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Dow rises to top with outstanding performance

New Orleans, June 19--On a night when New Orleans' stifling heat and humidity seemed to bring everyone else to their knees, New Hampshire's Joanne Dow breezed to the National 10 Km title with a personal best 47:06.50. In the process, she beat American record holder and heavy race favorite Michelle Rohl by 26 seconds and eight time winner Debbi Lawrence by nearly a minutes-and-a-half. No one else could break 50 minutes in the steamy conditions. (We have no report on the exact temperature and humidity, but one only needs to look at the times in this race and the men's 20 to know it was hot.)

The 34-year-old Dow had shown her strength in early May when she won the National 20 in American record time. But here, she faced Rohl, who just 2 weeks earlier became the first U.S. walker under 44 minutes, which she did with nearly 30 seconds to spare. Tonight, she was 4 minutes slower, and continued as a bridesmaid role in the National 10. Despite having the five fastest times on the all-time U.S. list and three number ones in the ORW National Rankings (1994, 1995, and 1996--she was out of action most of last year), Michelle has never won the national title. Lawrence has won the title six of the last eight years, but tonight she was nearly 2 minutes slower than the slowest of those winning times. And Teresa Vaill, who won in 1994 and 1995, couldn't even finish tonight. It seems Joanne was unfazed by weather or reputation in turning in her truly great performance.

Dow, from New Hampshire, burst onto the scene just 3 years ago when she finished seventh in the World Cup Trials and then did 47:43 in the DC Invitational. Injury cut short that season and found her able to finish only 10th in the 1996 Olympic Trials. However, she came back late that year to match her 1995 best at the Alongi International. Last year she improved to 47:20 and also had two 47:23s, including a fourth at the Nationals. Now she has really arrived and should be capable of much better in the right conditions.

The men's 20 Km followed the 10 (starting at 8:40 pm), and the athletes seemed to be slowed even more than the women by the conditions. Here, it was Tim Seaman pulling the upset, ending Curt Clausen's 2 year run as 20 Km titlist. Tim won in 1:35:07.70, 34 seconds ahead of Clausen, who led Jonathan Matthews by 17 seconds. Gary Morgan, always tough in this race regardless of what form suggests coming in, was a clear fourth ahead of Al Heppner and Michael Rohl.

Seaman who had struggled in Europe last month, not finishing in Norway and managing only 1:35:26 in Spain, did have a season's best, was nearly 11 minutes off his personal best. And Clausen, who has held up well in testing conditions in the past, was nearly 12 minutes slower than in Spain a month earlier. Age and experience must have something to say when it's hot with Matthews just 2 weeks short of his 42nd birthday, Morgan in at 38, and 42-year-old Mark Green in the top seven. Results:

Women's 10 Km: 1. Joanne Dow, adidas 47:06.50 2. Michelle Rohl, Moving Comfort 47:32.70 3. Debbi Lawrence, un. 48:34.40 4. Victoria Herazo, Cal Walkers 50:04.50 5. Susan Armenta, un. 50:21.20 6. Gretchen Eastler-Fishman, un. 52:19.60 7. Cheryl Rellinger, un. 52:19.60 8. Jill Zenner, Miami Valley TC 52:44.10 9. Danielle Kirk, un. 50:30.80 10. Margaret Ditchburn, un.

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53:38.90 11. Deborah Iden, U. of Wis.-Parkside 56:08.80 DNF--Teresa Vaill, un. DQ--Molly Lavacek, Athletics Wichita

Men's 20 Km: 1. Tim Seaman, New York AC 1:35:07.70 2. Curt Clausen, Shore AC 1:35:41.8 3. Jonathan Matthews, Reebok 1:35:58.40 4. Gary Morgan, NYAC 1:37:19.60 5. Al Heppner, Potomac Valley TC 1:39:02.40 6. Michael Rohl, New Balance 1:39:39.10 7. Mark Green, Las Vegas Walkers 1:40:02.60 8. Philip Dunn, adidas 1:43:53.00 9. Theron Kissinger, New Mexico RW 1:44:55.20 DQ--Andrew Hermann, adidas

Other results

1 Mile, Cambridge, Mass., May 13--1. Ken Mattsson 8:33 2. John Jurewicz 8:44.5 3. Polly Wenninger 10:33 (11 finishers) **1 Mile, Cambridge, May 20--1.** Kevin Eastler 6:27.1 2. John Jurewicz 8:45.5 3. Justin Kuo 9:45 4. Heidi Duskey 10:10 **1 Mile, Cambridge, May 27--1.** Bill Harriman 8:24.3 2. John Jurewicz 8:28 3. Holly Wenninger 9:59? 4. Justin Kuo 9:47 5. Margaret Carlton-Foss 9:58 5. Natalie Johnson (12) 9:59 (well either the times or the order are wrong on these results, because now they show: Tish Beach 9:40 Tolya Kuo 9:37) **New England 5 Km, Brookline, Mass., May 31--1.** Joanne Dow 22:03.1 2. Maryanne Torrellas 25:30 3. Lynda Dewitt 26:49 4. Chris Anderson (44) 29:12 5. Elton Richardson (59) 29:37 (14 finishers) **Men:** 1. Bob Keating (51) 23:59 2. Steve Vaitones (41) 24:56 3. Brian Savilonis (48) 25:03 4. Stan Sosnowski (48) 25:13 5. Joe Light (50) 25:37 6. Bob Ullman (49) 27:41 7. Tom Knatt (58) 28:06 8. Bill Harriman (51) 28:10 9. Ken Mattsson 28:16 10. John Jurewicz (48) 28:17 11. Richard Ruquist (60) 29:13 12. John Costello (42) 29:45 13. Charles Mansbach 30:31 14. Justin Kuo (43) 31:31 (18 finishers) **Weinacker Cup, Port Huron, Mich., June 7 (Michigan vs. Ontario): Men's 10 Km--1.** Jan Klos, Mich. 47:50 2. Joan Froman, Mich. 48:06 3. Dan O'Brien, Mich. 49:21 4. John Hunyadi, Mich. 54:35 5. Tom Jenkins, Ont. 54:53 6. Max Green, Mich. 55:01 7. Bill Purves, Hong Kong 55:14 8. John Elwarner, Mich. 56:43 9. Stuart Summerhayes, Ont. 58:22 **Women's 10 Km--1.** Joni-Ann Bender, Ont. 23:43 2. Jill Zenner, Mich. 24:54 (Gee, a month ago she was still in Cedarville, Ohio, but now she's listed in Lansing. Grad school maybe.) 3. May Neville, Ont. 26:56 4. Debbi Benton, Mich. 26:58 5. Sherry Watts, Ont. 29:41 6. June-Marie Provost, Ont. 32:17. **Teams:** Michigan 2695 Ontario 2071 (men: Michigan 1569 Ontario 574; women: Ontario 1497 Michigan 1127)

American record performance!

Women's 10 Km, U. of Wis.-Parkside, June 7--1. Michelle Rohl 43:30.4 (breaks American record) 2. Deb Iden 50:49.1 Katie Rulapaugh 25:20 at 5 Km, Jessie Nethery 20:55 at 4 Km **Men's 10 Km, same place--1.** Glen Anderson (18) 47:42.6 2. Chris Brooks (18) 49:18.8 3. Matt DeWitt (18) 49:45.5 DQ--Jeff Salvage **Women's 3 Km, same place--1.** Lynn Tracy (45) 15:56 2. Jilcen Pfarr 15:58 3. Allison Mann (18) 17:10 4. Katie Michel (40) 19:01 (11 finishers) **Men's 3 Km, same place--1.** Jeff Salvage 14:23 2. Jeff Kuhl (40) 16:10 3. Paul Rugal (9!) 16:20 4. Al Dubois (66) 16:37 5. Ron Winkler (47) 16:39 6. Jonathan Udesky (42) 17:33 7. Michael Rose

18:20 8. Eric Rugal (10) 18:53 **3 Km, Houston, May 23--1.** Virginia Jones (17) 16:40 **1500 meters, Houston, June 10--1.** Dominic Byrd (11) 8:41.7 **1 Mile, Houston, June 12--1.** Cheryl Relling 7:21.26 **3 Km, Houston, June 12--1.** Virginia Jones 15:58.6 **1500 meters, Houston, June 17--1.** Dominic Byrd 8:42.0 2. Katie Humphrey (11) 8:49.3 **4 Miles, Denver, May 16 (unjudged)--1.** Daryl Meyer (55) 37:20 2. Lorie Rupoli (46) 39:32 3. Margaret Hennessey (45) 39:32 **5 Km, Thornton, Col., May 16--1.** Alan Yap (55) 26:33 2. Sally Richards (45) 27:48 3. Daryl Meyers 27:58 4. Lorie Rupoli 28:56 5. Peggy Miiller (43) 29:11 6. Christine Vanoni (46) 29:31 **5 Km, Aurora, Col., May 30--1.** Daryl Meyers 28:22 2. Lorie Rupoli 28:47 3. Mary Gilbert (48) 30:27 **10 Km, Broomfield, Col., May 10--1.** Mike Blanchard 52:54 2. Eric Pasko (15) 56:20 3. Patty Gehrke 58:20 4. Sally Richards 58:46 5. Marianne Martino (47) 61:44 **20 Km, same place--1.** Barbara Amador (49) 2:10:40 **Cal. Sr. Olympics 5 Km, Eagle Rock, Cal., June 13: Women--1.** Jolene Steigerwalt (54) 30:47 **Men:** 1. Jack Bray (65) 26:41.2 2. Carl Acosta (64) 29:17.6 3. Deck Petrucci (65) 29:19.3 4. Timothy Staats (50) 29:48 5. Melvin Schultz (65) 30:02 6. Robert Eisner (69) 30:53 **Western Regional 20 Km, Palo Alto, Cal., May 17--1.** Mark Green (42) 1:33:20 2. Steve Pecinovsky (43) 1:39:39 3. Marco Evoniuk (39) 1:40:28 4. David Crabb (50) 1:55:23 5. Roger Wellborn (46) 1:57:11 6. Bill Penner (51) 2:00:07 7. Jim Fisher (62) 2:15:33 8. Susan Mears (43) 2:17:59 **Western Regional Women's 10 Km, same place--1.** Susan Armenta 47:39 2. Molly Lavecek 49:06 3. Chris Sakelarios 55:27 4. Therese Iknoian (41) 56:55 5. Jo Ann Nedelco (54) 57:40 6. Loribeth Jacobs 60:55 **Alongi 5 Km, Kentfield, Cal., May 24--1.** Marco Evoniuk 22:49 2. Abderrezak Kharfara 25:02 3. Jack Bray 26:33 4. Bill Penner 26:54 5. Nathan Williams 27:29 6. Joseph Berendt 27:36 7. Shoja Torabian 27:37 8. Karen Olson 29:30 9. Lani LeBlanc 30:28 10. John Schulz 30:58 **1500 meters, same place--1.** Shoja Torabian 7:41 2. Dawn McKay 9:23 **Pacific Assn. 5 Km, Palo Alto, May 31--1.** Chris Sakelarios 26:01 2. Robyn Stevens (15) 27:05.1 3. Bill Penner 27:13 4. Therese Iknoian 27:37 5. Dick Petrucci 28:25 6. Art Klein (45) 28:53 7. Nicholas Sakelarios 28:59 8. Brooke Szody (18) 29:13 9. Loribeth Jacobs 30:00 **5 Km, Linfield, Ore., June 6--1.** Rob Frank 26:05.6 2. Doug VerMeer 28:18 3. Carmen Jackinsky 28:43 **5 Km, Montreal, May 13--1.** Jocelyn Ruest 22:47.6 2. Paul-Olivier Bernier 27:01.1 **Women--1.** Jacinthe Bouchard 25:39 2. Martine Rainville 25:57 3. Catherine Sousa-Neves 26:02 4. May Neville 26:28 5. Laris Dabeka 27:06 **Irish Universities 3 Km, Dublin, April 23--1.** Pierce O'Callaghan 12:11.94 2. B. O'Connell 13:22 **Mexican Walk Week: 20 Km, Toluca, March 29--1.** Daniel Garcia 1:24:50.4 2. Joel Sanchez 1:25:43 3. Jefferson Perez, Ecuador 1:26:34 4. Aleja Lopez 1:27:31 5. Mario Flores 1:28:22 6. Rogelio Sanchez 1:29:14 7. Saul Mendez 1:30:08 8. Juan Rojas, Ecuador 1:30:14. . . 18. Curt Clausen, US 1:34:48. . . 23. Andrew Hermann, US 1:38:01. . . 29. Al Heppner, US 1:41:15 **Women's 20 Km--1.** Graciela Mendoza 1:40:20 2. Geovana Irusta, Bolivia 1:41:56 3. Rie Mitsumori, Japan 1:42:14 4. Rosario Sanchez 1:43:08 5. Guadalupe Sanchez 1:43:59 6. Yaka Mitsumore, Japan 1:44:18 **1 Hour, Nuevo Leon, April 4--1.** Bernardo Segura 15,405 meters 2. Jefferson Perez 15,387 3. Rogelio Sanchez 14,935 4. Alejandro Lopez 14,610 5. Jorge Chora 14,519 6. Luis Garcia, Guatemala 14,410 7. Roberto Oscal, Guat. 14,396 8. Eduardo Ramirez 14,288. . . 11. Curt Clausen 14,134. . . 14. Andrew Hermann 13,266 DNF--Julio Martinez, Guat. 43:20 for 10,400 **50 Km, Poza Rico, April 5--1.** Miguel Rodriguez 3:47:46 2. Ignacio Zamudio 3:51:55 3. German Rodriguez 3:53:49 4. Omar Zepeda 3:54:26 5. Ruben Gonzalez 3:55:57 6. Rogelio Sanchez 4:00:02 7. Joel Sanchez 4:01:16 8. Erasmo Vargas 4:03:24. . . 20. Al Heppner 5:16:17

From across the seas:

Euro Cup, Dudince, Slovak Rep., April 25: Women's 10 Km--1. Nadezda Ryashkina, Russia 43:06 2. Maria Urbanikne-Rosza, Hung. 43:08 3. Claudia Iovan, Romania 43:12 4. Tamara Kovalenko, Rus. 43:14 5. Katarzyna Radke, Pol. 43:18 6. Tatiana Ragozina, Ukraine 43:22 7. Maria Vasco, Spain 43:23 8. Olga Kardopltseva, Belarus 43:26 9. Erica Alfridi, Italy 43:30 10.

Olga Panfyorova, Rus. 43:33 11. Encarna Granados, Spain 43:34 12. Norica Cimpean, Rom. 43:46 13. Santa Compagnoni, Italy 43:50 14. Elisabaetta, Perrone, Italy 44:05 15. Kjersti Platzer, Norway 44:06 16. Natalya Misyulya, Bel. 44:06 17. Valentina Tsybul'skaya, Bel. 44:15 18. Ildiko Ilyes, Hun. 44:15 19. Larisa Khmel'nitseva, Rus. 44:26 20. Elina Arshintseva, Rus. 44:26 21. Svetlana Kalitka, Ukr. 44:36 22. Aniko Szebenszky, Hun. 44:41 23. Celia Marcen, Spain 44:59 24. Teresa Linares, Spain 45:01 25. Monika Pesti, Hun. 45:06 26. Faitha Quali, France 45:52 27. Lisa Kehler, Ger. 45:53 28. Valene Nadaud, France 46:25 Team scores: 1. Russia 15 2. Italy 36 3. Spain 41 4. Belarus 41 5. Hungary 42 6. Romania 47 7. Ukraine 62 8. Poland 76 9. France 88 10. Norway 91 11. Germany 109 12. Lithuania 118 13. Slovak Rep. 127 14. Portugal 139 15. Finland 161 (Cross-country scoring) **Men's 20 Km**--1. Francisco Fernandez, Spain 1:20:31 2. Robert Korzenowski, Poland 1:20:40 3. Aigars Fedejevs, Latvia 1:20:44 4. Andreas Ern, Ger. 1:21:12 5. Andrey Makarov, Bel. 1:21:27 6. Artur Meleshkevich, Bel. 7. Yevgeniy Misyulya 1:21:55 8. Denis Langlois, France 1:21:56 9. Robert Ihly, Ger. 1:22:16 10. Valentin Massana, Spain 1:22:19 11. Jiri Malysa, Czech Rep. 1:22:34 12. Dmitriy Yesipchuk, Rus. 1:22:35 13. Fernando Vasquez, Spain 1:22:39 14. Gyula Dudas, Hun. 1:22:49 15. Vladimir Andreyev, Rus. 1:23:16 16. Silviu Casandra, Rom. 1:23:26 17. Sandor Urbanik, Hung. 1:23:37 18. Jose Urbano, Hun. 1:22:39 19. Alessandro Grandelli, Italy 20. Modris Liepins, Lat. 1:24:24 21. Robert Valicek, Slovak Rep. 1:24:53 22. Mikhail Khmel'nikitskiy, Bel. 1:25:10 23. Massimo Fizialetti, Italy 1:25:23 24. David Marquez, Spain 1:25:27 25. Jiri Masita, Czech 1:25:46 (The two missing times were not in the results I received.) Team scores: 1. Belarus 18 2. Spain 24 3. Germany 55 4. Russia 55 5. France 70 6. Portugal 72 7. Latvia 80 8. Poland 82 9. Czech Rep. 78 10. Hungary 92 11. Slovak Rep. 106 12. Ukraine 117 13. Norway 124 14. Lithuania 137 **Men's 50 Km**--1. Timasz Lipiec, Poland 3:42:57 2. Jesus Garcia, Spain 3:43:17 3. Giovanni Pericelli, Italy 3:44:17 4. Aleksje Vojevodin, Rus. 3:46:31 5. Basilio Labrador, Spain 3:47:28 6. Rene Piller, France 3:47:41 7. Pavel Nikolayev, Rus. 3:47:51 8. Viktor Ginko, Bel. 3:48:27 9. Valentin Kononen, Fin. 3:48:50 10. Stefan Malik, Slovak Rep. 3:49:40 11. Denis Trautman, Ger. 3:50:45 12. Stanislaw Stosik, Pol. 3:55:16 13. Aleksandr Rakovic, Yug. 3:55:39 14. Mario Avellanceda, Spain 3:56:09 15. Antero Lindman, Fin. 3:57:03 16. Zoltan Czukur, Hung. 3:57:44 17. Alessandro Mistretta, Italy 3:59:08 18. Milos Holusa, Czech. 3:59:22 20. Peter Korecek, Slov. 4:01:19 21. Peter Zanner, Ger. 4:01:23 22. Frederik Svensson, Swed. 4:01:52 23. Pedro Martina, Port. 4:03:02 24. Vitali Gordei, Bel. 4:03:06 25. Alexei Shelest, Ukr. 4:03:06 26. Jacob Sorensen, Denmark 4:03:51 27. Jose Magalhaes, Port. 4:03:52 28. Mark Easton, GB 4:03:53 28. Virgilio Soares, Port. 4:03:54 30. David Boulanger, France 4:06:18 Team scores: 1. Spain 21 2. Italy 38 3. Slovak Rep. 64 4. Germany 64 5. France 67 6. Belarus 72 7. Portugal 79 8. Hungary 94 9. Sweden 10 10. Czech Rep. 99 **Softeland Grand Prix, Bergen, Norway, May 9: Women's 10 Km (track)**--1. Hanne Liland 22:34.5 2. Susan Armenta, US 23:15.5 3. Danielle Kirk, US 24:09. . . 7. Margaret Ditchburn, US 25:29 **Men's 20 Km (track)**--1. Jefferson Perez, Ecuador 1:22:42 (19:20, 38:37.6, 58:52) 2. Birger Falt, Swed. 1:24:48.2 3. Curt Clausen 1:25:58.5 (20:46.5, 49:49.6, 1:03:31.5) 4. Claus Jorgensen, Denmark 1:27:09.4 5. Juan Rojas, Ecuador 1:27:59 6. Andrew Hermann, US 1:28:25.6 (21:09, 43:20, 1:06:07). . . 8. Philip Dunn, US 1:30:33 (21:57, 44:07, 1:06:54) DNF--Tim Seaman, US (20:46.5 at 5) and Al Heppner, US (22:16.9 at 5) **Junior Men's 10 Km**--1. Xavier Moreno, Ecuador 40:01 (20:59 at 5, which means 19:02 for the second 5!) **20 Km, Barcelona, Spain, May 9**--1. Ilya Markov, Russia 1:20:13 2. Fadeyevs, Lithuania 1:20:54 3. Fernandez, Spain 1:21:23 4. Urbanik, Hungary 1:23:27 5. Mikhail Schennikov, Russia 1:22:44 6. Malysa, Czech Rep. 1:23:27 7. Goula, Tunisia 1:24:34 8. Valicek, Slovak, Rep. 1:24:42 9. Chaochong, China 1:24:52 10. Misyulya, Belarus 1:25:18 **Women's 10 Km, Barcelona, May 9**--1. Alfridi, Italy 44:51 2. Nikolayeva, Russia 45:03 3. Marcen, Spain 45:09 4. Florido, Spain 46:00 **10 Km, Tarnobrzeg, Poland, May 3**--1. Robert Korzenowski 39:43 **Gran Prix 20 Km, Coruna, Spain, May 16**--1. Jefferson Perez 1:19:40 2. Julio Martinez, Guat. 1:19:42 3. Joel Sanchez, Mex. 1:19:45 4. Robert Korzenowski,

Poland 1:19:46 5. Francisco Fernandez, Spain 1:21:19 6. Valentin Massana, Spain 1:21:21 7. Valentin Kononen, Finland 1:21:22 8. Omar Cepeda, Mexico 1:22:26 9. Alejandro Cambill, Spain 1:22:28 10. Luis Garcia, Guat. 1:23:07 11. Curt Clausen, US 1:23:58 12. German Sanchez, Mex. 1:25:05. . . 18. Andrew Hermann, US 1:26:52. . . 28. Tim Seaman, US 1:35:26 DNF--Philip Dunn and Al Heppner **Coruna Women's 10 Km**--1. Ana Rita Sidoti, Italy 43:31 2. Maria Vasco, Spain 43:36 3. Erika Alfridi, Italy 43:44 4. Graciela Mendoza, Mex. 43:46 5. Rosario Sanchez, Mex. 44:06 6. Celia Marcen, Spain 44:06 7. Encarna Granados, Spain 44:12 8. Teresa Linares, Spain 44:43 9. Eva Perez, Spain 45:15 10. Rocio Florido, Spain 45:30. . . 15. Danielle Kirk, US 48:50. . . 17. Margaret Ditchburn, US 52:10 **Women's 20 Km, Naumburg, Germany, May 23**--1. Katarzyna Radtke, Poland 1:31:46 2. Valentina Tsybul'skaya, Belarus 1:32:35 3. Rosario Sanchez, Mex. 1:33:34 4. Guadalupe Sanchez, Mex. 1:34:50 5. Svetlana Tolstaya, Kazakhstan 1:35:03 6. Denise Friedenberger, Ger. 1:35:09 7. Anita Liepina, Latvia 1:35:33 8. Gabriele Herold, Ger. 1:36:10 9. Kathrin Boyde, Ger. 1:37:41 10. Janice McCaffrey, Can. 1:38:20 11. Annett Amberg, Ger. 1:39:27 12. Kjersti Platzer, Nor. 1:39:46 (19 finishers) DNF--Olga Kardopoltseva, Belarus (45:08 at 10) DQ--Graciela Mendoza, Mex. (45:11 at 10, with leaders at 12.5 Km when pulled); Jane Saville, Australia (1:09:42 at 15, pulled after moving into third at 17.5 Km) **3 Km, Dublin, May 17**--1. Pierce O'Callaghan 11:59.12 2. Jamie Costin 12:25.61 3. David Kidd 12:26.99 **Russian 20 Km Championship, Izhevsk, May 17**--1. Dmitriy Yesipchuk 1:20:42 2. Aldksey Voyevodin 1:21:19 3. Vladimir Stankin 1:22:06 4. Valeriy Borisov 1:22:33 5. Andrey Stadnichuk 1:24:17 6. Nikolay Ivanov 1:25:00 7. Yuriy Gordeyev 1:25:14 8. Vitaliy Shvetsov 1:26:07 **Under 23 20 Km Championship, same place**--1. Yevgeniy Shmalyuk 1:20:13 2. Aleksandr Nadyozhin 1:23:02 3. Vasilii Ivanov 1:24:38 4. Aleksandr Mironov 1:24:50 5. Semen Lovkin 1:25:24 6. Ravil Alukayev 1:26:49 **Russian 50 Km Championship, same place**--1. Andrey Plotnikov 3:41:14 2. Nikolay Matyukhin 3:45:29 3. German Skurygin 3:47:44 4. Dmitriy Dolnikov 3:48:24 5. Fanis Shaykhutdinov 3:55:45 6. Aleksandr Arkhipov 4:09:15 **Russian Women's 10 Km Championship, same place**--1. Vera Nacharkina 42:31 2. Tamara Kovalenko 42:46 3. Yelena Gruzina 43:23 4. Rimma Makarova 44:21 5. Maya Sazonova, Kas. 44:40 6. Yuliya Voyevodina 44:49 7. Klara Mikhaylova 45:23 8. Tatyana Melnikova 45:39 **Under 23 10 Km Championship, same place**--1. Olga Panfyorova 42:01 2. Raisa Shiviroya 45:37 3. Yelena Yatmanova 46:03 4. Antonina Petrova 46:22 5. Tatyana Gudkova 46:54 6. Tatyana Sibileva 46:59 **20 Km, Canberra, Australia, June 7**--1. Craig Barrett, N.Z. 2:19:37 (5 mile splits: 35:57, 1:10:24, 1:44:50) 2. Nick A'Hern 2:21:50 3. Dion Russell 2:26:14 4. Duane Cousins 2:28:47 5. Brent Vallance 2:30:12 6. Luke Adams 2:31:16

Perez dominates for third week in a row with astounding finish!

Men's 20 Km, Naumburg, May 23--1. Jefferson Perez 1:19:19 (20:20, 40:15, 60:16--last 2.5 km lap in 9:13, which is slightly under a 6 min./mile pace, which we would term an impressive finish. The first nine were together at the start of this final lap, but Perez apparently broke up that party in a hurry.) 2. Daniel Garcia, Mex. 1:19:41 3. Bernardo Segura, Mex. 1:19:46 4. Ivan Trotskiy, Belarus 1:19:48 5. Alejandro 6. Artur Meleshkevich, Belarus 1:19:57 7. Julio Martinez, Guat. 1:20:00 8. Andrey Makarov, Bel. 1:20:04 9. Joel Sanchez, Mex. 1:20:38 10. Yevgeniy Misyulya, Bel. 1:21:08 11. Roberto Oscar, Guat. 1:22:05 12. Luis Garcia, Guat. 1:23:33 13. Juan Rojas, Ecuador 1:24:17 14. Daisuke Ikeshima, Japan 1:24:25 15. Brent Vallance, Australia 1:24:34 16. Jiri Masita, Czech Rep. 1:24:34 17. Claus Jorgensen, Den. 1:24:53 18. Kazimir Verkin, Slovak Rep. 1:25:13 19. Dion Russell, Australia 1:26:24 20. Sten Reichel, Ger. 1:26:31 DNF--Mikhail Khmel'nikitskiy, Bel. (60:31 at 15) **Naumburg 50 Km**--1. Miguel Rodriguez, Mex. 3:43:15 (46:20, 1:31:53, 2:16:00, 2:58:56) 2. Sergey Korepanov, Kas. 3:45:15 3. Thierry Toutain, France 3:46:25 4. Modris Liepins, Latvia 3:47:48 5. Tomasz Lipiec, Poland 3:49:03 6. Milos Holusa,

Czech Rep. 3:50:36 7. Craig Barrett, N.Z. 3:52:07 8. Robert Ihly, Ger. 3:52:39 9. Ignacio Zamudio, Mex. 3:52:48 10. Axel Noack, Ger. 3:53:19 11. Denis Trautmann, Ger. 3:55:02 12. Peter Zanner, Ger. 3:55:53 13. Peter Tichy, Slovak Rep. 3:56:36 14. Denis Franke, Ger. 3:57:01 15. Stanislaw Stosik, Pol. 3:57:06 16. Marino Grande, Ger. 3:57:53 18. Carlos Mercenario, Mex. 3:59:09 19. Dirk Nicque, Belgium 4:02:27 20. Andreas Hontsch, Ger. 4:06:24 DNF--Nick Allern, Australia (2:45:00 at 35), German Sanchez, Mex. (3:00:11 at 40) and several others
Naumburg Under 23 Men's 20 Km-I. Andreas Erm, Ger. 1:20:57 2. Nathan Deakes, Australia 1:23:25 3. Mario Ivan Flores, Mex. 1:25:02 4. Andre Hohne, Ger. 1:28:41 (related to 50 Km great Christoph Hohne?)

Hit the starting line for these events

Mon. July 6 5 Km, Long Branch, N.J., 6:35 pm (A)
 Fri. July 10 1 Mile, Houston 5:45 pm (Y)
 Sat. July 11 **USATF Men's 10 Km, Niagara Falls, N.Y. (I)**
 5 Km, Denver, 8am (H)
 Sun. July 12 3 Km, Alexandria, Vir., 8:30 am (J)
 1 Mile, Miami, 7:30 am (Q)
 San Francisco Marathon
 Mon. July 13 5 Km, Long Branch, N.J., 6:35 pm (A)
 Wed. July 15 3 Km, Hammond, Ind. (S)
 Thu. July 16 1500 meters, Cedarville, Ohio (M)
 Fri. July 17 1 Mile, Houston, 5:45 pm (Y)
 Sat. July 18 1500 meters and 3 Km, Lisle, Ill. (S)
 Sun. July 19 5 Km, Kentfield, Cal. (P)
 1 Mile, Sacramento, Cal. (E)
 Mon. July 20 5 Km, Long Branch, N.J., 6:35 pm (A)
 Thu. July 23 5 Km, Denver, 6:30 pm (H)
 Fri. July 24 1 Mile, Houston, 5:45 pm (Y)
 Sat. July 25 5 Km, Denver, 8 am (H)
 Sun. July 26 3 Km, Alexandria, Vir., 8:30 am (J)
 Bay State Games 3 Km (N)
 Mon. July 27 5 Km, Long Branch, N.J., 6:35 pm (A)
 Fri. July 31 **National USATF Masters 5 Km, Orono, Maine (X)**
 Sat. Aug. 1 5 Km, Ft. Collins, Col., 8 am (H)
 Sun. Aug. 2 **National USATF Masters Men's 20, Women's 10Km, Orono, Maine (X)**
 5 Km, Denver, 8 am (H)
 Mon. Aug. 3 5 Km, Long Branch, N.J., 6:35 pm (A)
 Tue. Aug. 4 5 Km, Miami, 6:30 pm (Q)
 Sun. Aug. 9 3 Km, Alexandria, Vir., 8:30 am (J)
 Metropolitan 3 Km, New York City, 9 am (F)
 Mon. Aug. 10 5 Km, Long Branch, N.J., 6:35 pm (A)
 Sun. Aug. 16 Doc Tripp 5 and 10 Km, Broomfield, Col., 8 am (H)
USATF National Youth Road Championships, Houston (Y)
 20 Km, Palo Alto, Cal. (R)
 Mon. Aug. 17 5 Km, Long Branch, N.J., 6:35 pm (A)
 Fri. Aug. 21 5 Km, Loveland, Col., 7 pm (H)
 Sat. Aug. 22 2 Mile, San Mateo, Cal. (R)
 Sun. Aug. 23 5 Km, Denver, 8 am (H)
 1 Hour, Kentfield, Cal. (P)

USATF 5 Km Championships, Wilkes-Barre, Penn., 9:45 am (AA)
 Mon. Aug. 24 5 Km, Long Branch, N.J., 6:35 pm (A)
 Sun. Aug. 30 5 Km, Denver, 8:30 am (H)
 New England 10 Km (N)
 10 Km, Nevada (P)
 Regional 5 and 15 Km, Albuquerque, N.M. (W)
 Sun. Sept. 5 5.2 Mile, Interlaken, N.J. (A)
 Potomac Valley 15 Km, Washington, D.C. (J)
 Mon. Sept. 7 Pacific Sun 10 Km, Calif. (P)
 Sat. Sept. 12 **USATF Masters 5 Km Road, Kingsport, Tenn. (BB)**
 Sun. Sept. 13 **USATF National 40 Km, Ft. Monmouth, NJ (A)**

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 N.E. Windermere 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--USA Track & Field, P.O. Box 120, Indianapolis, IN 46206 (317-261-0500)
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 I--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217 (716-875-6361)
 J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151
 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--Rolland Ranson, U. of Maine, Memorial Gym, Orono, ME 04469 (207-581-1077)
 Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
 Z--Max Green, 13660 Mortenvue, Taylor, MI 48180
 AA--Jim Wolfe, c/o Sallie Mae, 220 Lasley Ave., Wilkes-Barre, PA 18706 (717-821-6558)
 BB--Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660 (423-349-6406)

From Heel To Toe

Pedraza dies. This AP release from Mexico City, dated June 1: Jose Pedraza, a Mexican who thrilled his countryman at the 1968 Olympics with a late charge that won the silver medal in the 20 Km walk, died Monday of hepatitis. He was 61. Pedraza was in third place as he entered University Stadium near the end of the race, and the crowd roared as he passed one Soviet competitor and came just short of passing the other by the finish line. Frustrated by his failure to overtake the winner, Pedraza repeatedly hit himself in the head with his hands. An Army sergeant at the time, Pedraza continued in the military and held the rank of captain at his death. (Not to be disrespectful to the dead, but as reported here at the time and mentioned again on several occasions, Pedraza was seen by all to be flying as he made his move, but did not catch the eye of

the judges, perhaps thanks to the thousands of screaming Mexicans urging him on. A red card may have invited mayhem. Had he been DQ'd, our own Rudy Hala would have won the bronze. On the other hand, Pedraza was a good athlete carried away by the occasion. He was the harbinger of the strong Mexican presence in walking that has followed. . . **Robertson reaction.** Comments on an article in last month's ORW from New Zealand's frequent contributor to these pages, Dudley Harris: "In your May 1998 issue, an article by John Robertson, Seattle Sportsmedicine MD and running coach, captured my attention--and so it should, with the credentials which I infer from his title--especially the opening sentence, which read: '...one of the problems with typical training programs that add 2 or 3 miles of running each week is that they never allow an athlete's fitness or adaptation to catch up. . .'. . .for a 20 to 30 miles a week runner (or walker), increasing weekly volume by 5 miles is recommended--but only every month. If you're doing 25 miles/week in February, you bump it up to 30 for March. . .'. 'You can then race a distance that is roughly 1/3 of your weekly volume.' What Doctor Robertson appears to be saying is that the old 10 percent guideline never allows an athlete's fitness to catch up; that he recommends a 20 percent jump once a month; and that you can race 1/3 of your weekly mileage. Without any credentials but some experience, I would think that the 1/3 racing/training mileage is about right, although the proportion declines as distance increases. Thus the old rule-of-thumb for distance events was 3/7 of your weekly mileage (e.g., train for about 60 miles a week if you want to run a reasonable marathon--although I have found with veterans/masters that they can complete a marathon satisfactorily on 45-50 miles a week training, but the young 'guns' should train for more than 100 miles/week. However, the proportion reduces as you 'go ultra' into multi-day events, or you'd never make the start-line! Equally, if you want to do more than survive in a 3 mile race, in my opinion you ought to train for more than 9 miles a week. Where I do find myself surprised is in reading that, when increasing the weekly mileage by 10 percent, an athlete's fitness **never** catches up. I must confess that it is not something I have ever noticed, either with my own fitness level nor with those adults who I help with their training. Are the genes different in the USA? Or the weight/height ratio? Or the normal dietary regime (if there is such a thing)? Perhaps Dr. Robertson's article has been abridged, and thereby lost something essential. Could he kindly develop his 'thesis' for us, please?" (Ed. Unfortunately, I took this article from another source and have no contact with Dr. Robertson. Perhaps someone in the great Northwest, from whence this article arose, does and can pass these comments along to Dr. Robertson.). . . **Speaking of ultras.** ..There will be a 100 km track race in Yellow Springs, Ohio on October 31, starting at 8 am and ending at midnight (16 hour limit). If you want more information, contact our Publisher Emeritus Jack Blackburn at 455 E. McCreight Street, Springfield, Ohio 45503, Home phone 937-323-6037, business phone 938-223-4410. . . **A bike exercise for walking.** This note from Theodore Ille: As an average racewalker of 78, I vary my walking with bike riding. While riding, I think I have come up with a procedure that will be of an advantage to the racewalker. With the ball of my foot on the pedal ready to push down, I lead with my heel to the bottom and then roll over and push the rest of way with the ball of my foot. In this way, I exercise the roll over motion characteristic and necessary in racewalking. . . **Heel and toe wedding.** Veteran Irish-American racewalker John Kelly and racewalker and Olympic torchbearer (and your editor's high school classmate) Katie McIntyre tied the matrimonial knot in Santa Monica on May 30. Following a trip to County Kildare, Ireland for a blessing of vows they are at home at Katie's residence in Prescott, Arizona. John will probably be missed around Santa Monica. Send your congratulations to 1105 Wood Spur Circle, Prescott, AS 86303.

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Two months ago, we reran an article from March 1974 by England's Colin Young about conquering the ultra-distance races. In closing, we noted that perhaps Colin would honor us with an update some time. The time is now. Colin is very prompt and acts on cue. Colin notes in a cover letter that since 1980, for a variety of reasons, he has walked only one of these races--a 1990

24 hour in which he "managed" 196 Km, i.e., a bit more than 120 miles. However, he continues his usual training regimen. He also refers to "us Jan. '35 boys"--I had forgotten that we nearly share a birthday, I think he might have 2 days on me. So here is what he has to add 24 years later. I don't know if Colin will approve, but we'll entitle it:

A Half-Century of Pain and Joy

I am delighted to respond to the editor's request to do an update on the article "A Hard Day and Night and the Like" published in the March 1974 *Ohio Racewalker* (and rerun in the April 1998 issue). The training remains unchanged. I still manage 60 to 75 minutes per day with 1 1/2 to 2 hours on Sundays. But the pace has not!!! Now 63, I am sorry to report that the pace has slowed to 9:30 to 10 minutes per mile. The effort, if anything, is even harder, but as the years pass, the "souplesse" (elasticity) as the French would say is not there.

I have little change of cadence these days and feel at full stretch very early in the short distance races, but am able to hold an 8:45 pace for longer distances.

Now in my 50th year of competition, my feelings on the 'long ones' remain the same. However, with the scarcity of events in excess of 20 Km on most country's calendars these days, I guess I would have to put in the occasional 4 to 5 hour session if attempting the ultra's.

I feel strongly that why I have outlived virtually all my past rivals and friends around the world is my 'little and often' virtually daily training over the years. It has enabled me to keep enthused about the sport, whether training, racing, writing, or speaking. Times/distances at 200 Km/24 hours have changed little since my days. The improvement in the Paris-Colmar has come through better backup facilities, with each competitor having up to half a dozen vehicles and 25 to 30 attendants, as against a car and three helpers on my treks.

The Polish walkers, Klappa and Urbanowski, are outstanding and have graduated over their careers from classy Olympic distance performers to ultra-distance greats. But men from my era, such as Simon, Rinhard, and Quemener would have been pushing them very hard.

I am delighted to say my wife still happily puts up with my 9 sessions per week schedule. In a belated answer to the editor's bed activity query, following distance races she was always amazed that I had renewed energy after often reaching the finish apparently exhausted!!!!

Finally, I can only wholeheartedly agree with the editor's view regarding my 50 Km performances. Many of my rivals and friends feel that I should have been a 'regular' in the 4:20 to 4:25 range. However, I always seem to be at best at odd distances, such as 4 or 6 hour events, or 40 Km stages of multi-stage races. Believe me, it is with deep regret that I did not achieve faster clockings at the distance I so wanted to excel in. With hindsight, it is even amazing to me that I could go through halfway in a 100 Km race either on road or track at virtually the same pace as my standard 50 Km.

Now, due to poor eyesight, I would have to race an ultra on a track. Maybe, early in the next century as I pass 65, a sponsor could persuade me to give it one more serious shot!!!

My hat is off to Colin and how well he does at our advanced age; and to the likes of Bob Mimm, Max Green, Jack Bray, and Dave Romansky, whose feats at advanced ages continue to astound me, and cause me to wonder why I can't do that. Like Colin, I have continued to train at a similar level in relation to time and distance. My racewalking only goes back 40 years, but competition in track goes back 53 years. My training, however, is now reduced to the 10 to 11 1/2 minute range, and I can't approach a single mile in 8:45. (By contrast, my first ever mile walk--not competitive--came with no walking training, but with good fitness for running and saw me clocking 8:00.5 on the now "soon-to-be-late" Jesse Owens track in Ohio Stadium. Expanding the seating capacity for football eliminates a hallowed track. The recent state high school meet ended it all. But, that's not at all what we were talking about here. So back to my demise.) I guess the

'souplesse' has completely deserted me. But, I continue to get in 6 or 7 sessions and 30 to 35 miles a week year around and it continues to be an important, enjoyable, and stress-relieving part of life. Healthy, too.

It's interesting now to look back on what I was doing those many years ago, which was not at all like Colin's training. But then, I was training primarily for distances up to 20 Km. Looking back, I had been competing in racewalks for about 2 years, along with some running, when I met Matt Rutyna. Matt was newly settled in Chicago after arriving from Poland. I had always done a lot of interval work in training for running, but for some reason had never applied it to my walking. I was meeting with some success, having been third in the National 1 Mile (6:42) in February and 10th in the Olympic Trials at 20 Km (about 1:42 on a short course) without any intervals in my training and without any real workout schedule. Just walk a few miles at the pace that suited me on the day. (Some of the running I did in training, however, was of an interval nature, however.) So when Matt started discussing his interval training, I said, "Of course. Why haven't I been doing that?"

Initially, I went almost exclusively to interval training, mostly quarter mile intervals, but with very little rest between. It paid immediate dividends. I was soon breaking all my personal records from 4 miles up in the course of interval workouts, doing 8 minute miles up to 10 miles. I might do 12 x 440 at around 1:45 pace, or better, or more than 30 at around 1:50, with a recovery of about 120 yards at a very brisk stroll (probably under 11 minute pace.) So, I would maintain a sub-8-minute pace, even with the strolling. By October, I was able to finish sixth in the National 25, with only members of that summer's Olympic team ahead of me. In the spring, I moved up to second (to Ron Laird) in the 25 and then got second in the 20 (to Ron Zinn) to qualify for a European tour with the U.S. National track team. That fall, I set an American record at 20 with a paltry 1:40:37. (Many others had walked faster, but not on the track, where records must be set.)

With that background I offer some training leading up to the 1961 National 20, when I was still formulating a training scheme and doing quite a bit or running--a week before this log begins I had done a 2000 meter steeplechase at the Ohio Relays in 10:20, and then the record effort that fall. We follow that with a look at my training leading up to the 1964 Olympic Trials, where I finished third. By that time, I was still doing a lot of interval work, but with longer reps (880, mile, and even 2 miles) and still the short, quick-paced recovery. I had also added quite a bit of what 50 km specialist Chris McCarthy called "laminations". A long walk on Sunday followed by an all-out effort at 4 to 6 miles on Monday. I was amazed at how quickly I could go in some of these day-after efforts, sometimes bettering my personal bests. I never went in for a lot of distance in my training, but put an emphasis on intensity, and personally, would still advocate training along these lines today. Anyway, for what it might be worth many years later, here is a log of some of my training in those long ago days (most of the training was on a 9.34 laps-to-the-mile track at Dr. John Blackburn's home:

Sun. Apr. 30--25 Km race, Chicago--1st in 2:06:57 (but the supposed mile lap was later found to be short. After 8:07 first "mile" did sub-8s through 13, then slowed to about 9:30s.)

Tue. May 2--2 mile walk--15:32

Wed. May 3--2 mile run--11:23

Thur. May 4--8 x 440 (1:42 average with 130 yd recovery--this recovery will be a constant for 440s)

Fri. May 5--8 x 440 (1:50 ave.), 2 x 2 laps (app. 376 yds)--1:29 and 1:26

Sat. May 6--12 x 440 (1:49.5 ave.), covered 4 miles in 31:24

Sun. May 7--12 x 440 (1:46 ave.), covered 4 miles in 30:26

Mon. May 8--5 miles--37:48 (personal best, 7:26, 15:10, 22:55, 30:20)

Tue. May 9--2 x 880 run (2:49 and 2:37), jog 180 between

Wed. May 10--6 x 440 (1:41.5 ave.), covered 2 miles in 14:52

Thu. May 11--10 Km--49:58 (8:11, 16:23, 24:47, 32:42, 40:27, 48:13)

Fri. May 12--6 x 440 (1:45 ave), covered 2 miles in 15:11

Sat. May 13--8 x 440 run (79.8 ave.--jog 110 between), 220 run--28.0

Sun. May 14--10 miles--1:28:09

Mon. May 15--3 mile run--16:20 (5:36, 5:23, 5:21), jog 3/4, 440 run--74

Tue. May 16--9 x 440 (1:40.5 ave), covered 3 miles in 22:06

Wed. May 17--4 mile run--22:31 (5:48, 5:42, 5:33, 5:28)

Thu. May 18--31 x 440 (1:49 ave), finished 10 miles in 1:17:36 (personal best)

Fri. May 19--16 x 220 run (35.2 ave.), jog 110 between

Sat. May 20--3 miles--24:31 (8:26, 16:39)

Mon. May 22--3 mile run--16:18 (5:33, 5:28, 5:17)

Tue. May 23--22 x 440 (1:47.3 ave.), covered 7 miles in personal best 54:24

Wed. May 24--2 1/2 mile run--13:31, jog 880, 880--2:37

Thu. May 25--12 x 440 (1:47 ave.), 30:31 for 4 miles

Fri. May 26--6 miles--46:14 (8:00, 15:45, 23:40, 31:12, 38:47)

Sat. May 27--8 x 220 run (33.5 ave.), jog 110 between

Sun. May 28--6 miles--46:03 (7:59, 15:47, 23:35, 31:13, 38:55)

Tue. May 30--National 25 Km, Chicago, 2nd in 2:13:49 (same course as above, but with the lap measured correctly and hotter. Led Laird by 800 meters at 20, then virtually strolled in)

Wed. May 31--3 mile run at about 18:00 (May mileage was 94 walking, 30 running)

Thur. June 1--4 miles--30:51 (7:42, 15:24, 23:02)

Fri. June 2--12 x 440 (1:46 ave.), finished 4 miles in 30:42

Sat. June 3--Ohio AAU 1 mile--2nd in 6:49.5 (1:37, 3:21, 5:08), started 3 mile run and stopped at 1 1/2 in 7:56

Sun. June 4--9 x 440 (1:47 ave), finished 3 miles in 23:01

Mon. June 5--5 Mile run--28:18 (4:45, 11:23, 17:03, 22:43)

Tue. June 6--9 x 440 (1:43 ave.), finished 3 miles in 22:25

Wed. June 7--25 x 440 (1:50 ave.), finished 8 miles in 62:45

Thu. June 8--19 x 440 (1:49 ave.), finished 10 Km in 48:18

Fri. June 9--6 x 440 (1:47 ave.), covered 2 miles in 15:15, stopped by torrential rain

Sat. June 10--31 x 440 (1:55 ave.), finished 10 miles in 1:21:23

Sun. June 11--2 miles--15:04 (7:52 first mile, last 880 in 3:25)

Mon. June 12--3 mile run--16:36 (5:40, 11:13)

Tue. June 13--16 x 440 (1:47 ave.), finished 5 miles in 38:34

Wed. June 14--31 x 440 (1:47.5 ave.), finished 10 miles in 1:17:40

Thu. June 15--2 miles run--11:57

Sun. June 18--National AAU 20 Km, Buffalo--2nd in 1:42:17

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Sat. July 15--20 Km vs. USSR in Moscow--3rd in 1:42:24

Sat. July 22--6 miles, London, 3rd in 47:03

Sat. July 29--10 Km vs. Poland in Warsaw, 4th in 48:55

Sun. Oct. 1--5 miles--39:30 (8:03, 15:38, 23:27, 31:29)

Tue. Oct. 3--16 x 440 (1:47.5 ave.), finished 5 miles in 38:49

Wed. Oct. 4--2 mile run--11:52

Thu. Oct. 5--10 Km--50:35

Fri. Oct. 6--1 mile run 5:12

Tue. Oct. 10--20 x 440 (1:56 ave.), finished 6 miles in 49:24

Wed. Oct. 11--7 miles--58:09

Thu. Oct. 12--20 x 440 (1:49 ave.), finished 10 Km in 48:27

Fri. Oct. 13--1 mile run --5:16

Sun. Oct. 15--15 miles--2:18:15 (40:45 for last 5)
 Tue. Oct. 17--5 miles--39:58
 Wed. Oct. 18--9 x 440 (1:48 ave.), finished 3 miles in 23:21
 Fri. Oct. 20--880 run--2:40, 8 x 220 run with 110 jog between (times not recorded)
 Sat. Oct. 21--11 miles--1:32:58
 Mon. Oct. 23--1 Mile--7:23, stroll about 130 yds, 3 x 440 (1:48.5 ave.), stroll 130, 3 Miles--22:30 (7:42, 7:26, 7:22), finished 5 miles in 38:03
 Tue. Oct. 24--10 Km--47:55
 Thu. Oct. 26--8 miles--61:54 (8:08, 16:00, 23:38, 31:19, 38:58, 46:35, 54:04), personal best.
 Sat. Oct. 28--20 Km race on track--1st in 1:40:36.5, U.S. record (8:12, 8:18, 8:10, 7:54, 7:58, 8:05, 7:52, 7:59, 7:55, 8:00, 8:24, 8:20)
 (For the year, I had 261 workouts or races totaling 959 miles walking and 243 running, or less than 25 miles a week)

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Skip to 1964 (Did 161 miles in January and 162 in February)

Sun. March 22--Ohio AAU 50 Km, passed 20 miles in 2:54:33 and 24 in 3:31:53 and then dropped out with 5 minute lead on Chris McCarthy
 Mon. March 23--10 Km--47:54 (7:43, 7:40, 7:41, 7:44, 7:45, 7:48) (McCarthy's "laminations")
 Tue. March 24--6 miles 54:44
 Thu. March 26--8 x 3/4 mile (5:50 ave., stroll 110 between) then completed 7 miles in 57:27
 Fri. March 27--10 miles--1:18:56 (March totaled 228 miles walking, 4 running)
 Skip to
 Sun. Apr. 5--26 miles--4:11:10 (17:33 last 2)
 Mon. Apr. 6--6 miles--46:14
 Tue. Apr. 7--1 1/2 miles--11:34, 1 1/4--9:33, 1 mile--7:29, 3/4--5:34, 880--3:38, 1/4--1:47, 220--51, stroll about 180 between, finished 6 miles in 47:34
 Wed. Apr. 8--2 mile run--11:24
 Thu. Apr. 9--3 x 2 miles (15:19, 15:13, 14:50), passed 10 Km in 48:22
 Fri. Apr. 10--8 Miles--63:25
 Sun. Apr. 12--20 miles--2:55:08 (1:30:35 at 10--last 2 in 8:04 and 7:52)
 Mon. Apr. 13--10 Km 47:18 (7:39, 15:08, 22:39, 30:20, 38:00, 45:40) personal best. (Interesting to note that while this seemed really tough to me at the time the day after a hard 20 miler, had I continued for 4 more 10s at the same pace I would have still fallen short of today's American record for 50. So, human performance continues to improve.)

Skip to :

Sun. Apr. 19--National 1 Hour, Chicago, 4th with 7 miles 1642 yds(7:26, 15:07, 22:44, 30:29, 38:11, 45:53, 53:23--last full mile in 7:20)
 Mon. Apr. 20--8 miles 68:30
 Tue. Apr. 21--2 miles--17:18, 1 1/2--11:48, 1 1/4--9:44, 1 mile--7:40, 3/4--5:37, 1/2--3:38, 1/4--1:43, stroll about 180 yds between, finished 8 miles in 65:38
 Wed. Apr. 22--4 x 1 1/4 miles (9:37, 9:34, 9:33, 9:30--stroll about 180 between, finished 6 miles in 47:34
 Thu. Apr. 23--2 mile run--11:18
 Fri. Apr. 24--10 Km--47:53
 Sat. Apr. 25--1 hour--7 miles 400 yards (April totaled 206 miles walking, 5 running)
 Skip to:
 Sat. May 9--7 miles in 57:00 (7:11 last mile)
 Sun. May 12--20 miles--2:59:32 (8:06 last mile)
 Mon. May 13--7 miles--52:10 (7:34, 14:59, 22:24, 29:47, 37:12, 44:40), personal bests from 4 miles on

Tue. May 12--5 x 3/4 miles (5:44, 5:38, 5:40, 5:40, 5:39), finished 6 miles in 48:37
 Wed. May 13--1 Hour--7 miles 330 yds
 Fri. May 15--1 mile--7:25, 2 miles--15:03, 2 miles--14:45, 1 mile--7:08, stroll about 180 between
 Sat. May 16--880--3:48, 8 x 220 (ave. 53), 880--3:47, 2 miles--16:45
 Sun. May 17--20 miles--3:07:20 (7:50 last mile)
 Mon. May 18--2 x 5 Km--23:12 and 23:05, stroll about 180 between
 Tue. May 19--1 1/2 miles 11:18, 1 1/4--9:22, 1 mile--7:24, 3/4--5:29, 1/2--3:36, 1/4--1:43
 Thu. May 21--7 miles--54:32 (last 2 miles in 7:22 and 7:05)
 Fri. May 22--3 x 1 mile run (5:49, 5:39, 5:33--stroll about 125 yds between)
 Sat. May 23--8 Miles--63:46
 Sun. May 24--25 Km--2:21:26
 Mon. May 25--6 miles--44:56 (7:40, 15:16, 22:49, 30:18, 37:45)
 Tue. May 26--3 x 1 mile (7:43, 7:33, 7:31--stroll about 180 between), 2 miles--14:12 (7:05, 7:07)
 Wed. May 27--2 miles--16:50, 4 x 1 Mile (7:31, 7:29, 7:21, 7:09), 2 miles--16:29
 Thu. May 28--17:16, 1 mile--8:45
 Fri. May 29--12 miles--1:32:59 (46:19 at 6), intended to go 15, but stopped with slight strain in inner thigh. Then did easy 2 miles Saturday, easy 3 Sunday, and nothing Monday. (May--212 miles)
 Tue. June 2--5 x 1 mile (7:13, 7:58, 7:07, 7:34, 7:00)
 Thu. June 4--3 x 2 miles (14:49, 14:37, 14:37). Skip to:
 Sat. June 13--National 10 Km, Chicago--2nd in 48:22 (temperature at 90 F)
 Sun. June 14--12 miles at about 9:20 pace (started 50 Km race in Chicago with no intent to finish)
 Tue. June 16--4 x 1/2 miles(11:03, 10:57, 10:51, 10:44, stroll about 400 yds, 1 mile--7:02
 Wed. June 17--4 miles--29:42 (7:31, 7:23, 7:26, 7:22), stroll about 300, 2 miles--14:33
 Thu. June 18--7 miles--54:42 (7:21 last mile)
 Sat. June 20--12 miles--1:42:18 (15:15 for last 2)
 Sun. June 21--Ohio AAU 10 Km--1st in 47:04 (86 F)
 Mon. June 22--2 x 2 1/2 miles (19:11 and 19:07)
 Tue. June 23--3 Miles--21:31 (7:06, 7:10, 7:15), 1 mile in about 16 min., 2 miles--14:18
 Wed. June 24 miles--32:19
 Thu. June 25--6 x 1 mile (7:15, 7:14, 7:14, 7:13, 7:12, 7:13) stroll about 130 yds between
 Fri. June 26--10 x 220 run (38 second ave.), stroll 100 between
 Sat. June 27--15 Km--1:18:38
 Sun. June 28--10+ Mile race--1st in 1:20:08 (actually 10 laps of 1 mile 35 yard course)
 Mon. June 29--1 1/2 miles--10:29 (6:55), stroll about 880 yards, 4 miles--30:47
 Tue. June 30--7 miles--54:15 (153 miles in June)
 Wed. July 1--3 miles--25:10, stroll 180, 3 Miles--24:18
 Thu. July 2--1 miles 8:37, 1 mile--8:18, 4 miles--30:09 (7:43, 7:44, 7:30, 7:12)
 Sun. July 5--National 20 Km (Olympic Trial), Pittsburgh--3rd in 1:37:05
 Following this, I did 140 miles in July, 141 in August (very hot months), and 220 in September leading up to Olympic 20 Km on Oct. 15 in Tokyo where a 1:36:35 brought me 17th place. Did only about 90 miles in both November and December, but finished year with 1952 miles, far more than I had ever done before and exceeded only in 1983, when for some strange reason I did 2004 at age 48.

That's probably more than anyone wanted to know about how someone was training 30 some years ago, but there it is. There may be no pattern evident in the training, but generally it was two or three hard days and then a relatively easy day. My training was similar th year around, so I never had any particular buildup of long, slow stuff or any speed phase; always ready to race at whatever distance and there were always races at any distance. I never saw a need for a lot of distance work, 100 mile weeks for mile runners or 20 km walkers didn't make any sense to me and

still don't, but did see a need for a lot of intensity when I was out there. Thus, even the long workouts were at fairly high speed and the intervals were pushing hard with very little recovery and even that still moving briskly. It was interesting typing all of this from the old logs and amazing how vividly I can remember some of the workouts those many years ago. I recall the six times 1 mile on June 25, 1964 was in very hot, humid conditions. I felt terrible on each brief recovery, but for some reason refreshed when I started to move fast again and was amazed that I continued to hold the 7:15 pace. Now, I know people go for 50 Km nonstop at that pace these days, but that's now and this was then. And the 12 miles on May 29 in under 1:33 was particularly encouraging at the time, even though I didn't finish the intended 15 miles. I was still going strong with a 7:48 on the last mile and felt I could have held that pace for another three, which would have brought me close to a 2 hour 25 km. But, their were more important goals and no sense risking a real injury to the tight muscle. It let me know for sure that I was capable of staying near anyone in this country for 20 Km. And, probably the slight injury was a blessing in disguise because it forced me to cut back a bit in the five weeks leading up to the Trials, when I was in danger of pushing too hard.

LOOKING BACK

35 Years Ago (From Chris McCarthy's June 1963 *Race Walker*)--Chris himself won the National 50 Km in Detroit with a 4:44:55, nearly 10 minutes ahead of Ron Laird. Jack Blackburn was a distant third. Heat slowed the competitors as the temperature soared to 87 F during the race. . In the US-USSR match in Moscow, Gennadiy Solodov ignored temperatures in the mid 80s to win in 1:33:45, with Vladimir Zorin in second. Ron Zinn and Ron Laird went through 15 Km in about 1:12, but then faded badly to finish in 1:41:34 and 1:42:24, respectively. . Jack Blackburn continued his sprint mastery over Jack Mortland, winning the Ohio 1 Mile title in 6:55.5. Blackburn also had a 39:13 for 5 miles and a 31:11 for 4 miles, winning races while Mortland was off honeymooning.

30 Years Ago (From the June 1968 ORW)--Paul Nihill held off the challenge of two Americans to win the British 20 Mile title in 2:35:07. Larry Young was second in 2:37:04, and Don Denoon just behind Shaun Lightman in fourth with 2:39:50. . DeNoon recorded a fast 3 Km 2 weeks later in capturing the National AAU title in 12:37.9. Ron Laird was second in 12:40.6, Larry Young third in 12:49.4, and Tom Dooley fourth in 12:57.4. . In a Philadelphia 30 Km race, Dave Romansky recorded 2:28:46 to easily beat Bob Kitchen (2:33:32).

25 Years Ago (From the June 1968 ORW)--The National 3 Mile title went to John Knifton in 21:36.4, while Jerry Brown won the 15 Km title in 1:12:26. Ron Laird (21:45) and Bill Ranney (21:49) trailed Knifton in the Bakersfield, Cal. heat, and Laird was second in the 15 in 1:14:22. That race was contested in the altitude of Boulder, Col. . Randy Mimm won the Junior National 10 Km title in 51:45. Mimm qualified to compete against the Soviet juniors and thus became the first son an international walker (Bob, 1960 Olympics) to gain international status (in the U.S., that is). . Ron Laird won the Zinn Memorial 10 Km in Chicago with a 46:23. The women's title went to Jeanne Bocci in 54:29. . East Germany won both races in an international match with France and Sweden, Karl-Heins Stadtmuller doing 1:27:38 and Peter Selzer 4:02:35. . West Germany's Bernd Kannenberg beat the Soviets in a dual meet with a 1:27:19 for 20.

20 Years Ago (From the June 1978 ORW)--Augie Hirt moved through 100 Km in 10:19:00 to win the National title in Lafayette, Col. Allen Price was second in 10:51:46. . There were four races at the National T&F Meet that year. Susan Liers won the Women's 5 Km in

25:46, well clear of Sue Brodock and Chris Shea. Brodock came back to win the 10 Km in 52:18, with Paula Kash-Mori, fourth at 5, beating Liers 53:01 to 53:29. John Berendt won the men's 5 Km in 22:31.6, just ahead of Carl Schueler and Wayne Glusker. Marco Evoniuk was fourth. In the 20, Todd Scully moved well clear over the second half to win in 1:34:46. Larry Walker had 1:35:27, Dan O'Connor 1:36:20, Tom Dooley 1:37:08, and Evoniuk 1:38:38. . The Mexicans cleaned up in Europe. Raul Gonzales set a world's record on the track in Norway with 3:52:24 for 50, and Daniel Bautista had 20 km wins in Norway (1:25:10), Madrid (1:23:28), and Sweden (1:25:54), beating most of the best Europeans in the process. . England's Derek Harrison broke the world mark for 24 hours, going 219.5 km.

15 Years Ago (From the June 1983 ORW)--At the National Outdoor Championships, Jim Heiring and Susan Liers-Westerfield both won their third straight title. Susan controlled the 10 Km race all the way to win in 50:58. Debbi Lawrence was 42 seconds back, with Sam Miller third in 52:20. Surprising newcomer Maryanne Torrellas was just 2 seconds behind Miller at the finish. Heiring was also in full control at 20 Km (both races were on the track), as he won in 1:26:55. Marco Evoniuk trailed by 50 seconds and Dan O'Connor took third in 1:29:38. Tim Lewis started the final 400 meters 11 seconds back of Todd Scully, but stormed through that final lap to overhaul the veteran (1:30:18 to 1:30:23) for the final spot on the U.S. World Cup team. . The annual races in Naumburg, GDR went to Soviet Nikola Polozov (1:22:37) and Ronald Weigle (3:41:31) of the host country. . Raul Gonzalez walked two 50 Km races in just 3 weeks--3:51:50 in Mexico and 3:51:37 in Czechoslovakia. . Susan Liers-Westerfield also won the National 5 Km on Long Island in 24:41.6.

10 Years Ago (From the June 1988 ORW)--In Tampa, Florida, Maryanne Torrellas defended her National 10 Km title, winning in 48:25.3. Teresa Vaill pushed her all the way and was just 7 seconds back at the finish. Wendy Sharp (50:50.3) and Victoria Herazo followed. In the men's 20 Km, Tim Lewis was never challenged and his 1:29:34 left him 2:40 ahead of second place Ray Sharp. As this year, times were slowed considerably by the sweltering weather. Andy Kaestner beat Marco Evoniuk for third and Curt Clausen took fifth. . Ray Sharp won the National 5 Km in 20:56.50 with Doug Fournier 7 seconds back in second. . Australia's Kerry Saxby won a women's 20 Km race in Sweden in 1:29:40. . The Naumburg 20 Km went to Axel Noack in 1:20:39, one second ahead of Ralf Kowalsky. Noack also had a 1:22:27 in Sweden and a 1:22:39, behind Ronald Weigel's 1:22:05, in Potsdam. . Herman Andrade did 3:49:38 for 50 in Mexico City's altitude and Hartwig Gauder had a 3:46:50 in Berlin.

5 Years Ago (From the June 1993 ORW)--Debbi Lawrence and Allen James were winners at the National Outdoor T&F Championships in Eugene, Oregon. Teresa Vaill led Lawrence for all but the last 800 meters of the women's 10 Km, but couldn't match Debbi's pace at the finish. Lawrence's strong finish brought her a 45:55 win, 9 seconds ahead of Vaill. Sara Standley was more than 2 minutes further back in third, but well clear of Debora Van Orden and Lyn Brubaker. The first 9 broke 50 minutes. James had control of the race throughout in the men's 20. He went through 5 Km in 21:12 and 10 in 43:06 with a 78 second lead on Jonathan Matthews. He slowed considerably the second half, but still stretched the lead slightly to win in 1:29:09. Matthews was second in 1:30:45 with Doug Fournier (1:31:25) and Herm Nelson (1:31:42) following. The first 10 broke 1:35.9