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

Defending champion Mexico finished in third, just 6 points back of the two leaders, but claimed both individual titles in the persons of Ernesto Canto and Raul Gonzalez. They lost their chance at a repeat when Felix Gomez, in ninth place at the 15 km mark, was DQ’d in the final 5 km of the 20. Trailing by 23 points after the first day, their outstanding performance in the 50—they finished 1,5,6—was not enough to make up the deficit. East Germany also was exceptionally strong at 50, with a 2,4,8 finish leaving them just 3 points back of the Mexicans in that event. But they also suffered a crippling DQ in the 20, their Junior sensation, Ralf Kowalski, being tossed after being right with the leaders at 15 km.

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

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

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

When Canto, sixth in this race 2 years ago, continued to apply the pressure, none of the others was able to live with him. Covering the final 5 km in 20:32, he came home an easy winner in 1:23:52. Weiser was able to pull well clear of Pezzatini for second, and Damilano faded to sixth, as Yevgeniy Yevseyukov of the USSR and ever toughJose Marsin of the host country came through strongly. With A’ootchil Solomin in seventh and Pyotr Potachenkov in eighth, the Soviets led Italy by three points, 119-116. Carlo Mattioli was
The dominance of Gonzales can be seen in his winning time of 3:48:30 on a day when many of the world's top walkers were able to better their 4 hours and only an additional seven could get under 4:10. The only competitor from outside the contending teams to crack the top ten was French veteran Gerard Leclercq, who moved through well the second half of the race. Biggest disappointments were Spain's Jorge Llopart, second in the Olympics, who was with the leaders at 20 km and dropped off at 28:42.1. Ricardo Leal, second in the race and out at 25 km, and Joibin, who had given Gonzalez such a good race a few months earlier, but who seems to have trouble on the big occasion.

Marco Biondi had an excellent race. Although never really close to the front, he was on a sub 4 hour pace through 35 km and in eighth place at that point. Although he struggled from there, he still beat several walkers with personal bests several minutes ahead of his. Dan O'Gorman had an excellent time going, passing 25 km in 2:40:10, but then hit a very bad patch, before recovering the loss of 10 seconds in 2:42:22. Vincent O'Sullivan, early, hit the halfway mark in 2:05:57, moved back ahead of Dan by 5, and finally came home 27th in 4:29:49, one place ahead of Wayne Gluskiew, who walked much closer to an even pace. Although all four walkers were well off their personal bests, so were most other walkers in the field.

As a team, they were sixth in the race, easily our best performance at this distance in the Lugano Cup.

Results:
Valencia, Spain, Oct. 3 --Making their first International appearance in race-walking, a strong team of Soviet women edged perennial power Sweden by a single point to annex the women's World Championship in a 5 km race. Svetlana Gushavenko easily won the race for the Swedes in 2:21:56.4. However, the Soviets took the next two spots and won the meet when Sharypova bested Sweden's Ann Larson for 10th. A subpar performance by Britta Holmquist didn't help the Swedish cause.

Sue-Liers Westerfield, although short on training, walked well in ninth place, but the rest of the U.S. team was well back, which might have been expected to vie for the championship, could manage only fourth. Norway, who has challenged the Swedes at times in the past, was without Thorill Tyld in and was well back in fifth.

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


4. 03. Vid Dorinson

Sept. 11 -- 1. Wayne Glusker 47:38 2. Denis Gustafson


1 Mile, Austin, Aug. 1 -- 1. 

1 Mile, San Francisco, Sept. 5 -- 1. Alan May 7:54 2. Rob Robinson 8:00

20 - - 1. Norma Arnesen 34 :16 2. Susan Schreck 37 :02 J. Donna Cetrulo 2:10


5 Km, Atlanta, Aug. -- 1. Shaul Otter 6 mi 746 3. Ben Duffa 6 mi 496 4. John Brillo 5 mi 1117

2, 5 mi 1375 Women 1. Sandy Hoxson 5 mi 1375 2. Dorel Ben 5 mi 1436 3. Dorel Bender 5 mi 1486


14 mi 1540 yards (that make sense) .5. Marco Evoniuk 4:44:09 2. Robert Timmons , Jr.


10 -Km 1 Broom­

5. Terry Dunn


7. Terry Dunn


5. Terry Dunn


7. Terry Dunn

East Germany's great 50 Km walker, Hartwig Gauder, 1980 Olympic champion and second in the 1981 Lugano Cup. (Photo courtesy of John Allen)

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

Upcoming California Junior walker, Chris Smith, and the country's current top Masters walker, Ron Daniel, on their way to a recent 1:13:47 for 15 Km. (Photo by John Allen)
Sue Brodock, Bonnie Dillon, and Susan Liers-Westerfield during 1981 U.S. 5K Championship race. (John Allen photo)
You can tell this is the case from the press release than announced the day "With their cry, 'Please, Lord, don't let me work up a sweat,' the world's saunters will quietly celebrate World Sauntering Day by walking nowhere and not caring when or if they arrive.

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

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

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

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

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

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

TRAINING FOR 10000 METERS WALKING RACES

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

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

A 'maintenance program':

One day of 1½-2 hour strolling.
Two days of 1 hour spins, continually increasing the pace, with the last ten minutes very hard.
One day of running—½ to 1 hour, avoiding hills.
One day of intervals or a fast time trial—2-3 miles.
The other days should be strolling or light running.

A 'racing program':

One day of 1½-2 hours strolling, incorporating hills and fast bursts.
Two days of 30 minute strolling, followed immediately by 30 minutes hard.
Two days of intervals.
Two days of strolling or light running.

Intervals sets include: 6 x 880s, 4 x miles, 20 x 880s, 2 X ½ miles, step ladders or 220-lap—880-mile—880-lap—220. All of these should be at race pace or faster. Take as little rest between intervals as possible, setting this up before you start the workout.

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

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

--Pacific Pacers training brochure.
Seattle, Washington.

TRAINING FOR 5000 METERS

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

First two weeks:

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

Two interval days—6-8 880s, one every 5 minutes; 3-4 miles, one every 11 minutes; 'step ladders', 220-lap—880-mile—880-lap—220, each with + distance just walked rest interval; sprint straights at race pace, etc.

Two time trial days—5 miles at 6:00 & below, 7 miles at near 6:00 per mile pace.*

Two days of running (easy, no hills), and/or strolling 1-½ sessions on hilly course.

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

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

Reminder of training period:

One distance day—10 miles, on track, under 6:00 per mile pace if possible.*

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

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

One-two days of fartlek, 1-½ hour duration, emphasizing quick pick-up.

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

--Pacific Pacers training brochure.
Seattle, Washington.

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