Taking a long, optimistic look down the road, newly crowned Athletics Congress National 40 Kilometer race walking champion Nick Boera of Livingston Manor, N.Y., has every hope of skipping next year’s race—and he has a gold medal explanation.

"Next September’s race will be just before the Seoul Olympic Games," he said, after a triumph yesterday in 3:27:19. "No offense to this race, because it’s a great race, but I’d rather be in Seoul. I’m certainly going to work for it."

He certainly worked hard to win this one, making his big move well past the halfway mark of the 24.8-mile race around the military post, overhauling early pacesetter Alan Price of Washington D.C., and then outdueling his East Side TC teammate Dan Pierson, of Seattle, to win by a quarter mile.

Jeanne Bocci of Grosse Pointe Park, Michigan, competing for the Motor City Striders, won the women’s division in 4:07:36.

The 49th annual race, sponsored by Blue Cross and Blue Shield of New Jersey and Point Pleasant Distributors, was staged by Shore Athletic Club in cooperation with the Fort Monmouth military command and the N.J. TAC. It attracted 64 walkers from 14 states and four nations. Another pack of walkers strolled a 3 K “fun walk” after a clinic session on walking for fitness and competition, directed by Cynthia Costa of Long Branch.

Boera, who will be 39 tomorrow, credits walking for turning his life around 8 years ago. This was his first U.S. title and he’s already qualified for the Olympic 50-Kilometer walking trial scheduled next April 24.

“This was the ultimate... to do it here... in a race like this, because this was the first distance National race I ever walked in,” said Boera, a former overweight chain smoker. “When I was 30, I weighed 225 and had a 46-inch waistline,” said the now slim and trim Boera. “I hated all sports. My idea of exercise was getting up to change channels on the TV set.”

Not long after, though, he ran into East Side Track Club, New York Walkers Club coach Howard Jacobson in Central Park, and Jacobson convinced him to try race walking. One step quickly led to another... and another.

“Nick’s in the best shape of his life and we’re extremely proud of him,” said Jacobson. “He’s a product of our New York clinic program. He never tired of his old self and decided to do something about it. Well, he got on a fitness program and now he’s a mainstay of our team. He’s always been a bridesmaid before, but he’s a bride.”

Boera’s a construction worker on Jacobson’s Sparta Fitness Center in the Catskill Mountains. “Nick’s always been wonderful with his hands,” said Jacobson. “Now he’s pretty good with his feet, too.” (Turn to page 4)
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ABOVE: Mexico's Raul Gonzalez and Martin Bermudez off to an early lead in the Pan-American Games 50 km in Indianapolis. (Jack Mortland photo.)

BELOW: Maryanne Torrellas, Allison Baker (can.), Debbie Lawrence, and Lynn Weik together at about 6 km in the World Championship 10 km in Rome. Bermudez and Arturo Bravo look on. (Helene Britton photo.)
Don Pierce, a Seattle product who also works at Sparta, is both Bera's training partner and personal coach. For Pierce, the long walk (just short of the marathon running distance) was a mere sprint. He's an eight-time National 100-Mile Walking champion and will be seeking his ninth later this month in Columbus, Missouri.

East Side Track Club won the men's National team title for a record fifth year in a row (with its threesome of Bera, Pierce, and Lon Wilson) even though Borissiakov, its defending National champion, was forced with a strained hamstring muscle just past the 9-mile mark.

The results:

**Men:**
- 1. Nick Bera, East Side TC 3:27:19
- 2. Dan Pierce, ESTC 3:29:53
- 4. Alan Price, Potomac Valley 4:01:12
- 5. Mark Wilson, Everest TC 4:09:26
- 6. Reinaldo Hernandez, ESTC 4:10:07
- 7. Scott Fornk, Shore AC 4:12:16
- 8. Alva Caskill, Carolina Godiva 4:18:39
- 10. Curt Sheller, Reading TC 4:28:20
- 11. Cervin Rolfson, ESTC 4:32:18
- 12. Harry Drazin, Shore AC 4:33:22
- 16. Tim Dyas, NJ Masters 4:46:03
- 18. Ron Bopp, Potomac Valley 4:52:01
- 20. Brian Savilonis, Central Mass. Riders 5:00:17
- 21. Marsha Iverson 5:05:10
- 22. Tim Orendain, Sr. 5:09:19
- 23. Jimmy Bobo, Potomac Valley 5:15:03
- 24. Frank Smith, Shore AC 5:17:13
- 25. Brian Norison, Reading TC 5:19:38
- 28. Bob Carlso 29:02
- 29. Tuter Fereira 30:58
- 30. Harry Drazin, Metro Walkers 6:00:10

**Women:**
- 1. Jeanne Beco, Motor City Striders 4:07:26
- 2. Stella Cushman, ESTC 4:09:46
- 3. Emily Hewitt, Evergreen Valley 4:12:01
- 4. Bernadette Fields, Metro Walkers 6:05:05

**Masters Men:**
- 1. Price 2:37:26
- 2. Kastening 2:39:24
- 3. Rosamany 2:45:19
- 4. McKinnis 2:47:46
- 5. Winton 2:55:23
- 6. Jennings 2:59:20
- 7. Robinson 3:09:59
- 8. Kaufmann 3:24:18
- 12. Wisher, Potomac Valley 5:00:15
- 13. Henry, Shore AC 5:07:09
- 15. Bernadette Fields, Metro Walkers 6:05:05

**Masters Women:**
- 1. Bocci 2:10:46
- 2. Cashman 2:12:23
- 3. Heath 2:15:47
- 4. Price 2:16:53
- 5. Henry 2:24:04

**SCHNEIDER SCALES OUTSTANDING WIN IN ALCOR MEMORIAL**

Casablanca American Memorial International 20 Km, Dearborn, Michigan, Sept. 4.

**Junior 10K same place:**
- 1. Elmer Bales 48:52
- 2. Peter Bush, Can. 48:06
- 3. John Lassence 49:30
- 4. Leonard Bocci 50:33
- 5. John Albemarle 51:56
- 6. Frank Bocci 53:44
- 7. Frank Soh 56:44
- 8. Bernie Finch 58:15
- 10. Gerald Bocci 57:46
- 11. Jim Spliter 58:48
- 12. Ellis Soool 59:03

**WOMEN'S MASTERS 5 K, same place:**
- 1. Bocci 27:06
- 2. Anita Hermann
- 3. Valerie Stowe 30:59
- 4. Cecilia Booth, Can. 31:12
- 5. Marilyn Brownhead 31:23

**Joe's 5 K, same place:**
- 1. Bocci 27:06
- 2. Anta Hermann
- 3. Valerie Stowe 30:59
- 4. Cecilia Booth, Can. 31:12
- 5. Marilyn Brownhead 31:23

**Win in ALCOR MEMORIAL**

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- 12. Ellis Soool 59:03
**October 1987**

**PLACES FOR RACES AT ALL SORTS OF PACES**

**Sat. Dec. 12--10 Mile, Columbia, Missouri, 9 am (C)**
**2 Hour and Women's 1 Hour, Atlanta (A)**

**Sun. Dec. 13--Honolulu Marathon, 6 am (M)**

**Sun. Dec. 20--5 km, Honolulu, 7 am (M)**

**NATIONAL ATHLETES CONGRESS 100 KM, HOUSTON, 6 am (Z)**

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Y--Steve R. Cooper, 1234 Maple Rd., Austin, TX 78704
Z--Steve R. Cooper, 1234 Maple Rd., Austin, TX 78704

**NOTES FROM ROME (From Helene Britton)**

For your information, the official splits given by the race organizers for the women's 10 Ks at the World Championships are completely wrong. None of the women did those unbelievable second halves; their splits at 5 K were recorded incorrectly—probably because they were all so close together in a pack and there weren't enough lap counters. For example, Saxby was never back in 12th place, and Strakhova was never in 24th place. Both were allowed to run alongside their walkers whenever they chose! As a final negative point, I felt sorry for all the non-Italian athletes who had to perform in that circus-like environment. The Italian racewalk organizers were a “disaster team.” Before the start of the women's 10 K, they were out on the road arguing where the course should be (even though two days before, the men walked a 20 K course). There were no “painted” markers on the ground, so no one knew where to put the cones. By one point, I watched three Italians arguing over it until the one “with the loudest voice” won. The day before the 50 K, they even changed the time of the start of the race to one hour later—benefitting the Italians who had been training in the Rome heat, possibly having some psychological effect on the other athletes who were prepared for an earlier start, and making the rest of us (who got up at the crack of dawn) quite angry! Moreover, no one was allowed access to the course (which in proper)—except the Italian coaches, who were allowed to run alongside their walkers whenever they chose!

As a final negative point, I felt sorry for all the non-Italian athletes who had to perform in that circus-like environment. The Italian fans are the noisiest, only cheering their own and booing, hissing, and doing denunciation to concentration of non-Italian competitors. (Carl Lewis and Larry Myricks won the 20 km; Bob Novak won the 20 km; Steve R. Cooper, 1234 Maple Rd., Austin, TX 78704; and their treatment of French athletes (in particular) was downright
abominable. For a while, I thought I was back in the heyday of Roman lion-feeding at the Coliseum, with the non-Italian athletes replacing the Christians as food. In fact, the Italians still chant and do a sort of 100 S.D. "thumbs down" signal (with index finger instead) in unison when they don't like someone. I'm glad we American sports fans are more civilized. I recall the World Cup competition in New York City in May. The American spectators cheered all the walkers, in fact, the East Germans in the 20 Km were cheered so enthusiastically, I was beginning to think they were on the U.S. team.

BOOKS

The 1986 World Race Walking Statistics for Men is now out. This annual, compiled by Ergo Ravannic and edited by Halle Lassen, has world records, results of 1986 international competitions, 1986 world lists at all distances, and all-time lists. The women's edition should follow shortly. The same two have also published Indoor Race Walking Performances & All-Time Rankings, 1986/87. Write Halle Lassen, Futurevent 40, DK-1870 Frederik'sberg C, Denmark.

Also recently published is Aerobic Walking by Casey Meyers. Since I haven't yet found time to read the book, I can't comment too extensively on it. However, it is not essentially on race walking--Chapter 9 gets into race walkers and race walking backs to show the reader "what is possible with aerobic walking as an exercise." Casey himself--he is very interested in race walking--says: "I have used a back door approach to race walking. Hopefully if people will start walking "aerobically" using the race walking technique, then race walking will increase as a sport and get the recognition it so richly deserves. Only time will tell--but so far nothing else has worked. The book jacket says: "Aerobic walking involves making a few simple changes in your walking gait that enable you to accelerate your walk from the normal brisk 15-minute mile to a 12-minute mile or faster. The results are spectacular for weight loss, cardiovascular fitness, stress relief, and increased energy level. By walking aerobically, you burn more calories than a jogger does and get a complete head-to-toe workout all at the same time. Aerobic walking is an exercise you will actually look forward to doing every day for the rest of your life."

STOP THE PRESSES!!!

O'CONNOR EASY WINNER AT 30 KILOMETERS

East Meadow, L.I., Oct. 26 (Reported by Steve Vaitones)--Dan O'Connor won his first national championship in several years with a 2:21:52 performance over 30 kilometers at Edgwick Park. The race distance was longer than the trip from his home to race site, as the Bellmore, N.Y. resident uses the flat, certified 2200 meter loop for training frequently.

An early morning frost gave way to ideal conditions when the 60 competitors took the line. Mark Manning took a quick lead and was 33 seconds up on Dave Mcgovern at 10 Km (45:49), with O'Connor and Ray Finkhouse another half minute behind. Manning had come down from Minnesota with the intention of achieving the Olympic Trials 20 Km standard, a feat he accomplished with a 1:31:59. At that point he had stopped to change shoes and O'Connor moved into second place on that lap, took over the lead, which he never relinquished. (Manning went on to finish 11th in 2:41:40.) Behind O'Connor, Dan Pierce walked a steady race and moved up to capture the walkup spot. Ed O'Sullivan had one of his better performances at a distance beyond 20 Km to take the bronze medal, edging a still-improving Cliff Mims by 6 seconds. (Cliff's dad was in the race also, taking the over-60 title. Bob Keating was the first master, in ninth place, and Jeanne Bocci was the first woman (and first master's woman). The race, sponsored by Convulse, was directed by Howard Jacobson, with technical course supervision by Gary Westerfield. 'Girl Maynard was head judge.

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Results of the race:
1. Dan O'Connor, un. 2:12:44 (66:58, 1:34:01) 2. Dan Pierce, Eastside
Motor City Striders (and 22. Alan Price). (Started 19 minutes late). Alan has always been much
better at getting to the finish line than the starting line.) 22. Tom Gustafson
New ENGLAND WALKERS (1st over 20) 31. Alan Price
34. Don Johnson, Shore AC 2:26:42 (1st over 60) 21. Alan Price
37. John Smith, REED 4:13:38

And a second letter in today's mail on the stationary of the Island Inn,
("Long Island's Most Luxurious Motor Hotel, this one from Lori Maynard
(and both letters written during a meeting of the Race Walking Executive
Committee). She says:

The Race Walking Committee has requested that the Junior National
Championship Race Walks be separated from the Senior Championships. We
are asking those bidders for 1988 Championships to submit bids for such
Junior Championships as they wish to host at a separate race. Races must be on a
certified course. Any bidders who wish to host a Junior National
welcome to submit bids to me no later than November 10 (my receipt date).
Distances available are:

Junior Men: 3 Km, 5 Km, 10 Km, 1 Hour
Junior Women: 3 Km, 10 Km, 1 Hour

The hour walks may be postal. Bids must include certification number for
the course and all three signatures required. Bid forms are available by
writing or phoning me at 28-51 Kenesaw Rd., Redwood City, CA 94061,
415-260-2801 (answering machine). Questions? Call on Sundays, or, if
in-office, between 7:30 and 10 pm, BST. These championships will be awarded
by the Race Walking Committee at the 1993 Convention, as will the Senior
Championships.

Speaking of Junior, on the following page you will find U.S. All-Time
Performers Lists for men at 10 Km and Women at 5 Km. These were compiled
by Gary Witsell.