

Clausen Captures Another Title

Niagara Falls, N.Y., July 12 (From Dave Lawrence)--Curt Clausen followed up last month's National 20 Km win with a victory today over 10 Km. Well... sort of a victory. He was the U.S. champion, but finished behind Olympic and World Cup winner Jefferson Perez of Ecuador and Canada's Arturo Huerta, walking as guests. Canada's Janic McCaffrey was an easy winner of the accompanying women's race, finishing ninth overall.

Conditions were deceptive, with the temperature rising only to 68 F by the finish. But a relative humidity of 70 percent and brilliant sunshine took their toll. Still, Perez had a rather easy time, winning in 41:21, not too taxing for one accustomed to going 1:20 or better for twice the distance.

Clausen and Perez went right to the front, followed by Huerta and Perez's teammate, Juan Rojas. Perez's coach, Enrique Pena, selected this race as a tuneup for the World Championships early in August. The two leaders passed 1 Km in 4:09 and the first of five 2 Km loops in 8:29. Curt decided to push the pace at that point and opened up a 2 second gap at 3 Km in 12:37. But Perez caught back up by the end of the second lap and then took control, walking the 5th kilometer in 4:00 to take a 10 second lead at 5 Km in 20:40. He kept pushing through the end of the third lap, but then seemed to ease off a bit and by 8 Km was just 11 seconds ahead of a fast closing Huerta, who had been 35 seconds behind at 6 Km. Perez, walking very smoothly, accelerated, covering the last lap in 8:05 to win in 41:21. Huerta finished second in 41:43 and Clausen, the U.S. champ for the second year in a row, was third in 42:04.

In the women's race, McCaffrey was unchallenged, walking 48:15 despite an allergy problem. An exciting master's race went to Jim Carmine, who beat Don DeNoon by 7 seconds in 48:39. Both were walking in the 50-54 class and easily outdistanced their younger compatriots, those in their 40s. Another outstanding performance was Bob Barrett's 58:01 win in the 60-64 group, with Canada's Stuart Summerhayes close behind. And then there was Jack Starr, in the 65-59 group, finishing in 58:53. Of the 98 starters, 90 finished the race, with 5 DQs and 3 DNFs.

Results:

1. Jefferson Perez, Ecuador 41:21
2. Arturo Huerta, Ontario 41:43
3. Curt Clausen, Cal. 42:04
4. Juan Rojas, Ecuador 43:47
5. Al Heppner, Maryland 45:45
6. Jan Klos, Michigan 45:59
7. Rick Birkhimer, Ontario 46:13
8. Josh Ginsburg, N.Y. 48:12
9. Jim Carmine, Penn. (50-54) 48:32
10. Don DeNoon, Ill. (50-54) 48:39
11. Dan O'Brien, Mich. 48:58
12. John Soucheck, N.J. 49:46
13. John Hunyady, Mich. (45-49) 50:11
14. Chris Knotts, Ohio (40-44) 50:15
16. Robert Penafiel, N.Y. 52:18
16. Bruce Booth, Vir. (45-49) 53:29
17. Bill Reed, Mich. (40-44) 54:09
18. Dave Romansky, N.J. (55-59) 54:12 (A solid comeback effort)
19. Brian Savilonis, Mass. (45-49) 55:12
20. Max Walker, Ind. (50-54) 55:44
21. Vince Abell, Ind. (45-49) 56:03
22. Ronald Shields, Penn. (50-54) 57:04
23. Stanley Sosnowski, R.I. (45-49) 57:21
24. Bob Barrett, N.Y. (60-64) 58:01
25. Thomas Jenkins, Ontario 58:08
26. Stuart Summerhayes, Ontario (60-64) 58:24
27. Jack Starr, Del. (65-59) 58:53
28. Mike Freeman, Ontario (50-54) 59:19
29. Edward Fitch, Ohio 59:35
30. Michael Bird, Ind. (45-49) 59:51
31. Justin Kuo, Mass. (40-44) 1:00:59
32. Rich Markiewicz, Penn. (50-54) 1:01:14
33. William Flick, Penn. (70-74) 1:01:25

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34. Charles Mansbach, Mass. (50-54) 1:01:54 35. Erik Litt, Penn. 1:02:13 36. Dale Dickie, Ont. (50-54) 1:02:14 37. Bernie Finch, Wis. (55-59) 1:02:19 38. Ross Barranco, Mich. (45-49) 1:03:15 39. Mark O'Donnell, Mich. (45-49) 1:03:41 40. Enward Gawinski, Del. (70-74) 1:04:12 41. John Sanders Jr., Ill. (45-49) 1:04:24 42. Robert Lubelski, N.Y. (50-54) 1:04:31 43. Vance Ganzlinger, Mich. (65-59) 1:04:54 44. Rick Meyers, Ind. (40-44) 1:05:04 45. Larry Freeman, Penn. (55-59) 1:05:44 46. Ron Laird, Ohio (55-59) 1:05:44 47. Bob Steward, Ind. (60-64) 1:07:06 48. Jack Munnell, Georgia (65-69) 1:08:40 49. Marvin Eisenstein, N.Y. (65-59) 1:10:09 50. Tim Dyas, N.J. (75-79) 1:11:07 51. Bob Sunman, Ind. (45-49) 1:11:31 52. David Comi, Penn. (40-44) 1:13:26 53. Richard Fargo, Penn. (75-59) 1:13:38 54. John Pollman, Ind. (50-54) 1:14:37 55. Yuri Kuo, Mass. (14-19) 1:15:22 56. Bill Talmadge, Ken. (80-84) 1:16:25 57. Bill Snaden, S.C. (70-74) 1:20:11
Women: 1. Janie McCaffrey, Alberta 48:15 2. Gloria Rawls, Penn. (40-44) 55:18 3. Mey Neville, Ontario 55:53 4. Daryl Ann Kidder, Penn. (45-49) 57:21 5. Janet Comi, Penn. (40-44) 57:43 6. Sandra DeNoon, Ill. (40-44) 58:13 7. Elton Richardson, N.Y. (55-59) 59:29 8. Tish Roberts, Ind. (45-49) 59:32 9. Jackie Reitz, Ind. (45-49) 59:36 10. Jeanette Smith, Ind. (45-49) 59:37 11. Sherry Watts, Ont. (40-44) 1:00:09 12. Lily Whalen, Ont. (45-49) 1:00:13 13. Ann Davin, Penn. (40-44) 1:00:20 14. June-Marie Provost, Ont. (60-64) 1:02:48 15. Janet Higbie, Ind. (55-59) 1:02:59 16. Marilyn Chute, Ont. (50-54) 1:03:11 17. Robin McIntosh, Mich. 1:04:00 18. Eileen Druckenmiller, Penn. 1:04:09 19. Kelly Kema, Ontario 1:07:10 20. Karen Weaver, Ont. (40-44) 1:07:15 21. Kathy Collins, Ont. (45-49) 1:08:00 22. Kathy Guria, Mich. (40-44) 1:08:25 23. Karen Charles, Penn. (40-44) 1:10:46 24. Sheila Danahey, Conn. (45-49) 1:11:18 25. Carol Kuo, Mass. (45-49) 1:11:51 26. Cheryl Shnman, Ind. (45-49) 1:13:09 27. Sharon Butler, Penn. (40-44) 1:13:40 28. Pat Walker, Ind. (50-54) 1:14:37 29. Connie Wininger, Ind. (40-44) 1:17:38 30. Margaret Walker, Penn. (75-59) 1:18:26 31. Beth Kenney, Penn. (45-49) 1:19:55
Teams: Men--1. Pegasus (Klos, O'Brien, Hunyady) 2:25:08 2. PHAST (Heppner, Ginsburg, Starr) 2:32:50 Women--1. PHAST (Davin, Druckenmiller, Charles) 3:15:15 Masters Men--1. Potomac Valley (Carmes, SHields, Booth) 2:39:05 2. Indiana RW (Walker, Bird, Meyers) 2:51:38 3. New England Walkers (Savilonis, Sosnowski, Kuo) 2:53:32 Women--1. Indiana RW (Smith, Reitz, Roberts) 2:58:45 2. Niagara Walkers (Kidder, Comi, M. Walker) 3:13:16

Carter Nunn Take Junior Titles

Junior National T&F Championships, Edwardsville, Ill., June 21: Women's 5 Km--1. Emma Carter, Kansas City 24:51.91 2. Lisa Kutzing, Port Jefferson, N.Y. 25:25.66 3. Tara Shea, Farmingdale, N.Y. 26:14 4. Laurie Starr, Albuquerque 26:25.83 5. Katherine Rulapaugh, Sheffield, Iowa 27:16.06 6. Virginia Jones, Houston, Tex. 27:31.57 7. Brooke Szody, Redding, Cal. 27:37.93 8. Alison Zabrenski, Potomac Valley TC 28:30.22 9. Angela Nieth, U.W. Parkside 28:30.30 10. Christine Hyland, Connetquot, N.Y. 29:41.70 Following the race, Miss Carter noted: "It was really fun, although it was kind of scary in the beginning because I'm only a ninth-grader and this is only my third year of racewalking. It was a little slower than I had hoped to go,

but it was really humid. This was also my first race on the track. It was interesting, but I prefer road racing because of the variation in scenery.

Men's 10 Km--1. John Nunin, WU Parkside 48:52.35 2. Brian Colby, Madison, Wis. 49:51.81 3. Blennosten Anderson, Northport, N.Y. 51:23.20 4. Scott Crafton, Indianaolis 52:39.28 5. Brandon Perry, Andover, Minn. 52:42.24 6. Chris Brooks, UW Parkside 53:10.08 7. Daniel Dalton, Dayton, Ohio 55:09.52 DQ--Tristan Ruoss, Fayetteville, Ark. Nunn said: "'I've been working for this all year. This has been my main goal and I finally hit it. It felt so good. I decided to go through the first 5 Km with the group. But, I wanted the second half to be all mine, to get 'em off my back and concentrate on my own race. My coach wanted me to do 1:53 per lap, so the pace was a little slow, but it was awful hot out there. The humidity was a killer."

OTHER RESULTS

10 Km, Dedham, Mass., July 4--1. Steve Vaitones, (41) 55:55 2. Stan Sosnowski (47) 59:37 3. Paul Schell (59) 59:47 4. Justin Kuo (42) 62:20 (8 finishers) Women: 1. Carol Kuo (49) 1:11:24 **New England 3 Km, Medford, Mass., June 28--1.** Steve Vaitones 14:34.65 2. El Hassan Kouchaoui (40) 15:43.38 3. Bill Harriman (50) 15:54.63 4. John Juriwicz (47) 17:01.77 5. Justin Kuo 17:30.59 6. Charles Mansbach (52) 17:46.85 7. Fred Anderson (45) 18:05.97 8. Sal Yerardi (58) 18:10.67 Women: 1. Maragaret Keough (58) 18:15.58 **1 Mile, Cambridge, Mass., Mary 28--1.** Steve Vaitones 7:58.1 2. John Jurewicz 8:36.2 3. Justin Kuo 8:46.5 4. Chris Anderson 8:51 **1 Mile, Cambridge, June 4--1.** Steve Vaitones 7:30.9 2. Bill Harriman 8:11 3. John Jurewicz 8:27 **5 Km, Bedford, N.H., May 17--1.** Joanne Dow 22:42 2. Bob Ullmann 28:40 3. Pamela Powers 30:26 **10 Km, Buzzard's Bay, Mass., June 21--1.** Joanne Dow 52:19 2. Brian Savilonis 54:10 3. Joe Light 58:51 **1600 meters, Alexandria, Vir., May 25--1.** Jace Parrott 7:01.6 2. B.E. Booth (49) 7:43.2 3. John Gersh (49) 8:52.3 4. Viktor Litwinski (53) 8:58.6 **3 Km, sameplace--1.** B.E. Booth 14:53 2. John Gersh 17:18 3. Viktor Litwinski 17:18 **8 Km, Dunwoody, Georgia, June 8--1.** Jim Norvill (53) 46:17 2. Phil Gura 46:31 3. Dan Strohl 50:28 Women: 1. Denise Jacobson 51:46 **5 Km, Atlanta, June 14--1.** Phil Gura 28:35 2. Jim Norvill 29:42 **Ohio 10 Km, Yellow Springs, June 8--1.** Chris Knotts (42) 48:36 2. Danny Dalton (16) 52:37 3. Al Cowen (40) 58:58 4. Jack Blackburn (61) 61:36 Women: 1. Pat Darling (60) 65:23 **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 Jaramillo (41) 28:01 6. Jackie Kerby0-Moore 29:41 7. Jo Ann Owen (50) 30:07 8. Robert Farmer (59) 30:09 9. Peter Armstrong (50) 30:10 10. Sal Waquie 30:24 (23 finishers) **5 Km, Albuquerque, May 4: Men:** Age 25-29--1. Theron Kissinger 21:47 30-34--1. Art Ortega 24:32 35-39--1. Sal Waquie 29:09 40-44--1. Victor Jaramillo 27:33 45-49--1. Steve Petrakis 27:29 2. Jose Waguie 29:11 3. Sam Rogers 30:13 50-54--1. Donald Towner 28:24 55-59--1. Winston Crandall 29:43 2. Robert Ferrier 29:01 60-64--1. Arnold Levick 28:22 Women: 30-34--1. Ellen Roche 27:42 35-39--1. Teresa Aragon 25:22 40-44--1. Dirce Crauke 29:05 50-54--1. Jo Owen 29:24 **National Senior Sports Classic, Tucson, Ariz., May 25-26:** Women's 1500 meters--to-54--1. Kathy Frable 8:20 2. Joann Owen 8:22 55-59--1. Walda Tichy 8:58 2. Janet Higbie 9:03 3. Sue Greer 9:11 60-64--1. Maurine Lia 8:41 2. Joanne Parks 8:48 3. Joan Sandison 8:59 4. Doris Flynn 9:03 65-59--1. Pauletter Caron 9:52 70-74--1. Jane Nightingale 9:49 75-79--1. Millie Bolton 10:09 80-84--1. Velma Jacobs 11:30 85-59--1. Josephine Gregg 12:32 Men 50-54--1. Norm Frable 7:14 55-59--1. Mark Adams 7:16 2. Winston Crandall 7:19 3. Paul Johnson 7:24 4. Robert Ferrier 7:46 5. Frank Masterson 7:53 60-64--1. Dick Petruzzi 7:39 2. Ray Everson 7:40 3. Bob Barrett 7:47 4. James McGrath 7:54 5. Presley Donaldson 7:56 6. Mel Schultz 8:05 65-59--1. Bob Fine 8:11 2. Al DuBois 8:11 3. Bob Eisner 8:15 4. Wilson Petefish 8:47 70-74--1. Ed Gawinski 8:35 2. Hugh Acton 8:46 3. Robert Mimm 8:50 4. John Nervetti 8:53 75-79--1.

Tom Kiney 9:39 2. Francis Albaugh 9:42 3. Anthody Silvidi 9:46 80-84--1. Bill Patterson 10:24 85-89 1. Kurt Straus 12:45 2. Harold Hoffman 12:45 3. Bill Stewart 12:46 4. Al Nellis 12:48 90+--1. Julius Spielberg 15:28 (There was also a 5 Km race, but the course was reported as about 8 percent short, so the results have little meaning, and I have not seen them besides.) **10 Km, Pasadena, Cal., June 21--1. Ricvhard Lenhart 55:49 2. Carl Acosta (63) 59:34 3. Robert Ferrier (59) 61:22 5 Km, same place--1. Mel Schultz (64) 30:25 Women--1. Susan Harris 30:14 2. Donna Cunningham (50) 31:04 3 Km, San Francisco, June 7--1. Therese Iknioan (40) 15:26 2. Laura Cribbins (40) 16:40 3. Ericka Ackeret (14) 16:48 Men--1. Carl Lederman (14) 16:08 2. Ron Daniel (55) 17:31 1 Hour, Kentfield, Cal., June 22--1. Jack Bray 10,941 meters 2. Karen Olson 9439 3. Virginia Fong 9387 4. Shirley Dockstader 9337 1 Mile, Sacramento, Cal., June 29--1. Kim Wilkenson 7:21 2. Therese Iknioan 8:00 3. Karen Stoyanowski 8:20 Men--1. Rezak Gharfara 7:15 2. Roger Welborn 7:33 4. Shoja Torabian 7:41 4. Jack Bray 7:41 5. Dick Petruzzi 8:00 3 Km, Seattle, June 7--1. Colin Peters 14:46 2. Stan Chraminski 14:50 3. Bob Novak 15:40 4. Art Grant 16:55 Women--1. Terri-Lee Taylor-Smith 17:04 2. Bev LaVeck 17:10 3. Robin Helm 17:45 2.8 Miles, Seattle, June 14--1. Stan Chraminski 22:46 2. Bob Novak 24:08 5 Km Eugene, Ore., June 28--1. Teresa Aragon 27:15 2. Sperry Rademaker (55+) 28:49 3. Bev LaVeck (60+) 28:50 4. Joanna Parks (60+) 30:19 5. Judy Heller (50+) 30:36 6. Robin Helm (40+) 30:41 Men--1. Stan Chraminski (45+) 25:13 2. Ed Kousky (55+) 25:31 3. Rob Frank (40+) 26:03 4. Bob Novak (45+) 26:18 5. Doug Vermeer (40+) 27:03 2.8 Miles, Seattle, July 12--1. Stan Chraminski 22:40 2. Colin Peters 23:48 3. Bob Novak 23:51 4. Terie-Lee Taylor-Smith 26:09**

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)
 5 Km, Leawood, Kan. (Y)
 Mon. Aug. 11 5 Km, Long Branch, N.J. (A)
 Sat. Aug. 16 North Region 5 Km, Valparaiso, Ind. (V)
 2 Mile, San Mateo College, Cal. (AA)
 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)
 5 Km, Albuquerque, N.M. (W)
 10 Km, Carson City, Nev. (E)
 1 Hour, Marin, Cal. (P)
 Mon. Aug. 25 5 Km, Long Branch, N.J. (A)
 10 Km, Kansas City area (Y)
 Sun. Aug. 31 Western Regional 15 Km, Albuquerque (W)
 Mon. Sep. 1 10 Km, Kentfield, Cal. (P)
 10 Km, Kansas City area (Y)
 1/2 Marathon and 4 Mile, Woodinville, Wash. (C)
 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)

2.8 Mile, Seattle, Wash. (C)
 1 Mile, San Mateo, Cal. (AA)
 Sun. Sep. 14 5.2 Mile Handicap, Interlaken, N.J., 12 noon (A)
 Sat. Sep. 20 5 Km, Morganfield, Kentucky, 8:30 am (DD)
 Sun. Sep. 21 Easttrn Regional 10 Km, Atlantic City, N.J., 9 am (A)
 Sat. Sep. 27 3 Mile, Marietta, Georgia, 8:30 am (D)
 Alongi Classic 5, 10, and 20 Km, Dearborn, Mich. (Z)
 Sun. Sept. 28 Marathon and 5 Mile, Portland, Ore. (CC)
 Sat. Oct. 4 8 Km, Kalamazoo, Mich. (Z)
 Sun. Oct. 5 3 Mile, Miami, 7:30 am (Q)
 30 Km, New York City, 8 am (F)
 Sun. Oct. 12 **USATF 1 and 2 Hour Championships, Cambridge, Mass. (G)**

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
 D--Walking Club of Georgia, 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--Justin Kuo, 39 Oakland Road, Brookline, MA 02146
 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--Heartland Racewalkers, 3645 Somerset Drive, Prairie Village, KS 66208
 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--Judy Heller, 3335 NE 32nd Avenue, Portland, OR 97212
 DD--Dr. Douglas J. Johnson, Trover Clinic, PO Box 148, Morganfield, KY 42437

Cieman/de Petra

We received the following letter from Hansi Rigney in Monterey, California regarding our request for information on the great Canadian walker Henry Cieman. While Hansi isn't able to supply much info on Henry, her letter is of interest. Her letter is dated May 15, but our past two hurried, abbreviated editions have resulted in our holding it until now.

Dear Jack,

In your April *Ohio Racewalker* you mentioned wanting to learn more about the great Canadian walker Hank Cieman. Some of the clippings from my father's "scrapbook" might be of interest to you. My father was the late Giulio de Petra, himself a classic walker and Italian champion in the 1930s at distances of 20, 25, and 30 Km. Like Cieman, he also might have been a medalist in the Berlin Olympics of 1936, but was called to serve the Italian Army in Ethiopia in 1936. (Ed. Giulio, who died in June 1995, built a fine racewalking program in Monterey, did much for the sport nationwide, and was a strong proponent of more strict enforcement of the racewalking rules as they are written. He often contributed comments to these pages.)

On Oct. 20, 1934, my father competed at Hamilton, Ontario in the 50 Km at the Canadian Championships. The winner of that race was defending Canadian champion Hank Cieman, in a time of 4:46.6. Finishing second was Giulio de Petra in 4:49:37. Third place was a distant 5:07:27 by Canadian McCrae. There were 103 competitors in this race, among whom were 20 U.S. walkers.

The Italian articles naturally concentrate on de Petra's performance. They mention that Cieman had been training 4 months for the race, while de Petra had arrived in the U.S. only 4 days before the race, having traveled by ship from Naples to New York and by train and bus to Ontario. They praise his magnificent performance, which might have even further challenged Cieman had he had sufficient time to train and acclimate to Canada.

It must have been a great race with several thousand spectators among whom were many Italians, especially from de Petra's native Abruzzi.

Jack, you might find the race program interesting. The officials' list has George Goulding among the racewalking judges and you might recognize other names.

Notice the racewalking rules of those days. Under Definition of Walking: "Walking is a succession of steps maintaining unbroken ground contact. (Running is a succession of leaps.) In plain words—if you are on the ground you walk, if off the ground you run." One judge could DQ a competitor with or without warning! (Ed. And so it was when I started in the sport.)

My dad took great pride in his form, classic "heel and toe". From his earliest competition in 1925 at the age of 15, he was renowned as a "stylist" for his classic correct form. In his opinion, the relatively "slow" times of the past were a reflection of correct walking form, not superior athleticism in today's "walkers". On this subject, he voiced his opinion often to you and your readers.

Hansi de Petra Rigney

Co-chair Monterey Peninsula Walk Walk Walk Club

The program is interesting. The event was held in conjunction with a 100 Km cycle race, which started 2 hours later. The race must have been extremely well organized. The list of officials included a director, an associate, a pilot, a referee, two supervisors, a handicapper, three scorers, six ladies plus Girl Guides and Boy Scouts in charge of refreshments, six judges of walking plus unnamed assistants, six timers, an announcer, three trainers, three transportation officials, two clerks of course, four competitors' stewards, three checkers, a registration official, and two medical officers. The winner got a cup and special medal, places two through five cups, and places six through twelve medals. There were also cups to the first three teams and to first, second, and third in a sealed handicap. The oldest finisher also got a cup. Gold seal certificates went to those finishing under 6 hours, silver seal certificates to those under 6:30, and bronze seal certificates to those under 7 hours. Still, we wait for someone to tell us a little more about Henry Cieman and his career. Actually, it was Elliott Denman who suggested we find out more about Henry. In the meantime, we can give you a little more about Giulio. In his book, *Walking For Health, Fitness,*

and Sport, Bob Carlson includes several little mini-bios on racewalkers with notable stories to tell. One of these is on Giulio de Petra, and I'm sure Bob won't object to our repeating it here. Especially when we add that you can get his book (which we have favorably reviewed earlier) for \$15.95 by calling Fulcrum Publishing at 1-800-992-2908. Order a signed copy directly from Bob at 2261 Glencoe Street, Denver, CO 80207, 303-377-0576. Here is his story on Giulio de Petra.

"Here is a story of one man's remarkable persistence and dedication to the sport of racewalking for over 70 years. Born in a small mountain town in southern Italy, Giulio de Petra was sent by his family to Naples each year to receive a better education. One day in 1924 at age 14, he was sitting sullenly on the infield of a school's running track discouraged by his inability to compete favorably with the other youngsters in the running and jumping events. Suddenly, an approaching figure on the track caught his eye—it was a competitive racewalker cruising around the track in a style he had not seen before. Intrigued, he walked onto the track, pulled in behind the walker and proceeded to mimic his form. The man noticed him and began to pick up the pace but for lap after lap was unable to leave young Giulio behind. In frustration, the racewalker finally left the track, leaving a youngster excited about learning the beginnings of a new athletic skill. Within 3 months of this episode, Giulio won the student racewalking championship for the Campania region of southern Italy.

He started training harder and began competing nationally at the age of 16, gaining the reputation as a young superstar in the sport. The year 1928 brought realistic expectations of competing in the Amsterdam Olympiad, but international disputes regarding the rules of racewalking resulted in the event being cancelled. When the event distance was increased to 50 Km in 1932, Giulio found that he could not excel at this longer distance. He did very well for half that distance, but at the time he was self-coached and not aware of the detrimental effects of dehydration—he did not drink adequate fluids to do well in such a race.

In 1933, he began training for the 1936 Olympics in Berlin. He attended a 25 Km race called "Quer Durch Berlin" (Tour of Berlin) and finished second behind Swiss walker Arthur Schwab. He attended the same race the next year and finished third. He traveled to Hamilton Canada to compete in the 50 Km Canadian Championship, where he led for much of the race, but again faded because of dehydration and finished second. Unfortunately, his dream to compete in the Berlin Games was not realized because he was drafted into the Italian Army to fight in Ethiopia where he remained from late 1935 to early 1937. When he returned to civilian life, he moved to Pescara where he resumed training and organizing events. In 1938, he won the Italian 25 Km Championship and entered in all of the national events until he was again pressed into the army as the clouds of war began to develop over Europe. His training was interrupted until the war's end.

In 1948, at 37 years, he emigrated to the U.S. to study English at Pasadena City College as job opportunities in his beleaguered home country were few. In 1951, he was employed teaching Italian at the Army Language School at the Presidio of the Monterey, where he soon became chairman of the Italian Language department. He retired from teaching in 1976 and resumed his racewalking career, promoting a sport not yet well known on the Monterey Peninsula. He taught the sport at the Monterey Peninsula College and created a club known to this day as the Monterey Peninsula Walk Walk Walk Club. He obtained a nonporfit status for the club and organized five racewalking national championships in ensuing years.

He jumped back into competition again and won numerous age group awards, both nationally and internationally. From 1983 to 1993, he participated in all the world masters championships, garnering three gold, six silver, and two bronze medals. Two of these gold medals were at the 1993 championships in Miyazaki, Japan. While preparing for the 1995 World Championships in Buffalo, he unexpectedly was stricken with a fatal heart attack.

Giulio de Petra will be fondly remembered by his legions of racewalking friends all over the world."

FROM HEEL TO TOE

Many thanks to those who have sent their good wishes and prayers for our son Derek, whose motorcycle racing accident we reported last month. Derek returned home from the rehab hospital on Wednesday, July 23 (yesterday as I type this), 4 weeks and two days after he entered rehab (5 weeks and 4 days after his crash). He is doing very well, though still hampered by a brace he must wear for several more weeks, and is adapting well to life in a wheelchair. Still a long road to travel, of course, but he continues to plan to work ahead of anyone else's schedule. His excellent condition and upper body strength prior to the accident have helped him tremendously. His mellow, cooperative, determined attitude won the plaudits of all who came in contact with him at the rehab hospital. His physical therapist, who says he never expects to have another patient like Derek, has asked him to come back and assist in work they are hoping to do on a standing and walking device for paraplegics. All of the prayers and good wishes have certainly helped Derek and his parents. I'll keep you posted on progress. . . I felt sure when I typed the note on the passing of Olympian Leo Sjogren that Elliott Denman would follow up with a moving statement about his old teammate. And he did, as follows: "I mourn the passing of Leo Sjogren, my Olympic teammate in 1956. Leo was a truly great walker, as well as a most interesting man. He found happiness in Los Angeles, discovering the city in our pre-Melbourne training phase. It was goodbye Brooklyn, hello L.A. as soon as we got back from down under. He was one of America's toughest-ever 50 Km walkers. He was a true master of the 31-mile distance, and his cross country skiing background surely helped. Leo was one of the many who came from another nation to help make the USA athletic scene a better, brighter place. I'd always meant to get back in touch with Leo, especially on the 40th anniversary of our Olympic appearance, last November 24. But, like so many other things, I let it slide by me and now dear teammate Leo is gone. Leo, you're up there with '56 teammate Jimmy Hewson now. May you look down kindly on us endeavoring to keep the grand old game going." . . . As for Elliott himself, we here at the ORW can think of no one who has been more dedicated, sincere, and selfless in giving to the sport through the years than this gentle, loving soul. Elliott, you are loved every bit as much as you have loved those departed ones you have eulogized so eloquently from time to time in these pages. . . In the Potomac Valley Track Club's newsletter, Marykirk Cunningham reports on a program at an elementary school in Arlington, Virginia to spark interest in racewalking. The interest has grown over 3 years with more teachers adding their own walking program and more children taking part in the Racewalking Club. Marykirk notes: "From the first day of school, my students are walking on the track next to our school for a half or full mile. A goal was established at the beginning of the year by my students. The children decided to do an imaginary walk across Australia--the continent the third grade studies during the year. They would walk as a group at least 2,000 miles during the school year. These eager walkers planned a system for keeping track of laps and miles. They graphed this information throughout the year and followed on a map of Australia where they were walking. As the year progressed, each child noticed how beneficial the walking was to their own lives. Many of them noticed how much energy they gained for the afternoon portion of their day after a relaxing walk, how calm the walking seemed to make them feel, how much more energy they had each day, how much easier it was getting to walk a mile, how some of them lost excess weight or gained muscle definition, and how much fun they were having exercising everyday. The physical fitness teachers were so excited when they compared the beginning of the year physical fitness test given to each student, and the end of year results. Our class by far had made the most improvement as a group, especially in running/walking the mile. How proud my class

felt about this accomplishment!" Her students also wrote some poems about their new sport, including this one by Iris Cruz and Debbie Nuguse:

Racewalking is fun,
And we love to walk.
Crazy we go,
Everyday.
Walking we like,
As we go,
Learning to do it,
Kind of walking.
I like to racewalk,
Now and then.
Going to Racewalk!

LOOKING BACK

30 Years Ago (From the July 1967 ORW)--Ron Laird scored an easy victory in the Los Angeles Invitational meet with the British Commonwealth in 1:36:29. A promising young walker, Larry Young, also beat the best of the Commonwealth with a 1:40:47 in second. The Commonwealth walkers suffered noticeably in the heat and smog, with England's Ron Wallwork third in 1:43:47. . . Two weeks earlier, Laird had walked 1:32:24 in Santa Barbara to beat Don DeNoon (1:34:25), Young (1:35:30), and Tom Dooley (1:35:50) in the National 20. . . Another promising newcomer, Steve Hayden, won the National Junior 2 Mile in Buffalo in a record 14:55.2, with teammate Howie Jacobson second in 15:07. (For those of you wondering about Jacobson's presence in a Junior national at that time, since he is now nearing an elderly status, Junior had nothing to do with age in those days, but essentially meant novice--those who had never won a Junior or Senior national.)

25 Years Ago (From the July 1972 ORW)--The U.S. Olympic Trials were contested in Eugene, Oregon, and Larry Young won both the 20 and 50. In the 20 on July 1, the times were much slower than expected. With heat not a factor, some suspected a long course. Nevertheless, Larry pretty much controlled the race, leading by nearly a minute at 10 Km and winning in 1:35:56. Goetz Klopfer (1:38:03), Tom Dooley (1:39:10), and Todd Scully (1:39:25) took the next three spots. Two-time Olympian Rudy Haluza finished in 1:38:00, but was DQ'd. In the 50 on July 4, Young toyed with the field through a 2:08 first half and then accelerated the rest of the way to win uncontested on what was a very hot day. The surprises were in second and third with both Bill Weigle (4:20:09) and Steve Hayden (4:23:23) making massive improvements in their personal bests. A solid favorite for the team, Bob Kitchen, had to settle for fourth in 4:25:06. . . In Erfurt, East Germany, Hans-Georg Reimann and Peter Frenkel broke the world record for 20 with a 1:25:19.4 on the track, both given the same time. Gerhard Sperling also broke the old record (1:25:50) with a 1:25:37.8. . . Young also won the National 15 Km in Northglenn, Col. on July 15 in 1:10:22. Jerry Brown and Bill Weigle were 2 and 3 minutes back in second and third. . . Jeanne Bocci set an American women's 1 Mile record with 7:35.3.

20 Years Ago (From the July 1977 ORW)--Neal Pyke became the first U.S. walker ever to win the 20 Km in the US-USSR dual meet. He did 1:28:18 in Sochi, leaving Yevgeniy Yesyukov 2 minutes behind. (However, Tikonov of the USSR, walking as a guest, actually won the race in 1:27:50). Todd Scully was fourth in 1:34:48. . . Neal also won a 10 Km against West Germany, beating Scully 42:23 to 42:33. . . Dan O'Connor led all the way to win the National 25 Km in

Washington, D.C. in 2:05:12. Carl Schueler, Dave Romansky, and Bob Kitchen took the next three spots.

15 Years Ago (From the July 1982 ORW)—In Niagara Falls, Todd Scully won the National 30 Km in 2:28:45 and Susan Liers-Westerfield the National 15 Km in 1:18:11. Andy Liles won the National Junior 15 at the same site. Well back of Scully were Canada's Glenn Sweazey, Ray Somers, and Martin Kraft. Pat Moroney was second to Liles. . . Jim Heiring finished a close second to Yevgeniy Yesyukov in the US-USSR dual meet in Indianapolis. Yesyukov had 1:26:42 for the 20 Km and Heiring 1:27:05. . . A week later in East Germany, Jim was faster (1:26:13), but finished behind Werner Heyer (1:24:45) and Michael Boenke. Ray Sharp, after struggling in Indianapolis, had a 1:29:49 in this one. . . Mexico's Ernesto Canto won the Prague-Podebrady 50 Km in 3:51:10.

10 Years Ago (From the July 1987 ORW)—The premier U.S. titles went to Tim Lewis and Maryanne Torrellas in the US T&F Championships in San Jose. Lewis won his third straight 20 Km title in 1:24:12, breaking his own meet record by more than a minute. Carl Schueler (1:26:10), Ray Sharp (1:27:00), Gary Morgan (1:27:31), Mike Stauch (1:28:15), and Paul Wick (1:30:06) followed. Torrellas broke away from Lynn Weik in the final 800 meters to win the women's 10 Km in 47:23.8. Lynn finished in 47:36.5. Debbi Lawrence (48:31), Teresa Vaill (48:58), and Sara Standley (50:54) were next in line. . . The Junior National 10 Km went to Reggie Davenport in 48:54 with Jon Jorgeson (49:07), and Lennie Becker (49:58) second and third. Where are they today? Cindy (25:23.5) and Cybil (25:30.6) Perez went one-two in the Women's Junior National 5 Km. Norma Commans (25:46) was third. Where are they today?

5 Years Ago (From the July 1992 ORW)—The National 10 Km title went to Andrzej Chylinski in 42:07. Canada's Martin St. Pierre was just 14 seconds back in the Niagara Falls race. Gary Morgan (43:30), Ian Whatley (44:03), and Curtis Fisher (44:10) took the next three spots. Canada's Janice McCaffrey won an accompanying women's race in 46:13, just 14 seconds ahead of Debby Van Orden. 60-year-old Max Green blasted a national age group record of 51:36. . . On the track in Fana, Norway, Sweden's Stefan Johansson broke Ernesto Canto's World Record for 20 Km with his 1:18:35.2. Mexico's Carlos Mercenario had a 3:48:06 for 50 Km at the same site.

* * * * *

Last month, we published the concluding paragraphs of the article on Walking in *The New Encyclopedia of Sports*, by Frank G. Menke, A.S. Barnes & Co., 1947. Here we excerpt from passages on the history of the sport from that same source.

No one knows who thought up the heel-and-toe method of fast locomotion. So far as can be learned, there were no heel-and-toe walking races on the programs of the ancient Olympic Games. The chances are that the style was devised by the English, who are the greatest walkers on earth.

England is a "tight little Isle," cities are not very far apart, the roads for walking are splendid, and the countryside beautiful. It, therefore, was natural for the English to indulge in walking excursions, and then make them into races, on days when there was leisure.

England has had pedestrian contests for hundreds of years. The walking contest idea was picked up by folks in the U.S. over 100 years ago. There were outdoor walks for amateurs, and outdoor walks for the professional group, which, however, soon was moved indoors and the walking was on circular tracks before a lot of paid customers. There were races for the pros—in the 1870s and 1880s—at different distances; some races were handicap affairs. These were followed

by 24-hour go-as-you please contests, and the quick successor was the 6-day (144 hour) go-as-you-please race at Gilmore Gardens in New York City. The men walked rapidly as long as they could, rested, resumed, walking, rested, took a nap, started walking again, and the man who had covered the most mileage by the end of the week was the winner. All action was "heel and toe".

Such pedestrian contests continued to be in favor until the coming of the bicycle. Since the bike provided higher speed and there was always the possibility of the sight of a spectacular spill, they succeeded the walkers in the 6-day contests. Most of the walking since then has been by amateurs, or, in some cases by men who were transcontinental hikers, who made the long trek for some sort of prize.

The English topography lends itself to interesting walking tours, and, for generations, there have been walking clubs in England, with members walking over short, intermediate, and the long routes in the "vacation" hours. The art of walking was developed to such a high degree in England that when there was some shooting at record marks for different distances, all of the important titles were annexed by the specialists of England.

Edward Payson Weston was famous among long distance American walkers. He was a transcontinental specialist, walking from the Atlantic coast to the Pacific—or vice versa. He began his career in the 1860s. In 1909, when 70, Weston walked 3895 miles from New York to San Francisco in 105 days while a year later, he walked from Los Angeles to New York, 3483 miles, in 77 days. The routes, however, were not officially measured.

In June, 1927, William Reinbold of New York walked to Chicago, a measured distance of 1007 miles in 17 days 11 hours and 50 minutes. Years earlier in 1912—Mrs. David Beach, one of the most durable walkers of her sex and time, covered the same route, but needed 42 days, 12 hours to complete the trip.

On May 6, 1929, A. L. Monteverde of California, then aged 60, left City Hall, New York, and walked to San Francisco, arriving there July 24. The route checked by officials of the Amateur Athletic Union, was 3415 miles and Monteverde's record making time was 79 days, 10 hours, 10 minutes.

Monteverde not only was one of the greatest walkers, but also a superb distance runner. In 1917, when he was nearing 50, he ran from Milwaukee to Chicago, 96 2/5 miles, in 14 hours and 50 minutes. It not only marked a record for the route, but was the longest continuous run, beating the old mark of 93 miles without stop, made in the vicinity of Easton, Pa., in 1887, by Gus Guerrero. Monteverde ran the full distance in 126 different marathons, which perhaps is the all-time record for any performer.

Of the great walkers produced in England after the turn of the century, G.E. Larnier was the most outstanding. He was in his prime in 1905 and hung up six records. G. H. Goulding, Canadian, was another famous performer, and was at his peak in 1910. A.H.G. Pope of England came along in 1932 to establish four world's marks—5, 6, 7, and 8 miles. Pope created the world's record for 1 hour of walking—8 miles 474 yards. A.E. Plum of England hung up records 15 years ago—some still standing.

Janis Dalins, of Latvia, broke the British monopoly on records in 1933 when he lowered the 2-hour walking mark, previously held by V.L. Ross of England at 15 miles 768 yards. Edgar Brunn of Norway weakened the British hold still further on Sept. 26, 1937 when he established new record marks for 3,000, 5,000, and 10,000 meters.

George V. Bonhag, one of the best of American walkers, won the 1500 meter Olympic Contest in 1906. (Ed. Note that the 1906 "Games" were not an official Olympiad.) The great American champion before his time was S. Liebgold of New York. Since Bonhag's day, Harry Hinkel and Willie Plank came along to be the durable champions in the 1920s and well into the 1930s. Joe Pearman was another of the stars. So was Ugo Frigerio. Harry (sic) Cieman was a later development.

The 1 mile heel-and-toe walking record for the U.S. is 6:27.4 made in 1932 by Michael Pecora of New York. Compared with this, is the superior performance by Athol Stubbs, of Sydney, Australia. In a walk against the clock, he covered a mile in 6:18.2 on Feb. 25, 1938, eclipsing what appeared to be the world's record of 6:21, made in London by A. Bernard of Latvia. (Ed. Stubbs race was in 1939, not 1938, and it was Pauls Bernards of Latvia. Stubbs did 6:15.2 a year later and that was equalled by Valdemar (Bill) Grandy of Latvia in 1943. Grandy (later Granby) emigrated to Canada after the war and walked many races in this country.)

The modern champion of distance walking of the U.S. is William Mihalo of Detroit who has been shattering old records and hanging new ones for several years. Mihalo has won more than a dozen national championships at one distance or another, has moved from Michigan to Illinois, Indiana, Kentucky, and elsewhere, met the best that was put into action against him and gained state laurels.

Mihalo was a corporal in the war, and, just to keep in practice, loaded himself with a full field pack, set out at his dizzy heel-and-toe pace, and covered 15 miles in 3:53:24. It was the greatest performance of its kind in U.S. Army history.

Returning from the war, and as a representative of the Thomson Products Ex-Service Men's Club in 1946, Mihalo covered a rugged distance—24 miles 1,504 yards—in 3:57:05 to win the event with ease. (Ed. This was the National 40 Km and was actually in 1945. He also won in 1946 with 3:58:30.) Also in 1946, to demonstrate that his years as a soldier had not dulled his high speed, Mihalo walked 25 Km in April against a field of the highest class performers in the AAU Championship and led them all to the finish wire in 2:14.

Walking as a competitive and also a stunt sport reached a new high in England during WWII and immediately afterward. P.J. Reading of London, a heel-and-toe champion, walked non-stop for 24 hours, covering 129 miles and 749 yards in 1945, which is rated as the world's record.

In October, 1946, Bert Couzens of London, then 47 years old, walked 1000 miles around a dog race track near London in 335 hours, which cracked a record for the route that had endured for 137 years. Couzens kept right on going, his aim being 2,500 miles. He reached 2415 miles in 912 hours to give an average of around 2.65 mph. Couzens, during his long test, subsisted on tea, food tablets, and occasionally a sandwich, passed to him by someone as he was passing by on his lonesome merry-go-round.

* * * * *

Get out your reading glass for the next page, a little piece prepared by Ron Laird. He reduced it to the ORW page size, and the print is a bit small, but I can read it, so you can too. I think it's especially nice because he chose to use a picture of me near the start of the 1965 USA-USSR dual meet in Kiev. Unfortunately, I finished a distant fourth of four. If you want more material of this type, get the latest version of Ron's recent book *The Art of Fast Walking*. Lot's of good ideas, opinions, and tips from the four-time Olympian, as we have told you before. I say latest version, because he is constantly revising, adding, and improving the original. The sort of thing you can do when you are self-publishing. If you can't have the book yet or want to be sure you have the most up-to-date version, contact Ron at 4706 Diane Drive, Ashtabula, OH 44004, 216-998-1371.

The final two pages of this issue are from the program of this year's World Cup (reported in the April issue) summarizing the history of the event. Note than Bo Gustavsson, who has the most appearances in the Cup competed again this year—his 11th time.

What Runners Should Know About Race Walking

Correct hip roll is what gives race walking its very fast leg speed and efficiency. Hip action helps act as a shock absorber to the feet, legs, and lower back. When you combine hip rolling with back and forth hip turning, you help develop the kind of stomach, lower back, and hip flexibility and stamina that also helps your running.

The unique, straight knee action of race walking rests the running (quadriceps) muscles of the leg. Those large thigh muscles take quite a beating as they continuously thrust the runner off and over the ground. The bent knee joint of a runner also takes a lot of stress from all the pounding it must endure with each stride.

As the heel gently contacts the ground, the toes are pointed upward thus stretching the achilles tendon a bit. With the leg out in front of the center of gravity, the calf and hamstring muscles also get stretched with each step. The hamstrings stay stretched as they pull the ground back, and underneath the walker. As the body passes over the planted foot, the achilles stays in a rested position until the toes help to push the ground away at the end of each step. This toe push can be very vigorous, or very gentle depending on the effort you are able to put into it.

As with running, the harder you race walk the harder your heart, lungs, and muscles have to work. Fast walking will keep the runner from losing the respiratory and cardiovascular fitness they have worked so hard to develop and maintain. The low impactness of race walking allows you to move quickly and vigorously for fairly long periods of time. The different angles the muscles are exercised will feel strange at first, but will feel more comfortable with a few weeks of practice.

Since many dedicated runners often find it necessary to torture themselves during their training, race walking allows them to safely satisfy this strong emotional and physical desire. Even though you may feel that Olympic style walking looks strange, once you've mastered correct technique and done the work it takes to get used to this new way of exercising, you'll be pleased at how fast you can move your legs, and how long you can keep them going. You will discover that race walking is a great way to get fit and stay fit while allowing your running muscles and tendons to recover from much of their brutal training and racing effort.

The arms are always pumped vigorously. This action develops strength and stamina in arms, shoulders, upper back and chest muscles. All distance runners can use this extra endurance-building work.



You don't need special athletic equipment and facilities or training partners to enjoy this beneficial cross-training sport. Race walking can be done before, during, or after a running workout, or for your entire training session.

When race walking is done correctly, the walker will smoothly glide along barely feeling their steps touch the ground. This is why race walking can safely be done on any hard surface.

Race walkers bend their knees enough to give their forward stepping foot just enough room to clear the ground. Since this is all the higher the hamstring muscles have to contract when swinging the leg forward, they get a fairly good rest from all the strain fast running demands. Race walking uses the hamstrings while they are in a stretched-out position. The leg lands straight, and stays straight as it pulls the ground back and underneath the walker. This straight leg action also gives the ligaments and tendons behind the knee joint a good stretch with each step.

Women often master the Olympic style of walking easier than men. Men often shun it because it looks unnatural to them. No one should use looks as an excuse to avoid all the good that race walking has to offer. They need to anticipate the various benefits that fast walking will have on their fitness, and future running performances.

My suggestion to serious runners is to incorporate race walking into their training programs. Race walking is a different way of working, stretching, and even resting all the muscles and tendons that runners so often overuse and sometimes injure. Fast walking can even be used to help give a runner's emotions a welcome change of pace.

When runners do hard interval workouts I also feel that it would be safer for them to walk or race walk between their bursts of speed. This gives a stretching and low-impact recovery to the just severely-used running muscles and tendons.

IAAF WORLD RACE WALKING CUP 1961 - 1995

VENUES	PARTICIPANTS				
	Date	Venue	Countries	Men's 20k	Men's 50k/Women's 5/10k ³
	October 15/16, 1961	Lugano, SUI	4/10 ¹	12	12
	October 12/13, 1963	Varese, ITA	6/12 ¹	18	18
	October 9/10, 1965	Pescara, ITA	7/11 ¹	21	21
	October 15, 1967	Bad Saarow, GDR	8/14 ¹	24	24
	October 10/11, 1970	Eschborn, FRG	8/14 ¹	30	30
	October 12/13, 1973	Lugano, SUI	9/18 ¹	35	35
	October 11/12, 1975	Le Grand Quevilly, FRA	9/16 ¹	36	36 ⁴
	September 24/25, 1977	Milton Keynes, GBR	12/19 ¹	48	48
	September 29/30, 1979	Eschborn, FRG	17/21 ¹	54	55
	October 3/4, 1981	Valencia, ESP	18/23 ¹	58	59
	September 24/25, 1983	Bergen, NOR	18/21 ¹	55	54
	September 28/29, 1985	St. John's (Isle of Man), GBR	17/26 ¹	63	53
	May 2/3, 1987	New York, USA	36 ²	136	135
	May 27/28, 1989	L'Hospitalet, ESP	31 ²	130	132
	June 1/2, 1991	San Jose, USA	33 ²	129	125
	April 24/25, 1993	Monterrey, MEX	35 ²	107	99
	April 29/30, 1995	Beijing, CHN	36 ²	124	103

NOTES

- From 1961 to 1985 there were qualifying rounds and a final. The first figure given here is number of countries competing in the final. The second is the total number of countries competing that year including at the qualifying contests
- From 1985, qualifying rounds were eliminated
- For women, the distance walked was 5km in 1975, 1979 and 1981. In 1983 this was increased to 10km
- Invitation event

RESULTS

Men's 20 Kilometres

1961	Ken Matthews	GBR	1:30:55	Lennart Back	SWE	1:32:12	George Williams	GBR	1:34:02
1963	Ken Matthews	GBR	1:30:11	Paul Nihill	GBR	1:33:19	Antal Kiss	HUN	1:33:38
1965	Dieter Lindner	GDR	1:28:10	Antal Kiss	HUN	1:29:09	Gerhard Sperling	GDR	1:31:30
1967	Mykola Smaga	URS	1:28:39	Volodya Holubnichiy	URS	1:28:58	Ron Laird	USA	1:29:13
1970	Hans-Georg Reimann	GDR	1:26:55	Volodya Holubnichiy	URS	1:27:22	Peter Frenkel	GDR	1:27:33
1973	Hans-Georg Reimann	GDR	1:29:31	Karl-Heinz Stadtmüller	GDR	1:29:36	Ron Laird	USA	1:30:45
1975	Karl-Heinz Stadtmüller	GDR	1:26:12	Bernhard Kannenberg	FRG	1:26:20	Peter Frenkel	GDR	1:26:54
1977	Daniel Bautista	MEX	1:24:02	Domingo Collin	MEX	1:24:31	Karl-Heinz Stadtmüller	GDR	1:24:51
1979*	Daniel Bautista	MEX	1:18:49	Boris Yakovlev	URS	1:19:46	Mykola Vynnychenko	URS	1:20:05
1981	Ernesto Canto	MEX	1:23:52	Roland Wieser	GDR	1:24:12	Alessandro Pezzatini	ITA	1:24:24
1983	Jozef Pribilinec	TCH	1:19:30	Ernesto Canto	MEX	1:19:41	Anatoliy Solomin	URS	1:19:43
1985	Jose Marín	ESP	1:21:42	Maurizio Damilano	ITA	1:21:43	Viktor Mostovik	URS	1:22:01
1987	Carlos Mercenario	MEX	1:19:24	Viktor Mostovik	URS	1:19:32	Anatoliy Gorshkov	URS	1:20:04
1989	Frants Kostyukovich	URS	1:20:21	Mikhail Shchennikov	URS	1:20:34	Yevgeniy Misyulya	URS	1:20:47
1991	Mikhail Shchennikov	URS	1:20:43	Ernesto Canto	MEX	1:20:46	Thierry Toutain	FRA	1:20:56
1993	Daniel García	MEX	1:24:26	Valenti Massana	ESP	1:24:32	Alberto Cruz	MEX	1:24:37
1995	Li Zewen	CHN	1:19:44	Mikhail Shchennikov	RUS	1:19:58	Bernardo Segura	MEX	1:20:32

Men's 50 Kilometres

1961	Abdon Pamich	ITA	4:25:38	Don Thompson	GBR	4:30:35	Ake Soderlund	SWE	4:36:48
1963	István Havasi	HUN	4:14:25	Ray Middleton	GBR	4:17:16	Ingvar Pettersson	SWE	4:19:11
1965	Christoph Hohne	GDR	4:03:14	Burkhard Leuschke	GDR	4:06:02	Abdon Pamich	ITA	4:06:41
1967	Christoph Hohne	GDR	4:09:09	Peter Selzer	GDR	4:11:40	Aleksandr Shcherbina	URS	4:13:07
1970	Christoph Hohne	GDR	4:04:36	Veniamin Soldatenko	URS	4:09:52	Burkhard Leuschke	GDR	4:11:10
1973	Beind Kannenberg	FRG	3:56:51	Otto Barch	URS	3:57:11	Christoph Hohne	GDR	3:57:26
1975	Yevgeniy Lyungin	URS	4:03:42	Gerhard Weidner	FRG	4:09:58	Vladimir Svetnikov	URS	4:11:31
1977	Raul Gonzalez	MEX	4:04:16	Pedro Arcoche	MEX	4:04:55	Paolo Grecucci	ITA	4:06:27
1979	Martin Bermudez	MEX	3:43:36	Enrique Vera	MEX	3:43:59	Viktor Dorovskikh	URS	3:45:51
1981	Raul Gonzalez	MEX	3:48:30	Hartwig Gauder	GDR	3:52:18	Sandro Bellucci	ITA	3:54:57
1983	Raul Gonzalez	MEX	3:45:37	Sergey Yung	URS	3:48:26	Viktor Dorovskikh	URS	3:49:47
1985	Hartwig Gauder	GDR	3:47:31	Andrey Perlov	URS	3:49:23	Axel Noack	GDR	3:56:53
1987	Ronald Weigel	GDR	3:42:26	Hartwig Gauder	GDR	3:42:52	Dietmar Meisch	GDR	3:43:14
1989	Simon Baker	AUS	3:43:13	Andrey Perlov	URS	3:44:12	Stanislav Vezhel	URS	3:44:50
1991	Carlos Mercenario	MEX	3:42:03	Simon Baker	AUS	3:46:36	Ronald Weigel	GDR	3:47:50
1993	Carlos Mercenario	MEX	3:50:28	Jesus Garcia	ESP	3:52:44	German Sanchez	MEX	3:54:15
1995	Zhao Yongshen	CHN	3:41:20	Jesus Garcia	ESP	3:41:54	Valentin Kononen	FIN	3:42:50

Men - Lugano Trophy (Combined score)

1961	Great Britain & N.Ireland	53	Sweden	53	Italy	28
1963	Great Britain & N.Ireland	93	Hungary	64	Sweden	63
1965	GDR	117	Great Britain & N.Ireland	87	Hungary	64
1967	GDR	128	USSR	107	Great Britain & N.Ireland	104
1970	GDR	134	USSR	125	FRG	88
1973	GDR	139	USSR	134	Italy	104
1975	USSR	117	GDR	105	FRG	102
1977	Mexico	185	GDR	180	Italy	160
1979	Mexico	240	USSR	235	GDR	201
1981	Italy	227	USSR	227	Mexico	221
1983	USSR	231	Italy	189	Mexico	146
1985	GDR	234	USSR	234	Italy	233
1987	USSR	607	Italy	569	GDR	518
1989	USSR	585	Italy	534	France	516
1991	Italy	517	Germany	491	Mexico	487
1993	Mexico	540	Spain	491	Italy	487
1995	Mexico	846	Italy	815	PR of China	805
20 km Teams						
1993	Mexico	265	Italy	244	Spain	240
1995	PR of China	436	Italy	422	Mexico	420
50 km Teams						
1993	Mexico	275	Spain	251	France	245
1995	Mexico	426	Russia	419	Spain	413

Women's 5 km

1979	Marion Fawkes	GBR	22:51	Carol Tyson	GBR	22:59	Thorill Gylde	NOR	23:08
1981	Siv Gustavsson	SWE	22:57	Aleksandra Derevinskaya	URS	23:18	Lyudmila Khrushchova	URS	23:26

Women's 10km

1983	Xu Yongjiu	CHN	45:14	Natalya Sharipova	URS	45:26	Sue Cook	AUS	45:27
1985	Yan Hong	CHN	46:22	Guan Ping	CHN	46:23	Olga Krishlop	URS	46:24
1987	Olga Krishlop	URS	43:22	Irina Strakhova	URS	43:35	Jin Bingjie	CHN	43:45
1989	Beate Anders	GDR	43:08	Kerry Saxby	AUS	43:12	Ileana Salvador	ITA	43:24
1991	Irina Strakhova	URS	43:55	Graciela Mendoza	MEX	44:09	Yelena Sayko	URS	44:11
1993	Wang Yan	CHN	45:10	Sari Essayah	FIN	45:18	Yelena Nikolayeva	RUS	45:22
1995	Gao Hongmiao	CHN	42:19	Yelena Nikolayeva	RUS	42:32	Liu Hongyu	CHN	42:49

Women - Eschborn Cup

1979	Great Britain & N.Ireland	85	Sweden	74	Norway	69
1981	USSR	105	Sweden	104	Australia	90
1983	PR of China	132	USSR	130	Australia	126
1985	PR of China	104	USSR	98	Canada	74
1987	USSR	203	Spain	174	Australia	167
1989	USSR	218	PR of China	212	Italy	203
1991	USSR	203	Italy	180	Mexico	162
1993	Italy	196	PR of China	193	Russia	193
1995	PR of China	443	Italy	427	Russia	422

Most appearances in finals

Men				6	Natalia Serbiyenko	URS/UKR	1981-93
10	Bo Gustafsson	SWE	1973-95		Maria Cruz Diaz	ESP	1983-93
9	Sandro Bellucci	ITA	1975-91		Teresa Palacios	ESP	1981-95
	Dan O'Connor	USA	1977-93		Sari Essayah	FIN	1983-95
	Martin Bermudez	MEX	1977-95		Janice McCaffrey	CAN	1985-95
	Pavol Blazek	TCH/SVK	1979-95		Kerry Junna-Saxby	AUS	1985-95
8	Maurizio Damilano	ITA	1977-91	Countries			
	Hartwig Gauder	GDR/GER	1975-93	17	Great Britain & NI	1961-95	
	Andreas Marin	ESP	1979-95		Italy	1961-95	
	Michael Harvey	AUS	1981-95	16	Sweden	1961-81, 1985-95	
				14	United States of America	1967-95	
				13	Hungary	1961-70, 1975-79, 1987-95	
Women				Five countries, Australia, Great Britain & NI, Italy, Sweden and the USA, have contested every edition of the official women's contest starting in 1979.			
7	Monica Gunnarsson	SWE	1983-95				
6	Ann Jansson	SWE	1979-89				
	Sue Cook	AUS	1979-91				
	Ann Peel	CAN	1981-91				