



OHIO RACEWALKER

VOLUME XXXII, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1997

Hermann Breaks 4 to Win 50

Palo Alto, Cal., Feb. 16 (From Ron Daniel)--With his 26th birthday just 9 days away, Andrew Hermann, Portland, Oregon has lots to celebrate. On a near perfect day at the Palo Alto Baylands course, Hermann succeeded Allen James as the USATF National 50 Km Champion. James, who had three titles in a row, did not defend.

Hermann's sub 4 hour victory (he averaged 7:41 per mile) guarantees him an invitation to the IAAF Race Walking World Cup in Czechoslovakia in April, and the IAAF World Championship T&F Meet in Greece in August. He becomes the sixth U.S. walker to go under 4 hours for the 50, and only the second to do it in the National championships. (James had also done that three years in a row.) All the other to break 4 hours, except James, were in the race today--Marco Evoniuk, Carl Schueler, Andrzej Chylinski, and Herm Nelson--but were no match for Hermann's strong race today.

Joining Hermann on the World Cup team are Jonathan Matthews, Mark Green, 1996 Olympian Andrzej Chylinski, and four-time Olympian Marco Evoniuk.. Two-time Olympian (1992 and 1996) Herm Nelson had suffered a groin strain 2 weeks ago and had to "stroll" through in 4:55:13 in order to keep alive any hopes of being selected for the World Championships, where he is the only U.S. walker other than Hermann to have bettered the 4 hour "A" standard within the qualifying time frame.

Although he had a large margin at the end, Hermann was joined by Warrick Yeager for the first 22.5 km. Fighting off the flu most the week, Yeager had to withdraw at 32.5 km after a game effort. Hermann passed 25 Km in 2:00:10 with a 1:47 advantage on Matthews and then continued to walk a strong negative split to finish in 3:58:54. With an average 2.5 Km lap of 11:56.7, Andrew's slowest lap was his first, 12:23, and his fastest the next to last, 11:47. He bettered his personal record (4:05:43 last year) by nearly 7 minutes.

Much to his surprise, Matthews moved into second place to stay by 27.5 km (2:14:08)--passing the faltering Yeager. Meanwhile, Chylinski, Evoniuk, and Green were within 6 seconds of each other in fourth through sixth places, with Green eventually moving into third as he recorded a PR at age 41 by 3 minutes. Actually, this was very much a Master's affair with Matthews now being 40, Yeager 42, and sixth place Carl Schueler 41. (Ed. The unfortunate aspect of the race was the mere 11 entrants, with only seven finishing. Thus, any depth in this event continues to tail off. Where are the young hopefuls? We are not likely to see much success in the future internationally if we must depend on those already past 40. However, for this year, we could have a reasonably strong World Cup team. Chylinski and Matthews, who have both been training through wintry conditions in Poland and Indiana, respectfully, certainly have the potential of much faster times by April. And Evoniuk has all that great experience.)

In a concurrent 30 Km race, National Women's Team member Kim Wilkinson won in the excellent time of 2:43:57.

Results on page 3

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.



Charter member of the U.S. Master's Hall of Fame, Bev LaVeck. This file photo, first published in September 1983, was taken during the 1983 National 50 Km in Monterey. Bev covered the distance in 5:27:28. SPORTSFOTO by John Allen.

National 50 Km Results: 1. Andrew Hermann, adidas 3:58:54 24:22, 48:27, 1:12:26, 1:36:18, 2:00:10, 2:24:00, 2:47:44, 3:11:32, 3:35:17) 2. Jonathan Matthews, Reebok 4:12:36 (24:54, 49:14, 1:13:29, 1:37:46, 2:01:57, 2:26:26, 2:51:18, 3:17:12, 3:44:26, 4:12:35) 3. Mark Green, Las Vegas Walkers 4:14:20 (24:56, 49:37, 1:14:07, 1:38:26, 2:03:18, 2:27:39, 2:52:55, 3:19:38, 3:47:01) 4. Andrzej Chylinski, N.Y. AC 4:16:06 (24:54, 49:15, 1:13:43, 1:38:12, 2:02:45, 2:27:50, 2:53:46, 3:20:53, 3:47:43) 5. Marco Evoniuk, un. 4:16:59 (24:42, 49:03, 1:13:21, 1:37:54, 2:02:48, 2:28:01, 2:54:11, 3:20:54, 3:49:00) 6. Carl Schueler, un. 4:28:55 7. Herm Nelson, CLub Northwest 4:55:13 DNF--Warrick Yeager, U>S> Navy (24:22, 48:25, 1:12:24, 1:36:28, 2:00:47, 2:29:26); Gary Morgan, NYAC; G. Bower, Golden Gate Racewalkers. DQ--Elliott Taub, un. Judges: Bob Bowman, Bob Hickey, Lori Maynard, Bob Wilson, Laura Cribbins, Jim Petrucci, and Martin Rudow, Chief.

Past Winners National 50 Km

1929	Mack Weiss (Newark AC)	4:52:45
1930	Henry Cieman (Central Walkers, Toronto)	4:47:48
1931	Harry L. Clark (West End K of C, Boston)	5:26:42
1932	Philip Jachelski, (Stonewall Dem. Club, Balt.)	5:27:05
1933	Philip Jachelski, (Stonewall Dem. Club, Balt.)	5:11:30
1934	Henry Cieman (Achilles Club, Toronto)	4:58:56
1935	Henry Cieman (Achilles Club, Toronto)	4:57:29
1936	Ernie Crosbie (un. Detroit)	5:16:16
1937	Al Mangan (un. Lowell, Mass.)	5:00:33
1938	Leo Schnepel (Polish Falcons, N.J.)	5:18:51
1939	Ernie Crosbie (Baltimore Cross-Country Club)	5:19:34
1940	William Mihalo (Hamtramck Mich. Boys Club)	5:07:25
1941	John Deni (Boys Club, Pittsburgh)	5:19:43
1942	William Mihalo (Thompson Products Co. AA)	5:06:45
1943	William Mihalo (Thompson Products Co. AA)	5:15:45
1944	Walter Fleming (Ford Local Union, Detroit)	5:22:50
1945	John J. Abbate (un. Philadelphia)	5:35:20
1946	George Wieland (Un., Detroit)	5:17:25
1947	John J. Abbate (Mitchell AA, Philadelphia)	5:12:52
1948	Ernie Crosbie (White Horse Social Club, Balt.)	5:04:30
1949	Adolph Weinacker (Michigan State College)	5:13:30
1950	John Deni (un. Pittsburgh)	5:41:32
1951	William Mihalo (Thompson Products, Detroit)	5:25:39
1952	Leo Sjogren (Finnish-American AC, N.Y.)	4:46:52
1953	Leo Sjogren (Finnish-American AC, N.Y.)	4:59:57
1954	Leo Sjogren (Finnish-American AC, N.Y.)	4:43:45
1955	Leo Sjogren (Finnish-American AC, N.Y.)	4:30:57
1956	Adolph Weinacker (US Air Force)	4:38:58
1957	James Hewson (St. Francis Xavier AC, Buffalo)	5:06:39
1958	James Hewson (St. Francis Xavier AC, Buffalo)	4:43:30
1959	Elliott Denman (NY Pioneer Club)	5:07:47
1960	Ron Laird, NY Pioneer Club)	4:40:09
1961	John Allen (un. Buffalo)	4:38:20
1962	Ron Laird (un. N.Y.)	5:25:30
1963	Chris McCarthy, Univ. of Chicago TC)	4:44:55
1964	Chris McCarthy (Univ. of Chicago TC)	4:45:31

1965	Dean Rasmussen (US Merchant Marine Acad.)	5:03:33
1966	Larry Young (Southern Calif. Striders)	4:38:25
1967	Larry Young, (SC Striders)	4:33:04
1968	Larry Young (SC Striders)	4:12:12
1969	Bryan Overton (SC Striders)	4:56:07
1970	John Knifton (New York AC)	4:35:02
1971	Larry Young (Columbia College)	4:18:30
1972	Bill Weigle (Colorado TC)	4:22:00
1973	Bill Weigle (Colorado TC)	4:22:27
1974	Larry Young, Columbia TC)	4:25:51
1975	Larry Young (Columbia TC)	4:18:56
1976	Larry Young (Columbia TC)	4:11:08
1977	Larry Young (Columbia TC)	4:19:58
1978	Marco Evoniuk (Colorado TC)	4:24:05
1979	Marco Evoniuk (Colorado TC)	4:15:07
1980	Carl Schueler (Potomac Valley Seniors)	4:06:07
1981	Vince O'Sullivan (East Side TC)	4:12:11
1982	Dan O'Connor (Stars & Stripes TC)	4:22:02
1983	Marco Evoniuk (un.)	4:01:43
1984	Carl Schueler (East Side TC)	4:07:23
1985	Carl Schueler (East Side TC)	4:18:07
1986	Marco Evoniuk (un.)	4:13:32
1987	Carl Schueler (Reebok TC)	4:00:19
1988	Carl Schueler (Reebok TC)	4:02:55
1989	Paul Wick (New York AC)	4:17:07
1990	Tim Lewis (Reebok TC)	4:10:46
1991	Carl Schueler (Reebok TC)	4:11:03
1992	Carl Schueler (un.)	4:02:10
1993	Jonathan Matthews (Golden Gate RW)	4:01:36
1994	Allen James (Athletes In Action)	3:55:39
1995	Allen James (Athletes In Action)	3:59:46
1996	Allen James (Athletes In Action)	3:59:11

Other Results

Commonwealth Invitational, Boston, Jan. 25: Women's 3 Km--1. Victoria Hrazo, Cal. Walkers 13:36.54 2. Sara Standley, un 13:36.96 3. Dana Yarbrough, LaGrange TC 14:00.14 4. Anne Lankowicz, SUNY Stony Brook 14:04.87 5. Danielle Kirk, U. of Wisconsin 14:08.57 6. Samantha Cohen, SUNY Albany 14:39.75--a tactical, relatively slow race created a great deal of excitement for the spectators with Hrazo, Kirk, and Standley exchanging the lead seven times during the race and Hrazo just holding off Standley at the finish. Men's 3 Km--1. Allen James, Athletes In Action 11:47.66 2. Curt Clausen, Shore AC 11:50.02 3. Gary Morgan, NYAC 12:06.16. . . According to the *Boston Sunday Globe*, this was an early stop on his retirement tour for Allen James before heading home to the family running store in Seattle. After leading wire-to-wire for his fourth straight victory in this race (his meet record is 11:27.14), James said he was still on a high from seeing a movie Friday night about a runner he knew when he was in grade school. "Steve Prefontaine gave my mother her first pair of running shoes," he said of the legend from Oregon. "He's the one who got us all going." **Indoor 3 Km, Waltham, Mass., Jan. 9--1.** Gretchen Eastler 13:55.60 2. Joe Light 14:55.60 3. Bill Marriman 16:24.10 (10 finishers) **Boston vs New York, Boston, Feb. 16:** Women's 1 Mile--1. Joanne Dow, Boston 6:58.0

2. Monetta Roberts, guest 7:32 3. Loretta Schuellein, NY 7:39 4. Tara Shea, NY 7:47 5. Jennifer Praigo, NY 7:57.4 6. Suzanne Scavera, Boston 8:00.8 Men's 3 Km--1. Dave McGovern, guest 11:37.4 2. Rifkhat Sultanov, NY 14:03.4 3. Steve Vaitones, Boston 14:12.1 4. Ken Mattsson, Boston 15:48.3 5. Bruce Logan, NY 15:58.2 6. Bill Leyrer, NY 16:41.4 **6 Km, Brockton, Mass., Feb. 17--1.** Brian Savilonis (46) 29:49 2. Steve Vaitones (41) 29:51 3. Joe Light (49) 31:38 4. Phil McGaw (46) 33:48 5. Paul Schell (59) 35:05 6. Stan Sonsowski (46) 35:16 7. Justin Kuo (42) 35:25 8. Ken Mattsson 37:09 9. Charley Mansbach (51) 37:11. . . 11. John Gray (72) 40:04 Women: 1. Meg Savilonis (47) 37:24 2. Evelyn Bandlow (43) 39:20 3. Carol Kuo (49) 41:46 **Indoor 3 Km, Allentown, Pa., Jan. 5--1.** Sean Albert 13:41 2. John Soucheck 14:10 3. Jim Carmines (53) 15:11 Women: 1. Gloria Rawls, no time given **3 Km, Washington, D.C., Jan. 12--1.** Mike Rohl 12:25.3 2. Curt Clausen 12:29 3. William Leggett 14:56 4. John Gersh (40) 17:32 5. Pat Zervas 17:42 6. Alvia Gaskill (42) 18:04 **Indoor 3 Km, Alexandria, Vir., Jan. 26--1.** Alison (17) Zabrenski 15:55 2. Victor Litwinski (53) 18:18 **Indoor 3 Km, Alexandria, Feb. 9--1.** Alison Zabrenski 15:35 2. Claude LeTien (49) 17:00 3. Tim Good 17:24 4. John Gersh (49) 17:33 5. Victor Litwinski 17:48 **5 Km, Ft. Lauderdale, Fla., Nov. 30--1.** Bob Fine 29:37 Women: 1. Elizabeth Nelson 30:36 **10 Km, Miami, Dec. 1--1.** Tim Nicholls 49:44 (unofficial state record) Women: 1. Linda Stein 59:31 2. Roswitha Dedelko 60:41 **5 Km, Miami, Dec. 7--1.** Tim Nicholls 21:08 2. Bob Cella (59) 28:30 Women: 1. Linda Steil 27:34 2. Judy Altman (over 50) 29:15 3. V. Sterghos (over 50) 29:20 **5 Km, Leesburg, Florida, Jan. 11--1.** John Elwarner 25:56 2. Steve Feith 27:47 Women: 1. Pam Betz 30:20 **1/2 Marathon, Naples, Florida, Jan. 19--1.** Tim Nicholls 1:50:35 2. Don Matuszak (49) 2:09:21 **5 Km, Winter Park, Florida, Jan. 18--1.** C.S. Monte Carlo 26:50 2. Mario Feinstein 29:35 3. Ray Jenkins 29:53 4. Phil Brown 29:50 5. Seve Christlieb 30:10 Women: 1. Chris Alt 29:15 2. Sperry Rademaker 29:26 3. Pam Betz 30:09 **5 Km, Ft. Lauderdale, Florida, Feb. 1--1.** Tim Nicholls 21:09 2. Mario Viteri (51) 28:10 3. Bob Fine (65) 29:23 4. Don Matuszak (49) 29:28 5. Jay Dash (54) 29:51 6. Gerry Gomes (64) 29:54 Women: 1. Linda Stein (49) 28:11 2. Roswitha Sidelko (43) 28:11 3. Elizabeth Nelson (47) 29:17 4. Judith Altman (50) 30:24 **Indoor 3 Km, Chicago, Feb. 16: Women--1.** Margaret Ditchburn, UW-Parkside 14:20.1 2. Jill Zenner, Cedarville (Ohio) Col. 14:24.0 3. Amber Nichols, UWP 15:22 Men--1. Al Heppner, UWP 12:28.1 2. John Nunn, UWP 12:38.2 3. Ed Fitch, Cedarville 15:33.8 **5 Km, Denver--1.** Christine Vanoni (45) 29:59 2. Daryl Meyers (54) 30:09 **5 Km, Denver, Jan. 26--1.** Brad Bearhart 26:30 2. Daryl Meyers 28:32 3. Christine Vanoni 28:40 4. Sally Richards (44) 28:58 5. Lori Rupoli (45) 30:19 **1/2 Marathon, Las Vegas, Feb. 9--1.** Michael Rohl 1:36:39 2. Tim Nicholls 1:41:15 3. Michael Stauch 1:45:49 4. Norm Frable 1:54:21 5. David Crabb 1:56:22 6. Chris Dreher 1:56:56 7. Dan Pierce 1:57:29 8. Jack Bray 1:58:50 9. John Kaplan 2:07:21 10. Doug VerMeer 2:08:23 (31 finishers) Women: 1. Susan Harris 2:11:37 2. Suzanne Garoian 2:15:03 3. Robin Helm 2:16:30 4. Janet Higbie 2:16:38 5. Roswitha Sidelko 2:18:12 (36 finishers, Rohl and Harris each win \$200, With \$150 for second, \$100 for third, \$75 for fourth, \$50 for fifth, and \$30 for sixth) **Rose Bowl 10 Mile Handicap, Pasadena, Cal., Jan. 26--Bob Mimm, now 72 or nearly so, took full advantage of his handicap to cross the finish line better than 4 minutes ahead of second place Chris Dreher, who won fast time honors. From there, the handicappers did a much better job as places two through six were within 47 seconds of each other and 15th was still less than 5 minutes behind second. The results based on actual time:** 1. Chris Dreher 1:27:02 2. David Crabb 1:32:14 3. Francene Bustos 1:32:15 4. Margaret Govea 1:37:30 5. Bob Mimm 1:41:44 6. Dale Sutton 1:42:16 (21 finishers, 3 DNF, 1 DQ) **5 Km, same place--1.** Wayne Wurzbarger 27:55 2. Carl Acosta 28:12 3. Jolene Steigerwalt 30:22 4. Francine Avellaneda 30:26 **5 Km, Sacramento, Cal., Jan 1--1.** Terri Brothers 29:29 2. Dick Petruzzi 29:51

5 Km, Hobart, Australia, Feb. 14--1. Nick A'Hern 19:04.81 2. Brent Vallance 19:28.66 3. Dion Russell 19:36.84 **Indoor 5 Km, Toronto, Feb. 9--1.** Arutro Huerta 20:41.8 2. Jeff Cassin 22:03.3 **Women's 3 Km, same place--1.** Joni Bender 13:34.4 2. Nanci Sweazey 15:46.3 3. Paddy Jones 16:02.2 4. Mey Neville 16:16.5 **Women's 10 Km, Sydney, Australia, Jan. 27--1.** Jane Saville 46:03 2. Wendy Muldoon 47:20 3. Linda Coffee 47:55 20 Km, same place--1. Nick A'Hern 1:23:56 2. Nathan Deakes 1:29:31 3. Brent Vallance 1:31:14 4. Luke Adams 1:31:43 **Italian 50 Km Championship, Pescara, Feb. 2--1.** Gianni Pericelli 3:52:31 2. Michele Didoni 3:58:44 3. Orazio Romanzi 3:59:28 4. Massimo Fizialetti 4:01:57 5. Walter Arena 4:02:39 **Bulgarian Indoor 3 Km Championship, Sofia, Feb. 8--1.** Nevena Videnova 13:52.06 **Indoor 3 Km, Erfurt, Germany, Feb. 5--1.** Erm 11:19.71 2. Erkie 11:48.48 3. Wallstab 11:50.92 4. Zanner 12:01.73 **Women: 1.** Gummelt 12:30.11 **3 Km, Wanganui, N.Z., Feb. 2--1.** Gary Little (55) 13:23.40 (World age group record) **20 Km, Auckland, N.Z., Feb. 9--1.** Gary Little 1:39:18 (another world's best, with world bests at 10 and 15 Km as well) **New Zealand National League 3 Km, Wanganui, Feb. 2--1.** Craig Barrett 11:21.50 2. Scott Nelson 11:49.45 3. Tony Sargisson 12:39.75 **Women: 1.** Christine Tuka 14:22.94

GO HEEL TO TOE AT THESE VENUES

Sat. March 8 3 Mile, Seattle, 9 am (C)
4 Mile, Miami, 7:30 am (Q)
Sun. March 9 Eastern Regional Indoor Masters 3 Km, New York City (F)
15 Km, Palo Alto, Cal. (R)
5 Km, Cooper City, Fla., 7:30 am (Q)
Sun. March 15 5 Km, Georgia (D)
5 Km, Miami, 7:30 am (Q)
5 Km, Ft. Bragg, Cal., 8:30 am (P)
Sun. March 16 5 and 10 Km Km, Miami, 8 am (Q)
7 Km, Denver, 9:30 am (H)
5 Km and 20 Km, Huntington Beach, Cal., 8 am (B)
5 Km, Kentfield, Cal., 8 am (P)
Sat. March 22 **USATF Natinal Masters Indoor 3 Km, Brookline, Mass. (G)**
5 Km, Miami, 7:30 am (Q)
15 Km, Columbia, Missouri, 8:30 am (T)
3 and 10 Km, Albuquerque (W)
Sun. Mar. 23 **National Invitation and World Cup Trials: 10 Km Women, 20 Km Men (plus open and junior events), Washington, DC. (J)**
4 Mile, Denver, 8:30 am (H)
Fri. March 28 3 Km, Cedarville, Ohio, 12 noon (M)
Sat. March 29 Ohio 5 Km Championship, Cedarville (M)
5 Km, Atlanta (D)
Sat. April 5 Senior Games 5 Km, San Francisco (R)
5 Km, Denver, 9 am (H)
Sun. April 6 5 and 10 Km, Miami, 8 am (Q)
5 Km, Parkland, Kan. (I)
5 Km, Denver, 8:30 am (H)
Masters 5 Km, Palo Alto, Cal. (R)
Sat. April 12 3 Mile, Seattle, 9 am (C)
15 Km, Kansas City area (I)
Sun April 13 Mt. SAC Relays 10 Km and 5 Km, Walnut, Cal., 7:30 am (B)

5 Km, Kansas City area (I)
5 Km, Denver, 8:30 am (H)
Sat. April 19 100 Km, Yellow Springs, Ohio (M) (or call Jack Blackburn at 937-323-6047)
5 Km, Atlanta (D)
1 Hour, Miami, Florida (Q)
Sun. April 20 1500 meters and 3 Km, Albuquerque (W)
5 Km, Littleton, Col., 8:30 am (H)
5 Km, Denver, 8:30 am (H)
5 Km, Auburn, Cal. (E)
Mon. April 21 5 Mile, Misquamicut, R.I. (G)
Sun. April 27 4 Mile, Denver (H)
Western Regional 5 Km, Las Vegas (B)
10 Km, San Mateo, Cal. (R)
Wed. May 1 5 Km, Miami, 6:45 pm (Q)
Sun. May 4 1500 meters, Kentfield, Cal. (P)
1500 meters, 5 Km, Eagle Rock, Cal. (B)
Sat. May 10 5 Km, Miami, 7:30 am (Q)
Sun. May 11 Jack Mortland and North Zone Championships 5, 10, and 20 Km Walks, Yellow Springs, Ohio (M)
Fri. May 16 5 Km, Miami, 7 pm (Q)

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FROM HEEL TO TOE

Correction from a couple of months ago. When I published the technique tips from Jim Coots, I showed him as from San Diego. He lives in Redondo Beach and coaches the Easy Striders, an LA-based club. . . The following note from Robert Reedy in Los Alamos, N.M., brings us news of 1972 Israeli Olympian, Shaul Ladany, who won several 75 and 100 Km National titles when he was living in New York and has had good success in ultra-distance races in England and on the European continent: "Below is a copy of the note that I got from Shaul Ladany 2 months ago. (Ed. The note refers to an autobiography, *The Walk to Olympics*, which has just been published in Hebrew.) His book should be interesting, and I hope that he translates it or gets it translated from Hebrew into English. I suspect that many of us are in it, especially those in the New York City area. Shaul and I often rode to races in John Kelly's VW Beetle, and I'm curious what Shaul said about those rides. He also probably goes into great detail about his very close encounter with death at the Munich Olympics, as Shaul was among those who just barely escaped their room from the terrorists. Shaul and I keep in touch every year around New Years. He seems to be doing very well, often spending parts of a year in various countries. The first line in his note refers to the 100-Mile Trail Endurance Runs that I've done (Leadville and Western States), which I walk more than I run. Racewalking is a great low gear for going up many mountain trails." (Ed. Bob gives no details on the publisher of Shaul's book, but, if you read Hebrew and are interested, you might write Shaul, who stills subscribes to the ORW, at P.O. Box 112, Omer 84965, Israel to see how you can get a copy. I guess I should get one so I can add it to my collection of things I can't read--*Asi Gane*, Raul Gonzales's autobiography in Spanish (my one year of high school 45 years ago doesn't help much), *La Marche Sportive*, Canadian Daniel Levesque's apparently excellent book on techniques and training in French, and the 1974 through 1977 editions of *Marche*, a Belgian annual on the sport. The latter at least have a lot of statistical stuff and race results that are quite comprehensible. In his note to Bob, Shaul reports: "Last July I walked in Denmark a 300 km walk (in 7 days) and in the Netherlands the 4-Day march, and In August, I won (at age 60), the Israeli 50 Km Championship in a rather slow 5:45." . . . Congratulations to Seattle's Bev LaVeck, one of our sport's best friends and contributors, besides being one tough competitor among we ancients. Bev is one of seven charter members to the U.S. Master's Track and Field Hall of Fame. Now 60, Bev continues to excel among those in her age group. She has won numerous National and World master's titles, holds open women's records at 100 miles and 100 Km, and was the oldest qualifier for the 1984 Olympic Trials at age 48. Now, the only question is why there was no male racewalker in this charter class. They had a male T&F athlete, a female T&F athlete, a male long distance runner, three female long distance runners, and Bev. Why not Max Green or Bob Mimm, or Don DeNoon as part of the class? . . . IAAF racewalk committee chairman, international judge, and former competitor Bob Bowman has been named to the 8-member committee to conduct a search for a new executive director for USA Track and Field. . . Those wanting to compete in the USATF 10 and 20 Km Championships and World Championship Trials (at Indianapolis the second weekend in June) must meet qualifying standards of 51:00 for the women's 10 Km and 1:34:00 for the men's 20 Km. The qualifying period is May 1, 1996 through June 8, 1997. . . Martin Rudow and Technique Productions have scheduled the following fitness walking and racewalking clinics for 1997: **Pomona California, March 21-23:** Individual coaching sessions of 30 and 60 minutes may be scheduled. Participants receive a written evaluation and improvement profile. Kalamazoo, Michigan, April 26-27: Full clinic and race opportunity. Videotaping, personal and group feedback opportunities. **Chicago, May 17-19:** Full clinic and race opportunity, held in conjunction with National 15 Km. Videotaping, personal, and group feedback opportunities. **Buffalo, N.Y., July 11-13.** Full clinic and race opportunity in conjunction with National 10 Km. Videotaping, personal and group feedback opportunities. **Bowling Green, Kentucky, Oct. 4-5:** Full clinic and race opportunity in conjunction with Bowling Green 10 Km

Classic. Martin notes that new locations may be added and you can ask to be notified if this happens. He also notes that the emphasis of the clinics differs. Walkers of all levels of fitness and ability are welcomed at each clinic, but some may be more appropriate than others for your specific level. Where clinics are held with a race, race participation is not mandatory, and the same event offers low-key as well as serious race opportunities. Where a two-day clinic is scheduled, it may be possible to attend for only one day. Call 1-800-WALKMAX for further particulars. . . Also be aware of Martin's excellent book, *Advanced Racewalking*, now in its third edition and its companion video. For the really serious racewalker these are probably the best sources of help now available. For those looking to become competitive, but not world or national class, and for those seeking just a higher level of fitness through walking, there are the two excellent recent books, which we have described before: Ron Laird's, *The Art of Fast Walking, Use the Olympic Race Walking Style to Get Fit and Lose Weight*, and Bob Carlson's *Walking for Health, Fitness and Sport*. The Laird book is \$19.95 plus \$2.00 S&H from Ron Laird, 4706 Diane Drive, Ashtabula, OH 44004, 216-998-1371. Carlson's book costs \$15.95. Call Fulcrum Press at 1-800-992-2980, or contact Bob directly at 2261 Glencoe Street, Denver, CO 80207, 303-377-0576. . . Speaking of Bob Carlson, he reports that reliable sources (and I have seen this elsewhere) tell us that LaGrange, Georgia, where serious racewalkers took root for their Olympic year buildup, is returning to its pre-Olympic existence. But, Bob says, this small community has set a standard of excellence for others to follow. It's support of our racewalkers from 1993 through 1996 clearly shows what is possible when a community puts its resources behind a group of athletes. By the spring of 1996, resident racewalkers totaled ten--Allen James, Rob Cole, Andrew Hermann, Herman Nelson, Mike and Michell Rohl, Dave McGovern, Tim Seaman, Lyn Brubaker, and Coach Bohdan Bulakowski. Allen James, the first athlete to move to LaGrange, is strongly considering moving his growing family to Seattle to enter his family business, Super Jock and Jill, listed as one of the top five running stores in the country by *Runner's World*. Rob Cole has returned to the staff of Governor Petaki in New York and was recently elected Treasurer of the National Racewalking Committee. Bohdan Bulakowski and Herm Nelson planned to stay in LaGrange to train for the 50 Km Trials in Palo Alto, and then move to the Olympic Training Center in San Diego. Tim Seaman, Andrew Hermann, and Philip Dunn are moving there as well. Mike and Michelle Rohl will be moving to San Diego as Mike has a new job opportunity with P.R. Bar, a sponsor of Michelle and Mike. The Rohls are expecting their third child and Michelle plans to take 1997 off. With Sara Standley, Susan Armenta, and Fran Bustos only one or two hours away, San Diego may become the next "capital" of racewalking for national team caliber athletes. Andrzej Chylinski, member of the Olympic 50 Km team, has a job as a sports writer for a newspaper in Poland. He may return to the U.S. to compete in the 50 Km trials. . . Last month, we mentioned Bev LaVeck and Jonathan Matthews as winners of the Outstanding Masters Racewalkers Awards at the USATF convention. There were also winners in each of the five-year age groups, as follows: 30-34: Female--none, Male--Colin Peters; 35-39: Female--Victoria Herazo; Male--Mike Blanchard; 40-44: Female--Phyllis Hansen and Sally Richards, Male--Warrick Yeager and Jonathan Matthews; 45-49: Female--Jeanette Smith, Male--Stan Chraminski; 50-54: Female--Jolene Steigerwalt, Male--Jim Carmines; 55-59: Female--Elton Richardson, Male--John Elwarner; 60-64: Female--Bev LaVeck, Male--Max Green; 65-59: Female--Ruth Eberle, Male--Jack Starr; 70-74: Female--Joan Rowland, Male--Bill Flick; 75-59: Female--Jane Dana, Male--Tim Dyas; 80-84: Female--none, Male--Bill Tallmadge; 85-89: Female--Dorothy Roberts, Male--none.

LOOKING BACK

30 Years Ago (From the February 1967 ORW)--Jack Blackburn won the first ever walking race in Ohio State's French Fieldhouse, a hallowed hall he had once been booted out of even though he was an ex-OSU runner. His 6:43.6 for the mile left him well clear of Jack Mortland's 6:56.4, with

Chuck Newell third in 7:40. . . In Chicago, Bob Gray beat Phil McDonald three times in a row in 1 and 2 mile races. . . Ron Daniel had a 6:29.5 in New York. . . Rudy Haluza was named the recipient of the Capt. Ronald Zinn Award for 1966 as the outstanding U.S. walker.

25 Years Ago (From the February 1972 ORW)--Dave Romanskyh won the National Indoor 1 Mile title for the third time in four years, slicing 0.6 off his own Championship record with 6:13.4. Ron Laird challenged all the way, but his 6:14.6 fell just short. Not far back were Larry Walker (6:17.5), Todd Scully (6:20.4), and Ron Kulik (6:22.6). . . A week earlier, Dave had finished the Olympic Invitational 1500 meter frace in a record 5:48.7, but was DQd. The race went to Laird in 5:50.2, with Ron Daniel second in 5:51.5 and Kulik third in 5:53.3. . . On the West Coast, Goetz Klopfer stormed through 40 Km in 3:20:07. . . Here in Columbus, your all-ready aging editor (37), managed to outkick Phil McDonald in an Indoor 3 Mile, 22:53.8 to 22:55.6.

20 Years Ago (From the February 1977 ORW)--February was Todd Scully month as the Virginia pig farmer set two American records. He won the Olympic Invitational 1500 in 5:48.6, keaving Dave Romansky and Ron Daniel way back. Two weeks later, he took the National 2 Mile title in 13:02.5, pulling away from Neal Pyke over the last half mile. . . Dan O'Connor, Ron Daniel, and Dave Romansky took the next three spots. . . Rising star Jim Heiring had two fast races in Wisconsin--a 13:39 for 2 miles and 21:06 for 3 miles. . . Larry Walker walked away with the LA Times 1 Mile in 6:23.9.

15 Years Ago (From the February 1982 ORW)--National Indoor titles went to Jim Heiring in 2 Mile and Sue Brodock in the 1 Mile. Heiring won in 12:24.82 with Ray Sharp a distant second in 12:57.49. Todd Scully and Dan O'Connor were right behind Ray. Brodock got away from Susan Liers over the final 440 to win in 7:07.14. Liers had 7:12.02. Jeanne Bocci (7:39.05) edged Vicki Jones for third. . . The National 100 Km in Houston was an easy win for Bob Keating, whose 11:22:23 left him nearly 45 minutes ahead of second place Jack Blackburn. . . Heiring also turned in the world's fastest ever indoor mile in Richfield, Ohio with a 5:47.39.

10 Years Ago (From the February 1987 ORW)--In the National 15 Km in Wellington, Florida, Tim Lewis won the men's title in 1:04:35 and Debbi Lawrence topped the women in 1:13:40. Paul Wick (1:06:26) beat out Ray Sharp (1:06:39) and Paul Schwartzburg (1:06:53) for second among the men, and Lynn Weik followed Lawrence in 1:14:27. . . Lewis also had a world best in winning the U.S. Olympic Invitational 1500 meters in 5:17.17, nearly 30 seconds ahead of Jeff Salvage. . . In Boston, Lewis had the fastest mile of all time, winning in 5:42.3, with Schwartzburg second in 5:58.4. . . Carl Schueller just missed breaking 4 hours as he won the U.S. 50 Km title in 4:00:19 in Monterey, California. Marco Evoniuk was more than 6 minutes back and Jim Heiring took third in 4:10:36. . . Josef Pribilinec won the European Indoor 5 Km title in 19:09.44. The Czech led the GDR's Ronald Weigel by about 4 seconds, with another Czech, Roman Mrazek, third. Natalia Dmitrechkneko, USSR, won the women's 3 Km title in 12:57.59, just ahead of Italy's Giuliana Salce.

5 Years Ago (From the February 1992 ORW)--In Indoor races, Michelle Rohl covered 3 Km in 13:05.81 to win in Johnson City, Tenn. and Debbi Lawrence had a 6:18.03 mile in Fairfax, Virginia and a 6:21.09 in Richfield, Ohio. In the Fairfax race, Rohl was just .04 behind Debbi. . . Tim Lewis won the Millrose Mile in New York City with a 5:51.64 to Gary Morgan's 5:55.73. . . In Paramount, Cal., Allen James tore through 10 Km in 42:09. . . Sweden's Madeleine Swensson did 3 Km in 12:14.01 in Paris.

Progress At the Elite Level in International Walking

A couple of months ago, I ran a table showing the depth of performance in the U.S. for the three International events (women's 10 Km, Men's 20 and 50) through the years. I was surprised that no one ever commented on that table. Nonetheless, here is the same type of presentation based on World lists since 1972 (1978 for Women). Note the continued improvement, such that the original categories have been completely meaningless when considering the top 50 performers each year. (However, there were a couple of years--1979 and 1980--that seem to be an anomaly on the men's side.) The numbers in each column show how many competitors, worldwide, bettered the time at the top of the column. Where there is a time in parentheses, rather than a simple number, it indicates the time of the 50th place on the list. For example, on the women's 10 Km list, no one bettered 47 minutes until 1980, yet by 1987, 50th place was under that time, and by 1993, there were more than 50 under 45 minutes. If you go back and compare the rate of progress to the U.S. chart in December, you can see a much steeper level of improvement at the international level.

Year	Women's 10 Km				Men's 20 Km			
	43:00	45:00	47:00	49:00	1:20	1:22	1:24	1:27
1996	20	(44:29)			15	48	(1:22:05)	
1995	19	45	(45:07)		12	45	(1:22:13)	
1994	8	38	(46:06)		7	25	49	
1993	19	(44:50)			10	38	(1:22:31)	
1992	13	41			8	37	(1:22:26)	
1991	4	27	(45:56)		10	48	(1:22:01)	
1990	3	28	(46:30)		13	42	(1:22:15)	
1989	3	24	(46:06)		2	21	(1:23:26)	
1988	0	14	(46:28)		7	34	(1:22:43)	
1987	1	11	(46:59)		5	26	(1:23:38)	
1986	0	6	37	(47:37)	1	18	42	(1:24:16)
1985	0	5	23	(48:38)	1	6	40	(1:24:39)
1984	0	1	11	36	2	11	49	
1983	0	0	12	24	4	19	40	
1982	0	0	5	11	0	3	30	(1:25:10)
1981	0	0	0	3	0	3	22	(1:26:07)
1980	0	0	1	5	5	22	44	(1:24:32)
1979	0	0	0	4	2	12	34	(1:25:13)
1978	0	0	0	4	0	0	7	45
1977					0	0	2	23
1976					0	0	1	20
1975					0	0	0	10
1974					0	0	0	6
1973					0	0	0	4
1972					0	0	0	8

Year	Men's 50 Km			
	3:45	3:52	4:00	4:10
1996	12	38	(3:54:45)	
1995	8	28	(3:58:52)	
1994	7	18	52	

Year	3:45	3:52	4:00	4:10
1993	4	15	43	(4:01:46)
1992	0	14	44	(4:01:52)
1991	2	19	50	
1990	6	23	(3:59:12)	
1989	6	18	41	(4:02:34)
1988	8	32	(3:58:20)	
1987	6	13	48	(4:00:10)
1986	5	15	43	(4:01:45)
1985	8	18	38	(4:02:50)
1984	4	14	45	?
1983	3	12	32	?
1982	1	23	49	(4:00:35)
1981	0	8	34	(4:03:24)
1980	10	30	(3:56:48)	
1979	4	17	48	?
1978	1	3	18	(4:06:36)
1977	0	0	3	22
1976	0	0	3	32
1975	0	0	3	22
1974	0	0	3	15
1973	0	0	3	14
1972	0	0	4	18

Here's All You Need To Know

(The following material is excerpted from the book *Walking For Road and Track*, by George Cummings (the world's greatest and fastest walker, holder of world records from 1 to 420 miles), published in London in the 1920s. Cummings, a professional walker, claimed the following world records at that time:

1 Mile--6:22

London to Edinburgh, 420 miles--82:05

London to York, 100 miles--37 hours

1 Hour--8 miles 345 yards (at age 51)

London to Burton, 135 miles--23:50

London to Leeds, 202 1/4 miles--39:30

2 Hours--14 1/2 miles (at age 56)

This passage is taken from Chapter 4, "Speed and Tactics". Absorb all of this and you will no doubt become a champion. Note: I have retained Mr. Cummings non-inclusive language. We know today that ladies also walk.

Having gone so far in his practice work as to have mastered the rules governing the adoption of an upright carriage, a suitable and easy arm and body swing, a straight-forward leg action, and correct nasal breathing, the young walker is ready to practice speed walking.

The student should cultivate as soon as ever possible the art of walking fast if he is ambitious to become a really good walker on the road or track, but he must ever be careful only to work up speeds without bringing upon himself undue strain. There will be little danger of strain if the walker follows the instructions which I have endeavored to give in clear and simple language,

for he will then cultivate a smooth, easy, and natural style of walking which will enable him to reach topmost speed without harmful results.

And what is topmost speed? Ah! At present, I hold world records which many expert authorities declare will stand for any number of years; but who knows that there will not grow up among young walking enthusiasts who read these pages one who will so profit by the advice I give from my experience as to bowl over the records I hold at present. If he should do so, good luck to him.

Let us consider for a few moments what is speedy walking. It is commonly accepted assumption that the average man is a good walker if he is able to cover his four miles in the hour. Then try to realize that actually it imposes no great strain upon me to cover 7 miles within the hour, even though I am now at an age when a man is accounted well into the veteran stage.

Also try to imagine the rate of speed when walking one mile in 6:22, which was my rate of progress when I established a world's record. It needs only simple calculation to show the reader that in setting up this record, I was walking at a speed of well over 9 miles an hour. Although the comparison may not be quite fair, it can be noted, for what it is worth, that I was walking more than twice as fast as the average good walker with his 4 miles an hour.

Fast walking has become so natural to me, that if I were to walk at, say, 5 miles an hour, I should be to all intents and purposes just strolling around the track or along the road. That is because I walk easily and naturally, free from either strain or worry.

Judgment of Pace

Having resolved to practice walking fast before making any attempt to walk far, the student will at the same time turn his attention to judgment of pace, and he has my assurance that every second of time spent upon this subject will be amply repaid. The ability to estimate pace either of one's own volition or of the momentum of some other moving object is more or less a gift, but by regular and habitual practice any aspiring young walker can develop judgment of his walking pace to a fine art.

When on the track, he will either hang up his watch--a stop-watch with a large second hand is best in this case--in a convenient position for viewing it at the end of each lap, or alternatively, he will it in his hand.

On a road without milestones, he should mark off a distance of, say, a half mile, and then register his time or "clock" himself over that distance on a number of successive occasions. For a few sessions of practice, he should walk the half mile as fast as possible, yet with as little effort as possible, endeavoring all the while, of course, to adhere to the principles of style which I have laid down.

After a few days of practice, he will find that he will "clock in" almost on the same second on each occasion.

He should then double the marked-out distance, and proceed to "clock" himself in similar fashion over the mile course. And here comes his first real lesson in pace estimation. If he has walked as fast as is reasonably possible over the half mile course without over-exerting himself, he will probably find that he can walk the full mile in exactly double the time it took him to walk that half mile.

Should he perchance clock himself to do the mile inside double the time for the half mile and still feel no ill effects from his efforts, then he should again work up to that time and even endeavor to improve upon it so long as there is no strain.

Should he clock in just over double the half mile time when attempting the full mile, and should a second effort convince him that he cannot beat that time without over exertion, then let him wisely content himself with the first mile time as being the best, at least for the time being.

As practice proceeds, there should occur improvements of style and stamina, which may assist the walker in "beating the clock". Of such things, he should make a careful note, and it will not be very long before he has developed the actual sense or "feel" of what is his very best walking pace.

So finely can this sense of pace be cultivated that it can become second nature to the experienced walker. For instance, if for some reason or other there should occur a change in speed, a rise or fall from the normal standard, the walker will need no mechanical time-piece to apprise him of the fact. Immediately such a change takes place, he should have a distinct "awareness" of it. Such a subconscious feeling arises from his knowledge of pace.

Walking to Time

When the walker has firmly convinced himself of what is his best time for the mile he can then attempt longer distances at a similar speed. If his action is smooth and correct and his stamina good, then he will experience little difficulty in maintaining that same speed for quite a number of miles. I am quite aware that pace must change somewhat according to distance, but to make any attempt to work out for recommendation a table of speed in ratio to distance to be traversed would be foolish. Such speed or pace must be worked out by the walker himself according to his capabilities. Knowledge of those capabilities will only accrue to him from experience. Timing himself over two, three, four and five miles, he will very quickly have proof of his best times over each of the several distances, and his knowledge of pace will thereby be further cultivated.

For instance, if I have to tackle a 5 mile walk, I know instinctively what my pace should be at the commencement in order that I can maintain it throughout. If I am out for a very much longer stretch, my pace is naturally somewhat slower, but I want to emphasize the fact that having set my pace for a long walk, I seldom vary a fraction from it. We are dealing with road walking against the clock, and not with race walking which is in many respects different.

Some idea of the clock-like precision which governs my action can be gathered from the fact that I have often walked a quarter of a mile exactly to a given time without consulting the watch. I can do likewise over almost any distance.



IAAF Racewalk Chairman Bob Bowman in an earlier life. The picture was snapped during the National AAU 1 Hour in San Diego in 1966. Ron Laird comments: "Look at how he's about to dig his heel into the track and pull himself forward. That "goose-step" action will also jam his knee back to where the judges will be happy to see it--especially nowadays!" Now, it would be interesting to have Bob's comments on this ancient style.