

Russians Rule the Roost

Prague/Podebrady, Czech Republic, April 19-20--It was a Russian weekend as both their men's and women's teams walked off with titles in the World Racewalking Cup. These were the first titles for Russia itself, but before the breakup, the USSR had won four titles on both the men's and women's sides. The strength of the former Soviet Union was shown as Belarus took third on the men's side and fourth on the women's, and Ukraine was 14th and eighth, respectively. Mexico continued its proud history in the men's event, coming second to go with four previous titles and three third place finishes. They would have been much closer to a fifth title but for an apparently selfish move by Bernardo Segura in the 20, and the collapse of two of their walkers in the 50. In the women's race, Italy was a close second and Italy third.

The individual races were also decided by strong finishes, as Russia's Irina Stankina (10 Km), Ecuador's Jefferson Perez (20 Km), and Spain's Jesus Garcia (50 Km) all came from behind in the closing stages to snatch victory and establish new World Cup records for the distances. The weather was quite cool for all three races (low 40s) and some light snow fell during the 50, but obviously this didn't affect the performances.

Stankina, disqualified in Atlanta last summer with the gold medal in her grasp, stormed past teammate Olympiada Ivanova in the final kilometer to win in 41:52. Unlike most world class races, Ivanova broke this one up early and by the halfway point the usual pack was battling for third. Ivanova went through 5 Km in 20:51 with Stankina 18 seconds back in second. Another six seconds back, Italy's Erika Alfridi led a group of 12 separated by just 7 seconds. Increasing her pace to 20:43 for the second 5, Stankina was able to catch Ivanova with about a kilometer to go and draw away to a 7 second victory. Her 41:52 effort bettered the World Cup record of 42:19 set by Gao Hongmiao in 1995. Hongmiao was not on this year's Chinese team, but China's Yan Gu also walked a very strong second half, closing on Ivanova and leaving Alfridi well back to take third. She walked 20:58 for her second half to finish in 42:15.

The U.S. team turned in a solid group of performances and wound up 14th among 31 teams. Victoria Herazo led the way with her 46:31 in 50th and Joanne Dow continued her strong comeback from injury with a 47:23 effort in 61st. Gretchen Eastler was not far back in 47:45. All improved on their times in the qualifying race (DC Invitational), as did Dana Yarbrough. Mexico finished ninth and Canada 17th, led by Tina Poitras in 42nd place. It's interesting that Sweden, the original power in women's walking in the '70s and so dominant for several years didn't even have a team entered and Norway, their chief challenger in those early years, was 18th.

Following the race, Stankina told the interviewers: "I was very nervous before the start of the event, but I relaxed during the race and now I am very happy. Since the Olympic Games where I was disqualified, I have worked very hard to improve my technique at every training session." She had a single red card in this race.

Second-finisher Ivanova said: "I had prepared very well for this competition, but one week ago I fell ill with a cold and a sore throat. This may have affected my result today, but I am

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still very happy because I didn't expect too much because of my illness. I didn't realize how fast I was going in the first kilometer (reached in around 3:48 because I didn't look at my watch. During my training preparation before I fell ill, I had aimed at finishing this race in 41 minutes."

Gu Yang seemed satisfied in third. "I have been training very hard and am very satisfied with my result, especially because now I have a medal. Compared with the last World Cup there were three basic differences. First, in Beijing in 1995 we were at home. Second, the food served here, although it was very good, is very different to Chinese food. And, finally, the weather here is very different, too."

Results: 1. Irina Stankina, Russia 41:52 2. Olympiada Ivanova, Russia 41:59 3. Yan Gu China 42:15 4. Erika Alfridi, Italy 42:31 5. Rossella Giordano, Italy 42:37 6. Anna Sidoti, Italy 42:41 7. L. Khmel'nitskaya, Belarus 42:46 8. Tamara Kovalenko, Russia 42:51 9. Beate Gummelt, Germany 42:52 10. Liping Wang, China 42:57 11. V. Tsybul'skaya, Belarus 42:54 12. Hongyu Liu, China 42:57 13. Ilga Kardopoltseva, Belarus 43:08 14. Natalya Misyulya, Belarus 43:08 15. Olga Panferova, Russia 43:08 16. Yelena Saiko, Russia 43:20 17. Norica Cimpean, Romania 43:21 18. L. Dolgoplova, Belarus 43:32 19. Aniko Szebenszky, Hungary 43:41 20. Maria Urbanik-Rosza, Hungary 43:41 21. Maya Sazonova, Kazakhstan 43:52 22. Maria Vasco, Spain 43:54 23. Yuntao Wang, China 43:55 24. Kathrin Boyde, Germany 44:00 25. Elisabetta Perrone, Italy 44:10 26. Anita Liepina, Latvia 44:29 27. Valentina Savchuk, Ukraine 44:30 28. Yan Kong, China 44:35 29. Cristiana Pellino, Italy 44:36 30. Rie Mitsumori, Japan 44:39 31. Graciela Mendoza, Mexico 44:58 32. Yuka Kamioka, Japan 44:52 33. Francisca Martinez, Mexico 44:58 34. Claudia Iovan, Romania 45:03 36. Vira Zozulya, Ukraine 45:07 37. Svetlana Tolstaya, Kazakhstan 45:09 38. Nathalie Fortain, France 45:10 39. Ryoko Skaakura, Japan 45:14 40. Jane Saville, Australia 45:19 41. Jill Maybir-Barrett, Australia 45:20 42. Tina Poitras, Canada 45:21 43. Svitlana Kalitka, Ukraine 45:25 44. Celia Marcen, Spain 45:25 45. Tong Lean Cheng, Malaysia 45:27 46. Annastasia Raj, Malaysia 45:29 47. Ildiko Ilyes, Hung. 45:56 48. Natalie Saville, Aust. 46:19 49. Nora Kelsir, France 46:29 50. Victoria Herazo, US 46:31 . . . 57. Victoria Palacios, Mex. 47:06 . . 61. Joanne Dow, US 47:23 . . 63. Guadalupe, Mex. 47:24 . . 66. Gretchen Eastler, US 47:45 67. Joni-Ann Bender, Can. 47:50 . . 73. Dana Yarbrough, US 48:26 . . 82. Sara Standley, US 49:22 . . 100. Susan Hornung, Can. 51:17 (112 finishers, 2 DQs, 3 DNFs)
Teams: 1. Russia 440 2. Italy 435 3. China 425 4. Belarus 419 5. Hungary 380 6. Germany 379 7. Japan 373 8. Ukraine 366 9. Mexico 356 10. Australia 345 11. Spain 342 12. Kazakhstan 341 13. France 334 14. United States 308 15. Malaysia 297 16. Portugal 292 17. Canada 286 18. Norway 179 19. Lithuania 274 20. Great Britain & Northern Ireland 170 21. Slovak Republic 265 22. Romania 260 23. Poland 247 24. Finland 239 25. Czech Republic 233 16. Latvia 222 27. Yugoslavia 206 28. Bolivia 123 19. Egypt 81 30 Greece 80 31. Turkey 68

In the 20 Km race, Perez certainly solidified the impression he made in winning the gold medal in Atlanta. The 22-year-old Ecuadorian appeared unbeatable as he moved smoothly through a final 5 Km in 19:01, coming from sixth place at 15 km. His 1:18:24 was 25 seconds better than Daniel Bautista's Cup record, which the Mexican set in 1979. The closest anyone had come since was Josef Pribilinec with a 1:19:30 in 1983.

The race saw a large pack hanging together through 5 km splits of 19:48 and 39:41. At the 10 Km mark, there were still at least 20 walkers in the pack, despite the hot pace. The pace wasn't hot enough for the real contenders, however, and after another 5 km in 19:35, Russia's Rishat Shafikov, fifth in Atlanta, led in 59:16. The surprising Julio Martinez of Guatemala was right on his heels as were Olympic runner-up Ilya Markov and his Russian teammate Andrey Markov. However, Shafikov's spurt had broken up the pack, and Perez trailed by 7 seconds in sixth with all the pretenders now strung out behind.

Perez was apparently biding his time and when he decided the real race had begun, only Markov among the 15 Km leaders could offer any challenge. But also coming on were Mexico's Daniel Garcia (9th at 15) and Bernardo Segura (fifth), along with China's defending tilist Zewen Li (7th). Perez simply had too much for them, and although it was a tight four-way finish, he was clearly in command.

As Garcia and Segura desperately chased Perez, Segura apparently was overcome with greed. Prize money was available for the first time at the World Cup (\$20,000 for first, \$10,000 for second, \$7500 third, \$5000 fourth, \$3500 fifth, and \$2500 sixth), and perhaps the thought of an additional \$2500 was more than he could resist. For whatever reason, with about 60 meters to go he literally ran past Garcia (not just obviously lifted, but actually ran, according to IAAF RW Chairman Bob Bowman) right in front of three judges. That was it for his bronze medal, \$5000, and Mexican hopes in the team race. Russia finished first as a team in the 20 with 431 points and Mexico was third with 403. Had Segura settled for his third place, Mexico would have won 435 to 429. This wouldn't have made the difference in the final standings where the Russian margin was 63 points, but the two Mexicans, one of who dropped out and the other who faded badly while well placed in the 50 may have had more incentive to continue. Anyway, Segura's move gave the bronze medal to Markov, just ahead of Li, who was still only 8 seconds in back of Perez, in one of the tightest finishes in World Cup history. Martinez, never before near contention in an international race, hung on for fifth, perhaps the biggest surprise in World Cup history. Two reverse surprises were Spain's Valentin Massana and Daniel Plaza in 19th and 20th. This was certainly one of the fastest races in history with 11 under 1:20 and 29 under 1:21.

The U.S. wound up 20th after the first day, but not because of poor performances. Curt Clausen led the way with a personal record 1:24:41 in 60th and Andrew Hermann and Philip Dunn were solid in 75th and 76th. Dunn improved on his qualifying performance and Hermann was close to his, and picked up at least a dozen places in the final 5. Tim Seaman had an off day, but even had he matched his best, the few more points would not have improved our position.

Perez is still looking for better things. "When I returned to Ecuador after Atlanta, I walked the entire sierra--500 Km from Avito to Cuenca, and now racewalking is very popular in Ecuador. Today's victory, however, does not confirm me yet as number 1 racewalker in the world, because I feel I have not yet reached the limit of athletic excellence. Winning a medal reflects the preparation of an athlete and you can, at times, feel self-satisfied. Unfortunately, Ecuador does not have a tradition in racewalking as is the case of countries like Russia, Spain, Mexico, and Italy, who have many great athletes and coaches. If a walker obtains good results in Ecuador, it is pure chance not the result of 10 or 15 years. After this victory, I will celebrate with my family and friends and I have to return to my business administration classes in Cuenca University."

Garcia was well pleased with his finish and praised the race organizers and support of the spectators. Markov was disappointed to come close to Perez again, but still fall short of the gold.

Results: 1. Jefferson Perez, Ecuador 1:18:24 2. Daniel Garcia, Mexico 1:18:27 3. Ilya Markov, Russia 1:18:30 4. Zewen Li Li, China 1:18:32 5. Julio Martinez, Guatemala 1:18:51 6. Yevgeniy Misyulya, Belarus 1:18:55 7. Rishat Shafikov, Russia 1:19:27 8. Artur Meleshkevich, Belarus 1:19:33 9. Mikhail Schennikov, Russia 1:19:45 10. Vladimir Andreyev, Russia 1:19:46 11. Andrey Makarov, Russia 1:19:54 12. Nick A'Hern, Australia 1:20:04 13. Joel Sanchez,

Mex. 1:20:05 14. Igor Kollar, Slovak Rep. 1:20:09 15. Algars Fadeyevs, Latvia 1:20:13 16. Daisuke, Japan 1:20:27 17. A. Gandellini, Italy 1:20:31 18. Denis Langlois, France 1:20:35 19. Valentia Massana, Spain 1:20:39 20. Daniel Plaza, Spain 1:20:40 21. Sandor Urbanik, Hungary 1:20:41 22. Thierry Toutain, France 1:20:43 23. Giovanni DeBenedictis, Italy 1:20:49 24. Walter Arena, Italy 1:20:50 25. M. Khmelitskiy, Belarus 1:20:51 26. Sergio Vieira, Portugal 1:20:58 27. Robert Valicek, Slovak Rep. 1:20:58 28. Joao Vieira, Portugal. 1:20:59 29. Fernando Vasquez, Spain 1:20:59 30. Andreas Erm, Germany 1:20:05 31. Valdas Kazlauskas, Lithuania 1:21:29 32. MarIusz Ornoch, Poland 1:21:33 33. Robert Ihly, Germany 1:21:47 34. S. Vieira Galdino, Brazil 1:21:50 35. Valeriy Borisov, Kasakhstan 1:21:51 36. Omar Zepeda, Mex. 1:21:59 37. Vladimir Druchik, Ukraine 1:22:03 38. Jean O. Brousseau, France 1:22:04 39. Modris Liepins, Ltvia 1:22:04 40. Guohul Yu, China 1:22:08 41. Aleksander Rakovic, Yugoslavia 1:22:12 42. Claudio Bertolino, Brazil 1:22:31 43. Sergey Korepanov, Kaz. 1:22:32 44. Roberto Oscal, Guat. 1:22:34 45. Jose Urbano, Port. 1:22:40 46. Marco Giungi, Italy 1:22:41 47. Francisco Fernandez, Spapin 1:22:41 48. Yuriy Kuko, Belarus 1:23:05 49. Hubert Sonnek, Czech. Rep. 1:23:08 50. Dion Russell, Australia 1:23:40. . . 60. Curt Clausen, US 1:24:41 (20:42, 42:15, 1:03:25). . . 73. Arturo Huerta, Can. 1:25:55 (20:20, 41:10, 1:02:06). . . 75. Andrew Hermann, US 1:26:07 (20:57, 42:37, 1:5:02) 76. Philip Dunn, US 1:26:36 (20:45, 42:31, 1:04:18). . . 103. Tim Seaman, US 1:31:12 (43:30). . . 112. Dave McGovern, US 1:33:29 (132 finishers, 2 DQs, 4 DNFs

Teams: 1. Russia 431 2. Belarus 413 3. Mexico 403 4. Italy 392 5. Spain 388 6. France 378 7. Portugal 357 8. Slovak Rep. 356 9. Australia 347 10. Guatamala 344 11. Latvia 328 12. Kazakhstan 325 13. Brazil 318 14. Germany 312 15. Lithuania 310 16. Poland 310 17. Ukraine 300 18. Hungary 297 19. Czech Rep. 291 20. United States 269 21. Sweden 262 22. China 258 23. South Africa 247 24. Great Britain & NI 241 25. Malaysia 230 26. Yugoslavia 221 27. Norway 215 28. Greece 196 29. Denmark 191 30. Austria 165 31. Switzerland 164 32. Ecuador 150 33. Fiji 144 34. Japan 136 35. Canada 88 36. Luxembourg 73 37. Egypt 68 38. Turkey 66 39. Puerto Rico 56 40. Palestine 55

In the 50, Spain's Jesus Garcia, runnerup in both 1993 and 1995, was not ready to settle for silver again. Biding his time during the first half of the race while New Zealand's Craig Barrett was leading the field through a near suicidal pace, he was invincible the secondhalf. With splits of 1:52:08 and 1:47:46, he finished in 3:39:54, well under the Cup record of 3:41:20 set 2 years ago by China's Zhao Yongshen.

The first 10 Km was fairly leisurely with 21 walkers together in 45:26. Barrett then tried to steal the race. Covering the next 5 Km in 12:45 he opened a 46 second lead and the rest of the field started to spread out. Barrett continued with splits of 21:25 and 21:04, and at the halfway mark, led by 61 seconds in 1:49:40. A group of China's Yongsheng Zhao, Poland's Tomasz Kipiec, and Russians Nikolay Matyukhin, Oleg Merkulov, and Oleg Ishutkin were about 50 seconds clear of the next pack. Garcia was in 16th place.

Barrett backed off only slightly, covering the next 5 in 21:33, with Zhao and the three Russians now only 45 seconds back. Garcia was 11th, in a large pack battling for seventh. When Barrett got a third red card and left the race, Zhao assumed the lead with Ishutkin and Matyukhin in tow as he hit 35 Km in 2:33:37. There was a gap back to Lipiec in fourth and the rest were spreading out rapidly. Garcia was now ninth and just 74 seconds out of the lead.

Zhao started to fade and at 40 Km Ishutkin was 22 seconds ahead of Matyukhin in 2:55:35, the pace having slowed to over 22 minutes per 5 over the previous 10. Lipiec and Mexico's Miguel Rodriguez, who had come out of the pack, were together in third, now well clear of Zhao. Garcia was up to sixth, but still 71 seconds back. Ishutkin managed to accelerate to 21:44 over the next 5 Km and easily shed all his pursuers. But Garcia was on the move, having done a 21:17 and was well clear in second. But he still had 44 seconds to make up. Although both

walkers slowed on the final 5 Km, Garcia proved the stronger and made up that gap and then some as he won by 18 seconds. Finland's Valentin Kononen defended his bronze medal, coming from sixth in the final 5 Km. It was a bad day for the Ba(e)rretts, as Canada's Tim was also DQ'd after what appeared to be another great performance as he crossed the finish in seventh place.

The U.S. team finished 16th and moved up to 16th in the final standings. Andrzej Chylinski led the way with a 4:07:15 in 44th and Mark Green had a personal best of 4:13:16. Those vets of many, many of these races, Marco Evoniuk and Carl Schueler, while not up to the feats of their youth, gave solid performances in 68th and 72nd.

Garcia had some interesting observations following the race: "There were two key points. From 20 to 25 Km, I was walking alongside Valentin Kononen and we started to catch up on the leading group. Then in the last 10 Km, I knew I had the energy to go fast to the end. . . I told the Spanish media that I was saving 25 percent for the World Championships this summer I used to think the climatic conditions in Athens would favor me, being more Mediterranean. I still do not think I have reached my best form this year. . . I felt I was among the elite 10 walkers on the distance, but we are all very close, and anyone can win. In any case, every race is a learning experience." Ishutkin said: "I realized I had sprinted too early and was unable to keep up the pace. I should have waited, but Garcia was really the best today. I was very touched by the support of the Czech spectators. It brought tears to my eyes that they cheered for me in spite of the history between our two countries." Ishutkin and Stankina have the same coach, Viktor Tchugin.

Kononen noted that " . . . I know experience is a very important factor in the 50 Km, and there were mostly young athletes in the leading group. (Ed. Ishutkin, for example, was born in 1975.) I was with Jesus Garcia most of the time, and I felt quite confident because we older walkers have more experience, are older and wiser." (Ed. NOte that among the top seven, only Garcia, Kononen, and Rodriguez were highly rated walkers going into the race, so this was a race of surprises.) Results: 1. Jesus Garcia, Spain 3:39:54 2. Oleg Ishutkin, RUssia 3:40:12 3. Valentin Kononen, Finalnd 3:41:09 4. Nikolay Matyukhin, Russia 3:41:36 5. Tomasz Lipiec, Poland 3:41:58 6. Miguel Rodriguez, Mex. 3:42:45 7. Sylvain Caudron, France 3:46:38 8. Rene Piller, France 3:47:19 9. Roman Mrazek, Slovak Rep. 3:48:22 10. Andrey Plotnikov, Russia 3:48:35 11. Stafan Malik, Slovak Rep. 3:48:52 12. Viktor Ginko, Gelarus 3:49:23 13. Zoltan Czukor, Hungary 3:50:26 14. Oleg Merkulov, Russia 3:50:31 15. Thomas WEallstab, Germany 3:51:19 16. Peter Tichy, Slovak Rep. 3:51:30 17. Jan Holender, Poland 3:52:48 18. Honghe Ma, China 3:52:58 19. Dmitriy Savaytan, Belarus 3:53:35 20. Peter Zanner, Germany 3:54:17 21. Santiago Perez, Spain 3:54:28 22. German Sanchez, Mex. 3:54:31 23. Orazio Romanzi, Italy 3:54:55 24. Jaime Barroso, Spain 3:55:04 25. Ruben Arikado, Mex. 3:55:05 26. Massimo Fizialetti, Italy 3:55:16 27. Arutro DiMezza, Italy 3:55:42 28. Milos Holusa, Czech Rep. 3:55:52 29. Paolo Bianchi, Italy 3:57:28 30. Jose Magalhaes, Port. 3:57:30 31. Denis Trautmann, Ge. 3:57:58 32. Christophe Cousin, France 3:59:00 33. Alain Lemercier, France 3:59:49 34. Julio Urias, Guat. 4:00:12 35. Alexae Novikov, Belarus 4:00:42 36. Chaohong Yu, China 4:00:47 37. Jose Rodriguez, Spain 4:00:50 38. Anatoliy Gorschkov, Ukraine 4:01:01 39. Dirk Nicque, Belg. 4:02:55 40. Jaroslav Makovec, Czech Rep. 4:03:15 41. Ervin Leczky, Hung. 4:03:46 42. Chris Maddocks, GB&NI 4:05:42 43. Anero Lindman, Fin. 4:06:55 44. Andrzej Chylinski, US 4:07:15 45. Duane Cousins, Aust. 4:07:17 46. Bo Gustafsson, Sweden 4:07:36 47. Hristos Karayceorgos, Greece 4:07:54 48. Mikel Odriozola, Spain 4:08:07 49. Vitaliy Gordei, Belarus 4:08:27 50. Francisco Pantoja, Mex. 4:08:47. . . 62. Mark Green, US 4:13:16. . . 68. Marco Evoniuk, US 4:17:24. . . 72. Carl Schueler, US 4:19:46 . . . DNF--Jonathan Mathews, US DQ--Tim Berrett, Can.

Teams: 1. Russia 434 2. Slovak Rep. 415 3. Spain 407 4. France 405 5. Mexico 399 6. belarus 388 7. Germany 388 8. Poland 377 9. Italy 377 10. Finland 362 11. Hungary 356 12. Czech Rep. 339 13. Sweden 313 14. Great Britian & NI 308 15. Portugal 306 16. United States 299

17. Australia 298 18. Ukraine 293 19. Netherlands 282 20. Belgium 280 21. China 250 22. Guatamalo 215 23. Greece 193 24. Denmaark 87 25. Switzerland 83 26. Phillipines 82

Final Team Results: 1. Russia 865 2. Mexico 802 3. Belarus 801 4. Spain 795 5. France 783 6. Slovak Rep. 771 7. Italy 769 8. Germany 700 9. Poland 687 10. Portugal 663 11. Hungary 653 12. Australia 645 13. Czech Rep. 630 14. Ukraine 593 15. Sweden 575 16. United States 568 17. Guatamala 559 18. Breat Britain & NI 549 19. China 508 (quite a come down from thier first place in Beijing in 1995) 20. Greece 389 21. Finland 362 22. Latvia 328 23. Kazakhstan 325 24. Brazil 318 25. Lithuiania 310 26. Netherlands 282 27. Belgium 280 28. Denmark 278 29. Switzerland 247 30. South Africa 247 31. Malaysia 230 32. Yugoslavia 221 33. Norway 215 34. Austria 165 35. Ecuador 150 36. Fiji 144 37. Japan 136 38. Canada 88 39. Phillipines 82 40. Luxembourg 73 41. Egypt 68 42. Turkey 66 43. Puerto Rico 56 44. Palestine 55

Other Results

National Masters Indoors 3 Km, Boston, March 23: Women 35--1. Jackie Kerby-Moore, N.M. 17:08.87 Women 40--1. Laurel Williams, Ark. 18:47 Women 45--1. Karen Davis, Ariz. 15:56.75 2. Shiela Danahey, Conn. 19:31 Women 50--1. Nancy Linky, N.J. 19:38 Women 60--1. Jo Anne Parks, Mich. 18:59.30 2. Rachel Baudet, Mass. 21:04 Women 70--1. Joan Rowland, N.Y. 20:55.51 Women 75--1. Margaret Walker, Penn. 22:17.11 Men 30--1. Arthur Ortega, N.M. 14:31.33 Men 50--1. Fred Anderson, N.H. 18:19.51 Men 45--1. Andrew Smith, N.C. 15:24.52 2. Stanley Sonsowski, R.I. 15:48.14 3. Brian Savilonis, Mass. 15:49.27 4. Bill Harriman, Mass. 16:12.97 Men 50--1. Rich Friedlander, Mo. 13:42.81 2. Bob Keating, N.H. 13:49.63 3. Gary Null, N.Y. 14:24.88 4. Ronald Shields, Penn. 16:19.09 5. Charles Mansback, Mass. 18:03.72 Men 55--1. John Elwarner, Mich. 14:38.81 2. Paul Johnson, Ark. 15:01.16 3. Winston Crandall, N.M. 15:31.86 4. Tom Knatt, Mass. 16:13.87 5. Gerald Patrick, Conn. 16:52.25 6. William Wiecek, N.Y. 17:19.89 7. Larry Freeman, Penn. 18:51.33 8. Gustave Davis, Conn. 18:58.12 9. Sal Yarodi, Mass. 19:01 Men 60--1. Jack Bray, Cal. 15:08.20 2. Bob Barrett, N.Y. 16:00.33 3. Dick Petruzzi, Cal. 16:08.37 4. Stuart Summerhayes, Can. 16:56.89 5. Tom White, Fla. 16:58.66 6. Cedric Hustace, Ind. 18:01.83 7. Robert Beaudet, Mass. 19:13.15 8. H. Oldham Brooks, Mass. 19:28.28 Men 65--1. Louis Free, Conn. 19:30.61 DQ--Max Green 15:17.04 Men 70--1. William Flick, Penn. 17:34.50 2. Edward Gawinski, De. 17:40.12 3. John Nervetti, N.J. 18:23.59 4. Richard Bennett, Wash. 21:25.15 5. John Snaden, S.C. 22:56.31 6. Stuart Coming, Mass. 23:02.49 Men 75--1. Tim Dyas, N.J. 20:14.81 **2.5 Miles, Cambridge, Mass., March 1--1.** Bill Hariman 22:34 2. Paul Schell 24:08 **NYC Marathon, Nov. 3, 1996** (Old news, but I'm just getting it)--1. Peter Ferrari (32), Sweden 3:28:03 2. Bo Gustafson (42), Sweden 3:33:05 3. Marco Evoniuk (38) 3:48:48 4. Gary Morgan (36) 3:49:00 5. Elliot Taub (23) 3:50:54 6. Carl Schueler (40) 4:17:39 Women: 1. Ileana Salvador (34), Sweden 3:34:08 2. Debbie Van Orden (36) 4:17:39 **Ron Zinn Memorial 10 Mile, Asbury Park, N.J., April 13--1.** John Soucheck 1:20:24 2. Curt Sheller (42) 1:35:34 3. Malcolm Hall (51) 1:42:11 4. Bob Mimm (72) 1:42:24 5. Tom Quattrucci (45+) 1:43:15 6. Jack Lucey (60) 1:48:51 (13 finishers) **5 Km, Washington, D.C., Feb. 22--1.** Marykirk Cunningham 28:13 2. Jom Goldstein (28) 28:38 3. Pat Zervas 30:30 (16 finishers) **10 Km, same place--1.** Victor Litwinski (53) 61:31 **Eastern Regional Indoor Masters 3 Km, New York City, March 9--1.** Jim Carmines (53) 13:53 2. Gary Null (52) 14:04 3. Michael Korol (38) 11:59 4. Bob Barrett (63) 15:33 5. Frank Masterson (58) 15:40 6. Ron Salvo (48) 15:57 7. Ting Kwok (35) 16:00 8. Gustave Davis (59) 16:09 9. Ron Shields (53) 16:26 10. Richard Mills (53) 17:35 Women: 1. Elton Richardson (58) 17:21 2. Rhoda Green (63) 18:50 3. Annette Kaminsky (53) 21:01 4. Joan Rowland (70) 21:06 **2 Mile, Atlanta, March 15--1.** Phil Gura (37) 16:49 2. Jim Norvill (53) 17:51 3. Bob Torstrick (49) 17:53 4. Keith White (58) 19:19 5. Jack Munnell (66) 19:30 6. Ron Stein (45) 19:52 (12 finishers)

Women: 1. Denise Jacobson (34) 17:32 2. Dena Sossaman (28) 17:59 3. Laura Crockett (34) 19:07 4. Bonnie Stein (41) 19:21 5. Nancy Nicodemus (34) 20:10 6. Karen Kaye (38) 20:11 (39 finishers) **10 Km, Winter Park, Florida, March 29--1.** John Fredericks 54:30 2. C.S. Monte Carlo (50+) 58:54 3. Mario Feinstein 61:46 4. Ray Jenkins 61:59 (12 finishers) Women: 1. Chris Alt 60:00 2. Sperry Rademaker (50+) 61:45 3. Pam Betz (50+) 62:23 (11 finishers) **5 Km, Miami, March 22--1.** Roswitha Sidelko 27:15 2. Linda Stein 27:21 3. Elizabeth Nelson 29:18 Men: 1. Juan Yanes 27:14 2. Robert Fine (60+) 29:22 3. Gerry Gomes 29:55 **15 Km, Cincinnati, April 6--1.** Jerry Muskal 1:30:46 2. Dave Berry 1:31:34 Women: 1. Pat Darling 1:41:33 **5 Km, same place--1.** K. Monroe 29:31 2. B. Chang 29:33 Women: 1. N. Zadek 30:43 **Ohio 5 Km, Cedarville, March 29--1.** Jill Zenner 23:54 2. Chris Knotts (41) 24:42 3. Danny Dalton (15) 24:49 4. Ed Fitch 26:48 5. Al Cowen 29:13 6. Jack Shuter 32:17 **Indoor 3 Km, Chicago, Feb. 15--1.** Al Heppner 12:28.1 2. John Nunn 12:39 3. Ed Fitch 15:34 Women: 1. Margaret Ditchburn 14:20.53 2. Jill Zenner 14:24 3. Amber Nichols 15:08.13 **Indoor 3 Km, Columbia, Missouri--1.** Danielle Kirk 14:03.8 2. Emma Club (high school freshman) 15:31.3 3. Gayle Johnson 16:01.4 (U.S. age 45-49 record) 4. Michelle Kirk 19:50.1 Men--1. Steve Lipe 16:13.8 2. Gary O'Daniels (40+) 17:33 **Indiana 1500 meter Indoor Championship, Indianapolis, Feb. 15--1.** Max Walker (50-54) 7:25 2. Vince Abell (45-49) 7:41 3. Damon Clements (40-45) 8:23 4. Ray Everson (65-59) 8:52 Women: 1. Tish Roberts (50-54) 8:04 2. Jeanette Smith (45-49) 8:08 3. Sami Bailey (60-64) 9:05 **5 Km, Indianapolis, Feb. 15--1.** Scott Crafton (18) 24:52 2. Lisa Sontag 25:26 3. Max Walker (50) 26:08 4. Vince Abell (49) 26:59 5. Jeanette Smith (47) 27:13 6. Jackie Jessup (48) 27:37 7. Abigail Oliver (36) 27:46 8. Michael Bird (49) 28:58 9. Tish Roberts (47) 29:28 10. Damon Clements (40) 29:32 (More than 800 walkers turned out for this "monitored" walk) **Ohio Indoor 1500 meters, Cincinnati, March 2--1.** Danny Dalton 6:37 2. Ed Fitch 7:18 **2 Mile, Macomb College, Michigan, Feb. 23--1.** Dan O'Brien 14:33 2. John Hunyady 15:18 3. Bob Davis 19:32 Women: 1. Walda Tichy 19:21 **10 Km, Warren, Mich., April 20--1.** Jan Klos 45:51 (22:55) 2. Dan O'Brien 46:53 (23:21) **5 Km, same place--1.** John Hunyady 23:55 Women--1. Walda Tichy (55) 30:44 **Midwest Masters Indoor 2 Mile, March 1--1.** Walda Tichy 19:23.91 2. Sheri Samassa 19:34 (7 finishers) Men--1. Dan O'Brien 14:31.46 2. John Hunyady 15:18 3. John Elwarner 15:49 4. Mrk O'Donnell 19:20 5. Frank Soby 20:03 (3 DQs) **7 Km, Denver, March 16--1.** John Nunn 34:24 2. Scott Richards (46) 39:09 3. Brad Bearsheart 39:26 4. Sally Richards (44) 39:47 5. Lori Rupoli (45) 41:24 6. Daryl Meyers (54) 41:25 7. Margaret Hennessey (44) 43:11 8. Jim Twark (49) 44:18 **4 Miles, Denver--1.** Lori Rupoli 38:24 2. Margaret Hennessey 39:51 3. Steve Ruddock (45) 40:03 **5 Km, Pasadena, Cal., Feb. 16--1.** Yeo Lan, China 25:37 2. Fran Bustros 25:47 3. Margaret Govea 27:30 4. Susan Harris 30:59 (22 finishers) Men: 1. Wez Wang, China 24:53 2. Chris Dreher 24:52 3. Enrique Camarena 25:42 4. David Crabb 26:01 5. Winston Crandall 27:25 6. Wayne Wurzbarger 28:57 (14 finishers) **5 Km, Long Beach, Cal., March 16--1.** Elizabeth Paxton (13) 29:56 2. Sharon Clairemont (44) 31:21 3. Roberta Harfield (55) 32:11 (26 finishers) Men: 1. Pedro Santoni (39) 26:35 2. Wayne Wurzbarger (55) 28:21 3. Mel Schultz (64) 29:40 4. Jesus Orendain (54) 30:19 (14 finishers, 1 DQ) **20 Km, Huntington Beach, Cal., March 16--1.** Chris Dreher 1:46:35 2. Enrique Camarena (47) 1:48:43 3. David Crabb (51) 1:51:39 (6 finishers, 2 DNF, 1 DQ)--But, I just noticed something strange in these results. Splits are shown at each Km through 18, but none at 19. However, the 20 Km times given seem to be what would be expected at 19 Km. Dreher, for example, had 27:54 at 5, 56:10 at 10, 1:24:02 at 15, and 1:40:59 at 18. He needed just 6:36 for his final 2, and 22:33 for his final 5 when he had been doing 5s in about 28 minutes? Doubtful. Same story for everyone else. Rather suspect 20 Km times, I would say. The same applies to the women's race that follows.) 1. Susan Armenta 1:49:55 2. Margaret Govea 1:55:16 3. Jolene Steigerwalt (53) 2:12:16 (5 finishers) **Half-Marathon, Chico, Cal., March 1--1.** Karen Styoanowski 2:25 2. Charlotte Walker 2:51 **5 Km, Marin, Cal., March 16--1.** Shoja

Torabian 26:45 2. Brenda Usher-Carpino 29:05 **Indoor 3 Km, Seattle, March 1--1.** Dan Casimier 19:19.21 2. Valerie Vawrzyski 15:55 3. Jill Green 16:32 (all Pacific Lutheran U.) 4. Erin Taylor, Central Washington 16:40 **5 Km, same place--1.** Blair Miller, U. of British Columbia 22:58.4 2. Stan Chraminski 26:27 3. Bob Novak 26:28 **Indoor Walks Triathlon, North York, Ontario, April 12** (5 Km, 3 Km, and 1.5 Km scored using "Masters Age-Graded Tables" for scoring. Starting times for mens races were: 5 Km--10:42 am; 3 Km--11:50 am; 1500 meters--12:46pm. The women's starts were at 10:02, 11:23, and 12:20. Men--1. Arutro Huerta 20:00.4, 11:53.6, and 5:44.7 for 3315 points. 2. Stuart Summerhayes (62) 28:02.8, 16:41, and 8:05.4 for 1942 points Women: 1. Joni-Ann Bender (34) 23:09.3, 13:49.4, and 6:40.6 for 3072 2. June-Marie Provost (63) 31:17.4, 18:38.5, and 9:10.7 for 2138 3. Mey Neville (32) 27:29.1, 16:19.7, and 7:36.1 for 1509 4. Marilyn Chute (51) 30:41.1, 18:11, and 8:54.9 for 1443 (8 finishers)

1996 Postal 1 Hour Results

Elliott Denman reports on last year's National Postal 1 Hour, sponsored by the Shore AC:

Another year, many new faces replacing old ones taking the year off, five new records, over 200 participants, and almost as many dedicated volunteers, judges, and lap-counters; the 1996 1 Hour Postal Racewalk is in the books. Congratulations and thanks to all.

What more can one say of Dorothy Robaerts? In breaking her W85 record for the second straight year, she continues to expand the adage about getting better with age. Can she reach 10,000 meters by age 100? Stay tuned. Not to be outdone, two youngsters each added a second title to previous marks. W75 record holder Velma Jacobs reset the W80 standard, and Ruth Eberle took over the W65 crown to go with her W60 mark. There was turnover in team records as well, as Potomac (50-59) and Marin (60-69) erased previous standards for men. It was a banner year for Marin, easily taking the awards for most participants and distance.

The competition drew 108 men and 93 women. The men covered 1,044,446 meters and the women 780,486 for a total of 1,824,932 meters. Marin entered 12 men and 24 women who totaled 304,682 meters. Results:

Girls 11-14: 1. Kimberlee Smith, Milwaukie TC (Ore) 8,988 meters (5 walkers) **Girls 15-19:** 1. Amy McMurtrey, Mil. TC. 9,211 (only competitor) **Boys 11-14:** 1. Jon Rehling, RWC of St. Louis 8,976 (only competitor) **Boys 15-19:** 1. Kevin Eastler, un.. 12,027 2. Josh Ginsburg, PHAST 11,445 3. Peter Brown, un 10,492

Women's Open: 1. Victoria Herazo, Cal. 12,215 2. JoAnne Dow, New England 12,022 3. Kaisa Ajaye, un. 11,550 4. Peggy Müller, Front Range 10,490 5. Lynda DeWitt, New England 10,248 6. Brenda Usher-Carpino, Marin 10,195 and Jeanette Smith, Indiana 10,195 8. Elton Richardson, un. 10,073 9. Jolene Steigerwalt, California 10,000 10. Carmen Jacinsky, RWNW 9,560

Women 40-44: 1. Müller 10,490 2. Virginia Fong, Marin 9,605 3. Roswitha Sidelko, Florida 9,537 4. Carol Simonds, Fla. 9,147 (11 competitors) **Women 45-49:** 1. Usher-Carpino and Smith 10,195 3. Marianne Martino, Front range 9,990 4. Christine Vanoni, Front Range 9,930 5. Linda Stein Florida 9,574 6. Elizabeth Nelson, Florida 9,273 (16 competitors) **Women 50-54:** 1.

Usher-Carpino 10,026 (She did a second race following her 50th birthday to rack up a second victory) 2. Steigerwalt 10,000 3. Kathy Frable, PVTC 9,586 4. Lani LeBlanc, Marin 9,540 5. Diane Graham-Henry, Chicago 9,546 (12 competitors) **Women 55-59:** 1. Richardson 10,073 2. Walda Tichy, Pegasus 9,731 3. Brierly Reybine, Marin 9,161 4. Beth Young-Grady, Indian 8,983 5. Lorraine Coppola, Marin 8,950 6. Doris Cassels, Marin 8,924 (16 competitors) **Women 60-64:** 1. JoAnne Parks, Urban 9,649 2. Shirley Dockstader, Marin 9,452 3. Jeanne Shepardson, New England 9,234 (11 competitors) **Women 65-59:** 1. Ruth Eberle, St. Louis 9,460 2. Bonnie

Vaughan, Silver Striders 8,300 3. Charlotte Walker, Sierra 8,235 (8 competitors) **Women 70-74:** 1. Gloria Chalfon, Florida 7,507 2. Florence Kerechuk, So. Cal. 7,321 3. Polly Bialek-McCarthy 6,865 **Women 75-59:** 1. Louise Stutsman, Marin 6,783 **Women 80-84:** 1. Velma Jacobs, Front Range 7,232 **Women 85-89:** 1. Dorothy Roberts, Marin 6,783

Men's Open: 1. Al Heppner, N/S 13,675 2. Ioan Froman, Wolverine 12,824 3. Dan O'Brien, Pegasus 12,505 4. Zbigniew Sadlej, Pegasus 12,210 5. Curt Sheller, Shore AC 12,125 6. John SOuchek, Shore AC 12,031 7. Kevin Eastler, un. 12,027 8. Jan Klas, N/S 11,922 9. James Carmines, PVTC 11,800 10. Bruce Booth, PVTC 11,613 11. Norm Frable, PVTC 11,445 12. Josh Ginsburg, PHAST 11,445 13. Steve Vaitones, Nike Boston 11,410 14. Rob Frank, RWNW 11,218 15. Dave Couts, St. Louis 11,215 16. Richard McGuire, Chicago 11,190 17. Jack Bray, Marin 11,113 18. Andrtew Smith, N/S 10,987 19. Bill Purves, New England 10,968 20. Joe Light, New England 10,931 21. Shoja Torabian, Marin 10,914 22. Dave Romansky, Shore AC 10,676 23. Lonnie Schreiner, Front Range 10,659 24. Jack Lach, Shore AC 10,676 25. Bob Barrett, Park WC 10,492 26. Peter Brown, un. 10,492 27. Alan Price, PVTC 10,477 and Doug VerMeer, RWNW 10,477 29. Claude LeTien, PVTC 10,452 30. Robert Ullman, New England 10,400 31. Carl Acosta, N/S 10,387 32. John Schulz, Marin 10,366 33. Tom Knatt, New England 10,353 34. Jim Stuckey, Marin 10,268 35. Mike Blanchard, Front range 10,259 36. Michael Burriss, Kalamazoo Valley 10,235 37. Stanley Sosnowski, New England 10,225 38. Jack Starr, PHAST 10,118 39. Steven Lipe, St. Louis 10,089 40. John Gersh, PVTC 10,058 41. Dave Esson, Florida 10,041 42. Geroge Fenigsohn, N/S 10,026 **Men 40-44:** 1. Sheller 12,125 2. Vaitones 11,410 3. Frank 11,218 4. Cluts 11,215 5. VerMeer 10,477 6. Lipe 10,089 7. Jamews Wass, PVTC 9,856 8. Art Klein, Santa Cruz TC 9,727 (10 competitors) **Men 45-49:** 1. Booth 11,613 2. McGuire 11,190 3. Smith 10,987 4. Light, 10,931 5. Torabian 10,914 6. Price 10,477 7. LeTien 10,452 8. Ullman 10,400 9. Sosnowski 10,225 10. Gersh 10,058 11. Fenigsohn 10,026 12. Tom Quattrochi, Shore AC 9,864 13. Ed Sell, Chicago 9,848 (17 competitors) **Men 50-54:** 1. Carmines 11,800 2. Frable 11,446 3. Pruves 10,988 4. Schreiner 10,659 5. Lach 10,537 6. Burriss 10,236 7. Ralph Edwards, Shore AC 9,986 8. Victor Litwinski, PVTC 9,969 9. Richard Jirousek, PVTC 9,771 (14 competitors) **Men 55-59:** 1. Romansky 10,676 2. Schulz 10,366 3. Knatt 10,353 4. Stuckey 10,268 5. Fred Belt, Sierra 9,992 6. Manny Eisner, Shore AC 9,856 7. Lee Duffner, Florida 9,746 8. Bob Cella, Florida 9,648 (10 competitors) **Men 60-64:** 1. Bray 11,113 2. Brrett 10,492 3. Acosta 10,387 4. Ed Lane, Marin 9,686 5. James Fisher, Marin 9,410 6. George Kruck, Parkside 9,401 (18 competitors) **Men 65-59:** 1. Starr 10,118 2. Mike Michel, Polk Co. Striders 9,661 3. William Moreman, GGRW 9,598 4. Ed Gawinski, PHAST 9,581 5. Tom Evaul, Shore AC 9,483 6. John Kelly, California 9,346 (12 competitors) **Men 70-74:** 1. Bob Mimm, Shore AC 9,610 2. Klaus Timmerhaus, Front Range 8,910 3. Masashi Noritake, So. Cal. 8,410 (five competitors) **Men 75-59:** 1. Tim Dyas, NJ Masters 8,695 2. Herman Arrow, Marin 8,169 3. Troy Groves, Marin 8,163 4. John Levinsohn, Marin 8,162 (8 competitors) **Men 80-84:** 1. Ernest Lucken, GGRW 7,818 2. Harry Drazin, Shore AC 7,180

Women' Open Team: 1. New England (Dow, DeWitt, Shepardson) 31,504 2. Front Range (Müller, Martino, Vanoni) 30,410 3. California (Herazo, Steigerwalt, Poxon) 30,366 (23 teams)

Women's 40-49: 1. Front Range 30,410 2. Florida AC Walkers 28,622 3. Marin 28,433 (5 teams)

Women 50-59: 1. Marin 28,782 2. Marin B 26,511 (5 teams) **Women 60-69:** 1. Marin 24,640 2. Sierra 23,249 3. Silver Striders 21,250

Men's Open Team: 1. Potomac Valley TC (Carmines, Booth, Frable) 34,858 2. Shore AC (Sheller, Soucheck, Romansky 34,832 3. Pegasus (O'Brine, Sadlej, Soby 33,833 (25 teams)

Men 40-49: 1. PVTC 32,542 2. New England 31,556 3. RWNW 30,598

Men 50-59: 1. PVTC 33,214 2. Shore AC 31,199 3. Shore AC B 27,968

Men 60-69: 1. Marin 30,208 2. California 27,709 3. SHORE AC 26,600

Men 70-79: 1. Marin 24,494

(If you want entry information for this year's competition, contact Elliott Denman at 908-222-9080 or Avram Shapiro at 908-431-1039.)

From far-flung operatives, we learn of the following pedestrian events. Interested?

- Sat. May 10 5 Km, Miami, 7:30 am (Q)
8 Km, Mounds State Park, Indiana (V)
5 km, Ft. Collins, Col., 8:30 am (H)
- Sun. May 11 Jack Mortland and North Zone Championships 5, 10, and 20 Km Walks, Yellow Springs, Ohio, 8:30 am (M)
4 Mile, Denver, 8:30 am (H)
- Tue. May 13 1500 meters, Atlanta ((D)
- Fri. May 16 5 Km, Miami, 7 pm (Q)
- Sat. May 17 5 Km, Denver, 8 am (H)
5 Km, Atlanta (D)
5 Km, Bedford, N.H. (N)
- Sun. May 18 **USATF National 15 Km, North Regional 10 and 20 Km, Elk Grove, Ill. (S)**
1500 meters and 3 Km, Columbus, Ohio (M)
5 Km, Plymouth, N.H., 9 am (N)
5 Km, Needham, Mass. (N)
8 Km, Penbroke Pines, Fla., 7:30 am (Q)
5 Km, Denver, 8:30 am (H)
West Regional Women's 10 Km, Men's 20 Km, Palo Alto, Cal. (R)
Inland Empire 15 Km, Riverside, Cal., 7:30 am (B)
- Thu. May 22 NALA Women's 3 Km, Men's 5 Km, Marietta, Georgia
- Sat. May 24 5 Km, Coral Gables, Fla., 7:30 am (Q)
5Km, Ann Arbor, Mich. (O)
- Sun. May 25 East Regional 20 Km, New York City (F)
Sanford Kalb 9 Km, Lakewood, N.J. (A)
North Zone 5 Km, Bridgeton, Missouri (CC)
Alongi in Marin 5 Km, Marin, Cal., 9:30 am (P)
USATF Youth Road Walk Championships, Madison, Wis. (AA)
Art Keay Memorial 10 Km, Toronto, Ont., 11 am (I)
- Mon. May 26 10 Km, Boulder, Col., 7:30 am (H)
- Sat. May 31 3, 10, and 20 Km, Kenosha, Wis. (G)
5 Km, Fontana, Cal. (B)
- Sun. June 1 Weinacker Cup Men's 10 Km, Women's 5 Km, Dearborn, Mich. (O)
N.J. Masters 5 Km, Tinton Falls, N.J. (A)
- Sat. June 7 1500 and 3000 meters, Seattle (C)
N.J. 5 Km Champ., Piscataway, N.J. (A)
5 Km, New Castle, Penn., 9 am (BB)
5 Km, Miami, 7 pm (Q)
5 Km, Atlanta (D)
5 Km, Champaign, Ill. (S)
Colorado State 1500 meters and 3 Km, , BOulder (H)
- Sun. June 8 5 and 10 Km, Yellow Springs, Ohio (M)
5 Km, Dunwoody, Georgia (D)

- Mon. June 9 1500 meters, St. Louis (CC)
5 Km, Long Branch, N.J. (A)
- Sat. June 14 **USATF National Women's 10 Km, Indianapolis, 8 am (DD)**
5 Km, Hebron, Ill. (S)
5 Km, Atlanta (D)
5 Km, Denver, 8:30 am (H)
10 Km, Longmont, Col., 8 am (H)
- Sun. June 15 **USATF National Men's 20 Km, Indanapolis, 7:30 am (DD)**
5 and 10 Km, Dearborn, Mich. (Z)
New Mexico 5 Km Champ., Albuquerque (W)
- Mon. June 16 5 Km, Long Branch, N.J. (A)
3 Km, St. Louis (CC)
- Sat. June 21 **USATF National Junior 5 Km and 10 Km, Dayton, Ohio (DD)**
10 Km, Chicago (S)
5 and 10 Km, Pasadena, 5:30 pm (B)
1 Hour, Marin, Cal., 7:30 am (P)
Ontario Men's 10 Km, Women's 5 Km Champ., Toronto (FF)
- Sun. June 22 **USATF National Junior and Women's 20 Km, Men's 30 Km, Albany, N.Y. (EE)**
Colorado State Games 5 Km, Denver, 7:30 am (H)
- Mon. June 23 5 KM, Long Branch, N.J. (A)
5 Km, St. Louis (CC)
- Sat. June 28 Michigan 5 Km Championship, Charlevoix (Z)
5 Km, Eugene, Ore. (C)
5 Km, Lakewood, Col., 8 am (H)
- Sun. June 29 5 Km, Chicago (S)
5 and 10 Km, Desarborn, Mich. (Z)
West Regional Master's 1 Mile Champ., Sacramento, Cal. (E)
- Mon. June 30 5 Km, Long Branch, N.J. (A)
3 Km, St. Louis (S)
- July 2-6 USATF National Youth Championships, Orlando, Fla. (DD)
- Fri. July 4 5 Km, Champaign, Ill. (S)
- Sun. July 6 5 Km, Marin, Cal., 8 am (P)
- Mon. July 7 5 Km, Long Branch, N.J. (A)
1600 Meters, St. Louis (CC)

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FROM HEEL TO TOE

Next month's ORW may be a few days later than usual. We are planning a vacation beginning the second week in May, with no definite end date. So, I may not get the May issue into the mail until a few days into June. Be patient. It occurred to me, that in 32 plus years of doing this newsletter, we have never planned vacation time around the ORW schedule, but I don't recall there ever having been a conflict before. Actually, even I am amazed as my discipline in getting this out every month for that time. But, don't depend on it. . . These seem to be good times for those seeking advice on racewalking, be it for competition, recreation, or health reasons. We have recently reviewed new books by Ron Laird and Bob Carlson and given you information on obtaining them. Now we have another book in hand, *Walk Like An Athlete: Maximizing Your Walking Workout*, by Jeff Salvage and Gary Westerfield. As are the other two authors, these are men who have been around the sport for awhile and can draw on a lot of personal experience and contacts. They speak with some authority. (Though, as with the other books, I don't necessarily agree with all that is put forth. But no one agrees with all that I put out either. That's why it's nice to consult several authorities and reach your own final conclusions.) Gary competed at the top levels of the sport for many years, beginning in the late '60s and has coached many very successful walkers, male and female. He is an IAAF (International Amateur Athletic Association) certified judge and also coaches high school track and field athletes. Last year, he received the USATF Life Time Contribution Award for his contribution to the sport of racewalking. Jeff has also competed at the international level. He founded the Philadelphia Area Striding Team (PHAST) and is the Mid-Atlantic Racewalking Chairman. A professor at Drexel University, he created the WellnessCenter, one of the largest Internet publishing centers for walking, health, and fitness information (www.wellnesscenter.com). Their book is intended to help readers transform pedestrian gaits into athletic walking. They provide a step-by-step approach to athletic walking (I think this is a neat term and better than racewalking when the initial intent is to show people how to get more benefit from their walking activities), and offer guidance in stretching, nutrition, and injury treatment. They give you reasons to adopt the athletic approach to walking, tell you how to get started and how to train to improve both endurance and speed, and cover many of the peripheral aspects of a walking program. So, I recommend this book, along with the other two. Spend lots of money on books, digest them well, and decide what's best for you. One caveat,

however. As I read Jeff and Gary's description of racewalking technique, I became aware that had I picked up this book completely cold--never having seen racewalking or heard anything about it--I wouldn't be able to go out and racewalk after reading the book. And this isn't a criticism of this book--I would say the same of any of the many books I have read through the years. No matter how aptly someone describes the mechanics, you need to see the technique in action before you can execute it. At least that's my feeling. Fortunately, with the occasional commercial featuring racewalkers, the occasional sports program exposure, and more people on the roads emulating "athletic walking", a lot more people have an idea of what's being talked about--they might have an image and then the words become more clear. So, if you want this book, you can have all 128 pages for \$14.95 (plus \$3.00 for postage and handling, and appropriate sales tax for New Jersey residents) from :Walking Promotions, 86 Five Crown Royal, Marlton, NJ 08053. Discounts are available for large orders. . . And, if you want to see what you are trying to learn, as I recommend, well, Martin Rudow has a new video out. Martin's credentials are every bit as impressive as the other authors mentioned. His book, *Advanced Race Walking*, has gone through three editions, and remains the best book available for those seeking to join the ranks of elite, highly competitive walkers. He has also done two earlier videos. In describing his latest video effort, *Race Walking To Win*, he says: (Two years ago, when I announced *Maximum Walking*, I already knew that we needed something else. *Maximum Walking* brought the benefits of competitive racewalking to fitness walkers, and I think it succeeded. Certainly it has been well received with more than 5,000 copies sold. But it did not really address the needs of the group that is closest to my heart and soul: competitive racewalkers. Competitive walkers have needed an instructional videotape that deals with the technique challenges and opportunities we face in 1997--especially the new knee straightening rule. To fill this need, I created *Race Walking To Win*, which represent everything I have learned about racewalking technique in my 35 years of involvement with the sport." The 20-minute video explains and demonstrates the technique adjustments competitive racewalkers can make to increase speed, become more efficient, and improve legality. I haven't had the opportunity to view the video yet, but judging from Martin's past efforts, it should justify your purchase. For more information on the new video (\$22.50, plus \$1.75 shipping with 25% discount for three or more) or Martin's other products, contact Technique Publications, 4831 NE 44th Street, Seattle, WA 98105; phone 1-800-WALKMAX or 206-527-5301, FAX 206-527-1223. . . In the February issue, I mentioned, Shaul Ladany's book *The Walk to the Olympics*, which is written in Hebrew, and noted that I should add it to my collection of books on walking that I can't read (in Spanish and French). Shaul has been kind enough to send me a copy, and has inscribed it: "Jack, This is not only a book in a language you cannot understand, but it is also written with letters you can't read. . . However, even the pictures tell a story; you probably recognize most walkers. Shaul, March 10, 1997." Of course, he doesn't mention that the front cover is on the back, and you have to read what you can't read backward. But I will treasure it nonetheless. Thanks Shaul. . . Elliott Denman responds to the piece on George Goulding in the March issue: "In 1957, I had the honor of meeting Mr. George Goulding at a 10-mile race at the Exhibition Stadium track in Toronto. I was thrilled to meet this great, great champion, who was still spry and alert at that time. He, of course, is a big part of Canada's walking tradition, of which our neighbors are surely so proud. I am glad you have brought George Goulding's feats back to life. That was a golden age of walking. We need to bring it back! Another great Canadian walker I'd like to learn more of is Henry "Hank" Cieman, the great champion of the 1930s at an array of distances. As I've been told, Hank Cieman had the guts to personally stay away from the 1936 Olympics in the face of Hitler's rise, and that he, too might have been a medalist. Are there any readers of ORW who can tell us more of Mr. Cieman? (Ed. Henry was a long-time subscriber to the ORW, but I can't tell you more about him than that he won the US 50 Km title three times (1930, 1934, and 1935), as well as the US 3 Km (1938) and the US 7 miles (1930). Perhaps Roger Burrows or Roman Olszewski can provide some background. With that plea out to two faithful subscribers, we'll see what the mails bring.) . . We

ran a couple of articles by Jim Coots a few months back. Bob Daniel in Prescott, Arizona notes that in addition to what we mentioned about Jim, he also coaches all comers nearly every Saturday morning at 7 at Irvine High School in Irving, California. There are as many as 35 people every weekend, some driving as much as 120 miles to get his coaching. Bob says he was one of them. . . .

Camps and clinics: Dr. Andy Palmer, the owner of the Maine Running Camp for 19 years, will have a week-long Beginning Racewalking camp for the first time. The setting is one the ocean in beautiful Bar Harbor. There will be sessions on stress management, goals, performance enhancement, video taped analysis, racewalking techniques to keep you fit forever, weight control and nutrition, injury prevention, rules of racewalking, and alternative activities, including hiking, biking, climbing, and kayaking. Bonnie Stein, who has been doing racewalking clinics and classes in the Atlanta area for some time, will lead the racewalking portion. Dr. Palmer and two other coaches will lead the other sessions. The cost is \$595 for the July 13-19 experience. Call 404-847-WALK for more information. . . . Sportfit Adventures, Inc. and Director Sally Richards, offers fitness camps for women in Winter Park, Colorado. Sally was a National Racewalk member and holds several master's records. The camps offer fitness walking and racewalking for all levels, as well as hiking. Contact Sportfit Adventures, 1153 Bergen Pkwy., Ste. 224, Evergreen, CO 80439, 303-674-4428. . . . USATF Weekly Notes reports that major international track and field competitions will be divided into four classes starting in 2004. IAAF member nations will be divided into four groups based on population. While the Olympics will continue to be conducted at a single site, the World Championships will be divided into four separate meets at different sites. This, to me, is worse than Indiana high school basketball making a similar decision. Track is primarily an individual sport, but with this setup, we will never know who the real Olympic or World champions are. Who is the World's fastest human? Oh, I think it is probably the Class B guy. Of course, we will still have the T&F News and ORW annual world rankings to tell us (providing Jack Mortland or the ORW is still around at that advanced date). But they will be more difficult to do and even more controversial than they already are. Actually, I don't know at this point if this decision will affect the World Cup of Racewalking, but Olympic and World Championship walkers will be divided along with the rest. A possible positive note for U.S. walkers could be loosening of qualification standards for the latter two competitions. With far fewer nations competing in each class than we now have in total, one might expect the acceptance of more athletes from each country. (Note: The report appeared in the April 1 issue of *Weekly Notes*.)

LOOKING BACK

30 Years Ago (From the April 1967 ORW)--On the West Coast, Don DeNoon took the measure of Ron Laird by 2 minutes, winning a 30 Km race in 2:30:00. Then Laird turned the tables at 20 Km, winning by just 1 second in 1:33:23. . . . The Ohio 20 Km title went to Jack Mortland in 1:41:13.

25 Years Ago (From the April 1972 ORW)--The National 25 Km title went to Larry Young in 1:57:28 following a race-long dual with Goetz Klopfer. Goetz hung on until the final mile and finished a half-minute back, only to find that he had been DQ'd. So second went to Bill Ranney in 2:03:13 with Todd Scully third. The race was held in Seattle. . . . The annual 50-miler in New Jersey went to Shaul Ladany in 7:23:10 with Bill Walker a half-hour back in second. Shaul went through the 50 Km mark in 4:30:46. . . . Young added the National 20 Km title to his laurels, winning on Long Island in 1:32:43. Ron Daniel was second in 1:34:10, followed by Floyd Godwin, John Knifton, Jerry Brown, and Todd Scully. Your editor decided Long Island didn't like him as he received the second DQ of his career, the first having come 12 years earlier in the National 10 Km--on Long Island. . . . Back home in Missouri, Young also had a 4:34 for 10 Km and covered 8 miles 415 yards in an hour. . . . In East Germany, Karl-Heinz Stadtmueller bettered

the world record for 30 Km with a 2:14:16. Also in East Germany, Hans-Georg Reimann had a 1:26:13 for 20 Km. Paul Nihill did 1:26:55 in England.

20 Years Ago (From the April 1977 ORW)--Wayne Glusker and Dave Himmelberger shared the National 35 Km title, finishing in 3:03:50 in Palo Alto. Bryan Snazelle was just 40 seconds back. . . . Shaul Ladany continued to dominate the ultras, winning the National 75 Km title in a record 7:04:48 (4:35:44 at 50). Martin Kraft was second in 7:27:15, Alan Price third, and Gerry Bocci fourth. . . . In Turku, Finland, Reima Salonen did an indoor 3 Km in 11:05.1, passing 1 mile in 5:53.2.

10 Years Ago (From the April 1987 ORW)--Tim Lewis and Debbi Lawrence emerged victorious in the DC Invitational walks. Lewis had 1:27:16 for 20 Km, 38 seconds ahead of Carl Schueler. Ray Sharp had 1:29:24 and Mike Stauch and Steve Pecinovsky 1:29:59. Dave McGovern was 3 seconds over the hour-and-a-half mark. Lawrence was convincing as her 47:33 put her 63 seconds ahead of Lynn Weik, with Maryanne Torrellas third in 48:56. The Vaill sisters, Teresa and Lisa, also broke 50 minutes.

5 Years Ago (From the April 1992 ORW)--Carl Schueler and Marco Evoniuk both qualified for their fourth Olympic team at the 50 Km Trial in New Orleans. Joining them was Herm Nelson, who gutted it out in second place for a 4:04:38, just under the qualifying standard of 4:05. Evoniuk, in third (4:09:44) already had met the standard. Schueler won the race in 4:02:10, after going through 25 Km in 1:56:57, which proved a bit quick on the day, but he was never in danger of losing the race. Following the first three were Andrzej Chylinski (4:11:53), Jonathan Mathews (4:12:28), and Dan O'Connor (4:13:53). . . . At the National Invitational in Washington, D.C., Canada's Janice McCaffrey edged Teresa Vaill in the 10 Km, 45:07 to 45:16. Lynn Weik (45:38) and Maryanne Torrellas (48:06) followed. Tim Lewis won another title at 20 Km in 1:28:47, 25 seconds ahead of Ian Whatley. Dave McGovern led a closely bunched pack for third in 1:29:31, as five more (Ray Funkhouser, Mark Manning, Steve Pecinovsky, Carl Schueler, and Marc Varsano) came in under 1:30. . . . Alan James passed on the D.C. race, but a week earlier blasted a 1:25:01 in Long Beach. Dave Marchese followed in 1:28:56. . . . A competitive 20 Km in Monterey, Mexico saw Czech Igor Kollar winning in 1:22:57, with six others at 1:24:00 or better. Another Czech, Roman Mrazek was second, followed by Russia's Mikhail Schennikov, Ernesto Canto, Walter Arena (Italy), Joel Sanchez, and Daniel Garcia. . . . In a show of strength, Spain had five walkers under 3:50 in their National 50 Km, won by Jaime Barroso in 3:48:08. . . .

Official IAAF World Records

(As of 12/31/96)

20 Km	1:17:25.6	Bernardo Segura, Mexico	Bergen, Norway, 5/7/94
2 Hours	29:57.2 m	Maurizio Damilano, Italy	Cuneo, Italy, 10/3/92
30 Km	2:01:44.1	Maurizio Damilano, Italy	Cuneo, Italy, 10/3/92
50 Km	3:40:57.9	Thierry Toutain, France	Hericourt, France, 9/29/96
5 Km (In.)	18:07.08	Mikhail Schennikov, Russia	Moscow, 2/14/95
Women			
5 Km	20:13.26	Kerry Saxby-Junna, Australia	Hobart, 2/25/96
10 Km	41:56.23	Nadezhda Ryashkina, USSR	Seattle, 7/24/90
3 Km (In.)	11:44.0	Alina Ivanova, Unified Team	Berlin, 2/15/92