

Rellinger, Morgan Lead Way At National 5

Kingsport, Tenn., Sept. 25--The National Masters 5 Km held here for the past several years was expanded this year to include the USATF National Open 5 Km Championship as well. Cheryl Rellinger and Gary Morgan came home as easy winners in the women's and men's divisions. Both led from start to finish and were well clear of second place (Rellinger by more than a minute) at the finish.

Theraces were held on a straight 1 Km out-and-back loop under clear skies with a bit of chil in the air. In the men's race, Ian Whatley, out of the racing scene for some time and now at age 40, made a strong reappearance on the scene with second to Morgan and a first place in the full Master's race. Actually, although it was an open race, Rellinger at 33 seemed to be the youngest person in the two races.

As usual, race director Bobby Baker was given thumbs up by all the participants for the excellent organization and presentation. He suffered through this one in ill health, but apparently didn't let that affect anything about the race. Three days later he had surgery, and all who know him will be pleased to learn it was a complete success with a negative pathology report. Here are the results:

Women overall: 1. Cheryl Rellinger, Mich. (33) 23:44 2. Victoria Herazo, Nev. (40) 24:51 3. Donna Chamberlain, Penn. (42) 25:13 4. Gayle Johnson, Missouri (50) 26:58 5. Monetta Roberts, Ala. (40) 27:32 6. Gloria Rawls, Penn (42) 27:30 30-34--1. Rellinger 35-39--1. Linda Swonder, Ind. 30:03 2. Gail Brandenburg, Ind. 32:25 40-44--1. Herazo 2. Chamberlain 3. Roberts 4. Rawls 5. Judy Justis, Tenn. 33:51 45-49--1. Sherry Brosnahan (47), N.J. 28:26 2. Barb Stayton, Ind. 30:26 3. Elizabeth Main, Ken. 30:39 4. Rosemary Sexton, Tenn. 31:53 50-54--1. Johnson 2. Jackie Reitz, Ind. 28:42 3. Mary Hess, S.C. 32:02 4. Pat Walker, Ind. 36:01 55-59--1. Janet Higbie, Ind. 29:48 2. Ruby Tolbert, Penn. 32:22 60-64--1. Rita Sankovec, COL. 30:24 2. Sami Bailey, Ind. 32:37 3. Ruth Everson, Ind. 33:22 4. Joyce Curtis, Tenn. 34:53 65-59--1. Helen Amazeen, Ala. 34:43 75-59--1. Jane Dana, Cal. 36:11

Men's overall: 1. Gary Morgan (39), Mich. 22:01 2. Ian Whatley (40), S.C. 22:44 3. Keith Luoma (38), Georgia 22:48 4. Dave McGovern, Ala. 23:29 5. Jim Carmines (56), Penn. 24:17 6. Drew Swonder (35), Ind. 24:21 30-34--1. McGovern 35-39--1. Morgan 2. Luoma 3. Swonder 40-44--1. Whatley 2. Rod Craig (41), Mich. 24:56 2. Will Walder, Tenn. 26:12 3. Steve Cutter, Ind. 26:29 45-49--1. Rick Austin, S.C. 29:12 2. Larry Yates, Fla. 30:54 3. Dave Gwyn, Tex. 31:00 4. Bob Sunman, Ind. 32:03 5. James Yeager, Ind. 35:32 50-54--1. Norm Frable, Tex. 25:12 2. Bruce Booth, Vir. 26:15 3. Max Walker, Ind. 26:22 4. Ross Barranco, Mich. 27:43 5. Michael Bird, ind. 29:07 6. Randy Stiles, Ill. 29:11 7. David Wade, Tenn. 29:14 8. Eric Hedges, Missouri 30:43 55-59--1. Carmines 2. Victor Litwinski, Vir. 30:02 3. Bernie Finch, Wis. 31:21 4. Jim Lawrie, Ind. 32:56 60-64--1. Dave Romansky, N.J. 25:28 2. Paul Johnson, Ark. 28:05 3. Ray Everson, Ind. 28:26 4. Paul Curtis, Tenn. 32:42 65-59--1. Mike Michel, N.C. 31:48 2. Bob Stewart, Ind. 31:50 3. Bob Christmas, Ind. 32:50 4. Jack Munnell, Georgia 33:14 75-79--1. Nash Abrams, Ark. 36:32 2. Richard Bledsoe, Ark. 38:53 3. Frank DeGruy, Ala. 42:21 80-84--1. Paul Geyer, Minn. 40:22 (2 DQs overall)

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National 2 Hour: Morgan Again and Eastler-Fishman

Worcester, Mass., Oct. 3--A week after his 5 Km win, Gary Morgan went just over five times as far to take the National USATF 2 Hour title. Joining him in the gold-medal department was Gretchen Eastler-Fishman, who won the women's 1 Hour and prevented Cheryl Rellinger from duplicating Gary's feat.

Morgan was virtually unopposed, but still went past 25 km, always a good achievement. Dave McGovern, apparently not at the top of his form these days, was nearly 4 Km behind in second, and not far ahead of 61-year-old Dave Romansky, who probably had the most impressed performance of the day, going just beyond 21 km. Eastler-Fishman had a bit more competition, but still missed lapping (400 meter track) Rellinger by just 25 meters. Rellinger, in turn, came within 15 meters of lapping third place Donna Chamberlain.

The men's 1 Hour went to 52-year-old Bob Keating who beat out Dan Pendergrast, less than 1/3 his age. But the youngster got a measure satisfaction by pushing 56-year-old Jim Carmines back to third place. Romansky, apparently not satisfied with a mere two hours, just missed covering another 9 km to finish 18th in this one.

The results:

Men's 2 Hours: 1. Gary Morgan (39), Clarkson, Mich. 25,033 meters 2. Dave McGovern (34), Mobile, Ala. 21,302 3. Dave Romansky (61), Pensscoic, N.J. 21,047 4. Philip McGaw (49), Shirley, Mass. 19,043 5. Andrew Cable (34), Shelton, Conn. 18,128 2 DQs, 1 DNF

Women's 1 Hour: 1. Gretchen Eastler-Fishman (27), North Reading, Mass. 12,313 2. Cheryl Rellinger (33), Davisburg, Mich. 11,938 3. Donna Chamberlain (42), Dallas, Penn. 11,353 4. Caitlin Bonney (16), New Sharon, Maine 10,588 5. Gloria Rawls (42), Mountaintop, Penn. 10,443 6. Sherry Brosnahan (47), Bridgewater, N.J. 10,270 7. Lee Chase (45), South Glastonbury, Conn. 10,145 8. Ann Percival (41), New Britain, Conn. 9838 9. Jean Tenan (36), Bristol, Conn. 9655 10. Holly Wenninger (35), Manden, Mass. 9290 11. Ginger Armstrong (36), Taftville, Conn. 9166 12. Jeanne Shepardson (65), Sherborn, Mass. 8936 13. Annie Montgomery (52), Concord, Mass. 8869 14. Jeanne Bocci (56), Grosse Pointe, Mich. 8808 15. Patricia Godfrey (53), Winthrop, Mass. 8477 (28 finishers, 1 DQ)

Men's 1 Hour: 1. Bob Keating (52), Nashua, N.H. 11,848 2. Dan Pendergrast (17), Caribou, Maine 11,680 3. Jim Carmines (56), New Cumberland, Penn. 11,661 4. Brian Savilonis (49), Greene, R.I. 11,074 5. David Baldwin (56), Harrington, Maine 10,789 6. John Chasse (16), Readfield, Maine 10,550 7. Stan Sosnowski (49), West Kingston, R.I. 10,424 8. Jack Lach (55), West Belmar, N.J. 10,359 9. John Costello (44), Needham, Mass. 10,240 22. Robert Ullman (50), Merrimack, N.H. 10,131 12. Bob Barrett (65), Smallwood, N.Y. 10,125 13. Tom Knatt (59), Concord, Mass. 10,024 14. Randall Stafford (41), Jamaica Plain, Mass. 9793 15. Charles Mansbach (55), Newton, Mass. 9364 16. Nathaniel Bickford (17), Oakland, Maine 9263 17. Mike Michel (69), Lynn, SC 9085 18. Dave Romansky (61) 8999 19. Fred Anderson (47), Plymouth, N.H. 8988 20. Robert Beaudet (66), Uncasville, Conn. 8898 (That must have been a

sweet race for 18th place) 21. Mark Dennet (14), Winslow, Maine 8948 22. Louis Free (69), Uncasville, Conn. 8855 (26 finishers, 3 DQs, 1 DNF)

Other Results

Connecticut 10 Km, New London, Oct. 16: Women--1. Gretchen Eastler-Fishman, Mass. 48:01.1 2. Gloria Rawls (42), Penn. 56:23.3 3. Lee Chase (45) 57:19 4. Amanda Bergeron (16), Maine 59:11 5. Anne Percival (41) 59:54 6. Sherry Brosnahan (47), N.J. 60:34 7. Anne Favolise (16), Maine 61:54 8. Janet Higbie (58), Ind. 62:17 9. Ginger Armstrong (37) 65:21 (12 finishers)

Men--1. Bob Keating (52), N.H. 51:46.3 2. Jim Carmines (56), Penn. 51:46.5 3. Dave Romansky (61), N.J. 54:03 4. Nick Mannuzzi (39) 54:06 6. Jonathan Chasse (16), Maine 54:08 7. Joe Light (52), R.I. 54:28 8. Stan Sosnowski (49), R.I. 56:55 9. Andy Cable (34) 63:47 9. Louis Free (69) 67:52 (1 DQ)

Conn. 20 Km, same place (continuation of above 10) Men--1. Keating 1:45:34.9 2. Carmines 1:51:07.9 3. Romansky 1:51:17.6 (Carmines led Keating by more than a minute at 15 km, but needed more than 33 minutes for his final 5, and just held off Romansky who was 5 1/2 minutes back at 15) Women--1. Eastler-Fishman 1:38:48.1 2. Rawls 2:03:04.2 (splits show Eastler-Fishman at 1:15.27 for 15 km, but that would give 27:19 on her third five, and 23:21 on her final 5; not impossible, but unlikely. Perhaps 1:13:27 at 15?)

Metropolitan 30 Km, New York City, Oct. 17--1. Vyatchelav Troshkin (51) 2:54:48 (54:50, 1:52:15) 2. Rifkhat Sultanov (55) 2:59:14 (56:52, 1:54:08) 3. Greg Dawson 3:03:20 4. Sherwin Wilk (61) 3:08:22 5. Gary Null (52) 3:14:12 6. Lon Wilson (50) 3:15:47 7. Agla Kouchoumov (61) 3:16:38 8. Bob Barrett (63) 3:17:02...10. Mercedes Everett (41) 3:19:21 (first female) (27 finishers, 11 DQs (Must have been some lousy walkers and some no-nonsense judges, with nearly 30 percent of the field tossed.))

20 Km, same place--1. William Navarro 1:54:05 2. Alan Jacobson (44) 2:07:54

5 Km, Altamonte Springs, Fla., Sept. 25--1. Edgardo Rodriguez 28:34 2. Steve Christlieb (40-49) and Andrew Crane (50-59) 32:39 Women--1. Beverly Burjion 31:10 2. Pam Betz (50-59) 32:33

1 Hour, Plantation Park, Fla., Oct. 9--1. Rosie Sidelko (46) 6.060 miles 2. Valerie Silver 5.660 Men--1. Janos Szalas (44) 6.795 2. Lee Duffner (63) 6.071 3. Bob Cella (62) 6.057 4. Gerry Gomes (66) 5.717 5. Bob Fine (68) 5.672 6. Dan Koch (56) 5.668

Michigan 10 Km, Flushing, Oct. 2--1. Rod Craig (41) 51:24 2. Max Walker (53), Ind. 55:55 3. Leon Jasionowski (54) 56:04 (Many years since we have seen Leon in the results. An impressive restart to a comeback) 4. Ross Barranco (50) 58:14 5. Rick Sack (50) 61:28 Women--1. Sherry Watts (46), Ontario 59:59 2. Deb topham (46) 61:15 3. Stephanie Konza (43) 61:28 4. June-Marie Provost (66), Ontario 64:54

North Region 5 Km, Franklin, Ind., Oct. 10--1. Rod Craig (41) 25:14 2. Lou Held (45) 25:18 3. Leon Jasionowski (55) 26:39 4. Max walker (53) 26:35 5. Ed Finch 27:04 6. Ross Barranco 28:42 7. Abby Oliver 28:52 (1st female) 8. Barb Stayton (45) 30:47 (14 finishers, 1 DQ)

5 Km, Denver, Sept. 12 (unjudged)--1. John Tarin (47) 26:51 2. Daryl Meyers (56) 28:43 3. Albert Sena (49) 30:41

5 Km, Broomfield, Col. Sept. 18 (unjudged)--1. Daryl Meyers 26:41 2. Sherrie Gossert (47) 30:50

5 Km, Denver, Sept. 19 (unjudged) 1. Lorie Rupoli (48) 28:36 2. Nancy Hardesty (48) 29:42

5 Km, Denver, Sept. 19--1. Terry Femmer (47) 26:52 2. Mike Blanchard 28:28 3. Daryl Meyers 29:07

5 Km, Denver, Sept. 26--1. Sally Richards (47) 24:54 2. John Tarin 25:51 3. Terry Femmer 26:19 4. Mike Blanchard 27:02 5. Daryl Meyers 28:48 6. Lorie Rupoli 29:08 7. Jim Twark (50) 30:38 8. Jerry Davis 30:57

Western Regional 1 Hour, Aurora, Col., Oct. 10--1. Teresa Aragon (38), N. M. 10,229 meters 2. Peggy Miiller (45) 10,068 3. Marianne Martino (49) 9392

Arizona Senior Olympics, Flagstaff, Sept. 18--5 Km--1. Bob Daniel (59) 32:00 (8 finishers) 1 Mile--1. Bob Daniel 9:08 (12 finishers, 1 DQ)

5 Km, hula Vista, Cal., Oct. 17--1. Tim Seaman 21:07 2. Kevin Eastler 21:19 3. Sean Albert 21:55 4. Danielle Kirk 22:54 5. Margaret Ditchburn 26:23

10 Km, same place--1. Andrew Hermann 43:50 2. Al Heppner 45:18 3. Curt Clausen 45:19 4. Susan Armenta 50:38

(This was part of the Aurturo Barrios Invitational road race and the racewalkers had laid down a challenge to the runners. Hermann finished 197 out of 921 competitors, so he beat most of them. The runners who did beat the top walker received Olympic pins from the ARCO Olympic Training Center's Spirit Store.) **10 Km, Oakland, Cal., Oct. 10--1.** Rik Holt 48:24 2. Robyn Stevens (16) 54:26 3. Art Klein (46) 63:11 4. hansi Rigney (57) 64:53 5. John Doane (56) 64:53 **10 Km, Kentfield, Cal., Sept. 6--1.** Shoja Torabian 53:41 2. Joe Berendt 53:50 3. Jack Bray 56:40 (28 finishers) **4 Miles, Larkspur, Cal., Sept. 18--1.** Jack Bray 34:47 2. Brenda Usher-Carpino 37:30 3. Doris Cassels 40:58 **3 Km, Kentfield, Sept. 12--1.** Jack Bray 16:07 2. Doris Cassels 18:56 (10 finishers) **1 Hour, Kentfield, Oct. 20--1.** Joe Berendt 11,116 meters 2. Shoja Torabian 10,487 (This is the distance results from two sources show, but that would place him fifth. So it must have been 10,597 or 687 or maybe he really wasn't second.) 3. Jack Bray 10,586 4. Karen Stoyanowski 10,497 5. Eric Poulsen 10,491 6. Brenda Usher-Carpino 10,069 (26 finishers) **2 Mile, San Mateo, Cal., Sept. 26--1.** John Doane (56) 18:33 2. Laura Cribbins (42) 18:41 **1 Mile, San Mateo, Oct. 16--1.** John Doane 8:28 2. Laura Cribbins 8:58 3. Loribeth Jacobs 9:09 4. Ron Daniel (58) 9:16 **Portland, Ore. Marathon, Oct. 3--1.** Theron Kissinger 3:55:28 2. Doug Johnson 4:12:03 3. Ronald Babcock 4:14:10 **2.8 Miles, Seattle, Sept. 11--1.** Bart Kale 23:45 2. Bob Novak 24:43 3. Joslyn Slaughter 26:43 4. Bev LaVeck 26:52 5. Ann Tuberg 27:04 6. Mike Loran 27:49 **Canadian 50 Km Championship, Edmonton, Sept. 18--1.** Tim Berrett 4:06:12 2. Jonathan Matthews, U.S. 4:33:25 3. Robert Richards 5:52:53 **20 Km, sameplace--1.** Jean Sebastien Beaucage (19) 1:33:43 2. Blair Miller 1:37:15 3. Gerry Dragomir 1:49:17 4. Jeff Hoyern 2:02:29 (3 DQs) **Women's 20 Km, same place--1.** Sara Standley, U.S. 1:41:41 2. Sherry watts (36) 2:00:42 3. Carmen Jacinsky, U.S. 2:03:23 **Canada vs. U.S. Junior Men's 10 Km, same place--1.** Jocelyn Ruest 46:46.1 2. Dan dalton, U.S. 49:56 3. Eric Roze 50:18 4. Eric Tonkyn, U.S. 51:06 5. Pat Ryan, U.S. 52:21 **Canada vs. U.S. Junior Women's 5 Km, same place--1.** Robyn Stevens, U.S. 24:11 2. Lisa Kutzing, u.s. 24:39 3. Emma Carter, U.S. 25:32 4. Caitline Bonney, U.S. 26:26 5. Nicole Esther 26:43 6. Merima Kostecki 26:46 **Canadian Women's 10 Km, same place--1.** Karen Foan 50:36 2. Susan Hornung 52:31 **Women's 2.5 Km, same place--1.** Lyn Brubaker, U.S. 13:42 2. Holly Gerke 13:50 3. Joanne Fox 13:58 (These three were racing in a U.S. vs Canada coaches challenge) **50 Km, France** (Recent, but not sure of site or date) --1. Denis Langlois 3:49:06 2. Caudron 3:55:04 3. Gillet 4:01:10 **Women's 20 Km, same place--1.** Leksir 1:36:22 2. Oauli 1:37:27 3. Nedaud-Levleque 1:27:47

Forsooth! Get thy body hence to partake in such events of walking speed as these that follow:

Sat. Nov. 6	2.8 Miles, Seattle, 9 am (C)
Sun. Nov. 7	20 Km and 1 Hour, Arlington, Virginia (J)
	10 Km, West Concord, Mass. (G)
	New York City Marathon (No official RW division, but many will walk
	5 Km, Miami, 7 am (Q)
	5 Km, Denver, 9:30 am (H)
	5 Km, Los Angeles (B)
	5 Km, Roseville, Cal. (P)
Sat. Nov. 13	5 Km., Atlanta (D)
	USATF National Masters and South Region 10 Km, Ft. Lauderdale, Florida (X)
Sun. Nov. 14	1 Hour, Kentfield, Cal., 9 am (P)
	Marathon and 1/2 Marathon, Long Beach, Cal. (B)
	Eastern Regional 10 Km (A)

Sat. Nov. 20	5 and 10 Miles, Washington, D.C. (J)
	South Regional 1 Hour, Myrtle Beach, S.C. (Z)
	5 Km, Miami, 7:30 am (Q)
Sun. Nov. 21	Grand Prix #1 (distance?), New York City, 8:30 am (F)
Thu. Nov. 25	4 Mile, Denver, 10 am (H)
Sat. Nov. 27	5 Km, Doraville, Georgia (D)
Sun. Nov. 28	Grand Prix #2, New York City, 9 am (F)
Sun. Dec. 4	5 Km, Miami, 7:30 am (Q)
Sun. Dec. 5	5 Km, Point Pleasant, N.J. (A)
	Grand Prix #3, New York City, 9 am (F)
	5 Km, Atlanta (D)
	5 Km, Denver, 10 am (H)
Sun. Dec. 12	5 Km, Denver, 10 am (H)
Sat. Dec. 18	5 and 10 Km, Washington, D.C. (J)
Sun. Dec. 19	5 Km, Key Biscayne, Fla., 6:45 1m (Q)
	5 Km, San Francisco (R)
Sun. Dec. 26	Polar Bear 10 Mile, Asbury Park, N.J. (!)
Sat. Jan. 2	50 Km, Houston, 7 am (Y)

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Robyn Stevens, An Outstanding Junior

(In our July issue, we had the results of the Pan-Am Junior races--in Tampa on July 1 but no details. Belatately, here is Ron Daniels description of that race, plus some additional information on Robyn's promising career in the sport.)

Less than a month after winning the USATF 5 Km Junior Championship (a meet in which she placed fourth in the 5 Km run several hours later), Robyn Stevens, age 16, of the West Wind Flyers (Cal.) found herself a member of the USA Junior National Team competing for honors at the Pan American Junior Championships. Even though Robyn had only the fifth fastest time coming into the competition, she accomplished what no other US walker has been able to do in the history of this event—bring home the gold. In a photo finish, Robyn turned back Mabel Oncebay, Peru, with a personal best of 24:42.96. Oncebay finished in 24:43.03.

This was easily the gutsiest racewalk of Robyn's young career as she went head-to-head with older and more experienced racewalkers and came out on top. Robyn has a very bright future in the sport as she has already notched an international title.

How the race unfolded: On a sultry (75 to 80F and humid) morning at the U. of South Florida's track, 10 women from seven Pan American countries squared off for the 5 Km race. Starting in the ninth position on the outside, Robyn accelerated into the lead by the first turn. With a modest pace at the end of 100 meters (58s), Vianey Pedraza of Mexico took the lead as Robyn was swallowed up by the pack. With a large traffic jam at this pace, Robyn forced her way back into the lead by 600 meters (2:52). Passing 1600 in 7:42, a threesome of Robyn, Pedraza, and Oncebay began separating themselves from the rest of the field as the weather conditions seemed to take affect. The pace for the leaders also slowed to better than 2 minutes per lap. Pedraza and Oncebay were content to let Robyn do all the work (actually Robyn wouldn't let anyone else lead) through 4 Km.

With 1 Km to go, Pedraza was attempting to take the lead, but at the same time she was having abdominal cramps, which would double her up and cause her to lose a few strides. With 600 meters remaining, the Mexican seemed to be out of the race. As Robyn took the bell, Oncebay was still on her shoulder and Pedraza had fallen back by 15 meters. With an enormous rally, Pedraza sprinted after Robyn and Oncebay and took the lead with just over 150 meters to go. In the final straight, with Pedraza easing away, Oncebay also pulled even with Robyn, but Robyn had her own little reserve and simply would not accept a bronze medal after leading most of the way. Pedraza crossed the finish line apparently in first with a last lap of 1:43 something. But, unknown to the competitors, she had picked up two warnings in the last 450 meters to go along with one she had earlier. With her DQ, and after a photo review, Robyn became the Pan Am Junior Champion. She and Oncebay also finished the final lap in under 1:45. Robyn's 1 Km splits were 4:48, 9:40, 14:43, and 19:55. (As you see elsewhere in this issue, Robyn improved her best with a 24:11 win on the road in the U.S.-Canada Junior meet.)

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When T&F News completely ignored this event in their coverage of the Pan Am Junior Meet (a full track and field meet), Ron wrote the following letter to Editor Garry Hill:

"I'd like to bring to your attention two omissions involving the same athlete in the September and October issues of T&FN. Both omissions were probably due to sloppy reporting by Mr. Glen McMicken, not someone at T&FN.

In Mr. McMicken's report on the USATF Junior Championships, he completely overlooked the gold medal performance of 16-year-old Robyn Stevens when he extolled the dominance of California women. Not only did Robyn win the 5 Km racewalk, but several hours later she took fourth in the 5 Km run, just 0.5 seconds out of third; arguably one of the best doubles of the meet.

In Mr. McMicken's report on the Pan American Junior Championships, not only did he fail to even recognize Robyn's victory in his write-up, he also completely left the women's 5 Km racewalk out of the results. In this race, Robyn (the youngest girl in the field) beat nine other young women from seven Pan Am countries. Robyn had a 5 second PR while defeating Mabel Oncebay, Peru, in a photo finish. . .

Not only is Robyn an outstanding racewalker, but she is also an outstanding middle distance runner. Each of the last two years, she has qualified for the California state HS meet in both the 1600 and 3200. In '98 she was seventh in the 3200 and this year fifth in the 1600. . ."

Subsequently, Ron learned that McMicken had ignored the 5 Km walk at the Pan Am meet because he thought the judging at the Junior Nationals was a joke and felt that Lisa Kutzing, who was DQ'd, was the winner. As Ron notes, "Just the kind of support we need from a USATF staff writer."

From Heel to Toe

Chuck Hunter. We received the following distressing news from Marco Evoniuk, one of our all-time great walkers: "I am writing to tell of the death of my good friend and mentor, Chuck Hunter of Longmont, Col. He died on July 24 at the age of 62. The veteran 100 miler—many times in Columbia, Mo. (Ed. Eight times to be exact)—would walk a 20 miler with me just after he had completed a graveyard shift as an air traffic controller, with no sleep. This man was my true influence. His work ethic in elite walking was the key influence. In 1971, he took up racewalking, and later he focused much of his walking around events to raise money for charities. Every Sunday morning we would walk to Lyons and back—20 miles. Also, we would walk with Dr. Chris Amoroso—the three of us. Many times, it would be cold and snowy. Even after a total knee replacement, he was walking 20 milers within 6 weeks. I did the 100 km National in 1977 and from that I respect the 100 mile race like no other. Any bloke can do a 20 or 50 Km race. This man lived life in a sharing way. Two weeks before his death, he had total knee replacement on the other knee. Ready to take off again. Just wanted to tell you. He always mentioned what Mortland was writing." Marco included a lengthy obituary on Chuck, evidently from the Longmont newspaper. Chuck had been a long-time subscriber to this publication, though not in recent years. I competed against him a few times in the early '70s, perhaps the last time at the National 30 Km in Columbia in 1973 and new him as a great guy. My good friend, Jack Blackburn, who competed against Chuck in many of those 100 milers, had a bond with him that develops in those type of events, and might pay him a stronger tribute than I. But Marco's words are certainly a great testimony and tribute to the man. **Colin Young.** There seems to be a spate of bad news going around lately. The deaths of Joann Beers and Richard Charles reported last month, along with injuries to Bob Mimm in the same mountain accident that took Joann's life and Chuck Hunter's death reported above seem to be enough bad news. However, there was one other letter I received recently with further bad news. This comes from England's 1964 Olympic silver medalist (50 Km) Paul Nihill. His letter reads: "Our good friend Colin Young is struggling at the moment. Just over a week ago (Paul's letter was dated Oct. 7), he woke up in the morning blind! He went straight away to Moorfield's Eye Hospital and they operated immediately. He fears the worst and is very, very down at the moment. The prospect of not being able to racewalk write or read again terrifies him. He has got to be patient and wait until he sees the eye specialist again shortly. They wouldn't have operated if they didn't think there was a chance. I saw him two days ago and read the *Ohio Racewalker* to him. He was pleased that he was mentioned in it, as indeed was I; thanks. (Their mention was in the Looking Back feature for 1969.) Without knowing the facts, I cannot tell you too much. Whatever he knows, he isn't saying. I admire Colin so very much: to me he is 'Mr. Walking'. His knowledge of racewalking is out of this world. He is fantastic and a great guy." Colin has been a strong competitor on the British racewalking for more than 40 years. Quite competitive at distances from 3 Km up, he excelled at the ultra-distance events. He once held the world 24 hour record and completed several Paris-to-Strasbourg and Paris-to-Colmar events (500 km plus). He has contributed his thoughts on these events to these pages. Most recently, he was seventh in the 60-64 age group 20 Km at the World Masters, breaking 2 hours. He has covered

racewalking for *Athletics Weekly*, the British T&F publication and has been on the scene at many world and European championship events. I first met Colin at Bad Saarow, E.G. at the 1967 World Cup when he was on the sideline giving our team as much, or more, encouragement as his own British lads. Ron Laird has corresponded with him since the late '50s and he is fondly remembered by many U.S. athletes who have competed in England. I knew, but had forgotten, that Colin has been essentially blind in one eye since age 14. He has mentioned in letters about deteriorating sight in the other eye and his fears of this growing worse. To bring Paul's letter up to date, I called Colin two days later and found he was recuperating at home. At that time, he had sufficient sight returned to be up and about and outside, but not to read, which is very important to him. Apparently, he might expect further improvement. While he can't get out to train now, he promises to be competing again in the year 2000. It is not certain what has caused the problem. For those who know Colin and wish to contact him, his address is 55A Sackville Gardens, Ilford, Essex IG1 3LJ England. Phone 011-44-1815180857. . . **Fast walking video.** Last month we let you know about a video available from the ARCO Olympic Training Center. Since then we have had the opportunity to review it. *How To Walk Faster--Tips From the Pros* is an excellent instructional video (34 minutes) organized in a very logical fashion. First, we are given techniques involving, in order, the arms, the torso (or hips), the legs, and the feet. In each case, correct technique is shown and the important elements described. Then, common problems and their consequences are shown. Finally, all the key points are reviewed. The tips given in this technique presentation should be useful to all walkers, from those seeking a better fitness activity to those aiming for elite racewalker status. Second, we are shown aids to improve and develop proper techniques for each of the four elements. These are in the form of flexibility and strength exercises and drills. In each of these sections, all techniques are clearly demonstrated and well described in simple terms. The final section of the video briefly describes training methods--speed play, metronome, and intervals. The video is narrated by Elaine Ward, Managing Director of the North American Racewalking Foundation. Each section is introduced by National Coach Enrique Pena and is then presented by one of the national team members in training at the ARCO Center. Demonstrations are by the center's athletes and members of the Southern California Racewalkers. Olympic gold medalist Jefferson Perez is also shown in some sequences. Since Coach Pena's English is still not strong, his brief narrations are difficult to understand, but that is a small matter, because the meat of the video is in the narration by Elaine and the Center athletes (Curt Clausen, Al Heppner, Tim Seaman, and Philip Dunn narrate various sections.) The video has an accompanying manual, *Fast Walking Technique and Training*, written by Elaine Ward. It essentially follows the video, but provides a little more detail. For me, the only weakness of both the video and the manual is the section on training methods. The problem is that the constraints of a 30-minute video simply don't allow space for the type of detail needed. For example, heart rate monitors are referred to, but you would already have to know about the physiology of heart monitoring for this to mean anything. Likewise, the details of interval training, even in the manual, are too sketchy for someone to embark on an intelligent program. However, they do give an idea of the approach that will be helpful. These are the types of detail that are only going to be found in books that allow room for in-depth discussion of these matters, so this isn't really a criticism of the video, just a shortcoming of the format. The video is highly recommended and is available for \$19.95 plus \$2.00 shipping and handling from the North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115-0312, FAX 626-799-5106, Phone 1-800-898-5117. The manual sells for \$10.00 plus \$2.00 S&H. The walkers in the video were wearing very attractive t-shirts featuring the Foundation's logo of two racewalkers emerging from the North American Continent. These can be yours for \$12.00 including shipping. **Interesting numbers.** Ireland's Pierce O'Callaghan provides the following figures: Attendance at World Cross Country Championships in Belfast this year--12,000 on Day 1; 7000 on Day 2. Attendance at World Cup of Race Walking in France this year--15,000 on Day 1; 12,000 on Day 2. A feather in

our cap, but who will notice in a way that profits the sport? But it can't hurt. . . **Qualifying standards.** The standard for entry in the 2000 Olympic 50 Km trials race, to be held in Sacramento on Feb. 13 is 4:45:00. The standard must have been met sometime after Jan. 1, 1999. Walkers achieving a 4:15 will receive funds for travel and housing. Standards for the 20 Km Trials are 1:33:00 for men and 1:48:00 for women. Athletes achieving 1:26:00 or 1:37:30, respectively, will receive funds. The men's race will be on Sat. July 22 and the women's race on Sunday July 16 both at 8 am in Sacramento. Those finishing in the top eight of all three races will receive funding after the race if they had not been funded through qualification. The qualifying period for these races is Jan. 1, 1999 through July 9, 2000. . . **It's Colonel Steve Pecinovsky (USAF) now.** Steve says that they will promote anyone these days. **Retiree.** Elliott Denman, 1956 Olympian, long-time promoter of all those New Jersey races, and leader of the Shore AC has retired from his job as sports writer for the *Asbury Park Press* after 35 1/2 years. However, he hopes to make a brief comeback for the *Press* at the 2000 Sydney Olympics. In the meantime, he hopes to get fit for some real racing again so he can beat John Humcke. (I notice though, that Elliott, astute as he is, has chosen to go along with the crowd on this millenium thing. He advertises the Polar Bear 10 Mile in Asbury Park as the last major walk of the millenium. But, this lonely voice from the heartland cries out, the millenium and major walks in it, still have another year to go. Alas, we sticklers for accuracy can't overcome the fascination with the number 2000.) **Jacobson writes again.** Nineteen years after he published his definitive text, *Racewalk to Fitness*, Howard (now Coach Jake) Jacobson has hit the presses again with *Healthwalk To Fitness*. Jake has been a successful racewalker himself, coach to many elite walkers, former fitness editor of the *New York Post*, founder of the New York Walkers Club, and director of the Walkers Club of America. In the book he shows how to apply racewalking techniques to help readers achieve a healthier and more beautiful body. Its available for \$15.00 plus \$4.00 for shipping and handling from HeartFit Books, Box 640, Levittown, NY 11756. . . **How hot was it?** . . . I notice in the Danish publication *Gangsport* (which I can never read much of) the official temperatures and relative humidity during the World Championship 50 Km in Seville (at least that's what the table appears to be, I can't read the accompanying text.) Temperatures are in celsius. 7:45 (start)-- 25, 70% 8:30--27, 68% 9:00--29, 66 % 9:30--29, 63 percent 10:00 41, 57% 10:30--35, 47%; 11:00--36, 46% 11:30 (when the leaders were finishing)--37, 46% 12:00 --42, 40%. The 25 C at the start is 77 F, for the benefit of our vastly U.S. readership, who may not want to bother to translate. And the 37C at 11:30 is 99 F (98.6 if you demand accuracy). Those who were lagging faced a temperature of 108F by the finish. But note that the relative humidity was dropping all the time. (That is equally true around here, where many summer days are quite similar to this, but with temperatures usually not exceeding the low to mid 90s and relative humidity not dropping quite so much. Anyway, since it has always been obvious to me that the humidity is higher in the early morning, I feel those who get out real early to beat the heat aren't really accomplishing much.) So anyway, the effective heat may not have been that much different from start to finish for the leaders. (When it shoots up well over 100 and remains somewhat humid, that's different.) Bob Steadman in Australia could tell us more about this since he has done some extensive studies along these lines. However, he also factors in wind velocity and extra radiation, which we don't know in this case. Anyway, everyone said it was really hot and these figures certainly verify that. Amazing performances, but athletes shouldn't have to perform endurance activities in such conditions. . . **So what does Steadman say?** I shouldn't leave the above hanging, so here is letter I got from Bob following the interview with Joanne Dow in the June ORW (He included a copy of an outdoor apparent temperature scale, which enables one to assess any combination of temperature, humidity, wind, and extra radiation, such as sunshine, as published in a paper of his in the July issue of the *Journal of Applied Physiology*): "The interview with Joanne Dow raised the subject of acclimatization. Heat stress is a major problem for walkers as walking is one of the hottest of sports because of the relatively slow speed and the scheduling of many long races in hot

weather. Performance times are lengthened more by heat than perhaps any other environmental factor, even hills. Acclimatization is, so to speak, a hotter issue in the southern hemisphere, where top athletes must often compete out of season. There has long been a belief among coaches, industrial engineers, some doctors, and the general public, that people can somehow be acclimatized to heat by repeated and sometimes passive exposure to heat. At least one text also claims the reverse: that English people are "cold-acclimated". In the childhood of us oldies, doctors had us "acclimatizing" to sunburn by exposing ourselves progressively to the summer sunshine. They produced a whole generation of Australians with skin cancer. Yet, the 1968 trials of 128 persons from the U.S. (supposedly used to indoor heat) and 128 from Denmark (supposedly preferring cooler conditions) showed that they turned their thermostats to exactly the same temperature. The best-known example among walkers was the Englishman Don Thompson, who collapsed in the heat of the Olympic 50 km at Melbourne in 1956. In his autobiography, he is said to have prepared for the 1960 Games with a radiator in the bathroom. In the eloquent words of his ghost writer, he "had great fear of failing" and spread the rumor that he was exposing himself to passive heat. In fact, while he was lounging in sauna baths, he was in the Lake Country--significantly, the coolest part of England--training 250 Km per week. I doubt if even he could have put in that much distance in sultry conditions. (Ed. Note that Thompson won the 50 in Rome in very sultry conditions, so whatever he did worked out well for him.) Organizers of Sydney's annual city-to-surf run (over 5000 competitors) one year administered a pre-race questionnaire that included the question "Are you acclimatized?" After the race, the proportion who collapsed was exactly the same among acclimatized and non-acclimatized. I am concerned about the number of young Americans who die from heatstroke in early-season football training sessions: 60 each year by official admission, though the true figure is probably higher. Heavy "protective" clothing aggravates the heat load, but, if there were anything to acclimatization, the end of summer should be the very season when they are acclimatized. Likewise, I recall the deaths from heat stress of two motorcyclists in the Post (TX) Enduro, stifled by the helmets and leather clothing that were designed to protect them. My concern relates especially to the false security suffered by people who think that acclimatization can keep them alive in lethal heat. I agree with you that the ability to cope with heat comes with training, one effect of which is to reduce insulating body fat. But, if an athlete believes that "acclimatization" can help, it probably will, just as taking vitamin pills can have a useful psychological effect. In discussing this unscientific hocus pocus with the believers, I ask such questions as: Does the acclimatization to heat make a person thereby better or worse acclimatized to cold? At this point, some believers dissolve into waffle, but Joanne Dow gives a straight answer: Worse, but the mechanism is not explained. How long does acclimatization last? (A week according to one expert.) How do I know if I am acclimatized or not? (Expert's answer: If you have been exposed to heat recently.) Perhaps Bob will comment on just how dangerous the above conditions were when he sees the figures. . . **More Shimko.** Last month we mentioned a book by Ukrainian Alexander Shimko. Ron Laird has corresponded with Alex and some excerpts from a Shimko letter to Ron are interesting, though in some cases, perhaps discouraging to Ron. Shimko writes (And I won't try to clean up his imperfect English): "What thoughts arouse in my head about racewalker Ron Laird? It is a pity you didn't realize completely! I think, I am sure: You did so much useless and unnecessary work! I wonder how you managed to be a prizewinner two times at Lugano Cup, when you had such semi-literate (in methods) workouts! Having 'typing' style of walk for being correct, you injure your ligaments. This is heroism, this is exploit! On the whole I understand that your achievements became possible only due to incredible fanaticism. By the measures of sports science of former USSR, the sportsmen of some middle-level mastership trained like you, but not the sportsmen of your level! Least of all, I want to offend you by these words, but V. Golubnichiy and I discussed your letter (by phone), and came to conclusion that R. Laird is a fantastic walker!!! (He goes on about all the advantages Soviet sportsmen had with year-around training camps and jobs that they didn't work at, etc.) I think you understand now that it

was useless for you (USA) to compete with us? No questions? In this sphere, we outstripped the whole world! We managed to organize. You (USA) didn't. Any talented person on any point of Earth means nothing without: organization, coach, conditions for training, and life conditions. Among these four factors, you Americans don't have the first and the second points. At the present stage of development of racewalking, nobody--Hausleber, Pena, Pathus, or Bulakowski, and so on (with all my respect towards their merits) or any other coaches of racewalking are not able to make a breakthrough in racewalking as much as it can make Alex Shimko." (Ed. With no disrespect, but I must note that to date, we have seen better results from those above than from Shimko.) . . . At another point, Shimko writes: "I want to say that October 1967, '68, and '73 years were utterly unsuccessful periods for you. (Ed. in Oct. '67 and '73, Ron finished third in World Cup races; in Oct. '68 he had a bad race in the Mexico City Olympics.) For now, I can't tell in details about my my discovery, but I can determine who can be on the pedestal of honor after finish. I can determine this beforehand. Oct. 15, 1967--You were to be second, after Golubnichiy, but he let Smaga ahead. He made covering for Smaga. Because it was a must. The authority said to do so. According to my estimations, every person gets energy from space, and that day wasn't exception: Golubnichiy got 75 percent of energy that day, Laird 58 percent, Smaga 57 percent. (Ed. Judging from my race on that day, I must have been at about 15 percent.) Oct. 12, 1973--Reiman 57 percent, Stadtmuller 83 percent, Laird 53.5 percent. Reiman, who more experienced (he was 32) outran young, 20-year-old Stadtmuller. And you were in your practically worst state (condition), because 50 percent is almost zero. By the way, we also think that Germans were on drugs. 1968 Mexico--You properly frightened Golubnichiy and Smaga by means of your workouts. But you did that in vain, in those days when you were frightening them, you shouldn't have done that! You were in the antiphase (contraphase=pit) of your moonbirthday, and on such days (contraphases) you are to save yourself. That time you just broke yourself by training. Recollect in your memory." So now, poor Ron knows that he never had a chance. Perhaps of greater interest, though that's some pretty neat stuff, are Shimko's comments on athletes that Ron (and, in some cases, your editor) competed against: "*Vladimir Glubnichiy*--In 1979 finished the career of athlete. Began to work as coach. He achieved wonderful results in working with pupils, but to your level they didn't manage to rise. In 1993, his wife died. She was his wonderful friend thanks to who he was on top for so many years. In 1996, he married another woman. She is very interesting woman. She looks after him and cares about him. By the way, he never took pharmacy (drugs) and his second wife is very good at understanding different herbs and in vernacular medicine. Golubnichiy, like a sly fox estimated how to survive and began to work at his chalet. To wit, he domesticated fruits and vegetables in his garden in order not to buy food at the market. He was given a pension (like a great athlete) of \$70 - 75 and salary of \$40-50. In spring this year, he has got into trouble. His ear got inflamed, the operation was done, but the face nerve was affected, as a result he has got a palsy of part of his face. But he is very strong, you know--he works at himself a lot, and almost everything passed. Every year, on the second Sunday of July, he holds competitions of his prizes. Many people from different cities like to come to him. (Ed. Ron is proposing a fund to help Vladimir, who is apparently not in very prosperous straits despite his one-time hero status in the USSR. If you are interested in such a project, you can contact Ron at 4706 Diane Drive, Ashtabula, OH 44004, Phone 440-998-1371.) *Nikolay Smaga*--Died (after two apoplexies on March 29, 1981. He was a coach of a team of Ukraine. After the 1980 Olympic Games, he had some problems with A. Fruktov and other men from steering committee. *Leonid Spirin*--Last years of his life, Spirin worked as a loader at the supermarket (it is considered to be shameful work here). He liked to liquor vodka, thus he died so early. *Boris Khrolovich*--He had bad relations with authorities (struggled for justice), thus he wasn't given the rank of Colonel. Now he lives in Minsk (Belarus) and is on pension, but works as a coach. One of his pupils is Franz Kostukovich (winner 1989 World Cup 20 Km) *Wolf Guk*--Works as a doctor with sportsmen. *Gennadiy Agapov*--A military pensioner. It seems to me he is a Colonel." . . . **Taking**

exception. In our August issue, Al Hepner's article on the National 10 Km stated: "The race continued the year long battle between Clausen and Seaman in what may soon become the best rivalry in American racewalking history." (I tried to leave out the typos this time.) At that time, we noted parenthetically, "Let's reserve judgment on that." Frank Manhardt in Brightwaters, N.Y., a retired high school track coach who had Tim Seaman, as well as Margaret Ditchburn and Dave Marachese, other U.S. internationals, on his teams, writes: "The San Diego Training Center and the arrival of Tim on the national scene has already resulted in the type of competition Curt needs as he peaks in his career. His 50 Km time sets the stage for American respectability **finally** at the marathon distance. Hopefully, the competition will be such that Tim can establish like results at 20 Km." Thanks Frank for stating a position I would agree with and giving me a chance to clarify a perhaps too brief statement of my own. In suggesting we reserve judgment, I only meant to give the rivalry a bit more time before we make it 'the best'. I think of Schueler-Evoniuk over a dozen years or so, Laird-Zinn, Laird-Romansky-DeNoon. Maybe I should mention Denman-Humeke (see September issue), which is being renewed, or, dare I say, Blackburn-Mortland. Anyway, I just think the rivalry needs a bit more time before we bless it. Incidentally, I don't think it's proper to say 'finally' regarding this country's respectability at 50. Certainly Larry Young's two Olympic bronze medals ('68 and '72) brought respectability, and I think Marco Evoniuk (9th '83 World Championships) and Carl Schueler (sixth 1984 Olympics) did well enough over their long careers to earn some respectability among their international compatriots. Both had other top 20 finishes at World Cup and World Championship races. Certainly, however, Curt has brought **new** respectability. . .

Checkin' In From the World Championships

by Al Hepner and Air Ware

By the time we had checked into the training center in Barcelona, I realized that despite numerous courses and practice, I still didn't know any Spanish. When I learn a word in Spanish it goes in one ear and out the other. I could barely say my room number to get my key. One time while we were getting dinner, I asked my teammate, Susan Armenta, how to say "pork" in Spanish 17 times. I still don't know how to say it.

I figured I'd better focus on training. That didn't go too well either. But, I did discover that my coach, Enrique Pena, is a pimp. (Ed. Nice way to talk about your coach, but I guess he meant it in some broader sense. We'll assume that.) I missed that side of him in the states because of the language barrier. But in Spain, he could talk to anyone for any length of time and have that person's complete and undivided attention. As a result, I hung out with my coach as often as possible.

We were treated very well on arrival in Seville, especially by the women at credentials. Triple jumper Von Ware and I were roommates, just like back in the states. None of Tim Seaman's 37 converters could get Von's Sony Playstation to work, so we decided to go to the opening ceremonies.

The opening ceremony was cool, because Von did a black flip on the way out and lots of people cheered. There were dancers, fireworks, and some half-naked guy running around pretending to be Hercules. It seemed all right to me, but all the papers the next day talked about how boring it was.

The first meal at our hotel was really great. I kept going back for more. The only problem was every single meal after was exactly the same. I guess they don't believe in variety in Spain. Von took 58 trips to McDonald's. I should have joined him.

I raced at the World Championships, too. Well, sort of. Von's competition was first, so let's talk about that.

"I'm going to jump out da pit," Von exclaimed as he left our room.

That might have worked, but they made the pit too big. That's OK, because I can't even jump out of the sandbox pit. His runway was broken so he didn't make the final. No one on his runway made the automatic standard for the finals.

I wasn't too popular with the judges in the 50 Km walk, but they did let me watch a good portion of the race. So I sat down and started taking Andrew Hermann's splits. He lived in Spain last year, but the judges didn't really care for him either. Then I had someone to watch the race with and Curt Clausen was doing pretty well. He got fourth and that was the best finish ever by an American racewalker at the World Championships. In other words, he put the smack down on almost everyone. We wanted to throw a bucket of Gatorade on him like they used to do to Bill Parcells when he coached the Giants, but the guards wouldn't let Andrew and me back into the Stadium.

Of course, we went to the party. It got pretty crazy there. Von even took his shirt off. We stayed up pretty late and my newfound friends from Spain took me directly to the airport. I fell asleep at the gate waiting for my plane. I woke up as the last person was boarding. Since I hadn't finished my race, I was determined to finish my trip home.

I didn't really learn any Spanish on my trip, but I did meet the team massage therapist for the Los Angeles Lakers. Now I'll be able to practice my Spanish with Shaq. I heard he eats lots of pork.

Looking Back

30 Years Ago (From the October 1969 ORW)—A U.S. team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Airola-Chiasso road relay in Switzerland. . .Laird won National titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the former, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30, Tom Dooley gave Laird a good tussle and finished in 2:30:08, with John Knifton, Ron Daniel, and Gerry Bocci following well behind. . .East German ace Christoph Hohne, the Olympic gold medalist in 1968, bettered the World Record at 50 Km (track) with 4:08:05. . .On the local scene, your already aging editor (then 34) won a 2 mile in 14:49 and a struggling 20 Km in 1:43:14.

25 Years Ago (From the October 1974 ORW)—Led by Bob Henderson and Augie Hirt, the U.S. won a dual meet from Canada in Montreal. Bob won the 20 in 1:34:32. Augie beat Tom Knatt in the 50 with a 4:40:15. Tom was 2 minutes back, well clear of Canada's Pat Farrelly. . .Larry Young captured the National 30 Km title in 2:30:06, with Hirt second and Mexico's Domingo Colin third. . .That was in Columbia, Missouri, where on the same day, Ruth Eberle won the women's National 10 Km in 57:30. . .Also in Columbia, the annual 100 miler saw a record five finishers, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neil, Dave Leuthold, and Leonard Busen followed. . .John Knifton turned in a 'knifty' 1:31:30 for 20 km on the track in Pine Plains, N.Y.

20 Years Ago (From the October 1979 ORW)—This time, Canada, led by Mike Stones and Helmut Boeck, prevailed over the U.S. The meet was held in Niagara Falls. Stones won the 15 Km in 1:10:41, just 5 seconds ahead of Dennis Reilly, who was followed by U.S. teammates Ron Daniel and Al Halbur. Boeck (2:33:17) and Pat Farrelly (2:34:47) were one-two at 30 Km, giving Canada a one-point win for the two races. Alan Price, Ray Somers, and Wayne Glusker took the

next three spots for the U.S. . . Two weeks earlier, Price had defended his 100 mile title in Columbia, winning in 19:52:15. Seven others, led by Bob Chapin and Leonard Busen, finished. . . Dan O'Connor won the national 30 km in Detroit with a 2:22:43. Steve Pecinovsky was just 5 seconds back.

15 Years Ago (From the October 1984 ORW)--Carl Schueler, following up his Olympic sixth-place finish, recorded one of the most one-sided victories in U.S. National Racewalking title annals in winning the National 40 in Fort Monmouth, N.J. Carl had an excellent 3:13:57. Second place Ray Funkhouser finished in 3:39:21, followed by Nick Bdera, Fabian Knizacky, and Randy Mimm. . . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with 18:46:13. That was better than 2 minutes under Paul Hendrick's mark from 1980. It marked Alan's 15th 100 miler. (Note, however, that Larry Young walked 18:07:12 in his only attempt at the distance in 1971, the year it was driven indoors to a 220 yard track by torrential rains that flooded the outdoor track. It's probably a greater feat than had he done it outdoors, but a record must come on 440 yard or 400 meter track. Probably out of boredom and wanting to get finished, Larry walked each of his last 2 miles in under 8 minutes). Bob Keating (21:42:55) and Bruce Etherton were the only other finishers. . . Canada's Guillaume Leblanc won the Alongi 20 Km in Dearborn, Mich. in 1:26:37, followed by Mexico's James Lopez and Italy's Sergio Spagnulo.

10 Years Ago (From the October 1989 ORW)--In brutal weather conditions--high humidity and a temperature that climbed past 90 during the race--Dave McGovern, protesting that he was not a 40 km walker, won the National title at that distance. His winning time of 3:52:34 reflected the conditions, which favored tough old guys, with the next five finishers having passed age 40. Nick Bdera and Alan Price finished second and third. . . Tim Lewis recorded an impressive win in the Alongi 20 with a U.S. road record of 1:22:17. Going through the first 10 in 40:51, he easily dropped Italy's Sergio Spagnulo, who finished second in 1:23:39. The next four spots went to Zbigniew Sadlej, Poland; Victor Sanchez, Mexico; Carl Schueler, and Gary Morgan. Italy's Ileana Salvador won the women's 5 in 21:52, beating Monica Gunnarsson, Sweden; Alison Baker, Canada; and Debbi Lawrence. . . Gary Morgan covered 25,710 meters to win the National 2 Hour in Cambridge, Mass. He led Jeff Salvage by 455 meters. McGovern was third with 24,455. The women's 1 Hour went to Lizzy Kemp, who covered 10,899 meters to beat Susan Westerfield by 256 meters. . . And, Alan Price was still on top at 100 miles. He won the Columbia race in 19:54:11, leaving Dale Sutton more than 27 minutes behind. Ray Franks, Dave Thorpe, and Veda Robidaux also finished the distance.

5 Years Ago From the October 1994 ORW)--In one of the classier fields in recent years, Dave McGovern won another National 40 at Fort Monmouth, considerably faster this time with 3:28:02. Ian Whateley was second in 3:30:14 and Dan O'Connor, leading at 20 km in about 1:45, faded to 3:39:53 and third place. In fourth, was Curt Clausen in 3:43:19, only about 5 minutes faster than he did for 50 in this year's World Cup. Good improvement over 5 years time. . . A week later, Jonathan Matthews beat McGovern in the National 5 Km, going 20:12 to Dave's 20:35. Allen James was third in 20:54 and Gary Morgan fourth. . . Another week later, Mexico won the Pan-Am Cup in Atlanta. Bernardo Segura (1:24:15) and Daniel Garcia (1:24:23) were one-two, ahead of Ecuador's Olympic champ to be, Jefferson Perez (1:24:34). Matthews was the first U.S. walker in 12th (1:18:04) and James had 1:30:01 in 14th. Mexico took the first five places at 50, led by Carlos Mercenario (3:52:06), Miguel Rodriguez (also 3:52:06), and German Sanchez ((4:03:07). Rob Cole was eighth in 4:23:10 for the U.S. The U.S. team finished fifth at 20 and third at 50. The women's 10 went to Mexico's Graciela Mendoza (46:14) with Teresa Vaill second in 46:20. Mexico won the team title with the U.S. edging Canada for second. . . Then, another week later (now October 2), the Alongi races went to Lyn Brubaker (46:59--she had been 12th in 48:42 at the

Pan-Am Cup) and Mexico's Guillermo Rodriguez (1:24:17). The Mexicans were 1-2-3 with different people than had competed in Atlanta. Ian Whateley was fourth in 1:30:28. . . Finally, in the fifth straight week of high-class racing, Allen James won the National 2 Hour covering 26,661 meters, a new American record. Marc Varsano (25,372), Carl Schueler (24,884), and Whateley (24,537) followed. Clausen, still searching for the secret that he soon found, was a distant fifth. Victoria Herazo won the women's 1 Hour, going 12,440 meters, 802 meters ahead of Gretchen Eastler. Joanne Dow started to show her promise in third (11,514).

Where is the next Guano Press?

We repeat that question. In our June 1983 issue, under the title "What's That We Semll?", we wrote as follows:

"Who among us remembers the *Guano Press*? Launched by three young radicals--Greg Diebold, Howard Palamarchuk (the same well-respected podiatrist who now head's race walking's subcommittee on sports medicine), and Gerry Willwerth--in 1972, this infamous rag rocked the racewalking world with its scurrilous attacks on the establishment. Nothing was sacred to these purveyors of yellow journalism and no one escaped their barbs. Unfortunately, for those of us who enjoyed their scathing satire (even when directed at our own arch-conservataaive stance), this scandal sheet was rather short lived as these reckless youths grew up and found better things to do with their lives.

Well, hold your noses? Another band of renegades with time hanging heavy on their hands has emerged. The *Guano Press* has been resurrected, rising not from the sewers and gutters of the Eastern seaboard, but from the supposedly clean, pure mountain air of Colorado. Ah, but the stench certainly belies the pristine origins. Volume I of *Face Tight Press* (formerly *Guano Press*) has reached us from Colorado Springs, home of the U.S. Olympic Training Center and some of our nation's top walkers. The staff remains anonymous--unless you want to accept such names as Human Smurf, Gumby, Mr. Potatoe (sic) Head, and the Fly (alias Hymeto).

But obviously, this vituperative rag is the handiwork of walkers in residence at the Center. . . With nothing to do but racewalk all day, this crew had to turn their foul, fetid minds to something, lest they decay completely. . . Although some of the 3-page issue is devoted to inside humor--or is just that I am too old, out of contact, and reactionary to understand--it is still worth every cent I paid for it. Perhaps not quite up to *Guano* standards, but a passable first effort."

Well, as we noted when we reran this item in June 1988, *Face Tight* too had a short life and the racewalking world again had to rely on the tired old *Ohio Racewalker* to keep abreast of goings on. And so it remained then and still does today. As we asked then: When is the next *Guano Press* going to emerge so we can know what is really happening out there?