda Stein 27:34 2. Roswitha Sidelko 28:17 (1st master) 3. Judy Altman 29:15 (1st 50-59) **10 Km, Celebration, Florida, Nov. 17--1.** C.S. MonteCarlo 57:14 2. Mario Feinstein 60:02 3. Bryce Courtney 60:11 Women: 1. Sperry Rademaker 62:01 **1/2 Marathon, Orlando, Florida, Dec. 7--1.** C.S. Monte Carlo 2:07:18 2. Bob Torstrick 2:10:22 3. Philip Gura 2:10:23 4. Mario Feinstein 2:11:37 Women: 1. Pam Betz 2:18:42 **5 Km, Brighton, Col., Nov. 16--1.** Daryl Meyers (53) 28:14 **5 Km, Aurora, Col., Nov. 30--1.** Daryl Meyers (54--Happy Birthday, Daryl) 28:55 2. Christine Vanoni (45) 29:21 **5 Km, Ft. Collins, Col., Dec. 8--1.** Lori Rupoli (45) 29:04 **4 Miles, Denver, Nov. 28--1.** Daryl Meyers 36:51 2. Christine Vanoni 37:02 3. Bob DiCarlo (62) 39:04 **5 Km, Los Angeles, Oct. 13--1.** Chris Dreher 24:52 2. Enrique Camarena (46) 26:32 3. Wayne Wurzbarger (54) 27:44 4. Carl Acosta (62) 29:00 5. Jesus Orendain (54) 30:08 **5 Km, East Los Angeles, Nov. 5--1.** Victoria Herazo 23:56 2. Chris Dreher 24:54 3. Margaret Govea 27:24 4. Wayne Wurzbarger 28:03 5. Carl Acosta 28:34 6. Richard Lenhart 29:23 7. Jolene Steigerwalt (53) 30:26 **5 Km, Pasadena, Nov. 17--1.** Wayne Wurzbarger 27:49 2. Richard Lenhart 28:58 3. Jolene Steigerwalt 29:32 4. Rob McMillon (54) 29:37 **5. 1 Hour, Kentfield, Cal., Nov. 10--1.** John Schulz 10,354 meters 2. Jim Stuckey 10,265 3. Brenda Usher-Carpino 10,025 4. Fred Belt 9991 5. Virginia Fong 9604 **1 Hour, San Mateo, Cal., Nov. 17--1.** Therese Iknoian 10,861 meters 2. Joe Sheppard 10,587 3. Art Klein 9727 **5 Km, Clarksburg, Cal., Nov. 17--1.** Fred Belt 28:40 2. Ann Gerhardt 30:02 **3 Miles, Seattle, Nov. 9--1.** Colin Peters 23:36 2. Stan Chraminski 25:02 3. Bob Novak 25:35 4. Bev LaVeck 28:56 **Australian Universities Walks: Men's 5 Km--1.** Brent Vallance 20:57 2. Damien O'Mara 22:11 3. Roderick Sadler 22:17 **Women's 5 Km--1.** Jantien Saltet 24:27 **50 Km, Hericourt, France, Sept. 29--1.** Thierry Toutain 3:40:57.9, which establishes a new World Record on the track. The 34-year-old Frenchman knocked 30.3 seconds off countryman Rene Piller's 1994 mark. Prior to that Raul Gonzales had held the mark for 15 years at 3:41:38.4. The road best is Andrei Perlov's 3:37:41 in 1989, and 14 others have gone faster than Toutain on road courses.

RACES FOR THE NEW YEAR

Sun. Jan. 5	9 Km, New Orleans (X)
Sat. Jan. 11	Half-Marathon, 5 Km, Irvine, Cal., 8 am (B)
	5 Km, Miami, 8 am (Q)
	3 Mile, Seattle, 9 am (C)

- Sun. Jan. 12 Indoor 880 yd and 3 Km, Arlington, Vir., 8:15 am (J)
Indoor Women's 1 Mile, Men's 2 Mile, Hanover, N.H., 9 am (G)
5 Km, Denver, Col., 10 am (H)
8 Km, San Pedro, Cal., 8:10 am (B)
10 Miles, Stockton, Cal. (P)
- Sat. Jan. 18 Marathon, 1/2 Marathon, 6 Km, New Orleans, 8 am (X)
- Sun. Jan. 19 1/2 Marathon, Naples, Fla., 7 am (Q)
Indoor 3 Km, Boston, 9 am (G)
- Sat. Jan. 25 1 Mile and 5 Km, Metairie, La., 9 am (X)
- Sun. Jan. 26 Indoor 880 yd and 3 Km, Arlington, Vir., 8:15 am (J)
5 Km, Denver, 10 am (H)
Rose Bowl 10 Mile and 5 Km, Pasadena, Cal. (B)
- Sun. Feb. 2 Indoor 3 Km, Providence, R.I., 10:30 am (G)
10 Km Denver, 9 am (H)
10 and 15 Km, Pasadena (B)
- Sat. Feb. 8 5 Km, Boca Raton, Fla., 7:30 am (Q)
Indoor 3 Km, Carbondale, Illinois, 9 am (T)
- Sun. Feb. 9 Indoor 880 yd and 3 Km, Arlington, Vir., 8:15 am (J)
5 Km, Denver, 10 am (H)
Half-marathon, Las Vegas, 7 am (P)
- Sat. Feb. 15 Indoor Women's Mile, Men's 3 Km, Carbondale, Illinois, 9 am (T)
- Sun. Feb. 16 **USATF National 50 Km and World Cup Trial, Palo Alto, Cal. (R)**
Indoor 3 Km, Milford, Conn., 9:30 am (AA)
1/2 Marathon and 5 Km, Lake Worth, Florida, 7:30 am (Q)
Indoor 3 Km, Reno, Nevada (P)
- Tue. Feb. 18 5 Km, Denver, 6:15 pm (H)
- Sat. Feb. 22 Indoor 1500 meters, Brunswick, Maine (G)
8 Km, Roseville, Cal. (P)
- Sun. March 2 5 and 10 Km, Davie, Florida, 7:30 am (Q)
- Sun. March 9 Eastern Regional Indoor Masters 3 Km, New York City (F)
- Sun. March 16 5 Km, Miami Beach, 8 am (Q)
- Sat. March 22 **USATF Natinal Masters Indoor 3 Km, Brookline, Mass. (G)**

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--Dave Gwyn, 6502 South Briar Bayou, Houston, TX 77072
F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G--USATF New England Assn., P.O. Box 1905, Brookline, MA 02146
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
I--Heartland Racewalkers, 3645 Somerset Drive, Prairie Village, KS 66208
J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
N--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
O--Frank Soby, 3907 Bishop, Detroit, MI 48224
P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813
Q--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445

R--Ron Daniel, 1289 Balboa Court, #149, Sunnyvale, CA 94086
S--Virginia Mulanex, 11975 Gist Road, Bridgeton, MO 63044
T--Don DeNoon, Women's Track Coach, Southern Illinois, U., Carbondale, IL 62901
V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
X--New Orleans TC, P.O. Box 52003, New Orleans, LA 70152
Y--Jim Bean, 4658 Fuhrer Street, Salem, OR 97305
Z--Ross Barranco, 3235 Musson Road, Howell, MI 48843
AA--Gus Davis, 789 Donna Drive, Orange, CT 06477

FROM HEEL TO TOE

"For the sake of historical accuracy" Tom Knatt offers the following corrections to the National 1 Hour results carried in the November (men) and October (women) issues of the ORW. Tom confesses to covering only 10,353 meters, not 10,400 as shown in the results we carried. Annie Montgomery, on the other hand, went 8,697 meters, not just 8,292, as shown... Luck is on the side of those of you who didn't rush to get Ron Laird's new book *The Art of Fast Walking*. He has dropped the price to \$19.95, plus \$2.00 for shipping and handling. We reviewed the self-published book of this four-time Olympian in the July issue and told you it was worth the \$27.50 he was asking then. Now, with some added photos, captions that were missing on many photos, and a cover featuring a photo of a sculpture of 1992 Olympic 10 Km champion Yue Ling Chen, it certainly must be worth \$21.95. (In my privileged position even got a copy autographed by Chen when Ron met her at the Alongi races. She is now living near San Diego working with Natural Alternatives International, a world leader in nutritional science.) Ron draws from his personal experience and two decades of close association with world-class walkers and their coaches to offer advice than can improve your competitiveness and fitness. Just write Ron Laird, 4706 Diane Drive, Ashtabula, OH 44004, or call 216-998-1371 to order your copy. . . From Tom Dooley (regarding the death of 1932 Olympian and long-time judge, Bill Chisholm, reported last month): "I am going to miss Bill Chisholm. I look back with fondness at all the old crowd that were around in the '60s and '70s. He was fair and I loved to hear all the stories of old racewalkers. Still do." . . Latvia has issued a postage stamp featuring a racewalker and has given Aigars Fadejevs a \$20,000 bonus for his sixth place finish in the 20 Km race at the Atlanta Olympics. This is a 24 cent stamp (I say cent because I don't know the Latvian names for their currency.) It comes with an issue that also included a cyclist (8 cent), basketball player (16), and rower (36). If you are interested, contact Customers Service Office, Brivibas Blvd. 21, Riga 1000, Latvia. Phone 7 018 771 (with the appropriate international code preceding.) . . Dudley Harris reports that New Zealand's Craig Barrett, who had debuted at 50 Km in late 1995 with a 3:59:06, and then disappointed himself with a 4:15:15 for 33rd at Atlanta, doesn't give up easily. On November 24, he fought very strong winds on a 2-km lap-course to record 3:51:14. Another competitor reported: "The wind was horrendous, and I was stopped dead in my tracks more than once. I noticed that Craig was blown sideways on one occasion. At one stage, I had a bit of a shock when the local council's heavy road-barricades started gliding along the road towards me!" The wind eventually took its toll as indicated by Craig's 10 Km splits of 44:13, 44:57, 45:27, 46:33, and 50:04. . . The article on foot care by Minnesota's Dr. DeWayne Walker (see November issue) was well received. John Gray (author of *Racewalking For Fun and Fitness*, Prentice Hall, 1985) comments: "I would say that Dr. Walker is right on target with his 'Use But Don't Abuse Those Feet' . . I disagree with nothing that he wrote, but as one who's been competing a long time, including the Boston Marathon in 1949 and 1996, I can suggest one thing that I personally feel has been a key part of my feet's success--at least they still function more like thaw used to than other parts of me, especially the legs from the ankles up. Whenever I have a choice, I take a bath, not a shower, and

in the bath I have little rough mittens, whose brand name I forget, but whose effect is outstanding. They give my feet a real scrub, something I'm careful to do each time I bathe. Also, quite unscientifically, I felt during the year I lived and competed in Japan that the Japanese runners had far less foot trouble than my American friends. And, of course, they took baths, not showers. Lacking any proof for my opinion, I still feel that young walkers or any other athlete should give proper respect to their feet and skip the shower and sit there and soak in the tub. It feels good all over, not just in the feet" . . . And from David Reuben in Greenbelt, Maryland: "I enjoyed the instructive article entitled "Use But Don't Abuse Those Feet" in the last issue. As one who has suffered from blisters over the years, I would like to mention an excellent product thana I have found to be of enormous benefit. The product is called "2nd Skin Non-Stick Moist Burn Pads" by Spenco Medical Corporation. Almost unbelievably, I have found this stuff, when applied over a fresh, painful blister and held in place by a small piece of athletic tape, gives complete relief, allowing me to resume my activities with complete freedom of movement. The product is not always easily found in drugstores, but I make sure I always have an ample supply. My experience is other runners and walkers are not always familiar with this stuff, which always surprises me because blisters are so common in our sports. It also makes for a good preventive measure against the development of blisters in the first place" . . . Well, Bob Bowman is a persistent cuss, determined that he will get the last word, and here it is: "Again, I feel it is important to respond to your further editorial in the November issue regarding the evolution of racewalking technique and judging over the last 30+ years. Whereas it is true as you state that today's faster times are coming from shorter strides and quicker turnover, it is also important to note that today's times are also coming from a smaller percent flight phase time as the total stride time. Therefore, it is not possible as you suggest that an athlete today can have a shorter flight phase time, but be further off the ground. It is just the opposite. The walkers in the past were in fact further off the ground while walking considerably slower times. The walkers of today are simply fairer and faster. (Ed. Wow! Does that wound my pride.) You also noted that the judging sheets for the 20 and 50 Km walks in Atlanta suggests that the judges weren't always seeing the same thing. This is not all that unusual. In the 20, there were actually two of the six disqualifications that had all three or more cards for the same offense, not one. Of the seven other walkers receiving two cards, six of the seven were for the same offense. Of the eight walkers in the 50 who received two cards, six of the eight were for the same offense. So only three of the fifteen had one for each offense. Your "several" in this case being only three. In the 10, three of the five disqualifications had all cards for the same offense. Of the five walkers who received two cards, four were for the same offense. So the total variation is not that great." (Ed. I apologize if I had incorrect information. The results sheets I have for the 20 show Igor Kollar, Mingcai Li, Julio Martinez, Roberto Oscal, and Julius Sawe as having two cards for one offense and one for the other. Only Miguel Rodriguez, with three contact cards, has all three cards for the same offense. These results agree with the six of seven for the same offense (for those with two cards) in the 20, but only five of ten in the 50, which is where I derived the term "several" (six in the two races with two cards for different offenses). I didn't have any information previously on the 10. Anyway, I stand corrected, as I am sure Bob has access to more accurate information, i.e., the actual judging reports.)

Progress (?) At the Elite Level in U.S. Walking

As a matter of curiosity, I have gone back through U.S. Lists for the three major events from 1972 on and charted the depth of performance. The following table shows a series of times for each of the three major events (women's 10, men's 20 and 50 Km) and the number of athletes that have been at, or under that time, each year. For example, in 1996, we had 5 women walk 46 minutes or better, 10 at 48:00 or better, 16 at 50 or better, and so on. For the women, (we have lists only back to 1978), we can see steady progress in the depth of performance up to about 1990

and then a leveling off. The peak in real depth (those under 52 and 55) was reached last year,, and the most under 50 minutes came in 1992, but 1996 was the best year at the very top (5 at 46:00 and 10 at 48:00). So our women are continuing to improve at the top, but it would appear fewer are making the serious effort at achieving competing times than four or five years ago.

The same story of continuing progress isn't seen for the men. In the 20, we did have five at 1:27, matching the peak in 1991, but there were no more under 1:30 than in 1990 and fewer than in 1984; the number under 1:36, matching 1994, was the fewest since 1987, and the number under 1:40 was the fewest since 1981. Way back in 1979 there were 36 under 1:40, compared to 23 this year. And even in 1972, when no one broke 1:30 and only three 1:33, there were 20 under 1:40. Also, look at 1984. There were fewer at 1:27, but significantly more at every other level than this year. So, where is the progress in our program. Likewise, in the 50, this year's two under 4 hours matched 1995, 1988, and 1987, and the four under 4:10 was bettered only in 1994 and 1988, with five. But, when we look at those under 5 hours, a time that takes some dedicated effort, there have been only two years since 1977 with fewer than this year's 12 athletes. The peak was in 1979, when 32 walkers went under 5 hours! And, there were 20 under 4:40 that year, compared to 12 this year. Well, look at the numbers and draw your own conclusions.

Year	Women's 10 Km						Men's 20 Km				
	46:00	48:00	50:00	52:00	55:00	1:27	1:30	1:33	1:36	1:40	
1996	5 ²	10 ⁶	16 ¹³	23 ¹⁷	37 ²⁷	5 ⁴	11 ⁶	16 ¹⁰	21 ¹²	23 ¹⁸	
1995	4	7	16	32	45	2	13	19	23	28	
1994	2	7	13	18	36	1	6	15	21	27	
1993	2	7	18	28	37	2	8	16	24	30	
1992	4	9	19	30	40	3	15	22	28	33	
1991	3	8	17	26	36	5	12	19	24	32	
1990	2	6	9	24	37	1	11	20	26	33	
1989	0	3	8	12	31	1	8	13	24	33	
1988	0	2	8	11	20	2	7	28	33	43	
1987	0	5	5	9	24	3	8	17	25	40	
1986	0	1	4	9	16	3	6	16	26	38	
1985	0	0	3	6	15	0	6	10	17	28	
1984	0	1	1	5	15	3	13	25	27	32	
1983	0	1	3	5	17	1	7	12	19	32	
1982	0	0	3	5	12	3	4	6	13	26	
1981	0	0	1	2	11	1	4	7	8	17	
1980	0	0	0	4	9	2	4	11	18	24	
1979	0	0	0	4	9	1	4	9	18	36	
1978	0	0	0	1	4	0	0	2	10	19	
1977						0	1	2	6	12	
1976						0	1	2	12	22	
1975						0	0	2	11	17	
1974						0	0	1	6	11	
1973							No lists available				
1972						0	0	3	9	20	
1971								3	7	13	
1970								3	9	19	

Year	Men's 50 Km				
	4:00	4:10	4:20	4:40	5:00
1996	2	4	9	12	12
1995	2	4	7	11	18
1994	1	5	6	8	9

Year	4:00	4:10	4:20	4:40	5:00
1993	0	2	4	9	13
1992	0	3	6	10	12
1991	0	3	9	17	23
1990	0	0	6	10	15
1989	0	2	4	10	13
1988	2	5	8	9	24
1987	2	3	5	17	21
1986	0	1	2	7	11
1985	0	0	2	6	16
1984	1	2	7	14	23
1983	1	3	5	13	26
1982	0	1	1	7	20
1981	0	1	3	11	23
1980	1	2	5	12	24
1979	0	0	4	20	32
1978	0	0	0	8	12
1977	0	0	1	10	14
1976	0	0	2	5	8
1975	0	0	1	6	11
1974	0	0	0	2	8
1973	0	0	1	6	14
1972	0	1	2	13	20

LOOKING BACK

30 Years Ago (From the Dec. 1966 ORW)--Jack Blackburn won the annual Ft. Thomas to Cincinnati 6 Miler (short) in 43:13, with Chuck Newell beating Wayne Yarcho for second. Canadian Bert Life, age 56, won the Coney Island 10-Mile Handicap (actually, 10 1/2 miles) in 1:39:44. Ron Daniel took fast time honors in 1:26:38. Annual subscription rate for the ORW was \$1.20.

20 Years Ago (From the Dec. 1976 ORW)--Mexicans topped the ORW Rankings for 1981--Daniel Bautista at 20 and Raul Gonzales at 50. Maurizio Damilano, Italy, was second in the 20 and East Germany's Dietmar Meisch second at 50. In the U.S. Rankings, Marco Evoniuk and Jim Heiring were one-two at 20 and Carl Schueler and Eonviuk on top at 50. On the lady's side, Australia's Sue Cook sat atop both the 5 and 10 Km rankings. Sue Brodock of the U.S. was second at 5 and ninth at 10, and Sweden's Ann Jansson second at 10. Brodock topped the U.S. rankings at both distances ahead of Susan Liers in the 5 and Jeanne Bocci in the 10. Jeanne was ranked 10th in the World at 10. The subscription was now \$4.00 per year.

10 Years Ago (From the Dec. 1986 ORW)--China and the USSR had moved strongly into the women's racewalking picture and the ORW 10 Km Rankings saw Hong Yan and Ping Guan of China on top, followed by Loga Kristop of the USSR, then USSR, China, USSR to round out the top six. Canada's Ann Peel led the rest of the world in seventh. Maryanne Torrellas, Treasa Vaill, and Debby Lawrence topped the U.S. Rankings. In the Men's World Rankings, Spain's Jose Marin and the ever-present Mauricio Damilano led the 20, with Eastman's Hartwig Gauder and the USSR's Andrei Perlov on top at 50. U.S. Rankings saw Tim Lewis, Marco Evoniuk, and Jim Heiring leading the 20, and Carl Schueler, Evoniuk, and Randy Mimm the 50.

Technique--Another Reminder

by Coach Jim Coots, San Diego

(Again, lifted from Bob Carlson's *Front Range Walkers News*)

In the last article, I talked about a feature of biomechanical efficiency--the necessity for every single element of technique to contribute to forward motion. In this article, I want to focus on an important feature of physiological efficiency--namely, the need to relax each working muscle at some time during every complete stride. If muscles don't relax, they soon seize up and become unable to perform additional repeated contractions. In other words, they stop moving.

If muscles do relax, they 'save' energy by not contracting unnecessarily during their recovery phase. This is similar to last month's biomechanical concern over wasting energy on unnecessary movements that do not contribute toward forward motion. Another way to say all of this is: You have only a limited supply of energy during a race. Why waste it by contracting muscles when they can and should be relaxed?

But more important from a physiological perspective, a relaxed muscle enhances renewed blood flow, bringing about two important advantages:

- a fresh supply of nutrients, mainly oxygen, for the next muscle contraction
- more effective scavenging of waste products from the previous muscle contraction, which slows the build-up of lactic acid and other unwanted by-products of fuel burning in muscles.

There are two things you can do to achieve and maintain more relaxed walking technique. First, stretch. Generally speaking, the greater the range of motion of a limb and its associated soft tissue structures, the more likely that limb will be relaxed during strenuous exercise. This is not automatically true, however. Ability to stretch a set of muscles statically (the most common form of stretching exercise, as in the Bob Anderson book *Stretching*), does not guarantee ability to stretch them dynamically, while the body is in motion. In fact, athletes cannot rely on just static stretching to maintain flexibility. You must also engage in dynamic stretching exercises, pushing range of motion to its limits, while moving the arms and legs in various patterns. You quickly discover that the more relaxed you are, the more fully you can swing the limbs through the required arcs of movement.

Relaxation itself is the second mechanism for relaxed walking. Again, however, I am not talking about relaxation in general (although that is usually beneficial), but relaxation while underway--relaxation while racewalking. This is not easy to teach, since relaxation is actually defined in the negative: It is the absence of tension. You cannot simply command someone to relax!!! But each of us can achieve a high degree of dynamic relaxation by engaging in an activity that we do well and are comfortable with, such as regular walking at a normal pace. That is why I always start walkers off by changing as little as possible from normal walking. This gives them the best chance of learning to racewalk in a relaxed manner right from the beginning. It is also why we do a lot of acceleration straightaways. As you begin each straightaway, you should be walking slowly enough (with your arms down by your sides) that you are completely relaxed. By accelerating slowly, you maximize the likelihood of retaining the relaxation even when you reach racing speed. So you see, relaxed walking can be learned. You just need to sneak up on it; keep your ego out of the way (i.e., don't compete while accelerating, just focus on staying relaxed) and be patient (you don't learn to do this in a day or a week; it takes several months, or even years).

While walking by yourself, especially on 'easy days', an invaluable relaxation exercise is 'technique strolling'--walking very slowly with arms down by your sides, eyes up, knees locked, hips rotating freely, and, most important, with as much relaxation as possible. This is a dreamy, somnambulistic gait that makes you feel smooth and effortless as Marcel Marceau. It puts you

completely in touch with the movement of your body as you walk, and it gives you an internal massage and incredible clarity of thought. You become your own Zen master of walking!

A variation do-it-yourself relaxation workout, and the best workout ever invented for my money, is fartlek. You can combine the best of gradual accelerations for varying periods of time or distance, plus technique strolling during the recovery phase. Absolutely ideal.

The Old Days

[(Excerpted from the book *Race Walking A Primer of the Sport*, by Hugh W. Innes, published in London c1910. This from Chapter III. Walking Records (A Critical Review.)]

Billy Perkins, the Model of Fair Walking

Before the advent of Billy Perkins, *Bell's Life* had been for some time protesting against the ridiculous way in which walkers "left the Mark." This faulty start and the scramble down the final straight are still the chief trouble of walking judges. Perkins at once made a great impression. He was hailed, just as Sturgess was hailed 20 years later among amateurs, as not only the fastest but also the fairest of walkers. Both met with some criticism later on, the amateur because he was unduly pushed to attempt the sensational, the professional because of certain careless exhibitions at galas, Bank Holiday sports, and so forth. But, if we use due discrimination, we can find in the feats of these two an ideal exposition of "scientific" walking. We shall speak of the amateur later on. Perkins came to the front with a record three-mile walk. That was in 1874, in a match with Joe Stockwell, who has already been mentioned in connection with George Davidson.

If I remember right, Stockwell had previously set up a mile record—6:25. On this occasion Perkins won the match and beat the mile record en route. the times were:

1 Mile—6:23

2 Miles—13:30

3 Miles—20:47

The two-mile time is sometimes given as 13:20—probably a mistake. I cannot remember ever to have seen the intermediate figures for the quarter miles. "Pendragon", late editor of the Referee, and a weighty authority on pedestrianism, used to speak of the intermediate mile from the quarter to the mile-and-a-quarter as the finest piece of fair walking he had ever seen. This was walked in 6:46, and from that we can infer that the opening quarter of the race must have taken 1:20 or so, and that the style so far was not above suspicion. The performance is well authenticated, and it met with general acceptance.

How Perkins Walked Eight Miles an Hour

Subsequently, Perkins had three shots at walking 8 miles in the hour. Once he failed, once he forfeited, finally he succeeded. His performance—4 miles in 28:59, 8 miles in 59:35—is probably about as good as anything that has ever been done since. Where these figures have been decisively eclipsed, it is often certain and always probably that the judging has been lax. I am not referring to any professional performance that beats these and intermediated figures by a moderate margin, but only to certain sensational reductions by whole minutes or more. Nor, again, do I cast doubt on amateur performances that are approximately equal to this of Billy Perkins—e.g., Webster's 7 in 52:34 in 1979, Harry Curtis's 52:28 in 1890, Sturgess 8 miles in 58:56 in 1895, or Lamer's Olympic win, 10 miles in 1:15:57 in 198. I am referring to feats much more startling than any of them. Frankly, I don't believe them. I saw them both.

(For the ladies, this from Chapter V, Training and Tactics)

Athletic Inequality of Men and Women

I make it clear, I hope, that I am writing for novices, and not for the hardened sinners of the cinder path; but I find it difficult to forget that I am not writing for Londoners alone. At all, events, I address them primarily. And again, the athletes I address are men chiefly and not women. Men's characteristic virtue should be bravery and woman's modesty. Physically, men tend to muscular development, and women to megalopygy. Men have better machinery to hoist them along, and women more ballast to carry.

Hence, the two sexes can never be an equality athletically. But the gentler sex have made vast efforts during the last generation to span the gap that used to separate them from us. It is just that period since a sporting contemporary published these lines in a comic poem contrasting the sexes:

A girl can dance, and a girl can sing,
And a girl can talk all day;
But she can't ride a bicycle like her papa,
Because she ain't built that way.

And now the ladies can ride as well as we can—much better than I can. They play golf and hockey with the best of us. They can swim for hours together in the Thames or half-way across the Channel, and put us to shame with their high diving. This year, the lady swimmer's record for 100 yards has been brought below 1:14, and that was amateur record, out and out, when I began to observe such things. Go to a mixed meeting where there are ladies' races. In costume, in style, in pace, the women are almost our equals. True, they have no moustaches and no votes. Otherwise, they are undistinguishable from the men.

* * * * *

Since Mr. Innes introduced poetry, we will end with some more—this from *What's Racewalking??*. A Collection of Humorous Poems, by Dr. Tim Jacobs, published by him in 1980. Tim subscribed for a long time, but we haven't heard from for quite awhile. I hope he doesn't mind having a poem lifted.

The Gospel

Thou shalt not creep, lift, jog, float,
run or propel thyself forward in a
manner unbefitting a gentleperson of
our sport of racewalking. . .

If thou shalt choose to test Him (of the
Order of Judges), be ye prepared for
swift and unalterable consequences—a
white flash, then a red—then, zip, poof;
The fatal "heave-ho"!

Be ye not tempted to test fate...

Always be in contact..!

Be conscious of thy straightened knees..!

And take pride in your accomplishments,
no matter how small—or slow...

For they are borne of sweat, hard work,
sore hamstrings!

Keep the faith, my friends!
And walk on!