



# OHIO RACEWALKER

Ohio Race Walker  
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Columbus, Ohio 43202

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COLUMBUS, OHIO

OCTOBER 1981

## ITALIANS CAPTURE CUP; MEXICANS WEAR INDIVIDUAL CROWNS

Valencia, Spain, October 3-4--With well-balanced team performances in both the 20 and 50 km races, Italy emerged as a surprise winner of the Lugano Cup, race walking's world championship. Trailing the Soviet Union by 3 points after the first day's 20 Km, they just made up those points in the 50 and were awarded the title on the Lugano tie-breaking procedure--first man home in the 50. In this case, it was Sandro Bellucci, who walked an outstanding race to finish third. The first Soviet walker home was seventh.

Defending champion Mexico finished in third, just 6 points back of the two leaders, but claimed both individual titles in the persons of Ernesto Canto and Raul Gonzalez. They lost their chance at a repeat when Felix Gomez, in ninth place at the 15 km mark, was DQd in the final 5 km of the 20. Trailing by 25 points after the first day, their outstanding performance in the 50--they finished 1,5,6--was not enough to make up the deficit. East Germany also was exceptionally strong at 50, with a 2,4,8 finish leaving them just 3 points back of the Mexicans in that event. But they also suffered a crippling DQ in the 20, their Junior sensation, Ralf Kowalski, being tossed after being right with the leaders at 15 km.

The U.S. squad had its second best showing ever, finishing seventh in the 15 team field, just ahead of the British. In 1973, we had finished fifth in a nine team field, as Ron Laird and Todd Scully took third and seventh in the 20. This time, Marco Evoniuk was our top performer with 13th at 50, as Todd took 21st in the 20, just ahead of Jim Heiring.

Both races saw relatively cautious starts, the walkers perhaps being wary of the stricter judging that had been displayed in Moscow last summer. In any case, in the 20, a group of thirteen walkers was bunched at the first 5 km mark, with Canto and Australi's David Smith leading. Smith quickly dropped away and then out after 10 Km. At 10 Km, Canto was biding his time in 42:46, now accompanied by nine other walkers.

The tempo picked up considerably at that point, and at 15 Km, East Germany's Roland Weiser, third in last summer's Olympics, was in front in 1:03:19, covering that third 5 in 20:33. Kowalski was right with him, and just a second back were Canto and Italy's Alessandro Pezzatini. Even Italy's great Olympic champion, Maurizio Damilano, was not able to withstand the withering pace, and had dropped six seconds back.

When Canto, sixth in this race 2 years ago, continued to apply the pressure, none of the others was able to live with him. Covering the final 5 km in 20:32, he came home an easy winner in 1:23:52. Weisser was able to pull well clear of Pezzatini for second, and Damilano faded to sixth, as Yevgeniy Yevsyukov of the USSR and ever tough Jose Marin of the host country came through strongly. With Anatoliy Solomin in seventh and Pyotr Potschenchuk in eighth, the Soviets led Italy by three points, 119-116. Carlo Mattioli was

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third Italian in 13th. (Perhaps we should explain Lugano points for those who don't know the system. Each team has four competitors, three to score. The individual winner of each race gets one more point than the total number of scoring competitors, in this case 46--15 teams times 3 competitors plus 1. The second place finisher then gets 44 points, third 43, and so on. The number four men on a team only provide insurance against someone not finishing; their finish position does not figure in the team scoring.)

Probably the biggest disappointment in the 20 (outside of the two prominent DQs) was young Czech ace Josef Pribilinec. Just as in the Olympics last year, he was unable to rise to the occasion and faded early in the race, eventually finishing 40th. The biggest surprise was young Canadian Guillaume LeBlanc who accelerated the second half of the race to finish 10th in 1:28:02, after lying about 20th at the half-way mark. Scully and Heiring walked close to one another through 10 Km, where Jim was 1 second up in 43:43. Todd was able to open up 18 seconds over the next 5 and then hold it to the finish, but both were passed by several others over that stretch. Ray Shapp walked a steady race, but never challenged his two teammates and finished 28th. Steve Pecinovsky, jsut ahead of Ray at 10 Km, was DQd during the next 5.

Gonzalez, after folding in last year's Olympics and supposedly retiring earlier this year, proved once again how untouchable he is when at his best. Forsaking his usual blitz start, which had proved so effective everyplace but in Moscow, he was content to control the race at what for him is a rather leisurely pace. Nonetheless, at halfway in 1:56:03, only Olympic champion Hartwig Gauder was still with him. Marcel Jobin was in third at this point, 19 seconds back, and a group of about 10 followed by another 20 seconds. Unfortunately, this was not Marcel's day as he faded badly over the next 5 km, dropping to 10th and then going out of the race.

Meanwhile, Gonzales was applying subtle pressure to his East German challenger. The slowest 5 Km split of the race was from 10 to 15, which took 23:30. Gonzales stepped this up to 23:09 on the fourth 5 km and 22:57 on the fifth. When he accelerated further to 22:37 over the sixth Gauder had to let go and was 9 seconds down at 30 km. Gonzalez was then on his own and finished with splits of 22:39, 22:31, 22:30, and 22:10! His final 20 Km of 1:29:50 would have placed him 17th the day before and left Gauder nearly 4 minutes back.

Gonzalez' acceleration quickly cut the trailing field to just three by 30 km--Bellucci, East German's Dietmar Meisch, and Mexico's Arturo Bravo, and they were now a minute back. Mexican Martin Bermudez, who won this race 2 years ago, was another 22 seconds back. Bellucci and Bravo battled it out over the next 10 km and gained some ground on Meisch, but the Mexican faded badly at the end and lost fourth to Meisch. Bellucci pulled well clear of both, but could make no inroads on Gauder in second. Nonetheless, his finish was enough to bring Italy the title.

The dominance of Gonzalez can be seen in his winning time of 3:48:30 on a day when only five others of the world's top walkers were able to better 4 hours and only an additional seven could get under 4:10. The only competitor from outside the contending teams to crack the top ten was French veteran Gerard Lelievre, who mowed through well the second half of the race. Biggest disappointments were Spain's Jorge Llopart, second in the Olympics, who was with the leaders at 20 Km and dropped out at 30; Australia's Willi Sawall, never really in the race and out at 35 km; and Jobin, who had given Gonzalez such a good race a few months earlier, but who seems to have trouble on the big occasion.

Marco Evoniuk had an excellent race. Although never really close to the front, he was on a sub 4 hour pace through 35 km and in eighth place at that point. Although he struggled from there, he still beat several walkers with personal bests several minutes ahead of his. Dan O'Connor had an excellent time going, passing 25 km in 2:04:10, but then hit a very bad patch before recovering the last 10 km to finish 21st in 4:22:34. Vincent O'Sullivan was ahead of Dan early, hit the halfway mark in 2:05:57, moved back ahead of Dan at 35, and finally came home 27th in 4:29:49, one place ahead of Wayne Glusker, who walked much closer to an even pace. Although all four walkers were well off their personal bests, so were most other walkers in the field. As a team, they were sixth in the race, easily our best performance at this distance in the Lugano Cup.

## Results:

20 Km, Oct. 3--1. Ernesto Canto, Mex. 1:23:52 (21:20, 42:46, 1:03:20) 2. Roland Weiser, E.G. 1:24:12 (21:21, 42:46, 1:03:19) 3. Alessandro Pezzatini, Italy 1:24:24 (21:28, 42:47, 1:03:20) 4. Yevgeniy Yevsyukov, USSR 1:24:51 (21:22, 42:47, 1:03:33) 5. Jose Marin, Spain 1:25:00 (21:21, 42:47, 1:03:30) 6. Maurizio Damilano, Italy 1:25:08 (21:22, 42:46, 1:03:25) 7. Anatoliiy Solomin, USSR 1:26:39 (21:23, 42:47, 1:04:14) 8. Fyotr Potschenchuk, USSR, 1:27:03 (21:23, 42:55, 1:04:38) 9. Bo Gustavsson, Sweden 1:27:28 (21:22, 42:52, 1:04:45) 10. Guillaume LeBlanc, Canada 1:28:02 (22:17, 44:15, 1:06:07) 11. Pavol Balczek, Czech. 1:28:12 (21:36, 44:44, 1:05:45) 12. Stefan Petrik, Czech h. 1:28:20 (21:34, 44:45, 1:05:39) 13. Carlo Mattioli, Italy 1:28:52 (21:33, 43:21, 1:06:47) 14. Ralf Meisel, E.G. 1:29:24 (21:44, 44:15, 1:06:44) 15. Stanislaw Rola, Czech 1:29:37 (22:03, 44:16, 1:06:47) 16. Wang Chun Tang, China 1:29:45 (22:00, 44:15, 1:07:00) 17. Steve Barry, GB 1:29:56 (21:54, 44:10, 1:06:55) 18. Erling Andersen, Norway 1:30:03 (21:22, 42:46, ?) 20. Eduardo Linares, Mex. 1:30:05 (21:31, 44:05, 1:07:28) 21. Todd Scully, USA 1:30:22 (21:30, 43:44, 1:06:41) 22. Jim Heiring, USA 1:30:39 (21:33, 43:43, 1:06:59) 23. Nikolai Vinneetschenko, USSR 1:31:10 (21:23, 42:47, 1:05:40) 24. Josef Zimka, Czech. 1:31:13 25. Marcelino Colin, Mex. 1:31:23 26. Zdzislaw Szalapski, Pol. 1:31:29 27. Boguslaw Duda, Pol. 1:31:34 28. Ray Sharp, USA 1:32:30 (22:04, 44:41, 1:08:40) 29. Bill Dwyer, Australia 1:32:52 30. Roger Mills, GB 1:33:30 31. Andres Marin, Spain 1:33:46 32. Francois Lapointe, Canada 1:33:49 33. Amos Seddon, GB 1:33:52 34. Phillippe Lafleur, France 1:33:49 35. Per Rasmussen, Swed. 1:34:18 36. Jaroslav Kaxmierski, Pol. 1:34:18 37. Roland Nilsson, Swed. 1:34:47 38. Martial Fesselier, Fr. 1:35:05 39. Pascal Lengart, Fr. 1:35:59 40. Josef Pribilinec, Czech 1:36:25 (21:03, 44:43, 1:07:24) 41. Keith Knox, Aust. 1:37:41 42. Denis Terraz, Fr. 1:38:20 43. Horst Matern, E.G. 1:39:21 44. Francisco Botonero, Spain 1:39:55 45. Tore Stromoy, Nor. 1:40:07 46. Mike Stones, Can. 1:41:56 47. Gu Fang Yuan, China 1:44:47 47. Anders Hjelle, Nor. 1:46:05 49. Michael Harvey, Aust. 1:46:17 DNF: David Smith, Aust. (21:20, 46:53), Tor Ivar Guttulsroed, Nor. 1:19:21 at 15; Owe Hemmingsson, Swed. 23:03 at 5. Disqualified: Zhang Fu Xin, China 46:00 at 10; Ralf Kowalski, E.G. 1:03:19 at 15; Felix Gomez, Mex. 1:04:28 at 15; Luis Bueno, Spain 47:11 at 10; and Steve Pecinovsky, USA 44:37 at 10

50 Km, Oct. 4--1. Raul Gonzalez, Mex. 3:48:30 (23:11, 46:28, 1:09:58, 1:33:07, 1:56:03, 2:18:40, 2:41:19, 3:03:50, 3:26:20) 2. Hartwig Gauder, E.G. 3:52:18 (23:11, 46:29, 1:09:58, 1:33:07, 1:56:03, 2:41:45, 3:04:48, 3:28:21) 3. Sandro Bellucci, Italy 3:54:27 (23:18, 46:41, 1:10:19, 1:33:16, 1:56:42, 2:19:40, ?, 3:06:12, 3:30:10) 4. Dietmar Miesch, E.G. 3:56:27 (23:12, 46:41, 1:10:18, 1:33:21, 1:56:41, 2:19:40, 2:42, 33, 3:06:47, 3:31:24) 5. Arutro Bravo, Mex. 3:58:04 (23:15, 46:48, 1:10:20, 1:33:16, 1:56:42, 2:19:40, 2:42:33, 3:06:12, 3:31:12) 6. Martin Bermudez, Mex. 3:58:16 (23:15, 46:29, 1:09:59, 1:33:16, 1:56:43, 2:20:02, 2:43:48, 3:08:03, 3:32:48) 7. Valeri Suntsov, USSR 4:01:30 (23:15, 46:29, 1:10:19, 1:33:17, 1:56:44, 2:20:38, 2:45:15, 3:10:37, 3:36:18) 8. Uwe Dunkel, E.G. 4:02:02 (23:12, 46:47, 1:10:18, 1:33:21, 1:56:42, 2:21:06, 2:46:36, 3:10:33, 3:35:55) 9. Gerard Lelievre, France 4:03:06 (24:38, 49:28, 1:13:37, 1:37:26, 2:01:14, 2:24:52, 2:48:30, 3:12:30, 3:37:33) 10. Poggi, Italy 4:03:15 (24:08, 48:34, 1:12:55, 1:37:35, 2:02:02, 2:26:04, 2:50:04, 3:14:06, 3:38:17) 11. Victor Dorovsky, USSR 4:03:51 (46:47, 1:33:17, 2:20:37, 3:11:17) 12. Victor Grodovchuk, USSR 4:07:16 (46:47, 1:34:40, 2:25:59, 3:16:44) 13. Marco Evoniuk, USA 4:07:44 (23:53, 47:27, 1:11:01, 1:34:31, 1:58:16, 2:22:16, 2:46:34, 3:13:07, 3:40:30) 14. Domenico Carpiantieri, Italy 4:13:19 (48:35, 1:37:27, 2:25:54, 3:17:03) 15. Bohdan Bulakowski, Poland 4:15:34 (49:35, 1:38:52, 2:28:51, 3:21:14) 16. Pavol Jati, Czech. 4:17:06 17. Lubos Mackanic, Czech. 4:17:11 18. Bengt Simonsen, Swed. 4:17:57 19. Paolo Grecucci, Italy 4:18:56 20. Dan Richards, GB 4:21:04 21. Dan O'Connor, USA 4:22:24 22. Vladimir Padrovcek, Czech. 4:23:31 23. Krzysztof Drajski, Pol. 4:25:10 24. Jan Pilczuk, Pol. 4:26:28 25. Stig Elofsson, Swed. 4:28:08 26. Vincent O'Sullivan, USA 4:29:49 (23:12, 47:32, ?, 1:39:12, 2:05:57, 2:33:21, 3:02:30, 3:31:07, 4:01:08) 27. Wayne Glusker, USA 4:33:01 (26:26, 53:19, ?, 1:46:13, 2:12:26, 2:39:20, 3:06:57, 3:35:50, 4:04:43) 28. Barry Graham, GB 4:34:34 29. Max Sjöholm, Swed. 4:34:58 30. Francois Lapointe, Can. 4:35:51 (only person to complete both races) 31. Bob Dobson, GB 4:36:13 32. Pavol Sikora, Czech. 4:37:21 33. John Sheard, Aust. 4:38:48 34. Dennis Jackson, GB 4:39:37 35. Cato Viken, Nor. 4:41:04 36. Alain Moulinet, Fr. 4:42:58 37. Augustin Jorba, Spain 4:43:03 38. Harry Summers, Aus. 4:43:43 39. Stanislav Kouneluk, Pol. 4:47:27 40. J. Pierre Saint Martin, Fr. 4:52:04 41. Maurice Dumont, Fr. 5:03:32 DNF: Willi Sawall, Aust. 2:50:14 at 35; Marcel Jobin, Can. 2:21:27 at 30; Guillaume LeBlanc, Can. 1:10:01 at 15; Zhang Fu Xin, China 24:45 at 5; Roland Weigel, E.G. 2:29:10 at 30 (1:56:43 at 25, then thought he was DQ'd, lost about 5 minutes before he found that was not right, and couldn't get moving again); Harold Krokli, Nor. 2:15:00 at 25; Lars Ove Moen, Nor. 3:03:59 at 35; Jorge Llopert, Spain 2:21:54 at 30; Manuel Alcalde, Spain 2:10:54 at 25; Rafael Espejo, Spain 1:19:58 at 15; Torbjørn Janse, Swed. 3:06:13 at 35; Vyacheslav Fursov, USSR 2:55:53 at 35. DQ: Peter Fullage, Aust. 1:17:36 at 15; Enrique Vera, Mex. 1:35:02 at 20.

TEAM SCORES: 1. Italy 227 (116, 111) 2. USSR 227 (119, 108) 3. Mexico 221 (94, 127) 4. East Germany 208 (84, 124) 5. Czechoslovakia 176 (92, 84) 6. Poland 150 (72, 78) 7. USA 148 (68, 80) 8. Great Britain 137 (73, 64) 9. Sweden 131 (62, 69) 10. France 97 (35, 62) 11. Spain 77 (64, 13) 12. Canada 74 (56, 18) 13. Australia 57 (29, 28) 14. Norway 52 (37, 15) 15. People's Republic of China 34 (34, 0)

#### SOVIET WOMEN SUCCESSFUL IN INTERNATIONAL DEBUT

Valencia, Spain, Oct. 3--Making their first international appearance in race walking, a strong team of Soviet women edged perennial power Sweden by a single point to annex the women's World Championship in a 5 km race. Siv Gustavsson easily won the race for the Swedes in 22:56.9. However, the Soviets took the next two spots and won the meet when Sharypova beat Sweden's Ann Larsson for 10th. A subpar performance by Britt Holmquist in 17th didn't help the Swedish cause.

Sue-Liers Westerfield, although short on training, walked well in ninth place, but the rest of the U.S. team was well back, which meant a seventh place finish out of the 12 teams contending. A real surprise in the race was the failure of Australia's Sue Cook, favorite for the crown but able to finish only seventh. Another disappointment was Britain's Carol Tyson, who has been plagued with injury this year and was some 2 minutes off her usual performance in 19th. With Irene Bateman well below par as well, the British team, which might have been expected to vie for the championship, could manage only fourth. Norway, who has challenged the Swedes at times in the past, was without Thorill Gylder and was well back in fifth.

We have no details on how the race progressed at this time, but hopefully will by next month. The results:

1. Siv Gustavsson, Sweden 22:56.9 2. A. Deverenskaya, USSR 23:17.2 3. L. Kruscheva, USSR 23:25.4 4. Froydis Hilsen, Nor. 23:34.4 5. Ann Jansson, Swed. 23:42.6 6. Sally Pierson, Aust. 23:51.3 7. Sue Cook, Aust. 24:04.9 8. Ann Peel, Canada 24:05.9 9. Sue Liers-Westerfield, USA 24:15.8 10. N. Sharypova, USSR 24:20.7 11. Ann Larson, Swed. 24:31.7 12. S. Griesbach, Fr. 24:35.6 13. Irene Bateman, GB 24:40 14. Margot Vetterli, Switz. 24:42.9 15. Lillian Millen, GB 24:47.4 16. O. Tchugunova, USSR 24:53.2 17. Britt Holmquist, Swed. 25:03.5 18. Jill Barrett, GB 25:05.1 19. Carol Tyson, GB 25:10.9 20. Ann Ryan, Aust. 25:16.2 21. Gillian Grant, Can. 25:26.6 22. T. Palacios, Spain 25:31.8 23. Ingrid Adams, WG 25:34.5 24. Line Viken, Nor. 25:34.5 25. Bonnie Dillon, USA 25:39.8 26. Vicki Jones, USA 25:51.9 27. Mia Kjolberg, Nor. 26:08.8 29. Paula Kash, US 26:21.7 29. C. Richard, Fr. 26:35.4 30. M. Holland, Can. 26:44.9 (47 finishers) Teams: 1. USSR--105 2. Sweden--104 3. Australia--90 4. Great Britain--76 5. Norway--71 6. Canada--68 7. USA--66 8. France--55 9. West Germany--41 10. Spain--33 11. Switzerland--31 12. Denmark--25.

#### RESULTS--RESULTS--RESULTS

20 Km, Ledyard, Conn., 1. Jack Boitano 1:53:04 2. Steve Vaitones 2:17:42 3. Ed Vaitones 2:17:42 4. Bernard Kaufman 2:25:05 5. Tammie McPoland 2:26:13 New England 15 Km, Springfield, Mass., Sept. 20--1. Bob Falciola 1:15:38 2. Tom Knatt 1:19:36 3. George Iattarulo 1:21:08 4. Valio Leides 1:21:54 5. Dennis Childs 1:26:38 6. Ralph Cardelli 1:26:43 7. Paul Schell 1:31:30 10 Km Run, New York City, Sept. 13: 1st Male Walker--Pete Timmons 46:10 (caught in mob at start) 1st female walker--Susan Liers-Westerfield 48:32 (American road best, 23:40 at 5) 20 Km, Commack, N.Y., Sept. 7--1. Susan Liers-Westerfield 1:46:47 (including 3 minute stop at 1 mile for sickness) 2. Ed O'Troure 1:56:51 3. Bob Timmons 1:57:33 4. Steve Dirschell 1:58:38 5. Carol Brown 2:03:55 1 Mile, Smithtown, N.Y., July 27--1. Susan Liers-Westerfield 7:11.9 2. Eugene Campbell 7:47.5 3. Michele Imossi 8:15 EMPIRE STATE GAMES: Womens 5 Km (road), Aug. 14--1. Susan Liers-Westerfield 24:07.1 2. Dorothy Kelley 26:10.1 3. Larua Bugeja 26:26.2 4. Catherine Flack 27:15.6 5. Carol Brown 27:15.9 6. Ovadine Wilson 28:48.3 7. Elena Naughton 29:17.9 8. Deborah Qualiana 29:40 9. Kathy Coll 29:50.8 10. Sharon Kimmelman 30:11.5 11. Margaret Wimmer 30:13.8 12. Wendy Wippert 30:45.8 13. Caroline Brandt 30:52 Girls 3 Km (track), Aug. 14--1. Jeanne Cosulich 15:48.9 2. Marie Killory 15:50.8 3. Julie Johnson 16:14.3 Womens 10 Km (road), Aug. 16--1. Susan Liers-Westerfield 49:10.3 (American road best) 2. Michele Imossi 54:17.6 3. Corothy Kelley 54:29.2 4. Catherine Flack 54:44.3 5. Carol Brown 56:48.5 6. Larua Bugeja 57:58.6 7. Ovadine Wilson 59:35.1 8. Tanya McIntosh 60:43.9 9. Elena McNaughton 61:28 10. Cynthia Best 61:42.5 11. Deborah Qualiana 61:58.7 12. Sharon Kimmelman 62:06.1 13. Joanne Cheesman 62:34.2 14. Marvalice Riordan 62:55

20 Km, Aug. 14--1. Peter Timmons 1:31:28.3 (Same course as National Sports Festival 20) 2. Tim Lewis 1:37:25.9 3. Don Winiacki 1:38:20 4. Robert Timmons Jr. 1:39:45.2 5. Andy Liles 1:42:15.2 6. Patrick Maroney 1:46:15 7. Dean Mendell 1:49:32 8. Larry Beckerle 1:51:54 9. Dan Stanek 1:51:54 10. George Iattarulo 1:58:54 11. Geruin Robinson 2:06:07 12. Ralph Carderelli 2:19:52 Boys 5 Km (track), Aug. 15--1. James Mann 23:45.4 2. Thomas Tenner 24:18.7 3. Edward Kasch 25:16.3 5. Eugene Campbell 26:36.7 8. Richard O'Neill 26:54.5 7. Micaels Stauch 27:14 8. David Petri 27:18.6 50 Km, Aug. 16--1. Peter Timmons 4:44:09 2. Robert Timmons, Jr. 4:54:48 3. Don Winiacki 4:57:?? 4. Robert Timmons 5:25:44 5. John Shilling ? 1500 meters, Schenectady, NY, Sept. 24--1. Kathy Coll 7:59.1 10 Km, Schenectady, Oct. 22--1. Kathy Coll 61:07 Womens 4 Mile, Sandy Hook, N.J., Sept. 20--1. Norma Arnesen 34:16 2. Susan Schreck 37:02 3. Donna Cetrulo 42:10 4. Karen Koch 44:00 5. Judy McKeown 44:20 6. Marie Henry 45:22 (32 finishers 5 Mile, Pt. Pleasant, N.J., Sept. 19--1. Charles Rooney 44:20 2. Elliott Denman 47:15 5 Mile, West Long Branch, N.J., Sept. 12--1. Elliott Denman 50:14 1 Hour, West Long Branch, Sept. 27--1. Charles Rooney 6 mi 785 yds 2. Ben Ottmer 6 mi 746 3. Ben Defibaugh 6 mi 496 4. John Brillo 5 mi 527 Women: 1. Susan Schreck 5 mi 1436 2. Dolores Randazzo 5 mi 1098 2 Hour, West Long Branch, Oct. 11--1. Randy Mimm 14 mi 1540 yds (48:46 at 10 km, 1:39:46 at 20) 2. Bob Mimm 13 mi 432 (1:51:56 at 20) a Hour, same place-- 1. Ben Defibaugh 6 mi 1708 2. Elliott Denman 6 mi 477 3. Don Johnson 6 mi 45 4. Alan Wood 5 mi 409 5. Sandy Kalb 5 mi 137 Women: 1. Susan Schreck 6 mi 474 2. Dolores Randazzo 5 mi 1329 10 Km, Holmdel, N.J., Oct. 4--1. Charles Rooney 57:23 2. Elliott Denman 59:34 1 Hour, Springfield, Pa., Oct. 11--1. Bill Kracht 10,217 meters 2 Hour, same place-- 1. Brian Savilonis 23,097 meters (1:42:48 at 20 Km) 2. Bill Norton 20,381 m (1:57:57) 5 Km, Atlanta, Aug.--1. Shaul Ladany 25:52.4 2. Wayne Nicoll 29:01.8 Mackinac Bridge Walk, Mich., Sept. 7--1. Gary Morgan and Dan Dudek 37:00 (about 4 1/2 miles) 3. Frank Doby 1st Woman Sally Mader 15 Km, Chicago, Oct. 17--1. Tom Edwards, U.W.-Parkside 68:26.6 (22:38, 45:37) 2. Don Lawrence, Niagara RW 1:13:54.5 (24:03, 48:56) 3. Will Preischel, U.W.-Parkside 1:15:53 4. Jay Byers, Green & Gold AC 1:17:32 5. Dan Dudek, G&G 1:18:12 6. Dave Lawrence NRW 1:18:16 7. Dirk Douglas, Ball State 1:32:29 8. Harold Comm, Chicago 1:47:31 Women: 1. Mary Byers 1:59:45 15 Km, Long Beach, Ca., Oct. 11--1. Larry Walker 1:08:55 2. Chris Smith and Ron Daniel 1:13:47 4. Roger Brandwein 1:18:48 5. Dennis Reilly 1:20:12 6. John Kelly 1:30:39 7. Ed Ricci 1:32:02 (12 finishers) Women: 1. Jolene Steigerwelt 1:30:39 2. Rose Kash (age 60) 1:49:43 3. Kate Foster 1:49:44 10 Km, Stanford, Cal., Sept. 13--1. Wayne Glusker 47:38 2. Denis Gustafson 51:35 3. Manny Adriano 51:51 4. Bonnie Dillon 53:53 5. Fred Dunn 54:52 6. Karen Stoyanowski 55:01 7. Lori Maynard 55:12 8. Rob Robinson 56:45 9. Byron Richardson 57:46 10. Frank O'Sullivan 61:29 (18 finishers) 1 Hour, San Francisco, Sept. 27--1. Dennis Reilly (Wait a minute. The result says 6M/4266Y/2F, which doesn't make a lot of sense. That would be 8 mi 746 yards, and I doubt that Dennis went that far.) 2. Chuck Marut 6 M2885Y/1F? 3. Otto Sommerauer 5M3070Y 4. David Dorinson 5 mi 1433 yds (that makes sense) 5. Judy Kohn 5 mi 1418 1 Mile, San Francisco, Sept. 5--1. Alan May 7:54 2. Rob Robinson 8:00 3. Fred Dunn 8:40 5 Km, same place--1. Rob Robinson 27:28 2. Alan May 27:30 3. Fred Dunn 28:15 5 Km, Denver, Aug. 14--1. Marco Evoniuk 21:08 2. Dan Dudek 25:16 8 Miles, Mackinac Island, Mich., Sept. 6--1. Dan Dudek 64:48.5 1 Mile, Austin, Tex., July 25--1. Larry Mack 7:41 2. Sigve Tjotta 8:15 1 Mile, Austin, Aug. 1--1. Larry Mack 7:49 2. Rick Kent 9:30 10 Km, Broomfield, Col., Aug. 22--1. Marco Evoniuk 42:28 2. James Allee, Houston 49:51 3. Ward Freeman, Toledo 50:03 4. Greg McGurie 51:34 5. Steve Umphrey, Bentley, Mich. 54:03 6. Vic Philpotts, Saginaw, Mich. 54:56 7. Terry

U.S. POSTAL SERVICE STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION (Required by 39 U.S.C. 368a)			
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East Germany's great 50 Km walker, Hartwig Gauder, 1980 Olympic champion and second in the 1981 Lugano Cup. (Photo courtesy of John Allen)



Alan Price and Paul Hendricks after about 4 hours of the 1981 National 100 mile race won by Alan Price in 20:09:18. (I'd give a photo credit, but I can't remember who sent it to me. Sorry.)



Upcoming California Junior walker, Chris Smith, and the country's current top Masters walker, Ron Daniel, on their way to a recent 1:13:47 for 15 Km. (Photo by John Allen)

SOME END-OF-THE-YEAR RACES YOU MAY WANT TO PARTICIPATE IN

- Sun. Nov. 8--NATIONAL TAC 40 KM CHAMPIONSHIP, LONG BRANCH, NJ, 10 a.m. (Q)
- Wed. Nov. 11--1 Hour and 2 Hour, Cambridge, MA (Y)
- Sun. Nov. 15--1 Hour and Novice Mile, Arlington, VA, 2 p.m. (E)
  - 5 Km, Los Angeles, 8:30 a.m. (F)
  - 10 Km, New York City, 10 a.m. (U)
- Sat. Nov. 21--5 Mile, Des Moines, IA, 9:30 a.m. (H)
  - 20 Km, Columbia, MO, 10 a.m. (I)
  - 1 Hour, Lafayette, CO, 3 p.m. (K)
- Sun. Nov. 22--NATIONAL TAC JUNIOR 5 KM, SAYVILLE, NY, 11 a.m. (O)
  - (Also Open, Masters, and Womens 5 Km)
  - 10 Mile, Wall Twp., NJ 10 a.m. (Q)
  - 5 Km Handicap, Seattle (W)
- Thu. Nov. 26--5 Mile Men, 2 Mile Women, Des Moines, 9:30 a.m. (H)
  - 5 Mile Turkey Trot, New York City, 10 a.m. (Y)
- Sat. Nov. 29--Coney Island 10 Mile Handicap, New York City, 9 a.m. (V)
- Sun. Dec. 6--6 Mile, New York City, 11 a.m. (V)
- Sat. Dec. 12--Pac. Northwest 15 Km, Seattle (W)
- Sun. Dec. 13--7 Mile Handicap, Valley Col., CA, 2 p.m. (F)
  - 10 Mile, Long Branch, NJ, 1 p.m. (Q)
  - 10 Mile, New York City, 11 a.m. (V)
- Sat. Dec. 19--30 Km, New York City, 10:30 a.m. (U)
- Sun. Dec. 20--10 Km, Long Branch, NJ, 1 o.m. (Q)
- Sun. Dec. 27--10 Mile, Asbury Park, NJ, 10 a.m. (Q)

CONTACTS

- E--Sal Corrallo, 19031 Capehart, Gaithersburgh, MD 20760
- F--John Kelly, 1024 Third St., Santa Monica, CA 90403
- H--Dave Eidahl, Box 209, Richland, IA 52585
- I--Joe Duncan, 2980 Maple Bluff Drive, Columbia, MO 65201
- K--Greg McGuire, 6257 Kenyon, Denver, CO 80235
- O--Bob Timmons, 90 Colton Ave., Sayville, NY 11782
- Q--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
- U--NY Walkers Club, 445 E. 86th St., New York, NY 10028
- V--NYRRRC, PO Box 881, FER Statron, New York, NY 10022



Sue Brodock, Bonnie Dillon, and Susan Liers-Westerfield during 1980 U.S. 5 Km Championship race. (John Allen photo)

- Fenner 55:15 8. Paul Lightsey 58:21 9. Dan Dea 58:59 10. E.J. Rivet 60:31
- 4PMile, Boulder, Col., Aug. 29--1. Floyd Godwin 34:30 (only walker in fun run)
- 15 Km, Broomfield, Sept. 7--1. Floyd Godwin 1:17:03 (actually 158th among 203 runners)
- 1 Hour, San Diego--1. Dale Sutton 7 mi 440 yds 2. Kurosh Hojabri 6 mi 1720 3. Ed Ricci 5 mi 1756 (11 finishers)
- London to Brighton 52 miles--1. Carl Lawton 8:20:51 2. A. Collins 8:31:13
- 3. John Warhurst 8:37:10 4. John Eddershaw 8:46:42 5. Brian Armstrong 8:50:38
- 6. K. Halstead 8:52:56 37 Miles, Isle of Man--1. Murray Lambden 5:28:43
- 2. Graham Young 5 28:53 3. Nick Angrove 6'08:52 4. Derek Harrison 6:19:43
- Lugano Cup Qualifier, Szolnok, Aug. 29: 20 Km--1. Josef Pribilinec, Czech 1:26 48
- 2. Petrik Stefan, Czech 1:27:09 3. Bohdan Bulakowski, Pol. 1:27:29
- 4. Szlapkin Zdzislaw, Pol. 1:27:33 5. Aristidis Karageorgos, Greece 1:27:40
- 7. Imre Stankovics, Hun. 1:28:58 8. Jaroslav Kazimierski, Pol 1:29:03
- 9. Janos Dalmati, Hun. 1:30:54 50 Km--1. Stanislaw Rola, Pl. 4:10:41
- 2. Miklos Domjan, Hun. 4:12:23 3. Ferenc Danovszky, Czech 5:18:50 4. Pavol Szikora, Czech 4:22:30
- 5. Pavol Jati, Czech 4:22:30 6. Miroslav Svobobda, Czech, 4:22:30
- Team Score: 1. Czechošlavakia 73 2. Poland 64 3. Hungary 58 4. Greece 23
- 5. Austria 14 Lugano Cup Qualifier, St. Alban, Fr., Sept. 5: 20 Km--1. Dominique Guebey, Fr. 1:30:21
- 2. Martial Fessler, Fr. 1:33:19
- 3. Leif Karlsson, Swed. 1:33:56 4. Roland Nilsson, Swed. 1:33:58
- 50 Km--1. Gerard Lelievre, Fr. 3:57:35 2. Bo Gustavsson, Swed. 4:04:07
- 3. Stig Elofsson, Swed. 4:13:11 5. Max Sjöholm, Swed. 4:18:47 5. Torbjorn Janse, Swed. 4:19:40
- 6. Maurice Dumont, Fr. 4:21:12 Teams: 1. France 77 2. Sweden 75
- 3. Switzerland 39 4. Holland 27 5. Belgium 24

FROM HEEL TO TOE

Larry Larson reports that he he has a limited supply of handsome USA Race Walker patches in red, white, and blue with an outline of the great Ron Zinn. This was a popular item a couple of years ago and was sold out then. He will have the patches available at the National TAC Convention in Reno in December for \$4.00 apiece. Probably not really worth as much as a year's subscription to the ORW, but the money goes to a good cause--the Judges Subcommittee of the National Race Walking Committee, supporting administrative expenses. If you want to order sight unseen by mail, send the \$4.00 with a stamped, self-addressed envelope to Larry at 909 Ostergaard, Racine, WI 53406. . . Thanks to members of the Lugano Cup team and the Eschborn (the name of the Women's International competition, which I neglected to mention in the earlier article) for the nice postcard from Spain. . . Want to serve as a volunteer at the 1984 Olympics in LA? Write Priscilla Florence, Vice President, Human Resources, Los Angeles Olympic Organizing Committee, Los Angeles, CA 90084, or call (213) 209-1984 for information. John Kelley of Glendale allows that he, and probably other IA area walkers, would be willing to provide lodging for a few "Back Easters" during the Olymic RW events. . . Add to the schedule on p. 10 a Novice 5 Km and Open 10 Km at Riis Park in Chicago on Nov. 22. The 5 Km at 11 and the 10 at noon. Contact Dan Fitzpatrick, 831 Garfield, Oak Park, IL 60304 (312) 383-3626. . . The nice fellow from Detroit mentioned in Kip McEwen's letter in the September issue was Frank Soby, not Frank Alongi, as I suggested. . . Wayne Glasker's race walking classes at De Anza College have payed off with a top prospect. Karen Stoyanowski, 26, whoe recently edged Lori Maynard in a 10 km reported elsewhere in this issue, is a product of these classes. . .

LIFTED FROM TOM FENNESEY'S COLUMN IN THE COLUMBUS DISPATCH, Aug. 31, 1981

We walked away from the desk last Friday forgetting to remind you that the World Sauntering Society was observing World Sauntering Day at the Grand Hotel on Mackinac Island, Michigan. It's OK, though, because nothing really happens on World Sauntering Day. Or if it does happen, it happens so slowly you lose track of what's going on.

You can tell this is the case from the press release than announced the day: "With their cry, 'Please, Lord, don't let me work up a sweat,' the world's saunterers will quietly celebrate World Sauntering Day by walking nowhere and not caring when or if they arrive.

"This is the essence of sauntering," explained Prof. Hellmuth Kornmueller, saunterer-in-residence at Lake Superior State College, "not giving one iota how long it takes. . . We aren't against the concept of jogging, but it's not for us. We prefer to start slowly, saunter slowly, finish in a burst of slowness, and live longer."

The Grand Hotel has a porch 880 feet long, the world's largest, according to Ripley's Believe It Or Not, and that, saunterers say, makes it the Mt. Everest of sauntering.

The society had planned to name another member of the World Sauntering Hall of Fame, but that fell through. No one came up with nominees.

W.T. Rabe, who oversees public relations for the college, is sort of the executive director of the society since it is an offshoot of the Unicorn Hunters of Lake Superior State College, of which he is the archivist.

He sort of, but not quite, apologized to the hotel for the annual sauntering intrusion. "It's not really sporting to come to the Grand explicitly to saunter on the front porch, or even to think about sauntering at all, or in any specific direction. But if you're there and just happen to stroll out on the porch and on the spur of the moment decide to saunter one way or the other, that's OK."

He had some inquiries from England about organizing chapters of the Sauntering Society. As you might expect, nothing came of this. "It's crazy," Rabe said, "you can't organize sauntering. Well, maybe next year, something will happen.

\* \* \* \* \*

#### LOOKING BACK

15 Years Ago (From the Oct. 1966 ORW)--Larry Young suddenly emerged as the country's great hope at 50 Km with a victory in the National in Chicago. Pulling away from Canada's Alex Oakley in the final 3 miles, Larry recorded the second best time ever by an American (to that time), 4:38:24.5. Oakley folded completely the last 2 miles and finished nearly 5 minutes back in 4:43:06, less than a minute ahead of a fast-closing Shaul Ladany. Ron Daniel, Pat Farrelly, Jim Clinton, and Karl Merschenz were also under 5 hours. Young, with only about 9 months of serious race-walk training behind at that time, was tabbed by your editor as a sure thing for the 1968 Olympic team, but I didn't see him as a medalist at that time. Your editor even had a go in this one, his only really serious attempt at the distance. Executing his race plan just as it had been laid out, he moved swiftly through the second 10 miles, advancing from 11th to third. But then, not at all as planned, he folded 2 miles later and dropped out after another 2, just when he was supposed to be moving gloriously into the lead. Teammate Jack Blackburn, who had undergone a crash 2-month distance training regimen with the editor, was out even earlier, but Chuck Newell upheld the Ohio TC with a solid 10th place finish. . . Earlier in the month, Ron Laird won the 15 Km in Atlantic City with 1:11:27.2. Ron Daniel just edged Bob Kitchen a couple of minutes back and Bill Kaiser captured fourth. . . In East Germany, Chris Hohne did a 2:20:36 for 30 Km on the track, with a world best of 1:50:06.6 for 15 miles on the way. . . Gennadiy Agapov covered the 30 Km distance on the road in a swift 2:12:56 in the Soviet Union. . . Another Soviet walker, Nikolai Smaga, won the Little Olympics 20 Km in Mexico City with 1:31:04 on a course your editor and competitor Ron Laird strongly suspected of being short. Bittorio Visini, Italy, was a minute back, and the infamous Mexican, Jose Pedraza, captured third. . . In England, the Leicester-to-Skegness 100 Mile was won by K. Abolins in 18:10:46, with 47 finishers.

10 Years Ago (From the October 1971 ORW)--The Mexicans came North and dominated the National 15 Km in Des Moines with Jose Oliveros winning in 1:06:23.6. Ron Laird was close with 1:06:44, but then Hernandez and Sanchos of Mexico beat Larry Young, who had 67:54. Floyd Godwin was sixth ahead of three more Mexicans, including one by the name of Raul Gonzalez. Rudy Haluza beat Clark (now Todd) Scully for fourth American. Bob Henderson, way back in 24th still did 8 minute miles with 1:14:34 on a very fast day. Most thought the course was accurate; I wasn't so sure, mostly because of my own 1:12:09 at a time when I would have been well satisfied with Henderson's time. . . The U.S. won a dual meet from Canada in Lake Placid with Laird taking the 20 in 1:38:25 over Bill Ranney and Marcel Jobin and Larry Young an easy winner at 50 in 4:28:58. Ron Kulik and Pat Farrelly followed in that one. . . On the Ohio scene, Blackburn edged Mortland in a track 7, 56:19 to 56:29 with Phil McDonald third, but a week later, Phil took Blackburn at 20 Km in 1:41:05 to 1:42:06. (Another reason for suspicion of the 15 Km course, as these two had 1:12:07 and 1:12:34 in that race). . . Bill Weigle, destined to make the Olympic a year later, started to look like a threat with a 44:48 for 6 miles and a 3:41:45 for 40 Km in Denver's altitude. . . East Germany won a dual meet from the USSR with Gerhard Sperling taking the 20 in 1:28:23, Veniamin Soldatenko the 50 in 3:59:18 (just 3 seconds ahead of Peter Selzer), and Karl-Heinz Stadtmuller the Junior 10 in 43:48.6.

5 Years Ago (From the October 1976 ORW)--Dean Ingram was elected as the new National Race Walking Chairman at the AAU Convention at Phoenix. . . The Leicester-to-Skegness 100 mile went to Derek Harrison in a swift 17:15:50, some 42 minutes ahead of Dutchman J. Vos. Eight competitors finished under 20 hours and there were a total of 38 finishers. . . In England, Oilly Flynn won the 20 Km in a dual meet with Italy in 1:27:35 as Maurizio Damilano won the Junior 10 in 42:33.

#### PAST LUGANO CUP WINNERS

- 1961: 1. Great Britain 53 2. Sweden 53 20 Km: 1. Ken Matthews, GB 1:30:54.2 50 Km: 1. Abdon Pamich, Italy 4:25:38
- 1963: 1. Great Britain 93 2. Hungary 64 20 Km: 1. Ken Matthews 1:30:10.2 50 Km--1. Istvan Havasi, Hung. 4:14:24.2
- 1965: 1. East Germany 117 2. Great Britain 87 20 Km--1. Dieter Lindner, EG 1:28:09.8 50 Km--1. Christoph Hohne, EG 4:03:14
- 1967: 1. East Germany 128 2. USSR 107 3. GB 104 . . .6. USA 50 (first time competing) 20 Km--1. Nikolai Smaga, USSR 1:28:38.4. . 3. Ron Laird 1:29:12.6 50 Km--1. Christoph Hohne, EG 4:09:09
- 1970: 1. East Germany 134 2. USSR 125 . . 6. USA 59 20 Km--1. Hans-Georg Reimann, EG 1:26:54.6 . . .8. Dave Romansky 1:30:46.6 9. Tom Dooley 1:30:50 50 Km--1. Christoph Hohne, EG 4:04:35.2
- 1973: 1. East Germany 139 2. USSR 134 . . .5. USA 95 20 Km--1. Hans-Georg Reimann, EG 1:29:31 . . .3. Ron Laird 1:30:45. . .7. Todd Scully 1:32:23 50 Km--1. Bernhard Kannenberg, WG 3:56:50.8
- 1975: 1. USSR 117 2. East Germany 105 20 Km--1. Karl-Heinz Stadtmuller, EG 1:26:11.8 50 Km--1. Yevgeniy Lyungin, USSR 4:03:41.6
- 1977: 1. Mexico 185 2. East Germany 180 20 Km--1. Daniel Bautista, Mex. 1:24:02 50 Km--1. Raul Gonzalez, Mex. 4:04:16 (USA 12th with 56)
- 1979: 1. Mexico 240 2. USSR 235 . . .13. USA 67 20 Km--1. Daniel Bautista, Mex. 1:18:49 50 Km--1. Martin Bermudez, Mex. 3:43:36

FROM THE PACIFIC PACERS TRAINING BROCHURE VIA THE GOLDEN GATE WALKER

### TRAINING FOR 10000 METERS WALKING RACES

Training for 10000 meters involves a program similar to a maintenance or fitness program. The principles are simple: improve speed to the point that the first 5000 meters may be covered at a rapid pace, and then develop the stamina to hold that pace throughout the 10000 meter distance.

Intervals are an important part of a 10000 meter training program, especially as the race(s) being aimed for approach. The following program, then, can be modified with another day of interval work if additional speed is desired.

#### A 'maintenance program':

- One day of  $1\frac{1}{2}$  - 2 hour strolling.
- Two days of 1 hour spins, continually increasing the pace, with the last ten minutes very hard.
- One day of running— $\frac{1}{2}$  to 1 hour, avoiding hills.
- One day of intervals or a fast time trial—2-3 miles.
- The other days should be strolling or light running.

#### A 'racing program':

- One day of  $1\frac{1}{2}$ -2 hours strolling, incorporating hills and fast bursts.
- Two days of 30 minute strolling, followed immediately by 30 minutes hard.
- Two days of intervals.
- Two days of strolling or light running.

Intervals sets include: 6 x 880s, 4 X miles, 10 x  $\frac{1}{4}$ 0s, 2 X  $1\frac{1}{2}$  miles, stepadders or 220- $\frac{1}{4}$ 0-880-mile-880- $\frac{1}{4}$ 0-220. All of these should be at race pace or faster. Take as little rest between intervals as possible, setting this up before you start the workout.

Especially when considerable speedwork is being done, proper warm-up and warm-down with lots of stretching is important.

Most walking races locally and nationally, as well as most mass-participation running races, are at the 10000 meter distance. For this reason we suggest that people aim their training at the 10000 meter distance. The above 'maintenance program' is also excellent as a fitness program, scaled down to each individual's desire.

— Pacific Pacers training brochure.  
Seattle, Washington.

### TRAINING FOR 5000 METERS

The following is a six-week to two-month program designed for a walker coming off a solid distance background.

#### First two weeks:

One distance day—10-15 miles at good pace. Not "strolling."

Two interval days—6-8 880s, one every 5 minutes; 3- $\frac{1}{4}$  miles, one every 11 minutes; 'stepadder', 220- $\frac{1}{4}$ 0-880-mile-mile-880- $\frac{1}{4}$ 0-220, each with  $\frac{1}{2}$  distance just walked rest interval; sprint straights at race pace etc.

Two time trial days—5 miles at 4:00 & below, 7 miles at near 8:00 per mile pace.\*

Two days of running (easy, no hills), and/or strolling 1- $1\frac{1}{2}$  sessions on hilly course.

Sequence should be: distance-time trial-easy-intervals-intervals-easy-time trial.

If days are missed, make them the 'easy' days.

#### Remainder of training period.

One distance day—10 miles, on track, under 8:00 per mile pace if possible.\*

Three interval days—10 X 880s, one every 5 minutes; 4 X miles, one every 11 minutes; 'stepadder', sprint straights, 4-5 miles of 330s hard, 110 fast stroll.

One time trial day—same as above, but faster.

One-two days of fartlek, 1- $1\frac{1}{2}$  hour duration, emphasizing quick pick-up.

Ample warm-up & down are especially important when doing this much speed work. If days are missed, always make them the easiest work-outs. Sequence should be: distance -interval-easy-interval-interval-easy-time trial.

—Pacific Pacers training brochure.  
Seattle, Washington.

\*Recommended paces are faster than many of us can handle. Adjust training pace times to your own abilities. Experiment to find most suitable pace for yourself—Editor, GGW.