DENVER, May 12-13—It was a festival of national championship walks in Denver this weekend, with men's and women's 5 Km titles decided on Saturday and the men's 30 Km on Sunday. In the 30 Km, Vincent O'Sullivan was an impressive winner in 2:23:48, leaving Carl Schueler, whose performances seem to be somewhat of an enigma these days, nearly 5 minutes behind. Schueler just beat Tom Edwards for the second spot. The remaining eight finishers were well spread out and 10 or 12 others failed to finish. Among these was Tim Lewis, who led much of the way but dropped out after being passed by O'Sullivan at about 22 Km, claiming "boredom."

Tim had been more impressive on Saturday, winning the 5 Km title in 20:53. He left Mel McGinnis and O'Sullivan well back in that one. In the women's 5 Km, Teresa Vaill won, but not without a battle from Debbie Lawrence. Two Mexican girls finished third and fourth, just ahead of Susan Liers-Westfield, who seems to be having trouble capturing past form this year. Results:

**National 30 Km:**
1. Vincent O'Sullivan 2:23:48
2. Carl Schueler 2:28:46
3. Tom Edwards 2:28:46
4. Fabian Knizacky 2:33:34
5. Ed O'Rourke 2:41:44
6. Ray Funkhouser 2:49:38
7. Leonard Jansen 2:56:30
8. Don Lawrence 3:00:54
9. F. Pehrmann 3:06:31
10. Peter Davey 3:11:04
11. Chris Amoroso 3:17:22

**Men's 5 Km:**
1. Tim Lewis 20:53
2. Mel McGinnis 21:27
3. Vincent O'Sullivan 21:52
4. Dave Cummings 22:05
5. Carl Schueler 22:17
6. Fabian Knizacky 23:07
7. Don Lawrence 24:35
8. Joe Berendt 25:07
9. S. Hecman 25:19
10. Terry Penner 27:53
12. Ray Frank 29:04
13. Bob Carlson 29:10
14. Chris Amoroso 29:27

**Women's 5 Km:**
1. Teresa Vaill 25:27
2. Debbie Lawrence 25:43
3. Maria da Leva Coll 26:02
4. Astella Rodart 26:02
5. Susan Liers-Westfield 26:03
6. Viacheslav Sediak 26:46
7. Gail Kiew 27:12
8. Jacquie Ostrom 32:21
9. Heather Kellems 33:19 (1st Master)
10. Karen Rosenberg 33:26 (about 25 finishers)

HEIRING TOS LARGE 15 KM FIELD

New York, May 27--Leaving his competition after 3 Km, Jim Heiring moved to an easy and impressive victory in the National 15 Km walk today. With most leading competitors on hand, the win established him as favorite in the Olympic 20 Km Trials. Tim Lewis also kept his stock high, rallying at the finish to overcome Ray Sharp, who is very much back in the Olympic picture after some trying times. Marco Ebonik, after some strong races in Europe, was an isolated fourth, and remains a bit of a mystery in the 20 Km picture, if he chooses to contest the distance, but still a strong favorite at 50.

In the women's race, Teresa Vaill was completely on her own from the start and won easily with an impressive 1:17:27 performance. Teresa, of course, had plenty of men to compete with, as the races were walked simultan (to page 10)
Colorado's Marco Evonink, at age 25 the fastest-ever U.S. 50 Km walker (2:56:37) and a leading candidate for the 1984 Olympic team at both 20 and 50 Km.

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MAY 1984

RESULTS, RESULTS, RESULTS


Women's 10 Km, Columbus, Ohio, May 6-1. Mike Russell 1:00:45 2. Steve Valtiavos 1:03:20 3. Don Drewniak 1:05:28 4. Carol Brown 1:07:47 5. Mike Russell 1:12:47


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A LITTLE BIRDIE TOLD US OF SOME RACES THAT YOU MAY WANT TO CONTEST

Mon. Jun 11—5 Km, Long Branch, NJ, 6:30 pm (and each Monday through Aug. 27 (A))

Tue. Jun 12—1 Mile, Atlanta (each Tuesday through July 24) (B)

Wed. Jun 13—1 Mile, Bangor, Maine, 6 pm (AA)

4.9 Mile, Shrewsbury, Mass., (V)

Sat. Jun 16—5 and 10 Km, Greeley, Colo., 9 am (V)

Olympic Trials 20 Km, Los Angeles

Sun. Jun 17—1,500 meters and 3 Km, Arlington, Va., 10 am (L)

10 Km, Rancho Bernardo, Cal., 7 am (C)

1 Hour, San Francisco, Cal., 9 am (B)

Fri. Jun 22—National Athletics Congress Junior Women’s 3 Km, Los Angeles

Sat. Jun 23—Eastern Masters 5 Km, Washington, D.C. (L)

5 Km, Lewiston, Maine, 2 pm (AA)

Olympic Trials 50 Km, Los Angeles


National Athletics Congress Junior 10 Km, Los Angeles (BB)

Marathon and 10 Km, Ojai, Calif. (CC)

Fri. Jun 29—10 Km, Lewiston, Maine, 6 pm (AA)

Sat. Jun 30—10 Km, Dearborn, Mich., 9 am (C)

5 and 10 Km, Pasadena, Cal., 9 am (C)

GGW walks including Triathlon (Race walk, bike, run), San Francisco, 10 am (B)

Sun. Jul 1—5, 10, 20, and 50 Km, New York City (P)

1500 meters, Rutgers, N.J. (A)

2 Mile, Freehold, N.J. (A)

5 Km, Lewiston, Maine, 10 am (AA)

5 Km, East Windsor, N.J., 9 am (F)

Sat. Jul 14—5 Km, Cambridge, Mass., 10 am (C)

Marathon, Bangor, Maine, 6 am (AA)

National Athletics Congress 10 Km, Niagara Falls, N.Y. (G)

Sat. July 21—5 Km, St. Louis (W)

and 10 Km, Pt. Hunt Park, Va., 8 am (L)

Sun. Jul 22—5 and 10 Km, Copper Mountain, Colo., 10 am (V)

10 Km, New York City, 10 am (P)

5 Km, Dearborn, Mich., 9 am (T)

Sun. Jul 28—1 Mile, Lewiston, Maine (AA)

Sun. Jul 29—5 Km, New York City, 9 am (F)

1500 meters and 3 Km, Arlington, Va., 10 am (L)

Mon. Jul 31—5 Km, Atlanta (E)

Fri. Aug 3—Olympic 50 Km, Los Angeles

Sat. Aug 4—Connecticut, 5 Km men, 3 Km women, Brunswick, 12 noon (A)

24 Hour Relay, 50 and 100 miles, Ft. Meade, Md., (L)

5 and 10 Km, Cape Rock, Okeechobee, Fla., 8 am (W)

Sun. Aug. 5—10 Km, Ft. Meade, Md., 7:30 am (A)

Sun. Aug. 12—100 Km, Fort Meade, Md., 9 am (A)

Sat. Aug. 18—Olympic 50 Km, Los Angeles

Add: Mr. Louis, Tuesday evenings: 1500 June 12; 3 Km, June 19; 5 Km, June 26, 1500 July 3; and 3 Km, July 10. Belleville, Ill. the same distance will be contested on Thursday evening. (W)

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...
Modern pharmacology has given this world many "miracle drugs" that have decreased disease, eased pain, and improved the chances for a long, productive, and healthy life. When misused, these same medications can cause illness and destroy instead of heal.

When used properly, cortisone and cortisone-like medications have a place in the treatment of athletes. There is much misinformation and myth surrounding cortisone. The following information will clean up some of those incorrect concepts concerning cortisone.

Cortisone is a naturally occurring steroid classified as a mineralocorticoid. These hormones are produced by a section of the adrenal glands (also produces that substance that makes race walkers go faster—adrenalin), which are located on top of each kidney. Cortisone is classified as a catabolic steroid since it is important in metabolism and breakdown into energy. This is the opposite of the anabolic steroids ( outlawed in amateur competition, which act to build up tissue. Therefore, cortisone does not have the same effect or "benefit" of anabolic steroids. You will not grow a hairy chest (that goes for females as well) or get bulk in muscle development from cortisone use.

Medically, cortisone is important to life function. A person with a damaged adrenal gland that no longer produces cortisone needs cortisone and cortisone synthetics to maintain proper electrolyte and water balance, lipid and sugar metabolism, and to initiate normal healing. Without cortisone, a fatal outcome is inevitable.

Of athletic interest, cortisone and synthetic cortisones greatly reduce inflammation and swelling of joints and tendons. Relief is felt within a few hours. Oral cortisone (pills) should be avoided by the athlete (unless indicated) since the greatest side effects are observed with oral dosages. The cortisone must be metabolized by the liver and travels in the blood to all the body systems, other than the nose, knee, or elbow, as intended. Injection of a very small amount of cortisone (usually mixed with novocaine to lessen the pain of injection) directly into the sore joint keeps the medicine localized to the area where it is needed the most. The benefit is that it is metabolized slowly and won't produce side effects.

Synthetic cortisone, such as Kenalog®, Depo-Medrol®, Aristocort®, and Decadron® are chemical analogs of cortisone and produce less side effects. They also have longer lasting action. Most doctors use these in place of cortisone.

Although we try to avoid medicine during training, sometimes a nagging tendonitis or sore joint won't ease off. An injection, followed by a short rest, will greatly aid recovery. Under no circumstances should an injection be given immediately before a practice or race merely to allow one to compete. By deadening pain, more damage may result.

After injection and 4 to 6 days of rest, painful symptoms will be gone and resumption of hard training may begin. The use of steroid injection, when used conservatively, will greatly aid recovery from injuries that may drag on for months otherwise.

Some indications for steroid injection therapy are chronic tendinitis, bursitis, and capsulitis of joints (feet and ankles, etc.). Prior to using injection therapy, rest, ice packs, and protective padding should be tried. Many problems will resolve themselves with this type of treatment and injection may be avoided. A word of caution: The achilles tendon should never be injected with any steroid medication. It has been reported in medical literature that steroids will weaken the fibers of the achilles tendon, possibly leading to its rupture. Never accept an injection into the achilles tendon or its attachment at the heel.

Finally, cortisone and steroid injections are not a cure. Multiple injections should be avoided. I allow only three per year for a patient. The injection will help recovery by reliving chronic inflammation, swelling and pain. Rest, physical therapy, and protection, such as taping, padding, and orthotics, will complete the healing process.

FROM HEEL TO TOE

My apologies to someone who is getting an expiration notice in this issue that is entirely unwarranted. On May 19, I received a First Class renewal, put the renewal slip aside, and cashed the check. When I later picked up the slip to record receipt of the check, I found it had no name or address on it, through no fault of the sender. I inadvertently cut off the name and address portion before sending the notice out. So, whoever you are, just let me know. If three or four people let me know, then I have to worry about who the cheaters are...

International Competition: As reported last month, Dan O'Connor competed in the Spanish 50 Km and British 10 Mile Championships in March. As you see in this month's results, Marco Evioluk was sent to the Bergam Bran Prix event and other races in Denmark. In addition, Ron Laird took a group from the Olympic Campions, along with Teresa Vaill, to the Mexican Race Walking Week, where they mostly encountered weather too hot for any good performances. A four-woman team (Debbie Lawrence, Sue Lleure-Westfield, Sue Miller, and Gwen Robertson, managed by Lori Maynard) was sent to Lomello, Italy for a 10 Km on May 26. Besides the Olympics, one other International event remains on the schedule for the year, providing necessary funds are found. A Pan-Am Cup, modeled after the Inzano Cup, is scheduled for Moniquiera, Columbia on Nov. 2nd. It will consist of a 20 and 50 Km for men and 10 Km for women. The trip for 12 athletes, 2 coaches, and one international judge will cost $18,000 to $20,000, which isn't presently available. National Chairman Bob Kitchen has made this a number one priority following the Olympics, since we definitely should support this event if it is to continue... There will be a women's exhibition 10 Km walk in conjunction with the Olympic Trials. The race is set for 12:30 pm on Saturday, June 23, with expenses paid for the women with the top 12 times through June 9. The race will be used for selecting team members for any International races, such as that mentioned above...
NOW YOU CAN RACE WALK IN OVER 29 LANGUAGES! Amazing but true! Race walk in over 29 languages using the multi-lingual race walk T-shirt: Just slip it on, reach out with your heel, let the hip drop, and voila! That's right—these distinctive shirts, mentioned earlier, are now available from Jan Sakamoto, 1183 Avola Ave., Pasadena, CA 91105. Available in men's sizes small through extra-large, the silver-gray shirts have nvy blue letters.

Price is $8.00 each, reduced to $7.20 for orders of 1/2 dozen, and $6.20 for orders of a dozen. Add a buck for postage and handling. They carry the ORW emblem and Pavilion logo. Also available now are the annual statistical books. Bob Bowman has done another superb job in updating the U.S. Race Walk Handbook for 1984. It contains schedules, records, rankings, all-time lists, all national and international champions, record progressions, American performances in international competitions, and personal statistics on long-distance champions. Published by the Athletics Congress, it is available for $15 (in Canada, $22.50 elsewhere) from Book Order Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206. You get 79 pages, with agood picture of the start of last year's World Championship 50 Km on the cover. Also out are the Race Walking World Statistics for 1983, with separate volumes for men and women. These give world records, world rankings for 1983, and all-time lists for many distances, along with result of both the 1983 World Championships and Lugano and Eschborn Cup races. The men's volume (60 pages) costs $4.00 and the women's (32 pages) $3.50. Order from the Editor: Palle Larsen, Bulowavej 40, DK-1870 Copenhagen V, Denmark. Well worth the price if you are statistically inclined. The article on John Knifton mentioned in an earlier issue was in the March 1984 issue of Southwest Airlines magazine. The March 21 issue of USA Today had an article on Jim Heiling and the rigors of training for international excellence. The Paul Bunyan Marathon in Bangor, Maine on July 14 has an official race walking division. See this month's schedule for details. Another recent article on race walking appeared in the magazine last November (not too recent). Titled "The Safe Sport" it was done by long-time rice walker John Gray. Race walker and Andrews DIX hosted coach Ron Laird and Olympic hopeful Mel McGinnis during the "Walk for Fitness" days in Albuquerque, NM, May 17-20. Thursday afternoon, May 17, consisted of TV and press interviews followed by a large evening reception. Friday and Saturday, Coach Laird and Mel conducted racewalk clinics in a huge indoor mall of over 100 acres, large crowds of people, many driving in from out of town, circled the reserved portion of the mall, learning race walk technique from the veterans. On Sunday, Mayor Kinney presented Ron with a "Walk For Fitness" proclamation. This was followed by another successful clinic and a "Children's Walk" led by Jesse Cantaneda.

LOOKING BACK

15 Years Ago (From the May-June 1969 ORW)—A particularly large issue of the ORW, featuring pictures for the first time—controversial pictures showing sex and nudity—awaited walkers and runners. The heat was over 100 degrees, and the athletes were sweating profusely. Hundreds of people, many driving in from out of town, circled the reserved portion of the mall, learning race walk technique from the veterans.

10 Years Ago (From the May 1979 ORW)—Lots of National races reported: John Knifton pulled away from Floyd Godwin to win the 25 Km in 1:54:43 in Des Moines. Godwin did 1:54:06, with Jerry Brown and Bob Henderson in the next two spots. The 15 Km in California went to Larry Walker (1:10:08) ahead of Carl Saff (1:10:13) and Ed Boudin (1:11:43). Bill Ranney, Rudy Halvosa, and Chris Hohne filled out the first six. Godwin also took the 10 Km in Chicago with a 45:42 with Henderson a distant second and aging Jack Mortland a rather anashed third as few athletes showed up. The National 20 Km went to Jerry Brown in 1:33:13, with Godwin taking John Knifton for second. Ron Daniel and Bob Henderson followed. East Germany's Peter Frenkel set a World Record for 30 Km (2:14:22) in East Berlin, with Chris Hohne less than 2 minutes back. A few weeks later, Hohne walked 50 Km in 3:19:53 in Hamburg, Bernd Kanneberg broke the World Record at 3:19:45.

5 Years Ago (From the May 1984 ORW)—It was open season on the World 20 Km record, which had been held by Mexico's Daniel Bautista at 1:32:32. On April 22, the USSR's Anatolii Solomin broke it with a 1:31:00 effort. One week later, Frenchman Gerard Lelievre took it down to 1:29:20 at Epinay. Then, on May 19, walking on the track in Valencia, Spain, Bautista recaptured it with a 1:29:15 effort. Jimmy Heiling's American record of 1:30:04 set on April 22 didn't last long either, as Todd Scully turned in a 1:28:33 in Seattle on May 17. Chris Hansen won the U.S. 15 Km title in Kenosha, tying Canadian Marcel Jobin in the process, as both returned 1:25:39. Heiling was nearly a minute and a half back in second (Jobin doesn't count) and John Van Den Brandt took third. Todd Scully whipped Hansen in the National 10 in Chicago in 43:14. Hansen beat Jobin in this one 43:14 to 43:26. Van Den Brandt was the third American. Scully discouraged the field with a 61:26 first mile. However, the next day, Jobin got the best of Scully in the 25 Km on the road, blitzing a 41:42. Todd had 42:16. The women's National 15 Km went to Paula Kash-Mori in 1:21:21 with Jeanne Bocci second. Alan Price was an easy winner in the National 100 Km in 3:15:35, with Tom Hamilton 47 minutes back in second. Jack Blackburn finished third, catching Sal Cerrallo in the final 20 miles to take the Master's title.

TS. GONBOJAB UPDATE

Many of you may recall the stirring account of the exploits of Outer Mongolia's race walking phenom, Ts. Gonbojub, as described by Bob Stedman in the July 1983 ORW. Here is some more on this extraordinary athlete, handed to me by Gary Martin, a competitor at work:

"Last evening I rammed through some old running magazines at the Upper Arlington library and ran across an obscure name that may lend itself to a future item in the Ohio Racewalker. The name—Ts. Gonbojub.

"Apparently, in the early 1900's, Gonbojub invented a style of walking shoe in which the heels and toes were reversed. Gonbojub's strategy was to take an early lead so that other walkers could see his shoes. His competitors would get so confused that they would walk backwards, providing one easy victory after another for Gonbojub."

Inadvertently omitted from schedule:

Sunday, June 17—NATIONAL ATHLETICS CONGRESS JUNIOR MEN'S 3 KM, Sayville, N.Y.—also Master's 3 Km, Contact: Bob Timmons, 90 Colton Ave., Sayville, NY 11782.
taneously. She finished just behind Ron Kulik, who was among the Master's leaders, if not the winner. (I don't have this information and there are a few ahead of him I am not sure about. Nor, can I tell you at this time who the Junior winner was.)

Heiring was accompanied through the first 2½ km by Lewis and Sharp, with Evoniuk just 4 seconds behind their 9:59 clocking. But by 5 km, Jim was on his own in 20:19, with Sharp having moved well clear of Lewis (20:24 and 20:42. Evoniuk was just behind Tim. Ed O'Rourke led the rest of the field, better than a minute behind Heiring.

At the 10 km mark, Heiring roared by in 41:40 with the race well in hand, Lewis had gotten back on terms with Sharp (42:17) and Evoniuk was starting to lose ground to these two. Vincent O'Sullivan and Dave Cummings were now challenging O'Rourke. Over the next 2½ km, Sharp accelerated "sharply" and appeared to have second place taken care of with a 19 second lead on Lewis. However, Tim was not to be denied and came back to beat Ray by 5 seconds, gaining 5 seconds on Heiring as well over this final 2½ km. Evoniuk dropped well back, but was never in danger of losing fourth. O'Sullivan also walked a strong final lap to capture fifth over O'Rourke and Pete Timmons moved into the picture, catching Cummings near the finish, only to be disqualified.


Olympic Trials quick analysis: Heiring to win 20, with O'Connor, Lewis, and Sharp battling for other spots. Evoniuk an outsider. Evoniuk strong favorite in 50. Schueler may take second, but doesn't look as solid as he did a couple of months ago. Heiring and O'Connor will challenge him if they don't and O'Sullivan should be close. Edwards is next in line, with Lewis a threat for the team if he misses at 20.

Only 7-years old, Naomi Salvadera is seen in this sequence on her way to a 9:25 clocking for 1500 meters. The Rialto, Cal. race shows outstanding form. STANDFOTO sequence by John Allen.