

## Results to Windup '97 and Kickoff '98

**Norm Levine Memorial 3 Km, Waltham, Mass., Jan. 3--1.** Gretcehn Eastler-Fishman 14:00.13  
2. Joe Light (50) 15:11.26 3. Charles Mansbach (53) 17:55 4. Tolya Kuo (10) 18:18 5. Justin  
Kuo (43) 18:28 **3 Km, New York City, Aug. 10** (A late-arriving result, as you can see)--1.  
Glenn Anderson (17) 14:10 2. Rifkhat Sultanov (52) 14:19 3. Gary Null (52) 14:31 4. Robert  
Penafiel 14:31 5. David Lee (42) 14:37 6. Dennis Mamieson 15:32 7. Eric Underhill (16) 15:56  
8. Bruce Logan 16:02 9. Bob Barrett (63) 16:25 10. Jim McGrath (60) 16:26 11. Sherwin Wilk  
(58) 16:31 12. Missy Hill (18) 16:38 13. Cristobal Gonzalez 16:53 14. Denise Cummings 17:14  
15. Gary Tubb (47) 17:30 (48 finishers) **30 Km, New York, Oct. 5--1.** Anatoly Gorshkov (39)  
2:23:53 2. John Soucheck 2:43:30 3. Robert Penafiel 2:58:42 4. Gregory Dawson 2:59:30 5.  
Gary Null 3:02:59 6. Sherwin Wilk 3:05:22 7. Lon Wilson (50) 3:06:02 8. Bob Barrett 3:06:25  
9. Bruce Logan 3:13:25 10. Gary Tubb 3:15:01 (29 finishers, 23 under 4 hour cut-off. In 26th  
was Donald Arthur, a 53-year-old heart-transplant athlete.) **5 Km, New York City, Nov. 23--1.**  
Anatoly Gorshkov 20:53 (One might assume that Anatoly is an immigrant from somewhere in the  
former Soviet Union, but I have no details on the man. Anyway, he is walking very fast for a 39-  
year-old newcomer to the U.S. racewalking scene.) 2. Gregory Dawson 24:12 3. Rifkhat Sultanov  
25:11 4. Valerie Silver 25:21 5. Gunnar Dietz 26:29 6. Bob Barrett 28:27 7. James McGrath  
28:53 8. Patrick Bivona (56) 29:47 9. Gary Tubb 30:01 10. Walter Krumholz (48) 30:59 (35  
finishers) **5 Km, New York City, Nov. 30--1.** Anatoly Gorshkov 23:57 2. Gregory Dawson  
24:32 3. Rifkhat Sultanov 25:06 4. Robert Penafiel 25:40 5. Gunnar Dietz 25:43 6. Valerie  
Silver 26:04 7. Michael Korol 27:03 8. Bob Barrett 28:23 9. James McGrath 29:03 10. Gary  
Tubb 29:53 (36 finishers) **5 Km, New York City, Dec. 14--1.** Anatoly Gorshkov 23:19 2.  
Gregory Dawson 24:31 3. Rifkhat Sultanov 25:36 4. Gunnar Dietz 25:51 5. Bob Barrett 28:01  
6. James McGrath 28:49 7. Patrick Bivona 29:53 (20 finishers) **Women:** 1. Valerie Silver 26:00  
2. Tara Shea 27:37 3. Lisa Kitzing (17) 27:52. . .Rhoda Green (64) 32:21 (21 finishers) **10 Km,  
Washington, D.C., Nov. 22--1.** Warrick Yeager (43) 44:13 **5 Km, same place--1.** Dick Jirousek  
(54) 30:07 2. Ron Clarke (50) 30:14 **5 Km, Atlanta, Dec. 13--1.** Eric Tonkyn 27:27 2.  
BobTorstick (over 50) 30:41 **Women:** 1. Denise Jacobson 30:41 (25 finishers total) **1 Hour,  
Florence, S.C., Dec. 6--1.** Keith Luoma 12,077 meters 2. Eric TOnkyn (14) 9659 3. Donald  
Mackey (71) 9150 **5 Km, Miami, Nov. 2--1.** Juan Mora (44) 28:17 2. Jose Ballesteros (43)  
28:45 3. Philip Valentino (51) 28:48 4. Jay Dash (54) 29:33 5. Chuck Bryant (41) 29:54 6. Ray  
Goodpasture (48) 30:28 **5 Km, Miami, Nov. 16--1.** Rodolfo Puime 26:55 2. Jose Ballesteros  
29:45 **5 Km Miami, Dec. 21--1.** Tammie Corley 29:52 **1/2 Marathon, Miami, Dec. 21--1.** Rod  
Vargas (48) 2:09:17 2. Juan Mora (45) 2:15:36 3. Philip Valentino (51) 2:19:11 **Women:** 1.  
Roswitha Sidelko (44) 2:17:54 **Marathon, Miami, Jan. 11--1.** John Fredericks 4:40:38 2. Juan  
Mora 4:54:29 3. Dave Lawrence 4:55:22 **Women:** 1. Patricia Hopkins 4:55:50 2. Lucinda Eggert  
5:05:52 (Could she be a relative of mine? My middle name is Eggert, my mother's maiden name.  
I don't thing Eggert's are a lot more numerous than Mortland's.) **1/2 Marathon, same place--1.**  
Josh Ginsberg 2:08:52 2. Bob Cella (over 60) 2:22:02 **Women:** 1. Roswitha Sidelko 2:10:13



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**50 Km, Houston, Dec. 28--1.** Lojza Vosta (65) 6:43:59 **2.** John Stowers (67) 6:51:35 **5 Km, Denver, Nov. 22--1.** Daryl Meyers (55) 28:30 **2.** Lori Rupoli (46) 29:24 **4 Mile, Denver, Nov. 27--1.** John Nunn 31:28 **2.** Shannon Walsh 34:33 **3.** Mike Blanchard 37:01 **4.** Daryl Meyers 37:05 **5.** Lori Rupoli 37:56 **6.** Christine Vanoni (46) 38:08 **7.** Bob DiCarlo (63) 38:32 **8.** Jim Twark (49) 38:28 **5 Km, Aurora, Col., Nov. 29--1.** Daryl Meyers 28:27 **2.** Marianne Martino (47) 28:28 **3.** Christine Vanoni 28:57 **5 Km, Denver, Dec. 14--1.** Caryl Meyers 28:45 **2.** Mike Blanchard 28:52 **3.** Patty Gehrke 29:25 **4.** Christine Vanoni 29:36 **5.** Don Lake (53) 30:15 **5 Km, Palm Desert, Cal., Dec. 14--1.** Tim Seaman 20:09 **2.** Curt Clausen 20:25 **3.** Al Heppner 20:37 **4.** Philip Dunn 20:55 **5.** Andrew Herrman 21:30 **6.** Bohdan Bulakowski 24:37 (to page 4)

## 1997 World Lists

compiled by Bob Bowman

### Men's 20 Km

1:18:24 Jefferson Perez, Ecuador	1:20:48 Valeriy Borisov, Kazakhstan
1:18:27 Daniel Garcia, Mexico	1:20:49 Giovanni DeBenedictis, Italy
1:18:30 Ilya Markov, Russia	1:20:50 Walter Arena, Italy
1:18:32 Li Zewen, China	1:20:51 Mikhail Khmelniitskiy, Elarus
1:18:51 Julio Martinez, Guatamala	1:20:55 Francisco Pantoja, Mexico
1:18:55 Yevgeniy Misulya, Belarus	1:20:58 Sergio Vieira, Portugal
1:18:59 Vladimir Andreyev, Russia	1:20:58 Robert Valicek, Slovak Republic
1:19:02 Rishat Shafikov, Russia	1:20:59 Jose Vieira, Portugal
1:19:02 Hatem Ghoul, Tunisia	1:20:59 Fernando Vasquez, Spain
1:19:05 Andrey Makarov, Russia	1:20:59 Jacek Muller, Poland
1:19:05 Mikhail Schennikov, Russia	1:21:05 Andreas Ern, Germany
1:19:22 Dmitriy Yesipchuk, Russia	1:21:11 Jiri Malysa, Czech Republic
1:19:29 Artur Meleshkevich, Belarus	1:21:22 David Kimtai, Kenya
1:19:38 Algars Fedejevs, Latvia	1:21:24 Yevgeniy Shmalyuk, Russia
1:19:43 Robert Korzeniowski, Poland	1:21:29 Tan Mingjun, China
1:20:04 Nick Ahern, Australia	1:21:29 Faidas Kaslauskas, Lithuania
1:20:05 Joel Sanchez, Mexico	1:21:23 Meriusz Ornoch, Poland
1:20:09 Igor Kollar, Slavak Republic	1:21:38 Tomas Kratochvil, Czech Republic
1:20:09 Medris Liepins, Latvia	1:21:47 Robert Ihly, Germany
1:20:27 Deisuke Ikoshima, Japan	1:21:47 Giovanni Pericelli, Italy
1:20:31 Alessandro Gandellini, Italy	1:21:50 Sergio Galdino, Brazil
1:20:35 Denis Langlois, France	1:21:51 Valentin Kononen, Finalnd
1:20:39 Valentin Massana, Spain	1:21:58 Michele Didoni, Italy
1:20:41 Sandor Urbanik, Hungary	1:21:58 Milos Holusa, Czech Repulbic
1:20:43 Thierry Toutain, France	1:21:58 Gyula Dudas, Hungary

### Men's 50 Km

3:39:54 Jesus Garcia, Spain	3:51:30 Peter Tichy, Slovak Republic
3:40:12 Oleg Ishutkin, Russia	3:51:33 Arturo DiMezza, Italy
3:41:08 Valentin Kononen, Finland	3:52:16 Hector Moreno, Columbia
3:41:33 Aleksandr Voyevodin, Russia	3:52:31 Giovanni Pericelli, Italy
3:41:38 Nikolay Matyukhin, Russia	3:50:42 Craig Barrett, New Zealand
3:41:58 Tomasz Lipiec, Poland	3:52:48 Jan Holender, Poland
3:42:18 Sergey Korspanov, Kazakhstan	3:52:57 German Skurygin, Russia
3:42:45 Miguel Rodriquez, Mexico	3:52:58 Ma Hongye, China
3:44:00 Andrey Plotnikov, Russia	3:53:09 German Sanchez, Mexico
3:44:45 Viktor Ginko, Belarus	3:53:35 Dmitriy Savaityan, Belarus
3:44:08 Robert Korzeniowski, Poland	3:53:48 Mikhail Schennikov, Russia
3:48:05 Vitaliy Popovich, Ukraine	3:54:15 Aleksandr Rakovic, Yugoslavia
3:48:38 Sylvain Caudron, France	3:54:17 Peter Zanner, Germany
3:47:18 Rene Pillar, France	3:54:28 Santiago Perez, Spain
3:48:12 Zou Menghul, China	3:54:53 Yuriy Andronov, Russia
3:48:12 Dion Russell, Australia	3:54:55 Orazio Romenzi, Italy
3:48:22 Roman Mrazek, Czech Republic	3:55:04 Jaime Barroso, Spain
3:48:52 Stefan Malik, Slovak Repbulic	3:55:05 Ruben Arikado, Mexico
3:49:16 Oleg Markulov, Russia	3:55:16 Massimo Fizialetti, Italy
3:50:26 Zokan Czukur, Hungary	3:55:17 Carlos Mercenario, Mexico
3:50:27 Fumio Imamura, Japan	3:55:25 Axel Noack, Germany
3:50:28 Zhao Yongsheng, China	3:55:31 Stanislaw Stoski, Poland
3:50:38 Tan Mingjun, China	3:55:52 Milos Holusa, Czech Republic
3:50:43 Thierry Toutain, France	3:56:24 Zhang Huiqiang, China
3:51:19 Thomas Wallstab, Germany	3:56:56 Alessandro Mistrelta, Italy

### Women's 10 Km

41:17 Irina Stankina, Russia	43:21 Norica Cimpean, Romania
41:24 Olympiada Ivanova, Russia	43:30 Aniko Szebenszky, Hungary
41:38 Rossella Giordano, Italy	43:34 Rimma Makarova, Russia
41:41 Yelena Nikolayeva, Russia	43:36 Margarita Nazarova, Russia
41:56 Larisa Khmelniitskaya, Belarus	43:41 Maria Urbanik, Hungary
42:02 Tamara Kovalenko, Russia	43:45 Cristiana Pellino, Italy
42:12 Yelena Sayko, Russia	43:47 Fan Ziaoling, China
42:14 Yelena Gruzina, Russia	43:50 Sun Chunfang, China
42:25 Gu Yan, China	53:51 Svetlana Tolstaya, Kazakhstan
42:15 Erica Alfridi, Italy	43:52 Maya Sazonova, Kaskhstan
42:20 Annarita Sidoti, Italy	43:52 Claudia Iovan, Romania
42:21 Valentina Tsybulskaya, Belarus	43:54 Maria Vasco, Spain
42:29 Olga Kardolptseva, Belarus	43:55 Wang Yuntao, China
42:24 Beate Gummelt, Germany	43:58 Santa Compagnoni, Italy
42:38 Elisabetta Perrone, Italy	43:58 Feng Haixia, China
42:40 Natalya Misyla, Belarus	44:00 Kathrin Boyde, Germany
42:42 Wang Yan, China	44:05 Natalya Trofimova, Russia
42:42 Graciela Mendoza, Mexico	44:07 Anita Liepina, Latvia
42:50 Vera Nacherkina, Russia	44:12 Lyudmila Yefimkina, Russia
42:53 Wang Liping, China	44:13 Li Chunxhi, China

42:55 Lyudmila Dolgopolyova, Belarus  
 42:58 Olga Panforova, Russia  
 42:57 Liu Hongyu, China  
 42:59 Jane Saville, Australia  
 42:59 Tatyana Raguzina, Ukraine

44:19 Lidiko Ilya, Hungary  
 44:20 Valentina Savchuk, Ukraine  
 44:20 Song Lijuan, China  
 44:24 Yuka Mitsumori, Japan  
 44:24 Vera Zozulya, Ukraine

Note: These are the fastest ever 50th place times at 10 and 20 Km, bettering 1996's 44:29 and 1:22:05, and the second fastest at 50 Km (3:54:48 in 1996).

### Women's 20 Km

1:28:13 Erica Alfridi, Italy  
 1:29:12 Rossella Giordano, Italy  
 1:30:31 Vera Nacherkina, Russia  
 1:30:57 Annarita Sidoti, Italy  
 1:33:21 Liy Hongyu, China  
 1:33:21 Maria Urbanik, Hungary

1:34:05 Feng Haizia, China  
 1:34:07 Santa Compagnoni, Italy  
 1:35:01 Gu Yan, China  
 1:35:47 Li Yuxin, China  
 1:35:49 Wendy Muldoon, Australia  
 1:36:00 Zhang Quinghua, China

### Results (cont.)

7. Margaret Ditchburn 24:42 8. Danielle Kirk 24:53 **10 Mile Handicap, Pasadena, January 18--1.** Crhis Dreher (40) 1:30:30 2. Richard Lenhart 1:33:36 3. Paul Johnson (60) 1:34:15 4. Pedro Santoni (40) 1:36:37 5. Margaret Govea 1:36:58 6. Bob Mimm (73) 1:39:34 7. Carl Acosta (63) 1:40:23 8. Enrique Camarena (44) 1:40:48 (28 finishers) **20 Km, Palo Alto, Cal., Dec. 14--1.** Mike Rohl 1:33:18 Incidentally, it is Mike Rohl, not Mike "Roh." as I notice I had it in last month's U.S. rankings. Apologies to Mike.) 2. Art Klein (44) 2:08:37 3. Fred dunn (68) 2:11:18 4. Jim Fisher (62) 2:16:15 **Indoor 3 Km, Portland, Ore., Jan. 3--1.** Al heppner 11:50.4 2. Philip Dunn 11:57.9 3. ian Whatley 13:32.7 **8 Km, Seattle, Dec. 31--1.** Bob Novak 44:30 2. Terie-Lee Taylor Smith 47:43 **2.8 Mile, Seattle, Jan. 10--1.** Stan Chraminski 24:01 2. Bob Novak 24:18 3. Terie-Lee Taylor-Smith 26:22 3. Bev LaVeck 27:53 **Australian 50 Km Championship, Dec. 14--1.** Dion Russell 3:48:12 2. Duane Cousins 3:57:40 3. Cominic McGrath 3:59:15 4. Shane Person 4:12:29 **10 Km, same place--1.** Troy Sundstrom 42:06 2. Mark Blackwood 43:15 Women: 1. Simone Wolowiec 45:40 **Chinese Nationals, Shanghai, Oct. 17-23: 20 Km--1.** Li Zewen 1:20:46 2. Tan Mingjun 1:21:24 3. Chen Shaoguo 1:23:23 4. Gho Chunxi 1:23:32 **50 Km--1.** Zhou Menghui 3:48:12 2. Tan Mingjun 3:50:36 3. Ma Hongye 3:55:42 **Women's 10 Km--1.** Fan Ziaolin 43:47 2. Sun Chunfang 43:50 3. Feng Haixia 43:58

### 1998 World Junior Lists

#### Men's 20 Km

1:25:38 Liu Yunfeng, China  
 1:25:47 Grzegorz Sudol, Poland  
 1:25:55 Alexei Trifonov, Russia  
 1:26:29 Alexei Lopatin, Russia  
 1:26:31 Alexander Andruschewski, Bel  
 1:27:41 Alexander Stokow, Russia  
 1:29:34 Andrei Stepantschuk, Belarus  
 1:29:47 Marius Kristiansen, Norway  
 1:30:14 Iwan Schuler, Belarus  
 1:31:00 Andre Hohne, Germany

#### Women's 10 Km

43:51 Claudia Iowan, Romania  
 44:12 Ludmila Jefimkina, Russia  
 45:10 Natalie Saville, Australia  
 54:33 Ludmila Dedekina, Russia  
 46:04 Xu Aihui, China  
 46:33 Gabriele Herold, Germany  
 47:04 Olga Polyakowa, Russia  
 47:21 Natalya Chiwirewa, Russia  
 47:34 Olga Schischkina, Russia  
 47:46 Juliya Siwakowa, Russia

### Some Events To Fire Your Competitive Juices

Sun. Feb. 8 **USATF National 50 Km, Palo Alto, Cal. (R)**  
 Indoor 3 Km, Arlington, Vir., 8:30 am (J)  
 Indoor 1500 meters, Portland, Ore. (B)  
 Sat. Feb. 14 8 Km, Carmichael, Cal. (E)  
 Indoor 3 Km, Carbondale, Ill. (AA)  
 2.8 Mile, Seattle, 9 am (C)  
 Sun. Feb. 15 Masters Indoor 3 Km, Reno, Nev. (P)  
 3 Km Mall Championship, Milford, Conn. (N)  
 Sat. Feb. 21 Indoor 2 Mile, Warren, Mich., 10:30 am (O)  
 Sun. Feb. 22 4 1/2 Mile, Kansas City area (Y)  
 8 Km, Carmichael, Cal., 10 am (P)  
 5 Km, Denver, 10 am (H)  
 Fri. Feb. 27 **USATF National Indoor 5 Km Men, 3 Km Women, Atlanta (X)**  
 Sun. March 1 15 Km, Palo Alto, Cal. (R)  
 Indoor 3 Km, Colorado Springs (H)  
 Sat. March 7 Half Marathon, Chico, Cal. (E)  
 Midwest Masters Indoor 3 Km, Indianapolis (BB)  
 3 and 5 Km, Seattle (C)  
 Sun. March 8 5 Km, New York City (F)  
 Sat. March 14 2.8 Miles, Seattle, 9 am (C)  
 Sun. March 15 7 Km, Denver, 9:30 am (H)  
 Sat. March 21 15 Km, Columbia, Missouri (T)  
 Sat. March 22 5 Km, Monterey Bay, Cal. (R)  
 5 Km, Sterling Heights, Mich. (O)  
 5 Km, Littleton, Col., 8:30 am (H)  
 Sat. March 28 National Invitational Racewalks, Men's 20 Km, Women's 10 Km, Junior, Youth, and Open races, Centreville, Virginia (I)  
 3 Km, Seattle (C)  
 Sun. March 29 **USTF National Indoor 3 Km, Boston, Mass. (N)**  
 4 Mile, Denver, 8:30 am (H)  
 5 Km (50 plus), Palo Alto, Cal. (R)  
 Sun. April 5 25 Km, Sacramento, Cal. (E)  
 Mt. SAC 5 and 10 Km, Walnut, Cal. (B)

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## From Heel To Toe

**Thanks to all.** From racewalking's inductee into the T&F Hall of Fame, Henry Laskau: "Please relay my thanks to the walking community. To all who were instrumental in my induction into the Hall of Fame, my sincerest thanks. Especially to Elliott Denman, who I know was the driving force in your campaign. And believe me if I tell you I am very happy this year. It was not in vain. I am wearing my new ring with great pride. Also, thanks to the friends who sent congratulations and good wishes. I really appreciate it. If I could, I would answer them all, but there were so many. So please accept my thanks this way." Thanks to you Henry for all you have done for the sport. And congratulations again on an honor well deserved and long overdue. . . **Youth Road Championships.** Dave Gwyn in Houston reports that the 1998 Youth National Road Racewalks, for which no bids were received by the time of the USATF Convention, have been awarded to the Gulf Association. The Meet Director will be Eduardo Losa. Because the traditional May timeframe for the event is too close to be sure of meeting requirements the organizers are expecting to announce an August date. . . **U.S. Lists.** Corrections to the 1997 Women's 10 Km list we published last month: Gloria Rawls had a best of 54:29, better than the 55:18 I showed. That moves her up three spots on the list. Also Patricia Zerfas had a 59:34, so she replaces Jackie Reitz in the 49th spot on the list. Both these performances came in races for which I never received results. . . **More chocolate.** We gave racewalker Marc Varsano's fine hand-dipped chocolates a plug before the holidays. Well, if you are looking for something unusual for your racewalking sweetheart for valentines, we have discovered Marc's neat little running shoe milk chocolates. The chocolates are shaped like a shoe, complete with stripes, and come wrapped in different colored wrappers in a similar running-shoe design. From Varsano's Chocolates, 179 W. 4th Street, New York, NY 10014, 1-800-414-4718. . . **WC update.** Here are 1 Kilometer splits from last summer's World Championship 10 Km, information we didn't have before: Maria Urbankne-Rosza, who finished 11th in 45:36.57, led at 1 km in 4:18:29. Winner Anna-Rita Sidoti then took over and led the rest of the way in 8:34.71, 12:48.77, 17:07.80, 21:23.72, 25:38.4, 29:57.7, 34:18.81, 38:42.10, 42:55.49. . . **Videos wanted.** Tom Dooley, Olympian and collector of racewalking memorabilia, documentation, and whatever, is looking for videos of the 1980 and 1988 Olympic 20 and 50 km walks. Anyone who can help can contact him 2817 San Simeon Way, San Carlos, CA 94070. . . **50 Km malaise.** We received the following anonymous comment: "You asked for comments regarding the lack of participation in the 50 Km walk in this country. . . We should not have the national 50 in the middle of winter in California. That makes it very difficult for most of the walkers who might like to try it. It should be at a more reasonable time of

year and/or a more central location. Also, we need to have more 50 Km races. It seems that the national 50 is the only one. 20 Km races are getting scarce, too. Furthermore, we need to get more (and younger) athletes involved in this sport." . . . **A fitting tribute.** Harry Siitonen writes of a great loss suffered by the Golden Gate Racewalkers: "We recently head of the passing of our oldest and one of our most dedicated members. Esther Dutton died at age 86 on Sept. 22, 1977 at the Jewish Home for the Aged in San Francisco. Until she was felled by a severe stroke at age 80, she was of our best loved and most ardent members. She and her late husband, Phil, joined the club in its earlier years and until Phil died at age 80, they could be seen together at all GGRW weekly events. After Phil's death, Esther continued to walk with us. She was a member of the GGRW Steering Committee for several years. She had a most generous heart and some of our most fondly remembered parties were held at the Dutton's Corbett Street house by San Francisco's Twin Peaks. Up to the time of her stroke, Ester was still coordinating our monthly mailings. A few weeks before she became incapacitated, she won the 80-84 women's division in the National Postal 1 Hour Walk. I remember bringing her gold medal to her at the hospital, a profoundly emotional experience for both of us. For several years, we would bring Esther from the Jewish Home to join us at our annual awards ceremonies. She was unable to talk, and one side was paralyzed, but she savored every moment she shared with us. The Club voted her a lifetime membership, and at one of those award breakfasts, we presented her a memento of the occasion. . . **Derek doing well.** Progress continues for our son Derek. (For newer subscribers, he suffered a severe spinal chord injury last June as a result of a crash in a motorcycle race. He is paralyzed from the waist down.) He has gone over to Dayton to Wright Statue University, home of a very strong research program on spinal chord rehab, to ride an FES bike. On these exercise bikes, the legs are made to act by several electrodes attached to them. Soon, he will be part of a new research program they are starting using these bikes. He has played wheelchair basketball several times and went skiing a couple of weeks ago. In therapy, he has been working on walking with leg braces that lock the knees and Lofstran crutches and is progressing with that. While not a practical means of locomotion, when mastered, this allows one to get out of the chair for certain tasks (we suggest washing the dishes). He has also bought a car to replace his truck, which had stick shift and was not useful to him. He still has to get hand controls on the car (the Bureau of Vocational Rehabilitation will pay for this, but, as always, there is a bit of bureaucracy and red tape involved), but will be driving soon. And that will give him a lot more independence. A 29-year-old who has been living on his own since graduating from high school, doesn't like to be dependent on his parents. So, he is quite active considering his condition 7 months ago and has an attitude of making the most of what he has. His next step is deciding just where he wants to go from here. BVR will pay for education, but only when he has a solid and realistic plan in place. The support of many ORW subscribers has certainly helped him along and we again express our gratitude. . . **Gaiter challenge.** A couple of items from Bob Fine in Florida. First he announces the 1998 5 Km Racewalking Gaiter Team Challenge. At anytime between April 1 and November 31 clubs can hold their own 5 Km Gaiter Challenge 5 Km. The race can be held on a track or a certified road course. The walk must be judged and there must be a minimum of 10 club members participating, regardless of age, sex, or ability. The top 10 finishers for each club will be scored using the WAVA age-grading tables. For more details, you write Bob at 3250 Lakeview Blvd., Delray Beach, FL 233445, Phone 561-499-3370, FAX 561-495-5054. . . **Greater involvement.** In the second item, Bob has issued the following communication: Initially, on the Internet, a discussion was held regarding "Fitness Walkers" (non-competitive walkers--NCW), in terms of reaching out to them. The reasons to do so are that there are considerably more NCW than competitive walkers. A few of them, with proper instruction, may become competitive. Because of their large numbers, a program designed to their needs can result in a considerable increase in their participation in road running and race walking events. That in turn could lead to greater sponsorship for the overall program. In addition, many NCW could serve as judges and club



officials. The benefit for them is that for the same period of time they engage in fitness walking, by using racewalking techniques, they would get a better overall workout. Of course, they would become members of local clubs and enjoy coaching, social functions, and group workouts. This matter was brought up at the USA/Track & Field Convention last December. Since most of the NCW are over age 40, and since the Master's T&F Committee has jurisdiction over that group, it was approved by that Committee to seek an outreach program to the NCW. Interested clubs and individuals do not have to be members of USATF to participate. Non-American walking groups are welcome to participate. It is intended to cooperate with such groups as the "Y's", American Volkssport Association, Road Running Clubs, Mall Walkers, Health Clubs, Hospitals, Senior Games, and Charities. Competitive racewalkers and NCW have different concerns. Racewalkers care about technique, endurance, speed, and competitive tactics. NCW care about weight control, general health, and socializing. Clubs can serve both of these needs by providing separate instruction, social functions, and low-keyed events, such as a Predict Your Time Race. Incentives to NCW can be given based on number of miles walked with certificates, t-shirts, pins, and/or patches given as recognition. In order to seek a national sponsor, it is necessary to have the commitment of the clubs and individual activists. I would seek a national sponsor if I could assure them of the cooperation of local clubs throughout the country. If you would like to be a part of this program, contact Bob at the above address. . **Fund raising.** Fund raising is also afoot for elite competitive racewalkers. From American Racewalking Foundation President, Elaine Ward: "It is with considerable excitement that the North American Racewalking Foundation announces that John D. MacLachlan has accepted the position of Chairman of the Foundation's non-profit arm, the North American Racewalking Institute. John's racewalking credentials along with his business acumen are ideally suited to directing the Institute's new fund raising program for the coach and athletes at the ARCO Olympic Training Center in Chula Vista. John began his involvement with racewalking in 1962 when he lived in San Diego. He organized many racewalking events and provided considerable encouragement and support to the national athletes. By the mid'60s, he was elected as Chairman of the National Racewalking Committee. Accordingly, he is well acquainted with all levels of racewalking. As an activist, he understands the special needs of our sport. When he learned that the ARCO Center program was in jeopardy due to the belt tightening of USATF, he immediately understood what was at stake. "It is imperative that our young athletes have this unique opportunity to train in a well-equipped center with expert, full-time coaching." John is currently developing a business plan and promotional strategy for fund raising both short-term and long-range through the 2000 Olympics. He sees the Center as serving not only the six resident athletes, but those who come to train for a few weeks or a few months and need satellite housing. "The strong individual and club response to the funding emergency at the ARCO Center since August provides an important pillar for my plan", he explains. "It gives potential sponsors proof that a commitment on their part will be well appreciated and reciprocated by the racewalking community as a whole." It is with particular personal pleasure that I welcome John's leadership at this time. In 1986, John approached me with the idea of starting a Foundation with the sole agenda of furthering the growth and acceptance of racewalking in the U.S. Shortly after establishing the NARF, he became unexpectedly involved in a major business venture that took all his available time. Rather than putting the idea on hold, I proceeded in implementing his vision of creating a service organization. When the emergency at the ARCO Center came, John had just retired from his business and was very receptive to resuming his involvement with the sport he loves. I feel confident that you will be excited about the future plans that John is bringing to us at this important moment in our growth cycle. The racewalking community is a family. When we unite in helping each other, mountains can be moved. Elaine reports that contributions to the Training Center have now reached \$11,876.77, with additional pledges of \$6,000. . **New Invitational site.** The Potomac Valley Track Club's 12th Annual National Invitational Racewalks will be held on a new course on Saturday, March 18 at Bull Run Regional Park in Centreville,

Virginia. The flat, out-and-back course measures 2 kilometers and will be closed to traffic. The road has very little crown and is in excellent condition. The event will feature the elite men's 20 Km and junior men's 10 km at 8 am; the elite women's 10 km and junior women's 5 km at 10:30 am; and an open 5km/youth 3 km at noon.

## Bent Knees

Our Aussie-Canadian-American commentator, Bob Steadman, offers the following comment from his present home in Australia: "Always interesting to read of the judging controversy. It seems we may have been off the ground for years, but with each passing year, I hear less of the "double-contact" phase and more of the "flight" phase. (Some old stalwarts are now being called for "bent knees" for the first time in their long careers.)" Which leads into the following discussion from Bev LaVeck:

The hot racewalking topic on the Internet lately has been the bent knee rule--again. Once in a while, clinic instructors claim that bent knee walking has no advantages, which, of course, gets some folks to conclude that the bent knee rule should be abandoned. If you believe this, you haven't "paced" a 10 min./mile jogger, who's maintaining the same contact with the ground you are. (Ed. I think I have to question that contact, but let's not interrupt Bev.) You're working, but the jogger is barely putting out--and you **know** who's better conditioned. Since this topic comes up so often, here are some of the better replies (better, naturally, since they agree with what I believe.)

From Mike Rohl: A creepy walker has a distinct advantage. Bend the knee and you can call on the largest muscle group in the body--the quads. When the knee is bent, the quads can be used to push the body forward. A jogger has little or no flight phase, but can cover 8 minute miles. And if you still question the effect of bent knees, ask Al Heppner (winner of the 1997 NAAIA Championship 5 Km) about his race with the guy who never walked before and finished in 19:58 with bent knees (Note: he was finally DQ'd). This doesn't even take into account the relaxation or rest one gets from a bent knee.

From Jeff Salvage: Bent knee is clearly an advantage. One can walk with perfect technique, until one tires. Then at the same pace, usually unintentionally, one's knee might bend, because the muscles used to keep it straight can no longer handle the stress. In racewalking, turnover is the key to forward propulsion. Quick turnover leads to quick hip movement. Quick hip movement carries the body forward. Check out the new guide placed on the internet at [www.racewalk.com](http://www.racewalk.com). It was written by Bohdan Bulakowski, Ian Whately, Gwen Robertson, and myself.

From Allen James: Maintaining proper technique over 50 Km can become fairly difficult. As the wear and tear of the race goes on, many athletes tend to falter and are no longer able to straighten their legs. They begin to rely on those running muscles to propel them forward. Their hips become stiff, they begin to lean backwards, and all they can do is "run", though they probably maintain contact. Walking is an endurance sport. Only the fittest survive the race with proper technique and should be so rewarded. If the bent knee athlete is allowed to continue in the race, he is taking the finish place from an athlete who didn't falter.

Getting away from Bev's comments, here is another angle from ORW reader Marvin Eisenstein in Rochester. He writes:

"Racewalking is the only track and field event that is subjectively judged, and because of this is much maligned. There is no controversy about the straight knee. (Ed. See above.) Judging the knee rule has been relatively easy and no one seems to contest the idea that to be walking, the knee must be locked when the lead heel comes in contact with the ground and has to stay locked until the body has passed over the knee. The contention is with the lifting rule.



"The rule is that one foot must be in contact with the ground at all times. Loss of contact has to be seen by the naked eye. To do this, the judges should be lying on their stomachs so that they would have the proper angle to observe the feet touching the ground. Judging the lifting rule from a standing position puts the judge at a poor angle to observe the walker. He is looking down onto the top of the foot and so is not in position to judge correctly.

"All elite walkers lift. The degree might vary from one walker to another, but they all lift. The speed at which these athletes are moving precludes that they are lifting, and in fact every picture I have taken or seen published shows the elite walker lifting. So what! Their knees are locked and it is obvious they are not running. Every track and field event where a judgment call has to be made, e.g., the long jump step-off board, some mechanical or electrical device is used to determine the legality of the motion. To date no device has been found to be fool proof in determining whether the athlete is lifting or not.

"I have given this matter a great deal of thought. I am not sure if my thinking is original or not, and if not it is about time that the subject was knocked about. I say let's throw out the lifting rule. If a walker is moving with a locked knee, per the rules, he is not running. He may lift even more than he is now, but that is only because he is pushing off and he has an extremely fast turnover. If his knees are locked, then he cannot move as fast as a runner. The locked knee rule is easy to judge and almost never is there any argument about that judgment call.

"I can hear my older fellow walkers yelling and screaming about letting the young off but not the old. The older walker almost never lifts, but at some time he will have knee problems. I have the same problem, in fact I took a whole year off from competition so I could work on my knees. At my age (68), I hated to give up a valuable year. I therefore propose that for the masters walkers we do not DQ for the only rule infringement that a walker should have to worry about, bent knee. I propose that we give a penalty for each infraction of the rule. Half a minute per infraction in the 5 Km, one minute per in the 10 Km, and a minute-and-a-half for each infraction in the 20 Km. If there are six judges, then a walker can have as many as six penalties assessed. Flagrant abuse of the rules would be the only reason to take a walker off the course. As long as the walker is not bending his knee to obtain an advantage, he should be allowed to finish the race. This would satisfy the older walker who might be having a difficult time in straightening his knees. Penalizing him, but not disqualifying him is a fair rule. This rule should only be applied to the master walkers.

"I feel it is time for the people that rule and or run the racewalking division of the USAT&F to start thinking about changes to make the sport better for the elite walker, the master walker, and the spectators. Let's make racewalking respectable. Let's make it fun. Let's limit the subjective aspect of the sport."

(Ed. Briefly, this idea has been kicked around, and kicked around, and kicked around. Several years ago, Ron Laird and England's Julian Hopkins each penned learned treatises on why lifting, or rather the "flight phase", referred to by Bob Steadman, should be allowed. The idea was debated at length by the wise and by the powers and was found wanting. Recent changes in the rules have recognized the flight phase by introducing the term "as seen by the human eye" into the rule for judging contact and have strengthened the straightening rule by adding "at the moment of contact."

So, we probably need to give these changes a good trial before thinking of further change. The idea of penalties has also been suggested before, and was used in an annual road relay in Switzerland as a way to prevent the sins of one walker knocking the whole team out of the race. Haven't seen anything on the Airolo-Chiasso relay for several years and I don't know if it still exists.)

## Official IAAF World Records

(As of November 1997. World records must be set on the track.))

Men's 20 Km	1:17:25.6	Bernardo Segura, Mexico, Bergen, Norway, May 7, 1994
Men's 2 Hour	29,572 m	Maurizio Damilano, Italy, Cuneo, Italy Oct. 3, 1992
Men's 30 Km	2:01:44.1	Maurizio Damilano, same place
Men's 50Km	3:40:57.9	Thierry Toutain, France, Hericourt, France, Sept. 29, 1996
Women's 5 Km	20:13.26	Kerry Saxby-Junna, Australia, Hobart, Feb. 15, 1996
Women's 10 Km	41:56.23	Nadezha Ryashkina, Russia, Seattle, July 24, 1990

## LOOKING BACK

**30 Years Ago** (From the January 1968 ORW)--Dave Romansky turned in a sparkling 1:15:50 for 10 miles in Asbury Park, N.J., leaving John Knifton 4 1/2 minutes behind. . . The Metropolitan Indoor 1 Mile title went to Ron Daniel in 6:39.7 and Ron Laird won the LA Times Mile in 6:32.9. . . Laird also won the Athens Invitational in Oakland with a 6:28.2. Tom Dooley was second in 6:33.9. . . Laird was named the 1967 recipient of the Ron Zinn Memorial Trophy for the second year in a row. . . Publisher Jack Blackburn had some commentary on the national political scene (which cost us a subscriber) and Editor Mortland reviewed a Modern Jazz Quartet concert. Walking news was apparently a bit light. . . The ORW's first Dr. John Blackburn Award for the year's outstanding single accomplishment went to Montana's Larry O'Neil for his 19:24:53 in the first 100 miler held in Columbia, Missouri.

**20 Years Ago** (From the Jan. 1978 ORW)--The first page and a half was devoted to the editor's discussion of Columbus in the great midwest blizzard of '78 and its effect on training and such. . . Steve Pecinovsky edged Chris Knotts for fast time honors in the New Year's Eve 6 Mile Handicap in Springfield, Ohio with a 48:21. Chris had 48:30. The handicapping was tough on the faster walkers as these two finished 6th and 7th, and the old men, handicapper Jack Blackburn (50:27) and Jack Mortland (50:42), brought up the rear. . . John Knifton had a good 30 Km (2:30:54) in Houston. . . In the Millrose Games Mile, Todd Scully won in 6:34.3, with Ron Daniel 3 seconds back and John Fredericks third.

**10 Years Ago** (From the Jan. 1988 ORW)--Dan Pierce won 1987's final National race, the 100 Km held in Houston on Dec. 20. Dan had a 9:36:33, after going through the first 50 in 4:47:26. Dave Waddle was second in 11:01:04 and Alan Price third in 11:11:42. Jeanne Bocci captured fourth in 11:30:28, breaking the Masters Women's 50 Km record (5:31:37) on the way. . . At the same site, Gene Kitts, 40, did 50 Km in 4:23:19. . . Tim Lewis won the Honolulu Marathon walking division in 3:36:23, leaving Randy Mimm 15 minutes back.

\* \* \* \* \*

Dudley Harris, in New Zealand, has sent me the following article from the Auckland RWA newsletter, which he edits. He notes that they try to raise the profile of racewalking by taking part in an annual 'go-as-you-please' 24-hour charity relay. His own team of four, Dudley's Daddlers, has participated the last 3 years with totals of 125 1/2 miles twice and 139 miles last fall. They use a strategy of six sets of 3 km 'sprints' by each person, followed overnight by two sets of 9 km 'steadies', and then as many sets of 3 km sprints as the clock will allow. The article, by Jack Trequertha, describes the experience of his team, the Walk Blacks, in the 1997 race, held on November 1-2.

## Placemakers 24-Hour Charity Relay 1997

Craig Barrett is the **greatest**. Tony Sargisson is the **greatest**. Gavin Riley is the **greatest**. David Smyth is the **greatest**.

What Impostors! Three thousand people told me I was the greatest. They told me this many, many times. They were 3,000 very nice people, and I am sure they would not have told me this if wasn't true.

Possibly Lynn Murphy believes she is the Greatest. Also Kevin Burge, Barbara Rudd, and Dudley Harris who were also told this.

The truth was that we were all the Greatest, but possibly Craig Barrett was the greatest of all. He was the one who was mobbed by the kids and ended up autographing T-shirts for them and even for some of their parents.

### Two teams

Racewalking received a massive boost in Tauranga the weekend when two teams took part in the Placemakers 24-hour Charity Relay. Knowing I would have a number of New Zealand reps at the event, I wanted to take advantage of this. The Athletics New Zealand Constitution said that the black singlet with the Silver Fern could only be worn in international competition. I piloted a rule change through the recent Athletics New Zealand AGM, which allowed athletes to wear their NZ uniform for approved promotional purposes. This was the first time the new rule was put into effect.

### The Walk Blacks

Our team was called the "Walk Blacks" and was originally to include four New Zealand reps and three others who would wear plain black. Unfortunately, Kevin Taylor and Morrie Hinton had to drop out at the last moment, but the remainder proved to be an excellent team. As four of the five were taking part in the 50 Km Championships the following weekend, we weren't really looking to put in a maximum effort. Well, in theory. . .

### First Off--Tony

Tony Sargisson was first on the track. He'd told me that he would walk an easy 15 Km on the Saturday and 20 Km on the Sunday. These would be around 6 minutes per km to fit in with his preparations for the 50 Km.

Tony was being very sensible in his planning. But what did he do? As he started his first 15 Km stint he said it would take him 1 hour 30 min. A first km of around 4:30 and he was right into it! The atmosphere was taking over!

Tony carried on like this, cutting out 15 Km in 1:13:45, an average pace of 4:55 per km. Such commendable restraint.

Craig was planning his effort to be concentrated on the Sunday morning: so it was over to David Smyth, Gavin Riley, and me to cover the next 16 3/4 hours. We started with a variety of 5 and 10 km spells, trying to avoid the temptation to emulate Tony.

### Gavin on the night shift

Gavin bravely offered to go right through the early hours of the morning to spare David and me for the following weekend; and while we did relieve him a couple of times, Gavin certainly put in a solid night's work to get a personal tally of 70 km. This included a wild burst of 57 min.

for a 10 km spell--not very dignified behavior in the dead of night for someone turning 61 next month.!

### Easier to go fast. . .

The simple fact is that the level of support from the sidelines makes it much easier to go fast than to go slow. It took a conscious effort to keep the pace down. David had crashed during the night, but rallied to occupy the track until 7 am, when Craig was due to start. The P.A. system had been telling everyone to expect something special at 7 am when Craig was to begin.

### Something special

He told me he would walk 35 km in around 2:45, which was about the pace he averaged in his last 50 km race. In the event, he started at 4:32 for his first km, carrying on at a constant pace averaging 4:30 or a little less to clock 2:15 at 30 km. (This was 5 minutes faster than he did in the recent NZ championship race.) At this stage, he cut back to 5 min pace or slower for the remaining 5 km and ended his 35 km in 2:42:27.

### Craig gets mobbed

Immediately he finished, Craig was mobbed and spent the next 20 minutes or so autographing T-shirts. This sort of thing does not happen to racewalkers. Well, not in New Zealand. It doesn't often happen for other athletes. With several thousand in close contact with the track for the entire 24 hours, this event is great for promoting any activity.

The next time Craig or any other racewalker appears in the news or on TV, the many who were at Memorial Park that weekend will immediately prick up their ears. Most of them would not normally have crossed the road to watch a handful of racewalkers: but over the hours they began to take much notice. Over the whole 14 hours, I only heard one comment to the effect that it would be quicker to run.

### How interesting to watch

I overheard several discussions about how interesting it was to watch the racewalkers. That was in the few quiet moments between being told how wonderful we were! Over the 24 hours, a good number of the runners progressed to walking, and quite a few put on a very good imitation of racewalking. Several were keen to pick up tips.

### Dudley's Doodlers

The other racewalking team was Dudley's Doodlers, consisting of Kevin Burge, Barbara Lambert, Barbara Rudd, Linn Murphy, and Dudley Harris. In contrast to the Walk Blacks, the Doodlers were much more organized, each doing 3 km spells during the daylight hours before changing to 9 km spells over night, and again reverting to 3 km spells next day.

This formula has proved very good for extracting the last gram of energy from the walkers While giving them a chance to recover before the next stint: and the change to 9 km spells gives each team member a chance to grab some sleep.



### Team identification

Although a member of the Doddlers team, Linn also wore her black NZ singlet for many of her spells. A team uniform adds considerably to a team's enjoyment of the event. Each new team member receives instant recognition and receives the applause his other team members have generated on their earlier laps.

It also helps to have a gimmick for the people on the sideline to latch on to. Dudley's team was raising money for the Child Cancer Foundation and so they carried a small Pink Panther, which is the mascot of the Foundation.

Perhaps the most distinctive uniform was a team of recreational walkers from the Hamilton Marathon Clinic who were decked out to resemble Hereford cows, complete with horns, udder, and tail. They had to withstand (enjoy) many bovine comments from every tent on every lap.

### Sunday morning

Tony's second stint was a repeat of his first. 20 Km in 2 hours was what his mouth said. 20 Km in 1:38:25 was what his legs did. This included 4:05 for one of the 1 km laps--not showing off (or only a little bit)--it was simply that the atmosphere demanded that sort of effort.

### Going naturally

But that effort was no effort at all, really. With no placings at the finish line to think of, it was really a case of 'go however you feel.'

I'd intended our team to change to 1 km spells over the final hour, so all team members could experience the heightened atmosphere as it built up to the climax.

However, the hours had finally taken their toll, so we were more than happy to let Craig put in another 10 Km. Tony and I joined Craig for his last 2 laps, which ran into a ceremonial final lap when all members of all the teams went slowly round to be told once again how wonderful we all were.

### The final count

By my counting, Craig did 45 Km, Tony 35 Km, David 41 km, Gavin 70 km, and I did 47 km. This gave a team total of 238 km, at an average pace of a whisker over 6 min. per km. Some of us did a few extra laps in company with others, but these did not count for our total.

### Doddlers' Triumph

Dudley's's Doddlers had been aiming at 207 km, based on a pre-race assessment of their individual fitness levels. Dudley has had plenty of experience of this, but he had not anticipated how Linn Murphy would rise to the occasion.

The Doddlers passed their 207 Km target, and then went for 218 km, which would have beaten the 217 km achieved the previous year. This was accomplished with about half an hour to spare, and they were eventually credited with 221 km. (Ed. These numbers don't seem to square with the mileage numbers Dudley gave for his team in the preface, but we won't quibble. Just wanted the alert reader to know we were equally alert.)

### "It was awesome"

A number of racewalkers called in at the event, including Derek Beaven, Gordon Inglis, and Ted Guy. Ted did a lap in the company of a solo entrant, 70-year-old runner/shuffler/walker Colin Clifton, and decided that he would be in the event next year. "It was awesome!"

### Do as you please

For those who have not experienced this event, or who have forgotten, it's a "doanythingyoulikeathon". At Tauranga, they have a level 1 km circuit, and each team has a tent site right alongside the track, which is their headquarters for the 24 hours.

There is a large marquee for indoor activities. Barbecues are going through the night, right alongside the track, and the support from the sidelines is incredible. It is great for promoting any activity.

In athletic terms, it is obviously superb for runners or racewalking. And it need not stop there. For example, a team of high jumpers could collectively jump over Mount Cook in the 24-hour period.

### ...in front of Joe Public

Athletes do not normally have an audience these days--normally the few people who see them are other athletes. This event gives them an opportunity to perform in front of Joe Public. But it is far more than this. For example, a theatrical group could write a short play, hold auditions, rehearsals, and stage the finished product all within 24 hours. They could do this with a captive audience the whole time, and would no doubt boost their membership along the way.

The same sort of thing can be achieved by almost any other group.

### Total achievement

The collective total distance travelled by the 152 teams and individuals on the 1 km track was 31,223 km. Most of the teams were using the event to raise money, and a total of \$290,809 was raised for the various charities.

### Charity of choice

The teams were raising money for whatever charity they chose. This is what transforms this event. Other 24-hour charity relays are held, but these are chiefly for a single stipulated charity. By widening it to any charity, the event becomes available to many more groups. These people are also more likely to feel passionate about whatever they are raising money for.

Also, the event has a place for everyone, from the very young to the frail elderly, and from elite athlete to couch potato. Each group can inspire or be inspired by the others.

### Key event

From the response of the racewalkers who took part this year, and the interest shown by the public, this event will become one of the key racewalking events on the calendar each year.