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Dow Wins Pan-Am Cup 20 Km, Mexican Men Dominate

Miami, Oct. 3-4--Joanne Dow continued her outstanding season with her third win at 20 Km, this time over an international field in the Pan-American Cup. Joanne's 1:38:57 was her slowest of the year, but she won decisively and faced rising temperatures at the end of the race. With Teresa Vaill second and Susan Armenta sixth, the U.S. women won their first Pan-Am Cup title decisively over Mexico and Canada. The 34-year-old Dow, from Bedford, N.H., had earlier wins in the National title race (1:34:46) and the Pan Am Cup Trials (1:35:45).

In the men's races, the Mexicans were dominant, sweeping the first three places at both 20 and 50 Km. In the 20, Ignacio Zamudio upset Daniel Garcia, No. 1 in the world last year and a dominant performer so far this year, winning in 1:28:33. Carlos Mercenario, World Cup champion in both 1991 and 1993 (as well as at 20 Km in 1987), but not heard from the past few years was an easy winner at 50 in 4:06:38, perhaps marking a comeback. Times were slowed in both races by high temperatures and a blazing sun on a shadeless course. U.S. 20 Km men have certainly not caught a break this year with sweltering conditions at the nationals, the Goodwill Games, and now this meet, where the temperature exceeded 90 by the finish. One only has to look at the performance of the Mexicans at the latter two meets--8 to 10 minutes off their usual times--to see the effects of the conditions. The best U.S. effort on the men's side was Philip Dunn's 4th place 4:25:30 in the 50. Another note on the conditions: A quick glance at the results of the two 20 Km races would suggest that Joanne Dow is challenging America's best men. However, the women's race started at 6 am with no radiant energy from the sun and temperatures in the mid 70s, so there is really no valid comparison of times.

Both Junior races went to Canada--Karen Foan at 5 Km and Jean Sebastian Beaucage at 10. Lisa Keutzing and Scott Brooks were second for the U.S. in the two races. Times in these races were also affected by the blazing temperature. Results:

Women's 20 Km (Oct. 4)--1. Joanne Dow, USA 1:38:57 2. Teresa Vaill, USA 1:41:02 3. Rosario Sanchez, Mex. 1:42:22 4. Aura Morales, Mex. 1:43:03 5. Liliana Bermeo, Col. 1:43:04 6. Susan Armenta, USA 1:44:58 7. Mara Ibarra, Mex. 1:46:16 8. Teresita Natividad, Guat. 1:46:37 9. Jill Zenner, USA 1:47:15 10. Holly Gerke, Can. 1:47:43 11. Victoria Herazo, USA 1:48:02 12. Gladys Criollo, Ecuador 1:50:02 13. Janice McCaffrey, Can. 1:51:23 14. Gianetti Bonfim, Brazil 1:51:45 15. Susan Hornung, Can. 1:52:15 16. Rosane Prigol, Brazil 1:53:19 17. Zoila Reyes, Guat. 18. Lidia Carriego, Arg. 2:01:28 DNF--Nailze Pazin, Brazil and Victoria Palacios, Mex. Teams score: 1. USA 9 2. Mexico 14 3. Canada 38

Men's 20 Km (Oct. 4)--1. Ignacio Zamudio, Mex. 1:28:33 2. Daniel Garcia, Mex. 1:29:58 3. Joel Sanchez, Mex. 1:30:23 4. Arturo Huerta, Can. 1:30:35 5. Miguel Solis, Mex. 1:31:43 6. Alejandro Lopez, Mex. 1:33:31 7. Luis Garcia, Guat. 1:34:00 8. Nizon Zambrano, Col. 1:35:23 9. Hector Moreno, Col. 1:35:57 10. Curt Clausen, USA 1:37:11 11. Al Heppner, USA 1:37:29 12. Omar Aquirre, Ecuador 1:38:56 13. Jonathan Matthews, USA 1:40:09 14. Mario Dos Santos, Brazil 1:41:40 15. Tim Berrett, Can. 1:42:19 16. Blair Miller, Can. 1:47:03 17. Roman Criollo, Ecuador 1:48:17 18. Sergio Galdino, Brazil 1:49:40 19. Sidinei Rodrigues, Brazil 1:50:00 20.

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Gary Morgan, USA 1:51:18 21. Alfredo Cabrera, Puerto Rico 1:56:18 DNF--Orlando Diaz, Col.; Xavier Moreno, Ecuador; Segundo Penafiel, Ecuador. DQ'd--Gordon Molsher, Can; Mario Alegria, Guat.; and Roberto Oscar, Guat. Team scoring: 1. Mexico 6 2. USA 34

Mens. 50 Km, (Oct. 3)--1. Carlos Mercenario, Mex. 4:06:38 2. Ruben Arikado, Mex. 4:12:01 3. Rogelio Sanchez, Mex. 4:17:18 4. Philip Dunn, USA 4:25:30 5. Marco Evoniuk, USA 4:36:53 6. Theron Kissinger, USA 4:37:55 7. Mark Green, USA 4:44:55 (A good international debut--and, I think, 50 Km debut--for the New Mexican, a few days short of his 28th birthday.) DNF--Jefferson Perez, Ecuador (his first 50?); Patricio Villacorte, Ecuador; Hugo Lopez, Guat.; and Julio Urias, Guat. DQ'd--Alejandro Vele, Ecuador, Francisco Berdeja, Mex.; and Claudio Vargas, Mex. Team scores: 1. Mexico 6 2. USA 15

Jr. Women's 5 Km (Oct. 3)--1. Karen Foan, Canada 24:49 2. Lisa Kutzing, USA 25:39 3. Marina Crivello, Can. 26:14 4. Brooke Szody, USA 26:21 5. Emma Carter, USA 26:42 6. Katie Rulapaugh, USA 26:51 7. Esther Nicole, Can. 27:54 8. Robyn Stevens, USA 28:06 9. Jacinthe Bouchard, Can. 28:14 10. Elazabeth Paxton, USA 28:22 11. Catherine Sousa Neves, Can. 28:37 12. Lindsay Bellias, USA 30:31 Team Score: Canada 11, USA 11

Jr. Men's 10 Km (Oct. 3)--1. Jean Sebastian Beaucage, Can. 50:19 2. Chris Brooks, USA 50:34 3. Scott Crafton, USA 53:21 4. Jocelyn Ruest, Can. 53:36 5. Dan Dalton, USA 54:55 6. Matt Dewitt, USA 54:56 7. Patrick Ryan, USA 56:03 8. Eric Tonkyn, USA 59:53 DQ--Eric Pasko, USA

Morgan, Rellinger Win at 40 Km

Fort Monmouth, N.J., Sept. 13 (From Elliott Denman)--For Michigan's Gary Morgan and Illinois' Cheryl Rellinger, it was a long, hard walk to glory. For Shore area stars Dorit Attias and John Soucheck, it was good going but not good enough.

As the USA T&F National Championship 40 Km racewalk reached its 60th edition at Fort Monmouth, Morgan and Rellinger passed a pair of their own milestones. Morgan, a U.S. Olympian from Clarkston, Michigan, won the men's title with a 3:21:37 clocking, while Rellinger, of Makanda, Ill., took the women's crown in the American record time of 3:40:38. They're both among America's small corps of elite walkers and these were their first 40 Km National triumphs. Lakewood's Attias, the 1987 champion, walked home second to Rellinger in 4:12:41, while Little Silver's Soucheck claimed third place in the men's race with a career-best 3:38:43, leading Shore AC to the men's team title. U.S. national team member Philip Dunn was second, just 1:21 behind Morgan.

First staged in 1939, the 40 Km was held in a variety of sites in Ohio, Michigan, and Maryland before landing in New Jersey for the first time in 1964. Staged in the Shore area 33 of the last 35 years, this 60th 40 Km event was hosted by Shore AC and Delta Airlines.

Morgan dominated the show, breezing past early pacesetter Byaschlev Troshkin of New York, formerly of Russia, on the third of the 20 two-Km loops, and cruising to a clear cut win over Dunn. Morgan, a New York AC member who was named the club's 1997 athlete of the year, has

14 national titles to his credit (13 over shorter distances) and a hefty portfolio of honors. A decade apart, the 38-year-old walker was the first U.S. 20 Km finisher at the 1988 Seoul Olympics and the 1998 Goodwill Games.

Joining Rellinger as a women's record-breaker was Shore AC's Sherry Brosnahan, Bridgewater, whose 4:20:14 was an American age 45-49 best.

Results:

Women: 1. Cheryl Rellinger, Makanda, Ill. 3:40:38 (53:43, 1:48:03, 2:43:02) 2. Dorit Attias, US Army 4:12:41 (55:22, 1:55:16, 3:02:23) 3. Sherry Brosnahan, Shore AC 4:20:14 (1st 45-49) 4. Lee Chase, Conn. Racewalkers 4:24:00 (1st 40-44) 5. Maryanne Torrellas, Conn. Racewalkers 4:24:00.2 (2nd 40-44) 6. Jeanne Dorton, Parkersburg, W.V. 4:33:37 (3rd 40-44) 7. Jeanne Bocci, Wolverine Pacers 4:48:37 (2nd 45-49) 8. Rita Bogan, Shore AC 4:56:01 (4th 40-44) 9. Nancy Linky, Shore AC 5:10:41 (1st 50-54) 10. Sandy Rubel, Shore AC 5:14:14 (2nd 50-54) 11. Donna Kilgore, Shore AC 5:18:59 (3rd 45-49) (10 did not finish) Teams: 1. Shore AC 14:26:56
Men: 1. Gary Morgan, NYAC 3:21:37 (50:59, 1:41:30, 2:30:51) 2. Philip Dunn, US Olympic Training Center 3:22:58 (51:58, 1:42:45, 2:32:43) 3. John Soucheck, Shore AC 3:38:43 (53:44, 1:48:04, 2:42:50) 4. Warrick Yeager, Potomac Valley TC 3:42:54 (1st 40-44) (51:58, 1:43:57, 2:41:52) 5. Bob Keating, New England Walkers 4:04:34 (1st 50-54) 6. Chris Knotts, Miami Valley TC 4:07:50 (2nd 40-44) 7. Brian Savilonis, NEW 4:09:10 (1st 45-49) 8. Tom Quattrocchi, Shore AC 4:17:42 (2nd 45-49) 9. Rischat Sultanov, Park Walkers USA 4:18:26 (2nd 50-54) 10. Alan Price, Pot. Val. TC 4:19:23 (3rd 50-54) 11. Eric Litt, Shore AC 4:19:26 12. Jack Lach, Shore AC 4:24:13 (4th 5-54) 13. Max Green, Wolverine Pacers 4:24:55 (1st 65-69) 14. Dr. Pat Bivona, Park Walkers USA 4:35:31 (1st 55-59) 15. Al Cowen, Miami Valley TC 4:36:18 (3rd 40-44) 16. John Mike Nichols, Parkersburg, W.V. 4:37:57 17. Benno Stein, Park Walkers USA 4:40:05 (1st 60-64) 18. Curt Sheller, Shore AC 4:45:10 (4th 40-44) 19. Bob Mimm, Shore AC 4:47:02 (1st 70-74) 20. Bill Harriman, NEW 4:53:59 (5th 50-54) 21. Manny Eisner, Shore AC 4:51:52 (2nd 55-59) 22. Jack Lucey, Freehold Area RC 4:58:23 (2nd 60-64) 23. Malcolm Hall, Shore AC 4:59:47 (6th 50-54) 24. Larry Freeman, Pot. Val. TC 5:01:25 (3rd 55-59) 25. Mike Michel, Polk County Striders (NC) 5:04:19 (2nd 65-69) 26. Len Scheer, Park Walkers USA 5:04:26 (2nd 70-74) 27. Kevin Applegate, Eric Racing Club 5:07:41 (5th 40-44) 28. Cervin Robinson, Park Walkers USA 5:11:45 (3rd 70-74) 29. John Molendyk, Shore AC 5:16:40 (4th 55-59) 30. James Brown, Shore AC 5:21:02 (3rd 60-64) 31. Niall Mandal, Shore AC 5:25:55 32. Elliott Collins (16 did not finish, including Steve Pecinovsky, who had 2:45:53 at 30 Km) (7 DQ'd, including Dave Romansky)

Titles To Nelson, Eastler-Fishman

Worcester, Mass., Oct. 4--The National 2 Hour title went to two-time Olympian Herm Nelson, who covered 23,694 meters. The 37-year-old Nelson had nearly a half lap on runner-up John Soucheck when time was called. Soucheck got his second top-three finish (podium finish as they say in motor racing) in 3 weeks. In the women's 1 Hour race, Gretchen Eastler-Fishman was an easy winner, covering 11,656 meters and finishing better than two laps up on Marcia Gutshe. The men's 1 Hour went to 40-year-old Cuban, Reynaldo Carrazana, now living in Glenmont, N.Y. He covered 11,501 meters just edge Dave Romansky, who settled for an American record for age 60-64, finishing just 7 meters behind. Justin Eastler, just 17, was on the same lap in third. Results:
Men's 2 Hour: 1. Herman Nelson (37), La Mesa, Cal. 23,694 m 2. John Soucheck (33), Little Silver, N.J. 23,501 3. Bob Keating (51), Nashua, N.H. 21,901 4. Brian Savilonis (48), Brookfield, Mass. 20,434 5. Bill Harriman (51) Tewksbury, Mass. 19,527 6. Charles Mansbach (54), Newton, Mass. 18,301 7. Ken Mattsson (34), Cambridge, Mass. 17,444 8. Benno Stein (60), Brooklyn, NY 17,437 9. John Harms (37), Fitchburg, Mass. 13,520

Women's 1 Hour--1. Gretchen Eastler-Fishman (26), Chelmsford, Mass. 11:656 2. Marcia Gutshe (37), Newton, Mass. 10:771 3. Elton Richardson (59), New York City 10:103 4. Sherry Brosnahan (46), Bridgewater, N.J. 10:068 5. Lee Chase (44), S. Glastonbury, Conn. 10:059 6. Caitlin Bonney (15), New Sharon, Maine 10:039 7. Amanda Bergeron (15), Poland, Maine 9:264 8. Jeanne Bocci (55), Grosse Pointe, Mich. 9:190 9. Wendy Dudas (42), Woodstock, Conn. 8:922 10. Ann Percival (40), Cromwell, Conn. 8:865 11. Joan Bermann (61), Ann Arbor, Mich. 8:856 12. Annie Montgomery (51), Concord, Mass. 8:822 13. Jeanne Shepardson (64), Sherborn, Mass. 8:810 14. Sheila Danahey (47), Mystic, Conn. 9:746 15. Jenny Woodbury (16), Morrill, Maine 8:704 (22 finishers)

Men's 1 Hour: 1. Reynaldo Carrazana (40), Glenmont, N.Y. 11:501 2. Dave Romansky (60), Pennsucke, N.J. 11:494 3. Justin Eastler (17), Jay, Maine 11:144 4. Joe Light (51), Westerly, R.I. 11:069 5. Stan Sosnowski (48), West Kingston, R.I. 10:941 6. Larry Titus (49), Glastonbury, Conn. 10:521 7. Bob Barrett (64), Smallwood, N.Y. 10:504 8. Tom Knatt (58), Concord, Mass. 10:349 9. Robert Ullman (49), Merrimack, N.H. 10:322 10. Jack Starr (70), Newark, Del. 10:199 (U.S. age group record) 11. John Costello (43), Needham, Mass., 10:051 12. Fred Anderson (46), Plymouth, N.H. 9:150 13. Sal Yeradi (59), Lynnfield, Mass. 9:025 14. Louis Free (68), Uncasville, Conn. 9:021 15. Bill McCann (69), Longmeadow, Mass. 8:949 16. Yuri Kuo (13), Brookline, Mass. 9:442 (20 finishers, 2 DNF)

More Results

Georgia State Games 5 Km, July 19--1. Keith Luoma 24:21 2. Dave Esson 29:07 3. Phil Gura 30:24 **Women**--1. Dena Sossaman 29:38 **4 Mile, Georgia, Sept. 12**--1. Randy Miller (42) 38:33 **Women**: 1. Dena Sossaman 38:22 **Florida State 3 Km, Miami, Sept. 13**--1. John Fredericks (50-54) 15:26 2. Juan Yanes (45-49) 16:06 3. Rod Vargas (45-49) 16:15 4. Rudolfo Piime (30-34) 16:28 5. Bob Cella (60-64) 16:52 6. Bob Fine (65-59) 18:36 **Women**: 1. Valerie Silver (30-34) 15:40 2. Tammie Corley (30-34) 17:45 3. Linda Talbott (35-39) 18:35 **Florida and Southeastern Masters 5 Km, Orlando, Sept. 20**--1. John Fredericks 27:13 2. Bob Cella 28:52 3. Don McMahon 29:25 **Women**: 1. Sperry Rademaker (55-59) 30:49 **5 Km, Orlando, Fla., Sept. 26**--1. C.S. Monte Carlo 30:17 **5 Km, Orlando, Oct. 10**--1. C.S. Monte Carlo 29:52 **5 Km, Miami, Oct. 18**--1. Rod Vargas (49) 26:49 2. Juan Mora (46) 28:27 **Michigan 10 Km, Dearborn, Sept. 27**--1. Gary Morgan 46:42 2. John Klos 48:29 3. Ioan Froman 48:45 4. Bill Reed (46) 57:53 5. Max Walker (51) 58:04 6. Ray Everson (63) 61:57 (11 finishers) **Women**: 1. Abby Oliver 60:35 2. Walda Tichy (58) 63:19 **Detroit Marathon, Oct. 18**--1. Ioan Froman 4:00:58 2. Cheryl Rellinger 4:13:57 3. Gary Morgan 4:13:57 4. Valentine Hompoth, Can. 4:43:18 5. Rod Craig 4:52:01 6. Robin McIntosh 4:53:22 (20 finishers) **North Region 5 Km, Indianapolis, Oct. 10**--1. Dave McGovern 21:32 2. Gary Morgan 22:25 3. Scott Crafton 23:18 4. Jill Zenner 24:19 5. Bill Reed 25:43 6. Lisa Sonntag 25:49 7. Max Walker (52) 26:05 8. Lou Hels III (44) 26:51 9. Tish Roberts (49) 27:26 10. Abigail Oliver 27:33 11. Michael Close 27:40 12. Ed Fitch 28:15 13. Jackie Reitz (50) 28:44 14. Albert Kaiser (47) 29:00 15. Elizabeth Meadows (42) 29:29 16. Allen Albert (55) 29:41 17. Dorothy Withem (56) 30:49 18. Sami Bailey (62) 30:54 (34 finishers) **5 Km, Denver, Sept. 7**--1. Kevin Eastler 23:01 2. Eric Pasko (17) 27:21 **5 Km, Denver, Sept. 12**--1. Mike Blanchard 26:45 **5 Km, Denver, Sept. 20**--1. Daryl Meyers (55) 28:30 2. Jim Twark (50) 30:24 3. John Lyle (64) 30:29 **5 Km, Denver, Sept. 27**--1. Mike Blanchard 27:00 2. Daryl Meyers 28:15 3. Peggy Miiller (44) 28:27 4. Jim Twark 29:30 5. Margaret Hennessey (45) 29:33 6. Mary Gilbert (49) 30:12 **1 Hour, Aurora, Col., Oct. 10**--1. Kevin Eastler 12,914 yds 2. Mike Blanchard 10,829 3. Peggy Miiller 10,083 **4 Miles, Larkspur, Cal., Sept. 12 (unjudged)**--1. Jack Bray 35:38 2. JoAnn Nedelco 36:08 3. John Schulz 39:28 4. Shirley Dockstader 39:48 **10 Km, Arrowhead Marsh, Cal., Sept. 20**--1.

Bill Penner 54:46 2. JoAnn Nedelco 58:22 **1 Hour, Kentfield, Cal., Sept. 27**--1. Jack Bray 9,719 meters 2. Ed Lane 9605 3. John Schulz 9527 4. Milt Taylor 9510 5. Shirley Dockstader 9459 **Half-Marathon, Sacramento, Cal., Oct. 4**--1. Bill Penner 2:03 2. Milt Taylor 2:05:45 3. Jack Bray 2:05:59 4. Joseph Berendt 2:07:30 **10 Km, Monterey, Cal., Oct. 17**--1. Bill Penner (52) 55:00 2. Roger Wellborn (47) 58:26 3. Quang Than (43) 59:10 4. Art Klein (45) 59:17 5. Dick Petrucci (65) 59:23 6. Nathan Williams (17) 61:10 7. Hansi Rigney (57) 61:39 8. John Doane (55) 62:02 (19 finishers, 1 DQ, 2 DNF) **2.8 Miles, Seattle, Oct. 10**--1. Stan Chraminski 23:48 2. Bob Novak 24:03 3. Terie Lee T.S. 27:04 4. Bev LaVeck 27:13 5. Ann Tuberg 27:20 6. Joslyn Slaughter 27:30 **Portland Marathon, Portland, Ore. Oct. 3**--1. R. Babcock (41) 4:29:17 2. P. Gehrke 4:57:25

10 Km, Abano Terme, Italy, Sept. 20--1. Rossella Giordano 43:20.5 (21.41.7 at 5 Km) 2. Cristiana Pellino 44:33.5 3. Santa Compagnoni 45:34.4 4. Gisella Orsini 45:46.6 **Jr. 10 Km, same place**--1. Elisa Rigauo 46:32.7 2. Cinzia Artino 46:49.3 **30 Km, Pescara, Italy, Sept. 20**--1. Marco Giungi 2:11:13 2. Gandellini 2:11:25 3. Mistretta 2:12:43 **Combined Danish, Norwegian, and Swedish Championships, Copenhagen, Sept. 26**: **Danish 50 Km**--1. Jacob Sorensen 4:16:21 **Norwegian 50**--1. Trond Nymark 3:57:52 **Swedish 50**--1. Gengt Bengtsson 4:18:35 2. Peter Ferrari 4:21:05 3. Ulf-Peter Sjöholm 4:24:01 **Women's 20 Km: Norwegian**--1. Kjersti Tysse Platzer 1:32:55 2. Anne Simonsen 1:39:38 **Swedish**--1. Monica Svensson 1:40:18 **76 Km, South Africa, Sept. 5-6**--1. Mike Whitmore (46) 7:13:24 2. Basil Kok 8:20:55 3. Eddie Singh 8:23:00 **Australian Championships, Brisbane, Sept. 6**: **Men's 30 Km**--1. Craig Barrett, N.Z. 2:13:20 2. Luke Adams 2:21:48 3. Michael Harvey 2:25:39 4. Simon Baker 2:29:17 **Men's Under 20 20 Km**--1. Jon Ganley 1:32:33 **Men's Under 18 8 Km**--1. Troy Sundstrom 35:05 **Boy's Under 16 5 Km**--1. Kuri Harpley 23:14 **Boy's Under 14 3 Km**--1. Christopher Clifford 15:10 **Women's 20 Km**--1. Wendy Muldoon 1:43:02 2. Linda Coffee 1:46:33 **Women's Under 20 10 Km**--1. Rinnah Tanner 52:14 **Women's Under 18 8 Km**--1. Claire Woods 42:41 **Girl's Under 16 5 Km**--1. Lisa McIlvenie 25:50 2. Bianca Sait 26:00 **Girl's Under 14 3 Km**--1. Yvette Becker 15:01 2. Lisa Grant 15:12 3. Natalie Gleeson 15:22 **Japanese Collegiate 10 Km, Tokyo, Sept. 13**--1. Masato Yoshihara 42:49.09 **Japanese Collegiate Women's 5 Km**--1. Ryoko Sakakura 22:10.37 **Women's 20 Km, Tscheboksary (Czech Rep.?), Aug. 29**--1. Tatjana Sibeleva 1:29:53 (Fastest in world 1998) 2. Jelena Grusinova 1:32:15 3. Julia Wojewodina 1:33:12 4. Margarita Nasarowa 1:34:09 5. Elvira Ivanova 1:34:17 6. Antonina Petrova 1:35:56 7. Olga Markina 1:36:05 8. Olga Bystchikova 1:38:12 9. Jelena Jatmanova 1:38:40

Opportunities to improve your pedestrian skills

Sat. Nov. 7	South Region 1 Hour, Myrtle Beach, S.C. (X)
Sun. Nov. 8	East Region 10 Km, Ocean City, N.J., 10 am (A)
	1 Hour, Kentfield, Cal. (P)
	10 Km, Longmont, Col., 10 am (H)
Sat. Nov. 14	Florida State 20 Km, Cooper City (Q)
Sun. Nov. 15	5 Km (or 1 Hour), Los Altos, Cal. (P)
	5 Km, Atlanta (D)
	1 Hour, Fort Monmouth, N.J., 10 am (A)
Sat. Nov. 21	5 Km, Denver, 10:15 am (H)
	2.8 Miles, Seattle, 9am (C)
Sun. Nov. 22	1 Hour, Fort Monmouth, N.J., 10 am (A)
	5 Km, New York City, 9 am (F)
	10 Km, Houston (Y)
Thu. Nov. 26	4 Mile, Denver, 10:15 am (H)

Sat. Nov. 28	5 Km, Doraville, Ga. (D) 5 Km, Denver, 9 am (H)
Sun. Nov. 29	5 and 10 Km, San Francisco (R) 5 Km, New York City, 9 am (F)
Sun. Dec. 6	4.4 Miles, Denver, 9 am (H)
Sun. Dec. 13	Honolulu Marathon (916-368-5699) 5 Km, Denver (H) 5 Km, New York City, 9 am (F)
Sat. Dec. 19	2.8 Miles, Seattle, 9 am (C)
Sun. Dec. 20	5 Km, San Francisco (R)
Sun. Dec. 27	Asbury Park, 10 Mile (A)
Fri. Jan. 1	Resolution Walk, Greenhaven, Cal. (E)
Sun. Jan. 3	50 Km, Houston (also 5 and 20 Km) (Y)

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From Heel To Toe

Walking behind the walls. Next time you're out enjoying a beautiful park, the open roads, or even a nice track, consider one who must do all his walking while confined to a small prison yard. Just after completing the September issue, I received a letter from Glenn Wright in Huntingdon, Pa. Excerpts from that letter: "Good morning. I would like to know more about your organization. I just received a book titled **Walking Fast** by Mrs. Therese Iknoian. . . She gave reference to your organization. By the way I do "walk fast" and being 42 and doing a 9 minute mile, (i.e., 9:54 and moving downwards). Our track is 4 1/2 laps (the worst track there is), and I just started walking in

April of this year, after my birthday (indoors, i.e., on the block). And most of all, I was talked into entering our Annual Runathon (Sept. 12) and participated quite well: 32.1 miles, third place overall--not bad for a true "beginner" at 42. I'm, 5/6, 140 lbs, Afro-American, with 20 years under my belt for muddering my neighbor in 1978 (a life sentence). Pennsylvania is just one of three states that has a sentence that's **absolute!** This is not written for sympathy, but some background of a most recent walker and his present condition. . . Can I implore you guys for a short listing of walking books, a more comprehensive type than Mrs. Iknoian's. More on carbohydrates for energy and what kinds." I immediately sent Glenn a list of six recent books and told him I was contacting the authors to see if they would send him a copy. To date, I know that Casey Meyers, Dave McGovern, and Ron Laird have responded to this request. Of course, I also sent him some back issues of the ORW and told him I would continue to send it his way. In a letter thanking me for my response, Glenn noted: "I have three areas of distances I attack most now and next year. For example: 1 Mile (9:41 personal best); 3 miles in 30 minutes (12 laps in 26:42, with 1 1/2 laps to go, and a 53:58 for 5 miles in August. My goal is 6 mph--I will get that. . . My goal for '99 season is a sub-8 minute mile at 43! I say season because our track and yard access is limited to April to October. We'll then have gym lines, A-yard (a match box of a yard, about 25 yards long), and my housing area (F-block), where I started to walk as a whim in April. . . How can I get a walking poster?" I have sent him a somewhat worn San Jose World Cup poster, which was all I had on hand. I'm sure he would appreciate anything additional from ORW readers, or just an encouraging word. Glenn's address is Glenn Wright, AF-9515, 1100 Pike Street, Huntingdon, PA 16654-1112. Maybe someday it would be possible for someone in that area to arrange a race at the prison to give Glenn the chance to actually compete. . . **Good comment.** From John Soucheck: "Regarding your commentary on the Pan Am Cup Trials, I believe the number of competitors is more reflective of the race parameters and the lack of quality depth in American racewalking rather than the plight of 50 Km walking in the U.S. The 30 Km race had a time limit of 2:45:00 and a team qualifying time of 2:27:30. The number of currently competing U.S. racewalkers who can meet the time limit is fairly small to begin with, being limited to those who competed in the 20 in New Orleans and a few others. The pool is shrunk further when you remove those who feel they do not have a legitimate shot at the qualifying time. I, for one, fall into this category and chose not to incur the expense of going to this race. After accounting for those athletes already on the team, it is not surprising that there were not more competitors. More indicative of the plight of U.S. walking is the fact that this race was necessary to begin with. Other indicators are the number of competitors at the National 50 and the number of 50 Km races. Unfortunately, the use of qualifying times will probably not help in this regard, as I'm sure being left off the team does nothing to encourage competitors such as Yariv Pomeranz. In the past (1994), his 4:40 would have put him on. Lastly, keep publishing. I'm not hooked to the web and look forward to receiving ORW every month." (Ed. Some astute observations. The question is how do we get more races and more participation. Some might say "Why have a race when no one shows up?" Others might say "I'd show up if there were races?" The old chicken and egg. As I showed in a table in the Dec. 1996 issue, in 1972, the first time I did U.S. rankings, there were 20 U.S. athletes who broke 5 hours for 50 Km. Last year, only seven finished a 50. In 1972, there were at least three domestic races in addition to the nationals and the Olympic Trials (separate races), and also two races in Toronto available to U.S. athletes. Last year there was one race--the Nationals. The peak year was 1979 when 32 U.S. racewalkers bettered 4:56 for 50. The Nationals were in June that year. There were also races in Houston (Feb.), San Diego (April), Arlington, Va. (April), Detroit (May), San Francisco (May), Colorado Springs (July), San Francisco (August), Burlington, Vermont (Sept.), and San Diego (Dec.). A few U.S. athletes walked a 50 in Mexico in April. That was a Lugano Cup year, but there was obviously a great deal of enthusiasm for the event beyond trying to compete internationally. (I could go back into the '50s and '60s and show much more activity and participation in the event than we see today.) Much of that enthusiasm

continued with anywhere from 20 to 26 walkers bettering 5 hours through 1984. Then a decline began with spikes to 24 in 1988 and 23 in 1991. Since then we have seen yearly totals of 12, 13, 9, 18, 12 and 7 because there are always only one or two domestic races available and few choose to participate. One problem might be the proliferation of 5 Km races, an almost unheard of distance 40 years ago, that leads people to think that is what the sport is about. But counter to that, we can look at a rather large participation in marathons, where walkers are lost amongst the runners. If people want to test their endurance, why go with the runners. We have our own "marathon" and it has real meaning in our world. We can also look to the great participation Elliott Denman gets in the National 40. Why don't people turn out in equal numbers for 50 km races? Well, I don't have any answers. Just presenting some thoughts.) . . . **I should have said that.** Howie Palarmarchuk in concluding a letter notes: "On continued publishing of the ORW--please do! The written word by far is more powerful. I really enjoy the ORW. You just don't have the same warmth from a computer screen (just a dose of radiation). The computer for me is a word processor and a literature search method (Medline). I surround myself with books. I love my books--history, adventure, sports, photo essay, etc. My vice is reading. So much for the power of the computer." Being an equally avid reader I agree wholeheartedly. Nonetheless, the ORW now has an e-mail address since I had Roadrunner installed by the cable company, primarily for son Derek's benefit. I still haven't even found the racewalking list on the net, but have Chuck Newell e-mailing things he finds. (Actually, he e-mails then to Derek's AOL address, which he had on a friends account before we had Roadrunner installed.) Anyway, you can now reach the ORW at: jmortlan@columbus.rr.com Thanks to Howie, "Racewalker 1969 - 75" he signs off, now podiatrist to the racewalking world, for the kind words. And thanks to others who send words of appreciation for the ORW. . . **About Derek.** Many readers have shown a genuine interest in the progress of our son Derek, which is deeply appreciated. Mentioning him above reminds me that I haven't updated you on his progress for a while. For newer subscribers, Derek was seriously injured in a motorcycle racing accident at Gateway International near St. Louis in June 1997. His spinal cord injury has left him a paraplegic. It hasn't slowed him down. He has in ensuing 16 months, in no particular order, played wheelchair basketball and softball on a local team, done both snow and water skiing, ridden extensively on a hand-pedaled bike, done a good bit of kayaking, spent a lot of time in weight training, walked with the help of special braces and a walker (a therapy, not a practical method of locomotion), participated in a program at Wright State University involving an exercise cycle that uses electrodes and a computer program to operate the legs, done a lot of demonstrating of various skills for others in rehab, traveled a good bit both by plane and in his own car, and become very much involved with the wheelchair community and accessibility issues. And had a 30th birthday. He continues to live life to the fullest and would be back racing tomorrow were it possible. . . **An author among us.** Back in the middle '50s, Dr. John Blackburn, Worthington, Ohio, took up racewalking in his late 40s and did quite well at a time when there was no masters program. He inspired son Jack, an outstanding distance runner, to follow suit, and between them they inspired Jack Mortland (your editor), a so-so middle-distance runner, to try his feet at the game. Thus, the good doctor is actually responsible for the Ohio Racewalker, launched by these two in 1965. And he contributed to some of those early editions with educated columns on medical and physiological matters related to our sport. Columns that may bear repeating at some time. Doc retired to Arizona quite a few years ago. He no longer competes, but gets out for spirited walks several times a week. Of greater interest, he has recently published his first novel. *Elsie's Story* blends civil war history and geography with an engrossing tale of one brave woman's trek across an unknown and unfamiliar territory on her way to a new and better life. Elsie Farmer is only 25 when she loses her family and farm in the first Battle of Bull Run. The book tells the inspiring story of this courageous woman's journey from her shattered life in northern Virginia to her new life as a pioneer in the West. Order it from Dorrance Publishing Co., Inc., Book Order Department, 643 Smithfield Street, Pittsburgh, PA 15222. It costs \$21.00, plus \$3.50 shipping.

and handling. Credit card orders to 1-800-788-7654. . . **Cincinnati opportunity.** Suzy Shrunk, an American Walking Association Bronze Level Coach and Walk Reebok Instructor, is starting weekly walking classes in the Cincinnati area. They will be held in Loveland on the Little Miami Biketrail. (Ed. A great trail resulting from the rails-to-trail movement that stretches for more than 60 miles. We have ridden the Yellow Springs to Xenia portion (20 miles round trip) several times, and did a 36 miles round trip from near Loveland on north this summer. But I don't imagine she will be exploiting the full length of the trail with beginning walkers, although we do need some more 50 Km people.) The classes, which began Oct. 14, are on Saturdays from 8 am to 9:15 am and Wednesdays from 9:15 am to 10:30 am. The focus is on proper walking technique, conditioning, stretching, and enjoying the outdoors. Each class will include warm-up, stretch, walking workout, cool down, and stretch. Call Suzy at 697-9679 for more information and to register or write her at 118 Southbend Court, Loveland, OH 45140. .

LOOKING BACK

30 Years Ago (From the October 1968 ORW)--The Mexico Olympics saw an excellent performance by the U.S. racewalking contingent. In the 20 Km, Soviet ace Vladimir Golubnichiy won his second Olympic Gold in 1:33:59 (at 7000 feet altitude in a smoggy city), holding off local favorite Jose Pedraza, who finished in a near flout out run in 1:34:00 to the cheers of his countrymen and consternation of the judges, who apparently feared for their heads. Nikolai Smaga, USSR, was third in 1:34:03 and Rudy Haluza a brilliant fourth for the U.S. in 1:35:01. Tom Dooley was 17th in 1:40:08 and a sick Ron Laird 25th. At 50, East Germany's Christoph Hohne was unchallenged, as he overcame altitude and extreme heat to win by 10 minutes in 4:20:14. Antal Kiss of Hungary was second and Larry Young third in a gutty 4:31:56. Eighth at the mid-point, Larry was able to hold his pace and move through the field over the second half. Goetz Klopfer passed three men in the final 5 Km to take 10th in 4:39:14. Dave Romansky, also sick, was a distant 26th, but refused to stop with every excuse to do so.

25 Years Ago (From the October 1973 ORW)--With Hans-Georg Reiman and Karl-Heinz Stadtmuller taking one two at 20 Km, East Germany swept to victory in The Lugano (World) Cup. That performance gave them a nine-point edge on the USSR, which held up through a strong Soviet performance in the 50 for a final four-point margin. Italy was third, West Germany fourth, and the U.S. fifth in a best ever performance. Ron Laird outdistanced Nikolai Smaga to capture his second Lugano bronze in 1:30:45. With Todd Scully seventh in 1:32:23 and Jerry Brown 14th in 1:34:05, the U.S. was third after the 20. The 50 went to West Germany's Olympic champion Bernd Kannenberg in 3:56:51, with Otto Bartsch (USSR) and Christoph Hohne close behind. For the U.S., John Knifton had 4:16:49 in 14th, Floyd Godwin 4:23:48 in 20th, and Bill Weigle 4:28:40 in 24th. . . East Germany also captured the Lugano-Chiasso Relay, an annual affair in Switzerland. The U.S. was sixth in this one as Ron Laird ran into stomach problems on the first leg, and, after spending much time in the bushes, struggled in 16 minutes back of the leaders. . . Shaul Ladany won the 100 miler in Columbia, Missouri in 19:38:26 with Chuch Hunter, John Markon, and John Argo also going all the way. . . Jerry Brown captured the National 30 Km, also in Columbia, his third championship of the year, finishing in 2:28:12. Floyd Godwin was a minute and a half back, and a promising newcomer, Dan O'Connor, edged Augie Hirt for third, another 10 minutes back. . . The day before, Ellen Minkow won the women's 10 Km title, also in Columbia, in 56:19.

20 Years Ago (From the October 1978 ORW)--Alan Price won the National 100 miler in record time--18:57:01--with Paul Hendricks second in 19:10:37. The race saw a record 10 finishers, including the first woman Centurion in this country, Elsie McGarvey, who finished in 22:52:31.

Leonard Busen and Bob Chapin joined the two leaders in finishing under 20 hours. . . The U.S. defeated Canada in a dual meet, which included races at 10 and 30 Km. The 30 went to Canada's Marcel Jobin in 2:19:33, but the U.S. took the next three spots--Dan O'Connor 2:24:05, Marco Evoniuk 2:24:05, and Carl Schueler 2:33:54. Jim Heiring (44:44) led a U.S. sweep of the 10, with Ron Daniel doing 46:32 and Pete Doyle 47:56. Heiring dueled Canada's Helmut Boeck throughout the race, with Boeck leading the way at the finish only to be DQ'd. In San Francisco, Neal Pyke set an American 1 Hour record, covering 8 miles 1081 yards. The old record was 8 mi 746 by Ron Laird, a mark that Wayne Glusker missed by only 15 yards in second place. Tom Dooley was just a yard behind Wayne.

15 Years Ago (From the October 1983 ORW)--In World Cup competition in Bergen, Norway, the USSR men and Chinese women prevailed. In the women's 10 Km, the Chinese edged the Soviets by two points with Yong Ju Xu taking individual honors in 45:14, a world best at the time. Natalia Shripova was second and Aussies Sue Cook and Sally Peirson third and fourth. Maryanne Torrellas was the first U.S. finisher with 47:52 in 16th. The U.S. team finished eighth. In the 20, Czech Josef Pribilinec drew away from Mexico's Ernesto Canto in the final 5 Km to win by 11 seconds in 1:19:30. Anatoliy Solomin, USSR, was just 3 seconds back of Canto, and Italy's Maruizio Damilano came fourth. Jim Heiring was 16th in 1:24:51 and Toddy Scully 24th in 1:27:29. Tim Lewis went under 1:30 (1:28:57) for the first of many times in 34th. Mexico's Raul Gonzalez took command of the 50 early and drew steadily away to win in 3:45:37. Sergei Jung and Viktor Dorovski took the other medals to sew up the team title for the USSR. Italy and Mexico were well back in second and third, as the East Germans did not compete. Dan O'Connor led the U.S. in the 50 with a 4:09:50 in 18th. Tom Edwards finished 23rd in 4:13:30. The U.S. placed ninth of 14 teams. . . Raul Gonzalez won the Alongi Memorial in Dearborn a week later in 1:27:55, with Carl Schueler second in 1:29:05.

10 Years Ago (From the October 1988 ORW)--It was Olympic time in Seoul, Korea, and veteran walkers dominated. In the 20, Josef Pribilinec, 1983 World Champion, blistered the final 5 Km in 19:18 to edge the GDR's Ronald Weigel with a brilliant 1:19:57. Weigel was just 3 seconds back at the finish. Italy's Maurizio Damilano, the 1980 gold medalist, started to lose the other two just before the 15 km mark and had to settle for third in 1:20:14, ahead of Spain's Jose Marin, 1985 World Cup winner. For the U.S., Gary Morgan had a personal best while finishing 37th in 1:27:26, and Jim Heiring was just 4 seconds further back. Tim Lewis finished 44th in 1:31:00. In the 50, Soviet Vyacheslav Ivanenko emerged from the shadow of the GDR's great duo of Hartwig Gauder and Weigel to take the gold in 3:38:29. Ivanenko started to pull away at the 40 Km mark and covered the final 10 Km in 42:00, but had really decided the issue with a 20:39 between 35 and 40 Km. While the Germans hung on to that, they couldn't continue for another 10 Km as Ivanenko did. Weigel finished in 3:38:56 and Gauder in 3:39:45. Marco Evoniuk, only 40 seconds off the lead at 30 Km, hung on for 22nd place in 3:56:55, with Carl Schueler 23rd in 3:57:44. The third American, Andy Kaestner, finished 34th with 4:12:49. . . Canada's Tim Berrett won the Alongi 20 Km in Dearborn in 1:25:09 with Diorgio Damilano (Mauricio's brother) second in 1:27:3. Herm Nelson was the first U.S. finisher with 1:34:32 in fifth. In the women's 5 Km, Mexico's Graciela Mendoza beat Debbi Lawrence 22:54 to 23:01. Sweden's Monica Gunnarsson had 23:02 in third.

5 Years Ago (From the October 1993 ORW)--Italy's Annarita Sidoti and Mexico's Bernardo Segura were winners at the Alongi Memorial races in Dearborn. Sidoti took the women's 10 Km in 46:06, ahead of Debora Van Orden (46:53) and Lynda Brubaker (47:46). Though unchallenged, Segura blasted the 20 in 1:21:55 with Italy's Giovanni Perricelli a distant second in 1:27:09. Gary Morgan led the U.S. contingent with a 1:29:31 in 6th, 18 seconds ahead of Andrew

Hermann. . . Czech Ivo Majetic, a student at the University of Houston, won a 100 miler in Xenia, Ohio in 18:26:24. Alan Price was second in 21:03:07 and Bob Keating third in 22:01:46. . . Herm Nelson won the National 2 Hour in Cambridge, Mass, covering 16 miles 182 yards to Gary Morgan's 15 mi 905. In the Women's 1 Hour, Gretchen Eastler won the title with 11,165 meters, but Canada's Pascale Grand won the race, going 12,223 meters.

Interview with Jonathan Matthews

(Last month in this interview by Rick Williams, U.S. international Jonathan Matthews discussed his start in racewalking, his training, and some of his experiences. In this conclusion to the interview, he offers impressions of various aspects of the sport.)

Q. Racewalkers obviously don't get the respect their athleticism deserves. How would you go about changing this?

A. More than any other sport, I believe that racewalking can be a litmus test of character. If you find an activity to be valuable, are you willing to publicly practice this activity even though others are likely to think you odd, likely to ridicule you? I used to be one of the top bike racers in the U.S. Bike racing is very sexy. Cycling is full of people who spend thousands of dollars on fancy bikes and clothing and then stand around in groups reveling in the scene--they are into the form rather than the substance of cycling. They are sure that they look cool to all outsiders passing by.

Racewalkers don't suffer from this potential character pitfall. They realize that most people think that racewalking looks absurd, effeminate, etc. This can cause racewalking to attract to it odd and absurd characters. (Ed. Each of us excepted, of course.) But if you yourself are neither odd nor absurd, you've probably learned to value true substance over superficial impression. At the Goodwill Games, I had dinner with World Champion Daniel Garcia and World Record Holder Bernardo Segura of Mexico. They said that people in Mexico used to make fun of racewalking, but that repeated international athletic successes had caused the average person to at least respect the sport, if not personally embrace it.

In Mexico, many hundreds of talented young athletes try to become top racewalkers. Until this happens over a number of years in the U.S., racewalking's status won't change. But why should thousands of young people suddenly want to do what is currently ridiculed? It would take missionary commitment by dozens of dedicated racewalking leaders, armed with glossy publications and compelling videos that convinced young people of the benefits of committing themselves to a difficult enterprise. These individuals would have to meet with these kids daily to organize workouts. They would have to travel with them and promote races on weekends. Is this going to happen? I can't do this. Do you know of dozens of people who can? If all NCAA colleges with track programs gave scholarships for racewalking, the sport's profile in the U.S. would soon positively change. But this will not happen unfortunately. Track programs are being severely cut at the college level. (Ed. And let us remember that the average sports fan is only aware of track, let alone racewalking, every four years, and then on a very superficial level.)

Many people walk for fitness, and the numbers doing this will grow. Many of them will learn to bend their arms at 90 degrees and pick up their cadence. Few of them will actually racewalk, and few will have the desire to race or be interested in those who race. I believe that the lack of respect for racewalking will continue, and I believe that I will continue to racewalk. I like what racewalking gives me, and I don't need anything extra from outside or racewalking to continue to

do it. (Ed. All of this sort of echoes an ORW editorial of 32 or 33 years ago for which we received some chastisement, but little has changed.)

Q. Since my only contact with racewalking is as a judge, here's my personal question. What do you think about the current level of racewalk judging and what, if anything, would you like to see done differently?

A. I have no complaints about racewalk judging. I wish it were possible to use slow-motion video to judge in real time, because occasionally I feel that a competitor who is a bit hoppy or creepy is being given too much of the benefit of the doubt. But I realize that this is not possible. By and large, I find our judges to be excellent. They do their difficult job well. I depend on them to ensure that my competitors are not taking unfair advantage.

Q. For almost all of this century, the U.S. dominated track and field, a domination which we appear to have lost in many events. If you were omnipotent and wanted to make the U.S. a world power in racewalking, what would you do?

A. Racewalking is virtually a guaranteed pass to the Promised Land of competitive success and international competition for a motivated U.S./Canadian youngster. In no other athletic discipline will genuine hard work and dedication be more likely rewarded with success. For example, without any qualifications standard to meet, less than a dozen athletes competed in the Olympic-distance 50Km USATF National Championships this year. Simply entering and finishing the race would have put a young walker on the USA National Team! While I'm not recommending that juniors compete at 50 Km, it becomes apparent that the competitive pool is pretty shallow. Rising to the top is relatively easy within the national context and compared to most other athletic disciplines.

Q. What are your future competitive plans now that you've moved to Montana?

A. This place is absolutely gorgeous and—at least in the summer—is ideal for training (we'll see how I do during the 6 months of winter.) I may be the only racewalker in Montana. I will probably miss regular contact with other walkers, but since I've always trained alone, this will not be an excuse for losing fitness. I may only race a few times a year; perhaps the National 20 and 50, plus whatever international teams I can continue to manage to make.

Q. You've just completed the 20 Km at the Goodwill Games. What was your impression of the men's race?

A. As you can see from the results, the best walkers in the world were in one race, and the U.S. walkers were in another. They were contested simultaneously. I wish this weren't the case, but the results speak for themselves. Even when I was at my best (1993), I only finished 19th in the World Championships. That same year, Allen James finished 17th. I hope the current crop of young walkers can improve on this, but the performances didn't happen at the U.S. nationals in June or at the Goodwill Games in July. The weather at both of these competitions was brutal. At Goodwill Games, Olympic champion Jefferson Perez walked at 1:29:18, more than 10 minutes slower than his typical 20 Km time.

Q. If you care to, what about your personal life, job, family?

A. I've been lucky in walking but that good fortune pales in comparison to my good fortune in having Stephanie as a partner. We've been married over 10 years now, and our greatest pleasure is in experiencing the unfolding lives of our two boys, Kyle, 3 1/2, and Connor, 3 1/2 months. I'm very excited to now be a Professor in the teacher education program at Carroll College—less than 1,500 high-quality students, an emphasis on teaching relationships, and a very positive and friendly community.

Commonwealth Games notes

We had results of the three walks at the Commonwealth Games in Kuala Lumpur in last month's issue. Here are some interesting sidebars on the races.

Time to rock and roll. Nick A'Hern, Australia's 20 Km winner is a 19-year-old Canberra hairdresser. He first represented Australia at the 1988 World Juniors and won the 30 Km at the 1994 Commonwealth Games. In 1995, he won the annual track 20 Km in Bergen, Norway and was eleventh in the 20 at the World Championships. On returning home, he underwent shin surgery, and resumed training just 3 weeks before the National Championships in March 1996. Nonetheless, he performed well and was ready for the Atlanta Olympics, where he finished fourth in the 20, losing two places in the final 2 Km.

In the Commonwealth 20, he broke away from the field just over half way through and never looked like being caught as won in 1:24:59, despite humid, overcast conditions. He said he had been inspired by the birth 6 weeks earlier of daughter Sian and the 27-hour labor his wife Jennifer went through. "I guess seeing my wife go through labor, I don't think I will feel pain after that," said A'Hern. "That was just unbelievable and I think I was drawing from that."

A'Hern said he made a conscious decision to go hard early in the race to break up the field in the steamy conditions. "Early on, the pace was slow and I had to break them up early. Around 5 Km, I decided it was time to go, which is pretty gutsy in this weather. The wheels could fall off. So I just bit the bullet and thought it's now or never. I knew it was tough enough, I knew I'd done the work and made sacrifices, so it was time to rock and roll."

Another Aussie triumph. "Congratulations honey. Those were the first words from my dad back home after my victory in the 10 Km walk final today," said gold medallist Jane Saville of Australia. "My family watched the race via live telecast and after I crossed the line my dad (Ron) immediately called and congratulated me for the victory," she added.

Jane won the race in the a record time of 43:57, beating the old mark of 44:25 set by compatriot Kerry Saxby-Junna at the 1994 Victoria Games. "That (the call) was the best prize for me although I won the event in a new Games record. My parent's support gives me all the encouragement to excel," she said.

Jane made her debut in the Commonwealth Games in 1994 and only finished eighth with a time of 47:14. She won the World Junior silver medal in 1992 and finished 26th in the Atlanta Olympics. Her personal best is 42:59, which she did in Athens last year. Asked about Malaysian walker Yuan Yufang's failure (disqualification) in the race, Jane said, the athlete has to accept the judges decision. "It happens to everybody to all the walkers. . . even to me and Kerry." "In fact, she (Yufang) is the walker to watch. She defeated me and Kerry in Germany early this year. I didn't know who she was in the first place and after knowing she's from Malaysia, I had to monitor her progress. She's tough and after the meeting in Germany, we studied her performance as she would be the one to beat at the Games."

A crazy ending to a walk on a very hot day. For the first 4 hours, little happened in the 50 Km walk, the deadliest of events held at these Commonwealth Games. And then there was 10 minutes of pure, undiluted madness.

With 1 kilometer to go to the finish line and with a 6 minute lead, New Zealand race favorite Craig Barrett came to a dead stop. His legs were locking up in the suffocating 95 F heat, so he rested for a moment before continuing. It was the beginning of the end. When he started again, his legs were wobbling; he began careering over the course, stopping, resting, and trying to recover and bravely pushing on like a demented drunk. Team officials rushed onto the course to encourage him. But Barrett was gone.

He sat down several times, his precious lead evaporating with his consciousness. Try as he might to make his overheated body take one more step, his spent legs struggled to manage even a shuffle. Four hours in the heat had melted his muscles and his brain. He was no longer capable of thought or motion. It was a tragic sight. After an agonizing 5 minutes of stopping and starting and staggering, a New Zealand official grabbed him as he fell to the bitumen. His race was over.

As Barrett was placed into an ambulance, the trailing Malaysian Govindasamy Saravanan cruised past. "I saw him collapse so I knew I had gold, I knew I just have to keep my pace and finish the race to win," Saravanan said. "In the last 300 meters my coach told me an Australian was 60 meters behind me." It was 25-year-old bank teller Duane Cousins and he was closing fast.

Bad news travels fast and the story of Barrett's demise swept through the Malaysian crowd, which exploded into a deafening roar. In the pandemonium that followed, people started thrusting screaming children above their heads so that they would witness a historic Malaysian victory--the country's first Commonwealth gold in track and field.

The din was made worse by the screaming of the siren from the ambulance rushing Barrett to the medical tent, where he, too, proceeded to start screaming in delirium: "I am invincible, I will never die."

Back out on the track, there was a frightening crush of cameras and security and people and confusion as Saravanan came over the line first in 4:10:05. Then, he started howling, too. It seemed as if the whole world had gone mad.

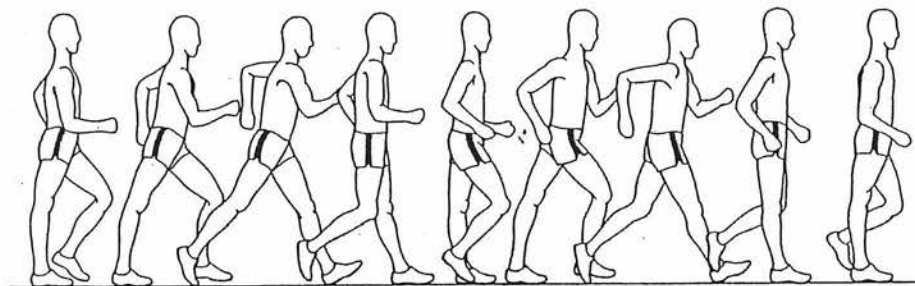
And then more amazement, as two Australians came charging home for silver and bronze. Cousins, who had two warnings and would have been disqualified had he received a third, had jumped into second when Barrett collapsed. Melbourne carpenter Dominic McGrath had also moved into medal contention from fourth, but he did not know which medal he was racing for as he had been told incorrectly that Cousins had been disqualified.

The truth was that Cousins made it over the line in second in 4:10:30 and McGrath took the bronze in 4:12:52, crossing with blood streaming down his right leg from ill-fitting shorts, which had rubbed his inner thigh raw. (Ed. Don't forget the vaseline, my man.) Three hours after the finish, Barrett was back on his feet and tucking into lunch at the athletes' village. Another 50 Km walk was over.

* * * * *

The final page is a handout that Ron Laird passes out at his clinics. It is also an example of the kind of good stuff you will find in his book *The Art of Fast Walking*. Order it from Ron at 4706 Diane, Ashtabula, OH 44004. Call him at 440-998-1371.

CORRECT RACE WALKING TECHNIQUE



Hips drop and roll while twisting back and forth. This allows your legs to move faster and more efficiently, and gives you a longer stride. Notice how the stripe on the side of the shorts moves from front to rear.

Don't overstride! This is tiring. Work on developing quick and continuous leg speed.

Arms always bent at 90° angle and pumped vigorously. Let them swing across your chest as they move back and forth. This helps to turn your hips.

Knee bends as leg is quickly swung forward. This lets toes clear the ground.

Knee straightened all the way back and pulling ground back as heel touches.

Toes and calf muscles push body forward. Feet land on a straight line with toes pointed directly forward.

Keep neck and shoulders relaxed.

Body and head in upright position at all times. Forward lean should come from your ankles.

Always concentrate on correct technique. This helps time and effort pass quicker and makes you feel and look better. Train consistently and wisely and you will have good results.

