



# OHIO RACEWALKER

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## U.S. Scores Pan-Am Cup Wins; IAAF Challenge Underway

Over two weekends of intense racing in Tijuana, Mexico and Chula Vista, California, the IAAF Racewalking Challenge series was successfully launched and the U.S. scored unprecedented men's victories at both 50 and 20 Km in the Pan-American Cup racewalks. While we would have to brand the 50 Km win largely circumstantial, the U.S. team did what was needed on the day. The 20 Km win a week later was a superb effort on the behalf of our team, although against a less than full strength Mexican team.

Mexican Racewalk Week in Tijuana on March 9 and 10 kicked off the IAAF RW Challenge, which will hit six more sites in Europe and Asia over the next five months, with 20 Km races for men and women and a 50 Km for men. Embedded in the men's 50, was the Pan-American Cup race.

The Tijuana 20 Km saw a strong men's field featuring last year's number one ranked Francisco Fernandez, Spain; world record holder Bernardo Segura of Mexico, returning to the elite ranks; world 50 Km record holder and Robert Korzeniowski of Poland, Olympic champion at both 20 and 50; and Mexico's Alejandro Lopez, ranked fourth in the world last year. Also on hand were four of our own country's top 20 Km men.

After, a large lead pack went through 10 Km in 39:54, the four mentioned above took control. Lopez dropped away with two kilometers to go and in a thrilling race, Segura edged away from the other two over the final kilometer to win 1:19:06, 2 seconds ahead of Fernandez and 5 ahead of Korzeniowski. Lopez finished in 1:19:49, with the rest of the field 3 minutes and more back.

The 33-year-old Segura, who has not raced at this level since his DQ in the 2000 Olympics, collapsed after hitting the tape, but managed to kiss the ground, thank God, and have his body draped by a Mexican flag. He recovered quickly to say, "I believe nobody expected a result like this one and it is personally very satisfying because some people thought I should have retired. Segura, the Director of Sport for the Mexico City government, noted that "It's just the start of a long season", which will include races in Europe, The Pan American Games, and the World Championships in Paris.

For the U.S., Tim Seaman, in 14th place, had his fastest race in 3 years, a 1:25:28, after going through 10 Km in 42:30. John Nunn was just 27 seconds behind Seaman at half-way and hung on well to finish in 1:26:59, with Sean Albert and Kevin Eastler also under 1:30.

In the women's race, Ireland's Gillian O'Sullivan had a much easier time, winning in 1:29:55, nearly 2 minutes ahead of Russian veteran, Nadezhda Ryashkina, whose world record for 10 Km dates back to 1990. O'Sullivan broke away from the field after 4 Km and had her own way from there. Not that it was a weak field. Following Ryashkina were Susana Feitor, Portugal; Olympic silver medalist Kjersti Plaetzer, Norway; Australia's Jane Saville; and Italy's Elisabetta Perrone.

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Following the race, O'Sullivan said: "I felt strong, so I decided to break away soon. I knew the field very well and I was confident I could keep my lead through the finish. I tried to speed up the pace and I did, but as the start was much slower than expected, I could not achieve the time I planned. Anyway, I cannot complain."

The top U.S. finisher was Susan Armenta who was 18th in 1:43:20. With her focus on her physical education studies, she was pleased with this. "I had done 1:53 in training, so I was hoping to go under 1:50. Considering my training has been on and off, I'm pleased with my result," she said.

In the 50 Km Challenge held the next day, Spain's Jesus Angel Garcia, among the world's elite at the distance for the past 10 years, indicated he is ready for another stellar season with a strong win in 3:46:46. He was walking his second 50 in three weeks, having done 3:46:03 for second in the Spanish Championships on Feb. 16. Garcia followed Mexico's Omar Zepeda through much of the race, and was 1:30 behind at 36 km when the Mexican abandoned the race, thinking he had been shown a red card he never actually received. However, Zepeda had slowed from 4:20 km splits to a 4:57 and was suffering from stomach cramps and it is highly doubtful he would held off Garcia. In any case, Garcia had an easy path to victory from there, with early leader, New Zealand's Craig Barrett 4 1/2 minutes back in second. The rest of the field was spread far out with Mexico's German Sanchez third in 4:04:11 and Philip Dunn fourth in 4:04:11.

Dunn struggled a bit in the second half, with some late kilometers in the 5:20s, but save Garcia and Barrett, everyone else faded more. Philip battled hard, caught the fourth place walker with less than two laps to go, and pumped his fist in elation, as he crossed the line. "My conditioning was pretty close to where I needed to be. I was going for the "A" standard (3:57:00), but I would have needed a perfect day. The harder concrete surface and the brick road in the middle portion of the course really took its toll. But the crowd was amazing, especially when I was walking with a Mexican walker," said Dunn.

As it turned out, Dunn was leading the U.S. team to a victory in the Pan-Am Cup race. Besides Zepeda, Miguel Rodriguez and Edgar Hernandez, both former bronze medalists in the World Championships, also dropped out (at 34 and 42 kilometers) and Sanchez was the only member of Mexico's "A" team to finish. So, even though there were seven Mexicans between Dunn and the second U.S. finisher, Theron Kissinger in 14th, they did not count in the team scoring and the U.S. got the win.

This Challenge race did not draw as strong of a field as the two 20s did and the attrition was as tremendous, with only 16 of 50 starters finishing. Among those who did not finish was Curt Clausen. Commenting afterwards, Clausen said, "The heat made for a slow race. Just two walkers got under the "A" standard (or "B", for that matter). This is not the kind of day you wish for when you're reaching for a time goal. Today, I needed good weather. I haven't trained for 3 weeks because of a hamstring injury. It didn't bother me today, but I wasn't fast enough. I was over 2 hours for 25 Km, so there was no reason for me to continue, because I need the "A" standard. I'm just going to reset and focus on the 50 Km in Naumberg, which is five weeks away," Clausen said.

The Pan-Am Cup was concluded a week later in Chula Vista. The same U.S. men who had walked the 20 Km Challenge race came back, with Curt Clausen added to the team, and, significantly, three of the four walked faster this time, performances good enough to take the title.

Here, the Mexicans did enter their strongest team--Segura and Lopez did not come back--but the significant thing is that the U.S. beat an Ecuadorian team that had finished fourth in last year's World Cup.

Fighting off a steady stream of showers, Tim Seaman led the U.S. team to their narrow win, which came down to the tiebreaker after both teams scored 13 points in the cross-country scoring. Olympic Champion Jefferson Perez, who had passed on the Tijuana race, led Ecuador's team with an easy win in 1:23:12. Perez walked with Mexico's Cristian Berdeja for 6 km before steadily pulling away by 11 seconds a lap. John Nunn was the brightest early hope for the U.S., walking just over a minute off the leaders for the first three laps. But, John had been ill all week and a shot of penicillin was not enough to get him back to top form, so he wound up as the only U.S. walker not to improve on his Tijuana performance.

Perez had opened up a 22-second lead on Berdeja by 10 Km, reached in 41:00. Chile's Christian Munoz was solidly in third, with Seaman and Kevin Eastler (42:59) in a large chase pack. "I realized how the conditions were affecting the race and I tried to maximize my performance considering the weather, the large pack of walkers, and how Kevin was doing," Seaman said.

Perez did his job over the second half, finishing more than a minute ahead of Berdeja in 1:23:12. Berdeja shook Munoz and Seaman and Eastler escaped the pursuing pack to take fourth and fifth. Eastler chased Seaman right to the finish, finishing just 10 seconds back in a personal best 1:25:34. Sean Albert finished the job for the U.S., passing Ecuador's Xavier Moreno in the later stages of the race to capture the title. The two teams finished with 13 points apiece, with the best third place finisher used as a tiebreaker. That was Albert over Moreno. Another factor was that Ecuador had not declared Rolando Sequipay as one of their five designated scorers. He finished eighth and would have been the third team member had he counted. But the move seemed to make sense since he had walked the 50 the week before and didn't figure to be a factor. The U.S. was happy to take the win however it came, as Clausen and Nunn also had decent races in 1:30:45 and 1:32:13.

In the women's race, Mexico's Rosario Sanchez was in control all the way, as she won in 1:37:14. Only Bolivia's Beovana Irusta and Brazil's Gianetti Olivera de Sena Bonfim dared to go with her for the first 2-km lap (9:35). Susan Armenta was just 12 seconds back in a large trailing pack.

Sanchez opened up a 14-second gap by 4 km and increased her lead every lap. Irusta grabbed a firm hold on second, with Sena Bonfim fading quickly. Walking even splits, Sam Cohen caught Armenta just before 8 km, to lead the U.S. contingent. "My coach (Mike DeWitt) thought I was ready to walk about 1:46, so I tried to stay with that pace," Cohen said.

At halfway, Sanchez was in control at 47:36 with Irusta 15 seconds back. Cohen was sixth in 52:02, followed by her teammates Jolene Moore (52:42), Bobbi Jo Chapman (52:48), Cheryl Rellinger (52:52), and Armenta (52:46).

Sanchez continued to gain at least 5 seconds a lap and culminated to her first Pan Am Cup victory in 1:37:14. She had won the bronze in 1998. Irusta claimed second while Colombia's Sandra Zapata surged on the last lap to pull away from 39-year-old Graciela Mendoza for the bronze. This was Mendoza's ninth Pan-Am Cup, including four gold medal performances. Cohen, Chapman, and Moore finished seventh, eighth, and ninth, as the U.S. team placed second behind Mexico.

#### Results:

Men's IAAF RW Challenge 20 Km, Tijuana, March 8--1. Bernardo Segura, Mex. 1:19:06 2. Francisco Fernandez, Spain 1:19:08 3. Robert Korzeniowski, Poland 1:19:11 4. Alejandro Lopez, Mex. 1:19:49 5. Cristian Berdeja, Mex. 1:22:43 6. Yachi Yusuke, Japan 1:23:43 7. Joao Viera, Port. 1:24:09 8. Erik Guevara, Mex. 1:24:17 9. Jesus Sanchez, Mex. 1:24:35 10. Jorge Silva, Spain 1:24:45 11. Tim Seaman, USA 1:25:25 12. John Nunn 1:27:00 13. Sean Albert 1:29:25 14. Kevin Eastler, USA 1:29:29 15. Dave Doherty, USA 1:56:46



Women's IAAF RW Challenge 20 Km, Tijuana, March 8--1. Gillian O'Sullivan, Ireland 1:29:55 2. Nadezhda Ryashkina, Russia 1:31:39 3. Susan Feitor, Port. 1:32:34 5. Kjersti Platzer, Norway 1:32:46 5. Jane Saville, Australia 1:33:34 6. Elisabetta Perrone, Italy 1:34:30 7. Rosario Sanchez, Mex. 1:34:53 8. Kristiana Salvatonis, Lithuania 1:34:59 9. Victoria Palacios, Mex. 1:35:41 10. Geovana Irusta, Bolivia 1:37:49. .19. Susan Armenta 1:43:20. .27. Cheryl Rellinger, USA 1:54:54

Men's 50 Km, Tijuana, March 9 (Pan Am Cup and IAAF Grand Prix)--1. Jesus Garcia, Spain 3:46:46 2. Craig Barret, New Zealand 3:51:15 3. Germain Sanchez, Mexico 4:04:11 4. Philip Dunn, USA 4:15:01 5. Migeul Solas, Mex. 4:18:02 6. Juan Toscano, Mex. 4:18:52 7. Saul Mendez, Mex. 4:19:12 8. Cristian Bascuñan, Chile 4:19:27 9. Rogelio Sanchez, Mex. 4:26:09 10. Felipe Nava, Mex. 4:29:58 11. Humberto Celestino, Mex. 4:35:04 13. Jesus Martinez, Mex. 4:49:39 14. Theron Kissinger, USA 4:58:10 15. Bill Vayo, USA 5:16:44 16. Rod Craig, USA 5:18:33 DQ--Francisco Berdeja, Mexico; Carlos Flores, Mex.; Mike Bartholomew, USA; David Silva, Mex.; Alejandro Chavez, Mex.; and John Soucheck, US. DNF--Horacio Nava, Mex.; Jaime Gonzalez, Mex.; Raul Cruz, Mex.; Andreas Gustaffson, Swed.; Migeul Rodriques, Mex.; Edgar Hernandez, Mex.; Robert Demeza, Mex.; Fernando Guerero, Mex.; Curt Clausen, USA; and Omar Zepeda, Mex.

Women's 20 Km, Chula Vista, March 15--1. Rosario Sanchez, Mex. 1:37:14 2. Geovana Irusta, Bolivia 1:37:53 3. Sandra Zapata, Columbia 1:38:45 4. Gabriel Mendoza, Mex. 1:39:21 5. Abigail Sainz, Mex. 1:43:05 6. Luisa Paltin Naula, Ecuador 1:44:54 7. Sam Cohen, USA 1:44:57 8. Bobbi Jo Chapman, USA 1:45:57 9. Jolene Moore, USA 1:46:52 10. Cheryl Rellinger, USA 1:47:27 11. Susan Armenta, USA 1:49:03 12. Gianetti Olivera de Sena Bonfim, Brazil 1:49:38 12. Lisa Sontag, USA 1:52:27 13. Heidi Hauch, USA 1:53:11 15. Lee Chase, USA 1:59:52 16. Erin Taylor, USA 2:02:45 DQ--Francisca Martinez, Mex.; Marianne Martino, USA; and Sara Sheets, USA. Team Score--1. Mexico 6 2. USA 15.

Men's 20 Km, Chula Vista, March 16--1. Jefferson Perez, Ecuador 1:23:12 2. Cristian Berdeja, Mex. 1:24:17 3. Christian Munoz, Chile 1:24:34 4. Tim Seaman, USA 1:25:24 5. Kevin Eastler, USA 1:25:34 6. Mario Jose dos Santos, Brazil 1:25:49 7. Fausto Quinde, Ecuador 1:25:58 8. Rolando Sequipay, Ecuador 1:26:37 9. Fernando Lopez, Col. 1:27:15 10. Tim Berrett, Canada 1:27:39 11. Sean Albert, USA 1:27:42 12. Xavier Moreno, Ecuador 1:28:05 13. Oscar Ramirez, Mex. 1:29:26 14. Andres Chocho, Ecuador 1:29:27 15. Curt Clausen, USA 1:30:45 16. Ezequiel Nazario, Puerto Rico 1:31:14 17. John Nunn, USA 1:32:13 18. Edwin Malacatos, Ecuador 1:32:49 19. Dave McGovern, USA 1:39:32 20. Mark Green, USA 1:34:42 21. Neson Funes, Guatemala 1:49:04 22. Dave Doherty, USA 1:53:55 23. Ricardo Ortiz, Mex. 2:24:44 DQ--Quillermo Castellanos, Mex. and Freddy Hernandez, Col.

## Indoor Titles to Dow, Seaman

Boston, March 2--In the USATF National Indoor T&F Championships, Joanne Dow and Tim Seaman ruled the racewalk events. Dow won her second straight 3 Km title and her third overall, beating five-time titlist, Michelle Rohl. Seaman not only won his sixth straight title, but bettered his own meet record in the process with his 19:21.56. He just missed Tim Lewis' American record (19:18.40) set in 1987 in the World Championships. He had to be that good as John Nunn pushed him all the way, and also bettered Tim's previous meet record (19:29.6 in 2001).

In the women's race, Rohl led for the first 11 of the 15 laps. Rohl had missed last year's race as she awaited delivery of her fourth child, but was out to claim her sixth title. On this day, Dow proved too strong at the finish and opened up a near 14-second gap on those final four laps. "I could hear Michelle breathing hard late in the race, so I decided to pass her. . . I gave it my best the rest of

the way and it all worked out," said Dow after the race. Dow's winning time of 13:07.68 was 1.96 seconds slower than her 2002 time. Sam Cohen, Jolene Moore, and high-schooler Maria Michta filled out the rather sparse field.

In the men's race, Seaman set a record pace early with kilometers in 3:51 and 3:45 (a 19 minute pace) with Nunn and Curt Clausen hanging on. Clausen started to fade after the first two kilometers, but Nunn stayed close for another kilometer. Seaman opened up 10 seconds during the fourth kilometer, but Nunn charged back to cut that margin in half by the finish, walking more than a minute under his previous best for the distance. Only the Tim's, Lewis and Seaman have gone faster among Americans. Clausen was a distant third, well off his best.

Commenting on the race, Nunn said, "The fourth kilometer really got me. I didn't realize I had slowed (to 4:00). I wasn't watching the clock, so I had no idea how close we were to the record. If I would have known, we could have raced for the record. I felt I had more to give." Seaman noted, "I was pleased with my race today, especially considering I haven't done much speed work. I hope to translate this type of performance into my upcoming 20 Km races."

The results: Women's 3 Km: 1. Joanne Dow, New England Walkers 13:07.68 2. Michelle Rohl, Moving Comfort 13:21.19 3. Sam Cohen, Parkside AC 13:50.85 4. Jolene Moore, Parkside AC 13:51.14 5. Maria Michta, Walk-USA 14:17.12  
Men's 5 Km--1. Tim Seaman, NYAC 19:21.56 2. John Nunn, US Army 19:26.43 3. Curt Clausen, NYAC 20:38.34 4. Dave McGovern, Team New Balance 31:58.61 5. Matt Boyles, Rio Grande U. 21:59.05 6. Jim Robinson 22:39.28 DQ--Adam Staier, Mansfield U.

## Other Results

**Indoor 3 Km, Cambridge, Mass., Feb. 23--**1. Marcia Gutsche (41) 14:08 2. Maryanne Torrellas (44) 15:05 3. Jasmine Brooks (17) 16:02 4. Holly Wenninger 17:38 (7 finishers) Men--1. Patrick Collier 13:37 2. Bob Keating (55) 14:29 3. Joe Light (55) 16:07 4. Mark Dennett (17) 16:15 5. Bill Harriman (55) 16:18 6. Tom Knatt (62) 17:44 7. Charlie Mansbach (58) 18:15  
**1 Mile, New Haven, Conn., March 23--**1. Maryanne Torrellas 7:32.23 2. Peter Nobel 7:51 3. Andy Cable 7:59 4. Ann Percival 8:59 5. Ginger Armstrong 10:06 6. Robert Watkins 10:11 (12 finishers)  
**Indoor 3 Km, New York City, Feb. 21--**1. Zach Pollinger 12:50.90 2. Theron Kissinger 13:04 3. Loretta Schuellein 15:12 4. Israel Soto-Duprey 16:05 5. Bob Barrett 16:16 6. Indiana Ripoll 16:31 7. Erin Taylor 16:50 8. Limei Alice Tan 17:04 9. Alan Sangeap 17:52  
**Indoor Girl's H.S. 1500 meters, New York City, March 1--**1. Indiana Ripoll 7:39.81 2. R. Adams 7:54  
**Metropolitan Indoor 3 Km, New York City, March 8--**1. Zach Pollinger 13:11.27 2. Maryanne Torrellas 14:35 3. Limei Alice Tan 17:06  
**1500 meters, same place--**1. Gary Null 7:04.43 2. Bruce Logan 7:20 3. Bob Barrett 7:54  
**N.Y. State H.S. Girl's 1500 meters, March 8--**1. Maria Michta 6:39.99 2. Christy Finke 6:41.12 3. Laura Richenderfer 6:58.28 4. Kristin Schmitt 7:07.92 5. Tara Simonelli 7:17.10 (19 finishers, 2 DQs in two heats)  
**5 Km, New York City, March 9--**1. Nicholas Bdera (54) 24:43 2. Gary Null (58) 26:34 3. Erin Taylor 26:44 4. Vyacheslav Troshkin (54) 27:57 5. Bob Barrett (69) 28:21 6. Jennifer Marlborough 29:30 7. Luannes Pennesi (47) 30:06 8. Henry Latoya (27) 30:34 9. Latash Neil (18) 31:00 (28 finishers, 1 DQ)  
**National Scholastics T&F Championships, New York City, March 14: Girl's 1 Mile--**1. Maria Michta, NY 7:17.93 2. Christy Finke, NY 7:18.47 3. Kristin Landau, NY 7:23.37 4. Shannon Gillespie, N.J. 7:25.28 5. Tara Simonelli, NY 7:28.34 6. Melissa Bourgaull, Can. (14) 7:38.41 7. Erin O'Flaherty, NY 7:39.55 8. Erica Adams, SC 7:44.83 9. Dana Vered 7:51.56 10. Carly Lochala, Maine 7:55.84. .12. Tina Peters (15), Ohio 8:07.10 (27 finishers, 2 DQs)  
**Boy's 1 Mile--**1. Zach Pollinger, N.J. 6:19.69 2. Joe Trapani, NY 6:54.41 3. John Koziel (15), SC 7:21.86 4. Troy Clark, Maine 7:24.55 5. Daniel Campbell, Maine 7:27.50 6. Roberto Vergara (12), Texas 7:44.03 7. Ricardo Vergara (12), Texas 7:48.12 8. Mark Dennett, Maine (2 DQs)  
**Nike H.S. Indoor Championships, Landover, Md., March 15: Girl's 1 Mile--**1. Laura Richenderfer, N.Y. 7:21.95 2. Jasmine Brooks, Maine 7:25.74 3. Erica Adams, S.C.

7:25.74 4. Carla Lochalo, Maine 7:38.09 6. Tina Peters, Ohio 7:51.25 (9 finishers) **Boy's 1 Mile--** 1. Zach Pollinger, N.J. 6:17.96 2. Christopher Diaz, Texas 6:33.87 3. John Koziel, 7:26.64 4. Troy Clark, Maine 7:29.03 5. Mark Dennett, Maine 7:41.94 6. Daniel Campbell, Maine 7:43.01 (8 finishers, 2 DQs) **10 Miles, Freehold, N.J., March 16--** 1. Erik Litt 1:33:52 2. Ron Salvio 1:41:47 3. Sherry Brosnahan 1:44:54 4. Ben Ottmer 1:45:54 5. Bobb Mimm (78) 1:51:04 (8 finishers) **Indoor 3000 meters, Arlington, Vir., Feb. 9--** 1. Steve Pecinovsky (48) 13:46.1 2. Alex Major 13:48.3 3. Laura Niel 16:34.3 4. Victor Litwinski (59) 17:46.4 (11 finishers) **1600 meters, same place--** 1. Alisha Cain (11) 9:31.0 **3 Km, Arlington, Jan. 26--** 1. Alex Major 14:12.6 2. Victor Litwinski 18:06.6 3. Laura Niel 18:11.2 **Indoor 1 Mile, Louisville, Ky., Feb. 21--** 1. Doug Johnson (42) 7:09.09 2. Amanda Johnson (14) 8:46 3. Amanda Huff (13) 9:03 4. Kelli Johnson (16) 9:07 (9 finishers) **NAIA Indoor Championships, Johnson City, Tenn., March 7: Women's 3 Km--** 1. Magda Spyra, Mary 15:31.17 2. Kate Brooker, Simon Fraser 16:14 3. Katie Rulapaugh, Cedarville 16:18 4. Kristen Barnett, Rio Grande 16:19 5. Billier Robinson, Rio Grande 16:27 6. Emma Carter, Baker 16:41 7. Beth Lewis, Central Methodist 17:11 8. Erin Goeden, Mount Marty 18:08 9. Amye Ellingson, Worthwest 18:39 **Men's 3 Km--** 1. Matt Boyles, Rio Grande 12:58.86 2. Jim Robinson, Rio Grande 12:59.18 (Boyles led most of the way. Robinson took over with two laps to go, only to be passed by Boyles about 15 meters from the finish.) 3. Tim Sykes, Rio Grande 14:26 (about 1 minute under previous personal best.) 4. Finley Spencer 15:59 5. Scott Littrell, Rio Grande 19:23 9 (With Wisconsin-Parkside competing in NCAA Division II, Ohio's little Rio Grande--previously known primarily for Bevo Francis, for you old-time basketball fans, takes over. Boyles was well off his best, but was probably conserving something for the next day when he set a personal best in 3000 run prelims with 8:47.20 in the afternoon and came back with an 8:38.89 in the evening final to finish ninth.) **3 Km, Clermont, Fla., Feb. 23b--** 1. Paul Johnson (65+) 16:05.56 2. Bob Fine (70+) 19:09 3. June-Marie Provost (Can. 70+) 19:30 **10 Km, Mobile, Ala., March 23--** 1. Matt DeWitt 48:42 2. Steve Attaya (54) 60:00 3. John Kendall (70) 65:44 (14 finishers) **Women--** 1. Debbie Cheney 55:26 2. Mo Roberts (43) 57:37 3. Amy Macon 60:56 (19 finishers) **Ohio Indoor 3 Km, Ada, Feb. 23:** 1. Jim Robinson 12:34.7 2. Ed Fitch 15:57 3. Jim Sykes 16:38 4. Scott Little 16:38 **Women--** 1. Tina Peters 16:23.4 2. Katie Rulapaugh 16:30 3. Billie Robinson 18:10 **Youth 1500--** 1. Andy Peters 8:28.3 **10 Mile, Yellow Springs, Ohio, March 23--** 1. Ed Fitch 1:31:45 2. Chris Knotts 1:32:30 3. Al Cowen 1:42:11 4. Bill Shipp 1:54:53 (7 finishers) **NCAA Division II Indoor 3 Km, Kenosha, Wis., March 1: Men--** 1. Ben Shorey, U. of Wis. Parkside 12:07.87 2. Steve Quirke, UWP 12:49.28 3. Mike Tarantino, UWP 13:06.75 4. Mike Stanton, UWP 13:23.28 5. T.C. DeWitt, UWP 14:05.90 6. Eric Pasko, UWP 14:09.74 **Women:** 1. Raby Stevens, UWP 14:56.64 2. Anne Favolise, UWP 15:14.96 3. Amanda Bergeron, UWP 15:17.24 **Indoor 3 Km, Minneapolis, Minn., March 1--** 1. Tish Borgen 16:47.37 2. Sue Klappa 16:59.26 **1500 meters, Houston, March 22--** 1. Carla Redfearn (13) 8:35.82 2. Joe Schneider 8:46.83 3. Dave Gwyn 8:52.17 4. Arnis Paeglis 9:03.82 (6 finishers) **Indoor 3 Km, Boulder, Col., Feb. 9--** 1. Mike Blanchard (41) 15:58 2. Marianne Martino (52) 17:04 **5 Km, Denver, Feb. 9--** 1. Mike Blanchard 18:21 2. Daryl Meyers (60) 29:50 **5 Km, Denver, Feb. 15--** 1. Mike Blanchard 27:45 2. Geroge Novak (43) 29:27 3. Daryl Meyers 29:28 4. Jarry Davis (40) 29:38 **1 Mile, Boulder, Col., Feb. 22--** 1. Mike Blanchard 8:04 **Indoor 5 Km, Boulder, March 2--** 1. Jeff Hayes (48) 18:12 **3 Km, Kentfield, Cal., Feb. 9--** 1. Kevin Killingsworth 15:56 2. Keith McConnell 18:37 (9f finishers) **Half-Marathon, Chico, Cal., March 1--** 1. Joe Berendt (47) 2:05:26 2. Nicole Goldman (44) 2:13:51 3. Ed Flint (55) 2:13:52 4. Paula Mendell ? (18 finishers) **Indoor 1500 meters, Portland, Ore., Jan. 25--** 1. Rob Frank (50) 7:37.18 2. Doug VerMeer (49) 8:06 3. George Opsahl (61) 8:18 4. Gery Firestone (5) 9:24.13 5. Ron MacPike (70) 9:42 **Women--** 1. Amye Ellingson 8:37.37 **3 Km, Portland, March 15--** 1. Pat Detloff (50) 15:47 2. Rob Frank (50) 15:52 3. Doug VerMeer (49) 16:55 (7 finishers) **2.8 Miles, Deattle, Feb. 8--** 1. Stan Chraminski 24:57 2. Bob Novak 24:59 3. Ann Tuberg 27:48

**Indoor 1500 meters, Hamilton, Ontario, Feb. 21--** 1. Chelsea Rodriguez 7:05.95 2. Rachel Lavallee 7:18 3. Nanci SSweazey 7:21 4. Sayward Spooner 7:49 **Women's 15 Km, Italy, Feb. 23--** 1. Rossella Giordano 1:05:56 2. Elisabetta Perrone 1:06:25 3. Elisa Rigauda 1:07:12 4. Gisella Orsini 1:08:28 5. Lisa Berbieri 1:10:48 6. Sibilia DiVincezo 1:13:48 (34 finishers, 26 under 1:30) **Men's 30 Km, same place--** 1. Ivano Brugnetti 2:11:01 2. Maraco Giungi 2:12:33 3. Alessandro Mistretta 2:12:57 4. Diego Cafagna 2:13:55 5. Alfio Alfredo Carsaro 2:14:40 6. Enrico Lang 2:15:07 7. Marco DeLuca 2:15:41 8. Domenico DeCeglia 2:17:15 9. Michele Didoni 2:17:15 10. Vincenzo Magliulo 2:18:20 (20 finishers, 14 under 2:25) **Junior 15 Km, same place--** 1. Alessio Marnoni 1:10:13 2. Marco Nicoletti 1:10:45 (9 under 1:15) **Women's Junior 10 Km, same place--** 1. Agnesse Ragonesi 50:42 2. Valentina Garofalo 51:27 (13 under 59) **Finnish Indoor Championships, Feb. 22-23:** Men's 5 Km--1. Jana Lehtinen 20:18.14 (His Indoor title) Women's 3 Km--1. Outi Sillanpaa 14:16.89 2. Mirka Hamalainen 14:36 3. Paivi Huuhtanen 14:39 4. Mia Hovi 14:40 **50 Km, England, March 1--** 1. Jeff Cassin, Ireland 4:09:46 **20 Km, same place--** 1. Colin Griffin, Ireland 1:27:44 **Polish National 5 Km, Spala, Feb. 2--** 1. Roman Magdziarczyk 19:40.39 2. Benjamin Kucinski 19:54 3. Kamil Kalka 20:00 **Women's 3 Km, same place--** 1. Slwia Korseniowska 12:52.58 2. Anna Szumny 13:08 3. Agnieszka Olesz 13:15 **20 KM, Sydney, Australia, March 22--** 1. Jane Saville 1:38:12 2. Natalie Saville 1:38:48 **Men--** 1. Luke Adams 1:29:35 (4 of 6 starters DQd) **5 Km, New Zealand, March 1--** 1. Gary Little (60+) 25:12

### See friendly faces at some more great races

Sat. April 5	3 Km, Wilmington, Ohio (M)
Sun. April 6	National Invitational 20 Km and 10 Km, Washington, DC area (O) 5, 10, and 20 Km, Columbia, Missouri (I) Western Regional 20 Km, Sacramento, Cal. (B) <b>National Masters 1 Hour, Planation, Florida (Q)</b> 5 Km, Littleton, Col., 9 am (H)
Sat. April 12	2.8 Miles, Seattle, 9 am (C)
Sun. April 13	16th Annual Jack Mortland Racewalks (5, 10, 20 Km), Yellow Springs, Ohio (M) Ron Zinn Memorial 10 Km, Ocean Twp., N.J. (A) Metropolitan 10 Km, New York City, 8:30 am (G) 5 Km, Denver, 9:30 am (H) 5 Km, Kentfield, Cal., 8 am (P) 5 Km, Cambridge, Mass., 9:30 am ((AA)
Sat. April 19	5 and 10 Km, Washington D.C. area (O) Kansas Relays 5 Km, Lawrence, Kan. (I) Western Regional 10 Km (Track), Seattle (C) Mt. SAC 1 Mile, Walnut, Cal. (Y) Youth 1 Mile, Pharr, Tex (BB)
Sat. April 26	Penn Relays, Women's 5 Km, Men's 10 Km, Philadelphia (S) Youth 1 Mile, Weslaco, Tex. (BB) 5 Km, Kalamazoo, Mich. (D)
Sun. April 27	5 Km, Fair Oaks, Cal. (E) 5 Mile, Denver (H) 9 KM, Westerly, R.I. (AA)
Fri. May 2	Southeastern Masters 5 KM, Raleigh, N.C., 6 ;m (L)
Sat. May 3	5 and 10 KM, Broomfield, Col., 9 am (H) Youth 1 Mile, Edinburg, Tex. (BB) 5 KM, Soquel, Cal. (CC)



- Sun. May 4 3 Km, Alexandria, Vir., 8:30 am (O)  
5 Mile, Denver, 8 am (H)  
5 Km, Kentfield, Cal., 8 am (P)  
Southeastern Masters 10 and 20 Km, Raleigh, N.C., 7 am (L)  
5, 10, and 20 Km, Vancouver, B.C. (C)
- Sat. May 10 Youth 1 Mile, McAllen, Tex. (BB)  
5 and 10 Km, Royal Oak, MI (W)
- Sun. May 11 15 Km, Middleton, Ohio (M)  
5 Km, Cambridge, Mass., 9:30 am (AA)  
5 Km, Houston (V)  
10 Km, Ft. Collins, Col., 8 am (H)
- Sat. May 17 5 Km, Denver, 8 am (H)  
5 and 10 Km, Littleton, Col., 9 am (H)  
Youth 1 Mile, Mission, Tex. (BB)  
North Region 10 Km, Kenosha, Wis. (T)  
3 Km, Clermont, Florida (Q)
- Sun. May 18 West Region 15 Km, Riverside, Cal. (Y)  
Metropolitan 20 Km, New York City 8:30 am (G)
- Sun. May 25 Alongi 5 Km Classic, Kentfield, Cal. (P)  
Youth 1 Mile, Pharr, Tex. (BB)
- Sat. May 31 New England 20 Km, Charlestown, R.I. ((X))
- Sun. June 1 3 Km, Alexandria, Vir., 8:30 am (O)  
**National USATF 15 Km, Evansville, Indiana (U)**
- Sat. June 7 1500 and 3000 meters, Seattle (C)
- Sun. June 8 Pacific Assn. 5 Km, Sacramento (R)  
5 Km, Cambridge, Mass., 9:30 am (AA)  
Ohio 10 Km, Yellow Springs (M)
- Sat. June 14 New England 3 Km, Cambridge, Mass. ((X))
- Sun. June 15 3 Km, Alexandria, Vir., 8:30 am (O)  
5 and 10 Km, Royal Oak, Mich. (W)
- Fri. June 20 **USATF National Men's 20 Km, Palo Alto, Cal., 8 am**
- Sat. June 21 **USATF National Women's 20 Km, Palo Alto, 8 am**  
5 Km, Clermont, Florida (Q)
- Sun. June 22 **USATF National Women's Junior 10 Km, Palo Alto, 8 am**  
**USATF National Men's Junior 10 Km, Palo Alto, 9:15 am**  
Metropolitan 20 Km, New York City, 9 am (G)

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CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

## FROM HEEL TO TOE

**Errata.** Wayne Armbrust questions my inclusion of "Larry" James in the list of the top five U.S. 50 Km walkers in the Feb. issue. He suggest that perhaps Larry James, well known as a 400 meter runner, followed my example of switching from that event to racewalking. Well, of course, it should have been Allen James. But, I'm sure I didn't have the same Larry James that Wayne mentions in my subconscious when I typed that. We had a racewalker with the Ohio TC many years ago by the name of Larry James. Hence, the confused message to my fingers. Wayne also pointed out that the ranking of nations based on world lists for the racewalking events, which I attributed to Steve Vaitones, who posted them on the internet, actually came from Roger Ruth, who does these rankings for all t&f events. Finally, the caption on the cover picture in the January issue said that Larry Young was "deducted" into the T&F Hall of Fame. That's a strange thought. Perhaps "inducted" would have been a better word... **A member of parliament.** Harry Siitonen let us know that Sari Essayah, 36, a world and European champion racewalker in the early 1990s, has been elected as a member of the Finnish Parliament in the nation's general elections on March 15. She was elected as one of the seven successful candidates of the Christian Democratic Party. Sari is probably the only racewalker in the world to have been elected to a national legislative body. It is not unprecedented in Finland for racewalkers to hold public office. Reima Salonen, European 50 Km Champion in 1980 and fourth in the 1984 Olympics 50 Km, was at one time a City Council member in a Turku suburb, representing one of the Finnish labor parties. Harry asks, "Should we get the ball rolling here? Racewalkers are pretty cool folks and should make good public servants."... **A camping we shall go.** Mike Rohl announces that Mansfield University (Penn.) will be holding a National Racewalking Camp from Tuesday, July 7 to Monday July 13. The cost is \$325 for the week for youth 8 to 18 and \$400 for adults. The camp will include the Junior National 5 Km and an open 5 on the track. He has brochures that he will mail on request. Money raised from the camp venture will go towards racewalking scholarships at Mansfield. Mike currently has four racewalkers on his team. He will also welcome contributions to the scholarship fund. Contact Michael Rohl, Head Coach, Track & Field, Mansfield University 570-662-4645. . **Youth meets.** Steve Vaitones provides the following dates for USATF Youth and Junior Olympic nationals this summer: Youth Athletics Nationals, Buffalo, NY (www.youthathletics2003.org)--Bantam/Midget/Youth--Wed., July 2, Intermediate/Young--Thur., July 3. Junior Olympic Nationals, Miami, FL (www.juniorolympics2003.org): Bantam/Midget/Youth--Tue., July 29; Intermediate/Young--Wed., July 30. **Youth trip.** Racewalking International has announced



that its Youth Development Team will travel to England in April for competition against your walkers from the Coventry area, about 100 miles north of London. The team includes New Jersey high school junior Zach Pollinger, Christopher Diaz from Texas, and John Koziel from South Carolina. Pollinger won the Millrose Games mile as well as the Nike Scholastic and National Scholastic miles. Diaz and Koziel were second and third in the Nike meet. Others on the team have not been announced, but they reportedly represent six states. The team is coached by Ray Kuhles, track coach at California University in Pennsylvania (there's also an Indiana U. in Pennsylvania). Assisting him on the trip will be Amber Antonia, a student at Wisconsin-Parkside. They have been invited to share clinic duties with English walking coaches while in England.

**.More on Tijuana.** Following is an IAAF release on the Challenge event in Tijuana. "Some spectators would be willing to swear that Cuauhtemoc beamed down over the city this past weekend. The 16th century ruler, the last emperor of the Aztecs, is represented by an imposing monument in the middle of 'El Paseo de Los Heroes' in Tijuana, the avenue where the inaugural event of the IAAF Racewalking Challenge was held. Along with Cuauhtemoc, more than 60,000 onlookers in summer-like temperatures, lined up along Mexico's equivalent of the Champs-Elysees to acclaim the world's best racewalkers and to sing traditional tunes. "This first leg of this new challenge was a real success," believes Poland's Robert Korzeniowski, the multi-Olympic and World Championships gold medalist. "This is what happens in Cracow (Poland), and how racewalking ought to be: it should welcome the competitors into the heart of major cities. It didn't matter whether they chanted 'Adalante Mejico, Adelante' (Go Mexico, Go) it still felt nice to be supported by such a crowd." Although Mexico "breathes, eats, and smells football" (*Ed. Soccer to most of you.*) as Riverio Juanez, a retired elementary teacher put it, the Central American country has traditionally been enchanted by racewalking. Mexico has indeed been organizing "La Semana Internacional de Marcha" (the International Week of Racewalking) since 1977, and in Tijuana alone, a city that now boasts close to 2 million inhabitants, thousands of kids are said to practice this Olympic discipline. The expression of joy on people's faces when Bernardo Segura broke the tape in the men's 20 Km on March 8, was just another proof of their passion for this individual sport. "Every year, thousands of spectators come to see the 'marchedores' and they all go crazy when a Mexican does well. Walking is really popular here. Look at them all", Patricia Obligado, a local police woman, said after pushing the fans back behind the barriers. They had ecstatically invaded the circuit for Segura just as if he scored the winning in football's World Cup final. Tijuana suffers from a bad reputation. This booming city, nestled in a valley just a few miles south of San Diego, is the main gate of entrance for illegal immigrants lured by the 'American Dream'. To many, it is associated with tourist traps and violence. To many Tijuana is an adventure and almost everybody leaves the city with a story to tell. "We want the athletes, the people, and the press to remember that our city was welcoming," said Carlos Mercenario, winner of IAAF World Cup gold medals in 1987, 1991, and 1993, who helped set up the competition. His wish is fulfilled. The athletes all applauded the crowd, while the spectators flocked to the streets on both days to see the races. Their traditional music accompanied the walkers and the city showed itself off for this special occasion. "The walkers are real heroes in this country. This is a good example of success," added Korzeniowski. Tijuana set the note. Racewalking is on a path paved with gold. "At last, walking is recognized. I hope we showed the world that this Olympic event is attractive," explained Cesar Moreno, a Mexican member of the IAAF Council. "Every country is interested in this sport, and I am glad that Mexico was given the opportunity to share this passion with many. We will do it again."

## Judging and Biomechanics

In the March and April 2002 issues of the ORW, we published an article by Gary Westerfield on the topic of the biomechanics of judging racewalking. Belatedly, in October 2002,

we published comments on that article by Bob Bowman. In the meantime, Westerfield had revised his original article, and that revision appeared on the internet, but never in the ORW. We did receive comments by Ron Daniel on the revised version. So in keeping the topic alive, we now publish Ron's article, a brief comment by Michael Roth related to Gary's revised article and Ron's commentary, and a brief reply to Michael's comments from Bob Bowman. Is that clear?

Comments on:

**"JUDGING THE STRAIGHTENED LEG: My Understanding of the Rules and Use of Biomechanics to Make 'Bent-knee' Calls in Race Walking", By Gary Westerfield, Nov 2002**

By Ron Daniel, Nov 2002

In opening, for those of you who don't know, Gary and I have been friends for over 30 years so if my reply takes on a casual nature its not due to a lack of respect. My remarks are not to belittle the effort that Gary has put into his writing. I know that a lot of time goes into this kind of a review and Gary should be acknowledged for his effort. I hope, as he does, that more clarity is produced by this investigation.

I respectfully disagree with Gary's premise that"

*"Now, more calls are made for bent knees than for loss of contact. Athletes who appear to be efficient and appear to be racewalking get disqualified. Why? There are essentially three reasons:*

1. *A matter of grammar and understanding of English*
2. *When working with a definition that essentially has three criteria*
3. *That many judges do not know the process, the mechanics, of how the leg is straightened."*

I believe that the validity of 'more calls are made for bent knees than for loss of contact', is a function of the skill level of the walkers and the skill level of the judges and not universal. For example, at last Spring's International Walk Week in Mexico in the men's and women's 20K's, the collective number of loss of contact warnings was 50 to 30 bent knee warnings; similarly at the World Junior competition in Kingston, Jamaica the two 10K's produced 25 loss of contact and 13 bent knee warnings. Perhaps Gary's statement should refer to a higher proportion of bent knees to loss of contact than before the Rule change. Now that may be true, and be correct, because the Rule has changed the emphasis of the time period for evaluating the knee.

### A matter of grammar and understanding of English

After several readings of this section I don't believe that the nuances that Gary refers to were intended to be micro examined in the way that he is doing. And maybe, there are grammatical flaws! Gary also selectively uses a particular word definition while overlooking another. For example, 'shall' is also a command and can decouple from a time frame. And what time frame is 'moment'; perhaps instant is more correct; here both words have similar meaning but can be defined separately and in that nuance a different conclusion is reached. Lastly, Gary's definition argument would lead to judging that is no different than the old rule language, i.e. the leg straight by the vertical and that certainly is not the intent. In this case we should as judges be driven by the intent! Later, I will discuss the Rule intent and its origin.

### When working with a definition that essentially has three criteria

In my opinion, the most important of the three criteria is the 'make visible contact' phrase. It sets the sequence by which a judge is to make his observation of the knee. And in the instances that there are judges that "use static parameters to pick out instances of infraction?", then these judges need more training. And like Gary, I too have always judged racewalkers while in motion, as a process. Let me explain the process that I use and why: If I suspect that a walker is having a knee straightening problem, I first make sure that contact with the ground has occurred before making my assessment of the knee. To me this is important because in my viewing I'm not able to simultaneously focus on the foot and the knee. So now, serendipitously, there is a 'moment' time lag. This time lag may be on the order of the eye response time which is the flight time grace period built into the contact portion of the Rule. And for me, that is the time in which I make the knee assessment. If I enjoyed the benefit of a stop action picture that is taken at the INSTANT of contact with the ground I may observe that the walker's leg had not yet 'straightened' but I've already agreed that I'm judging during the motion. So in reality, I don't see the knee at all at the instant of contact but after a moment! It is my estimation, that since the Rule change and enhanced emphasis on the knee, some judges may NOT be first making certain of ground contact and may indeed be judging the knee prematurely. This may be an explanation for erroneous knee calls when they occur. As far as the Spanish language translation, I'd be surprised if that was the real reason for confusion but I leave that to our Spanish speaking readers to comment on. And since I wasn't at the last Pan Am Cup, I have no basis to challenge the calls made but will rely on my colleagues that were there that say errors were made. And here again, these errors are more likely not due to any language misinterpretation.

#### **That many judges do not know the process, the mechanics, of how the leg is straightened.**

While the above may be a true statement, the description of the mechanics of knee straightening would make the task of the judge even more daunting. Meanwhile, is it not possible for the quads to be contracted even when the leg is functionally straight? If that is true, then the judge may incorrectly assess a 'bent knee'. And wouldn't the rule then have to change to guide the judge to look for a "shut-off" quad muscle! And how do you explain that the spectator.

Yes, its true that in a flexed stance, the quad is eccentrically contracted to prevent collapsing to the ground and does extend to the running motion. But isn't there then a competition within the quad to straighten the leg and isn't that by a concentric contraction of the quad. Lacking an anatomy and physiology text, what are all the muscles that contribute to the eventual straightening of the leg?

Back to walking vs. running and why we care. The Rule change was motivated primarily because some walkers had adopted a technique that had them landing with their advancing leg nearly under their center of gravity. In that action, there was very limited time for the leg to become straight by the vertical and gave more of the appearance of 'running' and was almost impossible to judge. It was the appearance of running that was the concern. But from a physiological point of view there is also a concern. A discriminator between walking and running is the ever-present bent knee in the runner. And why is that good? When the runner makes ground contact, his advancing leg is nearly under his center of gravity and with his forward momentum, he is soon (milli seconds) able to extend his leg in the push off phase. Note, the primary forward propulsion in either running or walking comes from the forward push against the ground. This push cannot begin until the body's center of gravity has passed over the contact point on the ground. The in-motion 'flexed' leg also has stored energy that is released as an elastic recoil (good for the runner) much like a rubber band when stretched will snap back. If the racewalker is required to have the flex removed at the instant of contact then he has no recoil benefit. However, if the advancing leg makes contact forward of the center of gravity and has some momentary flex this may actually be a detriment because the recoil is absorbed in the leg prior to the push phase.

But if that recoil happens just after the body passes over the center of gravity the walker may then gain an advantage. That's why I care.

#### **Conclusion:**

I believe the intent of the second part of the Rule was to have walkers not appear to be running. If my process of assessing the knee straightening is correct then within my 'moment' of time lag from ground contact observation to knee observation the walker is required to get his knee straight. Then spurious (if true) bent-knee calls can be remedied by better judges' education. I say let's judge to the intent and not to the nuances of the language.

#### **Commenting on this Michael Roth wrote:**

"Having read both Gary's paper and Ron's reply, I have one question that goes to the heart of this very debate. With the exception of brevity, why does the IAAF Rules of Race Walking rely on intent and/or interpretation at all? It would seem expedient to spell out the rules in exacting language, with accurate translations, so that issues of this level are nonexistent. This is the next, and appropriate step, that needs to be taken on the International level to remove all ambiguity in this event."

#### **And to close this out, Bob Bowman says:**

"I had previously responded to Gary's original paper and did not agree with his explanation of IAAF Rule 230.1 on the definition of race walking, or his biomechanical model. Having read his second paper, I still disagree with his explanations which have not changed. My comments here will be directed solely to the discussion on the straight leg rule. I also disagree with Michael Roth's statement above. I do not feel that Rule 230.1 relies on intent and/or interpretation. There is no ambiguity. It is quite clear. There should be no debate on the meaning of the word "straightened". The definition appears immediately after it (i.e. not bent at the knee). The word "straightened" was chosen over the word "straight" in order not to encourage analogies with stick figures. In otherwords, human legs are not sticks. For Rule 230.1, "straightened" means "not bent at the knee". To say that the leg does not need to be straightened on contact but only needs to be in the process of straightening is illogical. Not only does this ignore the provided definition of "straightened" but would require an impossible determination of when does it need to be straight or not bent at the knee. Halfway to the vertical? Or not until in the vertical upright position (old Rule 230.1)?

In his opening paragraph Gary states that "prior to 1995 there were more infractions for illegal walking due to loss of contact than for not straightening the advancing leg. .... Now, more calls are made for 'bent knees' than for loss of contact." As Ron Daniel pointed out, this is not exactly true. Ron's statistics were somewhat incomplete however. Prior to the new rule on straightening, the ratio of "loss of contact" to "bent knee" calls for the 20Km event was approx. 2.5 to 1. For the 50Km it was approx. 1 to 1. This is for Rule 12.1(a) competitions (major internationals). In the last several years (I went back thru 1999), the ratio is 1.6 to 1 for the 20Km and 0.5 to 1 for the 50Km. So we still see more "loss of contact" calls in the 20Km but the ratio is smaller. And in the 50Km we have gone from equal number of calls to twice as many for "bent knee". This of course is not surprising. The new Rule is more inclusive regarding the bent knee violations. The period from first contact until in the vertical upright position is more inclusive than solely "in the vertical upright position". The new bent knee rule is therefore doing its job. And there is certainly less ambiguity in the new rule. The increase in number of bent knee calls has nothing to do with grammar or understanding of English, or lack of biomechanics knowledge. It is simply a more inclusive or easier to detect rule violation.



## LOOKING BACK

**40 Years Ago** (From the March 1963 Race Walker, published by Chris McCarthy)--The National 20 Km was won by Ron Laird in 1:34:52. Ron Zinn led the race, held in Chicago's Horner Park, for 8 miles, starting off with a 6:58 mile, but faded at the finish in 1:36:02, 34 seconds ahead of Canada's Alex Oakley. Akos Szekely was colse behind in 1:36:41, with Jack Mortland almost 2 minutes further back, just ahead of John Allen. Mortland noted that he was pointing more for his June wedding than the Pan-Am Games, for which this race was a trial. . Ken Matthews beat Paul Nihill in the British National 10 Mile, 73:00 to 73:34, with our own Rudy Haluza, stationed in England with the US Air Force, 10th in 77:19. Two weeks later, Rudy finished ninth in the British National 20 Km.

**35 Years Ago** (From the March 1968 ORW)--On the Mt. SAC track in Walnut, Cal., Larry Young bettered the American 50 Km record with a 4:25:40 and Ron Laird also bettered Goetz Klopfer's old record with 4:29:29. . Tom Dooley also had a fast track race with a 1:08:50 for 15 Km In San Francisco. . On the East Coast, Ron Daniel got into the record breaking act with a 3:05:43 for 35 Km, beating John Knifton by 2 minutes. Dave Romansky turned in a 1:16:36 for 10 miles on the Asbury Park, N.J. boardwalk.

**30 Years Ago** (From the March 1973 ORW)--Nikolai Smaga won the 3 Mile Race in the US-USSR indoor track meet in Richmond, Va., with a 20:56.3, 3 seconds ahead of Yevgeniy Ivanchenko. Ron Daniel had 21:31.2 and Ron Kulik 22:50. . John Knifton covered 25 Km in a swift 2:00:15 with Ray Somers only 58 seconds back. A visiting team of Italian policemen filled the next four spots. . On the local scene, Jack Blackburn edged you editor in a friendly 7 mile, 57:17 to 57:19, and all-out race for the old men folowing a leisruely frist 3 miles in 25:20. (Now, 30 years later, a 35:20 for 3 miles hardly seems leisurely, let alone accelerating for another 4 miles.). . We also had a note on Latvian walker Adolfs Liepsakalins, who in 1965 at age 55, did 10 Km in 44:00. He had done 43:11 at age 49, a considerable improvement over his youthful best of 46:00 at age 28.

**25 Years Ago** (From the March 1978 ORW)-- Collegiate indoor titles went to Carl Schueler and Peter Timmons. Frostburg's Schueler did 13:53.6 to win the NAIA 2 Mile, and Timmons, of St. Johns, won the IC4A 1 Mile in 6:49.2. . Schueler also beat an aging Dave Romansky at 10 Km with a 45:26 performance. . Italy's Vittorio Visini had a world's best indoor 2 Mile with 12:57.6 in Genoa and East Germany's Karl-Heinz Stadtmuller did an indoor 20 Km in 1:27:19. . In another race, Visini did 3 Km in 11:43.8, also the best on record. . The British 10 Mile went to Olly Flynn in 67:29, but the course was reported as short.

**20 Years Ago** (From the March 1983 ORW)-- Marco Evoniuk beat Jim Heiring in the National 30 Km, blasting a 2:16:41. Heiring was nearly 3 minutes back. Tim Lewis (2:23:50) came third. . European 20 Km Champion Jose Marin won the Spanish 50 Km in a blistering 3:40:47, 7 minutes ahead of Jorge Llopart. Dan O'Connor finished seventh in the race with a 4:21:27. . A week later, O'Connor won a 20 Km race in Long Beach in 1:28:38. . Tom Edwards made an impressive debut at 50 Km, winning the eastern Regional in 4:23:22.

**10 Years Ago** (From the March 1993 ORW)-- At the World Indoor Championships in Toronto, the Rusians prevailed with Mikhail Schennikov winning the men's 5 Km in 18:32.10 and Elena Nikolayeva the women's 3 Km in 11:49.73. Poland's Robert Korzenowski trailed Schennikov by nearly 4 seconds, with Canada's Tim Berrett a strong fourth in 18:53.02. Kerry Junna Saxby, Australia, pushed Nikolayeva with 11:53.82. Italy's Ileana Salvador was less the 2 sewconds

further back in third. Debbi Lawrence finished third in her heat in 12:20.79, but was DQd in the final. . U.S. titles went to Lawrence in 12:35.79 and Allen James in 20:24.37. Victoria Herazo and Sara Standley followed Lawrence--well behind in 13:08.73 and 13:48.24. Doug Fournier was just 10 seconds behind James with Marc Varsano third in 20:41.01. . In an outdoor 5 Km in Australia, Frants Kostyukevich, Belarus, beat Korzenowski 18:28.50 to 18:36.98. Junna-Saxby did 20:30 at the same site.

**5 Years Ago**--(From the March 1998 ORW)--Michelle Rohl and Tim Seaman won U.S. indoor titles at 3 and 5 Km respectively. Rohl's 12:40.37 put her 15 seconds ahead of Joanne Dow with Gretchen Eastler-Fishman third. Seaman did 19:54.36, 35 seconds ahead of Curt Clausen. Al Heppner was another 11 seconds back in third, just ahead of Jonathan Matthews. . Clausen easily won the mile at the Millrose Games in 5:54.90 with Mike Rohl second in 6:09.28. . In a battle of 43-year-old military personnel in Arlington, Va., Warrick Yeager finished 0.2 seconds ahead of Steve Pecinovsky in 12:33.7. . The Japanese national 20 Km went to Daisuke Ikeshima in 1:21:49. Satoshi Yanagisawa had the same time in second. Australia's Nick A'hern had a 18:51.39 for 5 Km in Auckland, N.Z.

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