Potdam, E.G., May 25--East Germany's Ronald Weigel blew away a strong international field in the final 20 km to better his own world's best performance for 50 km. His 3:38:17 was 14 seconds better than the previous best, which was also a Weigel performance in 1984. Weigel's spectacular race highlighted the 6-team international match, which also included a 20 km and 10 km races for women and juniors.

Weigel, now 35 years old, was the 1983 World champion and ranked number one in the world in both 1983 and 1984. In 1984, he was also ranked second at 20 km. In today's race, countryman Hartwig Gauder was still close as Weigel went through 30 km in 2:12:07, with Dietmar Meisch and Swede Bo Gustafsson still in contention. However, Weigel's final 20 km of 1:26:10 (he had done the first 20 in 1:29:11) left Gauder better than a mile behind at the finish. The rest of the field, including such stalwarts as Maurizio Damilano, Sandro Bellucci, and Jose Marin, were spread out well back. The race being on the road, Weigel's time is recognized only as a "world best". The official world record, which must be on the track, is still Raul Gonzalez' 3:41:38.4 in 1979.

With Ralf Kowalsky and Axel Noack finishing one-two in the 20 km, the East Germans easily won the meet, with Italy second. Sweden's Monica Gunnarsson was an impressive winner in the women's 10 km in 46:05.


Carlos Mercenario, Mexico, leads the early stages of the International 20 Km in Quebec in May. He failed to finish. Following him are Ernesto Canto, Mex. (2nd); Martin Bermudez, Mex. (3rd); Guillaume Leblanc, Can. (1st in 1:23:17); Joel Sanchez, Mex. (6th); Tim Lewis, US (4th), and Marco Evoniuk, US (8th). (Steve Vaitones photo)

(National Chairman Sal Corrallo (?) in one of his better moments. Dan O'Connor (left) and Fred Specter commiserate. This was following some long race, but unfortunately, I forget who sent me the photo or just how long ago. (Credit will be given next month after the photographer berates me in a scathing letter.)

The Ohio Racewalker (USRB 305-050) is published monthly in Columbus, Ohio. Subscription rate is $5.00 per year ($7.00 for First Class Mail, $11.00 for Overseas Air 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.

COMPETITIVE OPPORTUNITIES IN YOUR FUTURE

Sat. Sep. 13—5 Km, Mililoa, Tex., 8 am (AA)
Rockport Northwest Regional 5 Km, Seattle (D)
5 Km, Dearborn Heights, Mich., 9 am (W)
Sun. Sep. 14—10 Km, Concord, NH, 9 am (L)
Rockport Regional 10 Km (women) and 20 Km (men, Seattle (D)
Sat. Sep. 20—1 Hour and 5 Km, Lafayette, CO, 8 am (K)
Sun. Sep. 21—10 Km, Atlantic City, NJ (DD)
Eastern 5 Km, Boston, 12 noon (L)
Sat. Sep. 27—2 Mile, Lake Murray, Okla. (P)
Sun. Sep. 28—NATIONAL ATHLETICS CONGRESS 40 KM, FT. MONMOUTH, NJ, 9 am (P)
Alongi Memorial 20 Km and Various 3 to 10 km races, Dearborn Heights, Mich., 8 am (W)
Sat. Oct. 4—26 Hour, Springfield, Ohio
Sun. Oct. 5—10 Km, Denver, 9 am (K)
Sat. Oct. 12—5 Km men, 3 Km women, Dearborn Heights, Mich., 10 am (W)
3 Km and 10 Km, Track, Arlington, Mass., 11 am (L)
5 Km, Denver, 8 am (K)
Sun. Oct. 19—5 Km, Aurora, Col., 9 am (K)
Sat. Oct. 25—5 Km, Dearborn Heights, Mich., 10 am (W)
Sun. Oct. 26—15 Km, Sterling, Mass., 10 am (B)
Henry Lakau 10 Km, East Meadow, N.Y., 2:30 pm (C)
Sat. Nov. 1—5 and 10 Km, Los Angeles (N)

CONTACTS:
A—Brain Savilonis, 293 Mirick Rd., Princeton, MA 01241
B—Gary Westerfield, P.O. Box 1440, Smithtown, NY 11787
C—Joe Barrow, 675 Marion St., Denver, CO 80218
D—Eli Knott, 206 W. Columbia, Springfield, OH 45506
E—Ron Marlett, 2712 NW 46th, Oklahoma City, OK 73112
F—Bob Carlson, 2261 Glenwood St., Denver, CO 80207
G—Steve Vaitones, 15 Chestnut St., Waltham, MA 02154
H—Elaine Ward, 350 W. California Ave., Pasadena, CA 91105
I—Elliott Deman, 28 N. Locust, West Long Branch, NJ 07764
J—John White, 4965 Arthur Place, Columbus, OH 43220
K—Frank Alongi, 26530 Woodside, Dearborn Heights, MI 48127
AA—Tim Doss, 3209 South IH-35, #2069, Austin, TX 78741
BB—Chris Knott, 206 W. Columbus, Springfield, OH 45506

Add: 10 Km, San Francisco, Sun., Sep. 25, 9 am, Harry Siltonen, 106 Sanches St., Apt. 17, San Francisco, CA 94114
5 Km, Honolulu, Sept. 7, 7 am; 10 Km, Honolulu, 6 am, Oct. 19; 25 Km, Honolulu, 7 am, Oct. 26; 50 Km, Honolulu, 5:30 am, Nov. 2; and Women's 10 Km, Milliliana, 7 am, Nov. 21 Contact: Dr. Dan Fitzpatrick, 95-311 Alo Pl., Milliliana, HI 96859, (808) 623-5575.
OTHER MAJOR INTERNATIONAL RACES

**Gold Medal Games, Moscow, Women's 10K, July 7:**
- **Kerry Saxby, Australia: 45:56.00**
- **Aleksandra Develeva, USSR: 46:20.16**
- **Amelia Johnson, USSR: 46:41.07**
- **Monica Gunnarsen, Sweden: 47:02.65**
- **Sue Cook, USSR: 47:29.30**
- **Veera Osipova, USSR: 47:37.45**
- **Ann Pei, Canada: 48:23.17**
- **Krivosheva, USSR: 48:48.85**
- **Elke Koeb, East Germany: 49:17.08**
- **Mustafiya, USSR: 49:40.49**

**Goodwill Games, Moscow, Women's 10K, July 7:**
- **J.8.6. Rodionov, USSR: 47:01.46**
- **M.4.8. Rodionov, USSR: 48:00.27**
- **S.2.4. Rodionov, USSR: 49:00.17**
- **J.9.6. Rodionov, USSR: 50:00.09**
- **I.9.6. Rodionov, USSR: 51:19.50**

**Goodwill Games, Moscow, Men's 20K, July 7:**
- **Boryaschin, USSR: 1:29:29**
- **Sapin 41:15:96**
- **Giovanni de Benedictis, Italy: 41:30:95**
- **Stefan Sapin 42:00:17**
- **Carlos Mercenary, Mexico: 41:30:20**
- **Chao Liu, China: 42:17:25**
- **Vera Osipova, USSR: 47:37.45**
- **Jaschva, Sweden: 47:02.65**
- **Olga Kristop, USSR: 47:21.79**
- **Sue Cook, USSR: 47:37.45**
- **Krivosheva, USSR: 48:48.85**
- **Elke Koeb, East Germany: 49:17.08**
- **Mustafiya, USSR: 49:40.49**

**World Junior Championships, Athens, July 18:**
- **Mikhail Shchennikov, USSR: 1:25:30**
- **S.2.4. Rodionov, USSR: 1:28:11**
- **Giovanni de Benedictis, Italy: 1:29:29**
- **Stefan Sapin 41:15:96**
- **Giovanni de Benedictis, Italy: 41:30:95**
- **Stefan Sapin 42:00:17**
- **Carlos Mercenary, Mexico: 41:30:20**
- **Chao Liu, China: 42:17:25**
- **Vera Osipova, USSR: 47:37.45**
- **Jaschva, Sweden: 47:02.65**
- **Olga Kristop, USSR: 47:21.79**
- **Sue Cook, USSR: 47:37.45**
- **Krivosheva, USSR: 48:48.85**
- **Elke Koeb, East Germany: 49:17.08**
- **Mustafiya, USSR: 49:40.49**

**Goodwill Games, Moscow, Men's 20K, July 7:**
- **Boryaschin, USSR: 1:29:29**
- **Sapin 41:15:96**
- **Giovanni de Benedictis, Italy: 41:30:95**
- **Stefan Sapin 42:00:17**
- **Carlos Mercenary, Mexico: 41:30:20**
- **Chao Liu, China: 42:17:25**
- **Vera Osipova, USSR: 47:37.45**
- **Jaschva, Sweden: 47:02.65**
- **Olga Kristop, USSR: 47:21.79**
- **Sue Cook, USSR: 47:37.45**
- **Krivosheva, USSR: 48:48.85**
- **Elke Koeb, East Germany: 49:17.08**
- **Mustafiya, USSR: 49:40.49**

**Other Major International Races:**
- **1986: 1986 Page 4**
his job, Leonard has reluctantly resigned his committee positions.
However, he plans to continue serving these functions in whatever way he can. ... I know you won't believe it, but the ORW has made another mistake. I think we made one in 1971. Our editorial comment in the July issue that Larry Young won one of the first races as a great race walker that did not experience disqualification was in error. Bob Bowman reports: "Larry was disqualified in three straight races in the summer of 1966, including the U.S. vs. British Commonwealth Meet. Following these disqualifications, Larry stopped racing for 6 months. He did not complain about the rules, but he did correct his faults by studying films of his form and sought help with his techniques from experienced judges. I'm convinced that it was this nature attitude by Larry that ultimately led to his two Olympic bronze medals. I doubt if you would find a man among those wanting to eliminate the contact rule." (Ed. I could beg off by saying that Larry was not a great competitor. I doubt you would find him among those wanting to eliminate the contact rule.)


GIRL'S WALKING CAMP RULED SUCCESSFUL
by Steve Walkones
Summer camp for some of this country's top young walkers was more fun than games as eight junior women from around the country took part in the annual Eastern Women's Track and Field Development Camp held at Lake Placid, N.Y., July 22-27. This was the first full-bladed TAC development camp for girls in 20 years, and the first ever held for women in a U.S. Olympic Training Center.

The facility, though somewhat cramped due to restructuring, remodeling, and land acquisition projects, provided an excellent athletic atmosphere in which to train and learn, as national teams from Track, Ski, Bobsled, and Canoe/Kayak shared the center with the track and field athletes.

The camp hosted about 70 athletes, staff, and observing coaches, and covered all track and field events. The focus was not 5 days of intense training, but a structured learning approach with constructive feedback. Athletes in each event were instructed to use this information to develop and understand long range training programs.

General interest presentations were held in the morning and evening. Specialists had been brought in to present and discuss sports physiology, biomechanics, nutrition, injury care and prevention, mental training for peak performance, and the inner powers of the mind (topped off with a hypnotic demonstration). The remainder of time was set up for group leaders to present their event from square one.

The camp began with a general skill testing session at the track, as the development staff sought data on what skills can guide individuals to

specific events. Last year's camp included only two walkers, which skewed the data and brought about a few snickers (9.2 seconds average for the 50 yard dash), but this year's group measured favorably with the general camp performances.

The walkers were led by Bruce MacDonald, Junior Women's National Coach and one of the true pioneers of women's walking in this country. He was ably assisted by Bruce Douglass, of Bedord, Conn.

Though all of the walkers had achieved some level of success in the sport, few had the experience of either full-time training partners or a structured walking program. Thus, to get them all off on the same foot, the first full day began at square one with the very basics of racewalking. Following sessions progressed through stretching, drills, technique, and training, and elaborated on the general presentations.

One heavy topic camp-wide was body fat percentage, as skinfold tests were conducted on the curios athlete population. The results, interpreted for the group by Bruce D., again showed similarity to the general athlete average at the camp.

Besides the actual work, a sense of team and camaraderie grew among these women, which was unmatched with any of the other track events at the camp, and which will certainly help them develop over the next few years.

Just as important as the camp itself was the fact that it was included as part of the overall track and field camp. This afforded the opportunity for other athletes in the sport to see walkers in training, for walkers to get to know other sport specialists who can help to present guest lectures (which would have been impossible were we to have solely a walkers' camp).

A hearty thanks should go to Bruce MacDonald for his excellent program presented to our young walkers, and to Camp Director, Dr. Nell Jackson of SUNY-Binghamton, for helping to " mainstream" racewalking into the overall track and field program.

Walkers in attendance were: Deirdre Collier, Blauvelt, N.Y.; Nora Stearns, Saithtown, N.Y.; Margaret Fisher, Lincoln, Neb.; Nicole Gustafson, Sayville, N.Y.; Precious Hill, Waltham, Mass.; Deborah Johnson, Como, Mississippi; Diane Mangrao, New York; and Laura Nylund, Valley Central, N.Y.

A final reminder to those planning to bid for a 1987 Race Walk Championship: bids must be received by Lori Maynard by October 2 in order to meet TAC Operating Regulations. Application forms, if you do not yet have them, may be obtained from Lori at 2821 Kennington Road, Redwood City, CA 94061; or call her at (415) 368-2801. The TAC Race Walking Committee looks forward to high quality races to be conducted on certified courses (remember that certification no. or copy is to be included in bid).

LOOKING BACK
20 Years Ago (From the Aug. 1966 ORW)—In the National 40 Km in Long Branch, Ron Laird prevailed in 3:13:14, some 7 minutes ahead of Ron Kukl. Jim Clinton was third and then came youngsters Bob Kitchen and Steve Rehman. Chris McCarthy came briefly out of retirement in Oicago to take second in a 15 Km race to Bob Gray (6th in the 40) in 1:23:01, nearly matching the pace he had carried for 50 Km in Tokyo 2 years earlier. ... A featured article by Corin Blackburn, Mary Jo Blackman, and Marty Mortland gave the inside story on life with an (ugh) race walker.
15 Years Ago (From the Aug. 1971 ORW)—The Pan Am Games were held in Cali, Colombia and Larry Young and Coetz Klopfer captured walking titles. At 20, Coetz upset teammate Tom Dobler, 1:37:30 to 1:38:16, with Jose Oloferos, of Mexico, and Marcel John trailing. At 30, Young watched a huge lead dissolve to 10 yards with 15 miles to go and then rallied to edge Mexico's Gabriel Harmandiz, 4:38:31 to 4:38:46. Larry took an uncustomed 61 minutes over the last 10 Km as the heat and altitude took their toll. John Knifton captured third in 4:24:15. ...In the European Championships, Soviet Nikolai Snaga broke open a close race with a 21:30 for the final 5 Km to win in 1:27:42. O'Connor followed, all under 1:28. A Soviet also won the 50, Benjamin Soltzenko upsetting Christoph Hohn, 4:02:22 to 4:04:45. Peter Balsner and Otto Bartsch followed. ...Newcomer Tim Knatt easily won the National Junior 40 Km in 3:17:17. The Strasbourg-to-Paris 252 Km race went to Luxembourg's Josi Simon in 7:37:10.

10 Years Ago (From the Aug. 1976 ORW)—Once again the National 40 Km was in Long Branch. This time, Steve DiBernardo battled torrential rains to overtake John Knifton for a 1:35:26 victory. John had 1:37:12. Ray Florian, Vincent O'Sullivan, and A'han Price were next. In the National 50 at Columbia, Mo., Larry Young passed Dan O'Connor at about 25 Km and went on to an easy win in 4:11:08. Augie Hirt moved into second with a 4:19:14 and O'Connor hung on to take third from Floyd Godwin in 4:23:13. Floyd had 4:25:45. In the women's international 5 Km in Copenhagen, Sweden's Margretha Simu was a walkaway winner in 24:48.2, an England's Marian Fawcett led the U.S. women with a 25:59.6 in 11th, just ahead of Sue Brodock. The accompanying 10 Km went to Sweden's Siv Gustavson in 50:50.4, with Sue Lynch fourth in 54:14. ...After Todd Scully set the pace for most of the 15 Km, Soviet ace Vladimir Golubischiy and Otto Bartsch easily moved away to finish one-two in the US-USSR dual meet. Both were timed in 1:30:41. Scully finished well in 1:31:22, just ahead of charging Ron Laird, 1:31:24. ...Dennis Strother of Lowell, Mass., won his third straight National Junior 20 Km title in 1:48:43. The Capital Racewalkers, led by Steve DiBernardo (7:30.2 average) and Carl Schueler (7:55) covered 155 miles 181 yards in a 24-hour relay at Ft. Meade. ...In Ohio, Steve Recinovsky beat your editor 3 weeks in a row—50:09 to 50:18 for 10 Km, 50:45 to 51:20 for 6 miles (obviously one course, or perhaps both, not measured to well), 1:19:10 to 1:19:34 for 15 Km. Laurie Tcholoev had a fine 51:36 for the 10 Km. ...Five Years Ago (From the Aug. 1981 ORW)—In the National Sports Festival, Todd Scully won the 20 Km in 1:29:13 and Vincent O'Sullivan took the 50 in 4:28:39. Marco Eviouhuk had a 1:25:50 in the 20 but was DQ'd. Dan O'Connor (1:30:12) and Jim Heiring (1:31:28) followed Scully. Wayne Grisner, Steve Recinovsky, Bob Reiserurts, and Steve Vittono followed in the 50, all under 4:45. ...Jim Lewis had three very good races in England while traveling with the U.S. Junior team. He won the 21:42 for 5 Km, and 44:12 and 4:51:3 for 10 Km. ...Mauricio Damiano won the Alonzi Memorial 20 Km in 1:25:41. Marco Eviouhuk gave the Italian Olympic gold medalist a good tussle and finished second in 1:26:40 an the Dearborn, Mich, race. Dan O'Connor (1:28:27) was only 17 seconds back of Giorgio Damiano in four ... Alan Price won the second annual Doc Blackburn 75 Km in Springfield, Ohio in 3:37:51. Jack Blackburn was second in 3:22:11.
Saxby overcomes baggage blues to take Moscow gold

Champion Ballina athlete Kerry Saxby faced more than one ordeal to secure her Commonwealth and Australian record in the women's 10-km walk at the Goodwill Games in Moscow last week.

Saxby, a student at the Australian Institute of Sport, already had won the women's world criterium in Italy three weeks previously.

In Moscow, she competed against the best Russians and Chinese, overcoming heat, humidity and strange surroundings. But her bid for gold was upset slightly when her luggage went astray, leaving her with only a dress, a pair of shorts and her tracksuit pants for the eight-day Moscow stay.

"The interpreter kept on saying that it would be all right," Saxby said yesterday at her parents' home at Ballina. "He kept on saying that bad luck now would mean good luck later on."

To augment her depleted wardrobe, Saxby spent the rest of the Games borrowing garments from team members and washing her dress every night.

To establish the new Commonwealth and Australian world 10-km walking record, she changed her race strategy.

"Instead of walking with the pack and making a break during the final two or three kilometres, we had to set the pace from the start," she said.

"At the Isle of Man races earlier, the Russians and Chinese were very fast to finish, breaking away from the pack and leading for the final laps."

At the Goodwill Games, Saxby and fellow Australian Sue Cook, the former record-holder, set the pace from the outset.

"After two or three kilometres, we were too far out in front and they could not catch me," Saxby said.

She not only set a new Commonwealth and Australian record — she won the Russian national title in women's race walking.

The nationals were held as part of the Goodwill Games.

While she can claim the first two records, and was presented with a medal for the Russian nationals, her name will not be recorded as the Russian champion.

The new record of 45:08.13, replaces that held by Sue Cook for more than three years. Cook also was the holder of the world record of 45:20, which she set in England.

The current world record, held by the Chinese, is 44:45.

The high point of the Moscow games for Saxby was witnessing more than 80,000 people in the stadium and listening to the reception they gave her when she won.

"There's not much to do in Russia and they are so authoritarian," she said.


Luckily, her baggage was returned two days before she left Moscow.

The Goodwill Games are run every four years to offer athletes a chance to try out against each other under Olympic standards.

The next games will be held in the United States in 1990.

By then, women's walking events may be included in the Commonwealth and Olympic Games.

Until then, Saxby is training for inclusion in the world indoor championships in March, the World Cup in New York next year and the world track championships in Rome.