

## National 30 Km

### **Impressive Performances in Heat; Unimpressive Fields**

Kenosha, Wis., July 22 (As reported by Al Heppner, with editor comments)--A heat index of 105 degrees did little to slow Michelle Rohl and Curt Clausen as both led from start to finish to win National USATF 30 Km Racewalk Championships. Rohl dominated the women's field and had the fast time ever for an American woman with 2:34:37. Clausen, who finished in 2:19:32, was pushed by Philip Dunn (2:22:53), but was never in jeopardy of losing the race.

Rohl survived the brutal conditions by walking an even-paced race--10 Km splits of 51:33, 51:27, and 51:37. "I didn't follow my plan. I went out two minutes faster than I was supposed to," Rohl said.

At 10 km, Rohl had already opened up a 51-second cushion on fellow three-time Olympian, Debbi Lawrence (52:24) with no one else in sight. Rohl passed through 20 in 1:43:00 to Lawrence's 1:45:18 before really pulling away in the final 10 to win by more than 12 minutes.

"When I woke up, I could really feel the humidity even though it was only 6 am. I kept thinking throughout the entire race that I was going to crash because of the weather," Rohl said.

Clausen was able to avenge his upset loss to Dunn in the 50 Km National last March by going out strong and steadily increasing his lead. He was 44:36 at 10 Km, with Dunn (46:05) in tow. Al Heppner was still in shouting distance at 48:04, but faded terribly after that. Staying fairly consistent, Clausen hit 20 km in an impressive 1:30:55 considering the conditions, with Dunn passing through in 1:33:18.

"I wanted to go after the championship record and I was still on pace through 10 km. But then it became clear that the conditions wouldn't allow it. At that point, I just wanted to win the race and have a good workout," Clausen said.

(Ed. Nonetheless, he had the fourth fastest time in the history of the event, despite the energy-sapping conditions. Allen James won the 1993 race in 2:14:31 and in 1983 Marco Evoniuk won in 2:16:41 with Jim Heiring second in 2:19:25.)

The temperature hit 90 F, with 80 percent relative humidity forcing out 7 of the 17 starters in the two races. There were also two DQs.

(Ed. See also the Looking Back feature in this issue regarding the 1966 race in Columbia, Mo. Conditions were slightly worse, with the temperature hitting 95. But none of us in that race came anywhere near as close to our potential as Curt, Philip, and Michelle did. So, I'm impressed with these performances, while also understanding the number of dropouts. But, as usual, I'm not impressed with the size or the quality of the field that a National race draws. But, that's an old song, and we won't sing for long.)

In an accompanying 20 km race, Amber Antonia needed to walk under 1:36 to qualify for the World Championships in Edmonton. On a decent day, Antonia likely would have bested the standard. She battled valiantly for 10 Km before finally dropping off the pace. At that point, her coach Mike DeWitt told her to save it for another day. Tim Seaman won an accompanying 10 Km in 45:43

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#### Results:

Men--1. Curt Clausen, NYAC 2:19:32 2. Philip Dunn, New Balance 2:22:53 3. Pablo Gomez, Parkside AC 2:44:04 4. Al Heppner, US Army 2:51:25 DNF--Al Fitch (40), Miami Valley 22 Km; Stephen Quirke, UW Parkside 21 km; Dave Doherty, Potomac Valley 18 km; Dave McGovern, New Balance 17 km; and Dan O'Brien, Pegasus Club 15 Km. DQ--Bob Keating (54), New England and Klaus Theidmann (47), Chicago Walkers.  
Women--1. Michelle Rohl, Moving Comfort 2:34:37 2. Debbi Lawrence, Barleygreen 2:46:57 3. Heidi Hauch (41), World Class 3:05:36 4. Sam Cohen, Parkside AC 3:11:25. DNF--Deb Huberty, Parkside AC 16 km and Mo Roberts (42), Mobile, Ala. 12 km.

### The Racing Scene

**5 Miles, Dedham, Mass., July 4--**1. Stan Sosnowski 46:30 2. Steve Vaitones 47:05 3. Bill Harriman 49:11 4. Charlie Mansbach 51:43 5. Justin Kuo 55:47 Women--1. Joanne Harriman 55:47 **5 Km, Cambridge, Mass., July 8--**1. Bill Harriman (54) 28:23 2. John Costello (45) 28:53 3. Rich Ruquist (63) 30:44 4. Tom Knatt (60) 33:28 **5 Km, Hauppauge, N.Y., July 14--**1. Greg Dawson 24:15 2. John Soucheck 25:00 3. Joseph Trapini (15) 27:33 4. Maria Michta (15) 28:02 5. Lauren Olivieri (16) 28:04 6. James McGrath (64) 28:48 7. Seth Kaminsky (60) 29:35 8. Bob Barrett (67) 29:39 9. Christina Quirke (19) 30:51 10. Linda Goldstein (51) 32:18 (18 finishers, 3 DQs) **3 Km, Alexandria, Vir., June 3--**1. Virginia Ingelse (40) 17:51.19 Men--1. James Moreland (48) 16:38.01 **1600 meters, same place--**1. Moreland 8:57.30 **3 Km, Alexandria, June 17--**1. Virginia Ingelse 18:03.10 Men--1. James Moreland 16:43.20 2. Victor Litwinski (57) 17:31 **1600 same place--**1. Moreland 8:52.80 2. Litwinski 9:07.20 **Region V Junior Olympics, Berea, Ohio, July 15:** Bantam Girls (10 and under) 1500 meters--1. Rhea Beckett, West Dayton RR 11:49 (4 finishers, 1 DQ) Bantam Boys 1500--1. Ian Geer, South Dayton Flyers 10:03 2. Roland Jackson, Mich. 10:38 (6 finishers, 1 DNF) Midget Girls (11 and 12) 1500--1. Autumn Davis, Southwest Ohio TC 9:14 2. Esther Underwood, Miami Valley TC 10:43 (5 finishers) Midget Boys 1500--1. Max Buchwalder, Miami Valley 9:57.95 2. James Butler, Miami Valley 10:04.01 3. Caleb Keller, Miami Valley 10:04.14 4. Kyle Roberts, SW Ohio TC 10:04.17 (That might be the tightest three-way finish in the history of our sport) (5 finishers, 1 DQ) Youth (13-14) Girls 3 Km--1. Tina Peters, Miami Valley 28:20.40 (3 finishers) Young Mens (17-18) 5 Km--1. Matt Boyles, un. 21:06.10 **1500 meters, Yellow Springs, Ohio, June 28--**1. Jim Robinson 6:05 2. Eric Smith (19) 6:41.2 3. Brian Davis (17) 7:52.7 4. Bill Whipp (55+) 8:52 5. Ian Geer (10) 10:06 6. James Butler (11) 10:16.5 (12 finishers) Women--1. Jill Zenner 6:05.5 2. Tina Peters (13) 8:20.7 3. Autumn Davis (12) 8:46.4 4. Miriam Jacobs (55+) 10:06 (8 finishers) **Youth Nationals, Illinois, July 4:** Bantam Girls 1500--1. Irais Villa, Ill. 9:36.76 2. Alexandria Myers, Ohio 11:11.05 3. Caroline Johnson, Kentucky 11:25 Midget Girls 1500--1. Amanda Huff, Kentucky 8:46.45 2. Rachael Travis 8:48.60 3. Elizabeth Porchey, Mo. 10:42 Youth Girls 3 Km--1. Keelin Yenny 16:25.09 2. Christina Peters, Ohio 17:19.54 3. Amanda Johnson, Kentucky 18:20 Intermediate Girls 5 Km--1. Maria Michta 28:04.59 2.

Jennifer Reekie 28:45 Young Womens 5 Km--1. Laurie Olivieri 28:09.82 Bantam Boys 1500--1. Kyle Regul, Ill. 8:36.66 2. Michael Royer 9:39 Midget Boys 1500--1. Eric Lawson, Ill 8:03.34 2. Paco Villa, Ill 8:43 Youth Boys 3 Km--1. Paul Regul, Ill. 15:43.61 2. Billy Wides, N.J. 16:33 Intermediate Boys 5 Km--1. Achary Pollinger 26:07.81 2. Joseph Trapani 28:01.03 **5 Km, Denver, June 21--**1. Patty Gehrke 29:35 **5 Km, Evergreen, Col., July 4--**1. Daryl Meyers (58) 29:39 2. Patty Gehrke 30:03 3. Sally Richards 30:19 **1500 meters, Albuquerque, June 3--**1. Mark Adams (60+) 7:52 2. Karen Jeffrey (40+) 8:27 3. Ashley Mascarenas (11 or 12) 9:25 **1 Mile, Sacramento, Cal., July 1--**1. Robyn Stevens (18) 7:24 2. Kelly Parker (11) 8:43 3. Bekka Marrs (14) 8:49 4. Terri Brothers (44) 8:55 5. M.J. Baglin (54) 9:31 6. Andree Enos 9:32 Men--1. Bill Penner (54) 8:14 2. Dick Pteruzzi (68) 8:41 3. Alika Okamitsu (9) 9:39 **National Junior Olympics, Sacramento, July 24:** Bantam Girls 1500 meters--1. Victoria Dell'Aquila, N.J. 8:40.54 2. Stephanie Martinez, Ill. 8:46.40 3. Caroline Muraida 8:47.71 4. Keaton Jones 9:06.74 (23 finishers, 1 DQ) (Ed. I can't always tell you where they are from. The results give club names, which may or may not hint at the athletes home state, or simply unattached.) **Bantam Boys 1500--**1. Andrew Adams 7:16.07 2. Kyle Regul, Ill. 7:58.06 (13 finishers, 3 DQs) **Midget Girls 1500--**1. Allison Snochowski 7:50.37 2. Kelly Parker 8:19.40 3. Carla Redfearn 8:28.48 4. Megan Brady 8:37.81 (19 finishers, 4 DQs) **Midget Boys 1500--**1. Eric Lawson, Ill. 7:32.37 2. Chasen Golucke 8:16.14 3. Jose Moncada 8:34.90 4. Trey Henderson 8:41.86 (10 finishers, 3 DQs) **Youth Girls 3 Km--**1. Audra Curtis 15:33.46 2. Christina Farrell 16:19 3. Dana Vered 16:29 4. Keelin Yenny 16:35 5. Tina Peters, Ohio 17:39 6. Catherine Adams 18:09 (15 finishers, 2 DQs) **Youth Boys 3 Km--**1. Jared Swehosky 16:04.36 2. Paul Regul, Ill. 16:23 3. Billy Wides, N.J. 17:25 4. Jimmy Waters 17:50 5. Michael Lawson, Ill. 17:52 6. Nathan Dalebout, Utah 18:12 (16 finishers, 2 DQs) **Intermediate Girls 5 Km--**1. Erika Adams 27:52.90 2. Jennifer Reekie 28:12 3. Annie Nemeth 29:40 4. Bekka Marrs 29:48 5. Robyn Lee, Kansas 29:49 5. Jasmine Brooks 29:49 (12 finishers) **Intermediate Boys 5 Km--**1. Zachary Pollinger, N>J. 24:47.85 2. Terran Swehosky 26:53 3. Joel Pearson 27:45 4. Kyle Schielack 27:46 5. Charlie Waters 29:33 (7 finishers, 2 DQs) **Young Womens 5 Km--**1. Robyn Stevens, Cal. 25:20.52 2. Anne Favolise 27:31 3. Elizabeth Paxton 27:46 4. Kori Barrett 29:56 (6 finishers) **Young Mens 5 Km--**1. Natt Boyles, Ohio 21:58.42 2. Ben Shorey, Maine 22:19 3. Jake Dalebout, Utah 23:13 4. Luke Dalebout, Utah 24:00 5. Adam Stairer, Maine 25:21 6. Jonathan Chasse, Maine 25:46 (7 finishers) **Northwest Regional 5 Km, Gresham, Ore., June 30--**1. Kelly Glenn (40) 26:24.98 2. Ann Tuberg (41) 28:42 Men--1. Don DeNoon (58) 23:47.76 2. Pat Deloff (49) 26:35 3. Stan Chraminski (53) 26:41 4. Bob Novak (52) 17:16 5. Geroge Opsahl (59) 28:48 6. Bart Kale (45) 29:41 **Northwest Regional 1 Mile, same place, July 1--**1. Kelly Glenn 8:10.32 2. Marie VerVerMeer (40) 10:30 Men--1. George Opsahl 8:40.31 2. Ron MacPike (68) 9:53.92 **State Games of Oregon: 3 Km, July 7--**1. Robert Frank (48) 15:26 2. George Opsahl 16:53 3. Jared Swehostky (13) 17:26 **5 Km, Gresham, July 8--**1. Rob Frank 26:17.10 2. Pat Detloff (49) 26:30 3. Terran Swehostky (14) 27:15.34 4. Doug VerMeer (47) 27:19 5. George Opsahl (59) 28:53 **2.8 Miles, Seattle, June 8--**1. Bob Novak 24:11 2. Joslyn Slaughter 26:21 3. Ann Tuberg and Bev LaVeck 27:45 **1 Mile, Seattle, June 13--**1. Bob Novak 8:22 2. Ann Tuberg 8:45 3. Bev LaVeck 9:17 **Francophone Games (For the French-speaking world), Ottawa, Can., July 21: Men's 20 Km--**1. Hatem Ghoulia, Tunisia 1:22:55.70 2. Denis Langlois, France 1:23:20 3. Gintaras Andruskevicius, Lith. 1:23:35 4. Eddy Riva, France 1:25:31 5. Silviu Casandra, Romania 1:26:14 6. Daugvinas Zujus, Oith. 1:26:30 7. Franck Delree, France 1:26:56 8. Tim Berrett, Can. 1:28:04 9. Arturo Huerta, Can. 1:29:09 10. Patrick Boisclair, Quebec (Quebec and New Brunswick enter separate teams from Canada) 11. Benjamin Leroy 1:34:34 12. Blair Miller, Can. 1:35:57 DNF--Jocelyn Ruest, N.B.: Jean-Sebastien Beaucage, Quebec, and Gordon Mosher, N.B. DQ--Jiri Malysa, Czech. **Women's 10 Km--**1. Norica Cimpean, Romania 44:31:30 2. Sonata



Milusauskaite, Lith. 3. Tatiana Goulanger-Denize, France 46:10 4. Nagwa Ibrahim Ali Salem, Egypt 47:27 5. Kim Cathro, Can. 48:26 6. Marina Crivello, Quebec 49:19 7. Holly Gerke, Can. 50:00 8. Karen Foan, Can. 52:16 (13 finishers) **Mexican Natinal 20 Km--1.** Noe Hernandez 1:23:03 2. Alujandro Lopez 1:23:15 3. Joel Sanchez 1:23:25 **World Youth Championships: Women's 5 Km, July 13--1.** Jiang Kun, China 22:49.21 2. Ksenia Ischeykina, Russia 22:59 3. Sniazhana Yurchanka, Belarus 23:29 4. Ulrike Sischka, Ger. 23:38 5. Brigita Birbalyte, Lith. 24:00 6. Lorena Luaces, Spain 24:04 7. Maja Landmann, Ger. 24:19 8. Alessandra Picagevicz, Brazil 24:25 9. Maria Novotna, Slovakia 24:26 10. Ana Cabecinha, Port. 24:36 (16 finishers) **Men's 10 Km, July 14--1.** Vladimir Kanaykin, Russia 42:55.75 2. Nikolai Seredovich, Belarus 43:45 3. Francisco Flores, Mexico 43:54 4. Yuki Yamazaki, Japan 43:56 5. Daniele Paris, Italy 44:41 6. Francisco Arcilla, Spain 44:46 7. Jared Tallent, Australia 44:51 8. Marko Lepojovic, Yug. 45:01 9. Benjamin Sanchez, Spain 45:02 10. Jarkko Kinnunen, Finland 45:07 11. Nikolay Knyazkin, Russia 45:12 (30 finishers, 2 DQs, 4 DNF) **Irish National Championships, July 22:** Men's 10 km--1. Robert Heffernan 38:58.83--breaking own National record of 40:16.68 Women's 5 Km--1. Gillian O'Sullivan 20:50.13--breaks her own National record by about 28 seconds. **20 Km, Setubal, Portugal, June 24--1.** Joao Vieira 1:26:56 2. Jorge Costa 1:29:53 3. Acacio Diogo 1:31:25 Women--1. Susana Feitor 1:35:04 2. Isilda Goncalves 1:35:06 3. Sofia Avoila 1:39:50 **Women's National 20 Km, Lisbon, Portugal, July 21--1.** Susana Feitor 1:29:36.4 (Breaks world record, which must be set on a track, of 1:35:23.7 set by Kristina Saitanovic of Lithuania last August. Her splits were 22:24, 44:39, 1:07:07) 2. Sofia Avoila 1:33:58.1 (22:43, 45:38, 1:09:35) 3. Vera Santos 1:36:41.7 **Men's National 20 Km, same place--1.** Joao Vieira 1:24:08.8 2. Jorge Costa 1:26:09.4 3. Pedro Martins 1:27:30.1 4. Jose Urbano 1:32:34 5. Acacio Diogo 1:32:48 6. Jose Magalhaes 1:33:01 **European Under 23 Championships, Amsterdam: Women's 20 Km, July 15 --1.** Elisa Rigaud, Italy 1:29:54 2. Rytta Turava, Belarus and L. Sofronova, Russia 1:32:06 **Men's 20 Km, July 16--1.** Juan manuel Molina, Spain 1:23:03 2. Stepan Judin, Russia 1:23:10 3. Jose David Dominguez, Spain 1:23:16 **Polish 10 Km Championships, Gdansk, July 14--1.** Robert Korzeniowski 38:44.74 2. Roman Magdziarczyk 40:43 3. Andrej Makarov, Belarus 40:44 4. Aigars Fadejews, Latvia 40:45 DQ--Jiri Malysa, Czech. (He's got troubles, He was DQ'd again a week later at the Francophone Games.) **Women's 10 Km, San Giovanni, Italy, May 1--1.** Elisabetta Perrone 43:07 2. Erika Alfridi 43:23 3. Kjersti Platzer, Norway 43:32 4. Annarita Sidoti 43:48 5. Liping Wang, China 44:58 5. Elisa Rigaud 45:01 **Women's 20 Km, Molfetta, Italy, June 24--1.** Elisabetta Perrone 1:33:38 2. Erica Alfridi 1:33:38 3. Rossella Giordano 1:36:13 **European Junior (16-19) Championships, Grosseto, Italy, July 21** Boys 10 Km--1. Yevgeny Demkov, Russia 43:34.12 2. Sergei Lyshtshov, Russia 3. Benjamin Kucinski, Poland 43:44.87 Girls 10 Km--1. Tatiana Kozlova, Russia 46:22.67 2. Athanasios Tzoumeleka, Greece 46:29.20 3. Beatriz Pascual, Spain 46:49.81 **Scandinavian Junior Championships, Gothenburg, Sweden, June 16: Men's 10 Km--1.** Eero Turpeinen, Fin. 53:29.6 2. Andreas Gustafsson, Swed. 44:23 3. Janne Maerilaine, Fin. 47:14 4. Pekka Vuori, Fin. 47:25 5. Sigbjørn Sandberg, nr. 47:35 **Under 17 5 Km--1.** Jarkko Kinnunen, Fin. 21:57.7 **Under 15 3 Km--1.** Derek Lange, Fin. 14:15.1 2. Bjorn OVe Iness, Nor. 14:19 **Women's 5 Km--1.** Sandra Eriksson, SAwed. 23:52.4 2. Marja Penttinen, Fin. 24:34 **Under 17 5 Km--1.** Mirke Hamalainen, Fin. 25:16 2. Niina Viinikka, Fin. 25:55 **Under 15 3 Km--1.** Mia Havi, Fin. 15:18.9 2. Patricia Pohlman, Fin. 15:26 3. Maja Jansson, Swed. 15:30 National scores for all events: 1. Finland 90 2. Sweden 54 3. Norway 43 4. Denmark 4 **14th World Veterans Championships, Brisbane, Australia: Women's 5 Km, July 4: 35-39--1.** Cheryl Rellinger, US 25:09.73 2. Isabelle Piacelle, France 16:46 3. Johanna Carstens, S. Afr. 28:04 (13 finishers, 1 DQ) 40-44--1. Lynette Ventris, Aust. 23:27.24 2. Victoria Herazo, US 25:38 3. Diane Barrett, N.Z. 25:49 4. Teresa Aragon, US 26:56 5. Robin King, AU. 26:59 6. Donna Chamberlain, US 17:18 (21 finishers, 1 DQ) 45-49--1. Barbara Nell, S. Afr. 26:16.98 2.

Maria Fernandez, Port. 26:35 3. Neroli Amyes, N.Z. 26:41 4. Jill Coyte, Aust. 27:16 5. Marlene Gourlay, Aust. 27:33 6. Lee Chase, US 27:40. .14. Sherry Watts, Can. 30:52 (27 finishers, 2 DQs) 50-54--1. Heather Carr, Aust. 26:33.25 2. Annelore Werner, Ger. 28:34 3. Felicia Schmidt, Aust. 28:38 4. Brenda Carpino, US 28:59 5. Jacqueline Bonnet, France 29:23 6. Elisabeth Feldman, Aust. 29:40 (29 finishers, 2 DQs) 55-59--1. Heide Maeder, Switz. 27:05.26 2. Gwen Steed, Aust. 29:31 3. Frieda DeWalt, Belg. 29:43 4. Sally Lynch, Aust. 30:18 5. Kathleen Frable, US 30:19 6. Janet Higbie, US 30:31 7. Jolene Steigerwalt, US 30:48 8. Margaret Brooke, US 31:18 (36 finishers) 60-64--1. Brenda Riley, Aust. 27:49.83 2. Doris Cassels, GB 31:16 3. Elton Richardson, US 31:19 4. Rita Sinkovec, US 31:35 5. Anne Mar Rosenitsch, Can. 31:49 6. Joanne Elliott, US 31:53 (28 finishers, 2 DQs) 65-69--1. Janina Fijalkowska, Pol. 28:54.13 2. Bev LaVeck, US 29:30 3. Josette Sommier, France 29:55 4. June-Marie Provost, Can. 31:02 5. Maureen Spelman, GB 31:44 6. Shirley Dockstader, US 31:54 (15 finishers, 2 DQs) 70-74--1. Jean Albury, Aust. 33:05.43 2. Jean Knox, Aust. 34:26 3. Christian Dauphin, Aust. 34:31 4. Anna Helena Villet, S. Afr. 35:12 5. Pamela Bass, S. Afr. 35:13 6. Lorna Lauchlan, Aust. 35:14 (17 finishers) 75-79--1. Miriam Gordon, US 36:13.89 2. Olena Chub, Ukraine 40:48 3. Athanasia Thomas, US 42:50 80-84--1. Lenore Marvin, Can. 42:25 2. Fan Benno-Carris, US 44:02 3. Margaret Phillips, GB 48:36 85-89--1. Margaret Russell, Aust. 44:52.07 2. Friedegard Liedtke, Ger. 44:58 3. Mary Haines, US 48:56 **Men's 5 Km, July 4: 40-44--1.** Juris Gjaacs, Latvia 22:28.57 2. Mark Donahoo, Aust. 22:35 3. Stephan Wogerbauer, Austria 22:38 4. Adan Mendez Montiel, Mex. 23:28 5. Degli Venturi, Italy 24:52 6. Rod Craig, US 25:12 (14 finishers, 2 DQs) 45-49--1. Volodymyr Tokaryev, Ukraine 22:22.14 2. Robert Cervi, Italy 22:26 3. Mikhail Kisselev, Russia 23:05 4. Narima Aitmoukhametov, Russia 23:22 5. Fabio Ruzzier, Italy 23:27 6. Colin Heywood, Aust. 23:54 7. Peter Bennet, Aust. 24:18 8. Ross Reid, Aust. 24:24 (24 finishers, 2 DQs) 50-54--1. Yves Mederle, France 23:28.17 2. Bogdan Bulakowski, Pol. 24:34 3. Tim Erickson, Aust. 24:51 4. Richard McGuire, US 25:13 5. Renzo Toscanelli, Switz. 25:35 6. Johann Siegele, Austria 25:45 7. Nobuyoshi Muto, Japan 25:58 (23 finishers, 2 DQs) 55-59--1. Andrew Jamieson, Aust. 22:40.11 2. Gary Little, N.Z. 23:10 3. Patrick King, Ireland 23:35 4. Don DeNoon, US 23:52 5. George White, Aust. 24:30 6. Ian Richardson, Aust. 24:31. .8. Jim Carmines, US 25:00 9. Norm Frable, US 26:10 10. Bill Purves, Hong Kong (formerly US) 26:19 (24 finishers, 1 DQ) 60-64--1. Dario Ramidez, Col. 25:12.08 2. Murray Dickinson, Aust. 25:19 3. Hermann Strieder, Austria 25:25 4. Anthony Johnson, Aust. 25:31 5. Brian Gore, Ger. 25:53 6. Iwazo Kimura, Japan 26:51. .9. Paul Johnson, US 27:33. .12. John Elwarner, US 28:14. .14. Ed Kousky, US 28:40 15. Robert Cella, US 29:17. .20. Bernie Finch, US 31:29 65-69--1. Gerhard Weidner, Ger. 25:50 2. Robert Gardiner, Aust. 26:12 3. Jack Bray, US 26:52 (Jack lost to two of the most notable walkers in this competition. Weidner once held the World Record at 50 Km and just missed the 4 hour mark at age 40. He was still ranked 10th in the world at age 44. Gardiner was on the '64 and '68 Aussie Olympic teams.) 4. Giancarlo Parodi, Italy 28:03 5. Maurice Hinton, N.Z. 28:07 6. David Stevens, GB 28:58. .12. Carl Acosta, US 30:23 23. Ed Lane, US 31:29 14. Arvid Rolle, US 32:08. .20. John Lyle, US 33:11 21. Cliff Elkins, US 33:13 (31 finishers, 2 DQs) 70-74--1. Shin Nakamichi, Japan 28:32.31 2. Matt Rutyna, Pol. 28:52 (The long-time Chicago resident and two-time Polish Olympian still going strong) 3. Douglas Fotheringham, GB 29:01 4. Louis Marquis, Switz. 29:20 5. John Holston, S. Afr. 30:25 6. Richard Lynch, Aust. 30:50 7. Bob Fine, US 32:01 8. Robert Eisner, US 32:07 (19 finishers) 75-79--1. Richard Keatinge, Aust. 32:56 2. Bob mimm, US 32:59 3. Don Whyte, Aust. 33:11 4. Koso Amano, Japan 33:43 5. Vittorio Ladelli, Italy 36:09 6. Daniel Marzano, US 39:43 (8 finishers, 2 DQs) 80-84--1. Armando Estanol, Mex. 35:43.13 2. John Levinsohn, US 38:08 3. Paul Geyer, US 38:14 85-89--1. Shigeru Matsunaga, Japan 38:01.77 2. Perum Gopalakrishnan, India 45:11 3. Andy Smith, Aust. 47:01.



## Races at hand about the land

Sat. Aug. 4	Colorado Senior Games 1500 meters, Greeley (H) Southern California Masters 5 Km, Long Beach, 9 am (Y)
Sun. Aug. 5	3 Km, Alexandria, Vir., 8:30 am (O) Metropolitan 3 Km, New York City, 9 am (G) Colorado Senior Games 5 Km, Greeley (H) 5 Km, Evergreen, Col., 8 am (H) 5 Km, Long Branch, N.J., 6:45 pm (A)
Mon. Aug. 6	Colorado Masters 5 Km, Golden, 6:30 pm (H)
Wed. Aug. 8	2.8 Miles, Seattle, 9 am (C)
Sat. Aug. 11	Doc Tripp Memorial 10 Km, Denver (H)
Sun. Aug. 12	Ohio 5 Km Championship, Yellow Springs (M) 3 Km, Alexandria, Va., 8:30 am (O) Eastern Masters 5 Km, Springfield, Mass.(X) 2.8 Miles, Seattle, 9 am (C) 1 Mile, Albuquerque (I)
Mon. Aug. 13	5 Km, Long Branch, N.J., 6:45 pm (A)
Sat. Aug. 18	5 Km (Track), Seattle (C) Weinacker Cup 5 and 10 Km, Marysville, Mich. (S) 5 Km, Sacramento, Cal.(E) Masters 5 Km, Seattle (C)
Sun. Aug. 19	5 Km, Littleton, Col., 8 am (H) 1 Hour, Kentfield, Cal., 8 am (P) <b>National USATF 10 Km, Wilkes-Barre, Pa. (L)</b> 3 Km, Alexandria, Va., 8:30 am (O)
Mon. Aug. 20	5 Km, Long Branch, N.J. 6:30 pm (A) 5 Km, Brentwood, N.Y. (F)
Fri. Aug. 24	Crim 5 Km, Flint, Mich., 5:30 pm (S)
Sat. Aug. 25	5 Km, Loveland, Col., (H) 5 Km, Smithtown, N.Y. (F)
Mon. Aug. 27	5 Km, Long Branch, N.J., 6:30 pm (A)
Sun. Sep. 2	5 Km, Denver, 8 am (H)
Mon. Sep. 3	2 Miles, Sante Fe, N.M. (I)
Sat. Sep. 8	2.8 Miles, Seattle, 9 am (C)
Sun. Sep. 9	<b>National USATF 40 Km, Fort Monmouth, N.J., 8:30 am (A)</b> 15 Km, Denver, 9 am (H) 10 Km, Larkspur, Cal. (P) 10 Km, Oakland, Cal. (R) 5 Km, Cambridge, Mass., 9:30 am (AA)
Sat. Sep. 15	5 Km, Conifer, Col., 9:30 am (H) 4 Miles, Larkspur, Cal. (P) 10 Km, Long Island (F)
Sun. Sep. 16	5 and 10 Km, Rancho Viejo, N.M. (I) 5 Km, Denver, 9 am (H) 5.2 Miles, Interlaken, N.J., 12 noon (A)
Sat. Sep. 22	5 Km, Denver, 9 am (H) <b>National USATF 5 Km, Kingsport, Tenn. (T)</b> 5Km, Morganfield, Kentucky, 8 30 am (N)

Sun. Sep. 23	1 Hour, Alexandria, Va., 9 am (O)
Sat. Sep. 29	5 Km, South Bend, Ind., 7:30 am (K) North Region 5 Km, Chicago (B)
Sun. Sep. 30	5 Km, Albuquerque (I) 5 Km, Denver (H) 5 Km, 1 Hour, Kentfield, Cal. (P) 10 Km, Larkspur, Cal. (P) 10 Km, Oakland, Cal. (R) 20 Km, Hauppauge, N.Y., 8 am (F)
Sat. Oct. 6	1 Hour, Planation, Fla. (Q)
Sun. Oct. 7	<b>National USATF 1 and 2 Hour, Worcester, Mass. (AA)</b> Jersey Shore Half-Marathon (A)
Sat. Oct. 13	2.8 Miles, Seattle, 9 am (C)
Sun. Oct. 14	1 Hour, Alexandria, Va., 9 am (O) Detroit Free Press Marathon (S) Eastern Regional 30 Km, New York, N.Y., 8 am (G)

### Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764  
 B--Chicago Walkers 773-327-4493  
 C--Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115  
 D--Walking Club of Georgia, PO Box 190011, Atlanta, GA 31119  
 E--Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813  
 F--Jake Jacobson, P.O. Box 640, Levittown, NY 11756  
 G--Stella Cahsman, 320 East 83rd St., New York, NY 10028  
 H--Bob Carlson, 2261 Glencoe St., Denver CO80207  
 I--New Mexico Racewalkers, PO Box 16102, Albuquerque, NM 87191  
 J--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77251  
 K--Wendy Chapman, Madison Center and Hospital, 403 E. Madison St., South Bend, IN 46617  
 (219-283-1136)  
 L--Jim Wolfe, 570-821-6504  
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387  
 N--Douglas Johnson, P.O. Box 148, Morganfield, KY 42437 (270-389-2323)  
 O--Sharon Good, 12521 Eastbourne Drive, Silver Spring, MD 20904  
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914  
 Q--Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066  
 R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086  
 S--Frank Soby, 3907 Bishop, Detroit, MI 48224  
 T--Bobby Baker, 423-349-6406, [bbaker@preferred.com](mailto:bbaker@preferred.com)  
 V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143  
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)  
 Y--Walkers Club of Los Angeles, 610 Woodward Blvd., Pasadena, CA 91107  
 AA--Justin Kuo, 30 Oakland Road, Brookline, MA 02146

### About that heat...

It's that time of year here in the steamy, eastern half of the U.S. You have read earlier in this issue about a "hot" 30 Km in Wisconsin. In Looking Back, you will find a brief note on another "hot" 30 in Columbia, Missouri 35 years ago. High temperature, along with high relative

humidity certainly creates a problem if one is concerned about time--there is simply no way you will walk to your potential when the heat index is way up. On the other hand, it can be an advantage competitively if you are prepared for it. I used to relish summer races in this part of the country when guys would come in from California, say, and boast that they had been training in 100 plus temperatures for the past week, noting that's it "only 88 today, so I'll have no problem!" Then I would watch them fold in the humidity 4 or 5 miles into a 20 Km race.

However, that's not true today. Witness Clausen, Dunn, and Rohl coming in from drier climes walking strong races from start to finish--but, still well short of their capabilities time-wise. My own opinion is that the biggest secret to walking in such conditions is not acclimation, but level of fitness. I always felt that if I was at my most fit, I was going to be slowed much less by high heat and humidity, even if I hadn't been training in it, than if I was some what short on conditioning, even if I did have some acclimation. For example, if I was ready for a 1:36 in ideal conditions, I could still expect to go at least 1:40 regardless of conditions. But, if I was only prepared for say 1:40, the heat would probably take me to 1:46 or 1:47. I'm just grabbing at these numbers here, but I'm convinced that the greater the fitness, the less heat and humidity is going to slow you. And, while acclimation to the conditions probably helps, be aware that training in such conditions is as difficult as competing in them, so your training might not be as effective.

Well, all of this is by way of introduction to the following article from our archives. In our early years, our friend, mentor, physician, and racewalking companion, the late Dr. John Blackburn, did a series of Medical Notes on Racewalking. In 1968, in answer to a request, Doc sent Charlie Silcock, National Racewalk Chairman in 1965, 1971-2, a manuscript of these Notes and perhaps some that were never published. Several years ago, Charlie returned this manuscript to me. One of the articles was on Heat Illness. It appeared in the June 1967 ORW. While exercise physiology and medical science have certainly advanced since that time, I think the article is timeless enough to be worth repeating.

## Heat Illness

by Dr. John Blackburn

According to the World Health Organization, heat illness is now classified as follows:

- Heat stroke
- Heat Hyperpyrexia
- Heat Anhydrosis
- Heat cramps
- Sun burn
- Prickly heat
- Heat edema

Since walkers are a thoroughly exposed group, I thought it might be timely if I sorted all these out. You can then be scientific about why you dropped out of the race. Instead of saying, "The heat got me", you can say, "I have heat anhydrosis", or something equally erudite. This will impress officials and bystanders no end. You may even get an escort back to your motel or even to the hospital so you can admire the nurses. (*Ed. Pardon the sexism. There were very, very few female racewalkers at that time.*) The possibilities are unlimited. The newspapers may appear with headlines, "Walker Felled by Strange Disease, Authorities Fear Epidemic". Just think of all the attention you'll get!

Anyway, we'll talk first about the normal reaction to heat. Conduction, convection, radiation, and evaporation are the means by which the body deals with it. Contraction and

expansion of superficial blood vessels, controlled by the heat regulation center in the brain stem, determines the amount of loss of body heat. Heat is conserved by contraction of these vessels and lost by expansion of them.

When the temperature of the environment is below 85 F (30 C), body heat is lost by radiation. Above 85, sweat is vaporized as an added factor. Above 95 F (35 C), vaporization becomes the only way the body can lose heat. So, off with the hats, the French Foreign Legion kerchiefs, and the sleeved shirts. Have a special hot-weather athletic shirt cut down to the minimum--front, back, and sides. Any of you with extra fat should remember that this insulation also impairs heat loss.

Racewalkers and marathoners have been checked with temperatures from 101 to 105 F after some of the longer events. I personally have had a temperature of 103 following a 12-mile race in Chicago some years ago, when the air temperature was 99 and the relative humidity 95 percent. Don't be discouraged, however. You won't die until your temperature reaches 110 F.

Now to the specific forms of heat sickness.

**Heat stroke.** This is the worst. Victims have been exposed for varying amounts of time to unusual heat. They have a fever of 106 or more. They are not sweating any place on the body. they may be unconscious or partially so. They may have a convulsion, may tremble, or may be paralyzed, or partially so. Heat stroke occurs primarily in the poorly conditioned individual, the sick, or the elderly. The mortality rate is 30 to 70 percent. Don't worry about it, because I have never heard of a well-trained athlete having a heat stroke.

**Heat hyperpyrexia.** This condition is the same as heat stroke, except there are no signs of nervous system involvement, such as loss of consciousness, convulsions, etc. Treatment for both of these conditions is basically ice-water immersion.

**Heat anhydrosis (heat exhaustion).** Here we have a person having been exposed to heat for a rather long time. Victims complain of fatigue, headache, and dizziness. Temperature is over 101. Pulse and respiration rates are fast. Victims may have sweat on their face, but elsewhere, the skin is dry and goosefleshed. **Prickly heat** may have preceded the breakdown. If not treated, the condition may progress to heat stroke. The treatment is simple. Put the individual in an air-conditioned room and recovery is quick.

**Heat cramps.** This condition occurs in racewalkers, marathoners, and others under strenuous exertion in the heat. They replace fluid loss, but not the salt. There are muscle spasms of the body extremities with pallor, headache, undue fatigue, and dizziness. Salt tablets or the Blackburn Walking Elixir (see end of article) will practically eliminate this problem. Ten grains of salt tablets for every 2 pound loss of weight due to perspiration is a good rule to remember--plus normal salting of food at the table.

Acclimation to working out in the heat takes about 2 weeks. After, that the body automatically reduces the salt losses. Of course, if you're not sure you are replacing salt adequately, you can always have your doctor check your sodium and chloride levels in both blood and urine.

This brings to mind another situation that is not often thought about--that of chronic salt depletion, wherein the salt loss occurs gradually over some weeks of training in the hot weather. There is unusual fatigue and muscular aching, pallor, and dizziness. Infrequently, there are personality changes, and the person may be labeled "psychoneurotic". This last isn't really a good sign to go by, since most racewalkers are crazy to begin with. Think of the problem the doctor has when you consult him or her. This doctor must puzzle out where your ever-present mental aberration stops and the present condition starts. Doctors will probably say to themselves, "Well, this S.O.B. is nuts to begin with--otherwise, why is he out walking in all this heat? What does he expect from me?" (*ed. Ladies please substitute she for he in that quotation and in anything that follows. I prefer this notation to the ugly he/she.*)

Sunburn is another heat illness, but won't be dealt with here. If you haven't learned yet how to deal with it, God may help you. No one else can.

**Prickly heat.** This condition results from obstruction of the sweat pores. It can afflict walkers and non-walkers alike. It is caused by a skin continually wet with perspiration. The skin swells a bit and obstructs the pores. The sweat is trapped in the skin. This causes small, red pimple-like lesions that surround the pore area. Burning and prickling feelings are the usual symptoms. If the condition involves a large enough area, it can be incapacitating. As mentioned before, it can lead to the state of heat exhaustion. It can also lead to secondary infection of the involved areas, often called impetigo. Treatment calls for a cool, dry environment, and frequent baths or showers with a minimum of soap. Creams, lotions, and ointments should be used sparingly, if at all, since they tend to cause further obstruction of the pores. One further warning--too much salt intake will also aggravate this condition.

**Heat edema.** This is mentioned only to let you know that there is such a condition. It is a swelling of the feet, ankles, and hands that occurs in the first days of exposure to heat. It is self-healing.

Now you know all about heat illness. Keep this article in your filthy old athletic bag. If an unlucky competitor falls out due to "the heat", you can consult with him and then wisely diagnose which variety he is suffering from. Thereupon, you can advise the doctors of your decision and bring down upon your head their sarcastic displeasure. Don't let them scare you. I never heard of anyone being prosecuted for practicing without a license because of prescribing ice-water baths and salt tablets.

Blackburn Walking Elixir:

1 cup (8 oz.) orange juice

1 tablespoon sugar

1/2 teaspoon salt

Add enough water to make 1 quart of liquid. Shake well.

*(Ed. I must admit, I never used Doc's elixir much, but he and others swore by it. It's cheaper than than all of the sports drinks. Actually, I'm not much of a model for walking in the heat, since I also tended to eschew water in races up to 20 km. Perhaps, I have some camel genes in me, but I never suffered any sort of heat illness or became dangerously dehydrated. Water was never part of my training, except for long walks, and then generally only in hot, humid conditions. Even for training walks of 20 to 24 miles, I never thought about water. In hot weather races up to 20 km, I like to throw water on my head but seldom took time to drink it. I know this is outside the norm and people might suggest I would have done better had I consumed good old water. But, I doubt it. Therefore, I marvel at people getting upset when there is no water provided at 5 km races, even in cooler weather. My own thought is that we have gone to overhydrating, these days, recognizing that the old-school football coaches who absolutely denied water during a practice even on the hottest days were entirely wrong. Well, I think I've gone too far on that tangent. Perhaps we'll resurrect more Doc Blackburn Medical Notes on Racewalking in the future.)*

## From Heel To Toe

**Puttin' in the miles.** In our February issue, a note accompanying an article by Mike DeWitt noted that at the end 2000, he had 8803 consecutive days of training and had covered 91,623 miles since September of 1966. I compared my paltry efforts and asked if there were any challengers out there. One has emerged for the mileage, if not all of those consecutive days. John Knifton came here from England and cleaned up 14 of our national titles while competing for the New York AC

from the late '60s through the mid-to-late '70s. He represented the U.S. in three World Cups--1970, 1973, and 1975. He writes as follows: "Your note from Mike DeWitt concerning mileage prompts me to send you a short piece on my own mileage saga. Since 1970 (the year I received my US citizenship), I have logged 100,740 miles, as of last month (he wrote on May 25). However, I won't qualify for your book of records because, since 1980, nearly half my training and racing has been running (*Ed. Mike didn't claim all racewalking miles. I imagine he includes some running while coaching C.C. and track teams.*), plus, I have missed a few days due to holidays or planned rest (days before a marathon, etc., where I ran 2:50s in my 40s). From 1955 (high school) through 1970, I did nearly all racewalking, but in those days we were advised to only train 2-3 days a week and race Saturday. We did win a few British National Team titles with Belgrave Harriers at 7, 10, and 20 miles (the standard distances in those days), but nobody seemed to log mileage. Only after joining the NYAC in '67 did I realize the benefits of daily workouts. Of course, the '70s were the only decade where, for me, it made sense to compete seriously (38,400 miles). I feel a great debt to US racewalking. We were extremely lucky to compete in the last decade where it was possible to participate internationally and hold a job (feed your family). For what it's worth, I consider my 50 km in the 1973 Lugano Cup as my best race since, besides leading the US team, I was also ahead of 3/4 of the Brits. That at least made me legit with "me mates". According to the internet, my US 10 Km indoor track record from '74 (44:36) still stands. Seems like Tim, Curt, etc should take a leisurely stroll and fix that! Finally, in case you might think I'm stuck in my rocking chair, last month I had a PR of sorts--six races in a month--three judged racewalks, three 5 km runs. Unfortunately, we are too lazy to report our Texas race results to you, but down in the Valley they are doing a great job in their youth racewalking programs. Let's hope our new crop of internationals develops from such programs. In Austin, Vince O'Sullivan ('84 Olympics) is competing again, winning all the masters 5 and 10 km runs. . **National Chairmen.** In our May issue, Charlie Silcock, former National Chairman of Racewalking, suggested the compilation of a list of National Chairmen through the years. He was able to start a list from the top of his head, but didn't have the resources to complete it. We asked for help. Larry Larson has responded. He says: "The request caused me to dig into my files and do some research to up-date the info. Enclosed is a copy of the original list that was put together in the fall of 1979. Joe Tigerman, from memory (he had an exceptionally good one), put together the outline, which has been corrected and updated by me. We worked on it when we were together for the Sept. 1979 Lugano Cup (and first Eschborn Cup for women) event held in Eschborn, Germany. Tigerman was there as an IAAF Walking Committee member, and I was Coach/Manager for the men's team. Silcock indicated that the leader of walking in the U.S. in the '40s and early '50s was Ernest B. Smith of Detroit. This was a new name to me. Tigerman did not mention him and I did not know to ask about him. (*Ed. I remember Ernest Smith, but no details about his involvement.*) Hopefully, some of your knowledgeable readers can provide facts about Smith and others of that era. It would be nice to have an accurate record. . . As careful as I was to confirm what I list, I could easily be in error or off a year or two. The sources I used (beyond Joe's original list) were my file of AAU/TAC/USATF Directory and National Racewalking Committee newsletters, and the ORW." So here is Larry's list of our esteemed National Chairmen, still with a lot of open years. Additions, corrections, and comments are welcomed. (Larry has also listed Convention sites for each year, but we will skip that here.) 1930--Jack Nisberg, 1950--Harry Rappaport, 1958--Phil Jachelski, 1964--John Deni, 1965--Joe Tigerman (*Ed. Charlie Silcock had said that was one of his chairmanship years; Joe had a term or two at some time*), 1966-67--John MacLachlan, 1968--Phil Jachelski, 1969-70--Bruce MacDonald, 1971-2--Charlie Silcock, 1973-4--Butch Hammer, 1975-76--Jack Boitano, 1977-79--Dean Ingram, 1980-83--Bob Kitchen, 1984-87--Sal Corrallo, 1988-95--Bruce Douglass, 1996-99--Rich Torrellas, 2000-01--Dan Pierce. . . **Clinics.** Two of our elite walkers have upcoming clinics. Mike Rohl notes: "After much thought and deliberation, I have decided to commit considerably more time to doing clinics for racewalkers. Over the last year, I have been urged by many,



including my friend Dave McGovern, to start doing clinics around the country. So, I have designed a two-day clinic format that covers all the areas of walking you would ever want, but with special emphasis on flexibility and strength training. I am hoping that in so doing, I can help more people than I can now by coaching individuals. My first full clinic will be in Augusta, Georgia on Aug. 25. If anyone else has a group that might be interested in hosting a clinic just let me know. I will provide the promotional and informational details. You can reach Mike for details on this and future clinics at PO Box 262, Cloudercroft, NM 88317, 505-682-3713. [mmrohl@sianet.com](mailto:mmrohl@sianet.com). And, the aforementioned Dave McGovern, who has been doing widely-acclaimed clinics and camps across the country for several years, while also authoring books to rave reviews, notes: "After much poking and prodding (and procrastination on my part) (*Ed. Apparently the prodder also needs prodding*), I've decided to hold a five-day racewalking retreat at Springhill College here in Mobile, Ala. from August 7-12. For details, contact Dave at [Rayzwocker@aol.com](mailto:Rayzwocker@aol.com). . . **One of our problems.** Serious competitors are not easy to come by, as we all know. Recently, when I got a result from a master's race in Georgia with practically no competitors, I had to wonder what had happened to the very active Walking Club of Georgia. I contacted Keith Luoma, who had sent the result, about the status of this club, since I had not seen their newsletter for a while (I have an exchange agreement with them, which may have gotten lost in some change of editors or officers). Keith's reply suggests one of the problems many face in getting people out to races. "The Walking Club of Georgia still exists and has several hundred members, but over the years, it has evolved from a club for hard-core racewalkers to a group that emphasizes "fun and fitness" using the racewalking technique. As a result, the participation in serious races has declined. For instance, only one or two WCOG members compete in the National 5 Km in Kingsport, even though it is very close. At the Southeast Masters 10 Km regional that I helped organize last February, only one WCOG member participated. I suppose what's happening here is quite typical: racewalking is seen as a 'beefed up' form of healthwalking, rather than a serious event in track and field. Of course, one really can have it both ways, as is the case in the running community. But it seems that with racewalking, the non-competitive side has detracted from the competitive side" Comments? . . . **Missing person.** With his renewal, Marian Spatz in Forest Hills, N.Y. asked for help. "Since our friend George Heller moved from the New York area, we have lost contact. Can you help us out. Last we heard, he had moved from Santa Fe, N.M." I can't help Marian out on this one. The last I knew, George Heller was appearing in results from Oregon, but I never had an address. If anyone can help, write or call Marian at 69-10 108 St., #5B, Forest Hills, NY 11375, 718-268-0248. . . **Still defending our sport.** In the May issue, we repeated a letter to the editor that appeared in *Track & Field News* that was a put-down of racewalking. We also repeated the one of many rebuttals received by that publication that they chose to publish. That rebuttal letter elicited another negative letter published by *T&F News*. It read: "Like mountaineering, walking requires effort and enthusiasm and skill. But that doesn't mean it should continue to be associated with track and field. This fact, of course, is recognized by everybody except the walking community and their relatives. It is an irony that it is much easier for a new event (such as the women's pole vault) to be introduced into the program than it is to delete an existing event that is long past its use-by date. In addition, one should not underestimate the lobbying skill and energy of the walking community. They can be depended upon to put up a fierce rearguard fight, as they cling to their links to the Olympics and other major track and field championships. Accordingly, whatever the merit in deleting the walking events from track and field (which I believe is essential for the future of the sport), actually achieving that objective will be as difficult as securing campaign-finance reform in the U.S. political arena." Gerald Lawson, Newcastle, Australia. I'm sure *T&F News* got many replies again. This time they published Jim Hanley's letter in their August issue. Jim wrote: "You bet racewalkers will fight fiercely to defend their sport. Many have literally devoted their entire lives to it. Don't you think that sprinters, or throwers, or jumpers would do the same thing? When an official in any other event messes up, people blame him or her, but when it happens in

racewalking, cries immediately go out to drop the sport. How silly. By the way, the problems in Sydney were not due to the disqualifications per se, but poor communication to the athletes involved and some pretty bad sportsmanship. Like any persecuted minority group, racewalkers have become politically active, and the result has been enormous contributions to the sport of track and field. No group of athletes has come so far with so little support. If you doubt this, consider where U.S. sprinters, jumpers, or throwers would be without any high school or NCAA coaching or competition. Did you know that racewalkers introduced runners Mary Decker Slaney and Quincy Watts--among others--to track and field? Did you know that the Mt. SAC Relays had racewalkers officiating the high jump, shot put, discus, and long jump? They also served as umpires, timers, and lap counters." Jim Hanley, Westlake Village, California. . . **Happy birthday Rudy.** Two-time Olympian, 10-time National Champion, and Olympic 4th place finisher (20 Km, 1968) Rudy Haluza sent the following note with his renewal: "I turned 70 today and feel it. Arthritis in left knee has stoped me from even fast street walking 4 to 5 miles. Now swimming is only exercise I get. Also had a bad case of diverticulitis and 1/2 of colon removed, then a hernia fixed due to previous surgery--but OK now." All of Rudy's friends in walking end them their best and hope he stays "OK" (I can think of better OKs). Also, Mike Freeman, one of Canada's best masters walkers who hasn't been heard from for some time. "Thanks once again for providing us hard-core junkies with our monthly fix of racewalking news. Unfortunately, I have been out of commission for 18 months with a chronic hamstring injury. Last month, I reluctantly had a cortisone shot for the first time ever. It seemed to provide significant relief. If I can overcome some lesser problem caused by walking with the injury, I hope to be back to regular training and competition by the end of the summer. . . **Judging paddles available.** Long Island Track and Field's Racewalking Committee is proud to make available to the walking and track and field community sets of racewalk judge's paddles. Sold in sets of six (one solid red chief's paddle and five association caution paddles), the paddles are offered by LIT&F, in advance of USATF, following the lead of IAAF, and in accordance with new IAAF rules. They are available in two material/color choices for the associate's caution paddle: white or yellow, both with black caution symbols. The paddles are 11 1/4"/39 cm long, with a 7 1/4"/13.4 cm disc, and are constructed of slightly flexible solid, red, white, or yellow (not painted) plastic. The cost is \$25.00, postage included. Make checks payable to LIT&F, Inc. and order from LIT&F, c/o Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787. . . **Amendment.** Elliott Denman says "Oops. . . sorry about that" and adds to the women's results for the 2000 1 Hour postal (results in the June issue of *ORW*) Susan Armenta who walked 11,920 meters. That put her first in the women's open. . . **Young honored.** The following release is from Racewalking International: Larry Young, America's only two-time Olympic bronze medallist, brought down the house as he recalled his first American 50 Km walking championship at Racewalking International's benefit dinner in New York City on June 30. Young, who became the first member of RWI's Hall of Fame, spoke eloquently and powerfully about his US championship bringing his family and guests from across the country to their feet for a standing ovation. He stood before the Big Apple walking fans and with tears in his eyes recalled how he lapped Ron Laird and broke Canada's Alex Oakley with a strong finish. A racewalk moment to be remembered. Tim Seaman, America's 20 Km representative at the Sydney Olympics, made the Hall of Fame presentation to Young. Seaman recalled that special moment receiving his Olympic Trials medal from Young in Sacramento and he was thrilled to have the honor of presenting Young. The crowd enjoyed videos of Young's 1972 Munich walk and this year's 50 Km championships in Manassas, Virginia. During the evening, RWI CEO John MacLachlan noted that RWI is contemplating a change in philosophy concerning its immediate and long-range goals. "We may focus more on developing regional youth programs rather than putting all efforts in providing a small number of elite walkers with their own private coach," MacLachlan said. "American should have young walkers across the land knocking down the walls for spots on international teams with international qualifying times. This



will take a dedicated grass roots effort." . . . **Bowman has new position.** Bob Bowman, past IAAF Racewalk Committee Chairman and still a member of that committee, has been elected as President of the Pacific Association of USA Track & Field. . . **Just a typical day.** What did you see on your walk today? Here's what Keley Smith-Keller saw one morning in March in South Dakota: "I just had to share my stories from this morning's early morning workout. I'm up and working out at 5:15 or so every morning and now that the weather is nicer, I'm outside walking around town. This morning's characters were more intriguing than usual. At the one mile mark on my walk, I'm on the University campus, and at that point this morning, I heard horrible screaming. I thought it was a cat at first, then realized it was a human and female. I looked across the huge campus parking lot on my left and saw a woman across the lot screaming and holding out her hand, crying, "Leave me alone." I hoofed it across the parking lot as fast as I could, pausing about half way across, and asked her if she was alright. She stopped screaming, straightened herself up, and told me she was perfectly fine and to leave. I found a police officer a half-block later and convinced him to check it out, even though the campus has "separate" police. Then, I saw the University President's teenage daughter squeal up the driveway of the big mansion in which they live, only to attempt tiptoeing into the house (where would a 16-year-old young woman be at 5:55 am that she would be sneaking into the house?) Mile 4, I saw three little boys, giggling, on bicycles hopping curbs and zooming through the downtown--at 6:10. How many of you have 13-year-old boys who get up that early!? Nearly home, Mile 5, saw my neighbor on the corner (about age 86) walk outside with nothing on to get her paper. I did not wave hello per usual. There wasn't a full moon last night was there?"

## Looking Back

**35 Years Ago** (From the July 1966 ORW)--Ron Daniel won the National 30 Km in Columbia, Missouri in what seems a ridiculously slow 2:57:07. However, those of us who were there know different. It was 95 degrees, sunny, humid, and no shade on the course. Larry Young was about 4 minutes back in second and Jack Mortland a couple of minutes behind him in third. Early leader Ron Laird wound up 13th in over 4 hours.

**30 Years Ago** (From the July 1971 ORW)--Paul Nihill, England, edged Nikolai Smaga, USSR, in the USA-USSR-British Commonwealth 20 Km in San Francisco, as both recorded 1:30:08. Tom Dooley finished fourth in 1:33:59 for the U.S. . . John Kelly won both the mile (7:06) and 20 Km (1:42:38) at the National Masters meet. . . Lynn Olson won the 1 Mile walk at the women's National T&F Meet (the race was being held for the first time and was termed an exhibition) in 7:53.8. Jeanne Bocci had 7:54 in second. . . Nihill had a 2:30:35 to win the British 20 Mile Championship, a world's best at the time.

**25 Years Ago** (From the July 1976 ORW)--Mexico's Daniel Bautista moved away in the final 4 km to win the Olympic 20 Km in 1:24:41. East Germans Hans-Georg Reiman, Peter Frenkel, and Karl-Heinz Stadtmuller took the next three spots. Ron Laird was 20th in 1:33:27, Larry Walker 22nd, and Todd Scully 29th for the U.S. . . Old Jack Mortland won the National Masters 10 Km at Chicago's Stagg Field, as practically no one showed up. A blazing sun and temperature in the 90s put him in mind of the Columbia death march of 10 years earlier as he strolled to a 55:11.

**20 Years Ago** (From the July 1981 ORW)--Todd Scully and Susan Liers-Westerfield captured National 15 Km titles at Niagara Falls. Todd finished 1 minute ahead of Canada's Helmut Boeck in 1:08:56, with Pete Timmons and Tim Lewis taking third and fourth. Susan had a much easier time, also beating a Canadian, Joan Bender, but by more than 4 minutes. Susan had 1:15:27.

Motor City Striders teammates, Jeanne Bocci and June MacDonald were third and fourth. . . Liers-Westerfield also won the 10 Km title, this time in Maine, in 49:54. Catherine Flack was nearly 6 minutes behind in second, followed by Norma Arneson and Carol Brown. . . In the US-USSR 20 Km race, Jim Heiring stayed close for 15 Km and then was DQ'd. Pyotr Potschenchuk won in 1:25:08, a second ahead of Anatoliy Solomin. Dan O'Connor finished in 1:32:40. . . The US took 1-2-3 in the Maccabiah Games 3 Km, with Evan Fox winning in 13:18.27, followed by Roger Brandwein and Bob Rosencrantz.

**15 Years Ago** (From the July 1986 ORW)--Canadians took four of the first seven places in the National 10 Km at Niagara Falls with Paul Turpin winning in 42:45. Gary Morgan was second in 43:17, just ahead of Daniels Levesque. Mel McGinnis was fourth and Dave McGovern fifth. Canada's Deborah Powell was the first woman in 49:52, 11 seconds ahead of Debby Lawrence. . . Curt Clausen won the Junor National 10 Km in 47:38.44, followed by Doug Fournier and Jeff Salvage. The women's 5 Km went to Kerry Bratton in 26:13.45.

**10 Years Ago** (From the July 1991 ORW)--Dave McGovern scored an easy win in the National 10 at Niagara Falls in 43:18. Andrzej Chylinski (43:29) and Curt Clausen (43:45) followed. Nick Bdera won the Master's title in 46:26. Canadian took the first four place, with Janice McCaffrey (45:51) winning and finishing eighth among the men.

**5 Years Ago** (From the July 1996 ORW)--National Junor titles went to Anya-Maria Ruoss at 5 Km in 25:13.26 and Kevin Eastler (47:57.82) at 10. Lisa Kutzing (25:35.03) and Brian Colby (48:48.87) were second. . . In the World Veterans Meet in Belgium, Victoria Herazo won gold for the U.S. in the 35-39 women's 20 Km with a 1:38:06 effort. Bob Mimm won gold in the Men's 70-74 30 km with a 3:23:19. . . Russia's Victor Ginko had a 3:42:52 for 50 Km in Germany. . . Winner's at an International match in Moscow were Russia's Ruslan Shafikov at 20 Km in 1:20:02, Italy's Arturo de Mezza at 35 Km in 2:28:42, and Russia's Irina Stakina at 10 Km in 42:13

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Nothing to do with racewalking, but for your entertainment, here are a few ad lines that didn't quite deliver the message:

We make you coat repellent. (For a dry cleaner)

We exterminate all homes. (For a pest controller)

We dispense with concern. (For a pharmacy)

Why clean yourself? Try me. (For a char lady)

Stock up an save. Limit one.

We do not tear your clothing with machines. We do it carefully by hand.

Dog for sale: Eat's anything and is fond of children.

Our bikinis are exciting. They are simply the tops!