



Herazo, McGovern win at National Invitational

Washington, D.C., March 26--A large contingent of racewalkers braved the new Washington, D.C. race course (replacing the Lincoln Memorial course) and its cold, windy conditions in the annual National Invitational racewalks today. The men's 20 Km went off first. Philip Dunn and Dave McGovern battled for the lead for 14 km before McGovern took over. Dunn hung close the rest of the way but couldn't get back in a challenging position as McGovern won in 1:28:01. Dunn was 13 seconds back at the finish, well clear of Ian Whatley (1:29:57) in third. McGovern had 44:20 at 10 Km, a second behind Dunn, but was able to go a little faster over the second half.

In the women's 10 Km, which followed, Victoria Herazo blitzed the field with an opening 6:54 mile and coasted to an uncontented win in 46:26 as the sun appeared to warm the course. In a battle for second, Joanne Dow continued to impress, winning a race-long battle with Canada's Pascal Grand by 4 seconds in 47:44.

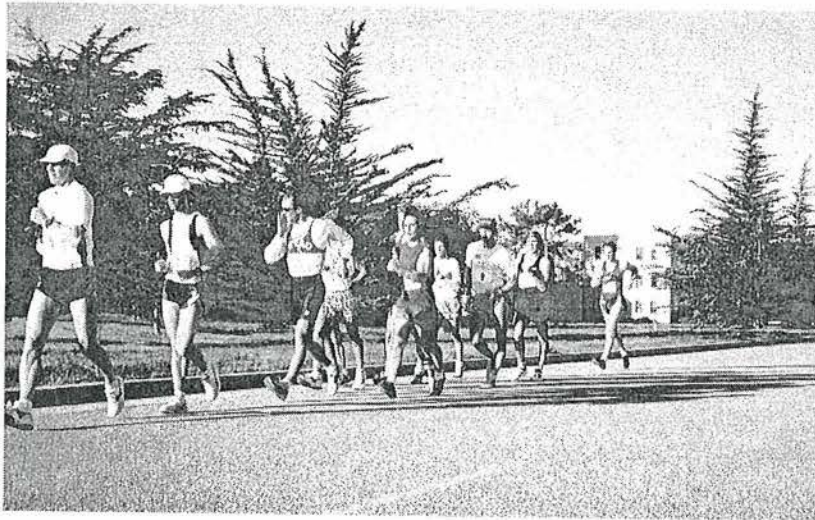
The day's events also included junior races at 5 Km (women) and 10 Km (men), and an open 5 Km for both men and women. Brandon Perry (48:27) and ALison Zabrenski (25:59) won the junior races. Results (splits are for 2 Km laps):

Women's 10 Km: 1. Victoria Herazo (35, Las Vegas 46:26 (9:03, 18:21, 27:43, 37:06)
2. Joanne Dow (31), Manchester, N.H. 47:43 (9:22, 18:59, 28:32, 38:08) 3. Pascal Grand (27), Canada 47:48 (9:22, 18:59, 28:31, 38:10) 4. Rachel Robichaud (27), Ottawa, Can. 49:15 5. Susan Hornung (29), Calgary, Can. 49:33 6. Cheryl Rellinger (29), Belaire, Tex. 50:04 7. Gretchen Eastler (22), Farmington, Maine 50:14 8. Danielle Kirk (21), Kenosha, Wis. 50:22 9. Kim Wilkinson (36), Pacific Grove, Cal. 50:46 10. Gayle Johnson (46), Columbia, Missouri 50:58 11. Lisa Sonntag (31), Indianapolis 51:37 12. BobbiJo Kukan (21), Uniontown, Pa. 52:37 13. Molly Lavacek (29), Wichita, Kan. 53:02 14. Kelly Watson (29), Racine, Wis. 53:06 15. Marykirk Cunningham (29), Arlington, Vir. 53:08 16. Barbara Duplichain (35), Richland, Miss. 53:30 17. Pat Weir (44), Wall, N.J. 53:31 18. Gloria Rawls (38), Mountaintop, Pa. 53:55 19. Elizabeth Fashun (22), Racine, Wis. 53:57 20. Nancy Sweazy (39), Can. 54:06 21. Suzanne Kisting (21), Graystate, Ill. 54:43 22. Anne Lankowicz (12), Bohemia, N.Y. 54:45 23. Amber Nichols (22), Kenosha, Wis. 55:14 24. Alba Campbell (47), St. Petersburg, Flor. 56:24 25. Sara O'Bannon (32), June Beach, Flor. 56:38 27. Maryanne Torrellas (36), Clinton, Conn. 57:00 28. Linda Stein (47), Sunrise, Flor. 57:30 29. Patricia Jones (32), Can. 59:06 (35 finishers, 37 starters)

Men's 20 Km: 1. Dave McGovern (29), LaGrange, Georgia 1:28:02 2. Philip Dunn (23), Falls Church, Vir. 1:28:18 3. Ian Whatley (34), Greenville, S.C. 1:29:50 4. Andrew Hermann (24), LaGrange, Ga. 1:31:52 5. Chad Eder (21), Cedarville, Ohio 1:32:44 6.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.



Top: Ecuador's Jefferson Perez, Pan-Am Games 20 Km winner. (Steve Vaitones photo)
Below: 20 Km World Cup Trials, left to right: Allen James, Mark Greene, Andrzej Chylinski, Dave McGovern, Marc Varsano, Andrew Hermann (partially hidden), Ian Whatley, Gary Morgan, William Van Axen, and Herm Nelson. (Photo courtesy of Stella Cashman)

Marc Varsano (29), New York, N.Y. 1:33:45 7. Dave Marchese (29) Roswell, Ga. 1:34:13 8. Ioan Froman (34), Dearborn, Mich. 1:35:19 9. Curt Clausen (27), Durham, N.C. 1:36:19 10. Sean Albert (21), Paramus, N.J. 1:36:23 11. Bohdan Bulakowski (45), LaGrange, Ga. 1:36:38 12. Rick Birkhimer (31), Can. 1:37:08 13. Steve Pecinovsky (40), Fairfax Station, Vir. 1:38:35 14. Michael Blanchard (33), Castle Rock, Col. 1:39:31 15. Yariv Pomeranz (19), New York, N.Y. 1:39:33 16. Paul Martino (29), Charlotte, N.C. 1:42:05 17. David Wilbanks (30), Madison, Miss. 1:42:36 18. John Soucheck (29), Aberdeen, N.J. 1:47:36 19. James Carmines (51), New Cumberland, Pa. 1:49:08 20. Dave Lawrence (39), Buffalo, N.Y. 1:49:11 21. Alan Price (48), Washington, D.C. 1:53:30 22. Paul Cajka (38), Virginai Beach, Vir. 1:56:25 23. Ken Mattsson (31), Cambridge, Mass. 1:59:34 24. Ron Shields (51), Blain, Pa. 2:02:18 25. Manny Eisner (54), New York, N.Y. 2:03:29 26. James Goldstein (46), Potomac, Maryland 2:03:33 27. Alan Robinson (44), Bala Cynwd, Pa. 2:03:55 (32 finishers, 1 DQ, 1 DNF)
Junior Women's 10 Km: 1. Alison Zabrenski (16), BOwie, Maryland 25:59 2. Corinne Colling (15), Herndon, Vir. 3. Samantha Cohen (17) Croton, N.Y. 27:02 4. Stepannie Gray (12), Miami, Flor. 28:22
Junior Men's 10 Km: 1. Brandon Perry (15), West Palm Beach, Flor. 48:27 2. William Leggett (18), Woodbridge, Vir. 48:35 3. Kevin Eastler (17), Farmington, Maine 52:35 4. Brian Colby (14), Madison, Wis. 52:39
Women's 5 Km: 1. Maria Moulton (34), Mountain Top, Pa. 26:35 2. Sue Burnett (40) Can. 29:26 3. Terry Dusicsko (41), Arlington, Vir. 29:33 4. Lily Whalen (43), Can. 29:36 (20 finishers)
Men's 5 Km: 1. Danny Fink (31), Swoope, Vir. 23:19 2. Ray Funkhouser (44), Toms River, N.J. 23:52 3. Paul Schwartzburg (28), Alexandria, Vir. 24:05 4. Curt Clausen 24:16 5. Jeff Salvage (27), Marlton, N.J. 24:36 6. Nicholas Bdera (46), Roosevelt Island, N.Y. 26:03 7. Tom Bower (50), Somerset, Pa. 26:26 8. Alan Price 26:48 9. Charles Lavacek (28), Wichita, Kan. 26:48 10. Paul Guimond (38), Can. 27:18 11. Edward Fitch (34) Mechanisburg, Ohio 27:36 12. Tom Zdrojewski (54), Wilmington, Del. 28:02 13. Vince Peters (41), Yellow Springs, Ohio 28:17 14. Louis Brown (15) Silver Spring, Maryland 28:33 16. Patrick McMahon (33), Wilkes Barre, Pa. 28:41 17. Ed Gawinski (68), Wilmington, Del. 28:51 18. Mike McNamee (41) Bethesda, Maryland 28:56 19. Arthur Noll (60), Wyomissing Hills, Pa. 29:14 20. Steve Feith (48), Tampa, Flor. 29:23 21. Larry Freeman (53), Newport, Pa. 29:25 23. Jay Dash (52), Miami, Flor. 29:34 24. William Flick (69) Corry, Pa. 29:42 25. Tom Marhevko (45) Silver Spring, Maryland 29:56 26. Claude Letein (47), Arlington, Vir. 29:57 27. Jack Lucey (58), Freehold, NJ. 30:09 28. Greg Witting (60), Cheektowaga, N.Y. 30:25

Mexicans dominate Pan-Am Games walks

Mar del Plata, Argentina (Special from Allen James)--Four of the five U.S. walkers arrived on Wednesday afternoon after an incredibly long journey from Orlando, where the teams were being processed. This was the earliest the athletes were able to arrive because of limited space in the Athletes Village.

First up was the 20 Km on Saturday. With only two days to stretch out and recover from the flight, and the hottest day of the Games to contend with, Allen James and Jonathan Matthews took to the line for the 50-lap track event. James was with the lead pack through the first 3 Km, walking at a brisk 4:10/km pace, while Matthews tried to take the conservative approach and was in the second pack of athletes. By 4 km, Matthews

began to feel his groin pull and was forced to pull out early. James, dropping off the pace, tried to conserve his energy for the latter stages of the race.

By 10 km, a tremendously exciting race began to develop between the two Mexicans, Bernardo Segura and Daniel Garcia, and the Ecuadorian, Jefferson Perez. Tightness, strain, and fatigue caught up with James at this point. In an effort to stay in the race, James stopped and saw the trainers and loaded up with ice, only to drop out 3 laps later.

The final two laps were incredible. Using a lapped athlete, the Mexican's teamed up on Perez to box him in. A frustrated Perez threw his hat down in disgust and sped off after the Mexicans. First to drop off was Garcia as Perez trailed Segura. With 100 meters left, Perez challenged Segura down the final stretch, sending Segura skyward, at least in the eyes of the judges, though he crossed the line first. After calling his mother to share the news of a victory, Segura was shown the red paddle. Also getting the paddle after the race was Colombia's Hector Moreno, who would have moved into third place. So the final results were Perez, Garcia, and the Guatemalan, Julio Martinez.

A disappointing result for the U.S. team has a valuable lesson in it: prepare to race tight if you have a long flight, especially with only two days on the ground. All the other competitors had been in Mar del Plata since the previous Sunday.

The women's 10 Km was our best prospect for a medal, with both Vaill and Rohl coming off their strongest year. Once again, the temperature was hot as Vaill led at the start. The pace setting was near perfect for Vaill, considering the conditions, at 4:35/km.

It didn't take too long for the race to become a two-country affair, with the Mexicans and the U.S. squad. Graciela Mendoza challenged Vaill's and Rohl's early leadership and the trio soon dropped the other Mexican. The heat began to challenge all of the athletes and the first of the lead group to be affected was Vaill. Surprisingly, Rohl, who had been battling dehydration and severe diaphragm cramps since the long flight, was right in the thick of it, battling with Mendoza. With 2 km to go, Mendoza decided to make her move. Rohl remained within striking distance until she was warded off by one of the judges with 600 meters remaining and two calls on the board. Trailing by 20 seconds, Vaill had almost a full minute over fourth place, until she was DQ'd with 800 meters left.

The result was somewhat more controversial than the 20 Km, as it appeared as though all the top women looked alike. Jerzy Hausleber, now overseeing the Mexican walking, cycling, and distance running programs, said after the race that it seemed unfair, "If you call one out, you must call them all out."

Once again, a commentary on race preparations. It is very easy to become dehydrated on long flights. For Rohl, this meant missing about four days of final preparation and spending most of her time in the training room. They even gave her IV and acupuncture to try and relieve the symptoms. Considering all of this, her silver medal is truly outstanding. However, do whatever you can when traveling to drink, drink, drink, and don't drink caffeine, alcohol, or other dehydrating substances.

Finally, we arrive at the long one, the 50, contested at the site of the 1988 Pan Am Walking Cup. Unlike the other two events, the conditions were cool and slightly breezy at the start. Representing the U.S. were James and Andrzej Chylinski. The field, led by Olympic silver medalist, three-time World Cup winner, and defending Pan Am 50 Km champion, Carlos Mercenario, wasted no time in getting down to business. Two packs quickly formed as the lead group sped around the first 2.5 km loop in 11:35, with the second pack about 20 seconds back. This seemed to be the slowest loop for many as things only got faster.

Cruising through 10 km near 46 minutes, the lead pack took on more definition. Mercenario, teammate Miguel Rodriguez, Guatemalan Julio Urias, two Cubans, Canadian Tim Berrett, and James. The latter two saw fit to hang back a bit as the pace quickened. James and Berrett maintained pace at 46 minutes to hit 20 Km in 1:32:20, while the others in the lead pack turned in a 45:15 or so. The course was literally on fire now as the lead group was on pace for 3:45 and James and Berrett were down to 3:50 pace. One of the Cubans came flying backwards at 25 km as the second group passed through in 1:55:05, the leaders over 2 minutes ahead by now. Everyone was at full throttle at this point as Berrett decided to make his move for the lead pack.

By 35 km, it became a race to see who would die last. James hit the wall first and by 40 km the Cuban and the Guatemalan began their march. Everyone of the top six felt the effects of the blistering early pace, with Berrett possibly weathering it the best. But, with too much ground to cover Berrett could only catch the Cuban in the last 400 meters. The fabulous Mercenario would walk away with an outstanding performance of 3:47:55, followed by Rodriguez, Urias, giving Guatemala its second bronze in the walks, Berrett, Oliva of Cuba, and James.

James was pleased with his performance (3:59:27), considering he was mainly preparing for the 20 Km event here. His intentions had been to go out with the leaders and he did exactly that, except the pace was quite a bit quicker than everyone anticipated. Hausleber commenting on the race said it was a great experience and trial run for James as he prepares for the Worlds. Chylinski was somewhat disappointed, but after struggling with illness and other health problems over the past month, he was just glad to be there and finish with a decent time. He was quoted in his usual humor, "Where in the world can you do a 4:12 and finish last?" Well, Andrzej, three guys did drop out.

Results (We have never gotten full results for the 20, and do not have times.):
Men's 20 Km--1. Jefferson Perez, Ecuador 2. Garcia, Mex. 3. Lopez, Guat. 4. Querebin Moreno, Col. 5. Martin St. Pierre, Can. 1:25:27 (the only time we have)
Women's 10 Km: 1. Graciela Mendoza, Mex. 46:32 2. Michelle Rohl, U.S. 46:37 3. Francisca Martinez, Mexico 47:45 4. Maria Bermeo, Colombia 48:30 5. Holly Gerke, Canada 48:47 6. Miriam Ramon, Ecuador 50:14 7. Geovanna Morejon, Bolivia 51:05 8. Janice McCaffrey, Canada 53:27 9. Lidia Carriego, Arg. 55:33 DQ--Teresa Vaill, U.S.
50 Km: 1. Carlos Mercenario, Mexico 3:47:55 2. Miguel Rodriguez, Mexico 3:48:22 3. Julio Urias, Guatemala 3:49:37 4. Tim Berrett, Canada 3:52:04 5. Oliva, Cuba 3:52:19 6. Allen James, U.S. 3:59:27 7. Pino, Cuba 4:02:51 8. Lopez, Guatemala 4:09:56 9. Andrzej Chylinski, U.S. 4:12:39 DNF--Quispe, Bolivia; Ruffo, Argentina; and two of Colombia's three Morenos.

OTHER RACES

3 Km, Providence, R.I., Feb. 5--1. Joe Light 14:43.6 2. Maryanne Torrellas 15:04.8 3. Kerry Arsenault 16:08 4. Justin Kuo 16:09
30 Km, Boylston, Mass., March 12 (unjudged)--1. Paul Schell (57) 3:16:52 2. Justin Kuo 3:27:48
H.S. 1500 meters, Stony Brook, N.Y., Feb. 18--1. Lisa Kutzing (9th grade) 6:58.2 2. Roselle Safran 7:11 3. Kari Wileman 7:17.2 4. Tara Shea 7:22.8 5. Karen Bonna 7:38.1 6. Lori Indemaia 7:43.6
1/2 Marathon, Lincroft, N.J., March 5--1. Ray Funkhouser (44) 1:44:08 2. John Soucheck 1:55:54 3. Jack Lach (51) 2:03:28 4. Patrick Bivona (53) 2:12:24 5. Manny Eisner (54) 2:18:05 6. Ralph Edwards (53) 2:20:44
Cedarville Invitational 5 Km, Cedarville, Ohio, April 1--1. Chad Eder 21:09.1 2. Ed Fitch 27:58 3. Jerry Muskal 28:03.4 4. Al Cowen 28:59 5. Chuck Deuser 30:01 (1st over 60) 6. Jack Mortland 30:17

(2nd over 60) 7. Ross Barranco (1st 40-49) 30:44 8. Jack Shuter 31:31 (3rd over 60)
 Women's 3 Km, same place: 1. Lisa Cout Methodist Col., Missouri 17:28.7 2. Jeanne Link, Malone Col. 17:49.6 3. Judy Muskal 18:49 **5 Km, Sterling Heights, Mich., March 25--1.** Kristen Mullaney 24:04 2. Diane Podsiadlik 26:22 3. Debbie Benton 26:52 4. Patty Whitlock 29:13 5. Jeanne Bocci 29:41 6. Valerie Stowe 30:30 (36 finishers)
 Men: 1. Gary Morgan 21:09 2. Zbigniew Sadlej 22:38 3. Janusz Surowiec 25:26 4. John Hunyady 25:27 5. Ross Barranco 28:54 6. Gerry Bocci 29:23 7. Dan WIneland 29:50 8. Greg Near 30:42 (15 finishers) **4 Mile, Flushing, Mich., March 18--1.** Gary Morgan 27:42 **5 Km, Atlanta, Georgia, March 4--1.** Nanette Reilly 27:14 2. Kathy Jakim 27:42 3. Julie Appel 28:31 (69 finishers) Men: 1. Shaun Foster (16) 27:15 2. Dale Martin 27:26 3. John Harmer (48) 27:43 4. Phil Gura 28:32 5. Jason Cruce (15) 29:44 6. Ron Poteete (51) 30:42 (20 finishers) **5 Km, Darlington, S.C., April 8--1.** Keith Luoma 23:48 **1500 meters, same place--1.** Keith Luoma 6:44 2. Ken Harrison (55-59) 9:21 3. Norman Knott (60-64) 9:22 **10 Km, Winter Park, Florida, March 25--1.** Sterling Kerr 54:23 2. C.S. MonteCarlo 58:38 (1st 50-59) 3. Paul Alvord 59:48 (2nd 50-59) Women: 1. Chris Alt 56:43 2. Lynn Tracy 62:14 (1st 40-49) **5 Km, Altamonte Springs, Florida, April 2--1.** Burns Hovey 26:28 2. Sterling Kerr 26:28 **5 Km, Orlando, Florida, April 8--1.** Burns Hovey 27:02 2. C.S. Monte Carlo 27:26 **1 Mile, Texas Southern Relays, Houston, March 25--1.** John Locke 7:39 2. Bob Watson 8:05 3. Virginia Jones (14) 8:29 4. Dave Gwyn 8:47 5. Alison Hartney (12) 8:56 6. Lojza Vosta (61) 9:02 **Houston Senior Olympics 1500 meters, April 2--1.** John Cook (56) 8:32 2. Lojza Vosta 8:48 **5 km, same place--1.** John Cook 29:41 2. Lojza Vosta 30:27 **5 Km, Denver, Feb. 12--1.** Mike Blanchard 27:16 **1 Mile, BOulder, Col.--1.** Mike Blanchard 7:12.5 2. Alan Yap (52) 7:59.6 3. Bob DiCarlo (61) 8:41.2 4. James Twark (48) 9:07.8 5. Harry Burns (48) 9:14.4 **3 Km, Colorado Springs, March 4--1.** Mike Blanchard 13:54.2 2. Scott Richards (44) 15:23.7 3. Ray Franks (60) 16:51.6 4. Marianne Martino (44) 16:51.9 5. Stuart Sonne 17:45.1 **1 Mile, Colorado Springs, March 4--1.** Curtis Fisher 6:24.5 2. Mike Blanchard 7:07.6 3. Alan Yap 7:38.2 4. Scott Richards 7:39.1 5. Dan Pierce 8:00 6. Breta Skinner 8:48.5 **5 Km, Longmont, Col., March 11--1.** Carl Schueler 23:38 2. Debby Van Orden 24:21 3. Mike Blanchard 24:35 4. Alan Yap 26:53 5. Dan Pierce 27:48 6. Marianne Martino 29:11 7. Daryl Meyers 29:31 8. Bob DiCarlo 29:40 9. Breta Skinner 30:06 10. Joleen Reefe 30:18 **2 Miles, Denver, March 18--1.** Mike Blanchard 15:18 2. Daryl Meyers 17:48 **7 Km, Denver, March 12--1.** Mike Blanchard 34:12 2. Scott Richards 37:35 3. Jim Twark 39:37 4. Daryl Meyers 39:46 5. Harry Burns 42:06 6. Craig Drummond 43:51 Women: 1. Lori rupoli 40:54 2. Terry Hamilton 42:15 **5 Km, Denver, April 1--1.** Mike Blanchard 27:15 2. Daryl Meyers 28:03 3. Craig Drummond 29:00 4. Lori Rupoli (43) 29:20 5. Klaus Timmerhaus (70) 30:30 **10 Km, Broomfield, Col., April 8--1.** Mike Blanchard 47:29 2. Sally Richards (42) 53:48 3. D. D. Walker 55:33 4. Peggy Miller 57:40 5. Scott Richards 58:28 6. Claudia Leonard 59:11 **5 Km, Albuquerque, N.M., April 2--1.** Theron Kissinger 24:32 2. Steve Petrakis (45) 26:01 3. Winston Crandall (54) 27:18 4. Jackie Kerby-Moore 28:37 5. Ellen Roche 28:38 6. Laurie Starr (16) 29:23 (23 finishers) **3 KM, same place--1.** Theron Kissinger 14:23 **Los Angeles Marathon, March 5--1.** Enrique Camarena (44) 4:15:41 2. Chris Dreher 4:23:28 3. John Loeschorn (50) 4:43:05 4. Charles Cutting (57) 4:48:09 5. Arvid Rolle (61) 4:52:49 **20 Km, Huntington, Beach, Cal., March 19--1.** Enrique Camarna 1:43:20 2. Richard Lenhart 1:43:51 3. Chris Dreher 1:48:16 4. Carl Acosta (60-69) 2:00:07 Women: 1. Francine Avellaneda 2:05:17 **5 Km, same place--1.** David Crabb (40-49) 16:01 2. Pedro Santoni 27:54 3. Steve Liener (40-49) 30:10 Women: 1.

Margie Alexander 30:07 **Mt. SAC Relays 10 Km, Walnut, Cal., April 9--1.** Mark Green 44:15 2. Justin Marrujo 48:56 (1st under 19) 3. Richard Lenhart 49:39 4. Enrique Camarena (1st 40-49) 49:54 5. Chris Dreher 52:47 6. David Crabb (2nd 40-49) 53:07 7. Brian LaBounty (3rd 40-49) 57:29 8. Carl Acosta (1st 60-69) 56:52 9. John SAchulz (1st 50-59) 57:46 10. Ron Baers (2nd 50-59) 59:32 (16 finishers) Women: 1. Susan Armenta 49:13 2. Chris Sakelarios 53:15 3. Sean Spacey 55:02 4. Grisel Saez Traynor 59:57 5. Linda Adams 60:55 (13 finishers) **5 Km, same place--1.** Pedro Santoni 27:20 2. Richard Oliver (1st 50-59) 29:28 Women: 1. Margie Alexander 29:30 **1/2 Marathon, Chico, Cal., March 4--1.** Peter Ciachetti 2:06:52 2. Karen Stoyanowski 2:11:21 **5 Km, Palo Alto, Cal., April 2--1.** John SAchulz (55-59) 26:57 2. Pete Giachetti (50-54) 28:13 3. K. McConwell (2nd 50-54) 29:32 Women: 1. Patricia Durham (50-54) 29:33 **1 Mile, Salem, Oregon, Jan. 1--1.** Vance Godfrey 6:31.6 2. C.D. Monismith 9:01.5 3. Jim Bean 9:14.9 Women: 1. Erin Taylor 8:05 **5 Km, Dunedin, New Zealand, March 10--1.** Scott Nelson 19:50:54 2. Craig Barrett 20:46 3. Tony Sargisson 21:01 **Women's 3 Km, same place--1.** J. Jones-Billing 13:32.84 **New Zealand National 20 Km, Dunedin, March 12--1.** Scott Nelson 1:23:04 2. Craig Barrett 1:29:57 **Women's National 10 Km, same place--1.** J. Jones-Billing 47:41 **Australian World Cup 20 Km Trials, Canberra, Jan. 29--1.** Scott Nelson, NZ (guest) 1:25:07 2. Tim Berrett, Can. (guest) 1:29:36 3. Mark Donahoo 1:30:22 4. Dion Russell 1:31:43

OPPORTUNITIES TO TRY AND WALK FASTER THAN THE OTHER GAL OR GUY

Sat. May 6 3 Mile, Detroit (W)
 5 Km, Decatur, Georgia (D)
 Sun. May 7 5 Km, Providence, R.I., a0 am (Z)
 3, 5, and 10 Km, Dearborn, Mich. (W)
 10 Km Broomfield, Col. (H)
 Tue. May 9 1500 meters, Atlanta (D) (And every Tuesday through July 11)
 Sat. May 13 5 Km, Detroit (W)
 5 Km, SOMerset, Pa., 9:15 am (BB)
 5 Km, Larkspur, Cal., 8 am (P)
 Sun. May 14 1500 meters, Marin, Cal. (P)
 Mortland Racewalks, 5, 10, and 20 Km, 8:30 am, Yellow Springs, Ohio (K)
 5 Km, Track, Atlanta (D)
 1 Hour, Glenview, Illinois (Call Diane at 313-327-4493)
 10 Km, London, Ontario (W)
 5 and 10 Km, Albuquerque, N.M. (AA)
 Fri. May 19 24 Hour Walking Relay, Atlanta (D)
 1500 meters, Houston (N)
 Sat. May 20 5 Km, Indianapolis (V)
 5 Km, Davenport, Iowa (Call Jim at 319-386-0940)
 Sun. May 21 **USAT&F Women's 20 Km, Men's 25 Km, Albany, N.Y. (L)**
 Western Regional Women's 10 Men's 20 Km, Palo Alto, Cal. (G)
 Inland Empire 15 Km and 5 Km, Riverside, Cal. (B)

- Mon. May 22 5 and 10 Km, Denver (H)
 Fri. May 26 1 Mile Houston (And each Friday through June 30) (NO)
 Sat. May 27 Senior Olympics 1500 meters, Silverton, Oregon (X)
 Sun. May 28 **USAT&F Men's 10 Km, Niagara Falls, N.Y. (T)**
 Alongi 5 Km, Marin, Cal., 3 pm (P)
 National Youth Road RW Championships and Ozark 5 Km,
 Bridgeton, Missouri (Call Ginger Mulanax at 314-298-0916)
 Sat. June 3 5 Km, San Mateo, Cal. (P)
 4 Mile, Indianapolis (V)
 Men's 20 Km, Women's 10 Km, Kenosha, Wis., 6 pm (S)
 Sun. June 4 5 Km, Indianapolis (DD)
 Weinacker Cup 5 and 10 Km, Windsor, Ont. (W)
 1500 and 3000 meters, Houston (N)
 Sr. Olympics 5 Km, and 1500 meter, Sacramento (R)
 Mon. June 5 5 Km, Denver (H)
 Sat. June 10 Georgia Masters 5 Km, Atlanta (D)
 5 Km, Battle Creek, Mich. (W)
 5 Km, Chicago (Call Al Fisher 312-525-54492)
 Pacific Masters 5 Km, Los Gatos, Cal. (G)
 Mon. June 12 5 Km, Long Branch, N.J., 6:30 pm (A) (And every Monday
 evening through August 28)
 June 15-17 **USATF National Men's 20, Women's 10 Km, Sacramento, Cal. (Y)**
 Sat. June 17 5 Km, Hebron, Ind., 7:45 am (CC)
 New Jersey Master's 3 KM, Tinton Falls (A)
 New England 5 Km, Worcester, Mass. (I)
 Sun. June 18 Colorado State Games 5 Km, Denver (H)
 3, 5, and 10 Km, Dearborn, Mich. (E)
 5 and 10 Km, Pasadena, Cal. (B)
 Sat. June 24 5 Km, Eugene, Oregon (X)
 5 Km, Indianapolis (V)
USATF National Jr. Men's 10, Women's 5 Km, Walnut, CA (EE)
 Sun. June 25 10 Km, Loveland, Col. (H)
 20 KM, New York City (F)
 5 Km, Marin, Cal., 8 am (P)
 Fri. June 30 Northwest Masters 5 Km, Gresham, Ore. (X)
 Sun. July 2 5 Km, Greenwood, Ind. (V)
 Tue. July 4 5 Km, Evergreen, Col. (H)
 Pegasus Races, Warren, Mich. (W)

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 N--Dave Gwyn, 6502 S. Briar Bayo, Houston, TX 77072
 O--Jim Bean, 4658 Fuhrer St. NE, Salem, Oregon 97305
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
 R--Sierra Racewalkers, P.O. Box 13203, Sacramento, CA 95813
 S--Mike DeWitt, 4230 27th Street, Kenosha, WI 53144
 T--David Lawrence, 94 Harding Ave., Kenmore, N.Y. 14217
 U--Columbia TC, P.O. Box 1872, Columbia, MO 65205
 V--Indiana Racewalkers, 411 Taylor St., Pendleton, IN 46064
 W--Frank Soby, 3907 Bishop, Detroit, MI 48224
 X--Jim Bean, 4658 Fuhrer St. NE, Salem, OR 97305
 Y--Jean Snuggs, 4700 COLLEGE Oak Drive, Sacramento, CA 95841, 916-484-8403
 Z--R.I. Zoological Society, Roger Williams Park Zoo, Providence, RI 02905
 AA--New Mexico Racewalkers, P.O. Box 6301, Albuquerque, NM 97197
 BB--Fouad ElBayly, RD #1 Box 235, Friedens, PA 15541
 CC--Bruce Williams, 8120 Georgia St., Suite A, Merrillville, IN 46410
 DD--Windsor International Racewalk, 680 Victory Dr., LaSalle, Ont. N9J 1V7 Can.
 EE--Don Shrum, 1100 North Grand Avenue, Walnut, CA 91789, 714-594-5611, Ext.4840

FROM HEEL TO TOE

Viisha Sedlak and the American Racewalk Association will have the association's 7th Annual Racewalk Training Camp at Boulder, Colorado from May 25 to 29. Beginners as well as future Olympians are encouraged to attend. You will find two-a-day workouts, seminars, video coaching, individual attention, and a beautiful locale. Seminar topics include speed, strenght, and form drills, biomechanics, mental training, fat reduction, and racing strategy. The cost is \$485, \$925 for a couple, and \$460 for seniors. Contact the ARA at PO Box 18323, Boulder, CO 80308-1323, Phone 303-447-0156. . . Bob Bowman lets us know that the "new" Olympic racewalk course in Atlanta (March ORW) will never be the course. (Actually, Phil Howell, who first put the item about the course in the Georgia Walkers newsletter let us know first.) Bob says it has more problems than the one used for the Pan Am Cup. The loop is way too far from the Stadium (more than 2 Km). It is also too up and down and requires crossing major traffic routes. According to Bob, the real Olympic course will either be in the same neighborhood as the Pan Am Cup course, minus the hill, or, more likely, just outside the stadium in the parking area/side streets. . . All U.S. racewalkers are encouraged to participate in the USATF sponsored regional racewalking competitions and regional ladders at 5, 10, and 20 Km. Contacts for more information are: East Region--Dave Lawrence 716-875-6361; North Region--Dennis Withem 317-773-4288; South Region--Bobby Baker 615-349-6406; West Region--Bob Carlson 303-377-0576. Or simply subscribe to the *Racewalking in the 4-Regions* quarterly

newsletter for \$8 a year. Contact Editor Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106, Phone/fax 818-577-2264.

LETTERS

Dear Editor,

I have followed with interest the recent discussion of plyometrics. How nice to see the pages of the ORW used to discuss this topic rather than such things as endless discussions regarding the double contact phase or back-and-forth personal attacks.

When I was fortunate enough to be working with Karen Clippinger-Robertson in the mid-'80s (still the best analyzer of technique I've ever run across, bar none), she educated me a great deal about plyometrics and their application to racewalking.

Briefly, based on Karen's input and my own subsequent observations, I agree with Roger Burrows completely. Without naming names, we were able to identify who on the U.S. Men's team had natural plyometric ability, and who did not.

It certainly did **not** work out that those who had this ability were automatically our best walkers. There are too many other factors that make up a champion walker. But, the walkers who I already felt (and still feel) had the most talent were indeed those who had this plyometric ability.

The drills Roger touched upon--using medicine balls, springing, dynamic weight-training exercises--are used by the Australian National Team, at least (I'm not aware of who else uses them). I doubt if many Americans do.

I am convinced that an intelligent program of plyometrics will help any walker who participates in it. Like weight training, plyometrics should be entered into conservatively and is best learned from an expert who can translate plyometric principles to the demands of racewalking.

Martin Rudow

Now, back to the endless discussions. . . .

Dear Editor,

Over the last year, correspondents to ORW made two remarkable claims, publication of which says more about a liberal editor than the realities of walking. I challenge only because nobody else seems to have done so.

1. That focusing on detecting lifters is unimportant because many lifters derive no advantage from it. I have never met a walker, no matter how fast, who can walk faster than he runs. If there were any substance in that argument, running races would need judges to ensure that nobody is gaining an unfair advantage by walking.

2. That increasing the length of a race--in the example, from 20 to 50 km, somehow makes for a fairer race. This thinking deprived Olympic walking of the 10 Km track race, the last of which saw an unholy lifting battle for third place. Lengthening a race, in the absence of improved judging, merely lengthens the time over which a lifter can get an unfair advantage.

Bob Steadman, Australia

Reply to Ron Daniel's letter printed in March 1995 ORW by a member of Monterey Peninsula Walk Walk Walk Club.

R.D.: "Meanwhile, a similar position on a turn was chosen by the videotaper for the recent 20 Km World Cup trial and last fall's 10 Km Mega Walk. At the 20 Km, when it was recommended to the cameraman that he position himself on a straightaway for side shots, he stated that he wanted to get long head-on and going away shots; more judging observing no-no's."

Mr. Daniel, does officiating over a racewalking event also entail censoring videographers who are recording the same event? Did you have your eye in the eyepiece during recordings. . . have you seen the finished video tapes?

R.D.: "And, of course, "viewing it in slow motion" is just what most of the conversation has been about lately; but of course judging is by the unaided eye."

Mr. Daniel, it is time the "unaided eye" got some help. Where would horse racing be without the aid of binoculars and photo finish cameras? Many sports have had to enlist the aid of technology in order to maintain a degree of legality and honor to the events.

The R&D is out there, it is only a matter of opening our minds and welcoming innovations which will assist in upholding the contact rule. We all know about the incredible race times being posted in recent years...If something is not done soon, racewalking will become a travesty of what was once a beautiful and graceful sport to behold.

If the recent trend continues, the only thing left to do is change the name from racewalking to stiff legged running.

Sincerely,

A Concerned Racewalker

Member of the Monterey Peninsula Walk Walk Walk Club

Ed. We have published very similar letters off and on over the last 25 to 30 years and nothing has really changed yet. The technology, we were told, was there 25 years ago, though then it was just high-speed movie cameras, but I have yet to see a practical suggestion of how to apply it in a practical manner so that you have a result when the race is complete. The National Football League dropped the technology (instant replay) and decided to let the official's do their job. Through those years, I have continued to suggest that we need more consistency in judging and a greater number of competent judges more than we need technology. Most sports are judged by the unaided eye and walking need be no different. As to the beauty and grace, I find today's elite walkers looking much more beautiful and graceful than the rather cumbersome (in comparison) walkers of my day.

After several years, long-time subscriber Bob Steadman (the same one who wrote above) has heard from his friend in Mongolia, T.S. Gombajab, and, as always, is sharing the correspondence with ORW readers.

Ulan Bator

November, 1994

Dear Steadman,

Thanks for your letter and all the copies of Ohio Racewalker. I had not heard from you for long time. Here, too, walking has been quiet, but we did have an exciting 10 Kilo championship at the Genghis Khan Stadium last summer.

As in other countries, there has been argument about judging, so we were interested to read in Mr. Mortland's magazine about the Furlong gadget to catch walkers lifting. We smuggled one out of America as a model. Then some friends in CHina--they have testosterone contract for Chinese lady swimmers--made us 15 copies with red lights and a central receiver, enough for our big races.

Gut Lodor, sports writer for Ulan Bator Tribune, had written that walking judges are blind, so we had each one fitted with a siren. This was a mistake, because the noise that began as soon as the starter's gun fired sounded like ambulances, and attracted dogs.

I thought that all the dogs in Ulan Bator were eaten in the last famine, but the noise drew them from near and far, even the yak-herder's dogs. For a while, they only followed the lifters, but when my grandson tried to lap a pack of about 20 howling dogs and three frantic judges, chaos! Are these dogs what you call "ambulance" chaser?" When one of the dogs seized the chief judge's red flag, the language was as loud as the sirens. They had to call the race off after 12 laps.

The event was put on the first page of the Tribune, giving us walkers the publicity we have always wanted, but not looking undignified like a dog pound. I will tell you when our engineers have redesigned the run alarm.

Sincerely,
T.S. Gombojab

LOOKING BACK

30 Years Ago (From the April 1965 ORW)--Our second issue was still quite parochial in nature, as we had yet to develop our vast national and international network of sources. However, we did show races in New York City, Kings Point, N.Y., and Toronto on our schedule of events (called just that at that time). . .The big news was Jack Mortland's decimation of Jack Blackburn on the famous Doc Blackburn side-yard track (9.3 laps to the mile). Blackburn held on for 5 3/4 miles of the 8 mile race and then had to stagger in as Mortland's 61:18 left him nearly 2 minutes behind. The 52-year-old Dr. John Blackburn recorded a 75:56. . .Mortland also won a 12-mile affair in 1:36:43, but fell apart himself in that one, requiring nearly 18 minutes for the final 2 miles.

25 Years Ago (From the April 1970 ORW)--Walking was entering a new era as evidenced by Dave Romansky's American Record 1:58:09 for 25 Km, Tom Dooley's 15 miles 1093 yards for 2 hours (passing 25 Km in 1:59:20), and Greg Diebold's 13:28.6 for 2 miles. . .Romansky also had an American record 50 Km (4:15:23) on the track. . .Another American record went to Shaul Ladany with his 7:52:04 for 50 miles. . .Locally, the rapidly aging Mortland (then 35) again hit the wall over the last 2 miles as he won a track 20 Km in 1:40:33. He also won a 10 Km on the track in 48:38, ahead of Paul Reback's 49:54.

20 Years Ago (From the April 1975 ORW)--Ron Laird won his 57th U.S. title, and first since 1971, covering 25 Km in 1:56:38 in Seattle. . .Dave Romansky was still getting around quite well, going 1:34:38 for 20 Km on the track. . .The World record for 100 Km fell to Jean-Pierre Garcia of France, who covered the distance in 9:33:06. . .Ladany was

still cleaning up in the ultra-distances, winning the U.S. 75 Km title in 7:22:20, 17 minutes ahead of Dan O'Connor:

15 Years Ago (From the April 1980 ORW)--Walking the second fastest 50 Km ever by an American, Carl Schueler won the national title in New York City with his 4:06:07. Dan O'Connor was 13 minutes behind as Schueler bettered his personal record by 18 minutes. . .A week later, O'Connor won the National 20 Km in Seattle in 1:26:21, a U.S. best and 7 minutes ahead of John VanDenBrandt. . .In Mexico, Daniel Bautista went through 15,121 meters in an hour, and 4 days later did 20 Km in 1:20:59 (at 4700 feet altitude). Soviets were second in both races--Anatoly Solomin with 15,042 meters and Nikolai Vinnstchenko in 1:21:30. . .In a swift Spanish National 50 Km, Jose Marin did 3:43:35 and Jorge Llopart 3:45:55. . .Sue Brodock had the fastest ever 20 Km by an American with her 1:45:20.

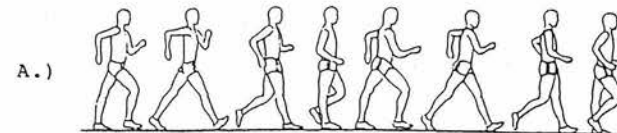
10 Years Ago (From the April 1985 ORW)--Overtaking Tim Lewis in the final 10 Km, Carl Schueler won the National 30 Km in 2:26:17, 2 minutes ahead of Lewis. . .Two weeks later, Lewis won the National 25 Km in Washington, D.C. in 1:52:55, nearly 6 1/2 minutes ahead of Dave Cummings. . .At the same site, Teresa Vaill won the Women's National 20 Km in 1:44:29 with Sue Liers second.

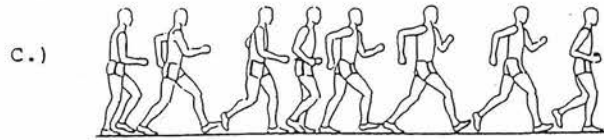
5 Years Ago (From the April 1990 ORW)--Tim Lewis, dominant at 20 Km, was a surprise winner of the National 50 in 4:10:46, nearly 6 minutes ahead of Marco Evoniuk. Mark Manning, Mark Fenton, Eugene Kitts, and Dan O'Connor followed. . .The Mortland Invitational 20 Km in Columbus went to Gary Morgan in 1:32:07 with Steve Pecinovksy second in 1:34:12, but the big news was 58-year-old Max Green in seventh with 1:43:41, a world best for those over 55. Zofia Wolan won the women's 10 Km in 49:30. . .In the National Invitational walks, Teresa Vaill and Tim Lewis walked to victory. Vaill did 46:21 for 10 Km, leaving Sue Liers more than 4 minutes back. Lewis covered the 20 in 1:28:05 with Richard Quinn (1:29:47) and Curt Clausen 1:30:17 following.

RACE WALKING PRE-TEST, by Gary Westerfield 1995 (Permission to reproduce)
Directions: Before your clinic on race walking, take this test. During the clinic, check your answers, and make corrections if necessary.

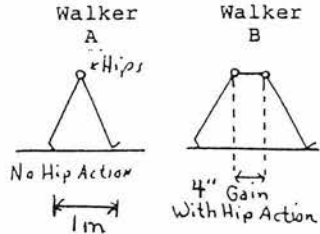
- Which diagram shows legal, but not necessarily great race walking technique. In the space to the right, list some possible reasons why the walker is illegal, or why his form is not great.

(Courtesy of Ron Laird)

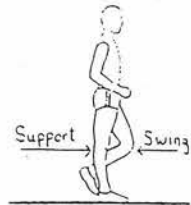




2. Assume that both walkers are the same height, age, weight, and sex, and that they have had identical training. They have the same leg speed and endurance, etc. Which walker will cross the finish line first in a 10,000m walk? And how much further ahead will he/she be? (This is a math problem.)

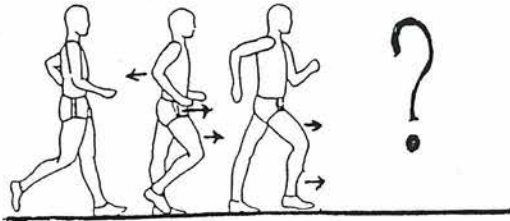


PHASES OF WALKING



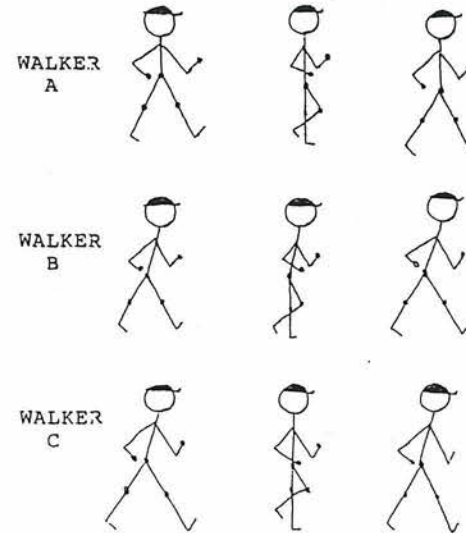
3. Which is the active part of walking, the Support or Swing phase? Underline one. Which body parts are speeding up and which are slowing down?

4. What happens next during the walking gait? What causes it to happen? (Think of what would happen to you if you were riding down a hill in a wagon, and you hit a curb. Where would you end up?)



5. Which arm movement should the race walker emphasize? Forward arm swing, or rearward arm swing? (Look at the diagram in question #4.) Why?

6. Which diagram illustrates the correct application of lean? (Assume that all instances of lean are approximately 5° at most.)



Above: An old postcard I found among family possessions, with the caption: Dr. Deighton starting on his walk from Lands End to John O'Groats. The doctor trains only on Bovril.