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 race 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 Tiers 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
5. Carl Schueler, East Side TC 3:45:26
7. Simon Erik, Australia 3:53:21
8. Tom Edwards, Island TO 3:59:29
9. John Muscato, North Jersey Striders 4:03:21
10. Tim Cebula, Shore AC 4:19:37
14. Lon Wilsone, ESTC 4:30:47
16. John Shilling, Island TO 4:38:03
17. Franco Antonini, ESTC 4:47:25
18. Jessie Adair, ESTC 4:47:30
19. Frank Lacombo, Metropolitan Race Walkers 4:47:55
22. John Blake, Met. RW 4:57:05
23. Cervin Robinson, ESTC 4:58:19
24. Tim Deye, NJ Masters 5:10:43
25. Don Johnson, Shore AC 5:12:36
27. Elliott Desman, Shore AC 5:21:26 (36 finishers)

OTHER RESULTS
Metropolitan 10 Km Championship, Central Park, New York City, Oct. 20--1.
Tom Edwards 25:35
2. Curtis Fisher 25:36 (1st Junior)
3. John Slavonic 26:13
4. Allen Jacobson 27:19
5. Juan Santana 27:51
6. Jeffrey Salvage 28:22 (2nd Jr.)
7. Raimundo Hernandez 30:19
8. Ed O'Inverse 30:30
10. Howard Jacobson 32:47 (1st over 50)
11. James Campbell 33:26 (4th Jr.)
12. Lynn Walk 54:03 (1st Woman and 1st Jr.)
14. Deirdre Collier 57:14 (2nd Woman and Jr.)
15. Laura Ann Rockland 57:29 (2nd Woman and Jr.)
16. Frank Lacombo 59:23 (1st over 60)
17. Jesse Adair 59:29
18. Bill Omalichenko 60:53 (2nd over 50)
19. Frank Omalichenko 61:55
20. Cervin Robinson 62:57 (3rd over 50)
21. Curtis Fisher 63:51
22. John Slavonic 67:21
23. Pat Planer 39:02
24. Bob Ryan 39:43
25. Robert Tottleb 41:24
26. Lee Bogart 43:08
27. John Shilling 43:40
28. Lee Leitz 45:45
29. Richard Goldman 46:30
30. Darren Cotten 46:36
31. Bill Omalichenko 47:00
32. Frank Omalichenko 47:16
33. Tim Dyas 47:22
34. Andrew Dunagan 50:34
35. Mel Rubin 49:51 (23 finished)
36. De--Nick Harding 50:48
37. Tim Cebula 51:32
38. Joseph Giaquinto (69) 50:24
Women: 1. Teresa Valil 40:09
2. Lynn Walk 41:19
3. Maryanne Torrellas 44:45
4. Deirdre Collier 44:58
5. Frances Wittens 45:31
LUGANO-ESCHBORN CUP SCENES. Fast 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.
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 unique NIKE-Air® 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, lightweight synthetic suede upper affords breathability, repels water, and 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. It's 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 it in the "ONW."

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. (Bl. 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 Race Walkers cross-country walk.

Alan also says: At least one expert says that a heel is helpful in race walking (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 and adds a heel or lift. Some leisure walking shoes are: 50.


FURTHER RESULTS FROM OUTSIDE THE U.S.

Women:
20K: (Road) Brisbane, Aug. 11-1. Irina Petrova 1:10:47 2. Galina Taranova 1:11:24 3. Irina Tauskova 1:11:24

New Zealand:
21K: (Road) Auckland, Nov. 6-1. Trudy Keen 1:11:24 2. Ljudmila Kusnevska 1:10:28 3. Sofia Turosz 1:09:54
20K: (Road) Sydney, Nov. 7-1. Irina Petrova 1:10:47 2. Galina Taranova 1:11:24 3. Irina Tauskova 1:11:24

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Further results from outside the U.S.


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RAUL GONZALES

Perhaps the greatest 50-Km walker of all time in Mexico's Raúl González, the 1984 Olympic gold medalist. He has been ranked number on in the world five times by Track and Field News (1977, 1978, 1979, 1981, and 1983). In the off years (1980, 1983, and 1984) he was ranked third.

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 Raúl in the future remains to be seen. Unfortunately, the Mexican team did make it this year's Luiano 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 (Lissette-5½, Gina-4, and Denisse-2½), Raúl 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 Yuette 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 everyday. 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.