



OHIO RACEWALKER

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SWEDES SHINE IN NEW YORK MARATHON

New York City, Oct. 27--The race walking division of the New York City Marathon saw outstanding performances by two Swedes. Bo Gustafsson was an easy winner, his 3:15:55 leaving Marco Evoniuk 8 minutes behind. His pace would have put him well under 4 hours for 50 km. In third place, Ann Jansson turned in a 3:39:43 clocking, easily the most outstanding distance performance ever by a woman. To put it in perspective, the World Best for 40 km (more than a mile and a quarter short of the marathon distance) is 3:52:24. Susan Liers did that. Jansson had to be well under 3:30 at the 40 km mark.

Results: 1. Bo Gustafsson, Sweden 3:15:55 2. Marco Evoniuk, Bud Light Track America 3:23:56 3. Ann Jansson, Sweden 3:39:43 4. Tim Lewis, New York AC 3:42:13 5. Carl Schueler, East Side TC 3:45:26 6. Randy Mimm, Shore AC 3:49:38 7. Simon Baker, Australia 3:53:21 8. Tom Edwards, Island TC 3:59:27 9. John Alfonso, North Jersey Striders 4:00:21 10. Tim Chelius, Shore AC 4:19:37 11. Marc Bagan, East Side TC 4:23:54 12. Howard Jacobson, ESTC 4:24:38 13. Alan Jacobson, ESTC 4:25:55 14. Lon Wilson, ESTC 4:34:47 15. Bob Mimm, Shore AC 4:34:49 16. John Shilling, Island TC 4:38:03 17. Franco Pantoni, ESTC 4:47:25 18. Jessie Adair, ESTC 4:47:30 19. Frank Lamorte, Metropolitan Racewalkers 4:47:53 20. Bob Timmons, New York Masters 4:52:55 21. Bruno Galeotti, ESTC 4:55:15 22. Joan Blake, Met. RW 4:57:05 23. Cervin Robinson, ESTC 4:58:49 24. Tim Dyas, NJ Masters 5:10:43 24. Don Johnson, Shore AC 5:12:36 26. Bernie Kaufman, ESTC 5:19:43 27. Elliott Denman, Shore AC 5:21:26 (36 finishers)

OTHER RESULTS

Metropolitan 10 Km Championship, Central Park, New York City, Oct. 20--1. Tom Edwards 45:35 2. Curtis Fisher 45:36 (1st Junior) 3. John Slavonic 47:13 4. Alan Jacobson 47:19 5. Juan Santana 47:51 6. Jeffrey Salvage 48:22 (2nd Jr.) 7. Renaldo Hernandez 50:19 8. Ed O'Rourke 50:30 9. Nick Harding 53:47 (3rd Jr.) 10. Howard Jacobson 53:47 (1st over 50) 11. James Campoli 53:56 (4th Jr.) 12. Lynn Weik 54:03 (1st Woman and 1st Jr.) 13. Richard Harper 56:13 14. Deirdre Collier 57:14 (2nd Woman and Jr.) 15. Laura Ann Nockland 57:29 (3rd woman and Jr.) 16. Frank Lamorte 59:23 (1st over 60) 17. Jesse Adair 59:29 18. Bill Omeltchenko 60:53 (2nd over 50) 19. Frank Mollignano 61:55 20. Cervin Robinson 61:47 (3rd over 50) (28 finishers) Henry Laskau 5 Mile, Mineola, N.Y., Nov. 3--1. Curtis Fisher 36:51 2. John Slavonic 37:11 3. Pat Flannery 39:02 4. Bob Ryan 39:43 5. Robert Gottlieb 41:24 6. Lee Bogart 43:08 7. John Shilling 43:40 8. Ed Leitz 44:45 9. Richard Goldman 46:30 10. Darren Cotten 46:36 11. Bill Omeltchenko 47:01 12. Frank Mollignano 47:16 13. Tim Dyas 47:22 14. Andrew Duggan 48:34 15. Mel Rubin 48:51 (23 finished. DQ--Nick Harding 37:48, Tim Chelius 41:32, Joseph Giaquinto (67).49:24) Women: 1. Teresa Vaill 40:09 2. Lynn Weik 41:15 3. Maryanne Torrellas 44:45 4. Dierdre Collier 44:52 5. Frances Montes 45:31 (to page 4)

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO



LUGANO-ESCHBORN CUP SCENES. East Germany's Hans Gauder is on his way to a decisive win in the Lugano Cup 50 Km. In the lower photo, China's Hong Yan, who went on to win the Eschborn Cup 10 Km is seen between Kerry Saxby (4) of Australia and Olga Krishtop, USSR. Leader at this point is Vera Osipova. Sweden's Ann Jansson (42) trails. Others not identified. Photos from the Race Walking Record.

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OPPORTUNITIES TO TEST YOURSELF AGAINST OTHERS WITH A PENCHANT FOR WALKING IN THE HEEL AND TOE STYLE

Sat. Dec. 14--5, 10, 15, and 20 Km, Seattle, 1 pm (P)
5 and 10 Km, Washington, D.C., 9 am (Q)

Sun. Dec. 15--5, 10, and 15 Km, Pasadena, Cal., 8:30 am (D)

Sat. Dec. 21--10 and 20 Mile, Greenbelt, Maryland, 10 am (Q)
10 Mile, Columbia, Missouri, 9 am (C)

Sun. Dec. 22--50 Km, Houston, Texas (N)

NATIONAL ATHLETICS CONGRESS MENS INDOOR 5 KM, JUNIOR AND SENIOR AND WOMENS OPEN 5 KM, WEST POINT, NEW YORK (R) (or call Tracy Sundlun 212-595-9640, post entries accepted)

Sun. Dec. 29--10 Mile, Asbury Park, NJ, 10 am (E)

Mon. Jan. 1--Hangover Classic, Washington, D.C., 12 noon (Q) (Distance not specified.)

As you can see, we need a little information about what is happening in 1986 if we are to keep readers informed on where they can race. Send us your schedules and we will pass them on to that vast audience thirsting for walking races!

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Q--Bill Hillman, 700 7th St., S.W. #134, Washington, D.C. 20024

P--Dan Pierce, 1137 NW 57th St., Seattle, WA 98107

(I guess P usually precedes Q in an alphabetical list, but we like to keep you guessing.)

R--Gary Westerfield, Box 440, Smithtown, NY 11787

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TANG MARCH MOVES ON

The Tang March Across America for Mothers Against Drunk Driving (MADD) moved through Columbus on schedule on November 13. Ron Laird and John Fredericks continue to drive the support van and put in several miles a day themselves. Others walkers are flown in for a week or so at a time. John Slavonic was on duty as they marched through Columbus.

The march is the largest undertaking ever of its kind. It started in Los Angeles on August 17. By the time it ends in Washington, DC on December 9, the walkers will have covered a 4,205-mile route across 15 states with visits to 26 major cities. Thousands of mothers and other concerned citizens are participating and millions more are becoming aware of MADD and its goals--to protect and insure the safety, well-being, and future of the American family.

Along the route, the walkers are carrying relay-style the "Declaration of Caring" and participating marchers are pushing the "Family Photo Carriage." Both symbols of the walk that will be presented to top elected officials at the conclusion of the March on the steps of the nation's Capitol.

6. Karen Rezach 46:39 7. Jessie Adair 47:25 8. Gale Lichter 47:34 9. Vicki Mollignano 48:26 10. Susan Schlager 49:45 11. Stella Cashman 50:20 12. Dee Dee Meehan 51:09 13. Jennifer Utz (13) 52:03 (29 finishers)
- Michigan TAC 5 Km Championship, Grosse Pointe, Nov. 2--1. Gary Morgan 22:31 2. Max Green (1st Master) 24:34 3. Dan O'Brien 25:28 4. Leon Jasionowski 25:39 5. Greg Near 26:54 6. Frank Soby 27:16 7. Bill Kennedy 29:06 8. Walt Lubzik 29:09 9. Paul Perry 29:54 10. Jennifer Green 30:05 11. Louise Goodman 33:48 1 Hour, Austin, Tex., Oct. 20--1. John Knifton 7 mi 1635 yds 2. Ivan Hernandez 7 mi 1368 3. Jose Miranda 7 mi 1366 4. John Coward 5 mi 1021 (13 finishers) 15 Km, Houston, Texas, Sept. 22--1. John Knifton 1:21:19 5 Km, Milano, Texas, Sept. 21--1. John Knifton 25:17 (2 hours after 36:10 for 10 Km run) 10 Km, Phoenix, Airz., Nov. 10--1. Gus Pappas 57:10 2 Mile, same place--1. Hal Nystrom 19:34 2. Sandi Pollock 19:36 2 Mile, Phoenix, Sept. 21--1. Gus Pappas 19:09 Women--1. Peggy Keith 21:44 10 Km, Los Angeles, Nov. 3--1. Bilduilfo Anadavlo, Mex. (?) 39:57 2. Martin Bermudez, Mex. 39:58 3. Marcelino Colin, Mex. 40:01 4. Jaime Lopez 40:10 5. Paul Wick 41:46 6. Mauricio Villegas 41:59 7. Larry Walker 43:51 8. Eliseo Salgado 44:02 9. Hernan Andrade 45:01 10. Nelson Funes 45:18 11. Alan Jacobson 46:41 12. Enrique Flores 48:43 13. A. Cortez 48:52 14. M. Hartzell 49:16 15. Keith Ward 49:18 16. R. Brennan 49:59 17. R. Cruz 50:08 17. Ed Bouldin 50:46 18. Saul Loya 52:02 19. S. Tabb 52:46 20. Howard Jacobson 53:24 21. J. Izaquirre 53:41 22. Jim Coots 54:44 23. Bill Hutchinson 54:57 24. L. Burch 55:21 25. L. Acosta 56:41 26. R. Nester 57:27 27. E. Rinderle 57:53 28. R. Oliver 58:34 29. M. Roads 59:17 30. D. Snyder 59:33 31. A. Monroe 60:14 (38 finished) Women: 1. Jolene Steigerwalt 58:06 2. L. Green 62:00 3. Kathleen Huddleston 62:46 (12 finishers) 5 Km, same place--1. A. Carmona, Mex. 21:31 2. F. Valerio 22:33 3. Alan Jacobson 25:46 4. F. Dong 26:24 5. Bob Burk 27:32 6. Bob Brewer 27:37 7. Jesus Orendain 30:01 8. Michael Dempsey 30:17 (37 finishers) Women: 1. Maria Luz Colin, Mex. 25:41 2. Estella Rodarte, Mex. 26:52 3. Sybil Perez 28:53 4. A. Kravetz 29:05 5. V. Scales 30:36 (75 finishers) 5 Km, Pasadena, Oct. 20--1. F. Valerio 23:44 2. S. Tabb 25:48 3. A. Cortez 25:48 4. J. Orendain 29:48 Women--1. Sybil Perez 28:57 2. Cindy Perez 30:46 10 Km, same place--1. A. Cortez 48:19 2. M. Hartzell 52:10 3. Jim Coots 56:37 4. R. Oliver 59:18 5. H. Keippela 60:39 6. E. Rinderle 61:07 15 Km, same place--1. N. Funes 1:11:53 2. E. Flores 1:12:30 3. Ed Bouldin 1:17:43 4. L. Burch 1:21:17 5. J. Izaquirre 1:25:16 10 Km, San Francisco, October 26--1. Chuck Marut 51:46 2. Karl Kruger 54:13 3. Cary West 55:23 4. Ken Kretzschman 56:29 5. Mary Baribeau 57:02 6. Lori Maynard 57:22 7. Jeannie Mendelson 57:25 8. Don Jankowsky 59:27 9. Bob Matulac 59:33 10. Karen Stoyanowski 61:51 11. Steve Pendlay 61:09 12. Sandy Wang 61:28 13. Beth Sibley 61:36 14. Diane Mendoza 62:12 (32 finishers) 1 Hour, San Francisco, Oct. 13--1. John Ratto 7 mi 781 yds 2. Chuck Marut 7 mi 768 3. Otto Sommerauer 5 mi 878 5 Km, San Francisco, Oct. 19--1. Fred Dunn 27:28 (age 56) 5 Km, Monterey, Aug. 30--1. Mary Baribeau 27:48 1/2 Marathon, Sacramento, Oct. 6--1. Diane Mendoza 2:14:40 2. Karen Stoyanowski 2:22:30 3. Pat Chadwick 2:25:17 4. Harry Siitonen 2:29:55 Women's 20 Km, Islington, Ont., 1. Micheline Daneau 1:47:41 2. Christine Ostiguy 1:53:52

FROM HEEL TO TOE

We never received results from the National Masters meet in Indianapolis (in which your editor intended to participate until summer-long sciatic problems made it a worthless venture), but do now know that John Knifton both the 5 and 20 in the over-40 category, and presumably, overall. His times were 23:29 and 1:46:46. . . We will no longer have a Lugano Cup and

Eschborn Cup. Beginning with the 1987 edition, to be contested in New York City, they will be designated simply the World Cup for Men and World Cup for Women. Furthermore, there will be no qualifiers, as in the past. All nations that are members of the IAAF will be free to enter. This will make the individual aspect of the races more truly World Championships. . . In the National 100 Mile in Columbia, Mo, reported last month, Alan Price had 10 Km splits of 55:07, 1:52:21, 2:56:08, 4:03:08, 5:10:58, 6:19:17, 7:30:35, 8:43:56, 10:01:57, 11:24:24, 12:49:16, 14:13:26, 16:16:00, 17:54:43, 19:12:11 and 20:32:06, finishing the 100 in 20:37:30. Bob Davidson dropped nearly 3 minutes behind of him by 20 Km, but then caught up and was right with him at 40 and 50. Bob dropped a minute and a half over the next 10 and then started to fade quickly, trailing by 37 minutes at 110 Km. He then laid out for awhile, before coming back to complete just over 193 miles in the allotted 24 hours. Second-place Darwin Hindman, age 52, walked very steadily, although slowing gradually. His 40 km splits were 5:05:41, 10:42:40, 16:24:32, and 22:43:30. He finished the 100 in 22:52:14. . . Only one walking event was among the 22 World track and field records (men and women) broken in 1985. That was the 30 Km, in which Italy's Maurizio Damilano set a record of 2:03:04 on May 5. There were two American walking records broken--the 5 Km and the Women's 5. Tim Lewis did 40:20:57 in Bremen June 24. The former and Maryanne Torrellas had 22:51:10 at the same site in the latter. Lynn Weik set an American Junior record at 3 Km with 14:35.38 in June. . . The inaugural World Junior Championships, to be held in Abens on July 16-20, 1986, will include a 10 Km walk for men and a 5Km for women. . . Copies of the TAC/USA Indoor Athletics Calendar for 1986 are available for \$2.00 from TAC's Book Order Department, P.O. Box 120, Indianapolis, IN 46206. They also have copies of the 1986 European Track and Field Calendar at the same price. . .

NIKE ANNOUNCES NEW WALKING SHOE

Beaverton, Ore.--In November, NIKE Inc. began production of the EXW, a new shoe designed expressly for walking. "Exercise walking is a growing phenomenon in this country," stated Cindy Loy, NIKE's walking line product manager. "The EXW is the first shoe designed specifically for the serious walker, people who walk for exercise."

Fitness experts for some time have touted the benefits of exercise walking: improved cardiovascular fitness, strength building, flexibility and avoidance of injury. "Walking is fast being recognized throughout the country as a credible form of exercise," explained Loy. "Although it is still a sport in the grassroots stage, walking clubs and organized walks are springing up everywhere."

Aware of this direction, NIKE investigated the activity, worked with Olympic race walkers, studied the movements involved in the sport and developed a shoe that would respond to those unique requirements. In walking, according to extensive research in biomechanics and foot morphology at NIKE's Sports Research Lab, it is the heel that takes the most pounding. The ground contact time is relatively long as the walker uses the ground as a platform, supporting the roll-through motion of the foot.

The patented NIKE-Air^R cushioning system is encompassed in the Airliner, inserted within the shoe, which gives the EXW exceptional comfort and protection on impact while helping to ease the foot into a rolling motion. The low profile of the midsole keeps the walker close to the ground so that he/she can feel the more surefooted and secure in movement. The perforated, light-weight synthetic suede upper affords breathability, repels water, and main maintains its shape.

Production of the EXW, according to Loy, was NIKE's response to an increasing number of inquiries by customers for a walking shoe. "This is an athletic shoe, not a leisure shoe," she said. "Walking as a sport has now become a form of genuine exercise for all ages."

The new shoe is scheduled for delivery to retail stores in early spring of 1986. Its suggested retail price is \$55.00. It will be offered in both men's and women's models.

If you want further information write NIKE Inc., 3900 S.W. Murray Blvd, Beaverton, OR 97005, or call Chris Van Dyke at 503-641-6453. Tell them you read about it in the ORW.

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Also on the shoe front, Alan Wood reports: Much is being written about the Rockport shoes for walking. Charlie Silcock recommends their comfort shoe, model #2107M "for everyday use and for those who have to stand a lot. They are the first shoe accepted by the American Podiatric Medical Association." They sell for \$67. If they are not in your store, write to the Rockport Co., 72 Howe St., Marlboro, Mass. 01752 for a list of stores near you. (Ed. While I have not seen this shoe, or pictures of it, it may well be more a "leisure" than a "sport" shoe. The NIKE described above definitely to be a race walking shoe.) Rockport is also coming out with the ProWalker for the serious walker and is doing much to promote walking, including co-sponsoring Robert Sweetgal's cross-country walk.

Alan also says: At least one expert says that a heel is helpful in race walking (Ed. The British used to insist it was essential.), and many foot and leg problems are alleviated by adding a heel or lift. Some leisure shoes can substitute nicely for flats. Kinney has a summer hush-puppy shoe (Ed. again. Let us not forget Todd Scully's many years of competing in Hush Puppies.) called Gass-Lites. They are featherweight; loose fitting (only three eyelets on each side); and sell for about \$20. Kinney also has a Rockport-type leisure shoe (stock # 85940-3_ for about half the Rockport price.

So much for shoes.

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LOOKING BACK

15 Years Ago (From the Nov. 1970 ORW)--Goetz Klopfer walked an American record 2:33:59.8 for 20 miles in Seattle. On the way, he set records at 15 miles (1:54:47), 25 Km (1:58:52), 2 Hours (15 mi 1192 yds), and 30 Km (2:23:14). . .The Mortlands produced son No. 2 on November 6, Scott Allen. . .In the Cincinnati Thansgiving Day race (a short 6 Miles), Wayne Yarcho edged Doc Blackburn 48:45 to 49:10, with Dale Arnold and Clair Duckham following. . .Jerry Bocci won two races at the Ohio Track Club Distance Carnival with 1:25:40 for 10 miles and 15:44 for 2. . .Dave Romansky beat Ron Daniel in a short 15 miles in Long Branch, N.J., 1:56:55 to 1:58:33. . . Larry Walker zipped through a 6:18.3 Mile in Los Angeles, beating Jim Hanley by 8 seconds. . .East German Christoph Hohne won the Lugano 100 Km race in 9:26:31, missing his own course record by 10 minutes.

10 Years Ago (From the Nov.-Dec. 1975 ORW)--Larry Young easily won the National 30 Km in 2:25:26 with Paul Ide nearly 13 minutes back and Augie Hirt even further behind in third. . .Two weeks later, John Knifton edged Young in the National 35 Km in Pittsburgh. John had 2:53:04 to Larry's 2:53:36. Ide was third, followed by Ray Floriani, Ron Kulik, and Ron Daniel. . . In the ORW's 6th World Rankings, Mexico's Daniel Bautista and Domingo Colin were ranked one-two in the 20 Km. Germans filled the next four slots, three of them from the East--Karl-Heinz Stadtmuller, Hans-Georg

Reimann and Peter Frenkel. The West's Bernd Kannenberg split them in four Kannenberg topped the 50 Km rankings, followed by Soviets Veniamin Soldate and Yevgeniy Lyungin, and countryman Gerhard Weidner. Larry Young led the rankings at 20 followed by Todd Scully, Jerry Brown, Tom Dooley, John Knoff and Bob Kitchen. Larry also was on top in the 50, where he won the National title by 12 minutes. . .Kannenberg had set a world's 50 Km record in October with a 3:56:51 on the track. Another world mark fell to Italy's Vittorio Visini at 20 Miles in 2:27:38.

5 Years Ago (From the November 1980 ORW)--In San Diego, Paul Hendricks walk brilliantly to beat Allen Price and his American record in the National 100 mile. Paul finished in 18:49:52. Price was also beaten by surprising new comer, Jonathan Rem, who did 19:19:46. Allen snuck under 20 hours and five others finished the 100. . .The National 40 Km, contested in Long Branch, N.J., went to Dan O'Connor in 3:24:21. Dan overhauled Ray Sharp in the final 10 Km and left him better than 4 minutes behind. Randy Mimm captured third. . .Nikolai Minnetschenko cruised to a 1:21:47 20 Km and the Soviet title as 13 walkers battered 1:26:00. . .Soviet Boris Yakovlyev won the 9-day, 9-stage Tour de Romandie in Switzerland, covering the 289.7 Km in an elapsed time of 25:28:27.

FURTHER RESULTS FROM OUTSIDE THE U.S.

Women:

5 Km (Track), Leningrad, May 12--1. Makarova 23:36.4 5 Km, Mogilyov, June 22--1. Raisa Sinyavina 21:59 2. Ludmila Hrustyova 22:05 3. Raisa Prudnikova 22:11 4. Galina Yezhova 22:15 5. Irina Shubina 22:22 6. Vera Prudnikova 22:26 7. Tamara Kovelenco 22:29 8. Natalya Spiridonova 22:42 9. Elena Veremeichuk 22:44 10. Valentina Ksenofontova 22:00 11. Rimma Makarova 23:01 12. Lubov Aleksandrova 23:13 13. Lyuvov Klesnikova 23:18 14. Svetlana Kashina 23:26 15. Yevgeniya Troshkina 23:29 16. Anna Michula 23:30 17. Tatyana Fillipova 23:36 18. Ludmila Nityagovskaya 23:44 19. Vida Shalchute 23:44 20. Svetlana Polovinko 23:56 10 Km, same place-- 1. Loga Krishtop 46:14 2. Natalya Serbinenko 46:18 3. Lidiya Levandovskaya 46:24 4. Yelena Kusnecova 46:58 5. Tatyana Krivohizha 47:13 6. Nina Mushnikova 47:14 7. Vera Osipova 47:49 8. Marina Shypilo 47:54 9. Yelena Rodionova 48:02 10. Irina Tolstik 48:38 11. Nadezda Semenova 49:02 12. Irina Strahova 49:16 13. Galina Shvidkaya 49:25 14. Svetlana Karbukina 49:28 15. Yuliya Lianik 49:57 16. Polina Bisnya 50:16 17. Natalya Yaroshenko 50:22 18. Natalya Storozhenko 50:42 10 Km, Delle/Belfort, France, Sept. 7--1. Suzanne Greisbach 49:09.5 2. Jutta Schwoch, WG 51:25 20 Km, Schutterwald, WG, Oct. 5--1. Adelheid Azchieschang 1:49:43 2. Margot Ehrenberger 1:50:15 3. Barbara Knahringer 1:53:22 5 Km (track), Bucharest, July 13--1. Liliana Dragan 23:36.4 2. Agneta Nemes 23:37.9 3. Victoria Oprea 23:41.4 5 Km (track), Bucharest, June 22--1. Lenura Ignat 23:19.4 5 Km (track), Ottawa, Can., Aug. 3--1. Janice McCaffrey 22:55 2. Ann Peel 23:00 3. Allison Baker 23:11 Nordic 5 Km Champ., Pori, Fin. Sept. 7-- 1. Ann Jansson, Swed. 22:17.1 2. Monica Gunnarsson, Swed. 22:58 3. Gunhild Kristiansen, Den. 23:37 3. Karin Jensen, Den. 23:54 Nordic 10 Km Champ., Pori, Sept. 8 (track)--1. Ann Jansson 46:40 2. Mirva Hamalainen, Fin. 48:40 3. Sirkka Oikarinen 49:10 4. Helena Astrom, Fin. 50:37 5. Margareta Olsson, Swed. 51:03 Danish 5 Km Champ., Tastrup, Sept. 21--1. Gunhild Kristiansen 23:26 2. Karin Jensen 23:53 (track) 5 Km (track), Jihlenc, Czech., Aug. 6--1. Dana Vavracova 23:48 2 Hour, Prague, Oct. 12-- 1. Jana Zarubrova 22:239 meters (1:47:15 at 20 Km) 2. Dana Semelova 20:259 (1:58:19) 10 Km, Walbrzych, Pol., Sept. 29--1. Renata Rogoz 50:12 1 Hour, Warsaw, Oct. 12--1. Ewa Musur 12,011 meters (50:13 at 10 Km) 2. Renata Roguz 11,669 50 Km (track), Warsaw, Oct. 12--1. Sofia Turosz 5:13:50 (World's best--60:28, 2:00:06, 3:02:09, 4:06:22)

Men:

20 Km, Magilyov, USSR, June 2--1. Vyatcheslav Ivanchenko 1:22:36 2. Vyathheslav Smirnov 1:23:00 3. Aleksey Pershin 1:23:36 4. Aloizas Bliduzias 1:24:05 5. Stanislav Vezhel 1:24:05 6. Rimantas Simlevicius 1:24:09 7. Petr Kahnovich 1:24:16 8. Sergei Bentikov 1:24:26 9. Aleksandr Shukov 1:24:39 10. Vladimir Pishko 1:24:40 11. Venyamin Mikolayev 1:25:13 12. Sergei Shildret 1:25:41 (20th place 1:26:52) 30 Km, same place--1. Nikolai Frolov 2:10:51 2. Aleksandr Potashov 2:10:54 3. Vitali Popobick 2:12:03 4. Ivan Tichonov 2:12:45 5. Yevgeni Saikin 2:13:04 6. Artur Sumak 2:13:25 7. Valeri Yarec 2:14:21 8. Vladimir Nefedov 2:15:23 (24 under 2:20) 20 Km (track), London, July 7--1. Ian McCombie 1:24:22 (20:45, 41:41, 1:02:55) 100 Km (track), Colchester, Eng., Sept. 14-15--1. Ed Shillabeer 9:41:55 2. Robert Dodson 26 Km, Szeged, Hung., July 7--1. Urbanki 1:23:47 20 Km (track), Budapest, June 9--1. Sandor Urbanik 1:26:45 2. Janis Szalas 1:27:36 20 Km (track), Minsk, USSR, Sept. 3--1. Pyotr Potschenchuk 1:24:27 20 Km, Delle/Belfort, Fr., Sept. 7--1. Mattial Fesselier, 1:27:44 2. Hildenber, WG 1:27:46 3. Lafleur 1:29:32 20 Km, Schutterwald, W.G., Oct. 5--1. A. Tons Schwarz 1:27:47 50 Km, Letter/Hanover, W.G., Oct. 13--1. Karl Degener 4:02:55 2. Detlef Heitmann 4:03:33 200 Km, Vallorbe, Switz., Sept. 21-22--1. Bruno Norbert, France 2:31:04 2. Richard Alphonse Fr. 2:50:44 3. Claudie Sterpin, Italy 2:36:06 20 Km, Piacesaa, Italy, Sept. 15--1. Maurizio Damilano 1:22:53 2. Alessandro Pezzatini 1:23:20 3. Carlo Mattioli 1:24:39 4. Raffaello Ducceschi 1:25:46 5. Alessandro Belluci 1:26:36 20 Km, Medellin, Columbia, June 28--1. Querubin Moreno 1:25:59 2. Hector Moreno 1:26:10 South American 20 Km, Santiago, Sept. 14--1. Jorge Yannone, Arg. 1:39:04 2. Juan Yanez, Ven. 1:42:23 Central American 20 Km, Nassau, Bahamas, July 25--1. Eneesto Canto 1:22:26 2. Andablo, Mex. 1:31:16 3. Hector Moreno, Col. 1:31:16 C.A. 50 Km, Nassau, July 25--1. Martin Bermudez, Mex. 4:22:33 2. Pedro Aroche, Mex. 4:28:09 3. Oliva, Cuba 4:40:37 Pan Arabian 20 Km, Casablanca, Aug. 3--1. Ferguene, Algeria 1:32:31 2. Kashkouche, Alg. 1:35:34 Nordic 20 Km, Pori, Fin., Sept. 8--1. Reina Salonen, Fin. 1:28:43 2. Bo Gustafsson, Swed. 1:28:48 10 Km (track), Banska Bystrica, Czech., Aug. 30--1. Josef Pribilinec 38:02.6! (World's best. Also World's best at 3000 meters (11:00.2) and 5 Km (18:42.0)! Well, that's close to 6 minute miles all the way. One certainly is inclined to speculate about how close to the ground he may have stayed throughout. From all reports, this is a very smooth walker, however, and his disqualification in the Lugano Cup 20 Km left some question in the minds of many.) 2. Roman Mrazek 39:02.2 (11:16, 19:04) 3. Pavol Blazek 39:49.6 (11:37, 19:44) 4. Hudak 41:38.3 DQ--Kostyukevits, USSR at 9 Km (11:09, 19:22) 20 Km, Bydgoszcz, Pol., Aug. 23--1. Josef Pribilinec, 1:24:43 2. Roman Mrazek, Czech. 1:26:04 3. Frantz Kostyukevits, USSR 1:26:04 4. Pavol Blazek, Czech. 1:27:23 5. Boryasinov, USSR 1:28:10 6. Andrei Rubarth, EG 1:29:56 20 Km, Warsaw, Sept. 14--1. Jan Kios 1:26:59 100 Km, Lugano, Switz., Oct. 27--1. Daniel Brot 10:11:45 2. Roland Bergmann 10:17:45 20 Km (track), Tallinn, USSR, Aug. 7--1. Vasilii Matveyev 1:27:21 3000 meters, Ostia, Italy, July 13--1. Maurizio Damilano 11:33:2 2. Carlo Mattioli 11:41.4 3. Alessandro Pezzatini 11:49.8 5 Km, Viareggio, Italy, Aug. 7--1. Maurizio Damilano 19:48.6 2. Carlo Mattioli 20:01 50 Km, Valer, Nor., Sept. 14--1. Lars Ove Moen 3:54:35 2. Erling Andersen 3:59:17 50 Km (track), Boras, Swed., Oct. 12--1. Bo Gustafsson 3:56:35 (1:55:04 at 25 Km)

And this result: 1 Hour, Raleigh, N.C., Nov. 16--1. Nicole Enrico (age 14) 9279 meters 2. Francis Widman (50) 9180 Men: 1. Ray McKinnis (45) 11,599 2. Eric Bigham (38) 11,503 3. Danny Spell 10,280 4. Andrew Briggs 10,265 (age 54) 5. John Hines (51) 9622

RAUL GONZALES

Perhaps the greatest 50-Km walker of all time is Mexico's Raul Gonzales, the 1984 Olympic gold medalist. He has been ranked number one in the world five times by Track and Field News (1977, 1978, 1979, 1981, and 1982). In the off years (1980, 1983, and 1984) he was ranked third. He won Lugano Cup finals in 1977, 1979, and 1983. He has walked under 3:50 on at least three occasions, three of them on the track. He holds the official world record at 3:41:39, set in Bergen, Norway in 1979 and has the three fastest times on the track. He has suffered a few notable defeats (1979 Lugano, 1980 Olympics, 1983 World Championship), but always after setting a pace that proved too tough even for him on those days. The following interview appeared in the first issue of the short-lived Walker Magazine, January-February 1983. As we know, he achieved his goal at that time--an Olympic gold. Whether we will see more from Raul in the future remains to be seen. Unfortunately, the Mexican team did make it this year's Lugano Final because of the devastating earthquake in their country.

Raul Gonzales is to the point and making a point: Race walkers are here to stay.

At 30, married seven years and with three children (Lisette-5½, Gina-4, and Denisse-2½), Raul Gonzales is the top ranked walker in the world. The world record holder in the 50 kilometer event (3:41:39.00 - Bergen, Norway - 5/25/79), Gonzales has been walking competitively for 13 years. He has been ranked first in the world five out of the past six years. Living in Mexico with his wife Yvette and three children, Gonzales has his sights set on gold in '84.

Don Lawrence of THE WALKER caught up with Gonzales at the U.S. Olympic Training Center where Gonzales was a guest this past Fall.

The Walker: Were you an athlete as a child and participate in high school sports?

Gonzales: I began boxing and playing soccer at 17 years old.

TW: You started walking in 1969. Who got you started?

Gonzales: Yes, I started in October 1969. The university taught and I learned by accident, through being injured.

TW: Was walking a relatively known sport and was there coaching available?

Gonzales: Walking has become more popular but in the beginning there was low acceptance of walkers. There are quite a few new coaches around now as walking gains in acceptance and popularity.

TW: You are one of the most efficient and smoothest walkers today, why?

Gonzales: In training a lot of concentration is done on style every day. Thinking about all the body movements that are involved, especially hips and arm action.

TW: When was your first international competition? How did you do?

Gonzales: July of 1971 in Jamaica, a 10 kilometer. I finished 3rd in 48:00. There have been many developments since then.

TW: You have been ranked #1 in the world for 5 of the past 6 years: how does this effect you life? Are you treated specially in Mexico?

Gonzales: Few athletes are treated very well in Mexico, although for top athletes life is considerably advanced compared to the lower level athlete.

TW: Going into a competition you would be favored in win. How do you handle this kind of pressure?

Gonzales: I am nervous sometimes but with 13 years experience you now have the confidence that it takes to go into a race not worried about anyone but yourself.

TW: What altitude do you train at?

Gonzales: 9000 feet.

TW: Is this part of the reason we see continued success by Mexicans?

Gonzales: No, the Mexicans train very long, logging many kilos. They have matured through the sport more effectively than other underdeveloped countries.

TW: Naturally your main concern is your personal training for the 1984 Olympics but what percentage of your time is spent on the development of other Mexican athletes by yourself?

Gonzales: I travel throughout Mexico aiding in clinics on race walking and this is all part of the opportunity outlined by the Mexican government.

TW: Your working situation seems to be ideal; your government is assisting you in your training expenses, correct? How effective of a walker could you be if you had to work a 40 hour a week job?

Gonzales: If you want to be world class then you must learn to conserve energy and distribute time so your walking is of most importance, working only two to four hours a day. It is important to be rested both physically and mentally.

TW: What do you think is going to happen to the sport of walking in the next ten years?

Gonzales: We have seen normal progress and it's getting quite fast. We need to look, through filming, at correcting flaws in style problems. Training is getting better.

TW: Style changes are becoming very loose; have you ever been disqualified?

Gonzales: I have never been disqualified. Part of the reason is because of the concentration in workouts and races.

TW: Why would a 30 year old father of three be making a living as an amateur?

Gonzales: I do consider myself as an amateur, but my family is being taken care of very well through the support of the government of Mexico.

TW: Is your family supportive of your walking involvement?

Gonzales: Yes, very supportive.

TW: Do you anticipate your children trying walking?

Gonzales: No, I don't think so, not competitive.

TW: In the U.S. race walkers are sometimes treated as strange and even abused while working out. What is the reaction to you in Mexico?

Gonzales: Not much better than here in U.S.A. It has gotten better in recent. People get interested in how you progress and your chance for a medal in 1984 gains you respect.

TW: How do you handle any abuse?

Gonzales: Don't allow it to bother me.

TW: I understand you are in the process of writing a book. Will this benefit the competitive and leisure walker?

Gonzales: Yes, it is due to arrive before the '84 Olympics. It will be mostly for the competitive walker.

TW: Are there magazines available for Mexican walkers for information?

Gonzales: There are none in the country.

TW: Is a gold in 1984 your ultimate goal?

Gonzales: Yes.

TW: How many months out of the year do you train?

Gonzales: I train seriously for eleven months, the other month is spent doing supplementary activities.

TW: Do you have a stretching program?

Gonzales: Yes, a variety of exercises.

TW: What motivates you to continue? The Olympics?

Gonzales: Yes, the gold medal in 1984. If I achieve that maybe I'll continue, we'll see. □



TANG-MADD MARCH HITS COLUMBUS. (top) Ron Laird, John Fredericks, and John Slavonic pose with Ohio Governor Richard Celeste and two-time Heisman Trophy winner, Archie Griffin in a pause during their Tang March Across America. In the lower photo, with the Statehouse as a backdrop, they pose with an even more well-known celebrity, ORW Editor and Publisher, Jack Mortland