

Ohio Race Walker
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McGovern whips James in National 10 Km

Niagara Falls, July 16 (Special to the ORW from Dave Lawrence)--Racing on the Robert Moses Parkway against competitors from 22 states and four Canadian provinces, Dave McGovern walked off with the USA T&F National 10 Km racewalk title today. With the temperature at the start of the race in the upper 60s and an overcast sky, the day was good for racing.

A group of six walkers, including Andrzej Chylinski, McGovern, Allen James, Ian Whatley, Pascal Pednault, and Arturo Huerto, the latter two from Canada, went through the first Km in 4:22. McGovern then began to push the pace, dropping the Canadians as the first four hit 2 Km in 8:34. The old guy, Don DeNoon, moved up to fifth at that point.

During the second of five 2 Km laps, Whatley and James dropped off leaving only Chylinski who was hard pressed to stay with the determined McGovern. Dave pressed even more and opened up a 6 second lead over Andrzej at 5 Km, which he hit in 21:11. James fell back, but was solidly in third at 21:35.

By 8 Km, McGovern's lead grew to 40 seconds. At that point, he eased through the final lap to hit the tape in 42:56. James walked a strong last lap to finish just 3 seconds behind Chylinski. However, Andrzej picked up a third red card on the final lap, moving Allen to second. Toronto's Arturo Huerto finished third and the ageless DeNoon, who bettered the world best for 50-year olds, finished fourth in 44:59. Ian Whatley rounded out the top five in 45:21. Kevin Eastler was the top junior, finishing seventh overall in 46:55.

In an accompanying women's race (not the National title race), Lynda Brubaker took command from the start and never looked back. She hit 5 Km in 23:52 and continued on to win in 48:07. Although Lynda was never in danger of losing her lead, Rachel Robichaux, from Ottawa, Canada, made a late surge to finish just 25 seconds back. Jeanette Smith was the first master to finish in 56:00.

Age group records were bettered by DeNoon (50-54), Elton Richardson (55-59) 57:26, and Jack Starr (65-59) 58:12. Results:

Men: 1. Dave McGovern, NYAC 42:56 2. Allen James, Athletes in Action 43:30 3. Arturo Huerto, Can. 44:30 4. Don DeNoon, Silkworm 44:59 5. Ian Whatley, Potomac Valley 45:21 6. Rick Birkhimer, Can. 45:35 7. Pascal Pedneault, Can. 47:12 8. James Carmines, Pot. Valley 49:44 9. Jauh SOUcheck, Shore AC 50:30 10. Ken Mattsson, New England Walkers 54:23 11. Justin Kuo, NEW 56:11 12. Robert Priybylak, Niagara Walkers 61:24 13. Tim Makatura, Pittsburgh 63:45 13. James Mesick, Erie, Pa. 65:15 14. Rick Meyers, Ind. RW 65:33 (3 DQs)

Junior Men: 1. Kevin Eastler, Western Maine RW 46:55 2. Yariv Pomeranz, New York City 50:13

SECOND CLASS POSTAGE
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Masters Men: 40-44--1. Taka Amano, Natural Living 51:45 2. Curt Sheller, Shore AC 55:08 3. Doug Harty, Niagara Walkers 59:02 4. Ross Barranco, Wolverine Pacers 61:38 5. Rob Sunman, Ind. RW 71:08 45-59--1. Gary Null, Natural Living 51:44 2. Joe Light, NEW 51:54 3. Max Walker, Ind. RW 55:47 4. Robert Ullman, NEW 55:54 5. Vince Abell, Ind. RW 57:22 6. Robert Campbell, Ind. RW 57:36 7. Bill Goodwin, Somerset, Pa. 58:08 8. Michael Bird, Ind. RW 58:54 9. Hugh Pettigrew, Ind. RW 64:22 10. Rich Markiewicz, Erie, Pa. 65:39 505-4--1. Don DeNoon, Silkworm 44:59 2. James Carmines, Pot. Valley 49:44 3. John Elwarner, Wolverine Pacers 52:38 4. Gene Miller, French Creek, WV 53:46 5. Tom Bower, Somerset, Pa. 54:52 6. Patrick Drury, SHore AC 55:59 7. Ronald SHields, NEPA Blazers 57:44 8. Thomas Zdrojewski, PHAST 57:59 9. Bob Lubelski, Niag. Walkers 59:53 10. Larry Freeman, NEPA Blazers 60:26 11. Thomas Masterson, NW 60:50 12. Dick Bales, NW 61:08 12. Dennis Withem, Ind. RW 62:47 13. Larry Reitz, Ind. RW 64:11 14. Michael Gough, Can. 64:47 55-59--1. Herbert Zydek, Natural Living 57:02 2. Ray Everson, Ind. RW 60:45 3. Ron Laird, NYAC 62:04 4. Michael Hoffer, NEW 65:06 5. Samual Amato, NW 71:20 60-64--12. Sturat Summerhayes, Can. 57:50 2. Fred Shaffer, Somerset, Pa. 60:35 3. Frank Fina, NW 60:46 4. Mike Michel, Lynn, N.C. 62:52 5. Leo Rivera, Natural Living 67:22 65-59--1. Jack Starr, PHAST 58:12 2. Bob Mimm, Shore AC 59:22 3. Vance Genzlinger, WP 61:56 4. John Nervetti, SHore AC 62:55 5. Maynard Mickelson, Lake Erie RW 65:20 6. Wiliam Flick, Corry, Pa. 65:44 7. Marvin Eisenstein, NW 66:00 8. Sr. Bhag-Singh Sidhu, Winston Salem, N.C. 68:09 9. Dr. John Snaden, Florence TC 79:38 10. Bill Hogan, Capital District RAC 80:14 70-74--1. Paul Geyer, ROchert, Minn. 72:15 2. Newlie Hewson, Pot. Val. 73:40 3. Jack Hunter, Lake Erie RW 74:23 75-59--1. Bill Tallmadge, Berea, Ky. 68:44 80-84--1. Frank Rubin, Quincy, Mass. 80:15 2. Harry Drazin, Shore AC 81:10 Women: 1. Lynda Brubaker, PHAST 48:07 2. Rachel Robichaup, Can. 48:32 3. Gretchen Eastler, Western Maine RW 50:59 4. Lora Rigutto, Can. 51:26 5. Kaisa Ajaye, New York City 51:37 6. Gloria Rawls, Shore AC 52:36 7. Micheline Daneau, Can. 52:43 8. Bobbi Jo Kikan, Uniontown, Pa. 52:43 9. Maira Moulton, Shore AC 52:51 10. Susan Hornung, Can. 52:59 11. Lurne Farkash, Rochester, NY 53:28 12. Joanne Dow, NEW 54:08 13. Diane Podsiadlik, WP 55:04 14. Patricia Jones, Can. 56:09 15. Kristen Mullaney, Pegasus 57:03 16. Susan Packard, NW 57:30 17. Kelly McNamara, Philadelphia 60:43 18. Mary Fanelli Lund, NW 60:44 19. Denise Romansky, Shore AC 60:46 10. Susan Burnett, Can. 62:03 21. Sue Hoadley, NW 65:15 22. Robin McIntosh, WP 66:13 23. Eileen Baird, Meriden Conn. 67:20 24. Michele Rhem, NYRRC 67:39 25. Liz Rearick, Laurel Mt. Walkers 68:05 26. Maureen Robinson, NEW 74:33 Junior Women: 1. Joanne Fox, Can. 58:12 2. Kathleen Sutper, Shore AC 66:10 Masters Women: 40-44--1. Phyllis Hansen, Shore AC 57:28 2. Meg Ferguson, NEW 57:38 3. Daryl Ann Kidder, NW 58:05 4. Anella Smith, Ind. RW 58:09 5. Sherry Watts, Can. 58:24 6. Debbie McLaughlin, Kingston, Mich. 59:24 7. Nella Perrine, Westfield, N.Y. 61:57 8. Nadya Dimitron, Walk USA 62:38 9. Kerry Weaver, Can. 64:02 10. Carol Harty, NW 68:01 11. M. J. Mudar, Capital District RAC 69:18 12. Kathy Mitchell,

Somerset, Pa. 71:37 13. Kathy Trent, Laurel Mt. Walkers 71:48 14. Mary Hess-Hoffer, NEW 73:17 15. Elaine Humphery, Capital District 73:57 45-49--1. Jeanette Smith, Ind. RW 56:00 2. Jackie Jessup, Ind. RW 58:45 3. Donna Cetrulo, Shore AC 59:53 4. Tish Roberts, Ind. RW 59:58 5. Marilyn Chute, Can. 61:41 6. Olga Figueroa, Ind. RW 66:55 7. Michelle Wlech, WP 67:36 8. Heather Berry, Can. 68:54 9. Linda Queipo, Ca. Dist. 69:05 10. Carol Kuo, NEW 73:14 11. Isabel Stuper, Shore AC 75:38 12. Pat Walker, Ind. RW 77:16 50-54--1. Dorothy Withem, Ind. RW 61:10 2. Lois Dicker, Pot. Val. 61:10 3. Valerie Stowe WP 62:07 4. Margie Alexander, Ind. RW 65:03 5. Sandra Carpenter, Litchfield, Conn. 68:36 55-59--1. Elton Richardson, New York City 57:26 2. Nancy Lee Whitney, Pot. Val. 61:38 3. Sami Bailey, Ind. RW 64:17 4. Beth Young-Grady, Ind. RW 65:02 5. Ruthe Everson, Ind. RW 69:27 6. Martha Moore, Ind. RW 72:43 60-64--1. June-Marie Provost, Can. 60:41 2. Kathleen Duffy, Ind. RW 89:29 65-59--1. Pat Nesley, Pot. Val 68:45 2. Joan Rowland, Natural Living 70:40 3. Virginia Lawrence, Ind. RW 81:38 70-74--1. Margaret Walker, NW 71:12 Judges: Gary Westerfield (Chief), Martin Rudow, Dave Stroud, Bruce MacDonald, Larry Queipo, Bob Stowe, and Lillian Snaden. Teams: Men: 1. New England Walkers (Ken Mattsson, Joe Light, Bob Ullman) 2:42:11 2. Potomac Valley (Ian Whatley, James Carmines, Newlie Hewson) 2:48:45 Masters Men: 1. Natural Living (Gary Null, Herbert Zydek, Taka Amano) 2:40:31 2. Shore AC 2:50:29 3. Indiana Racewalkers 2:50:45 4. Wolverine Pacers 2:56:12 5. Niagara Walkers 2:59:41 Women: 1. Shore AC (Phyllis Hansen, Gloria Rawls, Maria Moulton) 2:42:55 2. Wolverine Pacers 3:01:58 3. Niagara Walkers 3:03:29 Masters Women: 1. Indiana Walkers (Jeanette Smith, Jackie Jessup, Anella Smith) 2:52:54 2. Wolverine Pacers 3:09:07 3. Indian Racewalkers B 3:10:29 4. Potomac Valley 3:11:31

National silvers turn to Olympic Festival golds for Rohl and Matthews

Edwardsville, Illinois, July 8 and 10 (Special to ORW from Dave Gwyn)--The U.S. Olympic Festival racewalks featured daring early pacesetting that allowed eventual winners Michelle Rohl and Jonathan Matthews to seemingly coast to victory after building substantial leads by the halfway points in their respective races.

The Festival is held every year except Olympic years to bring together athletes in most Olympic events. In the track and field program, athletes represent the region of the country in which they attended high school, and naturalized citizens represent their current region of residence. (The regions being North, South, East, and West.) For the first time since 1985, nonscoring competitors were permitted in the racewalks in addition to the three athletes per region. The Racewalking Committee of USA T&F was able to invite everyone who finished in the top 12 at Nationals. On the down side, no 50 kilometer event was conducted this year, with the late-May decision of USA T&F to scrap it catching most observers by surprise. Budget cuts had dictated a reduction in the number of walkers in the meet, but indications up to that point had been that all three walks would be conducted with the US Olympic Committee subsidizing two contestants per team, but not the non-scoring guests. The 50 Km can be added back in for 1995 if the USA T&F Racewalking Committee so desires.

The women's 10 Km racewalk competitors had the privilege of being the first athletes other than those in segments of the heptathlon and decathlon to compete on Southern Illinois University-Edwardville's new track, construction of which was funded by the organizers of the Festival. With the temperature at 80 F and moderately high humidity, but with intermittent overcast, the conditions were tough, but still less rigorous than those most of the competitors had faced 3 weeks earlier in at the Nationals.

Teresa Vaill quickly strung out the field with an ambitious 4:21 for the first kilometer and 4:28 for the second--well ahead of the 4:30s needed to break her own American record set in Knoxville. Trailing at long intervals were Rohl, Victoria Herazo, Debby Van Orden, Dana Yarbrough, and Lynda Brubaker. Everyone else was much farther back and would spend much of the racing doing battle in pairs.

The only change in the order of the front six between lap one and lap ten was Van Orden passing Herazo. But, by the end of, 3 Km Vaill's lead over Rohl was shrinking as she slowed to 4:33 on that kilometer. Vaill was fighting leg cramps and would have to pull out at 4 Km, which Rohl reached first in 18:01. Michelle continued to build her lead the rest of the way with kilometers of 4:41, 4:38, 4:42, 4:37, 4:38, and 4:33 taking her to the finish in 45:51.22.

The order behind changed very little, with Yarbrough overtaking Herazo by 7 km. Herazo crossed the line in fourth at 47:40 before receiving notice of disqualification. The trailing walkers all succumbed to a strong surge by Cheryl Rellinger just before halfway. This move set up a four-way battle for what would turn out to be sixth place, with Dee Walker recovering from mid-race blahs to outkick three other strong finishers. Personal records fell to Yarbrough, Rellinger, and Barbara Duplichain.

The men's 20 Km was held on Sunday morning in front of about 9,000 fewer spectators than the women's race. The temperature at the start was mid-70s, but it climbed nearly 10 degrees by the finish. Again, there was intermittent overcast.

Jonathan Matthews took the lead virtually from the gun. Only Andrzej Chylinski stayed close as the two gradually pulled away from a pack that started out on a pace for a 1:28 finish. Marc Varsano pulled away from the group of Rob Cole, Don DeNoon, Dave McGovern, Gary Morgan, and Ian Whatley while that group took turns leading their pack. Varsano was back in the pack a few laps later. At 5 Km, the lead duo of Matthews (21:53.4) and Chylinski was 10 seconds ahead of the pack, which had nearly a minute on ninth place.

The pack gradually broke apart in the second 5 Km, with Dave McGovern pulling away from the others. Meanwhile, Chylinski was losing contact with Matthews and was caught by McGovern just before halfway. Matthews' 43:51.8 at 10 Km was 27 seconds up on his two closest pursuers, who led Rob Cole by 10 seconds.

The third quarter of the race saw Matthews continue to add to his lead. McGovern pulled clear of Chylinski in the 12th kilometer, while Cole was walking rapidly away from fifth-place Don DeNoon. Al Heppner moved up three places between the 10 and 15 kilometer marks. Matthews' time at 15 Km was 1:05:47.4 to McGovern's 1:06:38.8.

The final 5 kilometers was a continuation of the third quarter. Matthews lapped the entire field before finishing in 1:27:53 (the organizers only released times rounded to the slower second, contrary to the rulebook, which now calls for 1/10ths.) Most of the others held their positions, but Heppner moved up to fifth; he was the only walker in the

Festival to cover the second half faster than the first. Behind him, Don DeNoon set a world record for age 50 to 54 track competition--1:33:28. DeNoon's 10 and 15 Km marks of 45:03.4 and 1:08:54.1 are also world records. At the other end of the age spectrum, junior Yariv Pomeranz made this his first 20 of the season and garnered a point for the South in the team scoring.

The walking competitions were coordinated by Ginger Mullinax. Organization was outstanding and complaints were few and far between. The 1995 Festival will be hosted by Denver, but T&F events are likely to be conducted in Colorado Springs. The results:
Women's 10 KM: 1. Michelle Rohl, N 45:51.22 (22:42.7) 1. Debby Van Orden, N 46:56.28 (22:59.3) 3. Dana Yarbrough, S 47:14.33 (23:22.6) 4. Lynda Brubaker, E 48:20.3 (23:41.8) 5. Cheryl Rellinger, E 49:32.82 (24:33.4) 6. Dee Walker, guest 50:48.75 (24:58.1) 7. Sally Richards-Kerr, N 50:54.82 (25:01.2) 8. Lisa Sonntag, guest, 50:57.82 (25:11) 9. Kim Wilkinson, W 50:59.34 (25:11) 10. Gayle Johnson, W 54:28.68 (26:32) 11. Barbara Duplichain, S 56:23.76 (27:16)--DNF: Teresa Vaill, E (4 Km) DQ--Victoria Herazo, W

Men's 20 KM: 1. Jonathan Matthews, W 1:27:53 (21:53, 43:52, 1:05:48) 2. Dave McGovern E 1:29:57 (22:04, 44:19, 1:06:39) 3. Andrzej Chylinski, N 1:30:52 (21:54, 44:18, 1:06:57) 4. Rob Cole, E 1:31:59 (22:11, 44:29, 1:07:10) 5. Al Heppner, E 1:32:18 (23:09, 46:15, 1:09:28) 6. Don DeNoon, N 1:33:28 (22:04, 45:04, 1:08:59) 7. Marc Varsano, guest, 1:33:57 (22:04, 45:33, 1:09:50) 8. Ian Whatley, S 1:36:45 (22:04, 45:41, 1:10:56) 9. Steve Pecinovsky, W 1:40:50 10. Gary Morgan, N 1:47:18 (22:06, 45:21, 1:13:30) 11. Yariv Pomeranz, S 1:48:46 DNF--Jim Lenschau, W (24:53, 48:46 at 14 Km)

Marujo, Ruoss win Junior titles

Tallahassee, June 29--Walking in hot, steamy conditions, Justin Marrujo and Anya-Maria Ruoss won racewalking titles in the USA T&F National Junior Outdoor Championships. Californian Marrujo, a recent high-school graduate, left the rest of the field early and went on to win the 10 Km in 46:50.31. The 15-year-old Ruoss, from Arkansas, walked by herself most of the way in winning the 5 Km race in 24:37.78.

Following Marrujo in the men's race were William Vanaxen and Kevin Eastler. Marrujo, who plans to attend Menefee Community College and eventually Azusa Pacific College, said after the race: "I was trying to break 45 in this race and I feel good about my performance. It's really hot here and I'm not used to this humidity. I got out to a good pace and everything came together. I hope to continue racing now that my high school career is over."

Ruoss covered the first 200 in 50.4 to leave the field behind immediately and begin her domination of the race. The real race was for second between Wisconsin Parkside's Deborah Iden and Anne Lonkowitz. Ruoss is a home school student in Arkansas, so does not compete for a high school. She is a two time National Youth champion and the 1992 Junior Olympic Age-Group champion. She hopes to represent the U.S. at the World Junior Championships later this summer. She noted after the race that: "I took the lead almost from the beginning. This was kind of a slow time for me. I have walked better in practice." Results:

Men's 10 Km: 1. Justin Marrujo, un. 46:50.31 2. William Vanaxen, U. of Wis.-Parkside 47:27.93 3. Kevin Eastler, Western Maine RW 48:23.07 4. Yariv Pomeranz, NYU 51:23.44 5. William Leggett, Pot. Val. TC 51:39.09 6. Darren Paruolo, Connetquot HS

52:09.86 7. David Michielli, un. 52:44.50 8. Brandon Perry, Palm Beach Walkers
54:52.99 9. Ralph D'Amato, Jr., un. 55:03.99 DNF--Mike Hersey, W. Maine RW; DQ--
Giaccamo Meeks, Northeast Flyers
Women's 5 Km: 1. Anya-Maria Ruoss, un. 24:27.75 2. Deborah Iden, UWP 25:39.31 3.
Anne Lonkowitz, un. 26:19.66 4. Roselle Safran, Brentwood, N.Y. HS 26:24.84 5. Debra
Scott, UWP 26:37.28 6. Lisa Chumbley, Walk Texas 26:45.21 7. Kim Lando, New
Rochelle HS 26:59.48 8. Melissa Baker, Shoreham, N.Y. 27:11.20 9. Maya Ruoss, un.,
Arkansas 27:50.06 10. Aimee Parson, New Mexico 28:13.78 11. Corinne Colling, Pot.
Val. TC 29:21.90 12. Kathleen Law, COMets TC 29:46.31 13. Rebecca Parson, New
Mexico 30:00.22

OTHER RESULTS

1 Mile, Cambridge, Mass., June 8--1. Stephen Donald 7:20.25 2. Ken Mattsson 7:25.07
10 Km, Buzzards Bay, Mass, June 26 (unjudged)--1. Mark Fenton 50:47 2. Brian Savilonis
(44) 51:37 4. Steve Vaitones 53:37 4. Joe Light (46) 55:34 5. Ken Mattsson 56:28 6.
Bob Ullman (45) 57:21 7. John Bermingham (59) 57:53 8. Joseph Gioiosa 60:34 (23
finishers) Women: 1. Joanne Dow 56:47 2. MEg Ferguson (44) 60:31 3. Lynda Jewitt
61:17 (27 finishers) **10 Km, Dedham, Mass., July 4--1.** Steve Vaitones 54:04 2. Justin Kuo
59:18 3. Paul Schell (56) 60:26 **5 Mile, South Boston, Mass., July 21--1.** Christine
Emprimo 53:51 2. Kathleen Kelly 54:55 (10 finishers) Men: 1. Ken Mattsson 45:35 2.
John Jurewicz (44) 47:16 3. Larry Marchant 52:38 (6 finishers) **N.Y. State H.S. Section IX
Championships: Boy's 1600 m.--1.** Darren Paroulo, Connetquot 6:31.1 2. Chris Cacace,
Longwood 6:43.2 3. Darren Eames, Sachem 6:54.5 4. Don Nilsson, Centereach 7:05.5
Girl's 1500 m: 1. Melissa Baker, Shoreham 6:48.0 2. Roselle Safran, Brentwood 7:02.7 3.
Eileen Denlon, Longwood 7:03.3 4. Kael Wireman, Bay Shore 7:17.7 5. Lisa Kutzing,
Port Jefferson 7:17.9 **New Jersey Masters 5 Km, Tinton Falls, June 5--1.** Cliff Mimm 23:33
2. Ray Funkhouser 23:39 3. Dave Romansky 24:59 4. Frank Darden 27:43 5. Manny
Eisner 27:46 6. Patrick Drury 27:56 7. Marcus Kantz 28:02 8. Bob Mimm (69) 28:41 9.
Dr. Patrick Bivona 29:14 10. Robert Rapp 30:54 **Women:** 1. Phyllis Hansen 27:06 2.
Pat Weir 28:23 3. Janet Pfeiffer 30:48 4. Donna Cetrulo 31:31 **5 Km, Hazlet, N.J., June
25--1.** Donna Cetrulo 30:14 Men: 1. Ray Funkhouser 21:49 2. John Soucheck 23:30 3.
Manny Eisner 27:52 **5 Km, West Long Branch, N.J., June 27--1.** John Sucheck 24:07 2.
Curt Sheller 26:26 3. Jack Lach 26:53 4. Ron Salvio 27:09 **Women:** 1. Phyllis Hansen
26:34 2. Salina Veira 29:42 3. Donna Cetrulo 30:12 **5 Km, West Long Branch, July 4--1.**
Salina Veira 28:59 2. Donna Cetrulo 30:56 Men: 1. Cliff Mimm 23:23 2. Jo;hn
Soucheck 24:51 3. Curt Sheller 27:21 4. Jeff Davis 27:32 5. Ron Salvio 27:36 6. Ben
Ottmer 29:02 7. Bob Mimm 29:41 **5 Km, West Long Branch, July 11--1.** Ray Funkhouser
23:12 2. Curt Sheller 26:15 3. Jeff Davis 27:36 4. Jack Lach 27:54 5. Ralph Edwards
31:14 **Women:** 1. Phyllis Hansen 27:12 2. Salina Veira 29:36 3. Donna Cetrulo 30:51
5 Km, West Long Branch, July 18--1. Phyllis Hansen 26:52 2. Pat Weir 28:03 3. Donna
Cetrulo 29:32 4. Salina Veira 30:10 5. Kathleet Stuper 30:40 Men: 1. Curt Sheller 25:52
2. Jeff Davis 27:25 3. Bob Mimm 29:12 **1 Mile, Arlington, Virginia, May 15** (unjudged)--1.
Jim Goldstein (43) 8:28.4 2. Victor Litwinski (50) 8:54.9 3. Nancy Whitney (58) 9:24.7 3
Km, Same Place (unjudged)--1. William Leggett (17) 13:45.9 2. Jim Goldstein 16:26 3.
Louis Brown (14) 17:19.9 4. Nancy Whitney 17:46.9 5. Catherine Ratiner (55) 17:47.6
20 Km, Washington, D.C., May 14--1. Dave Marchese 1:42:23 2. Dave Doherty 1:42:23
3. Alan Price (47) 2:04:44 4. Sal Corrallo (63) 2:10:06 5. Joel Holman (64) 2:20:37 6.
William O'Reilly (68) 2:28:36 **1 Mile, Arlington, May 29** (unjudged)--1. James Moreland

(41) 7:33.2 2. Alan Price 8:13.4 3. Tim Good 8:45.1 4. Victor Litwinski 9:06.6 5. S.
Harrison (15) 9:18.9 6. Nancy Whitney 9:19.8 **3 Km, same place--1.** James Moreland
14:31.2 2. Alan Price 15:33.1 3. Jim Goldstein 16:04.2 4. Louis Brown 16:14.5 4. Cori
Colling (15) 16:51.6 6. Victor Litwinski 17:16.9 7. LOis Dicker (54) 17:25.6 8. Nancy
Whitney 17:44.6 **5 Km, Atlanta, May 7--1.** Gary Longley 27:46 2. Phil Gurea 28:24 3.
Ron Poteete (51) 29:51 **Women:** 1. Bonnie Stein 30:18 **5 Km, Atlanta, May 15--1.** Mike
Rohl 22:10 2. Bohdan Bulakowski (44) 22:59 3. Mark Danford (41) 26:20 4. Charles
Carter (43) 28:20 5. Phil Gura 28:35 6. Ron Poteete 29:10 7. Jim Kelly 29:53 8.
Jason Cruce (14) 29:54 9. Joe Rogers (62) 30:11 **Women:** 1. Michelle Rohl 22:57 2.
Kathy Jakim 29:16 3. Julie Appel 29:25 **5 Km, Cleveland, April 23--1.** Daryl Ann Kidder
28:35 2. Keith Reichley 28:57 3. James Trautman 30:44 **10 Km, Cleveland, May 7--1.**
Daryl Ann Kidder 58:11 2. Ron Laird 64:00 3. Maynard Mickelson (60 plus) 66:53 **Lake
Erie 3 Km, June 11--1.** Eric Schmook 2. Keith Reichley 3. Ron Laird 4. Maynard
Mickelson (no times available) **3 Mile, Erie, Pa. area, June 22--1.** Daryl Ann Kidder 27:16
1500 meters, Detroit, July 4--1. John Hunyady (43) 6:31 2. Hartley Vezina (58) 7:49 3.
David Johnson 8:07 4. Tony DeGrazia (60) 8:44 5. Greg Near 8:49 **Women:** 1. Kriston
Mullaney 7:50 2. Valerie Stowe (52) 8:21 **3 Km, same place--1.** Kristen Mullaney 17:43
2. Valerie Stowe 17:55 **Men:** 1. Zibby Sadlej 14:08 2. John Hunyady 14:08 3. John
Elwarner (54) 14:17 4. Terry McHoskey (52) 16:32 5. Hartley Vezina 16:49 6. Frank
Soby (54) 17:16 7. David Johnson 17:45 **5 Km, Dearborn, Mich., April 17--1.** John
Elwarner 25:12 2. Marino Scerpella 26:36 3. Vance Genzlinger 29:35 **Women:** 1. Diane
Podsiadlik 27:06 **5 Km, Dearborn, May 8--1.** Daane Podsiadlik 26:42 2. Debbie Benton
28:47 **10 Km, same place--1.** Gary Morgan 44:56 2. Mario Renteria 55:39 3. Max
Green 56:25 4. Vance Gentzlinger 63:57 **10 Km, Dearborn, June 26--1.** Debbie Benton
58:29 2. June Marie Provost, Can. 61:18 **Men:** 1. Gary Morgan 47:23 2. Mark Green
48:45 3. Victor Sipes 55:06 4. Max Green 55:55 **10 Km, Dearborn, July 9--1.** John
Elwarner 52:48 2. Max Green 55:03 3. Marino Scerpella 56:37 **Women:** 1. Debbie
Benton 56:55 **NAIA Women's 3 Km, Azusa, Cal., May 26--1.** Kelly Watson, Wis. Parkside
14:24.43 2. Sue Kisting, WP 14:27.56 3. Liz Fashun, WP 14:45.76 4. Deborah Iden,
WP 14:54.32 5. Danielle Kirk, Azusa Pacific 14:58.85 6. Debra Scott, WP 15:25.13 7.
Jennifer Moss, WP 15:27.76 8. Anne-Marie Oswald, Can. 15:31.44 9. Margaret
Ditchburn, WP 16:12.98 10. Valerie Chan, Wash. 16:39.06 11. Joanne Fox, Can.
17:18.76 **NAIA Men's 5 Km, same place--1.** Tim Seaman, WP 20:48.13 2. Al Heppner,
WP 21:31.17 3. Chad Eder, Cedarville 21:33.71 4. Will Van Axen, WP 21:55.07 5.
Lennie Becker, WP 23:12.62 6. Paul Tavares, WP 23:33.33 7. Jason Glover, Wash.
25:16.95 8. Gary Briggs, Wash. 16:17.65 **5 Km, Fontana, Cal., June 4--25-29:** 1. Steve
Avellaneda 24:32 **Women:** 1. Fran Avellaneda 27:29 2. Margie Alexander 27:43 30-34:
1. J. Granucci 26:17 **Women:** 1. Annie Ory 29:57 35-39: 1. Rex Tobler 29:49 **Women**
11. Victoria Herazo 22:04 **Men:** 60-64--1. Raymond Archibald 25:05 2. Ted Breiner 30:06
Men: 65-59--1. Mel Grantham 27:40 **5 Km, Los Angeles, July 10:** **Women:** 20-29--1.
Danielle Kirk 28:38 2. Fran Avellaneda 28:55 3. Margie Alexander 29:30 **Women:** 30-
34--1. Jackie Kerby-Moore 26:08 2. Margaret Govea 26:48 **Women:** 45-49--1. Donna
Cunningham 27:38 2. Barbara Kowalski 30:33 **Men:** 35-39--1. Chris Dreher 24:25 **Men**
45-49--1. David Crabb 27:17 2. Peter Armstrong 27:18 3. Rob McMillon 29:38 **Men**
50-54--1. Winston Crandell 26:20 2. Jim Coots 29:55 **Men:** 60-64--1. Carl Acosta 27:21
2. Mel Schultz 29:46 **Men:** 65-59--1. Mel Grantham 32:52 **Men:** 70-74--1. Masashi
Noritake 33:24 **5 Km, Los Gatos, Cal., June 11--1.** TCherese Iknoian 25:59 2. Laura
Cribbins 29:22 **5 Km, Elk Grove, Cal., July 9--1.** Karen Stoyanowski 25:25 2. Pete

Giachetti (51) 26:07 3. Paula Mendell (44) 27:36 4. Terri Brothers 28:34 5. Darwin DeGroot 29:03 6. Bob Eisner (65) 30:55 **5 Mile, Sacramento, July 4--1.** Karen Stoyanowski 41:17 2. Tewri Brothers 47:23 3. Darwin DeGroot 2 48:29 4. Bob Eisner 48:46 **10 Km, Portland, Ore., May 7--1.** Andy Liles 48:07 2. Doug VerMeer 58:58
WOmen: 1. Carmen Jakinsky 62:00 **2.8 Mile, Seattle, June 2--1.** Stan Chraminski 22:25
 2. Ann Tuberg 27:48 3. Bev LaVeck 27:48 **10 Km, Seattle, June 7--1.** Herm Nelson
 42:47.5 2. Dan Sutich 49:07 **5 Km, same place--1.** Stan Chraminski 24:43 2. Bob Novak
 26:23 3. Vev LaVeck 29:17 **Masters 3 Km, Seattle, June 11--1.** Stan Chraminski (45)
 14:26.25 2. Bob Novak (45) 15:07.31 3. Bob Huppe (40 plus) 16:39.96 4. Bev LaVeck
 (55 plus) 16:47.76 **1/2 Marathon, Seattle, June 12--1.** Stan Chraminski and Bob Novak
 2:10:14 3. Bev LaVeck 2:19:14 **1 Mile, Seattle, June 1--1.** Bev LaVeck 8:50.4 2. Claude
 Wrathall (59) 8:56.4 **1 Mile, Seattle, June 15--1.** Bob Novak (45) 7:54.8 2. Paul Kaald
 (61) 9:25.2 **1 Mile, Seattle, June 22--1.** Bev LaVeck 8:48.4 2. Claude Wrathall 9:59

OVERSEAS

Full Results 20 Km (track), Softeland, Norway, May 7--1. Bernardo Segura, Mexico
 1:17:25.5 (World record) 2. Jiri Malysa, Czech Rep. 1:22:48.5 3. Stefan Johansson,
 Sweden 1:23:20.2 4. Allen James, U.S. 1:24:26.9 5. Martin St. Pierre, Can. 1:25:06 6.
 Sverre Jensen, Nor. 1:25:47.2 7. Jonathan Matthews, U.S. 1:27:12.5 . . . 11. Nerm Nelson,
 U.S. 1:28:41.2 . . . 13. Rob Cole, U.S. 1:30:16.9 **50 Km, Pescara, Italy, March 20--1.**
 Giovanni De Benedictis 3:50:16 2. Giovanni Perricelli 3:51:53 3. Guiseppe DeCaetano
 3:52:20 **50 Km, Orense, Spain, March 20--1.** Valentin Massana 3:38:43 2. Jesus Garcia
 3:41:28 **50 Km, Dudince, Slovakia, March 27--1** Pavol Blazek 3:52:45 **50 Km (track),
 Franconville, France, April 2--1.** T.Ghierry Toutain 3:45:25 2. Alain Lemerrier 3:49:30 **20
 Km, Barcelona, April 10--1.** Mikhail Schennikov, Russia 1:20:26 2. Yevgeniy Misyula,
 Belarus 1:20:56 **50 Km, Wajima, Japan, April 17--1.** Fumio Imamura 3:53:29 **50 Km,
 Podebrady, Czech. Rep., April 23--1.** Viktor Ginko, Belarus 3:45:34 2. Aleksandr
 Potashov, Belarus 3:49:00 3. Artur Shumak, Belarus 3:52:16 **Women's 10 Km, same
 place--1.** Susanna Feitor, Port. 44:16 **50 Km, Offenburg, Ger., May 1--1.** Ronald Weigel
 3:52:56 **Women's 10 Km, same place--1.** Beate Gummelt 43:58

ENJOY THE THRILL OF VICTORY OR THE AGONY OF DEFEAT AT THESE EVENTS

Wed. Aug. 10 3 Mile, Edinboro, Penn., 7 pm (W)
 3 Mile, Edinboro, Pa., 7 pm (W)
 Fri. Aug. 12 NATIONAL MASTERS 5 KM, EUGENE, OREGON (BB)
 Sat. Aug. 13 5 Km, South Haven, Mich., 9:30 am (Y)
 3 Mile, Youngville, Pa. (W)
 5 Km, Craftsbury Common, Ver. (I)
 Sun. Aug. 14 NATIONAL MASTERS WOMENS 10 AND MENS 20KM, EUGENE (BB)
 11.7 Mile, Taunton, Mass. (I)
 5 Km, Red Rock State Park, N.M. (L)
 Sat. Aug. 20 5 Km, Allegan, Mich., 8 am (Y)
 5 Km, Florence, S.C., 9:45 am ((FF)
 NATIONAL JUNIOR 3 AND 5 KM, ORONO, MAINE (V)
 Sun. Aug. 21 5 Km, Littleton, Col. (H)
 Wed. Aug. 24 5 Km, Connelsville, Pa. (W)
 Sat. Aug. 27 5 Km, Flint, Mich., 8 am (Y)

5 and 10 Km, Dearborn, Mich., 9 am (E)
 4 Mile, Millcreek, Penn. (W)
 10 Km, Exeter, N.H. (I)
 5 Km, Paradise, Cal., 8 am (R)
 1 Hour, Marin, Cal. (P)
 Eastern Regional Junior 5 and 20 Km, Albany, N.Y.
 8 Km, Needham, Mass. (I)
 5 Km, Metairie, Louisiana, 6:30 pm (M)
 Western Regional 15 Km, Albuquerque, N.M. (L)
 5.2 Mile Handicap, Interlaken, N.J. (A)
 Eastern Regional 15 Km, Washington, D.C. (J)
 5 Km, Parma, Ohio, 10 am (N)
 5 Km, Charleroi, Pa. (W)
 4 Miles, New Orleans, 8 am (M)
 Sun. Sept. 11 NATIONAL 40 KM CHAMPIONSHIPS, FORT MONMOUTH, NJ (A)
 19 Km, Hingham, Mass. (I)
 Sat. Sept. 17 3 Mile, Bay Village, Ohio (N)
USA T&F 5 Km Championship, Kingsport, Tenn (EE)
 5 Km, Hammond, Indiana (AA)
 5 Km, Manchester, N.H. (I)
 5 Km, Florence, S.C. (DD)
 Sun. Sept. 18 2 Mile, Peabody, Mass. (I)
 MAC 5 Km., New York City (F)
 Sat. Sept. 24 5 K, Larkspur, Cal. (P)
 5 Km, New Orleans, 4:30 pm (M)
 Sun. Sept. 25 North Region 10 Km, Elk Grove Village, Illinois (S)
 Eastern Regional 10 Km, Atlanta City, 9 am (A)
 Sat. Oct. 1 1 Hour, San Francisco (G)
 3 Km, Naperville, Illinois (CC)
 5 Km, Santa Barbara, Cal. (B)
 Sun. Oct. 2 Portland, Ore. Marathon (K)
 Alongi International 3, 10, and 20 Km, Dearborn, Mich. (E)
 5 Km, Hamden, Conn. (I)
 Sun. Oct. 9 5 Km, New Orleans, 8:30 am (M)
 USA T&F 1 and 2 Hour, Cambridge, Mass. (I)
 Sun. Oct. 16 Western Regional 8 Km, Las Vegas (O)
 Sat. Oct. 22 Peter Ferrante Memorial 10 Km, Monterey, Cal., 10 am (T)

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- GG--George Watts, Ath. Dept., Box 15016, U. Of Tennessee, Knoxville, TN 37901
- HH--Track Office, Florida State U., P.O. Box 2195, Tallahassee, FL 32370

FROM HEEL TO TOE

So why hasn't someone chastised me for having two Volume XXX, Number 3's. That's right; I put that designation on both the May and June issues and just noticed it myself. If you care to, you can go back and ink in a Number 4 on the June issue. . . Bob Carlson tells us that the Western Regional 5 Km, scheduled for August 28 in Denver, has been reset for October 16 where it will be aligned with the annual Denver Zoo Benefit 5 Km race. . . A Racewalking Training Clinic featuring world-record setting masters walker, Don DeNoon, will be held in Indianapolis on Saturday, August 27. Don will emphasize technique and training in classroom discussion and a track workout. A lunch and pasta dinner are part of the package (\$25.00), which also includes a Sunday morning walk and a pitch-in Sunday brunch. Contact Indiana Racewalkers Club, 411 Taylor St., Pendleton, IN 46064 for further info. . . Sal Corrallo reports that a grant request has been submitted by the USA T&F National Race Walk Committee through USA T&F and the USOC to the International Olympic Committee requesting the presence of Boris C. Drazdov of Byelorussia and an athlete interpreter to conduct a series of clinics in the U.S. Coach Drazdov was senior clinician at a series of clinics in March 1993 before and after the National Invitational Racewalks in Washington, D.C. If the grant is approved, Coach Drazdov will participate in the USA T&F senior camp planned for the Olympic Training Center in Colorado Springs the week of August 14 and at the USA T&F Junior/Youth Camp at Lake Placid the week of August 21. Coaches of athletes attending either camp may apply to attend. If approved, room and board will be covered. Transportation is the responsibility of the coach. During the following week, beginning August 28, the visitors

will conduct a series of 2- to 3-day clinics for coaches at all levels at a site near metropolitan New York, Philadelphia, or the Washington, D.C. area, depending on interest and logistics. A selected number of high school, college, and club coaches will be provided with room and board. Others may attend for a small fee and room and board on a space-available basis. Interested persons are invited to send their name and address, with a brief background statement to Sal Corrallo, 3466 Roberts Lane, Arlington, VA 22207. Or FAX it to 703-243-1291. For more information call 703-243-1290. . . The 1994-95 Senior National Racewalk Team is as follows: Women's 10 Km--Teresa Vaill, Michelle Rohl, Debora Van Orden, Debbi Lawrence, Dana Yarbrough, Victoria Herazo, Lynda Brubaker, Sally Richards-Kerr, D.A. Walker, Cheryl Rellinger, Lisa Sonntag, and Gretchen Eastler. Men's 20 Km--Allen James, Jonathan Matthews, Andrzej Chylinski, Philip Dunn, Andrew Hermann, Dave McGovern, Tim Seaman, Gary Morgan, Herm Nelson, Rob Cole, Al Heppner, and Marc Varsano. Men's 50 Km--Allen James, Jonathan Matthews, Herm Nelson, Andrzej Chylinski, Paul Wick, Rob Cole, Dave Marchese, Paul Malek, Steve Pecinovsky, Eugene Kitts. The Junior teams are: Women's 5 Km--Anyia-Maria Ruoss, Deb Iden, Anne Lankowicz, Roselle Safran, Debra Scott, and Lisa Chumbley. Men's 10 Km--Justin Marrujo, Will VanAxen, Kevin Eastler, Yariv Pomeranz, William Leggett, and Darren Paruolo. Ruoss, Iden, and VanAxen represented the U.S. at the World Junior Championships in Portugal in late July, but no results at press time. The Intermediate teams are: Women's 10 Km--Kelly Watson, Gretchen Eastler, Susan Armenta, Sue Kisting, Liz Fashun, Danielle Kirk, and Margaret Ditchburn. Men's 20 Km--Philip Dunn, Andrew Hermann, Tim Seaman, Al Heppner, Eliot Taub, Chad Eder, and Sean Albert. . . Racewalk judging videos are available through the National RW Committee. Contact Steve Vaitones, c/o NEAC, Box 1905, Brookline, MA 02146.

LOOKING BACK

30 Years Ago (From the July 1964 issue of Chris McCarthy's newsletter)--In the National 2 Mile at the end of June, Ron Zinn was an easy victor in 13:48.6 with Ron Laird 15 seconds back. . . A week later in Pittsburgh, Laird had his game face on for the Olympic 20 Km Trials as he walked away to a 1:34:45 victory on a tough course in rather hot, muggy conditions. Zinn came second in 1:36:37, with your editor, the Mortland guy, third in 1:37:05, the finish going just as the sage Chris McCarthy had predicted in the final issue of his Midwest Racewalker. An unlucky fourth in 1:38:39, a time he would scoff at today having found his fountain of youth, was Don DeNoon. Rudy Haluza and AKos Szekeley took the next two spots. . . McCarthy captured the National 35 Km in Long Branch, N.J. in 2:50:53, 2 minutes ahead of Szekeley, with Dean Rassmussen third and Bruce MacDonald fourth in 3:56:19. Mortland led at 15 miles and then decided there were better things to do on a hot day than walk another 10 Km. The course was somewhat short, but McCarthy was walking at well under a 3-hour pace.

25 Years Ago (From the July 1969 ORW)--In a 6-week period, Ron Laird won three national titles and set two American records. His titles were at 2 Miles, 20 Km, and 35 Km. In his 20, he walked 1:33:41 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27). The 2 Mile was an easy win in 13:31.4 with Jim Hanley a distant second. The 35 was held on an infamous shopping center course at McKeesport, Penn., and Ron overcame 90 degree heat to beat Canada's Karl Merschenz by nearly 10 minutes in 2:55:57. Mexican Pascal Ramirez was third. Laird's records came in races at 3 Km

(12:23) and 1 Hour (8 miles 746 yards). .Ron topped this all off with an excellent third place behind Paul Nihill and Vladimir Golubnichy in the US-USSR-British Commonwealth 20 Km, beating Nikolai Smaga. .In Ohio, Mortland turned in a 48:41 10 Km on the track in Cincinnati to beat Paul Reback by a minute and later beat Jack Blackburn on the Van Wert track in 1:22:35 10 miler in brutal heat. .John Markon won the 3 and 6 miles races in the National Masters meet with 24:24 and 50:37, respectively.

20 years Ago (From the July 1974 ORW)--Nikolay Smaga and Yvgeniy Ivchenko went one-two against the U.S. in a dual meet held in sweltering Durham, N.C. The two were given the same time of 1:37:25. Jerry Brown stayed with them for 12 1/2 Km, but then faded and Floyd Godwin, his Colorado TC teammate, took third in 1:38:32. Brown finished in 1:40:31. .The Soviets swept a Junior meet earlier with Ivan Llika covering 10 Km in 49:28, a couple of strides ahead of Nikolai Matveev. Jim Murchie had 50:59 and Steve Herrman 52:55 for the U.S. .Ester Marquez won the women's National 5 Km in 26:28 with Ellen Minkow and Susan Brodock also under 27 minutes.

15 Years Ago (From the July 1979 ORW)--Mexico's Daniel Bautista and Raul Gonzales won Pan-American Games titles. Bautista took the 20 in 1:28:15, 2 minutes ahead of Neal Pyke, with Todd Scully third in 1:32:30. Gonzales had a 4:05:17 in the 50, beating Martin Bermudez by 6 minutes. Marco Evoniuk was third in 4:24:23 and Vincent O'Sullivan fifth. .Pyle finished 13th in 1:25:34 in the Spartakiad in Moscow, won by Nikolai Vinneschenko in 1:22:29. Reima Salonen, Finland, was the first non-Soviet in fifth with a 1:23:22, and Maurizio Damilano, soon to be Olympic champion at the same site, was sixth. Scully was 41st in 1:33:31. .Chris Hansen covered 8 miles 611 yards to take second to Sweden's Bo Gustafsson in a 1 Hour race in France. .Bautista did 1:21:04, a world's best, in Sweden, and Gonzales had a 3:48:56 for 50 at the same site. Bermudez was second in 3:51:15.

10 Years Ago (From the July 1984 ORW)--Tim Lewis finished eighth in the National 10 Km at Niagara Falls in 44:15, but won the title. Australia's Dave Smith was first in 40:56, and two Canadians (Guillaume Leblanc and Francois Lapointe) and three more Aussies followed. Peter Timmons and Mel McGinnis were second and third among American walkers. .Mexico's Ernesto Canto set a world 20 Km record on the track in Bergen, Norway with a 1:18:40. Norway's Erling Andersen was nearly 2 minutes back. Czech Pavol Blazek (1:21:14) and Gonzales (1:21:49) followed. Marco Evoniuk was 11th in in 1:26:43.

5 Years Ago (From the July 1989 ORW)--Tim Lewis and Debbi Lawrence were winners at the National 10 Km in Niagara Falls. Covering the first half in 20:15, Lewis strode home in 41:28, 48 seconds ahead of Gary Morgan. This year's winner, Dave McGovern, was third in 44:50. Lawrence had a 48:44 to lead the women, with Canada's Holly Gerke second in 50:01. .Lennie Becker won the National Junior 10 Km in Columbus with a 46:18.12 with Dave Doherty second in 47:27.78. In the women's 5 Km, Christy Izzo won in 25:32.02, 99 seconds ahead of Melody Rivera. .In a U.S., England, USSR meet in Birmingham, England, Mikhail Schennikov won the 10 Km walk in 40:10.97 with Tim Lewis fourth in 42:25.50.

WHAT TO DO WHEN WALKING GIVES YOU THE CREEPS: STRAIGHTENING STRATEGIES FOR THE FRUSTRATED RACEWALKER

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Introduction

When working with racewalkers--particularly with older racewalkers--one often encounters difficulty in helping the athlete to overcome knee-straightening problems. Although some athletes simply need to be shown the proper technique, many need to overcome more fundamental impediments before full straightening can be achieved. The unfortunate reality, however, is that very few sources actually outline procedures to conquer "creeping sickness." Much like Ross Perot's crazy aunt in the basement, everybody knows there's a problem but nobody wants to talk about it. This article may help to open the floor to further discussion.

Assessing the problem

The first order of business is to determine if the walker is physically able to straighten the knees. Simply have the athlete stand "at attention" with feet together and legs straightened as much as possible without excessively tightening the quadriceps muscles. The fronts of the thighs and shins should make a straight line in relation to one another, or even bow inwards to meet the knee. (Be sure to examine the *front* of the legs--pronounced calf and hamstring musculature will cause the back of the legs to appear bent even when the knee is fully straightened). If the legs are fully extended and the knees still look bent, tight muscles are probably to blame. After 20-80 years of ordinary walking as well as running, fitness walking or even advanced competitive sedentarianism, many athletes are plagued by such tight leg muscles that full straightening--even while standing--may be difficult.

Other athletes have no obvious muscular tightness, and are able to straighten when standing, but fall into a "Grouch Marx Shuffle" when racewalking. These athletes need remedial work in the mechanics of racewalking. They often come from running backgrounds and are using the wrong muscles to drive themselves forward--primarily the quadriceps. This generally leads to a high knee lift with the leading leg which makes straightening on contact difficult. The lead leg should be brought forward as a unit with the hip--with just enough knee bend to allow the foot to clear the ground. The large gluteal and lower back muscles rather than the quadriceps should be utilized to propel the walker forward. Many of these athletes are able to pick up proper racewalking technique by simply watching and mimicking athletes with efficient technique. Running should not be used as a cross training exercise until proper racewalk technique is fully ingrained.

Stretching those ol' dogs

If the creeping problem can be attributed to muscular tightness, stretching the hamstring and calf muscles may solve the problem. After warming up, the athlete should stretch the gastrocnemius and soleus muscles of the calf by performing "wall stretches." The left gastrocnemius is stretched by standing with the left leg about two feet behind the right and leaning against a wall while keeping the rear heel on the ground (figure A). Slightly bending the knee, (figure B), will stretch the soleus. Switch legs to stretch the right calf.



Figure A



Figure B

To stretch the hamstrings the walker should lie on his back with one knee bent, foot on the floor and the other leg extended (figure C). The extended leg is grasped with both hands until a stretch is felt.



Figure C

All stretches should be held for at least 10-20 seconds. Athletes should stretch after every workout, but if time does not permit, at least three days per week should be devoted to an overall stretching/strengthening routine. These stretches, in addition to proper warm up before workouts and races, should help to reduce stiffness that may lead to bent knees.

Other things to try

* The brick: Many walkers coming from running or fitness walking backgrounds have difficulty attaining a proper degree of "hip drop." Hip drop acts as a shock absorber, easing the impact of "riding through" on a straight lead leg. Without sufficient hip drop, shock is often reduced by slightly bending the knee. The specific muscles used during this phase of the walking gait can be stretched by standing with one foot on a brick or two-by-four and the other on the floor. Of course there's one catch.... Both knees must be straightened! Always maintain a comfortable, erect posture without bending at the waist.



Figure D

* Strengthening: Weak quadriceps muscles are another contributor to bent knees. The quadriceps (the muscles in front of the thighs) can be strengthened at home with a "dynaband" or other elastic device, or with a light (10 lb.) weight hung from the ankle. A simple implement can be made by inserting a pair of small five pound weights into a long sock. After tying off the end of the sock, the device can be hung from the ankle with one weight hanging on each side of the leg. The athlete should sit in a sturdy chair with one leg fully extended. The knee is then bent 15-20°, then re-straightened to lift the weight. Work up to three sets of ten repetitions to strengthen the quadriceps through the final 15-20° of their range of motion.

* Avoid wearing "fat" shoes: If the athlete is walking "flat footed," lifting the forefoot slightly upon heel contact will help to straighten the knee by slightly extending the reach of the lower leg. Shin pain, however, may prevent walking with the toes raised. At the moment of heel contact a walker's shoe acts like a lever. The thicker the midsole, the greater the force imparted to the heel extending behind the ankle--the fulcrum of the lever. If the walker wears a shoe with a very thick heel the foot tends to flatten quickly, slapping the ground with every step. This often causes pain in the anterior tibialis, or shin muscles. Wearing a thinner shoe will reduce these forces and, ultimately, ease knee straightening. Strengthening the ankle and shin muscles is also important. Again, a dynaband--or a hanging sock with lighter weights--can be used. Walking for several minutes on the heels is another excellent strengthening exercise (Figure E).



Figure E

* Avoid overstriding: When the advancing leg is thrown too far forward, the knee will often reflexively "break" to make heel contact with ground sooner. Of course this may prevent the walker from falling on his face, but it can lead to a far worse fate--disqualification. Shortening the stride in front of the body will not only eliminate straightening problems in some individuals, it will also increase efficiency. "Riding" on the straight leg far beyond the vertical support phase by keeping the rear foot on the ground longer will make up for lost stride length in front of the body--and increase power.

* Posture, posture, posture!: Body posture is also very important. Many racewalkers tend to slump forward by bending excessively at the waist. The center of gravity is shifted forward over the lead leg. When walking speed is increased, momentum collapses the knee when the heel touches the ground. A forward lean of 5-8" is recommended to aid quick turnover and strong propulsion from the rear leg, but this lean must come from the ankle, not the waist. Body carriage must be erect despite the overall forward lean (figure F).

Lean From
the AnklesDon't Bend at
the Waist

Figure F

* Hill work: Racewalking slowly up a gradual incline is an excellent way to accentuate proper straightening technique. Forward lean, a short stride in front of the body and a strong drive from the rear leg are all necessary when racewalking up hills. The athlete should walk several repeats up the hill under supervision of a knowledgeable friend or spouse. Hills tend to magnify technique problems, especially when the athlete is fatigued--the partner should make certain that the athlete is walking correctly at all times.

After objectively assessing the reasons behind a particular walker's creeping tendencies, it is often relatively easy to eliminate the problem. If the athletes' technique is a hybrid of running and walking elements, flaws can be eliminated by demonstration of the proper technique. If tightness and weakness are to blame, the walker must take remediation into his own hands by thoroughly stretching and strengthening the affected areas. In all case, however, patience and persistence are generally rewarded by better, faster and more legal racewalk technique.

Flash! Women's 10 Km, Goodwill Games, St. Petersburg, Russia, July 26--1. Olimpiada Ivanova, Rus. 42:30.31 2. Yelena Saiko, Rus. 42:43.23 3. Sari Essayah, Fin. 42:45.04 4. Kong Yan, China 43:39.39 5. Yulya Odzilyeva, Rus. 43:45.80 6. Tamara Kovalenko, Rus. 44:15.78. . .9. Michelle Rohl, U.S. 44:41.87 (Beters Amer-ican record. Not sure if this was road or track)--16 finishers, Kerry Junna-Saxby, Australia, DQd.