Competing in two top internationals since the TAC 20 K, U.S. walkers have turned in some excellent performances, but fallen short of the tough foreign competition they have faced. The top performance was Jim Heiring's American record 10 Km in the U.S.-Nordic meet on July 26 in Stockholm. Jim's 41:07.91 on the track bettered Marco Evoniuk's record of 41:42.5 set last year, but still left him third behind Bo Gustavsson and Reima Salonen, the European 50 Km champ. Evoniuk, in fourth, was also well under his old mark.

A month earlier, in the Times/TAC International Summer Games 20 Km in Los Angeles, it was Marco who shone, as he finished fourth in 1:27:07. This race was also part of the U.S.-East German dual meet, and the East Germans took one-two in the persons of Hartwig Gauder and Ronald Weigel. The winner was reigning Olympic champ, Maurizio Damilano of Italy. However, his win over the East Germans can be discounted somewhat, since their primary objective was to finish safely in the first two spots against the U.S. They weren't going to risk disqualification from that race.

The race started relatively slowly, with Dan O'Connor leading at 5 Km in 21:55. However, there were eight others on his heels at 22:00 or better. By 10 Km (43:50) Dan was accompanied by Evoniuk, Heiring, Gauder, and Fiorella of Italy. Damilano, Weigel, and East Germany's Ralf Kowalsky were close at hand, with only Todd Scully dropped from the original group.

The race hotted up considerably the next 5 Km and the Americans were all dropped. Gauder and Weigel took command, and led Damilano by 3 seconds as they went through 15 Km in 1:04:47. Evoniuk was now fourth, in a battle with Carlo Mattioli (who we overlooked giving the leading group earlier), but 15 seconds back of the leader. O'Connor was in sixth and starting to open ground on Heiring. (Evoniuk and Heiring were the US entrants in the dual meet.)

Damilano continued the pace over the final 5 Km and came home an easy winner over the cautious East German duo. Italy's Sandro Bellucci came from well back to overhaul O'Connor and Heiring, with Dan able to pull well clear of Jim in the final stages. Mattioli passed Evoniuk in the final yards on the track, only to be disqualified for his efforts. In winning, Damilano was able to cover the second 10 Km nearly 2 minutes faster than the first.

The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $5.00 per year ($8.00 for First Class Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3194 Summit St., Columbus, Ohio 43202. Second Class postage paid at Columbus, Ohio. POSTMASTER: Send address changes to Ohio Racewalker, 3194 Summit St., Columbus, Ohio 43202.


Niagara Falls, July 16—Although losing to Canadian Marcel Jobin, Todd Scully emerged as the U.S. 10 Km champion, covering the distance in 44:50. It was his third title, the first coming in 1976 and the other two in 1978. Steve Pecinovsky edged Tom Edwards for second, as both gained ground on Scully over the final 2500 meter loop. John Knifton overcame always tough Sal Corrallo during the second half of the race to take the Master's title. Canadians, in the persons of Andrew McMullin and Ann Peel, also won in the Junior and women's divisions.

Scully, Jobin, Pecinovsky, and Edwards battled on even terms through the first lap, with Scully leading in 10:23. However, Jobin was able to move easily away after that, and Scully quickly opened a lead over the other two on the second lap. In the women's race, Susan Lins-Westerfield accompanied Peel through the first lap, but had to gradually give way after that, finishing more than a minute behind the Canadian's excellent 49:46. David Petri led McMullin by 13 seconds at 2500, but could not match the Canadian's strong pace from there. Corrallo, along with Jack Boitano, led John Knifton early, but John was able to pull easily away over the second half of the race.
JULY 1983

PAGE 4


The first issue of Runtimes came out some time ago and we are getting nearer to the near future. (I haven't seen the first issue, so I can't comment on the content.) For further information, you can write Don Lawrence at 1653 N. Highway 87, Florence, MO 63031. Don has recently moved to St. Louis, where he is involved with Back Walker Enterprises, which includes a running store in Florence, a mail order catalog, MegaWalking, and the Walker magazine. This year's national in Dallas will also be the National TaK Rd. Championship, held for the first time this year because the 20 at the National TaK Championships was closed to qualifiers and could not be used for team scoring. The race is on October 15. We have not yet received any results from the World University Games 20 km, but Larry Johnson tells us that Canadian Guillaume LeBlanc scored a very significant win in 1:24:03, setting a new world record. According to the account Larry saw, the win came despite LeBlanc's having to stop behind a tree to urinate during the race. Larry also sends some current on the new rule on judging. This was introduced at the IAAF, and, although not yet a part of the TaK rules, was used at the Los Angeles International. Larry describes the news as follows (U.S. officials have not yet seen the official wording on it): "Each walking judge has a white flag and may also have a paddle/disc to show reason (I think for loss of contact). The individual judge indicates that he/she is marking a walk by choosing a white flag (proper method is to wave it, which is distracting and confusing, but simply to hold it so it is visible). A variety of white flags are given to each judge. As in the past, three different judges must give red cards (disqualification calls) to qualify. No longer does the Chief Judge have a white flag (except for a personal call). This does present a problem in the fact that the individual walkers may have trouble keeping all the white flags straight, plus the competitors don't know if it is a caution call or a red card call from each judge. If three red cards are given to any one walker in at least three different judges, he is disqualified. The Chief Judge may indicate the DQ, as in the past. Apparently things went well both in LA and the Sports Festival."

The HAIA has dropped the 2 mile walk from their Indoor Championships, but will retain the 20 km outdoors. The Wisconsin State Universities C conference will continue with Larry Johnson, 1991 National 50 km champion, growing in West Roxbury, Mass. at the age of 50, Larry Johnson ran in the 1996 50 km Olympic trials and in 1998, aged 92, led the first 7 miles of the Olympic qualifier. The National Junior 15 km race in Belmar, Conn., scheduled for Sunday, 14 (a change from the OW, unfortunately, never picked up) is in a tentative set for Sept. 11. There were serious concerns over the other dates. Decker is looking for new or used "old style" adidas walking shoes. They can be $75.00 or more. Blue suede w/white stripes or white w/black stripes. They were made up until 1978. If they are used, he will buy them, or trade a pair of marathon's for them. Sizes 7, 7.5, or 9. Contact Tom at 2250 Sherwin Ave., Santa Clara, CA 95050 if you can help. There will be a Race Walking for Fun and Fitness clinic at a spot in Canton, Ohio on Sunday, 25. Frank Angi will be discussing and demonstrating race walking techniques and the K-9 camera will be used for individual assessment. Contact Charlotte Deetz, 3411 Double S.B., East Canton, OH 44730 for information. Right here in Colombo, the Wolfpack, a running club, is sponsoring a 6 Hour "Survival" run on Sunday, 25. Kolten has included a race walking division. It will be on a certified 5 km road course on the very bike path, which you order during most of his running. An excellent, scenic course. Registration fee is $5.00.

Contact: John White, 4185 Arthur Place, Columbus, OH 43220...
The Reaper is Dead

Yes, walkers, the Grim Reaper died on 7/13 in Colorado Springs during the 50K at the Sports Festival.

While having visions of grandeur (walking stride for stride with a comebackking Carl Schueller) thinking this would be a grand day for the Reaper...just imagine passing the American record holder in the last 5 km and winning the Gold. But not to be as the Reaper was assassinated by a revenge-seeking Gombojab of the OTC (Ed. Olympic Training Center, not Ohio Track Club) as he was lapped at about the 20K.

While still reeling from the effects of this, a pit stopping Ranney raced past, thus reducing him to a grizzled camp follower. Having been knocked down by Gombojab and held by Ranney—John Steverson, a 54-year-old upstart from Houston, drove a golden baton through the heart of the Reaper as he swept past.

Yes, the Reaper died and yet he may live on in your minds walkers, so don't look back. * * * * * * * * * * * * * * * * * * * * * *

The Race-Walker

She him
Walking along that street
Before dawn's break.
Nobody around
to shout slinging words,
to taunt his uncoordinated gait;
Fast must meet the grounds
at all times.
Arms a-pumping,
hips a-swinging.
Knees always locked
when feet land
on the surface.
His inspirations:
Laird, Jacobson,
Maynard, Baillie,
Stoiber, and Salamarchuk.
One man
Joins the rarest breed of athletes
(and loneliest).
See him
Walking along that street
before dawn's break—
See him,
a lone, singular candle
in the athletic darkness.

-1983-

Kimberly Reddick

The poem was received in the mail by Holie Paolamarlux from someone who lives in his area. Holie says, "Apparently, she's followed my career and sport and walking as well. I find that outstanding. How many people actually know about and identify with race walking as an event? Kim Reddick tried race walking herself and was met with the harassment and harrasses (flying bottles, beer cans, etc.)."

* * * * * * * * * * * * * * * * * * * * * *

AN EVALUATION OF THE GROUND REACTION FORCES IN RACE WALKING

This was the topic of Mark Fenton's bachelors thesis for a degree in mechanical engineering at Massachusets Institute of Technology (completed this spring). Mark is now doing a summer internship at the biomechanics laboratory at the Olympic Training Center. He summarizes the results of his thesis work as follows: Basically, I confirmed that vertical forces are roughly twice body weight at peak in race walking, as compared to three times body weight in running (verified in previous studies). (At 6 minute pace.) I also found that the four "prime athletic age" men in my study showed a more fluid transition of the weight to the forward leg, or less abrupt heel strike. The other three subjects (two with little over a year of walking experience each, and the third an older walker, with perhaps less fluid technique) experienced more shock immediately at heel strike. As a bachelor's thesis, this was really only a preliminary study, but it was still quite informative, and indicates that further study (particularly of kinelematics, as well as ground forces) is merited.

-1983-

From Dr. Bob Steadman (a transplanted Aussie, former Canadian international walker, now in Lubbock, Texas, via Colorado): The OW has been good at bringing to light the deeds of obscure walkers from communist countries. I have also dug up the biography of a walker of great local fame.

Ts. Gombojab was the Ron Laird of Mongolian walking. Outer Mongolia, the second country to go communist, was a leader in state-controlled athletics, Gombojab was one of its earliest successes.

Little is known of his homeland, Gombojab deserves more international recognition. In the OW tradition, this essay makes an attempt to bring to the world's attention one of the true characters of our sport.

Born around 1912 in a village near the Siberian border, Ts. Gombojab was a boy of eight when the Red revolution changed the face of Mongolia. When the Mongolian Institute of Sport took in its first students in 1930, young Gombojab eagerly enrolled as a cross-country skier, only to be expelled a year later for "hooliganism and disgracing the People's revolution".

Back to the family farm for a year, he was then tired of milking yaks and yearned for the sporting life. He had read of the exploits of European walkers and resolved to emulate, if not outperform them. Self-trained, he attended the authorities' attention by walking from Ulaanbaatar to Nanchang in less than 24 hours. More "events" followed, and it was not long before he was re-enrolled in the Institute of Sport, keeping fit by competing against runners. In 1934, he won the coveted Soms of Genghis Khan trophy for for athletic endurance. By the end of the next year, almost every middle-aged jock in Mongolia was claiming to be the coach who brought Gombojab to stardom.

Always the innovator, Gombojab introduced ice walking, on reindeer-hide shoes, to keep Mongolia's athletes fit during the long, hard winter. Competitors invited from neighboring Inner Mongolia and Tannu Tuva invariably
fell to his powerful stride, although critics unkindly ascribed his success to tacit knowledge of thin spots in the ice, into which his opponents were frequently lurked.

Another innovation was the introduction of the run ration for walkers. Stopping water at the feeding stations, Gombojab would guzzle a shot of run every 5 km of a 50 km race. Of his performances in 1936, little is written, but he is believed to have been drying out at a sanatorium near Ulan Bator.

By 1938, he was back in top form, and was invited to compete in the Soviet championships in Leningrad. Funds were raised to send him to Russia on the Trans-Siberian express, along with four coaches, three trainers, and a manager. Most of the top Russian walkers, being army officers, had been executed in the past 2 years, leaving Gombojab a firm favorite for the 50 km. He opened up a large lead before the infamous Leningrad water supply took its toll, forcing his retirement at 20 km. Interviewed after the race by a Tras reporter, he lamented: "I thought a Stalin purge only meant being put before a firing squad."

His tour continued, with better luck, through Eastern Europe, where he met and married a Lithuanian girl, Irina Kateriniskas, returning to Mongolia to raise nuts and bolts, and to train in earnest for the 1940 Olympics.

His career, interrupted by the War, never returned to its previous level, and he ultimately became an obscure civil servant, remembered only by the pioneers of Mongolian walking. Now retired, he is a familiar figure at the headquarters of Ulan Bator each morning as he does a few kilometers heel-and-toe to the jeers of Mongolian motorists.

Dear Reader,

There was, I must confess, no Ts. Gombojab, but his story is full of anecdotes that may be of interest to OW readers. I hope you enjoyed it.

Bob Steadman

Dear Reader,

What this Steadman is full of is not anecdotes. I invented him because your editor is too bigoted to print an article by a Mongolian walker.

I repeat: there is no Bob Steadman. Long live the people's revolution.

Ts. Gombojab

BACK TO THE REAL WORLD OF IMPORTANT RACES IN YOUR FUTURE:

Tue. Aug. 9—2 Mile, Houston (A)
Thu. Aug. 11—5 Km, Cambridge, Mass., 4:30 (F)
Fri. Aug. 12—5 and 15 Km, Dearborn (O)
Sat. Aug. 13—10 Km, Asbury Park, N.J., 9 am (F)
                      10 Km, Maspeth, (F)
                      10 Km, Broomfield, Colo., 8 am (D)
                      5 and 10 Km, Carderock, Md., 9 am (G)
Sun. Aug. 14—1 Hour, San Francisco, 9 am (G)
                      500 Meters, 15 Km, Los Gatos, Cal., 8 am (I)
Sun. Aug. 21—1500 M and 3 Km, Arlington, Va., 10 am (G)
                      20 Km, Los Gatos, 7 am (I)
Sat. Aug. 27—5 and 10 Km, Iowa City, Ia., 8 am (U)
Sat. Aug. 28—10 Km, Sayville, NY, 8 am (S)
                      10 Km, Redmond, Wash. (W)
                      1 Mile, College Park, Md., 9 am (G)

LOOKING BACK

15 Years Ago (From the July 1968 ORW)—Ron Laird took the National 20 Km title in 1:35:33 with Larry Young, Don DeFoor, and Tom Dooley taking the next three spots and Dooley only 30 seconds back of Laird. ... The 20 wasn't so close as Young won easily in 1:34:12 (the course was found to be about 1/4 mile short). There were eight under 4:30, 10th Goetz Klopf, Bob Bowman, and Dave Romensky following Larry ... Laird covered 7 mi 1360 yds in an hour to beat Martin Rudow for the National title in Montana.

10 Years Ago (From the July 1973 ORW)—John Knifton, won the National 25 Km in Taunton, Mass. in 2:05:50 with Ron Laird next in 2:07:36. Cary Westfield was a 91er by Don DeFoor. Steve Denman and Laird won the 50 Km. ... John won the race under duress. Two weeks earlier he had been attacked by a large, hungry dog while training. He resumed that training stint after 20 stitches and 5 days in the hospital. With that adventure out of the way, he proceeded to Taunton the day of the race, and conveniently left his gear bак home. So he walked the race in borrowed gear, including a pair of half-size-too-large bowling shoes. And, surprisingly enough, despite 80
7 ~ JULY 1983

Sue Prolock won the National 5 K, the first time the women had competed at that distance in the National meet, in 17:33.6 with Ellen Mankow and Ester Marquez following. On the local scene, your editor blasted a 3:15:56 for 4 miles and immediately allowed that he was almost ready to start challenging those "near the bottom of the top". A hollow challenge, as it turned out. A fellow by the name of Jim Heiring won the mile in the Wisconsin Junior Olympics in 6:59.4. Jerry Brown and Bill Ranney competed in Europe with the U.S. track team and, despite some good times (walking, that is, not bolterous revelry), didn't come off too well competitively. In Germany, Jerry had 4:46:36 and Bill 4:54:46 for 10 K, but Beate Koenig had 43:48 and Gerhard Weidner was second. In Italy, they had 44:36 and 46:06, respectively, but Visini and Ambaldo were well ahead. In Milan, they gave the Soviets a good battle, but were still third and fourth. Yevheniy Pochanko won in 1:51:14 and this time Bill beat Jerry with 1:56:37 to 1:57:41.

5 Years Ago (From the July 1978 ORW)—Todd Scully lead from the gun to win the National 10 K at Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Boyle and Martin Kraft followed him. The Junior 10 K went to Ray Sharp in 50:35, with Mike Morris second. Todd Scully took second in the US-USA dual when Vinichenko of the Soviet Union was disqualified after finishing in 1:31:16. Polosov won in 1:30:16 as Todd did 1:32:13 and Jerry Walker 1:34:15. In two Junior duals against the Soviets, Sharp had 46:00 and 47:20, but finished third both times. Morris had 48:49 in the second dual. Saul Gonzalez zipped a 3:01:620 for 50 K in the annual Prague-Podbrady race. Paul Hendricks became the first American to compete in the Paris-to-Strasbourg race (500 plus km) and covered 214 km in 31½ hours. Josey Simon of Luxembourg won the race in 66:10:47.

The field was well bunched at 5 K in the International 20 K. Jim Heiring leads. Others, from left to right, are Ronald Weigel, Maurizio Damiano, Marco Bvastia, Hartwig Gauder, Carlo Mattioli, Dan O'Connor, and Giorgio Damilano. SPORTSFOTO by John Allen.

Hartwig Gauder and Ronald Weigel stroll easily to the finish line as they finish 2-3 in the International 20 K. SPORTSFOTO BY John Allen.