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U.S. Champions Crowned at 5 and 40 Km

September saw USATF National Championship racewalks at both 40 Km and 5 Km, with Philip Dunn and Cheryl Rellinger winning at 40 and Curt Clausen and Victoria Herazo at 5.

Dunn and Rellinger won at Fort Monmouth, N.J. on September 9 on a day on which the temperature rose from the low 70s to the low 80s during the race. Dunn led from the start in winning the 63rd edition of this race, first won by John Rabkonen of New York's Finnish-American AC in 1939 with a time of 3:55:58. The 29-year-old Dunn followed up his 14th place finish in the recent World Championships with a pleasant, uncontested Sunday stroll in 3:24:08 (we say stroll, since he was more than 15 minutes faster on his way to 50 Km in Edmonton). The Leisrue effort still left him 23 minutes ahead of second-place John Soucheck, who successfully defended his spot from last year. The championship record is 3:13:57 set by Carl Schueler in 1984.

Walking on a 2 Km loop, Dunn had lapped the field by 24 Km (even with a bathroom break) and went on to lap everyone again by the finish. In a well-paced effort, he reeled off 10 km splits of 51:18, 50:40, 51:41 (including that break), and 50:29.

The Shore A.C.'s Soucheck was all alone in second the whole way and finished 12:45 ahead of the rest of the field. Bill Vayo and defending champion Dave McGovern walked together in third through 22 km, after which Dave pulled ahead to develop a lead of 2 minutes and 10 seconds by 28 km. One lap later, Dave was 3:23 behind Bill and headed for the sidelines. By this point, he had also lost fourth position to 46-year-old Ohioan Chris Knotts, who beat out 56-year-old rival Leon Jasioniowski for the master's title. Last year Knotts was third, Jasioniowski fourth, and Vayo sixth.

In the women's race, Cheryl Rellinger quickly moved ahead of Loretta Schuellein, building her lead to more than 9 minutes at 16 Km. She went on to become the first official women's 40 Km titlist (the women's championships and record distances were made identical to the men's at the last national convention), although Loretta whittled away at that big lead and fell just 33 seconds short of Rellinger's 4:26:31 at the finish. The results:

Men--1. Philip Dunn, New Balance 3:24:08 (51:18, 1:41:58, 2:33:39) 2. John Soucheck, Shore AC 3:47:21 (55:04, 1:52:26, 2:48:28) 3. Bill Vayo, East Side TC 4:00:06 4. Chris Knotts (45), Maimi Valley TC 4:02:13 5. Leon Jasioniowski (56), Pegasus AC 4:05:04 6. Max Walker (54), Indiana RW 4:09:17 7. Jeff Salvage, Phast 4:13:02 8. Rod Craig (43), Pegasus AC 4:13:54 9. Tom Quattrocchi (50), Shore AC 4:21:59 10. Erik Litt, Shore AC 4:25:59 11. Ken Lampar (44), Pegasus 4:32:00 12. Bob Keating (54), New England Walkers 4:36:23 13. Lon Wilson (54) East Side TC 4:38:59 14. Al Cowen (44), Miami Valley 4:48:11 15. Dave Romansky (63), New Balance 4:57:23 16. Greg Leck (41), Bangor, Pa. 5:11:58 17. Manny eisner (60), Shore AC 5:19:43 18. Eliot Collins (49), Shore AC 5:26:09 19. John Molendyk (59), Shore AC 5:30:26 20. George Solis (69), Easy Striders 5:37:00 21. Art Glass (51), Shore AC 5:51:41 DNF-- Ed Fitch, Miami Valley, 34 km in 3:27:11; Bob Mimm (76), Shore AC, 32 km in 4:18:24; Dave McGovern, New Balance 30 km in 2:57:15 and 8 others.

Women--1. Cheryl Rellinger, Cohoes, N.Y. 4:26:31 2. Loretta Schuellein, East Side TC 4:27:04 3. Sami Bailey (65), Indiana RW 5:12:29 4. Sandvh Rubel (54) Shore AC 5:33:05 (7 DNF)

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In the 5 Km race at Kingsport, Tenn. on September 22 Clausen won in 20:44 and Herazo in 24:47. Clausen won for the third time, his previous titles coming in 1997 and 1998. Tim Seaman holds the meet record at 19:59, set in 1996. The 42-year-old Herazo, the defender in the women's race, won for the seventh time (1989, 1991, 1992, 1993, 1995, and 2000).

Clausen needed to race fast because he had a plane to catch. He arrived in Kingsport at 3 am after driving from a hall of fame banquet at his alma mater, Duke. Operating on 5 hours of sleep, he said, "I actually felt quite good, because that's more than I slept on the red-eye flight the night before. If it would have been a longer race, I probably would have felt the effects of the travel."

Clausen walked with Al Heppner for 3 km as they reeled off kilometers of 4:05, 4:12, and 4:08 on the challenging course. On the downhill part of the fourth kilometer, Clausen opened up a slight gap on his training partner and was able to pull away over the final 2 km. Clausen covered the last 2 in 4:07 and 4:09, while Heppner slowed to 4:16 and 4:15.



Curt Clausen and Spain's Valentin Massana battle in the late stages of the World Championship 50 Km. Massana finished sixth and Curt seventh (the best U.S. finish in any race over 400 meters). (Elliott Denman photo.)

It was Clausen's third National title of the year (20 and 30 earlier) and 16th of his career. Both he and Heppner bettered the course record of 21:21 set by Mike Rohl last year.

Behind these two, Dave McGovern was in third at 3.5 km when he reinjured a hamstring. Potomac Valley's 42-year-old Ian Whatley was there to take advantage, picking off McGovern at 4 Km and pulling away to a bronze medal in 22:15. McGovern hung tough for fourth ahead of Keith Luoma.

In the women's race, Cheryl Rellinger went for the win from the gun, opening a 20 meter lead on the field. However, usual front-runner Herazo was undaunted and caught Rellinger by the first kilometer mark, which she hit in 4:39 to Rellinger's 4:41. Harazo never looked back. Although she slowed throughout the race, she was able to pull away and break her own course record by 15 seconds with her 24:47. New Mexico's Teresa Aragon edged super-vet Gayle Johnson for third.

The race used to be held in conjunction with the once-popular Eastman 10 Km run. But when a new Eastman race director took over, she decided to shun the racewalk because it was grabbing too many headlines. Holding the racewalk championship in conjunction with a road running race helps bring exposure and sponsorships to the event, according to racewalk director Bobby Baker. "I'm hoping to attach the race to another big running road race, such as the Pigeon Forge 5 Km for next year," Baker added. Results:

Men--1. Curt Clausen 20:44 2. Al Heppner 20:59 3. Ian Whatley (42) 22:15 4. Dave McGovern 22:36 5. Keith Luoma 23:10 6. Michael Wiggins (52) 24:47 7. Rod Craig (43) 24:48 8. Leon Jasionowski (56) 24:49 9. Will Walden (46) 25:39 10. Max Walker (54) 25:45 (we don't have complete results but know that among 43 finishers, Jack Bray was first in the 65-69 group with 27:59 and Bob Mimm led the 75-79 group in 33:14)
Women--1. Victoria Herazo (42) 24:47 2. Cheryl Rellinger 26:06 3. Teresa Aragon (40) 27:05 4. Gayle Johnson (52) 27:16 5. Sara Sheets 29:13 6. Monetta Roberts (42) 29:34 7. Jolene Steigerwalt (57) 30:39 8. Janet Higbie (59) 31:06 9. Kathy Frable (56) 31:28 10. Rita Sinkovec (61) 31:35 11. Rebecca Miller 32:41 12. Ruby Talbert (59) 33:41 13. Rosemary Sexton (50) 33:47 14. Judy Justis (43) 33:56 15. Gwendolyn Thomas (53) 34:56. ... Jane Dana (80) 37:29 (23 finishers)

Based on reports from Ray Somers (40) and Al Heppner (5).

Goodwill Games

Ivanova blasts record; Deakes, Korzeniewski upend Russian trio

Brisbane, Australia--Toeing the starting line for the Goodwill Games 20 Km racewalk on September 6, Russia's Olimpiada Ivanova had already firmly established herself as the best in the world for 2001. Early in the year, she walked an all-time road best of 1:24:50. She followed that with a solid 1:26:48 win in the Euro Cup race and a dominating performance in winning the World Championships (1:27:48) a month ago. Not content with these accomplishments, she proceeded to circle the Brisbane track 50 times to win the Goodwill Games in a world record 1:26:52.3, shattering the 1:29:36.4 put up by Portugal's Susanne Feitor on July 21. Ivanova's teammate Yelena Nikolayeva, her only challenger in the World Championship race until disqualified, also got well under the old mark with a 1:27:49.30 in second. Spain's Eva Perez and Edmonton silver medalist Valentina Tsybulskaya were well back in third and fourth.

Two days earlier in the men's race, Australia's Nathan Deakes got a measure of revenge on the three Russians who shut him out of the medals in Edmonton and also beat Olympic double gold medalist Robert Korzeniewski in the process. After a race long duel, Deakes managed to escape his Polish rival over the final 400 meters to win by 4 seconds in 1:19:48. Of the Russian trio who swept the medals in Edmonton, only gold medalist Roman Rasskazov was able to challenge at all and he dropped away with 10 laps to go, finishing third in 1:21:09.

Ivanova left the track \$120,000 richer--\$20,000 for the win and \$100,000 for the record. "Yesterday I was poor and today I became a little richer," Ivanova, who has an 11-year-old daughter, said. She did not know what she would do with the money, except to help her parents who live poorly more than 70 kilometers from Moscow. "It's difficult to switch from little money to big money," she said.

Australia's Kerry Saxby-Junna, who set 32 world best times during her long and illustrious career and who was fifth today, was amazed by Ivanova's performance. "She was awesome. She's taken walking into a new level," said Saxby-Junna, who, at 40, also said this was her final competitive race.

Ivanova's father was a top amateur wrestler and her mother a gymnast and physical education teacher. "My parents were involved in sport when I was born, so that is why they gave me this name," she said. "Probably they were expecting something special from their daughter."

Deakes had the race of his life as he broke Commonwealth, Australian, Australian All-Comers records. His best accomplishments previously were a bronze medal in the 1996 World Junior 10 km and his fourth in the World Championships a month ago. While he found his win over the Russian trio to be "sweet revenge", he was more pleased to beat Korzeniowski, who had followed up his double Olympic win with the 50 Km gold in Edmonton. "It's the first time I've beaten Korzeniowski. In terms of scalps, you can't do better than that."

The U.S. was represented by Jill Zenner and Curt Clausen. Unfortunately, neither had their best race and against the class of these fields that added up to distant last place finishes. Even with their best races, Curt would have picked up just one place and Jill would still have been about a minute short of picking up a place. The results:

Women--1. Olympiada Ivanova, Russia 1:26:52.30 2. Yelena Nikolayeva, Russia 1:27:49.30 3. Eva Perez, Spain 1:32:22.40 4. Valentina Tsybulskaya, Belarus 1:33:25.50 5. Kerry Saxby-Junna, Australia 1:33:40.20 6. Jill Zenner, US 1:43:33.40
Men--1. Nathan Deakes, Australia 1:19:48.10 2. Robert Korzeniowski, Poland 1:19:52 3. Roman Rasskazov, Russia 1:21:09 4. Viktor Burayev, Russia 1:21:29.20 5. Ilya Markov, Russia 1:22:09.80 6. Juan Molina, Spain 1:22:31.7 7. Vladimir Andreyev, Russia 1:24:08.10 8. Curt Clausen, US 1:29:03.60

Other Results

1 Mile, Alexandria, Vir., July 22--1. Michael Schwed (6) 9:34.80 **3 Km, same place**--1. Schwed 18:59.30 **Women's Mile, same place**--1. Sarah Starks (10) 9:33.20 **1 Mile, Alexandria, Aug. 5**--1. Bruce Booth (53) 8:20.63 2. Michael Schwed 9:57 **3 Km, same place**--1. Dave Doherty 14:02 2. Bruce Booth 18:19 3. Michael Schwed 19:03 **Florida State 1500 meters, Sept. 16**: 1. Sandra DeNoon (45-49) 8:16 2. Linda Stein (50-54) 8:32 3. Joanne Elliot (65-59) 9:38 4. Patricia Baran (55-59) 10:07 5. Miriam Gordon (75-79) 10:13 (8 finishers) Men--1. Mike Felling (45-49) 7:19 2. Paul Johnson (60-64) 8:09 3. Bob Cella (60-64) 8:26 4. Dan Koch (55-59) 8:39 5. Bob Fine (70-74)--8:55 (10 finishers) **Florida State 3 Km, same place**: 1. Sandra DeNoon 17:39 2. Linda Stein 18:04 3. Joanne Elliot 19:12 (6 finishers) Men--1. Mike Felling 15:33 2. Bob Cella 17:53 3. Dan Koch 18:02 4. Paul Johnson 19:07 5. Bob Fine 19:55 (9 finishers) **Doc Tripp 10 Km, Aurora, Col., Aug. 12**--1. Mike Blanchard (40) 57:06 2. Peter Armstrong (56) 61:30 3. Peggy Müller (47) 65:08 (No longer will be seeing Peggy Müller in these results and thinking I have made another typo--the two "i"s are correct). She was married on Sept. 9 and is now Peggy Tronvig. We send our congratulations.) 4. Carolyn Fleck 65:36 (7 finishers) **5 Km, same place**--1. Daryl Meyers (59) 30:23 (8 finishers) **5 Km, Evergreen, Col., Aug. 5**--1. erry Femmer (49) 28:26 2. Lorie Rupoli (50) 19:55 3. Carolyn Fleck 31:08 **5 Km, Ault, Col., Aug. 11**--1. Terry Femmer 28:52 2. Sherrie Gossert (49) 30:57 **5 Miles, Denver, Aug. 19**--1. Mike Blanchard 48:08 2. Terry Femmer 51:17 **5 Km, Denver, Aug. 19**--1. Daryl Meyers

29:31 2. Joseph Fields (53) 30:31 3. Carolyn Fleck 30:32 4. Joanne Fields 31:33 **5 Km, Castle Rock, Col., Aug. 26**--1. Mike Blanchard 28:51 2. Daryl Meyers 30:13 **5 Km, Claremont, Cal., July 4**--1. Donna Cunningham (54) 28:57 2. Steve Avellaneda 31:22 3. Francine Avellaneda 31:56 (16 finishers) **5 Km, Long Beach, Cal., Aug. 4**--1. Margaret Govea 28:00 2. Donn Cunningham 28:54 Men--1. Carl Acosta (65-59) 30:54 2. Bob Nyman (60-64) 32:12 **1 Hour, Kentfield, Cal., Aug. 19**--1. Shoja Torabian 10,822 meters 2. Peter Corona 9446 3. Bob Rose 9270 4. Ann Lee 9236 5. Marge Gamero 9156 (14 finishers) **10 Km, Oakland, Cal., Sept. 9**--1. Terri Brothers (45) 60:52 2. Keith McConnell (57) 62:15 3. Steve Figoni (48) 63:05 4. Kim Frohsin 64:27 5. Joseph Anderson (62) 64:40 6. Hansi Rigney (59) 65:14 7. Robert Eisner (73) 65:22 8. John Murray Doane (58) 65:39 9. Stuart Kinnney (61) 65:51 (14 finishers) **10 Km, Larkspur, Cal., Sept. 9**--1. Jack Bray (68) 59:59 2. Joe Berendt (45) 60:26 3. Jim Currier (52) 61:38 4. Paula Kash-Mendell (51) 67:02 (26 finishers) **Portland-to-Coast Walking Relay, Aug. 24-25**--1. The High Fibres (Men), Vancouver, B.C. 19:28:53 2. RWNW Ero-Feet (women Masters), Portland, Ore. 22:14:58 3. Team Sierra Sneakers (Mixed Masters), Citrus Heights, Cal. 22:21:08 4. Racewalkers Northwest (Mixed Super Masters), Portland, Ore. 22:52:21 5. Street Walkers (Women), Oregon City, Ore. 22:54:44 (This is an annual 127 mile walking relay. It starts at Delta Park in Portland, Oregon and crosses the valley to the coastal mountains and then goes down to the Pacific Ocean beach at Seaside, Oregon. The teams with the slower estimated times start at 4 am and the fastest teams at 11:30 am. The race is not judged, but each team monitors the other teams with penalties ranging from a 90 minute time penalty to DQ. This year's race drew 400 teams with a maximum of 12 members per team. Women's team are all women; mixed teams at least half women; and men's teams more than half men. Participants on master's teams are 40 or older and on super master's teams 50 or older. The race is always held on the last weekend in August, so you can start getting your team together now for next year's race.) **2.8 Miles, Seattle, Aug. 11**--1. Stan Chramiski 24:07 2. Bob Novak 24:26 3. Bart Kale 24:28 4. Peter Plimpton 25:52 5. Joslyn Slaughter 25:58 6. Ann Tuberg 27:06 **Seattle Masters 5 Km, Aug. 18**--1. Stan Chraminski (50-54) 26:43 2. George Ospahl (55-59) 28:31 3. Joslyn Slaughter (40-44) 29:21 4. Peter Plimpton (45-49) 29:45

World University Games, Beijing, China, Aug. 29: Women's 10 Km--1. Hongmiao Gao, China 32:20 2. Susana Feitor, Portugal 43:40 3. Liping Wang, China 44:01 4. Tatla Gudkova, Sussia 44:14 5. Maria Sanchez, Mexico 45:00 6. Valentina Savchuk, Ukraine 45:08 7. Mi-Jeong Kim, Korea 45:49 8. Farissa Sofronova, Russia 46:01 9. Eva Perez, Spain 46:21 10. Athena Papagianni, Greece 47:44 (12 finishers, 2 DNF, 2 DQs including Saara Stevenson, US) **Men's 20 Km**--1. Lorenzo Civalero, Italy 1:24:42 2. Manuel Molina, Spain 1:25:07 3. Ziao Dong, China 1:25:17 4. Renis Nijegorodov, Russia 1:25:31 5. Jefferson Perez, Ecuador 1:26:11 6. Jose Dominguez, Spain 1:26:18 7. Sewen Li, China 1:26:34 8. Alejandro Lpez, Mexico 1:26:47 9. Christian Beredeja, Mexico 1:26:59 10. Luke Adams, Australia 1:28:02 11. Milos Batovsky, Slovakia 1:29:43 12. Dong Young Kim, Korea 1:30:03 ... 17. Sean Albert, US 1:32:11. ... DQ Al Heppner, US (19 finishers, 2 DNF, 2 DQ)

Finalnd-Sweden Dual, Gothenburg, Sweden, Sept. 1-2: Men's 10 Km--1. Bengt Bengtsson, Swed. 43:37.33 2. Birger Falt, Swed. 43:54 3. Jani Lehtinen, Fin. 44:05 4. Fredrik Svensson, Swed. 44:13 5. Antti Kempas, Fin. 44:43 6. Eero Turpeneinen, Fin. 45:15 Sweden wins 15-7 **Women's 5 Km**--1. Heidi Lindewall, Fin. 23:06.01 2. Outi Sillanpaa, Fin. 23:08 3. Monica Svensson, Swed. 23:47 4. Sofia Andersson, Swed. 26:18 DQ--Siv Ibanez, Swed. and Jenni Lahtinen, Fin. Finland wins 12-7. Combined, Sweden wins 22-19 **Scandinavian Junior 10 Km, Aug. 20**--1. Eero Turpeinen, Fin. 44:57.60 2. Andreas Gustafsson, Swed. 46:47 3. Sigbjorn Sandberg, Nor. 47:10 4. Pekka Vuori, Fin 47:17 **Jr. Women's 3 Km, Helsinki, Aug. 21**--1. Heidi Lindewall 13:28.39 **5 Km, Helsinki, Sept. 9**--1. Jani Lehtinen 21:01.58 2. Kim Lappalainen 21:02 **Hildesheim, Germany, Aug. 25-26: Men's 5 Km**--1. Makarov, Belarus 19:01 Men's 20

Km--1. Yevgeniy Misyulya, Belarus 1:23:02 Women's 3 Km--1. Kjersti Tysse-Platzer 11:53
 Women's 10 Km--1. Tysse Platzer 43:27 **20 Km, Gdansk, Poland, Sept. 1--1. Tomasz Lipiec**
1:24:36 2. Roman Magdziaarczyk 1:25:14 3. Stanislaw Tosik 1:27:05 **Women's 10 Km, same**
place--1. Jolanta Dukure, Latvia 46:47 2. Agnieszka Olesz 47:54 **10 Km, Warsaw, Sept. 8--1.**
 Lipiec 40:09.91 2. Grzegorz Sudol 41:08 Under age 20--1. Benjamin Kucinski 40:54.08 Under
 18--1. Szymon Zeiski 47:03.01 **5 Km, Poznan, Poland, Sept. 15--1. Ilya Markov, Russia**
 19:10.81 2. Tomasz Lipiec 19:16 3. Benjamin Kucinski 19:26 Women's 3 Km--1. Sylwia
 Korzeniowska 13:12.97 2. Agnieszka Olesz 13:35.21 **5 Km, Krakow, Poland, Sept. 9--1.**
 Robert Korzeniowski 19:10 Women's 3 Km--1. Anna Szumny 13:22.66 **Australian 30 Km**
Championship, Sept. 2--1. Troy Sundstrom 1:17:17 2. Duane Cousins 2:25:15 3. Richard
 Everson 2:26:56

Grab your shoes, Pay your dues, Enter a race, and you'll never lose

Sat. Oct. 6 1 Hour, Plantation, Fla. (Q)
 Sun. Oct. 7 **National USATF 1 and 2 Hour, Worcester, Mass. (AA)**
 Jersey Shore Half-Marathon (A)
 Sat. Oct. 13 2.8 Miles, Seattle, 9 am (C)
 Sacramento 1/2 Marathon (E)
 1 Hour, Denver (H)
 5 Km, Newport, Cal. (Y)
 Sun. Oct. 14 1 Hour, Alexandria, Va., 9 am (O)
 Detroit Free Press Marathon (S)
 Coney Island 5 and 10 Miles, New York (K)
 5 Km, Providence, R.I. (X)
 Sat. Oct. 20 Eastern Regional and Metropolitan 30 Km, 8 am, New York City (G)
 5 Km, LaCienca, Cal. (Y)
 Sun. Oct. 21 5 Km, Auburn, Ca (P)
 Bob Fine International 15 Km, Coconut Creek, Fla. (Q)
 10 Km, Albuquerque, N.M. (I)
 Sat. Oct. 27 Giulio de Petra 10 Km, Seaside, Cal., 9 am (V)
 National 100 Km and Ohio 50 Km, Yellow Springs, Ohio (M)
 5 Km, Aurora, Col., 9 am (H)
 5 Km, Studio City, Cal., 10 am (Y)
 Sun. Oct. 28 10 Km, New London, Conn. (X)
 1 Mile, Kentfield, Cal. (P)
 5 Km, Denver, 9:30 am (H)
 5 Km, Rio Rancho, N.M. (I)
 5 Km, Los Angeles, 8 am (Y)
 Wed. Oct. 31 Halloween Hustle 5 Km, Denver, 6:30 pm (H)
 Sun. Nov. 4 National Masters 20 Km, Coconut Creek, Florida, 7:15 am (L)
 1 Hour, Alexandria, Vir., 9 am (O)
 10 Miles, Thonton, Col., 9 am (H)
 5 Km, Albuquerque (I)
 5 Km, Clarksburg, Cal. (E)
 5 Km, Pasadena, Cal., 9 am (Y)
 Sat. Nov. 10 12 and 24 Hour Races (track), El Cajon, Cal. (D)
 2.8 Miles, Seattle, 9 am (C)
 Sun. Nov. 11 1 Hour, Kentfield, Cal., 9 am (P)

Long Beach 1/2 Marathon (Y)
 Sat. Nov. 17 8 Km, Alexandria, Va., 8:30 am (O)
 Sun. Nov. 18 Gran Prix #1, New York City, 8:30 am (G)
 Th. Nov. 22 5 Km races in both Las Cruces and Albuquerque, N.M. (I)
 Sun. Nov. 25 Gran Prix #2, New York City, 9 am (G)
 Sat. Dec. 1 2 Mile, Roswell, N.M. (I)

Sun. Dec. 2 Gran Prix #3, New York City (G)
 10 Km, West Concord, Mass. (X)
 Sat. Dec. 8 2.8 Miles, Seattle, 9 am (C)
 5 Km, Phar, Texas, 8 am (N)
 Sat. Dec. 22 8 Km, Alexandria, Va., 8:30 am (O)

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From Heel To Toe

National Chairmen. Elliott Denman remembers another former National Racewalk Chairman who hasn't been mentioned in the quest to identify those in the past. Elliott writes: "Another famed National Chairman was Mr. Sebastian Linehan of Cincinnati. He directed the 40 km and other nationals for many years, when Cincinnati was a major walking center (*Ed. The National 50 was held in Cincinnati every year from 1934 to 1949 and again in 1951.*) The 1956 National 40 Km in Cincinnati was my first big out-of-town trip. The course went from Coney Island amusement park into Cincinnati. When I placed sixth, it was a huge encouragement, indicating some room for future improvement. Much belatedly, I thank Mr. Linehan for this opportunity. (*Ed. Improvement indeed. Elliott was on the Olympic team at 50 km a few months*

later. Personally, I remember Sebastian Linehan well, but either was not aware he had been National Chairman, or have forgotten that fact if I once knew it. His chairmanship would have been before my time in racewalking. Elliott mentions Coney Island, an amusement park along the Ohio River. While, it didn't quite rival its more famous namesake, it was quite nice and very popular. It fell by the way side when the more famous King's Island was built north of Cincinnati sometime in the '60s. Anyway, for many years, Sebastian directed an annual track meet, the Irish Day meet, at Coney Island. It was held on an ancient, very dusty dirt track that would have been considered poor a century earlier. But it was a fun meet and he gave out nice awards. I first went down in August of 1954, following my freshman year at Bowling Green. And amazingly, I won the 440 in a blazing 55.0, very slow even for me at that time, but remember the track, and won a large trophy--the first of my life. Everything had been ribbons and teeny medals before that. And I met a most gracious Sebastian Linehan. I also went to the meet the following summer--fourth in the 100 and third in the 220. Actually, my roommate at BG, Larry Trask and a graduate student who assisted in track and cross country, Marv Crosten, had met Mr. Linehan in the spring of that year. On a whim, after hearing of the National 40 Km walk to be contested in Cincinnati, they had taken up the sport and after a couple of months crash training program went to that race. Neither of them finished, although I think Marv was fairly well placed when he had to call it a day at about 21 miles, and neither continued to pursue the sport. Back, to my own story, when I took up walking in the summer of 1958, my second race was back at the Irish Day meet, with about a month's very light training at this new discipline under my belt. [Actually, I had walked an 880 three years earlier as part of the National AAU All-Around championship, but that's another story] The meet included a 1 Mile walk and a women's 880 yard walk as it had for many years, perhaps since its inception in the early years of the century. The women's race, though quite short, was a real pioneering effort. That year, I got a third in the Mile walk (7:50) and second in the 220. I returned one more time the following year and improved to second place and 7:25, while also finishing second in the 440, only .8 slower than five years earlier. So, I never got another trophy from the meet, but it was always a lot of fun. Mr. Linehan was also involved in the annual Ft. Thomas, Ky. to Cincinnati Thanksgiving Day 6 mile run and walk, which also dated back to the very early 1900s, and in which I participated a couple of times before family Thanksgiving dinners took precedence. Unfortunately, there was no one to carry on the great programs that Mr. Linehan had so ably directed and Cincinnati faded into oblivion in the racewalking world. But, there are signs of revival now. . . **A clarification.** In discussing the Enrique Pena situation in last month's issue (and we have no more on his present status), we noted that John MacLachlan "was instrumental in raising those funds" referring to the funding provided by the North American Racewalking Institute for paying Pena and maintaining racewalkers at the ARCO Olympic Training Center. Elaine Ward, the NARI director, has written to clarify that situation. In order to give credit where it is properly deserved, following are excerpts from Elaine's letter to the ORW: "John did not raise most of the money for NARI. I raised the money for Coach Bulakowski alone. John paid for coach Pena from Nov. 1, 1988 through April 1999 for legal reasons. On May 1, 1999, NARI took over and paid the coach's salary out of funds I pretty much raised through camps, video sales, and from continuous soliciting through the U.S. Racewalking Journal. John paid for some of his extravagant legal expenses in getting coach Pena through the INS, but ANRI paid around \$5000. . . NARI raised approximately \$85,000, not including the \$18,000 John paid initially for Pena. Again, John did a lot of the footwork getting Enrique admitted into the country, and he certainly was generous with his money in the beginning. However, my mother contributed almost as much money as John." I don't want to go further into what seems to be a bit of a messy situation, as both the NARI and MacLachlan's Racewalking International pursue goals they think are in the best

interests of the sport. An article that follows later outlines NARI's hopes. A couple of items later in this feature inform you of RWI initiatives. . . **McGovern Racewalking Weekend.** Dave McGovern will hold another of his very worthwhile racewalking weekends in San Francisco from Jan. 25-27. The clinic will include individual video taped technique analysis group lectures, use of Polar Heart Rate Monitors, and informative handouts, plus, of course Dave's wit and expertise. A competitive walker for 19 years, with international experience, Dave has been coaching for 14 years. He is a certified USATF and LSA coach, the author of two books, *Precision Walking, the Complete Guide to Racewalking Technique and Training* and *The Complete Guide to Walking a Marathon*. He has also been a contributing editor to *Walking Magazine* and *Active.com*. The cost for 1 1/2 days is \$125. Contact Kim Frohsin at 415-397-8840 (w), 415-392-2772 (h), kimfrohsin@yahoo.com, or visit Dave's World Class Racewalking Institute website at www.racewalking.org. . . **Note cards still available.** The Golden Gate Racewalkers continue to offer note cards with a great shot of the start of a race on the front at \$12 for set of 10, plus \$1.49 postage. Contact Jon Borset, 1340 Pine Street, San Francisco, CA 94109. . . **Hey, we aren't that bad.** I'm not sure why I give the Golden Gate Racewalkers that publicity for their activities after what they said on the front page of their most recent newsletter. In a sketch of a new member, I read, "He has just survived 19 years in the Midwest and has returned to tell about it." But, diplomat that I am, I'll let it go. This time. . . **Altitude training.** Racewalking International is again offering national class racewalkers the opportunity to train at the Altitude Training camp at the Cardinal Village Resort near Bishop, Cal. Last year, those training at the Olympic Training Center enjoyed a special time at the Cardinal Center using both the high altitude trails for mountain hiking and the lower elevations at 4-5,000 feet for workouts. The residences are at 8,500 feet. Slots are open from December through April 2002. Contact John McLachlan at 745 Kelly Drive, Incline Village, NV 89451, 775-833-2121, rw-international@msn.com for further information. . . **Youth clinic.** RWI is also partnering with the South Texas Walking Club in conducting a youth racewalking clinic and festival in Pharr, Texas Dec. 7-9. Ray Kuhles, OTC T&F Coordinator, assisted by Tim Seaman and Sean Albert, will conduct clinics each day. Same contact as the above item. . . **Saville tribute.** Jane Saville, who continues to be plagued with DQs since getting the red card about 600 meters from a gold medal in Sydney, can take heart from the following tribute. John Naber, president of the U.S. Olympians Alumni organization, wrote a column about the Olympics in the most recent issue of *The Olympian*, the alumni newsletter. That piece included the following: "One of my favorite stories from the Sydney Games was of Jane Saville, the Australian racewalker, who was leading the 20 Kilometer event into the Olympic stadium. After walking for hours (*Ed. A bit of an exaggeration*), she approached the tunnel leading into the stadium where almost 100,000 Australians were preparing to celebrate. With the finish line almost in sight, an official notified her that she was disqualified for breaking her stride. I was expecting a formal protest by her delegation, or at least a cellular phone call to her attorney. Instead, she merely allowed the disappointment to overwhelm her as she burst into tears and slowly turned around and walked back up the tunnel and away from the stadium, into the arms of her coach/boyfriend. I am pleased to report that the following morning, the local papers did not condemn the official for taking away an almost certain gold medal from Australia's total, and they did not seek to justify the judge's decision, and they praised the official for making what most certainly must have been the most difficult call of the Games. (*Ed. John, not understanding our rules, puts too much burden on a single official.*) It appears the Olympic Games, more than any other sporting event, still retain their position of ethical leadership, where spectators expect to see the higher values of sportsmanship and fair play." . . **Rohl at Mansfield.** We reported last month that Mike Rohl was interviewing for a coaching position at Mansfield University in Mansfield, Pa. He is now officially Head Cross Country and Track and Field coach at that school. Discussion regarding a coaching position for Michelle are on going. The Athletic Director and Vice President of the University have encouraged Mike to continue competing and he is already making plans for

youth and adult racewalking camps. Mansfield is in the mountains of north central Pennsylvania at an elevation of about 2200 feet. Not far from Wellsboro, where we have stayed a few times, near the Grand Canyon of Pennsylvania.

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With the status of Enrique Pena as coach of elite racewalkers at the ARCO Olympic Training Center apparently in limbo after his resignation to/release by RWI, who had contracted for his services for 4 years, the North American Racewalking Institute is seeking ways to retain his services. Following are excerpts from an article Elaine Ward wrote in her *U.S. Racewalking Journal*. We'll call it:

The ARCO Olympic Training Center Story

A brief history. In August of 1997, an athlete at the ARCO Olympic Training Center in Chula Vista contacted the North American Racewalking Institute to help solve a problem. At this time, I wrote in the *U.S. Racewalking Journal* "After years of wishing, we finally have a group of dedicated, intelligent, talented young people training to put America into the upper echelons of international competition. They do not imagine this will be easy, but they feel confident that they have the stuff to fulfill their goals. However, none imagine that they can do it alone. They fully appreciate the necessity of an equally dedicated coach to guide them."

The article went on to explain that their hopes were threatened because USATF was not in a position to pay a coaching salary. The athlete asked if there was anything NARI could do, but it was **you** who did it. You answered the Institute's appeal so generously that NARI became the major source of the racewalking coach's salary at the ARCO OTC through the 2000 Sydney Olympics

Flash forward: At the end of July 2001, an athlete from the OTC again contacted NARI to help solve a problem.

(Ed. The problem was of course, the need to retain the coach. Elaine outlined events regarding the situation and then, in paragraphs titled "We've Come A Long Way" outlined the accomplishments of Curt Clausen and Philip Dunn over the 4 years, leading to their 7th and 14th place finishes in Edmonton.)

But We've Got A Ways To Go. The 4-year-old program at the ARCO OTC has developed from a small group of fine, but unproven athletes internationally. The program has not had a large pool of developing recruits as it is no secret that racewalking in America has not been a popular sport among the up-coming track and field youth. To have two walkers at the OTC reach world class and their teammates steadily improving speaks very well of the OTC racewalking program and its coach.

Thanks to Tom Eastler, Gary Westerfield, Vince Peters, and **many** others, the number of talented high school walkers has been growing. Some very promising athletes are entering University of Wisconsin-Parkside to be part of Coach Mike DeWitt's highly successful collegiate program. A few may graduate with Olympic dreams and be seeking the type of unique training opportunity offered by the ARCO OTC program.

The bottom line is: The personal efforts of dedicated individuals working with the young people in their home areas are paying off. Youth, high school, college, and post college centers of racewalking excellence are becoming a reality. These centers are a grass roots development; they are also "work in progress".

This is no time to allow the disintegration of any part of what has been accomplished. With many hands joining together, the racewalking program at the Olympic Training Center can be saved. It can continue to offer a unique training opportunity for athletes focused on bringing

home Olympic Gold. (Donations can be sent to NARI, P.O. Box 50312, Pasadena, CA 91115-0312.

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Even before Elaine wrote those words, Philip Dunn wrote the following open letter, dated August 24, and signed by Philip, Curt Clausen, Al Heppner, John Nunn, and Sean Albert.

To the U.S. Racewalk Community:

In light of recent discussions, I felt I should write and express the opinions of the athletes living and training here at the ARCO OTC in Chula Vista. I am writing on behalf of myself and the athletes listed below. We would like the U.S. racewalking community to know how we feel.

Since the fall of 1998, we have been guided by the coaching excellence of Enrique Pena. Four of the six athletes in training today were here when Coach Pena arrived and began transforming U.S. racewalking into an internationally competitive team: Philip Dunn, Tim Seaman, Curt Clausen, and Al Heppner. Sean Albert and John Nunn have since joined our ranks. Four members of that original team left for a variety of personal reasons: Susan Armenta, Danielle Kirk, Kevin Eastler, and Andrew Hermann.

In the past three years, Coach Pena has raised our level of performance and our personal expectations. He has created not just a team of internationally competitive athletes, he has created a family. We have our differences, of course, but we care about each other and our development as athletes and as people. In order for us to continue achieving excellence in the U.S. and abroad, we need the guidance of Coach Pena.

As several others have noted, Coach Pena's status as coach at the OTC is determined by an endorsement from USATF, not RWI or any other individual organization. So long as his athletes support him, Coach Pena will maintain the endorsement of USATF.

Coach Pena wishes to continue coaching us. We wish to continue having him as our coach. We commit to working with Coach Pena to find financial support for him and his family. We pledge to support him in his goal to continue improving the performance of U.S. racewalkers.

Since the residence program began here in 1997, Elaine Ward of the NARI, John MacLachlan of RWI, and countless individuals, clubs, and organizations have given their time, resources, and support to our program.

We wish to thank those who have generously supported us and welcome your continued solidarity. We will be working with various organizations over the next few months to stabilize the financial crisis that we face in raising enough money for Coach Pena's salary. We encourage you to contribute your ideas and resources as you see fit.

Please feel free to contact us directly if you should like more information or further insight. If you have questions that we are capable of answering, we will be happy to share them with you and the U.S. racewalking community at large.

(You can contact any of the athletes named above at USOTC, 2800 Olympic Parkway, Chula Vista, CA 91915. Philip's e-mail address is dunnphilip@yahoo.com.)

Last month Bob Mimm threatened to send us an article on water. His threat was not idle. Here it is. Bob, a 1960 Olympian at 20 Km, has continued to excel in Masters races at all distances up to his present age of 76. Along the way, he has set numerous age group records and won a slew of National and World masters titles. I would guess he has walked more competitive miles than anyone in the country, but I have no statistics to back up that assumption. Anyway, here are Bob thoughts on water and the walker.

Water

by Bob Mimm

I remember when many football coaches told their players that learning to go without water would help toughen them for competition. I also remember a track and field rule that said runners or racewalkers could not drink water until after 9 miles. We now know such thinking was wrong. So, let me start with my bottom line: **You cannot train the body to go without water!**

Because a trained athlete's body might work more efficiently than a couch potato's, he or she might live a bit longer in a desert. But the time involved would be so insignificant it is not worth discussing. No one can live very long without water.

Speaking of deserts, allow me to digress a bit. There are some who think you can get water from a cactus if you are lost in a desert. There is one type, the barrel cactus found in Mexico and the Southwest U.S., that does hold water in sufficient quantities. But, I wouldn't recommend drinking it because nature has added a toxic substance to its skin to protect it from animals. If you drank any of the water you would probably suffer a severe case of diarrhea and only make dehydration worse.

If you are a walker or runner (training or competing), water should be your number one priority. You should drink before starting a race. If you are sufficiently hydrated before, you should be able to finish a 5 km race without ill effects. For longer distances, water should be available during the race.

Listen to your body is advice we hear often. Ignore such advice regarding your need for water. If, in a race, you wait for your body to tell that you are thirsty, it is probably too late. You may already be dehydrating. Dehydration is dangerous. Your blood thickens, which slows circulation to your organs.

You can ignore people who tell you that you should only drink warm water. Cold water actually empties from your stomach more quickly.

Drinking water is just as necessary in cold weather. It helps regulate your body temperature. Just a two or three degree temperature loss can cause shivering as your body tries to generate heat. If your temperature falls below 95 F, you can become disoriented. You usually go into a coma when you near 80 degrees.

Another item of consideration is whether an energy drink is better than water. It really depends on the distance you are walking. Drinking water replaces only water. In the longer distances (or higher altitudes), your drink must hydrate and provide carbohydrates in the form of glucose or some other sugar. (Ed. See the recipe for the Doc Blackburn elixir in our July issue.) All drinks contain sodium. A loss of too much sodium can cause hyponatremia, a serious problem. The very popular Gatorade contains more than most other drinks.

When using energy drinks, a question is how soon they will empty from the stomach. Drinks with 10 percent less glucose polymers will empty as water. Exceed is one example with 7

percent. Most drinks also contain electrolytes, such as potassium. These drinks could be helpful at very long distances.

Although I've written much, I feel compelled to add one more bit of advice. Alcohol has a diuretic action that can deplete your fluid level. So, if you drink alcohol, drink water with it.

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And, commentary from another of our outstanding masters walkers, Carl Acosta, on the straight-leg issue as it applies to older walkers. The easy answer, of course, is, if you can't follow the rules, then find another sport. But hear Carl out.

In the Eye of the Beholder, or Here Comes the Judge

by Carl Acosta

Brisbane marked the sixth WAVA games in which I participated. My events were the 5 and 20 km racewalks.

I began racewalking 20 years ago and the sport has changed my life. I love competing. In fact, I love racewalking so much that I am no longer intimidated by the judges' disqualifications. I challenge the straight-knee rule on impact every time I compete. Despite the fact that I know I can walk legally, I still manage to end each season with two to three DQs. What intimidates me more is my very own inflexibility—that's the challenge I face the rest of my life, not the judges! They're doing their job, some with more enthusiasm than others.

Upon my return from Brisbane, I mentioned to a colleague that I had not received so much as "boo" from any of the international judges, either in the 5 or the 20. His comment was: "Apparently, the foreign walkers must have the same ugly, knobby, protruded, bulbous knees as yours, so there's nothing to compare—you don't stand out!" I found his comment quite amusing, but not for long. My first week back, I competed at an all-comers track meet that included a 1600 meter racewalk, and received three warnings for a bent knee in the first lap. I kid you not!

Could it be that our judges have become too overzealous with their scrutiny of the "straight-leg" issue? Some good master racewalkers have stopped competing due to being discouraged and embarrassed for having been disqualified during a race. This is compounded by the fact that racewalking is one of the few sports that does not allow DQ'd athletes to finish the competition.

Our sport not only has lost competitors, but sadly and more importantly, these same good athletes have perhaps even lost the motivation to maintain a regular fitness regimen at a time in their lives when it is vital to stay healthy and active.

Thanks to masters track and field, we have the opportunity to continue competing until 80 or 90. Let's encourage, not discourage.

Looking Back

35 Years Ago (From the September 1966 ORW)—Ron Laird won the National 25 Km title in 2:06:16 in Seattle. On a very hot day, Tom Dooley was nearly 12 minutes back in second. . . In the European Championships, East Germany's Dieter Lindner walked 20 km in 1:29:25 to beat Soviet aces Vladimir Golubnichiy and Nikolai Smaga. Italy's Abdon Pamich won the 50 in 4:18:32 over another Soviet pair—Gennadiy Agapov and Tscherbina. . . Alex Oakley captured the Canadian 50 in 4:44:52, 12 minutes ahead of Israel's (and at that time the U.S.'s) Shaul Ladany. . . Another Canadian, Felix Cappella, won the annual Mackinac Bridge 4 1/2 mile race in Michigan in 34:36.

30 Years Ago (From the September 1971 ORW)—The headline said that Young, Laird, Ladany dominate. Larry Young won the National 30 Km in Seattle and bettered the American record for 100 miles in Columbia, Missouri. In the 20, he pulled clear of Ron Laird in the final 10 km to win in 2:25:40. Laird had 2:28:10, ahead of Bill Ranney, Goetz Klopfer, Bob Bowman, and Steve Tyrer. The 100-miler was held on a 200-meter indoor track because of monsoon-like weather that had flooded the outdoor oval. Larry took it easy for 96 miles and then accelerated to finish in 18:07:12 effort with miles of 9:40, 9:21, 7:59, and 7:50! . . . Laird took the National 25 km on Long Island in 2:01:49 after a good rattle with Hohn Kniffron (2:03:34), Bob Kitchen (2:04:13), Canadian Marcel Jobin (2:05:28), Gary Westerfield (2:06:36), and Ron Kulik (2:07:38). . . Ladany prevailed in the prestigious London-to-Brighton 52 miler in 7:57:17 (37 1/2 minutes ahead of second) just a few weeks after he had won the Hastings-to-Brighton 38 miler in 5:33:36. . . In a 10

miler in Continental, Ohio, Jack Blackburn edged Jack Mortland 1:21:01 to 1:21:09, with Phil McDonald better than a minute back. Phil got his revenge a week later as he wiped out both Jacks while finishing 10th in that National 25.

25 Years Ago (From the September 1976 ORW)—The National 30, held in Des Moines, Iowa, went to Larry Young in 2:27:26. Floyd Godwin stayed close most of the way, but finished better than 3 minutes back. Augie Hirt was a distant third, followed by the aging Ron Laird. . . Hirt took the National 100 miler in Columbia, Mo. in 19:55:16, with Chuck Hunter finished the race for the fourth straight year, only 10:34 behind. There were seven finishers, with our own Jack Blackburn joining Hirt as a first-time Centurion. Jack was fourth in 21:57:11. . . The World 50 Km Championship, held because the 50 was dropped from the Montreal Olympics, went to Soviet Veniamin Soldatenko in 3:54:50. He was followed by Enrique Vera, Mexico in 3:58:14 and Reima Salonen, Finland in 3:58:53. Two-time Olympic bronze medalist, Larry Young, was the first U.S. competitor in 21st with 4:16:47, as he needed over 58 minutes for the final, dropping 8 places. Augie Hirt had 4:28:35 in 27th. . . Steve Pecinovsky just beat Martin Kraft for the National B 15 km title at Mackinac Island, Mich., as both walkers were given a time of 1:12:12. In the bridge walk the next day, Ron Laird won in 34:07, with Pecinovsky and Bill Walker tying for second about 2 minutes back.

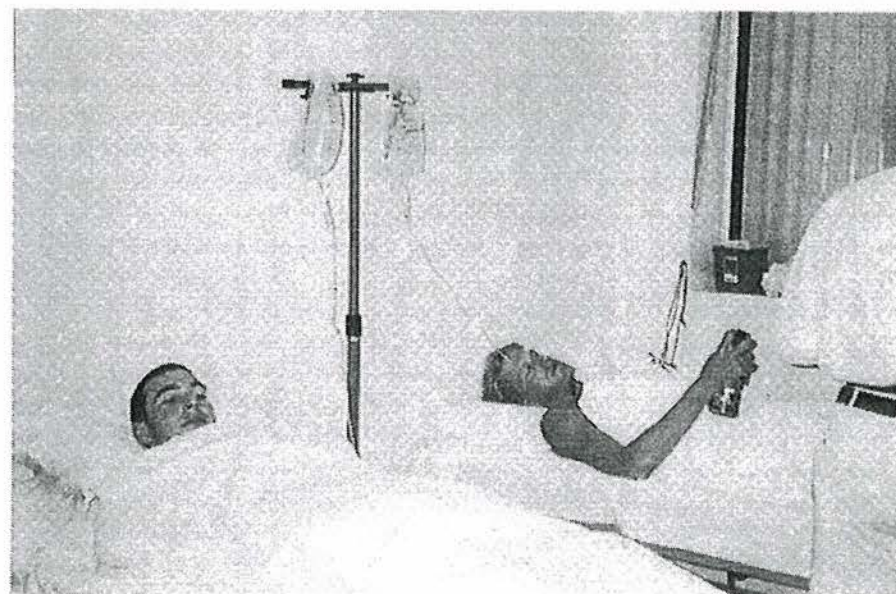
20 Years Ago (From the September 1981 ORW)—Todd Scully beat Canada's Glenn Sweazey to win the National 25 in Lewiston, Maine. Todd had 2:02:02, better than a minute-and-a-half ahead of his Canadian rival. Alan Price passed a fading Randy Mimm to take third. Jack Boitano won the Master's title in 2:13:55. . . Uwe Dunkel was an upset winner of the East German 50, beating Hartwig Gauder 3:45:52 to 3:46:57. Dietmar Meisch and Ronald Weigel were also under 3:50. In the 20, Ralf Kowalsky zipped through in 1:21:39 to beat Roland Weisser, who had 1:22:12.

15 Years Ago (From the September 1986 ORW)—Tim Lewis had an American best 1:23:35 to win the Rockport Series 20 Km in Seattle. Carl Schueller was just over 2 minutes back in second with Ray Sharp another 2 minutes behind and Paul Wick also under 1:30 in fourth. Teresa Vaill (49:30) won the 10 Km over Debbi Lawrence at the same site. . . Hartwig Gauder won the European 50 in 3:40:55, a minute ahead of Vyacheslav Ivanenko, USSR.

10 Years Ago (From the September 1991 ORW)—The World Championship 50 went to Aleksandr Potashov over countryman Andrei Perlov. The two USSR athletes strode across the line together in 3:53:09, but the judges gave Potashov the nod. Hartwig Gauder was third in 3:55:14. For the U.S., Carl Schueller had the first DNF of a long, distinguished career. . . The National 40 went to Paul Malek in 3:32:40, 21 minutes ahead of Nick Bdera, with Bob Keating another 2 minutes back. . . An upcoming walker, Poland's Robert Korzeniowski, won the World University

Games 20 in 1:24:37. Dave McGovern was 10th for the U.S. in 1:29:27. The women's 10 went to Finland's Sari Essayah in 44:04 with Lynn Weik fifth in 45:56. . . Jonathan Matthews won a 20 Km in Oakland, Cal. in 1:28:58. . . Ilya Markov won the European Junior 10 Km Championship in 41:11.22. . . Richard Brown covered 100 miles in 17:52:47 in England.

5 Years Ago (From the September 1996 ORW)—National 5 Km titles went to Tim Seaman in 19:59 and Debbi Lawrence in 21:15. Following Seaman in the Wilkes-Barre, Pa. race were Dave McGovern (20:017), Gary Morgan (20:23), Curt Clausen (20:54), and Al Heppner (20:59). Michelle Rohl (21:54) and Victoria Herazo (22:30) followed Lawrence. . . The Natinal 40 went Warrick Yeager in 3:38:19 with Curt Sheller taking second in 3:59:57. . . World Junior titles went to Spain's Francisco Fernandez in 40:38.25 and Russia's Irina Stankina in 21:38.85.



Above: America's most successful distance duo at the World T&F Championships. Curt Clausen, seventh, and Philip Dunn, fourteenth, did far better than any pair of U.S. distance runners. (Elliott Denman photo.)

Below: Paying the price. Ireland's Jamie Costin and Curt Clausen on intravenous drips following their 50 km efforts in Edmonton. (Pierce O'Callaghan photo. Pierce also sent a photo of Philip Dunn in like posture.)