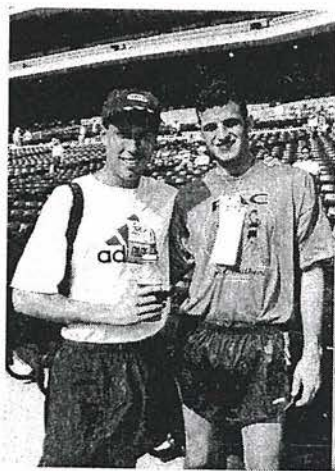


Results, results, results

National 2 Hour Championship, Worcester, Mass., Oct. 12--1. Gary Morgan, Clarkson, Mich. 24,616 meters 2. Dave Romansky (59), New Jersey 22,614 3. Curt Sheller (43), N.J. 22,135 4. Doug Johnson, Ken. 21,711 5. Jack Larch (53), N.J. 21,587 6. Charles Mansback (53), Mass. 18,12 7. Patrick Bivone (53), N.Y. 17,968 8. Benno Stein (59), N.Y. 17,765 **Women's 1 Hour, same place--**1. Gretchen Eastler-Fishman, Louisiana 11,804 meters 2. Elton Richardson (58) N.Y. 9443 3. Kathy Frable (53), Tex. 9245 4. Monica Rief, Conn. 9102 5. Maureen Robinson (43), Mass. 8928 6. Lsa White, Mass. 8896 7. Amanda Bergeron (14), Maine 8865 8. Jeanne Shepardson (63), Mass. 8833 (17 finishers, 2 DQs) **Men's 1 Hour, same place--**1. Bob Keating (50), N.H. 11,305 meters 2. Brian Savilonis (47), Mass. 11,240 3. Norm Frable (52), Tex. 11,168 4. Joe Light (50), R.I. 10,813 5. Bob Barrett (63), N.Y. 10,380 6. Robert Ullman (48), N.H. 10,222 7. Jack Starr (69), Del. 10,147 8. Paul Johnson (60), Ark. 10,100 9. Peter Brown (16), Maine 9876 10. John Costello (42), Mass. 9835 11. Tom Knatt (57), Mass. 8913 12. Mike Michel (67), N.C. 9731 13. Larry Titus (48), Conn. 9673 14. Stanley Sosnowski (47), R.I. 9655 15. Bernie Finch (57), Wis. 9515 (22 finishers, 4 DQs)

New England 10 Km, Worcester, Mass., Sept. 14--1. Chris Anderson (43) 59:54 2. Maureen Robinson (41) 68:02 **Men:** 1. Brian Savilonis (47) 53:32 2. Bob Keating (50) 55:16 3. Joe Light (49) 55:38 4. Stan Sosnowski (47) 58:11 5. Robert Ullman (48) 59:39 6. Paul Schell (60) 60:11 7. John Jurewicz (47) 62:25 8. Tom Knatt (57) 62:28 9. Charles Mansbach (52) 63:08 **Masters 3 Km, Alexandria, Vir., Aug. 30--**1. Warrick Yeager (43) 13:46.5 2. Bruce Booth (49) 14:36 3. Jim Wass (45) 17:43 4. John Gersh (50) 18:15 **5 Km, same place--**1. Dave Romansky (59) 25:48 2. Alan Price (50) 28:09 3. Richard Jirousek (50) 30:40 4. Victor Litwinski (53) 30:41 **Women--**1. Pat Zerfas 30:29 2. Judy Witt (48) 30:41 **15 Km, same place, Aug. 31--**1. Dave Romansky 1:23:20 2. Alan Price 1:30:31 3. Paul Cajka (40) 1:34:06 4. Patricia Zerfas 1:34:15 **5 Km, Altamonte Springs, Fla., Sept. 17--**1. Juan Yanes 27:07 2. Edgardo Rodriguez 27:14 3. C.S. Monte Carlo (50+) 28:29 3. Steve Christlieb (40+) 30:20 **5 Km, Miami Beach, Oct. 19--**1. Rod Vargas (48) 25:52 2. Donald Matuszak (50) 29:32 3. Phil Valentino (51) 29:51 (13 finishers) **Women--**1. Andreina Rodriguez 31:31 (23 finishers) **5 Km, Orlando, Oct. 1--**1. Rod Vargas 26:49 2. C. S. Monte Carlo 27:41 3. Phil Brown 29:50 4. Donald McMahon 29:58 5. Mario Keinstein 30:08 6. Bruce Courtney 30:19 **Alongi International Classic, Dearborn, Mich., Sep. 28:** International Events--**Women's 5 Km Junior Team:** 1. Emma Carter, US 24:38 2. Karen Foan, Can. 24:41 3. Lisa Kutzing, US 24:41.5 4. Laurie Star, US 25:28 5. Tara Shea, US 25:49 6. Katie Rulapaugh, US 26:34 7. Marina Crivello, Can. 26:40 8. Claudia Brisson, Can. 26:50 9. Ester Nicole, Can. 27:17 10. Isabelle Clermont, Can. 27:36 **Team Score:** US 443

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The young and the old. Above: Two of the young lions of U.S. racewalking, Andrew Hermann (left) and Al Heppner get together at the 1996 U.S. Olympic Trials. Below: From another era, we see, from left, Jack Mortland, Andrzej Chaplinski, and Ron Laird with their awards following a 20 Km race from Sztum to Malbork, Poland in August, 1965. Laird won in 1:29:40 on a course that was 400 to 500 meters short. Chaplinski had 1:32:24 and Mortland 1:34:39.

Canada 433 (Not sure how they arrived at those numbers) 10 Km Men Junior Team: 1. Jon Nunn, US 44:55 2. Scott Crafton, US 48:35 3. Glenn Osten Anderson, US 49:13 4. Danny Dalton, US 49:21 5. Jocelyn Ruest, Can. 50:50 DQ--Jean-Sebas Beaucage and Mattieu Arseneault, Can. Women's 10 Km Open: 1. Micheline Daneau, Can. 54:11 DQ Alma Saucedo, Mex. Men's 10 Km Open--1. Jonathan Matthews 43:24 (U.S. Masters record) 2. Gary Morgan 44:05 3. Jan Klos 44:43 4. Ioan Froman 47:48 5. Josh Ginsburg 47:55 6. Dan O'Brien 48:08 7. Francisco Garcia, Mex. 53:49 DQ Rodrico Martinez, Mex. Club Events--Women Youth 5 Km (Age 1-13): 1. Elizabeth Paxton (13) 27:13 Women Junior 5 Km (14-19): 1. Catherine SousaNeves, Can. 28:50 2. Jacinthe Bouchard, Can. 29:08 3. Kimberlee Smith 30:26 4. Melissa Dabel 30:27 Women's 10 Km: 1. Kelly Murphy-Glenn 54:40 2. Julie Hecksel 55:41 3. MeyArseneault, Can. Women's 10 Km Open: 1. Micheline Daneau, Can. 54:11 DQ Alma Saucedo, Mex. Men's 10 Km Open--1. Jonathan Matthews 43:24 (U.S. Masters record) 2. Gary Morgan 44:05 3. Jan Klos 44:43 4. Ioan Froman 47:48 5. Josh Ginsburg 47:55 6. Dan O'Brien 48:08 7. Francisco Garcia, Mex. 53:49 DQ Rodrico Martinez, Mex. Club Events--Women Youth 5 Km (Age 1-13): 1. Elizabeth Paxton (13) 27:13 Women Junior 5 Km (14-19): 1. Catherine SousaNeves, Can. 28:50 2. Jacinthe Bouchard, Can. 29:08 3. Kimberlee Smith 30:26 4. Melissa Dabel 30:27 Women's 10 Km: 1. Kelly Murphy-Glenn 54:40 2. Julie Hecksel 55:41 3. Mey Neville, Can. 55:50 4. Jennifer Brown, Can. 57:58 5. Abigail Oliver 59:51 6. Ann Gustafson 60:10 (9 finishers, 2 DQs) Women's Masters 5 Km: 40-44--1. Gloria Rawls 27:19 2. Janet Comi 27:46 3. Sherry Watts, Can. 29:26 4. Stephanie Konsza 30:17 5. Eileen Lawrence 30:38 (8 finishers, 1 DQ) 45-49--1. Laura Lynn, Can. 28:13 2. Lillian Whalen, Can. 29:14 (6 finishers) 50-54--1. Jeanne Bocci 33:03 2. Pat Walker 34:47 55-59--1. Walda Tichy 30:44 2. Ruth Everson 32:49 60-64--1. June-Marie Provost, Can. 31:39 2. Joan Berman 33:52 70+--1. Margaret Walker 36:10 Men's 10 Km--1. Jeff Salvage 48:42 2. Emile Wilkenson, Can. 54:45 3. Ed Fitch 54:46 4. Jerry Muskel 57:39 (2 DQs) Men's Masters 10 Km: 40-44--1. Dave Lawrence 52:34 2. Mario Renteria, Mex. 54:22 45-49--1. Bill Reed 53:52 2. Ron Winkler 61:52 (6 finishers) 50-54--1. Max Walker 54:45 2. Harold Daugherty 59:38 (1 DQ) 55-59--1. Gary Gray 64:04 60-64--1. Jack Bray 55:37 2. Stuart Summerhayes, Can. 58:23 3. Antonio DeGracia 63:53 4. Bob Stewart 68:36 (2 DQs) 65-59--1. Jack Starr 58:26 2. Alfred DuBois 59:38 3. Kenneth McKay 66:11 4. Vance Genzlinger 66:34 70-74--1. Bill Flick 59:48 2. Hugh Acton 63:47 5 Km, Loveland, Col., Aug. 22--1. Lonnie Schreiner (53) 26:49 2. Dan Pierce (40) 27:06 3. Lori Rupoli (45) 29:33 4. Jim Twark (49) 30:07 5 Km, Ft. Collins, Col., Aug. 30--1. Brad Bearshart 26:20 2. Alan Yap (55) 26:32 3. Scott Richards (47) 27:21 4. Lonnie Schreiner 27:59 5. Sally Richards (45) 28:08 6. Mike Blanchard 28:23 7. Christine Vanoni (46) 29:58 8. Lori Rupoli 30:10 9. Patty Gehrke 30:18 5 Km, Brighton, Col., Sept. 13--1. Daryl Meyers (54) 27:36 2. Christopher Lesniak (53) 28:01 5 Km, Denver, Sept. 14--1. Daryl Meyers 28:47 2. Christine Vanoni 28:56 3. Lori Rupoli 30:05 State Championship 5 Km, Denver, Sept. 28--1. Kevin Eastler 22:41 2. Brad Bearshart 23:40 3. Scott Richards 26:30 4. Alay Yap 26:41 5. Lonnie Schreiner 27:17 6. Mike Blanchard 27:41 7. Christine Vanoni 28:24 8. Marianne Martino (46) 28:24 9. Daryl Meyers 30:17 10 Km, Oakland, Cal., Sept. 7--1. JoAnn Nedelco (54) 58:58 2. Art Klein (44) 59:44 3. Ron Day 61:18 4. John Doane (54) 61:30 (15 finishers, 1 DQ) 1 Hour, Kentfield, Cal., Sept. 7--1. Jack Bray 10,688 meters 2. John Schulz 9905 3. Jim Stuckey 9745 5 Km, Larkspur, Cal., Sept. 13--1. Jack Bray 25:21 2. Shoja Torabian 26:23 3. JoAnn Nedelco 26:26 2.8 Miles, Seattle, Sept. 13--1. Stan Chraminski 23:15 2. Bob Novak 24:01 3. Terie-Lee Taylor-Smith 25:13 4. Bev LaVeck 26:32 International Road Races, Edmonton, Alberta, Oct. 11: 10 Km--1. Tim Berrett 44:45 2. Karen Foan 52:21 Women's 5 Km--1. Janice McCaffrey 23:39 2. Holly Gerke 26:01 20 Km--1. Victoria Herazo, US 1:42:22 2. John Hoes 1:34:53 3. Ron Ens 1:48:06 4. Susan Hornung 1:49:01 50 Km--1. Herm Nelson, US 4:34:12 2. Gordon Moshor 4:45:32

Polish League Final, Warsaw, Sep. 14: Women's 5 Km--1. Aleksandra Kot 23:59 Jr. Women 5 Km--1. Agnieszka Andula 23:18 Men's 10 Km--1. Jacek Muller 40:18 Jr. 10 Km--1. Grzegorz Sudol 42:28 **20 Km, Antananarivo, Madagascar, Sept. 1--1.** Hatem Ghoulia, Tunisia 1:26:39 (41:59, 1:04:01) 2. Sylvon Caudron, France 1:28:00 (43:49, 1:05:42) 3. Pascal Servanty, France 1:29:30 4. Arturo Huerta, Canada 1:33:16 5. Dorel Firica, Can. 1:33:41 **World University Games, Sicily, Aug. 26: 20 Km--1.** Ilya Markov, Russia 1:25:36 2. Alejandro Lopez, Mex. 1:26:00 3. Arturo Di Mezza, Italy 1:26:12 4. Daisuke Ikeshima, Japan 1:27:09 5. Nathan Deakes, Australia 1:28:04 6. Paolo Bianchi, Italy 1:31:39. . . 11. William Van Axen, US 1:32:59 12. Tim Seaman, US 1:34:41 Women's 10 Km--1. Larissa Ramazanov, Belarus 44:01 2. Rossella Giordano, Italy 44:31 3. Annarite Sidoti, Italy 44:38 4. Susana Feitor, Portugal 45:24 6. Claudia Iovan, Romania 46:04. . . 11. Margaret Ditchburn, US 51:45. . . Jill Zenner, US DQd **French 50 Km, Bar le Duc, Sept. 14--1.** Thierry Toutain 3:56:12 2. Rene Piller 3:57:34 3. Boulanger 4:06:59 **Dublin, Ireland Grand Prix of Race Walking, Sept. 27: 20 Km--1.** Darrell Stone, England 1:25:53 2. Dimitris Orfanopoulos, Greece 1:26:06 3. Steve Partington, Isle of Man 1:27:44 4. Al Heppner, US 1:29:43 5. Philip Dunn, US 1:29:46 6. Michael Casey, Ireland 1:29:50 7. Philip King, Eng. 1:30:35 8. Les Morton, Eng. 1:32:22 9. William Van Axen, US 1:32:39 10. Michael Kemp, Eng. 1:33:45 Women's 10 Km--1. Gillian O'Sullivan, Ireland 46:18 2. Sylvia Black, Eng. 49:08 3. Jill Zenner, US 49:46 4. Kim Braznell, Eng. 49:47 5. Danielle Kirk, US 51:17 6. Margaret Ditchburn, US 51:42 Vets 3 Km--1. Bob Cove, Eng. 13:19 2. Bobby King, Ireland 13:40 3. Mick Graham, Eng. 14:33 4. Steve Vaitones, US 14:59 **Dutch/Belgian 50 Km, Oct. 4--1.** Les Morton, GB 4:12:35 2. Jeff Cassin, Can. 4:23:26 **Southeast Asian Games, Jakarta, Oct. 15-16: Women's 10 Km--1.** Anastasia Silvaraj, Malaysia 48:06.05 2. Tersiana Riworohi, Indonesia 48:25 Men's 20 Km--1. Narinder Singh, Malaysia 1:29:13 2. Sakchai Samutkao, Thailand 1:31:54 Men's 50 Km--1. Saravanan Govindasamy, Malaysia 4:14:04 **Chinese Nationals, Shanghai, Oct. 19: 20 Km--1.** Li Zewen 1:20:46 2. Tan Mingjun 1:21:24 3. Chen Shaoguo 1:23:23 4. Guo Chunxi 1:23:32 5. Wang Yinhang 1:24:13 6. Jiao Baozhong 1:24:34 7. Bu Lingrang 1:25:06 8. Yu Guohui 1:25:46 9. He Xiaodong 1:25:57 10. Wang Shangjun 1:26:47 Women's 10 Km--1. Fan Xiaoling 43:47 2. Sun Chunfang 43:50 3. Feng Haixia 43:58 4. Li Chunxiu 44:13 5. Gu Yan 44:15 6. Wang Yuntao 44:16 7. Song Lijuan 44:20 8. Tang Yinghua 44:34 9. Pan Hailian 44:35 10. Li Jingxue 45:04 11. Wang Liping 45:15 12. Zhang Qinghua 45:56 **New Zealand Road Championships, Oct. 11: 30 Km--1.** Craig Barrett 2:19:28 Women's 15 Km--1. Jenni Jones-Billington 1:16:44 Masters 15 Km--1. Gary Little 1:09:25 (45:25 at 10--both times world records for men over 55) **Japanese Collegiate Championships, late September: Men's 10 Km--1.** Toshihiro Funinchara 41:14 2. Masatao Yoshihara 42:01 3. Yuichi Okumura 42:16 4. Takehito Hirakawa 42:16 5. Hironori Kawai 42:30 6. Hirofumi Tadamasu 42:38 Women's 5 Km--1. Ryoko Sakakura 22:31 2. Takako Terui 22:36 3. Mike Itakura 23:07 4. Aya Kamikawa 23:30 5. Fukiko Kasai 23:54 6. Masako Kitami 24:00

Step Forward For These Heel-and-Toe Events

Sun. Nov. 8 2.8 Mile, Seattle, 9 am ((C)
1 Hour, Washington, D.C. (J)
5 and 15 Km, Jacomo Lake, Kan. (Y)
Sun. Nov. 9 Florida 20 Km Championship, Orlando (Q)
5 and 10 Km, Kansas City (Y)
Sat. Nov. 15 Florida 10 Km Championships, Cooper City (Q)
Sun. Nov. 16 1 Hour, Kentfield, Cal., 9 am (P)
5 Km, Miami, 8 am (Q)

Sat. Nov. 22 Coney Island 10 Mile, 9 am (F)
5 and 10 Km, Washington, DC (J)
5 Km, Brighton, Col., 8 am (H)
Sun. Nov. 23 5 Km, New York City, 9 am (E)
Thu. Nov. 27 4 Mile, Denver, 10:15 am (H)
5 Km, Parkville, Kan. (Y)
Sat. Nov. 29 50 Km and Half Marathon, Seattle, 8:30 (C)
5 Km, Denver, 9am (H)
5 Km, Doraville, Georgia (D)
Sun. Nov. 30 5 Km, New York City, 9 am (E)
Sat. Dec. 6 5 Km, Columbia, Missouri, 8:30 am (T)
Jingle Bell Walk, Indianapolis (V)
Sun. Dec. 7 5 Km, Kansas (Y)
5 Km, Miami, 7:30 am (Q)
Sat. Dec. 13 4.4 Mile, Denver, 9 am (H)
Sun. Dec. 14 5 Km, New York City, 9 am (F)
Sun. Dec. 20 5 and 10 Km, Washington, D.C., 8:30 am (J)
5 Km, Atlanta (D)
Sat. Dec. 13 2.8 Miles, Seattle, 9 am (C)

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G--Justin Kuo, 39 Oakland Road, Brookline, MA 02146
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AA--Golden Gate Racewalkers, 1750 San Luis Road, Walnut Creek, CA 94596
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FROM HEEL TO TOE

The 1988 National 50 Km Championship race has been scheduled for Sunday, February 8 in Palo Alto, Cal. For further information, contact Gary Bower at 650-747-0342. Joy and sorrow. The joy: *Front Range Walkers News* reports that racewalking internationals Debby Van Orden and Carl Schueler (four Olympic teams and many, many World Cup and World Championship teams) are tying the knot (by now, have tied the knot) after an 11-year relationship, "relieving us of a lengthy suspense." The report goes on: "The laid-back Carl says he didn't want to do anything rash or rush into anything. Many of the greatest names in racewalking are scheduled to attend the October 11 service at the Grace Episcopal Church in Colorado Springs. All of us who have know this wonderful pair through the years count them as among the nicest and most sincere people you could ever meet. We wish to express our heartfelt congratulations to them." Well, so do we. The sorrow: This from the Canadian magazine *Athletics*: "We are saddened to report the death of Corine Whissell at 26 years of age after a lengthy illness. Corine was a National Junior and Senior Champion and National Team member in the racewalk. She was expecting her second child when she was suddenly struck by a life-threatening attack of meningitis in March 1995. The initial attack left her with only partial use of her legs and although she was able at times to leave the hospital, there were long-term complications that eventually claimed her life. She is survived by her husband Gilbert Daoust, also a National Team walker, and two young children, Camille and Sophia. A resident of Hull, Quebec, Corine is sixth in the all-time Canadian ranking for the 10 Km event and is one of only seven Canadian women to break 46 minutes for the distance. She won the National Junior Championship in 1988 and 1990 and the Senior Championship in 1992. Those who knew her will always remember her caring, enlightened outlook on life and the cheerful, sunny personality that would always put everyone around her at their ease." And, locally, we have lost two good friends of racewalking, both Ohio High School Hall of Fame coaches. Marv Crosten was in graduate school at Bowling Green when I started there in the fall of 1953. He was helping out with the cross country and track teams and we became good friends during the year. In the spring of 1954, he and my roommate to-be for three years, Larry Trask, got wind of the National 40 Km racewalk in Cincinnati and decided to give it a go. They trained rather seriously for 2 or 3 months prior to the event, but with little idea of what they were doing. As I recall, Marv got through about 21 miles and Larry 18 or 19 before collapsing at "the wall". But they enjoyed the experience on the whole, though neither of them stuck with the sport following that race. Marv went on to coach track and cross country at my old high school Upper Arlington (home also of Jack Nicklaus), first boys and then girls. He had several individual state track champions and two or three girl's state championship cross country teams. He walked an occasional race with Jack Blackburn and I in the late '50s and early '60s and was always available to help at races when asked, including at the National 15 Km in 1969. Diabetes had laid him low the past few years and he left us on October 8 at age 66. Ironically, on the same day, we also lost Mark Whitaker, 74. Mark was a very good half-miler at Ohio State in the late '40s and went on to coach at Columbus East and Brookhaven high schools, also developing many state champions. After retiring, he continued to keep his hand in as a long-time manager of officials at Ohio State meets, as well as city, district, and state high school meets. He too was always available to help at our meets, even as a judge, and even tried his hand at the sport on a few occasions. I had many good times working with him at OSU and other track meets. In retirement, Mark became involved in coaching local deaf athletes over a 15-year period and took four distance runners to Deaf Olympics. Mark's cancer was found in 1995. He licked it temporarily, and then was hit hard again after returning from the Atlanta Olympics, where he helped his youngest son Bart, facilities manager at the Olympic Stadium. He had many wonderful experiences through Bart, who previously was manager of events at the New Orleans Superdome. Beyond the Olympics, he was able to help Bart at Super Bowls, Final Four tournaments, and Rolling Stones' concerts. Mark was

thrilled that he had the opportunity to be involved in an Olympics before cancer took him. Both these men will be sorely missed by the local track and field community and by those of us in the race walking community who gained from their dedication to all phases of the sport. The 1999 World Cup of Racewalking is set for Deauville/Mezidon, France on May 1-2. This year's Alongi races were apparently the last. This was a fine international event for many years (see the Looking Back feature later in this issue for evidence) and always drew many of the top U.S. walkers seeking an opportunity to test themselves against some of the world's better athletes. However, that support has been falling off and this year only Jonathan Matthews and local Gary Morgan showed up from the National team. Frank Alongi has put a tremendous amount of effort and no small amount of money into these races and sees no reason to continue when no one is interested. There are probably a lot of explanations out there, but when we are supposedly trying to improve our competitiveness in the world arena it seems a real shame to let an event like this simply fade away. Sadly, the same thing seems to be happening to most of our National Championship races, as we have noted several times before. Report from Elaine Ward on the ARCO Olympic Training Center and the Center Fund: "By November 8, there will be eight resident racewalkers at the Center and others living outside the Center but training with the residents. Bohdan Bulakowski is getting a part-time job and intends to put in the 100 hours necessary to receive U.S. credentials as a massage therapist. As of October 11, the Institute has received more than \$6,000 and pledges for an additional \$1000 towards Bohdan's salary. We have also received a pledge of \$6000 to start the funding of an Incentive Program for our young athletes. (We have permission to use these funds for the coaching salary if push comes to shove, but I am hopeful that this won't be the case.) Before we became involved in raising funds for an Arco O.C. coach, we planned to solicit funds to reward our athletes when they break major time barriers, make American records, or place high in international competitions. We intend the money to be significant and commensurate with the effort and dedication involved. We also intend to name the Incentive Award with the name of the donor, and this will hold true of any club, company, corporation, or individual who funds a particular award. Over the next months, we will be working out the details of the Incentive Program. But first things first, and we feel establishing a viable, long-range racewalking program at the Center will benefit our Youth Program throughout the country by giving Junior athletes a next step focus. It will also benefit masters by creating an increasingly favorable image to inspire interest and participation in racewalking." Anyone wanting more information on these programs or interested in contributing to the Coaching Fund can contact Elaine at the North American Racewalking Institute, P.O. Box 50312, Pasadena, CA 91115, phone 626-577-2264. From Dave Lawrence regarding our question last month about placings in the Masters Division at the National 5 Km in August: "Just to clear up the placing's at the Sallie Mae Race. The way they set up the award structure was that the first six finishers were given National Senior medals (and prize money) regardless of age. In the men's race, Jonathan Matthews was second and Jim Carmine was sixth. The same situation occurred in the women's race as Lyn Brubaker was fourth. Since there was no duplication of awards, the Masters titles went to the next Master walkers, who were Gloria Rawls and myself." (Ed. Okay, but I don't have to agree with the lack of logic there. Not to belittle the efforts of Gloria and Dave, but I would certainly still consider Lyn and Jonathan as the masters champions. For the prize money, the structure makes sense, however.) From Harry Siitonen in San Francisco: "Finland's Valentin Kononen, 1995 World 50 Km Champion, plans to participate in the European Championships at Budapest next summer, according to *Amerikan Uutiset* (*American News*), a Finnish-American weekly. Besides his own training, Kononen continues to coach Antero Lindman, a promising young Finnish walker. In addition to Lindman, Kononen is training together with four other top Finnish walkers—Jani Lehtonen, Juha Kinnunen, Jussi Koski, and Kim Lappalainen, under the tutelage of Reima Salonen. *ORW* readers may remember Salonen as the 1980 European 50 Km champion and as the fourth place finisher in the 1984 Olympics 50 Km in Los Angeles." This must be a first—a racewalking cruise. Bonnie

Stein tells us via the Walking Club of Georgia newsletter that you can be a part of the first ever Carnival Cruise Lines "Racewalk at Sea" Cruise from Aug. 31 to Sept. 4, 1988. It is a vacation not to be missed with special goodies, lectures, training sessions, and parties on board for the racewalkers. Not to mention exclusive use of the track on board the Ecstasy--Carnival's fabulous ship with ports of call including Key West and Mexico. There will be "Spa Cuisine" at every meal for those who wish to partake of healthful, low-fat, but delicious foods. For those who want the typical mid-night buffets and pizza by the pool, you won't be disappointed. The four-night cruise is regularly \$749, but the early bird for racewalkers is only \$399. A \$100 deposit will hold your place and reserve your discounted price. For information to be mailed to you, call Kim Weakland at Abracadabra Cruises toll free at 1-800-474-5678, X15. I assume Bonnie, who regularly gives clinics in the Atlanta area, will be conducting the racewalking related activities.

(The following report from Tim Seaman on the this summer's World University Games in Sicily is excerpted from the October issue of the *U.S. Racewalking Journal*. Tim, who had also competed in the 1995 Games in Japan, was on the U.S. team that also included Margaret Ditchburn, Jill Zenner, and Will Van Axen. See results earlier in this issue. Tim notes that this meet is second only to the Olympics in numbers of athletes competing--this year 6000 from 170 countries.)

We were housed in a village that overlooked the Mediterranean Sea that was actually just a very well guarded hotel. When we first arrived, the USOC would not allow us to leave the compound because they felt it was unsafe. After the first few days, they allowed us to leave as long as we signed in an out and told them where we were going.

On arrival, we were told that the races were on the road, with the men's race at 9 pm and women's at 9:40 pm, although the sun was setting at 7 pm. The USATF managers assured us that they had talked to the officials and the times were correct. A race in the dark seemed a big challenge. The night before the race, we were told the start had been changed to 6:30 pm and that we were to warm up on a track on the other side of town.

When we arrived at that track at 4:15 on race day, no other walkers were there. At 5, we started asking where the shuttle bus was, but to no surprise there was none. Coach Manny Bautista finally convinced a police officer to give us a ride over to the course and we arrived at 5:40. We all warmed up and the men started at 6:30, the women 5 minutes later.

The course was 1 km out and 1 km back with a nice gradual uphill the first kilometer. The race did not go according to my plan as I was faced with two red cards by 5 Km. I just tried to concentrate on my technique and on finishing. I did not want another American to succumb to the judges as happened at the World Championships in Athens. Will kept within himself and placed 11th while I walked 1:34:40 and placed 12th. On the women's side, the girls walked together most of the race until Jill was DQ'd at about the 8 km mark. Margaret pushed through and walked a 51:45 placing 11th.

Looking back at the competition, I think we all learned a lot and feel that we will be able to use the knowledge we are gaining this year to race successfully by 1999-2000.

Lactate and the Long Walk

by Dave McGovern
"Dave's World Class"

(This article appeared in the November 1997 issue of the *Front Range Walkers News*. Dave McGovern, a member of the U.S. National Team, conducts racewalking clinics and camps under the banner of Dave's World Class.)

Most athletes cower when they hear the terms "lactate" or "lactic acid". I myself wake up in a cold sweat from nightmares involving my high school cross country coach, Bill "Sluggo".

Markewicz, stopwatch in hand, grinning fiendishly while we suffered through endless 400 meter repeats that he promised would make lactic acid our best friend. Of course with friends like lactic acid, we thought, who needs enemies?

But, is lactic acid really the enemy? Well, yes and no. Lactic acid, or lactate, is essentially nothing more than incompletely combusted carbohydrate; carbohydrate burned without sufficient oxygen for complete break down to occur. This lactate, created in the working muscles, is subsequently circulated through the body for "processing". Lactate is actually a friend to your heart, which preferentially uses it as a fuel, but your skeletal muscles don't see it that way. Lactate slows down enzymatic activity in the working muscles by lowering the pH (raising the acidity) within them. The result? As acid levels rise, you have to slow down. Slowing down (obviously) requires less energy, so less carbohydrates are burned, and less lactate is spun off. After several minutes of slower walking, excess lactate is consumed and you generally get a "second wind" that allows you to pick up the pace again.

The lesson: Don't go out too hard in a race in the first place and you won't build up high lactate levels. But what about those nasty 400 meter repeats? Yes, speed work is a key component of training for any endurance event. But in a discipline that takes place over the course of 5 to 50 kilometers, top-end speed isn't the problem. The problem is maintaining a relatively comfortable pace for long periods of time--and you can't do that if you're swimming in lactic acid. "Sluggo" realized that you can "teach" the body to process lactate more efficiently by doing hard intervals. But wouldn't it be nice if your muscles weren't generating buckets of lactate in the first place? Real nice. . . but how? The solution is to improve your "plumbing" so that the muscles get bathed in loads of oxygen-rich blood. And the only way to do that is by getting out for those long easy walks.

Easy distance work--walks over one hour in duration at 65 to 75 percent of maximum heart rate--will increase capillarization into the working muscles. The average guy on the street has one to two capillaries supplying each muscle cell with oxygen. A well-trained athlete has four to six, which means two to six times more oxygen going into the muscles. More oxygen means you can walk much faster without building up lactic acid. The easy aerobic distance work also increases the size and number of mitochondria in the working muscles. Remember high school biology? Mitochondria are the power houses where fuel (calories) are turned into ATP (adenosine triphosphate), which leads to muscle contractions. More mitochondria per muscle cell means higher total energy output (i.e., faster racewalking!).

Your body doesn't know whether your next race is a mile or a marathon, so you can't really "shortcut" the long days just because you're only racing 5 km. That doesn't mean, however, they you have to do 3-hour walks to prepare for 5 km. But you should be getting out for several 1-hour or so walks a week, and a long day of 10 to 15 km. Ten km racers should be out there for 15 to 20 km on the long day, and 20 Km racers need to do 25 to 30 km on the long one.

The good news is that you don't have to--and shouldn't--go very fast. Walking the long one too fast not only doesn't give you additional aerobic benefit, it actually does damage that's counter-productive to it's intended purpose: building muscle and capillary beds. Going too fast will raise intra-muscular acidity and keep these acid levels high for an extended period of time. I tell walkers at my clinics that this is like taking a hunk of steak (your muscles) and leaving it in a vat of acid for a few hours. After a while no more steak. It's not quite that dramatic, but if done too often, the result is the same. Sustained, high intra-muscular lactate levels destroy muscle tissue and the capillary beds that you're so desperately trying to develop.

So, to repeat, long walks should be walked in the 65 to 75 percent of maximum heart rate range. Since heart rate will rise as heat builds up in the muscles and dehydration sets in, you should always try to stay below 70 percent of maximum heart rate for the first 2/3 of the workout, allowing your heart to creep up to--but not over--75 percent over the final 1/3. It's difficult to make hard-and-fast pace-per-mile rules, but you should walk about 2 minutes per mile slower than race

pace (for that distance) on your long day. If you're training for a 10 km and your long day is 20 km, walk 2 minutes per mile slower than your 20 km race pace.

Although Mr. Lactic Acid may never become your best friend, by consistently getting out there for that long day, you'll be able to "walk away" from him--and that refrigerator he wants to strap to your back--without Sluggo beating you up on the track.

1997 World Top 10 (As of October 1)

20 Km

1:18:24 Jefferson Perez, Ecuador
 1:18:27 Daniel Garcia, Mexico
 1:18:30 Ilya Markov, Russia
 1:18:32 Li Zewen, China
 1:18:51 Julio Martinez, Guatemala
 1:18:56 Yevgeniy Misyulya, Belarus
 1:18:59 Vladimir Andreyev, Russia
 1:19:02 Hatem Ghoulia, Tunisia
 Rishat Shafikov, Russia
 1:19:05 Andrey Makarov, Russia
 Mikhail Schennikov, Russia

50 Km

3:39:54 Jesus Garcia, Spain
 3:40:12 Oleg Ishukin, Russia
 3:41:09 Valentin Kononen, Finland
 3:41:33 Aleksey Yoyevodin, Russia
 3:41:35 Nikolay Matyukhin, Russia
 3:41:58 Tomasz Lipiec, Poland
 3:42:16 Sergey Korepanov, Kazakhstan
 3:42:45 Miguel Rodriguez, Mexico
 3:44:00 Andrey Plotnikov, Russia
 3:44:45 Viktor Ginko, Belarus

Women's 10 Km

41:17 Irina Stankina, Russia
 41:38 Rossella Giordano, Italy
 41:41 Yelena Nikolayeva, Russia
 41:56 Larisa Khmel'niskaya, Belarus
 42:02 Tamara Kovalenko, Russia
 42:10 Annarita Sidoti, Italy
 42:12 Yelena Saiko, Russia
 42:14 Yelena Gruzina, Russia
 42:15 Erica Alfridi, Italy
 Gu Yan, China

LOOKING BACK

35 Years Ago (From the Oct. 1962 *Race Walker*, published by Chris McCarthy)--In the European Championships, Great Britain's Ken Matthews prevailed at 20 Km in 1:35:55, with Germany's Hans-Georg Reimann (1:36:15), and the USSR's Vladimir Golubnichiy (1:36:38) following. At 50, Italy's Abdon Pamich was an easy winner in 4:18:47, as Grigor Panitshkin, USSR (4:24:36) and Don Thompson, GB (4:29:01) followed. Interestingly, both winners repeated in the 1964 Olympics, and both bronze medalists had won gold at the 1960 Rome Olympics. . Alex Oakley won the Canadian 50 Km title in 4:28:51 and two weeks later dropped down to Providence to win the U.S. 25 Km in 2:03:14. Ron Laird (2:04:44) and John Allen (2:08:08) followed. Chris McCarthy began to show the form that would carry him on to the 1964 Olympic team with a 4:49:22 50 Km effort in Chicago.

30 Years Ago (From the Oct. 1967 ORW)--In the fourth edition of the Lugano Cup (now World Cup), the U.S. fielded a team for the first time and finished sixth among eight teams, just 2 points back of Sweden. Ron Laird finished a close third in the 20 in 1:29:23 behind Soviets Nikolai Smaga and Vladimir Golubnichiy. With Christoph Hohne leading a 1,2,4 finish at 50 Km, East

Germany, the host nation, won the team title over the Soviets. Others on the U.S. team, apparently the first U.S. athletes ever to compete in the German Democratic Republic, were Tom Dooley and Jack Mortland at 20, and Larry Young, Goetz Klopfer, and Jim Clinton at 50. Three-time Olympian Bruce MacDonald was the team manager. . In a pre-Olympic meet in Mexico City, Jose Pedraza excited the locals by beating Hans-Georg Reimann and Gennadiy Agapov in 1:34:22. . Laird prepared for the Lugano Cup race with a 1:59:18 in winning the National 25 Km in Seattle. Goetz Klopfer, Bill Ranney, and Jim Lopes took the next three spots to cop the team title for Athens AC.

25 Years Ago (From the Oct. 1972 ORW)--Larry Young, fresh from his bronze medal performance at the Munich Olympics, won the National 30 Km in Columbia, Missouri in 2:28:09, with Todd Scully 4 1/2 minutes back. Floyd Godwin and Jerry Brown in third and fourth led the Colorado TC to a one point win over the Motor City Striders. . Ben Knoppe won the Columbia 100 miler in 22:15:05.

20 Years Ago (From the Oct. 1977 ORW)--Canada's Marcel Jobin was an easy winner of the National 30 Km, again held in Columbia, with a 2:21:03. Augie Hirt was nearly 13 minutes back in second. . Jeanne Bocci won the women's National 15 Km in 1:15:07, with Susan Liers second in 1:16:56. . Liers later won the National 20 Km in 1:57:59 ahead of Eileen Smith's 2:01:26.

15 Years Ago (From the Oct. 1982 ORW)--Ray Sharp survived a strong finish by Tom Edwards to win the National 40 Km in Monmouth, N.J.. Ray's 3:27:31 left him 46 seconds ahead of Edwards, who gained nearly 5 minutes in the final 10 Km. Randy Mimm was another 3 1/2 minutes back in third, well ahead of Mike Morris. . Ernesto Canto was an easy winner of the Alongi Memorial 20 Km in 1:24:59, with Mexican teammate Felix Gomez second in 1:27:23. Tim Lewis just edged Ray Sharp for third in 1:29:11 with Sharp given the same time. . Alan Price won the Columbia 100 miler for the fifth consecutive time, covering the distance in 19:43:51. Bob Chapin was 40 minutes back in second, with four others finishing under the 24 hour limit. . A 100 miler in England saw Mick Holmes winning in 17:21:52. In that one, there were 55 under 24 hours!

10 Years Ago (From the Oct. 1987 ORW)--Dan O'Connor won the National 30, held in East Meadow, N.Y. Dan finished in 2:21:52, leaving another Dan--Pierce--5 minutes and 25 seconds behind. Ed O'Rourke followed in third, just 6 seconds ahead of Cliff Mimm. Cliff's father, Bob, had a very impressive 2:55:48 and was the first over-60 competitor to finish. . A week earlier, Nick Bdera had won the National 40 in Ft. Monmouth, N.J. (he was seventh in the 30.) His 3:27:59 put him well clear of Dan Pierce, who finished in 3:29:53, nearly 10 minutes ahead of third placer, Steve Vaitones. . Carl Schueler scored an impressive win in the Alongi 20 Km, beating Italy's Sandro Bellucci, who had been sixth in the World Championship 50 Km earlier in the year. Schueler had 1:26:30 to Bellucci's 1:27:10. Columbia's Mauricio Cortez (1:27:57) was third, ahead of Gary Morgan (1:28:03) and Steve Pecinovsky (1:28:31).

5 Years Ago (From the Oct. 1992 ORW)--Italy's Giovanni Pericelli was an easy winner at the Alongi in 1:23:46. The field was spread out behind him--Alberto Cruz, Mex. 1:24:42, Jonathan Matthews 1:25:40, Dorel Firica, Can. 1:26:39, Andrzej Chylinski 1:27:22, and Gary Morgan 1:29:42. The women's 10 Km went to Mexico's Francisca Martinez in 46:19, followed by Victoria Herazo (46:24) and Sara Standley (47:03). . Mexicans were dominant in the Pan-Am Cup. Martinez (47:11) and teammate Maria de la Lus Colin (47:27) were one-two in the 10 ahead of Herazo (47:42). They finished one-two-three in the 20--Bernardo Segura 1:24:09, Daniel Garcia 1:25:34, and Alberto Cruz 1:28:32--with Jonathan Matthews (1:28:58) fifth for the U.S. And they also swept the first three spots at 50--German Sanchez, Miguel Rodriguez, and Carlos Mercenario, all in 4:06:21. Andrzej Chylinski and Dave Marchese were seventh and eighth. . Nick Bdera scored another 40 Km win at Fort Monmouth, this time in 3:37:15. Michael Korol was 13 minutes behind in second.