

James Again, Lawrence Returns

Atlanta, March 1--Overcoming a strong start and a determined finish by Tim Seaman, Allen James successively defended his National Indoor 5 Km title tonight. Covering the distance in 20:07.96, James won for the fourth time in the last five years as he reportedly closed out his career. Jonathan Matthews won two years ago.

In the women's 3 Km race, Debbi Lawrence led after the first lap on to the finish to recapture the crown she had worn in 1992, 1993, and 1994. Her 13:14.24 held off the surprising, and fast-improving Kristen Mullaney in second. Michelle Rohl, winner the last two years, was not around to defend her title, as she takes the year off to bring another potential racewalker into the world.

In the men's race, Tim Seaman blitzed the first kilometer in 3:58, with James right on his heels. Seaman continued to lead through 2 Km (7:57), but James continued to dog him. Philip Dunn, Dave McGovern, and Curt Clausen were about 10 meters back. McGovern quickly faded though, and dropped out a couple of laps later.

By the 3 Km mark (12:01.25), James was in front and started to pull steadily away with 200 meters laps of about 47 (3:55 km pace). He went through 4 Km in 16:01.61 with a lead of about 40 meters. Seaman made a desperate attempt to play catchup over the last 500 meters, but was still just over 4 seconds back at the finish. Philip Dunn hung close for third with the next four strung out well behind. There were only nine starters and two did not finish.

James time was about 5 seconds slower than he did last year and well off Tim Lewis' meet record of 19:30.70 set in in 1987. Lewis also holds the American record of 19:18.40, which he did in the World Indoor meet a week after his 1987 meet record.

Lawrence was in control of the women's race throughout and did not need to go particularly fast to win. As a matter of fact, it was the slowest of her four winning efforts and well off her championship record of 12:35.79, set in 1993. She also holds the American record of 12:20.79, also done in 1993. Debbi covered the first kilometer in 4:18.75 and had 8:46.21 at 2 Km. Alina Ivanova holds the World record of 11:44.0

Kristen Mullaney, frustrated last year by three near misses at making the Olympic Trials qualifying time of 49:45 for 10 Km, started 1997 on a much better note. Just 4 seconds back at the finish, she surprised Victoria Herazo to take the silver medal. The two had battled for the spot all the way, with Mullaney pulling well clear in the final 400 meters. Also coming on strong was Gretchen Eastler, who just missed nipping the fading Herazo for third. Results:

Women's 3 Km: 1. Debbi Lawrence, Natural Sport Walking Club 13:14.24 2. Kristen Mullaney, Park Racewalkers 13:18.69 3. Victoria Herazo, Walking Club of Georgia 13:25.37 4. Gretchen Eastler, un. 13:26.44 5. Sara Standley, un. 13:38.06 6. Dana Yarbrough, un. 13:51.13 7. Daniell Kirk, U. of Wisconsin-Parkside 13:57.95 8. Jill Zenner, Cedarville College 14:07.31 9. Margaret Ditchburn, UW-Parkside 14:10.69 10. Anne Lankowicz, SUNY-Stony Brook 14:27.28 11. Samantha Cohen, SUNY-Albany 14:30.79 12. Monetta Roberts Port City Pacers 15:42.70

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Men's 5 Km: 1. Allen James, Athletes in Action 20:07.98 2. Tim Seaman, un. 20:12.06 3. Philip Dunn, Team adidas 20:19.73 4. Curt Clausen, Shore AC 20:44.74 5. Gary Morgan, New York AC 21:9.16 6. Mike Rohl, Parkside AC 22:13.34 7. John Nunn, UW-Parkside 22:50.37 DNF--Al Heppner, UW-Parkside and Dave McGovern, NYAC

Additional race notes (Thanks to a complete race report received from Steve Vaitones after I had typed the above. Rather than starting over, I made a few corrections and offer you the following from Steve): Debbi Lawrence had been battling tendonitis for two months and had only made the qualifying time for the meet 6 days before. She reported: "I just started walking fast last week. What I had been doing to vent my frustration with the injury kept me in shape--cycling, stretching, a lot of therapy. I knew I had the endurance. This was a confidence builder for me. I didn't come to win." Kristen Mullaney started walking about 2 1/2 years ago after a cycling injury interrupted her triathlon career. She had competed at a world caliber level in the triathlon, so we can certainly expect some future in racewalking following this breakthrough. Allen James closes out his career with an impressive list of accomplishments--titles from 5 to 50 Km, US records, Olympic teams, world championship and World Cup appearances. But with child number three on the way, he felt priorities had to be reestablished for 1997. "Getting a job and career going at 32 is hard enough, but after 3 more years for another Olympics, it would be even harder," he noted. "I'm going to give my family some time; they've been fairly neglected for the past 8 years."

Past Winners National Indoor 5 Km

| | | |
|------|-----------------------------------|----------|
| 1984 | Tom Edwards, Island TC | 21:05.2 |
| 1985 | Tom Edwards, SUNY-Stony Brook | 21:18.9 |
| 1986 | not held | |
| 1987 | Tim Lewis, Reebok | 19:30.70 |
| 1988 | Tim Lewis, Reebok | 19:51.05 |
| 1989 | Tim Lewis, Reebok | 20:00.46 |
| 1990 | Doug Fournier, UW-Parkside | 20:08.40 |
| 1991 | Doug Fournier, Parkside AC | 20:03.74 |
| 1992 | Gary Morgan, New York AC | 19:55.50 |
| 1993 | Allen James, Athletes in Action | 20:24.37 |
| 1994 | Jonathan Matthews, Golden Gate RW | 20:01.50 |
| 1995 | Allen James, AIA | 20:16.47 |
| 1996 | Allen James, AIA | 20:02.59 |

(Note: The 1984 and 1985 races were not part of the National T&F Championships, but were held at a different time and place. The Indoor meet race was conducted at various distances of 1500 meters, 1 Mile, 3 Km, 2 miles, and 3 miles from 1897 to 1986.)

Past Winners National Indoor 3 Km

| | | |
|------|----------------------------------|----------|
| 1987 | Maryanne Torrellas, Abraxas TC | 13:05.41 |
| 1988 | Maryanne Torrellas, Reebok TC | 12:45.38 |
| 1989 | Teresa Vaill, unattached | 13:12.34 |
| 1990 | Teresa Vaill, Natural Sport | 12:53.17 |
| 1991 | Teresa Vaill, Natural Sport | 12:49.95 |
| 1992 | Debbi Lawrence, Propet Walkers | 12:47.51 |
| 1993 | Debbi Lawrence, Natural Sport WC | 12:35.79 |
| 1994 | Debbi Lawrence, Natural Sport WC | 13:13.20 |
| 1995 | Michelle Rohl, Brooks AC | 13:04.99 |
| 1996 | Michelle Rohl, Parkside AC | 12:55.90 |

(Note: A women's race was first held with the National Indoor T&F Championships in 1973. It was conducted at 1 Mile from then through 1986.)

U.S. World Cup Teams Set

Washington, D.C., March 23--Two Canadians took home the gold medals from today's National Invitational Racewalks, but ten U.S. walkers were well pleased with their spots on the 1997 World Cup team. Those ten, five men at 20 Km and five women at 20, along with the five men already qualified from the 50 Km trials last month, will be in Podebrady, Czech Republic on April 19 and 20. The semi-annual World Cup races to be held there determine both individual and national supremacy in the sport of racewalking.

Besides being the U.S. Cup Trials, today's races were used as a "proof of fitness" competition for Canada's team. Arturo Huerta and Tina Poitras proved it well, taking full measure of the best this country has to offer and walking off with first place prizes. The 32-year-old, Mexican Canadian, Huerta easily defended the title he won last year, but his 1:24:27 effort was more than a minute-and-a-half slower. Tim Seaman, Andrew Hermann, Curt Clausen, Philip Dunn, and Dave McGovern were happy to follow him across the line and on to a plane for the Czech Republic. Hermann, Dunn, and McGovern are back from the 1995 team. Neither of the other two members of that team, Allen James and Rob Cole were on hand for today's race. With Hermann, who won the 50 Km trial, reportedly choosing the 20 for the World Cup, the great vet and four-time Olympian Carl Schueler, sixth in the 50 Km trial, will be on yet another World Cup team. Others on the 50 Km team are Jonathan Matthews, Mark Green, Andrzej Chylinski, and Marco Evoniuk.

Poitras was also unchallenged in her win, which took 46:16, as Victoria Herazo, Gretchen Eastler, Sara Standley, Joanne Dow, and Dana Yarbrough captured the World Cup spots. Only Herazo is back from the 1995 team. Of the others from that team, only Deborah VanOrden was on hand to even seek a spot, and she had a below par day, thanks in no small part to a bout with the flu. Debbi Lawrence was out with an injury, Michelle Rohl is on pregnancy leave, and Teresa Vaill is apparently retired.

Let us then turn to World Cup team member, Dave McGovern, for race descriptions, which come to us via Race Promoter Sal Corrallo.

In the 20, Huerta took control from the gun, chasing the 1:22:50 World Championships qualifying standard imposed on him by the Canadian Federation. (Ed. He did 1:22:51.9 in this race last year, so I guess they figured he should improve a little.) The course returned to its 1995 configuration--a coned-off lane of a two-lane drive around Hanes Point Park. Huerta was unfazed by the weather, a near-collision with an errant garbage truck, and the frequent blasts of bus exhaust from the coaches carrying Japanese tourists to see the nascent cherry blossoms.

Huerta was chased by a group of four U.S. athletes who stuck together to battle a strong head-wind on the "out" legs of the 2 Km course. The group included 1996 Olympian Curt Clausen, 1996's top-ranked American Tim Seaman, 1997 50 Km champion Andrew Hermann, and training partner Philip Dunn. Trailing the lead pack were Gary Morgan, Dave McGovern, Warrick Yeager, and Will Van Axen, with Mike Rohl and Al Heppner not far behind. All were keeping a conservative pace while eyeing the fifth and final spot on the U.S. World Cup squad.

The first four U.S. walkers hit 5 Km in a brisk-but-not-too-carazy 21:48, with the trailers hitting the split at 22:08. After 5 Km, McGovern pulled away from the trailing pack, while Morgan began a deceleration that continued to the end. The U.S. leaders traded the second spot in the race through 15 Km. The trio of Van Axen, Rohl, and Heppner were doing likewise. McGovern didn't have such luxury, fighting the wind alone while holding down the fifth spot for the duration of the race.

Huerta, also racing alone, was not able to keep pace while battling the wind. He finished well ahead of his competitors, but was beaten by the clock in his qualifying effort. Over the last 5 Km, Seaman and Hermann broke from Dunn, then Clausen, with Seaman accelerating over the final kilometers to squeak under the World Championships "B" standard in 1:25:59. Hermann's 1:26:13 represents a big personal record. Clausen and Dunn should also be commended for their gutsy performances under tough conditions. Heppner pulled away from Rohl and Van Axen and closed a substantial gap on the cruising McGovern to miss a World Cup spot by just 8 seconds.

The women's race was dominated by Olympian Poitras, who battled the wind to bury her U.S. rivals. While the men's team was seemingly decided by 5 Km, the women's squad was a tantalizing question mark to the finish--and beyond--as a late DQ was instrumental in deciding the identity of the elite five. Two-time Olympian Victoria Herazo led the U.S. walkers from the get-go, but her lead never grew to more than 20 meters. Sara Standley and Gretchen Eastler traded places several times, while Joanne Dow, Kristen Mullaney, Dana Yarbrough, Danielle Kirk, and Deborah Van Orden trailed, separated by 10 to 20 meters each. This train of walkers remained on track to the finish, the only battles being between Standley and Eastler for the second spot, and Mullaney's apparent defense of fifth in fighting off a late charge by Yarbrough. In the end, Mullaney's victory was a house of cards--red cards as she received a post-race communique on her DQ.

In the men's race, Schueler, now 41, led the masters with an impressive 1:35:33 in eleventh, leaving 42-year-old Warrick Yeager nearly 3 minutes behind. Third was Jim Carmines, turning in a superb 1:43:56 at age 53. James McGrath led the 60 and over crowd in 2:02:49, and in the process, finished just ahead of a battle between two top-flight internationals of yore--Ron Laird and Dave Romansky, both now 58. The first female master was 40-year-old Gloria Rawls in 56:46, one place ahead of 48-year-old Gayle Johnson, who had 58:02.

Men's 20 Km: 1. Arturo Huerta (32), Ontario 1:24:27 2. Tim Seaman (24), un., Chula Vista, Cal. 1:25:59 3. Andrew Hermann (26) un., Chula Vista 1:26:16 4. Curt Clausen (29), Share AC 1:27:33 5. Philip Dunn (25), adidas 1:28:08 6. Dave McGovern (31), New York AC 1:29:44 7. Al Heppner (22), U. of Wisconsin-Parkside 1:29:52 8. William Van Axen (21), un., Chula Vista 1:30:50 9. Michael Rohl (31), Parkside WC 1:32:13 10. Jeff Cassin (25), Montreal 1:32:36 11. Carl Schueler (41), Potomac Valley TC 1:35:33 12. Elliot Taub (23), un., New York 1:36:16 13. Ioan Froman (36), Wolverine Pacers 1:37:06 14. Warrick Yeager (42), un., 29 Palms, Cal. 1:38:16 15. Dan O'Brien (32), Pegasus TC 1:38:26 16. David Michielli (20), U. of Wis.-parkside 1:39:21 17. John Soucheck (31), Shore AC 1:39:32 18. Rick Birkheimer (32), Ontario 1:41:54 19. Keith Luoma (35), Augusta TC 1:41:56 20. Gary Morgan (37), NYAC 1:42:36 21. Sean Albert (23), New Jersey Striders 1:43:09 22. James Carmines (53), Pot. Val. TC 1:43:56 23. Steve Pecinovsky (42) Pot. Val. TC 1:47:26 24. David Lawrence (41) Niagara RW 1:50:53 25. Gregory Dawson (30), Walk USA 1:55:59 26. Don Wilkins (40), Pittsburgh Walkers 1:58:24 27.

James McGrath (60), Walk USA 2:02:49 28. Ron Laird (58), NYAC 2:07:36 31. Malcolm Hall (51), Shore AC 2:07:47 32. Steve Feith (50), Miami 2:08:40 33. Victor Litwinski (53), PVTC 2:12:37 34. John Shilling, Walk USA 2:16:38 35. Walter Hawrys (71), Walk USA 2:25:16 DNF--Tim Nicholls (37), Florida and David Doherty (26), PVTC. DQ--Jack Lucey (60), Shore AC; Bob Mimm (72), Shore AC; George Solis (65), Walkers Club of LA; and John Starr (68), Phast

Team Scores: 1. Potomac Valley TC 5:08:55 2. Shore AC 5:12:10 3. New York AC 5:16:06 (The latter two teams weighted down by those aging internationals--Romansky and Laird)

Women's 10 Km: 1. Tina Poitras (26), Montreal 46:16 2. Victoria Herazo (37), un., Lilburn, Georgia 47:46 3. Gretchen Eastler (24), New England Walkers 47:59 4. Sara Standley (30), California 48:08 5. Joanne Dow (33), New England Walkers 48:34 6. Dana Yarbrough (30), Athletes In Action 48:53 7. Joni Bender (34), Ontario 48:58 8. Danielle Kirk (23), UW Parkside 49:20 9. Debora Van Orden (37), Colorado Springs 50:03 10. Susan Hornung (31), Alberta 50:17 11. Margaret Ditchburn (22), UW Parkside 51:10 12. Anne Lankowicz (21), SUNY 52:14 13. Kaisa Ajaye (33), New York City 54:10 14. Barbara Duplichain (37), Richland, Miss. 54:29 15. Monetta Roberts (37), Mobile, Ala. 54:33 16. Mey Neville (32), Ontario 55:44 17. Marykirk Cunningham (31), PVTC 55:58 18. Melissa Horn (22), Grenada, Miss. 56:28 19. Gloria Rawls (40), Shore AC 56:46 20. Gayle Johnson (48), Columbia, Mo. 58:02 21. Colleen (34), Alberta 58:41 22. Nadya Dmitrov (46), Walk USA 1:02:40 23. Kathleen Stuper (19), UW Parkside 1:03:01 24. Jeanne Shepardson (63), New England Walkers 1:05:05 DNF--Eileen Lawrence (42), Niagara Walkers and Loretta (19), Queens Village, N.Y. DQ--Samantha Cohen (19), SUNY; Therese Iknoian (40), Golden Gate RW; and Kristen Mullaney (36), Park US.

Teams: 1. New England Walkers 2:41:39 2. University of Wisconsin-Parkside 2:43:31

Junior Men's 10 Km: 1. John Dunn (19), Kenosha, Wis. 46:04

Open Men's 5 Km: 1. Bohdan Bulakowski (47), Chula Vista, Cal. 23:01 2. Jeff Salvage (29), PHAST 24:20 3. Nicholas Bdera (48), Eastside TC 25:08 4. Dan Pierce (40), Longmont, Col. 25:28 5. Tim Bower (52), Laurel Mountain 26:48 6. Ed Fitch (36), MVTC, Mechanisburg, Ohio 26:54 7. James Goldstein (48), PVTC 28:10 8. Claude Letein (49), PVTC 29:10 10. Jerry Goodwin (49), Laurel Mountain 29:34 10. Manny Eisner (56), Shore AC 29:56 11. John Gersh (49), PVTC 30:02 12. Bill Goodwin (50), Laurel Mountain. 30:20 (23 finishers, 1 DQ, 2 DNF)

Teams: 1. Laurel Mountain 1:26:41 2. Potomac Valley TC A 1:27:22

Open Women's 5 Km: 1. Bobbi Jo Chapman (23), Charleston, W. Va. 26:32 2. Jacqueline Harkes, Ontario 28:06 3. Bev LaVeck (60), Pacific Pacers 29:16 4. Jennifer Praigo, Miller Place, N.Y. 29:20 5. Pat Zerfas (35), PVTC 29:44 6. Anne Davin (43), PHAST 30:07 (22 finishers)

Teams: 1. PVTC 1:35:02 2. PHAST 1:40:33

OTHER RESULTS

Indoor 3 Km, Allston, Mass., Jan. 19--1. Matthew Perry 14:40 2. Joe Light (49) 14:44 3. Stan Sosnowski (46) 16:38 4. Bill Harriman (49) 16:08 **Women:** 1. Samantha Cohen 14:46 2. Jeanne Shepardson (63) 19:19 **New England Indoor 3 Km, Providence, R.I., Feb. 2--1.** Joe Light 14:52 2. Brian Savilonis (46) 15:15 3. Stan Sosnowski 16:04 4. Bill Harriman 16:20 5. Bill Westleigh (16) 16:50 **Women:** 1. Suzanne Scavera (17) 16:17 2. Meg Savilonis (47) 18:20 **3 Km Mall Race, Milford, Conn., Feb. 16--1.** Joe Light 15:26 2. Gloria Rawls 15:50 3. Stan Sosnowski 16:26 4. Fred Anderson 18:19 **Women:** 1. Meg Savilonis 37:34 **National Scholastic Championships, Boston, March 8: Girl's 1 Mile--1.** Lisa Kutzing, Port Washington, N.Y. 7:07.31 2. Marina Crivello, Laval, Ontario 7:12.79 3. Sally Rapp, Montgomery, N.Y. 7:23.29 4. Emma Carter, Overland Park, Kan. (ninth grade, from New Zealand) 7:26.82 5. Christine Hyland, Oakland, N.Y. 7:44.67 6. Sara Villa, Nanuet, N.Y.

7:50.20 (21 finishers, 2 DQs) Race notes from Steve Vaitones: Two-time champion Lisa Kutzing, a junior at Long Island's Port Washington H.S., struck out in the seeded section with Canadian Marina Crivello and Sally Rapp of New York, the trio leaving the remainder of the field far behind. With two laps to go, Crivello moved strongly to the front, but Kutzing responded and regained the lead coming up to the bell. The eventual winner moved more decisively than her competitor and rolled over the final lap to clock a record 7:07.31, knocking 3 seconds off the previous scholastic standard set by Jennifer Grego of Brockport, N.Y. in 1992. With a third win, she also became one of only seven athletes to have captured three individual gold medals at the championship. Fourth place finisher, Emma Carter, came out of the unseeded section. The affable yearling, who has an NZ noted for citizenship, led that race from gun to finish in 7:26.82. Lacking a mile entry time, she had entered with a 3 Km time from the summer and thus was relegated to the 8:15 am "B" race. "I was hoping for the freshman class record, but had to do the best with the situation." That she did. **Boy's 1 Mile--1.** Scott Crafton, Indianapolis 6:26.79 2. Christopher Brooks, Elgin, Ill. 6:27.80 3. Brian Colby, Madison, Wis. (10th grade) 6:31.89 4. Daniel Dalton, Kettering, Ohio 7:07.04 5. Ronald Jones, East Patchogue, N.Y. 7:29.49 6. Eric Underhill, Smithtown, N.Y. 8:40.02 (1 DQ) Vaitones notes: Last year Crafton made up a lot of distance on the final lap, but fell just short of the win. It looked like a repeat when, after he, Chris Brooks, and Scott Colby had walked tightly bunched for 6 laps, Brooks moved out to a 3 second cushion at the start of the bell lap. On the backstretch, the lanky Hoosier quickened his step and cut into Brooks' lead. Off the final turn, the taller Crafton went by to take the gold by just over a second. Crafton has no spring track and field season planned on the scholastic level, focusing solely on the walk. He'll head down the road to Indiana University next fall, planning to train with Jonathan Matthews. Brooks is only a year into his walking career, but earned Junior Olympic honors last summer and moved into the top ten in the only indoor race of his high school career. He plans to head north to Kenosha and join the stable at Wisconsin Parkside. Both plan a stop at the Junior Nationals first, and hope for a detour via Havana in July. **New York State H.S. Indoor Championships Girl's 1500 meters, Ithaca, March 1--1.** Lisa Kutzing, Port Jefferson 6:44.37 2. Sally Rapp, Pine Bush 6:54.65 3. Missy Hill, Harborfields 7:23.92 4. Fawn Grossi, Pine Bush 7:25.69 5. Christine Hyland, Connetquot 7:26.13 6. Sarah McChlough, Fairport 7:33.31 (23 finishers, 5 DQs) **Millrose Games 1 Mile, New York City, Feb. 7--1.** Allen James 5:55.21 2. Curt Clausen 6:03.05 3. Gary Morgan 6:07.42 4. Sean Albert 6:33.25 **12 Km, Orlando, Fla., Feb. 8--1.** C. S. MonteCarlo 1:10:01 2. Phil Brown 1:16:35 **Women: 1.** Pam Betz 1:17:10 **5 Km, Winter Park, Fla., Feb. 15--1.** Chris Alt 27:31 2. Sperry Rademaker 29:38 3. Pam Betz 30:32 **Men: 1.** C.S. MonteCarlo 27:16 2. Steve Christlieb 29:01 3. Ray Jenkins 29:28 4. Bryce Courtney 29:29 5. Phil Brown 30:06 **5 Km, Miami, Feb. 23--1.** Rod Vargas (47) 27:41 2. Mario Viteri (52) 29:01 3. Don Matuszak (49) 30:14 4. Jay Dash (54) 30:16 5. Mike Mason (48) 30:17 **Women: 1.** June-Marie Provost (63) 30:40 **5 Km, Miami, Feb. 28--1.** Linda Talbott 30:28 **Men: 1.** Mario Viteri 27:49 2. Raymond Goodpasture (47) 30:10 3. Jay Dash 30:27 **10 Km, Winter Haven, Fla., March 1--1.** John Fredericks 54:59 2. C.S. Monte Carlo 57:09 3. Mario Feinstein 61:55 **5 Km, Miami, March 1--1.** Rod Vargas 28:51 2. Bob Fine (65) 30:11 **5 Km, Adventure, Fla., March 8--1.** Tim Nicholls 20:56 2. Rod Vargas 29:17 3. Don Matuszak 29:34 **Women: 1.** Rowitha Sidelko (43) 27:41 2. Miriam Gordon (71) 33:08 **5 Km, Casselberry, Fla., March 8--1.** Pam Betz 29:37 **Men--1.** John Fredericks 25:34 2. Steve Christlieb 28:54 3. Ray Jenkins 29:30 4. Mario Feinstein 29:31 **5 Km, Winter Park, Fla., March 15--1.** C.S. Monte Carlo 27:45 2. Steve Christlieb 28:53 3. Phil Brown 30:34 **Women: 1.** Christine Hoffman 30:57 **Indoor 3 Km, Carbondale, Ill., Feb. 8--1.** Danielle Kirk 13:45.38 2. Margaret Ditchburn 14:05.53 3. Jill Zenner 14:24.00 4. Amber Nichols 15:08.13 5. Sandy DeNoon 17:22.96 6. Ruth Eberle 17:46.25 **Men--1.** Al Heppner 12:28.1 2. Dave Michielli 12:56.49 3. John Num13:38.2 4. Mike DeWitt 13:59.62 5. Doug Johnson 14:28.38 6. Ed Fitch 15:38.08 7. Steven Lipe 16:00.90 8. Vince Peters 17:07.87 **5 Km, Denver, Feb. 9--1.** Christine Vanoni (45)

28:03 2. Daryl Meyers (54) 28:41 3. Lori Rupoli (45) 30:11 **5 Km, Denver, Feb. 22--1.** Christine Vanoni 28:05 2. Lori Rupoli 29:12 3. Margaret Hennessey (44) 30:38 **Indoor 3 Km, Ft. Collins, Col., Feb. 23--1.** Curtis Fisher 13:37 2. Brad Bearsheart 15:07 3. Scott Richards (45) 16:47 4. Christine Vanoni 17:09 5. Bob Ferrier (59) 18:04 **5 Km, Albuquerque, N.M., Feb. 22--1.** Theron Kissinger 24:59 2. JoAnn Owen (5) 29:38 **Silver State Indoor Masters 3 Km, Reno, Nev., Feb. 16: Women--1.** Ann Gerhardt (47) 18:17 **Men--1.** Jack Bray (64) 15:47 2. Shoja Torbian (46) 16:06 3. Fred Belt (67) 17:44 4. Pete Giachetti (53) 18:29 **8 Km, Roseville, Cal., Feb. 22--1.** Roger Wellborn (45) 42:49 2. Chris Sakelarios 43:28 3. Therese Iknioan (40) 43:54 4. Dick Petrucci (64) 47:32 5. Terri Brothers (40) 47:34 6. Marlene Coe 48:22 7. Bill Penner (50) 48:24 **Norwegian Indoor 5 Km, Feb. 3--1.** Chris Gundersen 19:58.6 2. Martin Engelsviken 20:05.4 **Norwegian Women's Indoor 3 Km, Feb. 3--1.** Hanne Liland 12:58.5 2. Hilde Gustavsen 13:17.6 **Italian Indoor 5 Km, Feb. 22--1.** Giovanni DeBenedictis 19:10.91 2. Alessadro Gandellini 19:13.58 3. Giovanni Pericelli 19:14.28 4. Massimo Fizialetti 19:25.28 5. Vittorio Colombine 19:47.08 6. Michele Didoni 19:48.93 **Italian Women's Indoor 3 Km, Feb. 22--1.** Eric Alfridi 12:00.13 2. Michaela Hafner 12:46.95 3. Santa Compagnoni 12:59.60

Races and races at all different places

Sat. April 5 Senior Games 5 Km, San Francisco (R)
5 Km, Denver, 9 am (H)
3 Km, Bellingham, Wash., Noon (C)

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, Littleton, Col., 8:30 am (H)
North Regional 10 Km (also a 20 Km, Kenosha, Wis.(G))

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, Denver, 8:30 am (H)
5 Km, Denver, 8:30 am (II)
5 Km, Auburn, Cal. (E)

Sun. April 26 Northwest Regional Master and Open 10 Km, Seattle, 10 am (C)

Mon. April 21 5 Mile, Misquamicut, R.I. (G)

Sat. April 26 Penn Relays 5 Km women, 10 Km men, Philadelphia (A)
5 Km, Kalamazoo, Mich. (N)

Sun. April 27 4 Mile, Denver (H)
Western Regional 5 Km, Las Vegas (B)
10 Km, San Mateo, Cal. (R)
5 Miles, Westerley, R.I. (G)

Wed. May 1 5 Km, Miami, 6:45 pm (Q)

- Sat. May 3 5 Km, Miami, 8 am (Q)
 Sun. May 4 1500 meters, Kentfield, Cal. (P)
 1500 meters, 5 Km, Eagle Rock, Cal. (B)
 5 Km, Kenosha, Wis. (G)
 5 Km, Denver (H)
 5 Km, Albuquerque (W)
 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)
 West Regional 8 Km, Denver (H)
 Fri. May 16 5 Km, Miami, 7 pm (Q)
 Sat. May 17 5 Km, Denver, 8 am (H)
 Sun. May 18 **USATF National 15 Km, North Regional 10 and 20 Km, Elk Grove, Ill. (S)**
 8 Km, Penbroke Pines, Fla., 7:30 am (Q)
 5 Km, Denver, 8:30 am (H)
 Inland Empire 15 Km, Riverside, Cal., 7:30 am (B)
 Sat. May 24 5 Km, Coral Gables, Fla., 7:30 am (Q)
 Sun. May 25 West Region Women's 10 Km, Men's 20 Km, Palo Alto, Cal. (R)
 Alongi in Marin 5 Km, Marin, Cal., 9:30 am (P)
USATF Youth Road Walk Championships, Madison, Wis. (AA)
 Sat. May 31 3 Km, Kenosha, Wis. (G)
 Sat. June 7 1500 and 3000 meters, Seattle (C)
 5 Km, New Castle, Penn., 9 am (BB)
 5 Km, Miami, 7 pm (Q)
 5 Km, Atlanta (D)

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, 4920 Roswell Rd., Box 118, Atlanta, GA 30342
 ✓ E--Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813
 ✓ F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
 ✓ G--Mike DeWitt 414-551-0142
 ✓ H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 ✓ I--Heartland Racewalkers, 3645 Somerset Drive, Prairie Village, KS 66208
 J--Sal Corrallo, 3515 Slate Mills Road, Sperryville, VA 22740
 ✓ 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, Apt. 149, Sunnyvale, CA 94086
 ✓ S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
 T--Columbia, TC P.O. Box 1872, Columbia, MO 65205
 ✓ 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--Tom Colby, 6618 Piping Rock Road, Madison WI 53711
 ✓ BB--Peggy Plonka, 1000 Mercer Street, New Castle, PA 16101

FROM HEEL TO TOE

Note that last month's report on the breakup of the Olympic training camp in LaGrange, Georgia and where the athletes have gone, which I credited to Bob Carlson, came originally from Elaine Ward's *U.S. Racewalking Journal*, which commenced publication in February. Elaine, who heads the North American Racewalking Foundation, has combined the Foundation's former publications, *Southern California Racewalking News* and *Racewalking in the 4-Regions*, into this single monthly publication. The address is U.S. Racewalking Journal, P.O. Box 50312, Pasadena, CA 91115 if you are interested. . . Martin Rudow will present one of his very instructive clinics, which include individual coaching sessions, in Kalamazoo, Michigan on the dates April 25-27. The clinic is in conjunction with the Borgess Run for the Health of It, which includes a racewalk division. For more information call Bobbi Jo Kukan at 616-345-7095. . . Yet another clinic opportunity will be presented by the Marin Racewalkers in Marin, Cal. when Frank Alongi when well-known coach and bio-mechanic expert will be on hand. Contact Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914 for more information. . . There are several major international racewalks the next couple of months, starting with the World Cup of Racewalking in Prague, Czech. on April 19-20. This team competition, held every other year, features both men's and women's trophies. The men compete in both 20 and 50 Km races, with each nation entering up to five athletes in each race (three to score). The Lugano Cup is awarded to the nation with the highest score for the two races. The Cup derives its name from Lugano, Switzerland, where the first competition was held in 1961. Women were first added to the competition in 1979 when the races were held in Eschborn, Germany. Thus, they compete for the Eschborn Cup in a single 10 Km race. (There had been, however, unofficial world championships for women held annually beginning in 1968.) The U.S. first competed in the Lugano Cup in 1967 in Bad Saarow, East Germany. (Your editor was fortunate enough to be on that historic team. It was apparently the first time any U.S. athletes had competed in the German Democratic Republic. I even got to carry the flag in the opening ceremony and thus claim my spot in the history books. I don't know if the ceremony lasted 15 minutes, however, so I may still have a few minutes of fame remaining.) The U.S. has been represented in every competition since then. Team titles on the men's side have gone to Great Britain in 1961 and 1963, the GDR (East Germany) in 1965, '67, '70, and '73 (a deviation from the every-other year schedule there), USSR in 1975, Mexico in 1977 and 1979, Italy in 1981, USSR 1983, GDR 1985, USSR 1987 and 1989, Italy 1991, and Mexico 1993 and 1995. Thus only five nations have won the Cup in the seventeen competitions to date--The GDR five times, the Soviet Union and Mexico three each, and Great Britain and Italy two each. The Eschborn Cup has gone to Great Britain in 1979, the USSR in 1981, China in 1983 and 1985, the USSR in 1987, 1989, and 1991, Italy in 1993, and China in 1995. So here we have the Soviet Union with four cups, China with three, and Great Britain and Italy with one each. The World Cup has been contested in the U.S. twice--New York in 1987 and San Jose in 1991. . . Other upcoming international walks that have been attracting outstanding fields for years are the men's 20 Km and women's 10 Km in Hospitalet, Spain on April 27; the men's 20 and 50 Km and women's 10 Km (all on the track) in Bergen, Norway on May 3 (many world records have been set at this meet); the men's 20 Km and women's 10 Km in Barcelona, Spain on May 3; the men's 20 and women's 10 in LaCoruna, Spain on May 17; and the men's 20 and 50 and women's 10 in Naumberg, Germany on May 25. Many of these meets also include junior races. Another international with less history than the others is a men's 20 and women's 10 in Eissenhuettenstadt, Germany on May 10. And, of course, there are the

World Track and Field Championships in Athens from August 2 to 10. The men's 20 Km is on August 2, the 50 on August 9, and the women's 10 Km final August 7 with qualifying heats on August 4. . . We had an item last month on Bev LaVeck's selection as the only racewalker in the Master's T&F Hall of Fame. We also speculated on the absence of a male racewalkers since there were both male and female athletes in other categories. Bev is able to shed some light on the subject in the following comments: "The RW Committee has nothing to do with the Masters Hall of Fame. It's bestowed by Masters T&F (of which Masters RW is a part and Masters Long Distance Running. Here's what I know. In 1995, when we thought there would be three men and three women, plus two "other"/contributors, the Masters RW subcommittee and I corresponded and agreed that the men with greatest priority for the initial class were Wallace, Walker, DePetra, and Mimm. Women were Maynard and Sedlak. Not only were/are all outstanding walkers, but they have been of lasting influence and represent an important era. Contributors were Wood and Ward. . . As it turned out, the selection procedure did not allow for recommendations from the RW, or any other, subcommittee. Rather, the voting was by the 150-member Masters T&F and LDR Committees, based on performance data from WAVA, USA championships, records, etc. Various things happened to prevent some of the above nominees from getting their specific data (as opposed to testimonials) to Hall of Fame Administrator Marilyn Mitchell by the deadline. I gathered the data for the posthumous awards. At the 1995 Convention, there was some vocal and very obdurate opposition to RW having as many "slots" as T&F and LDR, since the latter two categories had many more candidates over the last 30 years or so. That's why the number was reduced to one man and one woman. I don't remember if the RW Contributor category was merged into the T&F Contributor category, or if there were so many contributor nominees that nobody got a majority of the vote. A majority vote was necessary--no run-offs--in order to be selected. Many truly great T&F, LDR, and contributor nominees weren't chosen this time because the votes were scattered through a long list of nominees. It's important to know the selection procedure for 1997. If the Hall of Fame selections require a majority of the vote, there's a disadvantage in having lots of candidates. A RW subcommittee could help by paring down a list in some kind of "primary vote"--but this requires that the subcommittee recommendations are heeded.

George Goulding--The Greatest Racewalker Who Ever Lived?

(Excerpted from *Wobble To Glory*, by Glynn A. Leyshon by the *Golden Gate Racewalker* and then published in the April 1996 issue of the *Front Range Racewalker News*. Third-hand plagiarism, I guess.)

As yourself: Who was the greatest baseball player that ever lived? Most of su would have no problem coming up with a name. Ask the same question about football. Many around here might name Joe Montana. Now ask yourself: Who is the greatest racewalker who ever lived? Stumped. George Goulding may or may not have been, but he was certainly a champion in every sense of the word. It is astounding in this day and age to think that a heel-and-toe expert, a pedestrian, a purveyor of undulating hips, flailing elbows, and hyperextended knees could be labeled "the Sensation of the Athletic Year", and be the feature attraction indeed in some cases, the only attraction, at meets with 20,000 spectators from the Caledonian Games of Lucknow, Ontario to the Millrose Games in Madison Square Garden, New York. In the course of a 10-year career, Goulding amassed 97 wins and an Olympic gold medal in 103 walking races for a 94 percent average, but even his losses were unusual.

Goulding became so good at his sport that one race committee barred him and others handicapped him. For most of his career, he was forced to stand at the start, or "scratch" line and watch while various pedestrians, some champions in their own countries, were sent off at intervals

with head starts as great as 40 seconds or 125 yards in a 2-mile race. Invariably, Goulding reeled them in one by one to ovations from the crowd. One race in Buffalo in which he set a new world record for the mile in 6:28 was described as follows: Halfway around on the third lap, he caught the first man and the military band played "The Maple Leaf Forever" as he hustled after the rest. As he passed the last man, the band played "God Save the King". He was given one of the biggest receptions ever accorded an athlete in Buffalo.

His few losses were caused by overzealous handicappers who were anxious to push Goulding to new records and excite the enthusiastic crowds with close races. On one occasion, they miscalculated, and although Goulding's time was better than the winner's, he was listed as second or third place. In the strictest interpretation of events, one could say that he did not lose more than a handful of domestic or international races over a 10-year period. A loss against the American champion Renz, whom he had beaten on several occasions before, was typical of the very few defeats Goulding endured. Eddie Renz was given a one-lap head start in an eight lap, two-mile race. There were a half-dozen others in the race, all of whom Goulding passed. On the last lap, he went into his famous sprint with the crowd urging him on, but he hit the curb and fell. He jumped to his feet, but was unable to catch Renz, who finished in 14:07. Goulding's time was 13:50.

Born in Hull, England, Goulding came to Canada as a teenager to seek his fortune. He was a lithe 5'10", 135 pounds at his prime and he began his athletic career as a marathon runner. He represented Canada in the 1908 Olympic Games in London in both the 3,500 meter walk, where he finished fourth, and the marathon, where he finished 22nd. It was in the 1908 Olympic year, while training with a friend, that he was persuaded to try racewalking. It was a fortuitous confluence of forces and abilities. Almost from the beginning, Goulding was successful. In contrast to many of his adversaries, he had a smooth and flowing style, which was admired throughout his career.

After the 1908 Olympics, Goulding forsook running entirely and concentrated on racewalking. In 1909, he entered 19 major walking competitions, winning 18 of them. Several were handicap events, including the single race he did not win (he was second) and one was against a relay of four men. All of these races were in Canada, but his exploits, which included the one and the three mile Canadian championships, were attracting attention in the U.S. In 1910, he began racing in Buffalo, New York. On February 28, 1910, Goulding broke the U.S. record for the mile, which had stood for more than 25 years. The old mark of 6:29 3/5 had been set in 1883 and Goulding, giving away as much as 300 yards in handicaps, breezed by 10 others to win in 6:29 1/5. It was the start of a tempestuous, exciting, and emotional connector that would include not only accolades and glowing praise, but accusations of "professionalism" and petulant shows of jealousy. Throughout it all, Goulding displayed the equanimity of the model YMCA member that he was. Polite to a fault, always a gentlemen, he displayed a remarkable sense of sportsmanship while still possessing a fierce sense of competition.

In June, 1910, Goulding smashed the world record in the mile with a time of 6:24 4/5. He performed this feat at Hanlan's Point in Toronto at a meet sponsored by the T. Easton Company. The crowd of 13,500 warmed to the modest world champion and those behind the scenes began to plan a match with Ernest Webb of England. Webb had defeated Goulding in the 1908 Olympics and was listed as "world champion". By August of that year, the match races were set. There would be both a one and a three mile race.

The Toronto papers took a keen interest in the event. One downtown Toronto store, Mack's, had a blown up photo of the two, which was nearly life size, placed in the window. Goulding won both these match races and after the three mile event, the spectators rushed onto the field and carried Goulding on their shoulders the length of the grandstand to deafening cheers. Over 20,000 people came to witness the event--and the walking race was the only item on the card.

After the race with Webb, Goulding was called "world champion", but he declined the appellation at a banquet in Toronto given in his honor. He stated modestly that the Olympics were for deciding world championships and he would wait for them to decide.

So great was the enthusiasm for pedestrianism that it was reported that clubs were being formed to revive walking and efforts were being made to have the popular Canadian participate. One paper stated "walking has been a dead issue for years, but has taken a new lease on life with Goulding. He has revolutionized the sport in the U.S." The secretary of the Amateur Athletic Union of the U.S., James Sullivan, was prepared to invite Goulding to compete in New York in a one mile handicap event, and members of the New York Athletic Club offered Goulding a job if he would relocate in New York and carry the club's colors. The Canadian declined. Later, in 1911, in Brooklyn, New York, Goulding broke the world record in the two mile event and received a great ovation. He was strengthening his association with fame and glory, as well as becoming a darling of the sporting public.

By 1912, Goulding's star was high. Invitations to compete flooded into Toronto. Interest was heightened, perhaps, by the prospect of the forthcoming Olympic Games. Goulding was a man in demand. As one paper expressed it: "Goulding, the sensation of the athletic year, revives the heel and toe game. He is the first walker in recollection who has been able to arouse genuine enthusiasm at the athlete meets. The demonstration accorded him at the NYAC Games in Madison Square Garden was the most remarkable ever seen. Despite a 200 yard handicap, he won the race by 40 yards."

The 1912 Olympic Games were almost an anticlimax for George Goulding. He easily won his heat in the 10 Km walk and in the final jumped into an early lead over his old rival, Ernest Webb. During the course of the race, three of the seven contestants were disqualified for "lifting" so Goulding proceeded very carefully indeed and won by 80 yards in a time of 46:28.4. This record stood until 1948.

After his Olympic Victory, the taciturn Canadian sent a telegram to his wife, newly delivered of a son. The telegram read "Won George." By agreement, his wife did not name their new child until George's return. The boy was named George Beverly Olympic Goulding.

He returned to Toronto in triumph. People lined the streets seven deep along the parade route from the station to the flag-bedecked city hall. More than 50 banner-draped automobiles bearing civic officials and representatives of various sports clubs made up the parade. Goulding was "chaired" up the city hall steps while the Toronto City Band played Handel's "Hail the Conquering Hero Comes". A monogrammed set of silver consisting of 110 pieces was presented to Goulding by the city. It was inscribed: Presented to George H. Goulding by the Corporation of the City of Toronto on his return from the Olympic Games held in Sweden, where he won the walking championship of the world, 1912.

At this point, he indicated he would retire. He did not compete at all in 1913, but returned to the circuit in 1914. In January of 1915, Goulding set a new world record in the three mile event at the 74th Regiment Games in Buffalo. Walking against a three-man relay, he set a time of 20:42 4/5, a better than seven minute mile pace, to win by an astonishing two lap margin.

At this point, the love affair came to an end. In the U.S. seven mile championship, in New Brunswick, New Jersey, Goulding dazzled the sporting world by winning the race and establishing a new world record. It was another triumph to pile atop his grand pyramid of triumphs. Or so it seemed.

William Parry, a member of the Registration Committee of the AAU, resigned from the committee in protest over Goulding's victory, accusing him of professionalism. Parry claimed that he had documentary evidence that Goulding "was not in the walking game for his health." Furthermore, he charged that the president of his own committee had used undue influence on Goulding to persuade him to come to the U.S. and take the title away from an American, Eddie Renz. It is worth noting that the president of the committee against whom Parry was railing was

Goulding's friend, Schwartz. Parry was a close friend of Eddie Renz. Parry admitted that he acted out of loyalty to his friend and that he had no personal feeling against Goulding, whom he regarded as the greatest walker the world has ever seen or ever will see. He could not, however, condone an action to annex a title that he felt should remain in the U.S.

An investigation finally exonerated Goulding, finding there was no evidence that he accepted money in excess of expenses and he was later cleared of another charge of unfair competition.

George Goulding retired after the 1916 season and devoted himself to his YMCA work and coaching. In 1921, he moved to Vancouver and opened a sport and cycle shop, which he hoped would flourish because of his name. When the lease ran out and he was compelled to move the business, he was forced into bankruptcy. In a desperate bid for solvency or recognition, he attempted a comeback as a racewalker at Madison Square Garden in 1925. In the race, he collapsed on the track with a heart attack and was hospitalized in New York for several weeks. He ended his working days in Toronto as an employee of the Welfare Department. Goulding died in 1966 at the age of 81.

Looking Back

30 Years Ago (From the March 1967 ORW)--In the National Indoor 1 Mile Championship in Oakland, Don Denoon edged Larry Walker 6:28 to 6:29.9. Defending titlist Rudy Haluza was third in 6:34 with Ron Laird, Larry Young, and Bob Kitchen rounding out the first six. . . Walker turned in an outstanding track 10 Km with 46:21 to beat Laird by nearly a minute and Young by two. . . Jack Blackburn slipped away from Jack Mortland in the last mile to win a track 10 Km in Columbus, 47:22 to 47:28.

25 Years Ago (From the March 1972 ORW)--Bob Kitchen broke the American 50 Km record with a 4:13:26 on the track in San Francisco (others had gone faster on road courses). . . Larry Young won the National 35 Km In Hollywood with a 2:52:41, after passing 20 Km in 1:36:10. Bob Bowman was just 2 seconds over 3 hours in second, with Bill Ranney another 1:20 back. . . In an indoor dual meet with the USSR, Dave Romansky gave it a good go, but still came up short. Nikolai Smaga won the 3 miler in 20:08, Vladimir Golubnichiy had 20:11.2, and Dave 20:12.8. Ron Laird was just under 21 minutes in fourth. Splits were 6:51 and 13:32, as the Soviet pair steadily built the pace.

20 Years Ago (From the March 1977 ORW)--In a US-USSR-Canada indoor meet in Toronto, Anatoliy Solomin shattered the world's best for 3 miles, clocking 18:44.3. Pyotr Potschenchuk was 4 seconds back. Todd Scully hung close through a 6:10 first mile, but then had to yield and finished in 19:40. . . Jim Heiring scored an easy NAIA Indoor 2 Mile victory in 13:33.8, with his Parkside teammate Chris Hansen second in 14:03. . . Vincent O'Sullivan won the IC4A indoor mile in 7:03.8 and Jack Boitano took the National Master's 2 Mile in 15:41. . . Susan Liers had a world best for 20 Km with 1:48:19 at Kings Point.

15 Years Ago (From the March 1982 ORW)--Canada's Marcel Jobin led the field at the National 25 Km in Monterey, Cal. with a very swift 1:48:20. Sweden's Roland Nilsson came second in 1:52:35, with Dan O'Connor capturing the U.S. title in 1:57:23. Wayne Glusker was fourth, just 3 seconds over 2 hours. . . The IC4A mile went to Troy Engle in 6:27.6, some 7 seconds ahead of Ben Defibaugh. . . In Australia, Sally Pierson walked 13:11 for 3 Km, a women's world best, and Dave Smith covered the same distance in 11:26.5. . . Maurizio Damilano, Italy, won the European 5 Km Indoor Championship in 19:40.28, well clear of countryman Carlo Mattioli in second.

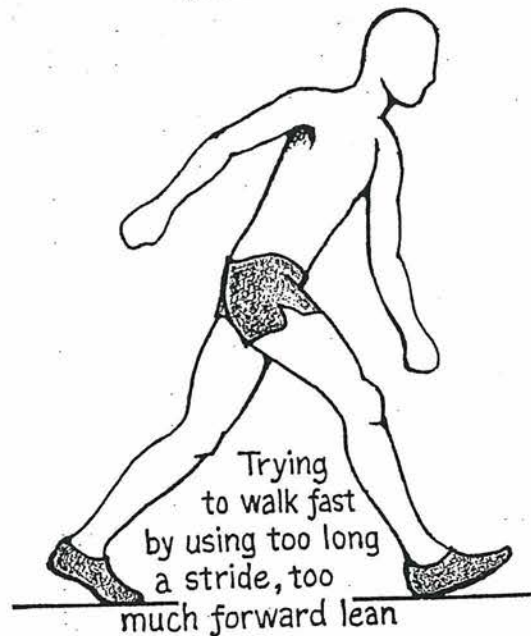
10 Years Ago (From the March 1987 ORW)--The World Indoor Championships were held in Indianapolis. In the men's 5 Km, Soviet Mikhail Schennikov edged Josef Pribilinec, Czechoslovakia, in 18:27.79. But after a very smooth race, both appeared to be completely out of control and flying high in a desperate race over the last 100 meters. The judges let it go. Mexico's Ernesto Canto was 11 seconds back in third. Tim Lewis did 19:18.40 in eighth. The women's 3 Km went to Olga Kristop, USSR in 12:05.49, with Italy's Giuliana Salce second and Canada's Ann Peel third. Maryanne Torrellas also finished eighth for the US in 13:10.30. Lewis and Torrellas were easy winners at the Nationals. Lewis had 19:30.70, 53 seconds ahead of Ray Sharp, with Paul Wick and Doug Fournier also under 20:30. Torrellas won in 13:05.41, 10 seconds clear of Teresa Vaill. Lynn Weik was third. . . Carl Schueler won the National 50 Km in Carmel Valley, Cal., with a superb 4:00:14. Marco Evoniuk was second in 4:06:42, Jim Heiring third in 4:10:36 and Dan O'Connor fourth in 4:12:21. Randy Mimm had a personal best in fifth with 4:13:40. . . Lewis had a World record mile at the Millrose Games with 5:41.12, then bettered that in Los Angeles with a 5:38.2. . . Torrellas had a world best over 1500 meters with a 6:01.16, just a second ahead of Ann Peel. . . The Canadian turned the tables over a mile in Fairfax, Virginia, winning in 6:35.47, 5 seconds ahead of Torrellas.

5 Years Ago (From the March 1992 ORW)--The National Indoor T&F Championships in New York saw two outstanding performances. In the men's 5 Km, Gary Morgan easily won, beating meet and American record holder Tim Lewis by 22 seconds with his 19:55.6. Only Lewis has ever gone faster in this meet. Don Lawrence was 36 seconds behind Lewis in a rather uncompetitive race. . . He did it twice. Debbi Lawrence was equally impressive in the women's 3 Km missing Maryanne Torrellas' American record by just 2.13 with her 12:47.51. Victoria Herazo (12:54.52) and Teresa Vaill (12:57.52) were also quick in second and third. Michelle Rohl was fourth and Torrellas fifth. . . Kerry Saxby had a fast 10 Km race in the Australian summer with 43:50.

Lifted from:

The Art of Fast Walking

by Ron Laird



and too low an arm swing is uneconomic. This action causes much of the hip rolling, knee straightening and arm pumping efficiency of race walking to be eliminated, and turns you into a power walker. Power walking is a grand form of exercise, but it is not the racing style used in the Olympics. You can experience the contrast in quickness and effort by moving from one to the other.

After studying and practicing the competitive style of walking, you may decide to use a hiking style for most of your walks. Whenever you wish to give all your muscles, heart, and lungs more exercise, switch over to the quicker technique of race walking and use it to move faster. Faster gives more benefits.

Sometimes I see people trying to race walk while only using proper arm action. From the waist down, they use a hiking style. If the arms are to be bent and pumped at the classic 90° angle, proper hip and knee action also need to be used to correctly complete the movement. Race walking above the waist while trudging below the waist looks odd and restricts speed and efficiency.

If you want more of such wisdom from four-time Olympic racewalker Ron Laird, you can get your own copy of his 81-page book by writing him at 4706 Diane Drive, Ashtabula, OH 44004, or calling him at 216-998-1371.