

Lawrence, Clausen Defend Titles

Indianapolis, June 14-15--Competing at the USATF Outdoor Track and Field Championships, both Debbi Lawrence and Curt Clausen defended the racewalking titles they claimed at last year's Olympic Trials. For the 35-year-old Lawrence, it was her eighth 10 Km title, the first coming in 1984. Clausen, now 29, was claiming his second title at 20 and has certainly taken over from Allen James as the country's premier walker at the distance.

In Saturday's 10 Km, Lawrence took the lead at 200 meters and never looked back. Victoria Herazo and Sara Standley stayed together, about 50 meters back in the early stages. At the 5 Km mark, Standley gave chase and pulled to within 5 meters of Lawrence with a lap to go. Lawrence then dug in to win by 30 meters, with Herazo holding off Joanne Dow, who closed well over the last half of the race. Joanne, after missing considerable time with injury, has come back strong. Cedarville College's (Ohio) Jill Zenner continues to come on strongly and beat the rest of the field for fifth. Lawrence's winning time was just 46:45.36, but heat and humidity were factors. Her km splits were 4:25, 8:59, 13:40, 18:23, 23:03, 27:48, 32:36, 37:25, and 42:18. So when challenged at the end, she was able to accelerate the pace, with her final km almost as fast as the first.

The men's race on Sunday was also comparatively slow, with weather still playing a roll, and Clausen proved too strong for the rest as he won by more than a minute in 1:27:12. Andrew Hermann and Tim Seaman were second and third. Gary Morgan, now 37, had his usual strong race in a championship atmosphere to take fourth, not far back of Seaman and not far ahead of Jonathan Matthews, now nearing the age of 41 and, like Dow, absent from racing for awhile as he battled injury. A great race for him, as he beat the youngsters.

Following the race, Clausen noted: "I wanted to relax the first half of the race and then break away from the field in the second half. I think I pushed a little harder at points where others tend to slow down, like the water stops. It was different than the trials last year in that I was favored today. It was a little tougher mentally." Commenting on the number of fans present he said: "I don't care if there's a single person watching; I won the race."

Results:

10 Km: 1. Debbi Lawrence, unattached 46:45.36 2. Sara Standley, Un. 46:53:07 3. Victoria Herazo, California Walkers 47:18.05 4. Joanne Dow, un. 47:22.26 5. Jill Zenner, Cedarville Col. 48:10.73 6. Debora Van Orden, un. 48:41.70 7. Dana Yarbrough, Athletes in Action 49:09.97 8. Lyn Brubaker, un. 49:19.07 9. Margaret Ditchburn, Parkside AC 50:03.63 10. Danielle Kirk, U. Wis.-Parkside 51:29.98 11. Anne Marie Lankowicz, SUNY-Stony Brook 51:46.84 12. Lisa Sonntag, Indiana Racewalkers 51:57.63 13. Pam Tucker, U.W.-Parkside 52:51.87 14. Samantha Cohen, un. 53:27.68 DQ--Ali DeWitt, Parkside AC.

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20 Km: 1. Curt Clausen, Shore AC 1:27:12 2. Andrew Hermann, Adidas 1:28:23 3. Timothy Seaman, New York AC 1:30:00 4. Gary Morgan, NYAC 1:30:24 5. Jonathan Matthews, Reebok RC 1:30:49 6. William Van Axen, un. 1:31:14 7. Michael Rohl, Parkside AC 1:31:49 8. Dave McGovern, NYAC 1:35:00 9. Al Heppner, Sport Count TC 1:36:19 10. Ian Whatley, Potomac Valley TC 1:45:05 DQ--Marco Evoniuk, un., and Philip Dunn, Adidas.

Nelson, Herazo Top Fields

Albany, N.Y., June 22--At 8 am this morning, on a road course at the the State University of New York-Albany, a small field challenged one another at 20 Km (women) and 30 Km (men) in USATF National Racewalk Championships.

It was a hot and humid Sunday morning, with temperatures ranging in the high 80s and humidity rising to near 70 percent by mid-race.

From the gun, Herm Nelson and Victoria Herazo walked side by side (never more than 30 yards apart) for 10 Km. (The races were conducted simultaneously.) They alternated the lead through 15 Km. At 18 Km, Nelson gained a 40-yard lead over Herazo, but by 19 Km she was within 30 meters and finished her 20 km only about 20 yards back in 1:43:14. Nelson went on to an easy win in the men's race in 2:38:07, rather pedestrian for one who has gone under 4 hours for 50 Km. The heat and rising humidity took its toll on the finishers and, particularly, the non-finishers. Results:

Women's 20 Km: 1. Victoria Herazo, Lilburn, Gorgia 1:43:14 2. Lisa Sonntag, Indianapolis 1:53:57 3. Sue Hoadley, Tonawanda, N.Y. 2:4:23 Age 40-44--1. Gloria Rawls, Mountaintop, Pa. 2:04:23 2. Eileen Lawrence, Kenmore, N.Y. 2:18:56 3. Maureen Robinson, Grafton, Mass. 2:29:23 50-54--1. Kathy Frable, McKinney, Texas 2:16:48

Men's 30 Km: 1. Herman Nelson, San Diego 2:28:07 2. John Soucheck, Little Silver, N.J. 3:10:10 40-44--1. Dave Lawrence, Kenmore, N.Y. 3:04:09 50-54--1. Jim Carmines, New Cumberland, Pa. 3:08:55.4 2. Norm Frable, McKinney, Texas 3:09:46 3. Bob Keating, Nashua, N.H. 3:12:21 65-59--1. Mike Michel, Lynn, N.C. 3:50:22 2. George Solis, Los Angeles 4:05:22 70-74--1. Bob Mimm, Willsboro, N.J. 3:49:31 75-59--1. Tim Dyas, Ridgewood, N.J. 4:12:18

Other Results

NAIA Championships, Marietta, Georgia, May 23: Men's 10 Km--1. Al Heppner, UW Parkside 20:07.38 2. Dave Michielli, UW Parkside 22:22 3. John Nunn, WU Parkside 23:35 4. Brad Hawkins, Central Washington U. 25:51 Women's 3 Km--1. Jill Zenner, Cedarville Col. 13:16.16 2. Danielle Kirk, UW Parkside 13:57 3. Margaret Ditchburn, UW Parkside 14:04 4. Pam Tucker, UW Parkside 14:40 5. Jessie Nethery, UW Parkside 14:48 6. Valerie Wawrzyski, Pacific Lutheran 15:00 7. Amber Nichols, UW Parkside 15:05 8. Jill Green, Pac. Luth. 15:08 9. Angie Neith, UW Parkside 16:19 10. Jaimie Roberts, UWW Parkside 16:24 11. Joanne Fox,

Simon Fraser (Can.) 16:39 12. Erin Taylor, Central Wash. 16:46 13. Kethleen Stuper, UW Parkside 17:01 14. Toby Hertz, U. of Mary 17:53 (Jill Zenner's time is an American as well as collegiate record. Maryanne Torrellas held the previous American record at 13:19.1. That's outdoors, of course, and Debbi Lawrence holds the indoor record, where the distance is more frequently contested, at 12:20.79.)

Youth National Road Championships, Madison, Wis., May 25: Midget Boys 3 Km--1. Dominic Byrd 16:32.1 2. Ross Owen 17:09 Inter. Girls 5 Km--1. Emma Carter 24:35.4 Young Women 5 Km--1. Katie Rulapauch 26:59.6 Youth Girls 5 Km--1. Elizabeth Paxton 27:40.6 2. Melissa Dabel 28:54 Young Men 10 Km--1. Brian Colby 46:07.4 Open 5 Km, same place--1. Mike Rohl 20:56.4 Women's 10 Km, same place--1. Samantha Cohen 51:05.8

New England 20 Km, Boston, June 1--1. Bob Keating (50) 1:50:08 (53:46) 2. William Harriman (50) 2:02:19 3. Charles Mansbach (52) 2:08:47 Women: 1. Chris Anderson (42) 2:05:27 **10 Km, same place--1. Brian Savilonis (47) 55:08 2. Ken Mattsson 59:03 3. John Jurewicz (47) 63:30 Women:** 1. Joanne Dow 49:50 2. Jeanne Shepardson (63) 65:38 **East Regional 20 Km, New York City, May 25--1. Pascal Pednault, Can. 1:35:28 2. John Soucheck 1:42:29 3. Robert Penafiel 1:48:16 34. Anne Lankowicz 1:52:04 5. Michael Korol 1:57:10 6. Gary Nuyll (52) 1:59:19 7. Sherwin Wilk (58) 1:59:46 8. Lon Wilson (49) 2:02:11 9. Loretta Schuellein (19) 2:03:31 10. Daniela DeOteyza 2:05:08 (25 finishers) **High School 1500 meters, Mount Sinai, N.Y., May 30--1. Lisa Kutzing 6:33.12 2. Lori Indemaio 7:10 3. Missy Hill 7:14 4. Jeni Curran 7:21 5. Christine Hyland 7:25 6. Brenda Genoino 7:37 7. Lorraine Horgan 7:39 8. Johanna Decal 7:48 (20 finishers) Boys:** 1. Pat Ryan (10th grade) 6:48.47 2. Lloyd Dodg 7:01 3. Ron Jones 7:05 4. Chris Aiello 7:07 5. Michael Tobias 7:18 6. Michael Annibale 7:23 7. Dave Kant 7:25 8. Mark Andrews 7:28 (19 finishers) **Sanford Kalb 9 Mile, Lakewood, N.J., May 25--1. Ben Ottmer 1:31:16 2. Ralph Edwards 1:34:17 3. Walter Morse 1:34:27 4. Elliott Denman 1:37:24 (12 finishers) 3 Km, Alexandria, Virginia, May 11--1. Claude Letien (50) 17:03 2. Victor Litwinski (53) 17:04 5 Km, Atlanta, April 19--1. Jim Norvill 29:45 5 Km, Miami, April 27--1. Rod Vargas (48) 28:13 2. Bob Fine (65) 30:00 5 Km, Miami, May 10--1. Rod Vargas 28:16 2. Juan Mora (44) 29:53 5 Km, Coral Gables, Florida, May 24--1. Mario Viteri (52) 28:40 5 Km, Miami, May 26--1. Rod Vargas 27:18 Women:** 1. Elizabeth Nelson (48) 30:19 5 Km, South Miami, June 7--1. Rod Vargas 25:17 2. John Fredericks (49) 25:29 3. Eric Schmook 27:25 4. Bob Cella (59) 27:27 5. Juan Mora (45) 28:03 6. Ray Goodpasture (48) 29:16 7. Jay Dash (54) 30:24 Women:** 1. Linda Talbott 29:29 **Jack Mortland 20 Km, Yellow Springs, May 11--1. Ioan Froman, Wolverine Pacers 1:35:14 (46:18) 2. Chris Knotts (42), Miami Valley TC 1:45:14 (53:22) 3. Bill Reed (44), Kalamazoo Valley Walkers 1:50:15 (53:23) 4. Ed Fitch, Miami Valley 1:57:26 5. Jerry Muskal, Indiana Racewalkers 1:57:42 6. Sami Bailey (60) Indiana Racewalkers 2:15:24 7. Janet Higbie (55), Indiana Racewalkers 2:16:18 **10 Km, same place--1. Jill Zenner 49:15 2. Ray Everson (62), Indiana Racewalkers 58:40 3. Jack Blackburn (61), Miami Valley 63:09 4. Jack Mortland (62) 66:24 5. Marv Eisenstein (68), Niagara Walkers 69:44 5 Km, same place--1. Al Cowan (40), Miami Valley 28:48 2. Eric Smith (15), Miami Valley 29:49 (12 finishers) **Ohio 5 Km, Cedarville--1. Jill Zenner 23:54.7 2. Chris Knotts 24:42 3. Danny Dalton (15) 24:49 3. Ed Fitch 26:48 5. Al Cowen 29:15 6. Jack Shuter (65-59) 32:17 **Weinacker Cup (Michigan vs Ontario), Warren, Michigan, June 1:** Men's 10 Km--1. Gary Morgan, Mich. 43:20 2. Jan Klos, Mich. 44:47 3. Ioan Froman, Mich. 45:54 4. Rick Birkhimer, Ont. 47:12 6. Dan O'Brien, Mich. 47:15 6. John Hunyady, Mich. 50:42 7. Max Green, Mich. 54:26 8. Paul Tucknott, Ont. 54:41. Score: Michigan 2240, Ontario 831 (based on IAAF tables, with three from each team scoring) Women's 10 Km--1. Joni Bender, Ont. 23:45 2. Mey Neville, Ont. 26:36 3. Jennifer Brown, Ont. 28:21 4. Julie Hecksel, Mich. 28:40 5. Sherry Watts, Ont. 29:01 6. Walda Tichy, Mich. 29:45 7. Joanne Parks, Mich. 31:26 8. Julie******

Przdrowski, Mich. 32:24 9. Kelly Kyema, Ont. 32:33 10. Ellen Schock, Mich. 32:43 Score--
Ontario 1625 Michigan 620. Total Team Score: Michigan 2860, Ontario 2456 **5 Km,**
Thornton, Col., May 17--1. Alan Yap (54) 26:39 2. Christine Vanoni (45) 28:47 **5 Km, Estes**
Park, Col., June 1 (unjudged)--1. Lonnie Schreiner (53) 28:40 2. Steve Ruddock (45) 28:45 **5**
Km, Albuquerque, June 16--1. Art Ortega 25:44 2. Mark Adams (58) 27:15 3. Teresa Aragon
27:17 4. Claudia Leonard 27:31 5. Louis Jaramaillo (41) 28:01 6. Jackie Kerby-Moore 29:41 7.
Jo Owen (50) 30:07 8. Robert Ferrier (59) 30:09 (23 finishers) **Alongi in Marin 5 Km,**
Kentfield, Cal., May 25--1. Marco Evoniuk 22:52 2. Ed Kousky 25:49 3. Jack Bray 25:50 4.
Shoja Torabian 26:24 5. Jim Stuckey 27:51 6. John Schulz 28:08 Women: 1. Ann Gerhardt
28:19 2. Brenda Carpino 28:55 3. Karen Olson 30:27 **5 Km, Hayward, Cal., May 24--1.**
Nathan Williams 26:19 2. Nick Sakelarios 28:46 Women: 1. Chris Sakelarios 25:21 2. Therese
Iknoian 26:43 3. Brooke Zoby 27:05 4. Marlene Coe 28:27 5. Loribeth Jacobs 30:12 **Western**
Regional 20 Km, Palo Alto, Cal., May 18--1. Herman Nelson 1:40:03 2. Marco Evoniuk
1:42:11 **Western Regional Women's 10 Km, Palo Alto, May 18--1.** Kim Wilkinson 51:29 2.
Chris Sakelarios 54:02 3. Marlene Coe 59:59 4. Ann Gerhardt 60:08 5. Jackie Kerby-Moore
61:02 **5 Km, Kentfield, Cal., May 4--1.** Kamelo Rahouli 22:06 2. Jack Bray 26:01 3. Shoja
Torabian 26:45 4. Brenda Usher-Carpino 29:14

Program of Pedestrian Parties for Peripatetic Perambulators (races, if you will)

Sat. July 12 Eastern Regional Masters 5 Km, Orono, Maine (N)
USATF National 10 Km (Road), Niagara Falls, N.Y. (G)
3.3 Miles, Seattle, 8:15 am (C)
5 Km, Denver, 8 am (H)
Sun. July 13 8 Km, Shakamak State Park, Indiana (V)
5 and 10 Km, Dearborn, Michigan (Z)
5 Km, Miami, 7:30 am (Q)
Mon. July 14 5 Km, Long Branch, N.J. (A)
1500 meters, St. Louis (CC)
Wed. July 16 3 Km, Hammond Highland, Indiana (V)
Thu. July 17 1500 meters, Cedarville, Ohio (M)
Sat. July 19 5 Km, Seattle (C)
3 Km, Cambridge, Mass., 9 am (N)
5 Km, Denver (H)
Sun. July 20 5 Km, Marin, Cal. (P)
5 Km, Ft. Collins, Col., 8 am (H)
Mon. July 21 5 Km, Long Branch, N.J. (A)
Thu. July 24 5 Km, Denver, 6 pm (H)
Sat. July 26 5 Km, Atlanta (D)
5 Km, Indianapolis, Indiana (V)
15 Mile Endurance Walk, 5 mile fitness walk, 50 Mile Walk Relay, Portland,
Ore. (C)
Sun. July 27 5 and 10 Km, Dearborn, Mich. (Z)
Doc Trip 5 and 10 Km, Broomfield, Col., 8 am (H)
Mon. July 28 5 Km, Long Branch, N.J. (A)
Sat. Aug. 2 5 Km, Potato Creek State Park, Indiana (V)
Mon. Aug. 4 5 Km, Long Branch, N.J. (A)
Tue. Aug. 5 5 Km, Miami, 6:15 pm (Q)

Aug. 7-10 USATF National Masters 5, 10 and 20 Km, San Jose, Cal. (I)
Sun. Aug. 10 Metropolitan 3 Km, New York City, 9 am (F)
Mon. Aug. 11 5 Km, Long Branch, N.J. (A)
Sat Aug. 16 North Region 5 Km, Valparaiso, Ind. (V)
Mon. Aug. 18 5 Km, Long Branch, N.J. (A)
Sun. Aug. 24 15 Km, Dearborn, Michigan (O)
USATF 5 Km Road Championship, Wilkes-Barre, Penn. (X)
10 Km, Carson City, Nev. (E)
Mon. Aug. 25 5 Km, Long Branch, N.J. (A)
Sun. Aug. 31 Western Regional 15 Km, Albuquerque (W)
Mon. Sep. 1 10 Km, Kentfield, Cal. (P)
Sun. Sep. 7 **USATF National 40 Km, Ft. Monmouth, N.J. (A)** (\$1,000 purse included)
3 Km, Miami, 7:30 am (Q)
5 Km, Miami, 7:30 am (Q)
1 Hour, Marin, Cal. (P)
10 Km, Oakland, Cal. (R)
Sat. Sep. 13 Michigan 1 Hour, Warren, Mich. (O)
5 Km, Miami, 8 am (Q)
5 Km, Larkspur, Cal., 9:30 am (P)
USATF Masters Road 5 Km, Kingsport, Tenn. (BB)
5.2 Miles, Interlaken, N.J., 12 noon (A)

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--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 13217
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
I--Steve Haas, 99 Almaden Blvd., Suite 975, San Jose, CA 95113
J--Sal Corrallo, 3515 Slate Mills Road, Sperryville, VA 22740
M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
N--Steve Vaitones, USATF-NE, P.O. Box 1905, Brookline, MA 02146
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--Colleen Smith, 220 Lashley Ave. Wilkes-Barre, Pa. 18706
Y--Jim Bean, 4658 Fuhrer Street, Salem, OR 97305
Z--Ross Barranco, 3235 Musson Road, Howell, MI 48843
AA--Golden Gate Racewalkers, 1750 San Luis Road, Walnut Creek, CA 94596
BB--Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660
CC--Virginia Mullanex, 11975 Gist Road, Bridgeton, MO 63044

DD-USAT&F, P.O. Box 120, Indianapolis, IN 46206
 EE-Elaine Humphrey, 7048 Suzanne Lane, Schnectady, N.Y 12303
 FF-Suzanne Leroux, 5354 Yonge Street, Unit 104, North York, Ont. M2N 6V1, Can.

FROM HEEL TO TOE

I have to apologize for the second month in a row for an abbreviated issue. I had planned to be in Indianapolis for the Nationals on the weekend of June 14-15. For some reason early that week, I felt uneasy about going. Since our anniversary was that weekend, I made the decision that I should stay home. Perhaps there was some premonition. Anyway, it turned out to be the right decision. At about 2 (EDT) on Saturday afternoon, we got a call from our older son Derek's friend Rob. They were competing in a 6-hour race (motorcycles) at Gateway, a new road course across the river from St. Louis. It's a new track--the only previous race on it was Indy cars a week or two before. Derek had crashed and was seriously injured. He was being taken to a nearby hospital. He was breathing. (That's not really encouraging sounding to parents.) We had a series of four calls from the hospital over the next half hour or so, reporting on his condition and the fact that he was going to be flown to Saint Louis University Hospital, a Class 1 trauma center. They were looking at serious head injury at that time. The second call recommended that we get the first available flight to St. Louis. We were on it in less than 2 hours from the first call, and after a 20 or 25 minute delay waiting for Air Force 1 to get Hillary on her way home, were on our way to St. Louis. We were at the hospital before 5:30 (CDT). A doctor came out to report within a half an hour. CAT scans of the head were clear and cervical x-rays appeared to be OK, although they were looking closer. However, there was serious injury to the ninth thoracic vertebra, along with a couple of broken ribs and a punctured lung. The spinal injury sounded bad and my first thought was paralysis. At around 11 pm, we were talking to a spinal surgeon who confirmed such fears. The vertebra had literally exploded with fragments all over and the cord was probably severed. They planned fusion surgery on the spine at 7:30 the next morning. That was about a 5-hour operation, in which they fused the spine with bone from the hip and placed two metal rods in his back for stability. They found the spinal cord to be about 90 percent severed. He was in intensive care until the following Thursday, with the sedatives, pain killers, and what was probably a pretty serious concussion keeping him in and out of a coherent state. He remembers nothing from dinner on Friday evening until sometime when he was out of intensive care. We brought him back to Columbus on Monday the 23rd, 9 days after the accident, for rehabilitation at Dodd Hall at the Ohio State University Medical Center, a very highly rated facility. They will prepare him for independent life in a wheelchair. Derek, who is 28, had been living with his girlfriend north of Chicago since the first of the year, working for a company that builds log homes. Sue, who is a flight attendant for American, was with us the whole time we were in St. Louis and is returning to Columbus, living with us until she and Derek get resituated. Derek's attitude has been amazing and he is going into rehab with a very positive outlook. He has many talents and has always gone after whatever he wants with all he has. I guess people who race motorcycles at 150 mph (in this case he apparently hit a concrete wall at about 100) like a challenge. So, to get back to where I started, getting the ORW out is not a top priority at this moment, but it is a responsibility. We should be back in gear by next month. . . We had a piece late last year on the Grand Prix of Race Walking in Dublin. It's a day full of youth, open, and veteran walks, with the emphasis on the youth walks. They have under 12, under 14, under 16, and under 18 categories and attract outstanding walkers from England and the continent. This year's event is on September 27. Anyone interested in taking a youth team over can contact National Racewalking Coach Bernie O'Callaghan, Castle Street, Ashbourne, Meath, Ireland. . . Also note the following: on the 6th of December, Barbados will be pleasantly warm, like a cozy fire in your living room or like toast at breakfast. It will also be the occasion of the Barbados WALKATHON, an event for serious as well

as fun walkers. Races are: 20 Km, for men; 10 Km for adult ladies and under 19 males and females; and 5 Km for 14 and under boys and girls. American Airlines and Air Jamaica are offering special 4 day and 1 week packages for the event. Contact the Barbados Tourism Authority, Harbour Road, Bridgetown, Barbados, WI, P.O. Box 242 for further information. . . Former racewalker Jim Mann (see mention in Looking Back, 10 Years Ago) has been unable to compete for the past 7 years, but still follows the sport avidly through these pages. He is in Korea at present as a product engineer for running shoes for Nike. He says, "I keep pushing for a racewalk shoe. Maybe by the Olympics!". . . Look for New Zealand's Craig Barrett to be a threat in the World Championship 50 Km. He led the World Cup race through 30 Km, still having a 45-second lead at that point, before being DQ'd. His comments on that race: "My race plan was simply to walk my own race, aiming for 4:30 per Km for an outcome of 3:45, yet still having an open mind to achieve anything. In training, I had prepared myself to walk an even-paced 45 min per 10 Km, so my race plan was to walk five of them back-to-back. I felt that would produce the best result, as I didn't back myself to walk 46, 46, 45, 43, 43, which is how 50 Km races are often won. We went through 10 Km in about 45:30, so when I reached 11 Km I relaxed and began to pick up the pace--aiming to reach 20 Km in 1:30. At that stage, no one was prepared to go with me, so I concentrated on my own performance. As the race progressed, I was able to increase my pace and was feeling strong and efficient. I thought hard about my technique, reminding myself of my checklist every 5 Km. I had one warning at 15 Km, then two on the 28-30 Km lap. The race report said I looked fluid and relaxed early on, but the fast pace caught up with me and my style deteriorated. But my own perception was different, and my 5 Km splits do not indicate I was having problems. So the lesson was to be patient before making my move. Over the next 12 weeks, I shall concentrate on technique and increase the intensity of my key sessions. I will train to complete my 40 Km speed/endurance session as a progression, installing the discipline to maintain an easy pace before picking up the effort level. I believe that I will then be able to back myself to hold back till 35 Km, then pick off the field. That is how Garcia won: placing 17th at 35 Km, he showed incredible fighting qualities to take the lead with 600 meters to go, and become the fifth man to break 3:40. Of all the athletic disciplines, I'm sure this is the one that builds the most character." . . . To reinforce that conclusion, I remember quoting Mike Allen in these pages many years ago as he offered a similar conclusion. Mike was a road cyclist on the 1964 Olympic team and later turned to marathon running and then 50 Km racewalking, both with a measure of success. He found racewalking easily the most demanding of the disciplines. . . Ian Whateley, now marketing manager for Elyt Sports in Portland, Oregon, continues to do his Racewalking Sports Science Bulletins, one of which follows. Ian comments: "A lively debate over women's Olympic "A" and "B" standards or our women's 20 Km trials entry standards would be valuable. Also suggested 50 Km equivalent times might be invited." . . . Subscriber Robert Phillips, Latonia, Kentucky, writes: "Enclosed is an article on walking. It is from the *New Encyclopedia of Sports*, printed in 1947. The article tells of the development of walking as an athletic event. How it went from heel-and-toe to racewalking. I found it very interesting." I think I have referred to the Encyclopedia's coverage of walking and perhaps drawn from it in the past. However, I have in my library the first edition (1944), complete with yellowing pages, which I got not long after it was published (when I was no more than 10, but already a sports fanatic). The article on walking, which Mr. Phillips so kindly sent, was expanded considerably in the 1947 "New" edition, which I had not seen before. So, with this new gem in hand, let us quote from the concluding paragraphs:

Perhaps the best known of all the present day enthusiasts on the subject of walking for health's sake is James H. Hocking, connected with the editorial department of *Physical Culture* magazine, who still was a fast walker in 1946 when he was 90 years of age. Hocking, in May 1917, hung out the record for walking from New York to Philadelphia--97 miles--in 19 hours and 16 minutes, breaking the old mark of 19:35, made in 1914.

"I was born in England," explained Hocking, "and heel and toe walking was born in me. My father, Bartholomew Hocking, was a champion in his youth, and on into the middle years. The great event of my younger years was to watch the walking championship contests put on each year at the big fair at London. It was preceded by a 100 mile walking contest, along the London-York turnpike. Prior to the big event, every city and hamlet in the British Isles had tryouts to determine its champion.

"One year, there were 418 entries in the big race, and each man a champion of his own district. My grandfather, Rule Hocking, won the race with 100 miles in 22:40.

"I came to this country in 1868, when I was 12, and the great sport of the era was heel-and-toe walking. My father became my tutor and I learned the art very early in life. I took part in races staged by the Police A.C., the Empire City A.C., and other organizations in old Gilmore Gardens, through the 1970s and into the 1880s. I competed in the one mile walk, which was arranged by the Scottish-American A.C. in old Madison Square Garden, and won it in 7:36, which then, and for some time later, was the record.

"I've been walking heel-and-toe all my life. It is a superb health builder; it is a great thing to cover distance quickly, and it is not tiring, like the ordinary method of walking. I always averaged about 40 inches to the stride, and when a man does that, he really is moving along. The whole trick is stepping off the big toe of one foot, forward with the other, landing on the heel, knees locked, arms swinging in alternate rhythm. I'd recommend to those who wish to live long, and remain healthy, to take up heel and toe walking. It's the 100 percent producer." (Ed. Wise words still.) (From the *New Encyclopedia of Sports*, by Frank G. Menke, A.S. Barnes & Co., New York, 1944, 1947.) . . . The book also listed North American record holders going into 1947, as follows:

1 Mile	6:25.2	Mickael Pecora, 1932
2 Miles	13:37	G. H. Goulding, 1916
3 Miles	20:49.8	G. H. Goulding, 1912
4 Miles	28:06.2	G. H. Goulding, 1912
5 Miles	35:48.4	Ugo Frigerio, 1925
10 Miles	1:17:40	E.E. Merrill, 1880
25 Miles	4:03:35	J.B. Clark, 1879
1 Hour	7 m 1437 yds	R. F. Remer, 1918
1500 meters	6:07.3	Henry Cieman, 1935
3 Km	12:49	William Plant, 1926
5 Km	21:50.6	William Plant, 1925
10 Km	44:38	Ugo Frigerio, 1925

(Goulding and Cieman were Canadian, Frigerio Italian.)

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Race Performance Estimation

As the length of a race increases, the average velocity a racewalker can maintain will decrease. A competitor capable of covering 5 kilometers in 25 minutes will not be able to walk 50 minutes for 10 kilometers without improved fitness, technique, or both. It is known that an even pace or slight negative split (in which the second half of a race is faster than the first half) is the most likely pacing to achieve a personal record.

In order to set realistic pace goals, athletes need to estimate their probable finish time. This is fairly simple if they have recently raced the distance. However, senior women will soon be required to race 20 kilometers and junior athletes are continually confronted with longer racing

distances as they mature. With no experience in these longer races, the athletes have little idea of what split times they should target.

Providing no major change in mechanics occurs between distances, approximately comparable race times can be generated by combining the physiological research of Daniels and Gilbert with actual racewalking performances.

Table of equivalent racewalking times in minutes for a given level of fitness.

3 Km	5 Km	10 Km	20 Km
17:30	30:00	62:20	2:10:30
16:55	29:00	60:15	2:06:00
16:20	28:00	58:15	2:01:15
15:45	27:00	56:00	1:57:00
15:10	26:00	54:00	1:52:30
14:35	25:00	51:55	1:48:00
14:00	24:00	49:50	1:43:30
13:20	23:00	47:40	1:38:45
12:45	22:00	45:35	1:34:10
12:10	21:00	43:30	1:30:30
11:35	20:00	41:30	1:25:05

This table provides estimates useful for setting for setting race pace goals until some experience of racing a new distance is gained. Insufficient data are available to extend these figures to 50 kilometers at present.

(Racewalking Sports Science Bulletins may be copied by non-profit organizations provided that authorial credit is given.)

The Countdown to Better Racing Is Over

by Al Heppner

You're having the race of your life. You're headed for a monster PR. As you take the sharp 1 Km turnaround, you reach over with your right hand to locate and depress the split button on your sports watch. You also pick up your third red card.

All of you have probably raced on a course with sharp turnarounds, so you know how awkward it can be going around the turn and taking your split at the same time. In fact, every time you press your split button, your form is momentarily broken, which could make the difference between getting a call or not getting one.

That's the beauty of SportCount[®]. It's a timer that you wear like a ring. SportCount slides on your index finger and stays put via an adjustable Velcro-type strap. It only takes one hand to operate, so it is much easier to use than a sports watch. Both of the buttons are easily controlled with your thumb. So if you're a split-fanatic like I am, the SportCount can really save valuable seconds over the duration of a race or a workout. (Ed. With my throwback personality, I just carry a regular, old stopwatch, which is also operated with the thumb. But, at least it is digital and plastic encased, not metallic with a sweep hand. I slowly advance into the modern era.)

Another SportCount advantage is that it is already in a walker's field of vision. It is much better than a wristwatch, which requires the walker to throw his or her elbow out and turn the wrist to look at the watch. This motion throws off the walker's center of balance. And no more pulling up your long sleeves during cold-weather workouts. Your skin stays unexposed as you roll through your workout, because you can wear SportCount over your glove.

SportCount was invented by a fitness swimmer, Bernard Fitzmorris. Fitzmorris was using a sports watch to time his laps in a swimming pool and thought there had to be a better way to time his workouts, one hand instead of two. Runners, walkers, and skaters, he reasoned, could use such a product as well.

"I saw swimmers reaching with two hands to take their splits during workouts while they were doing a flip turn and thought there must be a better way," said Fitzmorris.

Now that Fitzmorris' idea has become a reality, SportCount has received rave reviews from athletes in other sports too. Washington Redskin's cornerback and the NFL's fastest man, Darrell Green, said, "With a conventional watch, no matter what you do as your approach the finish line, you've got to get your right hand over to your left to stop the watch and that means you lose time. This for is just what the doctor ordered."

Anne Marie Lauck used SportCount to help her qualify for the 1996 Olympic Team. World Indoor 800 meter bronze medalist Richard Kenah, the US National Speed Skating Team, and the University of Arkansas' national champion cross country team also use SportCount.

As a racewalker, the timer has helped me tremendously and enabled me to concentrate on racing rather than worrying about my splits. Will the SportCount improve your training? You can count on it. (For more information, you can call 800-LAP-COUNT.)

LOOKING BACK

35 Years Ago (From the June 1962 Race Walker, published by Chris McCarthy)—With the sun blazing and the temperature in the 90s, Ron Laird was one of the few survivors in the National 50 Km on Long Island. It took him 5:25:30. The next two spots went to Canadians Felix Cappella and Bill Grandy in over 5:40. John Abbate and Dave Lakritz were the only others under 6 hours as the heat took a tremendous toll. Walkers really weren't that bad then. . . It was very hot in Chicago, too, where Ron Zinn won the National 10 Km in 47:54. Following were Jack Mortland, 48:51; John Allen, 48:56; Jack Blackburn 49:51; and Cappella, 49:53. The Ohio Track Club took the team title.

30 Years Ago (From the June 1967 ORW)—Ignoring temperatures in the low 80s, Larry Young won the National 50 Km title in Chicago. His 4:33 effort left Goetz Klopfer 11 minutes behind. Ron Laird was third, just under 4:49, with Ron Kulik another 4 minutes back. The Athens AC won the team title. . . Laird got the best of Young in the National 2 Mile, winning in 13:41.4. Larry had 14:07, just ahead of Don DeNoon. Next were Larry Walker, Ron Daniel, and Tom Dooley. . . DeNoon did 3 Km in 12:39.4 to better Laird's American record, and beat Ron in the process.

25 Years Ago (From the June 1972 ORW)—Dave Romansky covered 8 miles and 80 yards to win the National 1 Hour Championship in Lawrenceville,, N.J. John Knifton was 374 yards behind, with Ron Daniel and Steve Hayden also going past 7 3/4 miles. . . Larry Young won National titles at both 5 and 10 Km. In Chicago, he beat Tom Dooley by 21 seconds in the 10, doing it in 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed. . . In the 5 Km in Seattle, his 21:39.8 left Bill Ranney 50 seconds back with Todd Scully third. . . Laurie Tucholski walked an American record 7:50.4 for 1 Mile in Dayton, beating former record holder Lynn Olsen. . . ORW Editor Jack Mortland threw in final laps of 1:54 and 1:50 to win a track 7 miler by 8 seconds in 55:20.

20 Years Ago (From the June 1977 ORW)—Mexican Junior Marcos Castro overcame Todd Scully in the final 5 Km to win the U.S. 20 Km title in 1:30:05 in Seattle. Scully was 31 seconds ahead as he passed 15 Km in 1:06:29, but he faded just as Castro accelerated and was 30 seconds back at the finish. Neal Pyke was third in 1:31:29, with two other Mexican juniors, one of them

named Ernest Canto (a world and Olympic titlist to be), in the next two spots. . . The real Mexicans were in Bergen, Norway, where Daniel Bautista set a World Record for 20 Km in 1:23:52. Domingo Colin and Raul Ganzales also bettered the former record and Angel Flores missed it by less than a minute. The Mexican onslaught continued the next day, with Enrique Vera taking Bernd Kannenberg's World Record 50 Km down to 3:56:38. Kannenberg had also held the 20 Km record. . . Jim Heiring won the NAIA 10 Km in 44:42, more than a minute and a half up on Carl Schueler. . . Neal Pyke did 8 miles 240 yards for an hour. . . Sue Brodock won the U.S. titles at 5 Km (24:10) and 10 Km (51:17).

15 Years Ago (From the June 1982 ORW)—Jim Heiring was an easy winner in the National 20 Km held in Knoxville, Tenn. Jim's 1:30:22 put him 2:08 ahead of Ray Sharp at the finish. Marco Evoniuk was third in 1:33:48, followed by Dan O'Connor and Todd Scully. Susan Liers-Westerfield won the National 5 Km in 24:50.6, 26 seconds ahead of Bonnie Dillon, with Teresa Vaill third. . . Heiring was also an easy winner in the National 10 Km in 44:17.6. Mike DeWitt and Mike Morris followed. . . Liers-Westerfield won the women's 10 Km, after a tough race with Sue Brodock in 50:59. Brodock had 51:09.

10 Years Ago (From the June 1987 ORW)—Finally moving away from Paul Wick in the final 5 Km, Ray Sharp won the the National 25 Km in Long Beach. The two were still together at 20 Km in a swift 1:28:52, but Sharp proved stronger at the finish winning in 1:51:25. Wick was just 35 seconds behind and nearly 8 minutes ahead of Larry Walker who took third. Larry broke the 2 hour mark by 1 second. John Slavonic and Jim Mann followed. . . In the women's National 20 at the same site, Teresa Vaill prevailed in 1:42:24, beating sister Lisa by more than 4 minutes. Sara Standley was third. Vaill opened a huge lead from the start and had splits of 23:53, 49:01, and 1:15:24. . . The National 5 Km road races were held in Denver with Teresa Vaill and Tim Lewis scoring victories. Vaill was only slightly faster than her time on the way to 20 a week earlier with a 23:44, but that left sister Lisa 28 seconds in arrears. Viisha Sedlak was a distant third (26:33), just ahead of Karen Rezach. Lewis won in 20:23, 65 seconds ahead of Carl Schueler. Brad Knutson, 19 years old, was third. . . The NAIA 10 Km went to Mike Stauch in 43:22.1, a time that broke Ray Sharp's meet record by 9 seconds. Doug Fournier was more than 3 minutes back in second.

5 Years Ago (From the June 1992 ORW)—In the U.S. Olympic Trials, Debbi Lawrence was a clear winner at 10 Km in 45:46. Victoria Herazo (46:21) and Michelle Rohl (46:50) also captured Olympic slots. Debby VanOrden was fourth in 47:32, ahead of Cindy March and Lynn Weik. . . In the men's 20 Km, Allen James survived the hot, humid conditions to win in 1:29:38. Gary Morgan edged Jonathan Matthews for second, followed by Ray Funkhouser, Dave McGovern, and Carl Schueler. James was the only Olympic qualifier because none of the others had met the standard. . . Valeriy Spitsin won a 50 Km in Moscow in an unbelievable 3:33:22. However, the course, although reported as accurate, was also reported as one on which it was easy to take shortcuts. The time was never considered valid. Viktor Popovich had a 3:36:12 in second and A. Plotnikov 3:37:05 in third. . . Italy's Ileana Salvador edged Australia's Kerry Saxby-Junna in an Italian race, with both given a 42:07. Anna Marie Sidoti was third in 43:03. . . In a more legitimate 50 Km Poland's Robert Korzenowski did 3:46:42 in Dudince, Czech Rep. with Canada's Tim Berrett second in 3:50:55.