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Clausen Defends Title; Breaks Record

Sacramento, Cal., Feb. 14--Overcoming intestinal problems and a determined effort by Al Heppner, Curt Clausen blistered the second half of the race to defend his national 50 Km title today. In the process he bettered Allen James' 1994 US road record by 61 seconds with a 3:54:38 effort. He dropped his personal record, set in last year's national, by nearly 3 minutes.

Covering the second 25 Km in 1:54:48, Curt came from nearly 2 minutes behind Heppner over the final 15 Km to win by more than 4 minutes. Al finished in 3:58:45, nearly 20 minutes under his best, which he also had done in this race last year when he finished fifth. He becomes the eighth U.S. walker to go under 4 hours and moves to sixth on the all-time U.S. list, just 6 seconds behind Andrzej Chylinski, who finished seventh today.

These strong finishes marked only the third time two U.S. walkers had gone under 4 hours in the same race and the first time on U.S. soil. (In the 1987 Worlds, Carl Schueler had 3:57:09 and Marco Evoniuk 3:57:43 and in the '88 Olympics it was Evoniuk 3:56:55 and Schueler 3:57:44.) And not too far back, Andrew Hermann (4:02:30) and Phillip Dunn (4:04:44) had the fastest third and fourth place finishes in U.S. history. Hermann was the 1997 champion in 3:58:54. (This is the sixth year in a row the winner has cracked 4 hours, a time not achieved in the National race before that.) Furthermore, there were 13 U.S. finishers in the race (plus one Irishman) and 21 starters, both considerable improvements on recent years.

Clausen's stomach problems caused him to pull off three times, the last at 32.5 Km, but didn't seem to slow him down, other than whatever time he lost pitting. Heppner gave it all he had, and actually had his fastest lap (2.5 Km) from 40 to 42.5 Km. But the express was rolling, and Clausen, still gaining despite that spurt, hauled him in by 45 Km and then moved steadily away. He covered the final 10 Km in 44:12 and the last lap in 10:41!

The race was walked in near perfect conditions with no wind and a temperature in the mid 40s (F), just a little cool, perhaps. After the first lap, Clausen and Heppner led in 11:59, with Jonathan Matthews (12:02) and Dunn (12:10) staying close. Chylinski in tenth was 51 seconds in back of the leaders. The field started to spread by 5 Km, with Clausen (23:47) now 9 seconds ahead of Heppner and 15 ahead of Matthews. Following were Dunn (24:22), Hermann (24:59), Jeff Cassin (Ireland 24:59), Evoniuk (25:05), Gary Morgan (25:11), Mark Green (25:25), and Chylinski (25:25).

By 10 Km, four mini-races were forming, as Clausen (47:34) had opened a little ground on Heppner (47:51). After them it was Matthews 48:22, Dunn 48:42, Hermann and Cassin 49:43, Morgan 50:03, Chylinski 50:31, Evoniuk 50:39, Green 51:10, and Theron Kissinger 51:31.

Clausen continued to stretch out and by 15 Km (1:11:19) was 25 seconds up on Heppner. Matthews (1:12:53) and Dunn (1:12:55) were tight for third, and Hermann and Cassin were still dueling at 1:14:14. Morgan was just 29 seconds back of these two and now 38 seconds out on Chylinski.

It was after this that Clausen had to stop a couple of times, and Heppner, accelerating his own pace, established a 60 second lead as he passed the half-way mark in 1:58:50. Dunn

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(2:01:20) was pulling away from Matthews (2:02:07), who was begin to feel his legs cramping. Hermann, who started the race conservatively because of an injury, was a solid fourth in 2:02:20, but was moving at a 4 hour pace with a 24:00 on his last 5 Km. The other contenders were Cassin 2:03:01, Morgan 2:04:30, Chylinski 2:04:47, Kissinger 2:08:58, Green 2:09:05, and Evoniuk 2:09:22.

Clausen had his final pit stop after 32.5 Km where he trailed Heppner (2:45:48) by 1:56. Over the last 15, Curt displayed a world class finish with laps of 11:26, 11:16, 11:18, 11:16, 10:57, and 10:41--that's 21:38 for the final 5. Heppner, fighting to hold him off, did 11:52, 11:56, 11:32, and 11:43, but then had to give in when passed, finishing with 12:48 and 13:06. But that didn't detract from his great effort.

In the race for the other positions, Matthews was still in fifth when he had to stop after 30 Km (2:27:15). Hermann (2:49:49) had moved 3 seconds ahead of Dunn at 25 and continued to walk at a sub 4-hour pace. By 45 Km, he was only 38 seconds back of that pace for the race, having covered his last 20 Km (from 25) in 1:34:18. But he couldn't hold it any longer and dropped off to finish in 4:02:30. Dunn, wearing number 4, finished fourth in 4:04:44 on February fourteenth. (Thanks to Ron Daniel for noticing that bit of trivia.) Cassin held off Morgan for fifth (4:14:31 to 4:15:05), but the 39-year-old Olympian, Morgan, must certainly have been well satisfied with another World Cup berth. (Am I wrong in saying this was his 50 Km debut?)

The first five finishers (not counting Cassin) have World Cup slots. If any of the five decide to go in the 20 following the trials at that distance at the end of March, Chylinski, Kissinger, and Green are all eligible to move on to the team, having met the standard of 4:30. Clausen and Heppner are qualified for the World Championships, where the standard is 4 hours. That's also the Olympic "A" standard and both are ensured of an Olympic berth if they can finish in the top three at next year's Trials (never a sure thing in this event, despite their dominance on this day).

Al Heppner comments: Curt's one of the fiercest competitors that I've ever seen. I've never finished ahead of him in a single practice or even a single repetition of a speed workout. Even when I had a 2-minute lead on him, I tried to keep pushing because I knew he could explode at anytime. At 40 Km, I noticed he was starting to close on me pretty fast, so I picked it up. I walked my fastest lap of the race and Curt was still closing quickly. I expended every ounce of energy trying to hold him off, but he blew by me just after the 45-Km mark. I had absolutely nothing left after he went by. He deserves a lot of credit, because he was having a rough day. On a good day, he would have walked 3 or 4 minutes faster.

Jonathan Matthews comments: It seems reasonable to conjecture that if Curt hadn't had intestinal problems, and if the course hadn't had so many tight turns, he may have been in the very low 3:50s. Need more evidence? He monitored his pulse throughout. For most of the race, his pulse was in the 140s, rising into the 160s only during his final charge. As to myself, after 2 years in a row of DNFs while walking a pace that my treadmill workouts tell me I can handle, I am now

convinced that one cannot get into racing fitness while doing all of one's walking on a treadmill. My hamstrings began to tighten as early as 10 Km, at a pace that had my respiration rate lower than it was when I walked a 4:01. In other words, subjectively, monitoring everything but my hamstrings, I was comfortable. Also, I had no hamstring tightness before the race or in prior training. I relate my sad tale as an entreaty/challenge to the racewalking training guru who can tell me how I can get road racing fit when snow and the lack of an indoor track mean that all of my racewalking must be on a treadmill. Supplementary weight work? Pool water running?

Former record holder Allen James comments: I have to say, I'm still reeling over the results. I felt something like this was coming and reasons are clear. Training Centers work! Provided you have the correct balance of talent, coaching support and motivation, training centers will perform. While those involved need to continue to push and show results, I believe a lot of pressure has been lifted off their shoulders with these results. Thank you again, Elaine (Ward) and John (MacLachlan) for the tremendous effort you're putting in to make the ARCO USOTC walking group work. It is interesting to note that a large reason for the success in the '80s was directly impacted by the training center concept at the USOTC in Colorado Springs. (Allen, incidentally, did quite a job of predicting the race. He had Clausen at 3:55:15, Hermann at 3:58:30, Heppner at 4:03:45, and Dunn at 4:005:10. From there he was a bit optimistic on the times, seeing Theron Kissinger in 10th at 4:17:05, but had Chylinski, Matthews, Morgan, and Cassin in the next four spots. Well, Matthews didn't finish, but the other three occupied the next three spots, though in reverse order to his prediction.)

In an accompanying 20 Km race, 1992 Olympic champion, Yueling Chen made her U.S. and 20 Km debuts quite successful. In a race won by Sean Albert, she was the first woman in 1:38:17, which would have been third on last year's U.S. list. Not far behind her, Danielle Kirk and Margaret Ditchburn made marked improvements on their personal bests at the distance, so a bang-up race is taking shape for next month's World Cup trial, with Joanne Dow, Michelle Rohl, Teresa Vaill, Debbi Lawrence, Victoria Herazo, Susan Armenta, Jill Zenner, Cheryl Rellinger, et al added to the mix.

Results of the races:

National USATF 50 Km: 1. Curt Clausen (31), New York AC 3:54:38 2. Al Heppner (24), Potomac Valley TC 3:58:45 3. Andrew Hermann (25), adidas 4:02:30 4. Philip Dunn (27), adidas 4:04:44 5. Jeff Cassin (27) Ireland 4:14:30 6. Gary Morgan (39), NYAC 4:15:05 7. Andrzej Chylinski (38) NYAC 4:20:47 8. Theron Kissinger (28), New Mexico RW 4:20:57 9. Mark Green (43), LVW 4:26:37 10. Marco Evoniuk (40), un. 4:30:35 11. Steve Pecinovsky (44) 4:38:18 12. John Soucheck (33), Shore AC 4:51:19 13. Doug Johnson (38) Kentucky Racers 5:07:19 14. Keith Luoma (37), Potomac Valley TC 5:08:06 DNF--Ed Fitch (37), Miami Valley TC; Rik Holt (35), un.; Jonathan Matthews (42), Reebok RC; Yariv Pomeranz (23), un.; Mike Rohl (33), New Balance; and Warrick Yeager (44), Potomac Valley, TC. DQ--Michael Blanchard (37), HART. Judges: Dan Pierce (head), Bob Bowman, Bev LaVeck, Bob Hickey, Shirley Clemons, Bob Wilson, Toni Harvey, and Jim Petruzzi.

20 Km--1. Sean Albert (25) N.J. Striders 1:37:39 2. Yueling Chen (26), un. 1:38:17 3. Danielle Kirk (25) S.C. Striders 1:38:32 4. Margaret Ditchburn (24), un. 1:40:00 5. Bill Penner (52) PRO 1:52:28 6. Jo Ann Nedelco (55), GGRW 1:58:41

5 Km--1. Robyn Stevens (15) 26:20 2. Elizabeth Paxton (15) 27:35

(Note: Yueling Chen or Chen Yueling? The official results show the latter. My understanding from a Chinese compatriot at work several years ago is that Yueling Chen is proper for English publication. The Chinese put what we call the family name first. Thus, Yueling signs her autograph (see Ron Laird's book) Chen Yueling. That is proper in Chinese, but it is like my signing Mortland Jack--without the separating comma we use when putting names backwards, as in alphabetical lists. So, again as I understand it, if I list her as Chen Yueling in the results, I should also show Kirk Danielle as second and Ditchburn Margaret as third. My compatriot also gave me

the clue that the single syllable name will be the family name. He didn't tell me what to do if both names are single syllable or both multiple syllable. Anyway, I tried to follow this for a few years, often going against how others were listing the names. Gradually, I gave it up and started printing Chinese names however they came to me. Now, for some unknown reason, I have taken up the battle again--perhaps to a flood of letters telling me how wrong I am. Hey! Maybe I should contact good old Chris McCarthy whose wife supported them for many years as a Chinese translator. If I get that one straightened out, then I can go to problem of spelling names of Russians, Ukrainians, and so forth where the transliteration to our alphabet seems to be an inexact art. At least I get the same individuals with many different spellings depending on the source. Oh well, back to the walking world.)

Other Results

Indoor 3 Km, Providence, R.I., Feb. 7--1. Maryanne Torrellas 14:24.98 2. Nick Manuzzi 14:47 3. Brian Savilonis 14:49 4. David Baldwin 14:57 5. Marcia Gutsche 14:58 6. Joe Light 15:24 7. Stan Sosnowski 15:47 8. Bill Harriman 15:53 9. Caitlin Bonney 16:03 10. Amanda Bergeron 16:11 11. Tom Knatt 16:28 12. Lee Chase 17:09 13. Fred Anderson 17:57 14. Charles Mansback 18:01 15. Justin Kuo 18:27 (21 finishers) **3 Km Mallwalk, Milford, Conn., Feb. 14--1.** Maryanne Torrellas (40) 24:36 2. Nick Manuzzi 14:37 3. David Baldwin (54) 14:39 4. Joe Light (51) 15:08 5. Stan Sosnowski (48) 15:20 6. Larry Titus (49) 15:40 7. Gerry Patrick (59) 17:53 8. John Tenan (35) 18:21 (37 finishers) **3.8 Mile, Brockton, Mass., Feb. 15--1.** Stan Sosnowski (48) 31:36 2. Joe Light (51) 31:42 3. Steve Vaitones (43) 32:01 4. Bob Ullman (50) 33:02 5. Tom Knatt (58) 34:55 6. Paul Schell (61) 35:40 7. Charlie Mansbach (54) 36:13 8. Justin Kuo (44) 37:28 9. Tolya Kuo (11) 38:17 10. John Gray (74) 38:28 (15 finishers) Women: 1. Maray Flanagan (39) 36:49 2. Annie Montgomery (51) 38:30 3. Evelyn Bandlow (45) 39:30 4. Sheila Danahey (47) 40:43 (10 finishers) **Millrose Games 1 Mile, New York, N.Y., Feb. 5--1.** Allen James 5:59.64 2. Gary Morgan 6:06.62 3. Greg Dawson 6:28.31 (Millrose Games record 5:33.53 by Tim Lewis in 1988) **Indoor 3 Km, Arlington, Vir., Feb. 7--1.** Steve Pecinovsky (44) 12:27 2. Warrick Yeager (44) 12:46 3. Jim Carmines (55) 14:42 4. Donna Chamberlain (42) 15:28 5. Vanessa Ryan (24) 16:00 6. Christina Farrell (10) 16:26 7. Ron Shields (55) 17:10 8. Victor Litwinski (55) 17:42 9. Jan Adams (46) 18:26 10. Londa Rodbell (49) 18:26 (14 finisher) **7 Km, Miami, Jan. 23--1.** Rod Vargas (49) 35:30 2. Ray Goodpasture (49) 41:33 3. Tom Cunningham (65) 42:27 4. Jay Dash (56) 43:38 (16 finishers) Women: 1. Tammie Corley (34) 42:14 2. Linda Talbott (36) 42:33 (24 finishers) **5 KM, Winter Park, Florida, Jan. 23--1.** C.S. Monte Carlo 29:08 2. Mario Feinstein 30:28 **5 Km Maitland, Fla., Jan. 30--1.** Edgardo Rodriquez 28:03 Women: 1. Pam Betz 31:16 **10 Miles, Yellow Springs, Ohio, Jan. 30** (unjudged, 5 miles out and back on Little Miami bike trail)--1. Jill Zenner 1:22:22 2. Chris Knotts 1:22:30 3. Al Cowen 1:39:34 4. Ed Fitch 1:40:06 5. Jack Blackburn 1:41:09 6. Eric Smith 1:46:55 7. Bill Whipp 1:47:45 **Indoor 3 Km, Grand Rapids, Mich., Feb. 7--1.** Bill Reed (45-49) 15:22.3 2. Michael Close 16:22.4 3. R. Chris LeReau (45-49) 16:48 4. Ross Barranco (45-49) 17:20 5. Al Kaiser (45-49) 17:59 6. Willaim Gardner and Eugene Kester (50-54) 18:21 **Indoor 3 Km, Oshkosh, Wis., Feb. 13--1.** Michelle Rohl 13:37.1 2. Deb Iden 14:42.4 3. Jaimie Roberts 14:44.2 4. Kathleen Stuper 15:43.4 5. Angie Nash 16:45 Men--1. Matt DeWitt 13:10.4 2. Lachlan McDonald 13:16 **1 Mile, same place--1.** Lynn Tracy (46) 8:14.5 Men--1. Mike Rose 9:08 2. Jon Martinex 8:12.2 **Indoor 3 Km, Carbondale, Ill., Feb. 13--1.** Jill Zenner 13:12.0 2. Sandy DeNoon 15:53.8 Men--1. Don DeNoon 13:09.0 2. Eric Smith 15:24.9 3. Vince Peters 16:09.0 4. Randy Sittles 16:46.0 **5 Km, Denver, Jan. 16** (unjudged)--1. Mike Blanchard 26:31 2. Daryl Meyers (56) 28:23 3. Lori Rupoli (47) 28:50 4. Teresa Green 30:12 **5 Km, Denver, Jan. 31--1.** Mike Blanchard 25:48 2. Steve Gardiner (44) 25:55 3. Scott Richards (48) 26:02 4. Lori Rupoli 29:25 **Las Vegas 1/2 Marathon, Feb. 7--1.** Dave McGovern 1:38:15

2. Michael Stauch 1:47:40 3. Michael Blanchard 1:51:18 Age 40-49--1. Dave Lawrence 1:51:49 2. Dan Pierce 1:53:40 Age 50-59--1. Norm Frable 1:57:49 2. Victor Sipes 2:06:26 3. Timothy Staats 2:09:41 60-69--1. Jack Bray 2:09:16 70 plus--1. Bob Mimm 2:18:32 Women: Age 30-39--1. Cheryl Rellinger 1:50:16 2. Sloan Zsiros 2:09:42 3. Monetta Roberts 2:11:31 Age 40-49--1. Janet Comi 2:00:17 2. Holly Motes 2:11:02 2. Holly Motes 2:11:02 **1600 meters, Kentfield, Cal., Jan. 2--1.** Jack Bray 7:50 2. Virginia Fong 9:15 **Indoor 3 Km, Montreal, Feb. 14--1.** Marina Crivello 14:25.7 2. Martine Rainville 15:25 3. Catherine Sousa-Neves 15:48 Men--1. Jocelyn Ruest 13:45.2 **3 Km, North Shore City, N.Z., Jan. 31--1.** Anne Judkins 13:27.15 2. Jenny Jones-Billington 13:29 Men--1. Scott Nelson 12:12.29 2. Pierce O'Callaghan, Ireland 12:23 3. Jamie Costin, Ire. 12:42 4. Tony Sargisson 13:04 **3 Km, Hamilton, N.Z., Jan. 29--1.** Craig Barrett 11:44.53 2. Scott Nelson 11:56 3. Tony Sargisson 12:41 Women: 1. Anne Judkins 13:37.9 2. Jenny Jones-Billington 13:49 3. Carma Watson 13:55 4. Lynley Young 14:05 **5 Km, Auckland, New Zealand, Feb. 17--1.** Nick A'Hern, Australia 19:24.70 2. Craig Barrett 19:48.21 3. Scott Nelson 20:04.03 4. Pierce O'Callaghan, Ireland 20:49.48 5. Jamie Costin, Ireland 21:19 6. Tony Sargisson 22:05 Women: 1. Jenni Jones-Billington 23:25.59 2. Carma Watson 25:43 (NZ Junior record) **10 Km, Hamilton, N.Z., Feb. 12--1.** Craig Barrett 41:21.1 2. Scott Nelson 43:58 3. Pierce O'Callaghan, Ireland 44:03 4. Jamie Costin, Ireland 44:07 5. Tony Sargisson 45:00 Women: 1. Anne Judkins 47:55.3 **5 Km, Sydney, Aust., Jan. 30--1.** Sundstrom 10:04.5 2. Connolly 21:07.1 **10 Km, Canberra, Aust.--1.** Kerry Saxby-Junna 44:54 2. Jane Saville 46:22 Men--1. Nick A'Hern 39:21 **20 Km, Queensland, Dec.--1.** Kerry Saxby-Junna 1:22:14 2. Simone Wolowicz 1:36:10 3. Wendy Muldoon 1:37:18 4. Jane Saville 1:37:52 **Australian 50 Km--1.** Dion Russell 3:47:34 2. Shane Pearson 4:14:01 3. Mike Harvey 4:18:04 **Ukraine National Indoor Championships, Lviv, Feb. 5:** Men's 10 Km--1. Andriy Kovenko 41:02.15 2. Mykola Kalytka 41:11 3. Leonid Mizemnyuk 42:28 Women's 5 Km--1. Svitlana Kalytka 22:41.30 2. Nadiya Sukharina 23:28 3. Tatyana Skorobagach 24:56 **Indoor 3 Km, Lievin, France, Feb. 7--1.** Ilya Markov, Russia 18:39.99 2. Robert Korzeniowski, Poland 18:47 Women--1. Sylvia Korzeniowska 14:18.7 **Indoor 3 Km, Birmingham, Eng., Jan. 30--1.** Andi Drake 11:56.72 2. Martin 11:59.59 3. Robert Heffernan, Ireland 12:44 **Great Britain & Northern Ireland vs France Under 23 Indoor International, Birmingham, Eng., Feb. 6:** Women--1. Corrine Lagarde, France 14:33.44 2. Virginie Janvier, France 14:45 Men: 1. Frank Delree, France 20:53.0 2. Mickael Thomas, France 21:26 3. Scott Taylor, GB 22:10

Spring Into Spring and Do Your Thing (Race, that is)

Sat. March 6 1/2 Marathon, Chico, Cal. (E)
Florida 5 Km, Palm Beach (Q)
5 Km, College Station, Texas (Y)

Sun. March 7 5 Km, Miami, 7:15 am (Q)
5 Km, New York City, 9 am (F)

Sat. March 13 2.8 Miles, Seattle, 9 am (C)
5 Km, Alamo, Texas (Y)
5 Km, Albuquerque, N.M. (W)

Sun. March 14 5 Km, Cooper City, Fla., 7:30 am (Q)
Eastern Regional Masters Indoor 3 Km, New York City (F)
20 Km and 2 Mile, Houston (Y)
5 and 10 Km, Nanaimo, B.C., 10 am (C)

Fri. March 19 1 Mile, Houston (Y)

- Sat. March 20 National Invitational 20 Km, Men and Women (World Cup Qualifying),
Manassas, Vir. (Also 5 and 10 Km races) (X)
Eastern Regional Youth Walks, Manassas, Vir. (X)
5 Km, Miami, 7:30 am (Q)
15 Km, Columbia, Missouri, 8:30 am (T)
10 Km, Roswell, N.M. (W)
- Sun. March 21 5 Km, Littleton, Col., 8:30 am (H)
5 and 50 Km, Palo Alto, Cal. (R)
1500m, 5 Km, and 10 Km, Nanaimo, B.C. (C)
- Sat. March 27 **National USATF Masters Indoor 3 Km, Boston (N)**
3 and 5 Km (track), Cedarville, Ohio (M)
4 Miles, Atlanta (D)
5 Km, Las Cruces, N.M. (W)
- Sun. March 28 5 Km, Weston, Fla. 7:30 am (Q)
50 Km, 5 Km, and 5 x 10 Km, Farmington, N.M. (W)
5 Km, Denver, 8:30 am (H)
- Sat. April 3 5 and 10 Km, Washington, D.C. (J)
Sat. April 10 2.8 Miles, Seattle, 9 am (C)
Sun. April 11 North Region 10 Km, Kenosha, Wis., 1 pm (S)
1 Hour, Indianapolis (V)
4 Miles, Denver, 8 am (H)
5 Km, Albuquerque, N.M. (W)
- Sat. April 17 5 Km, Atlanta (D)
Sun. April 18 Metropolitan 10 Km, New York City, 9 am (F)
Florida State 8 Km, Orlando, 8 am (Z)
5 Km, Auburn, Ca. (E)
- Sat. April 24 Florida State 5 Km, U. of Central Florida (Q)
Sun. April 25 5 Km, Las Vegas (Q)
5 Mile, Westerley, R.I. (N)
- Sat. May 1 5 Km, Atlanta (D)
5 Km, Roswell, N.M. (W)
- Sun. May 2 5 Km, Kenosha, Wis. (S)
Sun. May 9 North Region 20 Km and Jack Mortland Walks, Yellow Springs, Ohio (M)
10 Km, London, Ontario (519-672-5105)
Sun. May 16 Metropolitan 20 Km, New York City, 8:30 am (F)

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From Heel to Toe

Pan-Am Cup scoring. In our December issue, we carried a note from Bob Bowman in which he corrected the scoring in last year's Pan Am Cup competition. This note from Canadian Racewalk Coordinator, Roger Burrows: "I don't see that Bob Bowman need be so sure that Canada won the Pan Am Cup Junior Women's race in Miami. The point is that, of the scoring systems available to us, we hadn't agreed on one beforehand! Without displacers, Canada wins, as Bob says. With displacers, it's a tie, with the U.S. winning if you go to the highest placed scorer (cross-country model) or Canada winning if you go to the bonus point for the individual winner (World RW Cup model). If you add up times (another possibility in old IAAF rule, no longer in the book, but sometimes used by prior agreement), the U.S. wins. As leader of the Canadian team, I was honored to shake hands with Rich Torrellas to agree to let the score remain tied at 11 each. I'm not about to change my stand now. It was just a great race! I'm pretty sure that our Junior Women think that the tie should stand--certainly Karen Foan, the overall winner, told me so specifically. I'm interested to know whether Bob, whose opinion I respect, is seeing something we all missed in Miami, or whether the results are somehow wrong. We looked at it pretty closely at the time, and we all felt, I think, that the occasion would be somehow diminished if we argued!" **Man of the world.** Jeff Cassin, fifth in our National 50 Km, is a real international. Last March, the former Canadian walked a 1:27:29 to rank third in the Canadian rankings for 1988. He then left his job in Denmark, took Irish citizenship, and now lives in Mexico (and, as we have just seen, competes in the U.S.). He is pictured in Roger Burrows Bulletin to Canadian walkers during a race in Brazil.

Junior Nationals. The Junior National T&F Championships are now set for the University of North Texas in Denton on June 19 and 20. Included are the women's 5 Km and men's 10 Km walks. The Junior Pan Am Championships will be July 9-11 in Miami at Florida International University.

Steve P. returns. Steve Pecinovsky, who got his start in racewalking in the Junior Olympic program in Columbus, will be returning to Buckeye land this summer. The Air Force is sending him to Wright Patterson AFB outside of Dayton and he is planning to take up residence in Yellow Springs, perhaps sharing quarters with Chris Knotts, who plans to move from Springfield to Yellow Springs. Since this may be only a 1-year tour, Steve is leaving his family in Virginia. After getting started here in Columbus, Steve moved with his family to Oregon where he finished high school and kept up his racewalking interest. He then returned to the midwest to attend Notre Dame and then back to Columbus for a few years to take a law degree at Ohio State. During that time, his racewalking started to take off and continued to improve as he travelled to different Air Force assignments. It will be good to have him back in the fold.

A big thanks. This note from Vince Sheehan in New Mexico. Just a quick note to thank you for publishing the piece on the plight of the 50 Km in the U.S. As a fairly new participant to the sport, I'm somewhat surprised with the lack of media coverage and spectator support. Without the media coverage for at least the

major national championships, there is little to encourage you potential walkers, let alone drawing interest to curious spectators. Then again, it has to start with the local walking clubs to get the media involved at their races. The support certainly wasn't lacking at the recent Houston 50, 5, and 20 Km races, where I know for a fact there were I know for a fact there were 14 spectators support crew (including a new niece from China). Thanks a bunch to the **Sheehan team**. Your motivation and enthusiasm brought me in right at 5 hours. So once again, the old saying rings true in that "they do everything big in Texas. As usual, another great job by Dave Gwyn and his club in Houston (even if it was 40 degrees and windy.) **Cava out.** Pete Cava has been the Media Information Officer for USA Track and Field (and its predecessor The Athletics Congress) for perhaps 20 years. He has been a friend of racewalking during that time to the extent possible, including walking items in his releases and lending what support he could. I was fortunate to serve on his press information teams at both the 1987 (New York) and 1991 (San Jose) World Cups, as well as the 1988 Olympic Trials and a couple of national meets, and it was always a pleasure working with him. We have relied on one another through the years as information sources. However, late last year, Pete was called into a meeting and told his job was being dissolved and he could go home. That quick he was out of a job. He was not given a crack at the new director of communications position that USATF is seeking to fill. This is part of USATF's ongoing reorganization, which overall may be a good thing for the sport of track and field, but it's unfortunate that they have to behave like corporate America in handling loyal employees. Hal Bateman and Tom Surber, who worked for Pete, are still on board (at least they were the last I knew) and they are both good friends of racewalking, too, and hopefully can continue to plug our end of the sport. Whether Bob Bowman's annual Racewalking Handbook will survive, I don't know. **Shoes.** A lot of people are plugging a new Racewalking shoe from New Balance, the MRW100. I can't give a personal endorsement, not having seen a pair let alone wearing them, but some astute people have endorsed them. You probably won't find them at your local New Balance dealer, but they should be able to order them for you. Two mail order sources are Sports 'n More in Foley, Alabama, 1-800-397-5480 and Gary Westlund in Minnesota at 612-782-9620 or 712-9417. **Sprint Walking Championships.** Now for something a little different. Vitality Plus Institute and the Marin (Cal.) Race Walkers are sponsoring the U.S. National Sprint Walking Championships, postal competition open to all athletes and running from Jan 1 to Dec. 31, 1999. The events are 400, 800, 1500 meters, 1 Mile, 3000 meters, and a 4x400 meter relay. Masters, junior, and open divisions. Performances must be on a 400 meter or 440 yard track with at least three competent judges on hand and at least three watches recording the time. Contact Sue Blochwitz, Vitality Plus Institute, P.O. Box 21, Kentfield, CA 94914, 415-461-6843 for further information. (The idea of 400 and 800 meter races raised a lot of comment on the web. Overall, it's a well-intended effort to spur interest in the sport and you can decide if all the distances are viable or if you are interested at all. I present the package to you without further comment.) **Watch those cliches.** Nothing to do with walking, but a little bit on the light side. In his book, *The Careful Writer*, Theodore Bernstein has a section on "curdled cliches". I won't steal any of his, but I have my own collection to draw on. If you are going to use cliches, be sure you get them right. Some people haven't, as witness these I have heard: "That hits the nose on the head." "It will throw a monkey in the wrench." "It scares the pants out of them." "From now on, I'm watching everything I do with a fine-toothed comb." "They came home with their head between their tails." "...starting from ground one." Well, someone once said, "What we need is new cliches."

Taking It On the Chen

by Cecil Smith

(Cecil is the Managing Director of the Canadian publication *Athletics*. This article appeared in the January 1999 issue. Note that he wrote about Yueling Chen, not Chen Yueling. And, bully for him.)

When Yueling Chen (25) heard that China was going to bid for the 2008 Olympic Games, her immediate thoughts switched to her heritage. "They--China--were unfortunate the last time around when they lost the 2000 Olympic bid by just two votes," she said. "This time I do hope that they will be successful. It will mean so much to the country as they present their new millennium image."

Just who is Yueling Chen? Chen is the first woman to win Olympic gold in the racewalk in Barcelona. She was also the first Chinese--man or woman--to win an Olympic track and field gold medal for that country in its short history at the Olympics. Period!

What is really interesting though is that Chen may join the hunt for the 20 Km racewalk gold at the 2000 Summer Olympic Games in Sydney, Australia for the United States!

Are we thus looking at someone who may represent two super powers? "Yes indeed, we could be looking at someone who wins a gold medal for each of the world's two super powers", said Derek Boosey, her manager and a Canadian who triple jumped for Britain at the 1968 Olympics in Mexico City. He wonders whether this has been done before?

To add another chapter to her Olympic dreams, two events have to occur. First Chen, who hails from Tieling City in the Manchuria province of Liaoning in northeast China, has to stage a comeback, which she has done. Secondly, she must become a U.S. citizen and plans are already in the works on this issue. (Ed. And third, she must qualify for the team, something several others are equally eager to do.)

After striking gold at the 1992 Olympics in the 10 Km racewalk, Chen said that's it. I'm through. She retired at the age of 19. "I was afraid if I kept going, I would go down", said Chen. Instead, she turned to other interests--learning English, painting, and attending modeling school, and of course charting her route to the USA.

Derek Boosey in the years leading up to the Olympic Games in 1988 and 1992 had been an adviser to the Chinese track and field team. He has been involved in international and Olympic sports for more than three decades, and while in China he lent Chen a hand. Chen, who has her green card, has been in America since 1993.

How does she like America? "I just love being in America", said Chen, who becomes eligible for U.S. citizenship in 1999.

Her competitive fire was rekindled while attending the 1998 USA T&F Championships in New Orleans. Boosey, of course, helped rekindle this competitiveness and within two months she resumed training.

"My hope is that I can help lead racewalking here in America to a world power," she said. "If I can win the gold medal for the U.S., it would do so much for showing people in America what the racewalk is all about."

Added Boosey, "Maybe she can do for racewalking in America what Mary Lou Retton did for gymnastics." And why not. American people really get behind their winners.

Becoming the racewalker she once was (at age 17 she set a world best in the 10 Km at 43:30) will require grit, dedication, and above all desire. What are her chances on becoming a citizen in time for the American trials? Boosey said this, "There is a backlog of two years, so it will

not be an easy task. We need Yueling to become a citizen as soon as possible so she can compete at the U.S. nationals next summer.

What about the political situation back in China? Chen: "I've done my best for my homeland, done everything for China. They gave me the go ahead when I left China, so I do not foresee any problems switching from China to America in order to represent the United States at the Olympic Games."

Chen briefly attended Brigham Young University to study English. Then, in 1994, she moved to San Diego, where she works for Natural Alternatives International (a world leader in nutrition science). Yueling is also a spokesperson on nutritional products for Mannatech Incorporated. She attends Palomar College studying subjects ranging from English to racewalk training. "In China", she said, "the state chooses what you do. When I was 10 years old, I liked music, singing, and painting. But the authorities thought I should take part in sports. They must have felt that I was best suited for this activity."

Her early attempts at running eventually led to the racewalk and the racewalk led to the Olympics. In China, Chen was a legend in her own right; witness the fact that she has a life-sized bronze statue honoring her in the local town square. Last year, Chinese television aired a 30-minute documentary on Chen and her life in the U.S. It was shown nine times to an estimated audience of 900 million Chinese.

There is now talk of a possible movie about her life, although right now her life is still unfolding. In an honorary capacity, she is the spokesperson for the National Kidney Foundation, has given her time to the Susan G. Komen Breast Cancer Foundation, as well as the San Diego Walk for Diabetes. To help promote the Transplant Games in California, she actually took part in the walk herself.

Chen is very serious about her comeback, which can only enhance the American team. Will she achieve her objective? Possibly the biggest challenge will not be on the field of play, but in the political field as she seeks American citizenship in time.

* * * * *

A couple of weeks ago, I received a large envelope in the mail and found within an 8 x 10 photo of U.S. Olympic racewalker Ron Zinn. I recognized it as being one I had in my possession, then turning it over saw my own markings of specs for earlier use in this publication. So, I say, "Why is this picture, which I thought I had in my files coming to me in the mail. Then I found an enclosed newspaper article from the U.S. Air Force Times about Ron. Only then did I remember having supplied the photo and some information about Ron to a reporter a few years ago. They weren't too fast in returning the photo and did so without remark, but I'm thankful for the article, which appeared in the June 17, 1996 edition of the paper. I repeat it for those who never knew or knew of Ron and for those who have good memories of the time he spent with us.)

There was never a question about his duty

by Tom Slear
Special to the Times

The word spread within the tight community of racewalkers so quickly that when they read about it the next day in the paper it was old news. Ron Zinn had died, killed in an ambush in South Vietnam.

Only months earlier, Zinn had placed sixth in the 20 Km racewalk at the 1964 Olympic Games in Tokyo. Considering America's performances in international racewalking to that point, a sixth place was a long shot.

Zinn was America's bright light. He had started racewalking in 1958 to escape the injuries caused by running. Two years later he made the 1960 Olympic team that competed in Rome. From nowhere to Olympian in 2 years and to Olympic contender in 6 years.

"He came completely out of the blue," says Elliott Dehman, a 1956 Olympic racewalker, now a sportswriter for the *Asbury Park Press* in New Jersey. "By the '64 Olympics, he was still young for a racewalker, and he did better in that race than any American had ever done. There was no doubt that his best years were ahead of him."

Only two other Americans have finished in the top eight since 1964. [Ed. Not true. Rudy Haluza (4th at 20 in '68), Larry Young (3rd at 50 in both '68 and '72), Carl Schueler (6th at 50 in '84), and Marco Evoniuk (7th at 20 in '84) adds up to four in the top seven.]

Zinn probably could have used his Olympic laurels to coast through four years of military duties while peaking for the '68 Olympic Games in Mexico City. But that wouldn't have been his style. He was a 1962 West Point graduate and a committed infantry officer.

"His feeling was, 'I'm in the infantry; I should be where the fighting is going on'" said Denman, himself an infantryman in the late 1950s. "There was never any question about his duty."

"When I first heard that Ron had died," said Jack Mortland, who roomed with Zinn in Tokyo, "I envisioned him leaping out of a foxhole and leading a charge. He was one of the toughest competitors I ever had to race."

On July 7, 1965, the final day of Zinn's life, he was assigned to the 173rd Airborne Brigade. According to Wayne Nicoll, a West Pointer ('57) who trained with Zinn before the 1960 Olympic Trials, Zinn and the other members of his unit never had a chance. No sooner had they jumped off the helicopters than the landing zone was raked by automatic weapons and machine gun fire. They were fish in a barrel. Zinn was the first of only two American Olympians to die in Vietnam.

Racewalkers are an obscure bunch. Even their running brethren unfairly dismiss them as more circus acts than athletes. (Ed. Not really a fair statement and I know I didn't tell him that.)

The problem was especially acute for Zinn at West Point. Because racewalking was not a collegiate event, Zinn had no assigned coach and was granted no special accommodations for training in either time, facilities, or money.

"The track coach never showed much interest in racewalking when I was there," says Nicoll, "but at least he recognized something special in Ron and showed more interest. Yet most of what Ron achieved, he achieved on his own. He was quiet, serious, very dedicated, and a superb athlete. Boy oh boy, was he quick."

It was that quickness that convinced Mike Riban of Zinn's potential. Riban was coaching the Green and Gold AC in Chicago when Zinn approached him in 1958 about racewalking. Zinn had just finished his freshman year at Cornell College in Iowa and was about to enter West Point. Running track as he had for 4 years in high school in the Chicago suburb of Orland Park had produced painful shin splints.

"He tried a 1-mile race and finished last" Riban recalled. "The next year, he tried a 2-mile race, and he finished last again. But he would listen and he wasn't afraid of hard work. When he was home the following spring, 1960, he was doing four quarter-mile repeats and I had to slow him down on the third one," Riban said.

"He had a 50-kilometer race coming up in New York City, and I wanted him to save himself. If I hadn't slowed him down, I'm convinced he would have done a 1:17. The unofficial

world record was 1:18. I walked over to him, shook his hand, and said, 'Ron, you now have all the U.S. walkers in the palm of your hand.'

"He was one of a kind," said Denman. "They just don't make them like Ron anymore."

Looking Back

30 Years Ago (From the February 1969 ORW)--Dave Romansky was crowned ORW National Postal 20 Km champion with his 1:33:58. . . Dan Tothoroh did a 6:36.6 mile in Los Angeles, just beating Ron Laird, Larry Young, and Larry Walker, who finished right together. . . Tom Dooley won a San Francisco 30 Km in 2:31:02.

25 Years Ago (From the February 1974 ORW)--National Indoor titles went to Larry Walker (2 Mile) in 13:24 and Sue Brodock (1 Mile) in 7:28.6. Todd Scully was a very close second to Walker. . . Dave Romansky won the Olympic Invitational 1 Mile in 6:05.4.

20 Years Ago (From the February 1979 ORW)--Chris Shea became the first woman to break 7 minutes for 1 Mile, winning the national title in 6:58.4. The 2 Mile title went to Todd Scully in 12:40, 10 seconds ahead of Jim Heiring. . . Marcel Jobin beat Scully in a Montreal 3 Km, 11:37 to 11:40.4. . . Scully won the Millrose Mile in a world best of 5:55.8.

15 Years Ago (From the February 1984 ORW)--Jim Heiring was an easy winner of the National Indoor 2 Mile in 12:11.21 and Teresa Vaill won the 1 Mile in 7:12.85. . . In the Millrose Mile, Ray Sharp edged Heiring in 5:52.29.

10 Years Ago (From the February 1989 ORW)--Would believe--about 8 pages under the title: "Judging, Contact, and Related Issues: The Great Rehash". (See believe as to why I said "would you believe".) Early in that discussion we said: Those who are new to these pages and new to the sport may think they have just stumbled on to something new. They haven't. Long-time subscribers know that about every 5 years or so we go through a few months of commentary back and forth on this continuing controversy and little really changes." The imminent demise of the sport was seen at that time, too. And several other times in the past. The article was a capsule review of the rise and swell of commentary over the previous 20 years.

5 Years Ago (From the February 1994 ORW)--Debbi Lawrence won two 1500 meter races in Canada in 6:14.84 and 6:14.0. . . Allen James won the Commonwealth Games 3 Km in Boston in 11:27.14, nearly 3 seconds ahead of Jonathan Matthews. . . Allen also captured the Millrose Mile in 5:48.82, beating Doug Fournier (5:51.84) and Tim Seaman (5:57.35). . . And there were about 8 pages devoted to "Alarming shoes, flying walkers, and all that. . ." The second month of commentary on a potential judging device, the "run alarm", and associated issues of contact and judging. Yes, it was time for another rehash.

Maybe I should go back through all the volumes of the ORW and pull out all discussions on judging, contact, cheating, and related items. Then I could throw them altogether in an unedited and uncondensed book, which, of course, might make interesting bedtime reading, but would ultimately get nowhere. And you might ask, "Hey! It's another 5 years. Isn't it time for another rehash? Well, I have to tell you that it recently occurred among those who subscribe to the racewalking list on the internet. I'll let it rest there. I didn't copy all of the discussion to pass on to readers who are still smart enough to live peaceful lives free of dependence on that monster. As usual, no decisions were reached, but the sport will live on. Trust me.

Another recent topic of discussion in racewalking's cyberworld revolved around the mechanics of racewalking and whether we walkers push or pull or do both. Many learned treatises were put forth by those who have carefully studied biomechanics and some unlearned opinions were discussed by people such as me. Since that has died down, I have received Roger Burrows (a leading contributor to this issue) Bulletin to Canadian walkers (mentioned earlier in this issue). Interestingly, he included an article related to the subject, but offered independently of the discussion. It should have been thrown into that discussion. But here it is for your edification.

Racewalk Technique Revisited--the "Dynamic Stereotype"

by Roger Burrows

Modern analysis of athletic movements tends to concentrate on the **whole movement** rather than the stages, phases or parts that make it up. The approach is to consider what has been called the "dynamic stereotype". A useful analogy may be to say that these days, we prefer to see the desired action as a videotape, rather than a series of snapshots.

The action is a "stereotype" because it is a sequential pattern of elements that are essential for the movement to be produced and reproduced. It is "dynamic" on several levels. First, it invites us to study **motion** not static positions. Second, it draws the attention to the fact that there **will** be differences from individual to individual. These are perfectly normal--athletes with different characteristics will work towards the "stereotype" from different starting points. Third, it suggests that the stereotype itself changes in each individual--as an athlete trains, or detrains, changes in levels of strength and conditioning will have their effect on that athlete's technique. Fourth, especially important in an event like racewalking with such an important endurance component, it enables us to consider the effect of fatigue on the "stereotype". How does each athlete's action change in the course of a race, and what does he/she need to do to counter the effects of fatigue?

Of course, it is not always possible to have our "videotape" in motion. There are still perfectly valid reasons to stop the tape and look at "frames" that show various phases of racewalk action. But the "dynamic stereotype" helps us to put those phases into a more productive **functional** context. We can study a single part of an action, but we must always be thinking about the way that part fits into the whole movement when we start the tape again.

Let's look at a couple of examples of debates that are really popular amongst walkers. Do the arms drive you forward or not? Does the drive on each stride come from a pull or a push? In one sense, these are like debating whether a teeter-totter goes up or down. If we only have "snapshots", we can analyze each point of view with equal conviction. With a "videotape", we see that much of the debate doesn't really matter. We're better off keeping the thing moving and figuring out what to do when the kid on one end is bigger than the kid on the other!

Traditional static analysis spends a lot of time on questions to which we really don't need the answer. Looking at the dynamic stereotype directs us to a much more useful question of what the arms or legs really do, and how to make them do it better.

Phases of the Racewalking action

Traditional analysis divides the racewalk action into distinct phases. Usually, three or four phases are described--*double support*, *drive*, *traction*, and, sometimes even a *relaxation* phase at the end of one stride before the next stride begins. These traditional phases are inherently static. They are useful only as basic information that helps us to describe more meaningful characteristics of the overall movement. Using a dynamic stereotype, we don't worry so much about which part of the "wheel" is on the ground. But we worry a lot about how to keep it turning!

In dynamic stereotype analysis, phases become less important. We can see, for example, that any "relaxation phase" is something to be got rid of at all costs! The "double support" phase is

something we need, but it must be as short as possible (In fact, good fast racewalking--probably yours--also gets rid of the double-support phase entirely in favor of a miniscule period of flight. Lifting? No, just good technique. Done by a strong, fit athlete, it is simply too fast to be seen by the unaided eyes with which the sport is judged.)

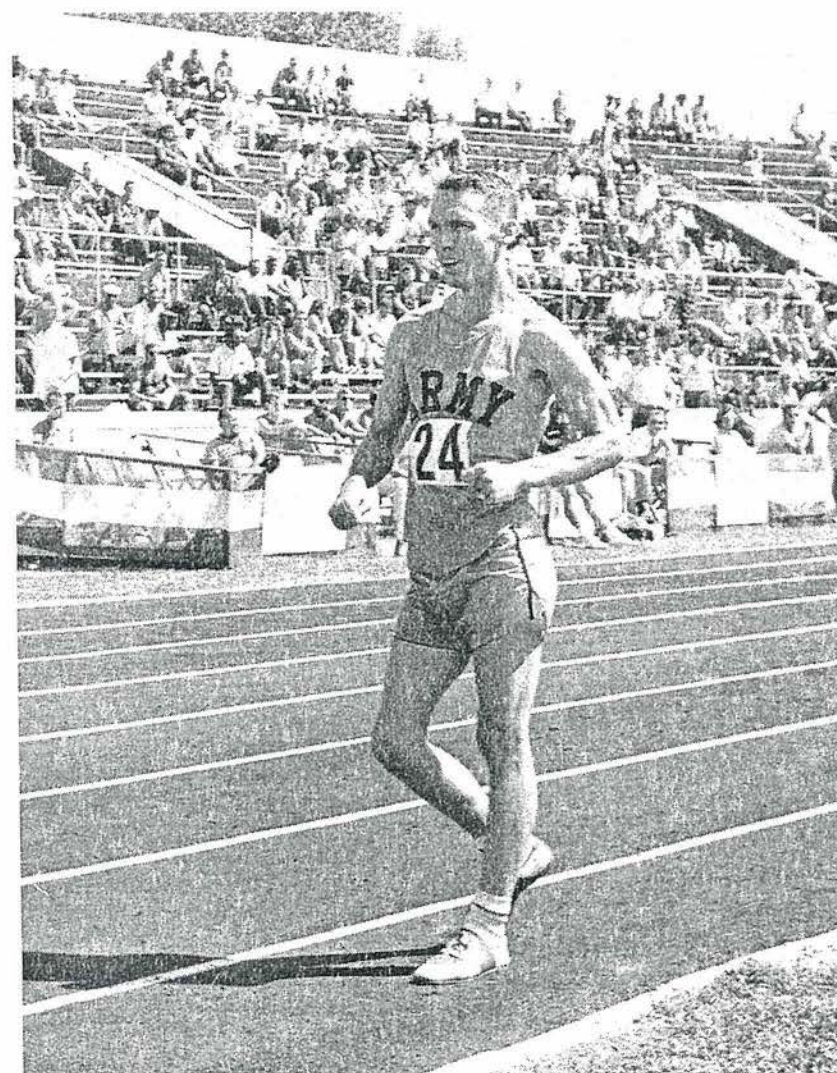
This kind of analysis also shows that a stride is actually one "push". It may "feel" like different phases only because of the different muscles that come into play as the push develops. **Forward motion results only from forces being applied against the ground backwards.** Even when the front foot is ahead of the body's center of mass (the more accurate term for the commonly-used center of gravity), it should still hit the ground moving backwards. The feeling of "pulling", the so-called traction phase, comes simply from the muscular action that is needed to make the foot move backwards when the leg is in front of the body. Functionally, the pull is nothing more than a useful cue that may help set up the proper action. Once that foot has hit the ground, it had better be pushing!

In the traditional analysis by phases, this backwards motion of the front foot is not mentioned. Using the dynamic stereotype analysis, it is absolutely critical. If the foot is not moving backwards, the "wheels stop turning" for a brief moment on each stride. Sprint coaches have known about this for some time. They call it "negative foot speed"--the foot moving quickly backwards in order to push the body forward. They use the terms "pawing" or "clawing" only as cues in order for the athlete to feel the muscular action that keeps the wheels turning at that point in the action. Cartoon animators get the message, too--when a character wants to move really fast, how many times have we seen, not two legs, but many legs, all rotating at high speed? Now *that's* a dynamic stereotype and well worth bearing in mind as we look at the racewalk action more closely.

So, do the arms drive you forward? You figure it out, using dynamic stereotype analysis, of course.



The well-travelled walker, Jeff Cassin. (See page 7.)



Olympic walker Ron Zinn. (See story on page 10.)