Barcelona, Spain, May 28-29, 1989—The Soviet Union was a completely dominant force in the World Cup Race Walking competition held for the first time in Spain. Their dominance was particularly evident in the two men's races as they scored the most overwhelming victory in the history of the competition. This was the 14th edition of the men's races, the British having won the inaugural held in Switzerland in 1961.

In the 20 Km, the Soviets came home first, second, third, and fifth. Frantz Kostyukevitsch, a newcomer to the Soviet squad, took individual honors in a swift 1:20:21. Defending titlist, Carlos Mercenario of Mexico was far back in 26th place. The USSR was even stronger at 50, occupying five of the first seven spots, although Australia's Simon Baker took the individual title in 3:43:13. Baker was 11th at 20 Km in 1987, but showed his promise at the longer distance with a sixth in the Seoul Olympics last summer.

The Soviet men were defending the title they won in New York 2 years ago. It marked their fourth title (they had also won in 1975 and 1983) leaving them just one behind the German Democratic Republic (East Germany), who won in 1965, 1967, 1970, 1973, and 1985. Great Britain won the first two titles, Mexico also won twice (1977 and 1979), and Italy took the remaining title in 1981. Neither Mexico or the GDR were in contention this time, finishing fifth and ninth, but Italy copped second ahead of a surprisingly strong French contingent. The U.S. was 12th among the 33 nations that participated.

The Soviet women also made a successful defense of a 1987 win, and won their third World Cup in the 10 Km race. (It was first held as an official part of the competition in 1981.) China won the other two. The individual title went to the GDR's Beate Anders in a swift 43:08, which beat favored Kerry Saxby of Australia by 4 seconds. Olga Krishtop and Irina Strakhova, one-two in 1987, were not on this year's Soviet team.

In the 20 Km, Kostyukevitsch simply left the field sitting the first 10 Km, which he covered in 39:40, and then hung on for the win. His blitz start left the rest of the field 53 seconds back at the half-way point. By the finish, Mikhail Schennikov, two-time World Indoor 5 Km Champion, had narrowed the margin to 13 seconds. Yevgeniy Misjula took third and then came Czechoslovakia's Roman Mrazek, who just got away from Soviet veteran, Victor Mostovik, who was second to Mercenario two years ago. These walkers slipped out of pack of 10 who went through 10 Km together. Among those unable to hold on to them was Italy's Maurizio Damilano, 1980 Olympic champion and third in Seoul. He settled for sixth in this one.

Tim Lewis led the U.S. team, as usual, but did not have the brilliant race he had in '87. In that one, he hung close to the pace and finished 13th in 1:22:27. Here, he was never in contention and finished better than 5 minutes slower and in 45th place. Gary Morgan (55th) and Mark Manning (70th) were...
A tattered photo, but not a tattered group. The 1960 U.S. Olympic team, minus Ron Laird. From left: John Allen (50 Km), Rudy Haluza (20 Km), Bob Mimm (20 Km), Bruce MacDonald (50 Km), and the late Ron Zinn (20 Km). Photo courtesy of John Allen.

Master clinician at work. During a clinic at the Mortland Invitational last spring, Frank Alongi shows how it's done. Even stumpy legs can maximize stride length—and maintain contact. Photo courtesy of Don Henry.

close to their trials performances, but the U.S. team was only 16th for this race, compared to 12th two years ago. Doug Fournier, who had come down with some kind of "bug" a couple of weeks after the qualifying race and was still not back to full health, struggled in well back and Steve Pecinovsky was disqualified.

In the 50, Baker was content to walk in the middle of a large pack for the first 10 Kms, which was covered in 44:54. By 20 Kms, he had moved to the front, dropping the pace to 43:38 (1:29:36 total), but still had the five Soviets, Mexico's Martin Bermudez, and Sweden's Bo Gustafsson on his heels. A 44:03 over the next 10 Kms put Baker on his own, with Bermudez and four of the Soviets now 28 seconds back. Then Simon really threw it into high gear, covering the fourth 10 Kms in an amazing 43:01. Andrei Perlov tried desperately to hang close with a 43:34 effort, but he was now 61 seconds back. Bermudez had a bad spell here, dropping behind all the Soviets and appeared relegated to seventh, 19 seconds behind the last Soviet and fading.

Although Baker slowed considerably the final 10 Kms (46:33), so did everyone else—his searing pace had done its job. Perlov gained just 2 seconds and his countrymen all continued to lose ground. Bermudez, winner of this race way back in 1979, found a new spark and covered the final 10 Kms faster than either Perlov or Baker to move up to fourth.

The U.S. 50 Kms group had a stronger performance overall than those at 20 and wound 14th in the race (we were sixth at 50 two years ago). Herm Nelson continued to improve with a personal record 4:12:24 in 24th, and Paul Wick, Daniel O'Connor, and Mike DeWitt all turned in good races in 51st, 52nd, and 54th. But we still have a long way to go to catch the rest of the world—a lot further than 2 years ago when we had two under 4 hours.

The women's 10 Kms saw a pack of nine walkers setting the pace, with a 27-year-old Italian newcomer, Ileana Salvador leading Kerry Saxby through 5 Kms. The other seven were close on their heels. By 7 Kms, however, Anders, Saxby, and Salvador were together and pulling away from the rest. With about 800 meters remaining, Salvador was gone and Saxby was trying to drop Anders, who, according to Bob Bowman, was looking pretty bad on this downhill side of the course. She did pick up two red cards, but not a third, and "lifted" (Bob's word) by Saxby in the final 200 meters to win the race. For the U.S., Lynn Weik and Teresa Vaill had strong races in 21st and 23rd, both under 47. Debbie Lawrence, not at her best, and Wendy Sharp were just over 48, and the team took ninth, but not that far back of fourth. Debbie had suffered a hamstring injury after the Tampa qualifying, which affected her preparation for this race. Maryanne Torrellas, still recovering from her knee surgery, was well back. Canada was a strong sixth, with Janice McCaffrey having a brilliant race in 11th (45:37), Ann Peck, always consistent in these affairs 17th, and Pascale Grand improving her personal best by a wide margin in 27th.

Results of the races:

Women's 10 Kms:
1. Beate Anders, GDR 43:06
2. Kerry Saxby, Australia 43:09
3. Ileana Salvador, Italy 43:24
4. Natalia Serbinenko, USSR 43:47
5. Chen Yue Ling, China 44:24
6. Tamara Kovalenko, USSR 44:28
7. Xiong Yan, China 44:29
8. Anna Rita Sidotti, Italy 44:59
9. Tamara Torshina, USSR 45:00
10. Maria Rosza, Hungary 45:10
11. Janice McCaffrey, Can. 45:37
12. Valentina Shmer, USSR 45:37
13. Monica Gunnesson, Sweden 45:50
14. Li Chu, China 46:00
15. Lisa Langford, Great Britain 46:02
16. Maria Curs Diaz, Spain 46:12
18. Olga Sanchez, Spain 46:27
19. Maria Luz Colin, Mexico 46:32
20. Yan Hong, China 46:32
21. Lynn Weik, USA 46:38
22. Andrea Alfoldi, Hungary 46:43
23. Teresa Vaill, USA 46:45
24. Ildiko Ilyes, Hung. 46:46
25. Maria Grazia Orsani, Italy 46:59
26. Katrin Born, GDR 47:00
27. Pascale Grand, Can. 47:02
28. Yu He Ping, China 47:04
29. Fusako Masuda, Japan 47:12
30. Aniko Szabenzky,
Lewis Wins Fifth in a Row at 20; Weik Sets Record in Winning 10

Houston, Texas—Tim Lewis, representing the Reebok Racing Club, easily captured the Athletics Congress National 20 Km Racewalking championship, his fifth title in a row at the distance. Only Ron Laird with eight titles has won the race more often. Henry Laskau also won the race five times, his coming in consecutive from 1951 through 1955. The race was held on Saturday, June 17 on a road course that started and finished in Texas Stadium.
A day earlier, Lynn Weik scorched the Stadium track for 25 laps to win the Women's National 10 Km with a national record 46:44.1. Teresa Vaill, although well back of Weik, also broke Maryanne Torrellas' old record of 47:23.8, covering the distance in 47:21.9. Torrellas successfully continued her comeback from knee surgery early in the year to beat Debbi Lawrence for third. The race saw seven women under 50 minutes and Sue Liers missing th 50 minute mark by a mere tenth of a second. Liers, four time winner of the race, is looking stronger everyday out on her own comeback.

**Men's 20 Km:**

**Women's 10 Km:**

**Youth Road Walks Go Well**

Cincinnati, May 29—The annual TAC National Youth Road Racewalk Championships came to Conoy Island in Cincinnati this year, and, thanks to monumental efforts by Race Director, Gayle Johnson of Columbus, were a class event. Unfortunately, few competitors showed up—it's a half brothers boys 10 Km, Chris Braudis 30:24.6 2. Kevin Duke 33:08.3 3. Scott Braudis 36:53.4 Youth

**Women's 10 Km:**

**Women's 5 Km:**

Competitive Opportunities for Your Consideration

Sat. July 8 National TAC 10 Km, Niagara Falls, NY, 8 am (K)
Garden State 5 Km, Edison, NJ (D) Florida Masters 5 Km, Orlando (M) 1.5 and 3 Km, Alexandria, Virginia, 9 am (O) Sat. July 15 Sunshine State Games, Gainesville, Florida, (M) 3 Mile, Columbia, Missouri (I) 5 Mile, Colorado Springs, (F) 5 Mile, Zuni, NM (R) 5 Km, Dedham, Mass, 12 noon (N) Sun. July 16 10 Km, Seattle, 1 pm (P) Eastern Regional Masters, West Long Branch, NJ (D) 2.2 Mile, Denver, 8 am (F) 10 Km, Colorado Springs (F) 1 Mile, Houston (E) 10 Km, Denver (F) Fri. July 21 National TAC Masters 5 Km, San Diego, 7 am (T)
Sat. July 22 5 Km, Dearborn, Michigan, 9 am (Y) 10 Km, Denver (F) Sun. July 23 1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O) Thu. July 27 5 Km, Buffalo, NY, 9 am (U) Sat. July 29 5 Km, Colorado Springs, 8 am (F)
"June" issue is, when we haven't even started putting that issue together yet. Here is my reply to one such letter I got a couple of weeks ago, which will help explain publication dates to all of you: "The reason you received the May issue of June 5 (postmarked June 2) is because that is about the way it always works. I will be putting the June issue together this weekend (the letter I wrote was dated June 20), getting it to the printer the first of next week, and probably mailing it June 30 or July 1. Note the dates of some of the results in your May issue. With the ORW, the date of publication is the month of coverage. I have always thought it ridiculous to get the June issue of a magazine in late April, as I do with some magazines, so I go to the opposite extreme. Anyway, I assure you, you will get 12 issues a year on a regular basis, covering the most recent news I can get up to the time I go to the printer. The date on the masthead is really irrelevant, though I guess it does confuse some people until they get used to it." Sometimes I think I'll move publication up closer to the middle of the month, but never seem to get it done... Larry Larson reports that the Mid-America Race Walking Judging Clinic in Deerfield, Illinois in late April was a great success. Larry says: "There were 35 to 40 men and women participating... They were highly interested and enthusiastic. The clinic participants came mostly from Illinois, but also Iowa, Indiana, Michigan, and Wisconsin... They spent a full morning and afternoon in the clinic and on Sunday morning judged the 20 km field held in conjunction with the Lake County Marathon... The staff that organized the clinic did an outstanding job and the leaders who put on the clinic were very knowledgeable and worked closely with the trainees in both the clinic practical lab segments and in the race on Sunday morning..." We offer the following article to those who seek more than just walking in their lives. Actually, the ORW delved into this topic in our early years when we used to discuss the "Cromwell Theory" from time to time and speculate suggestively on its implications. That theory arose from a book we had read by the famous old USC track coach Dean Cromwell (published around 1940), in which he had stated "Sexual gratification is the worst thing for the athlete." We suggested such things as testing the validity of this statement with sex breaks in the middle of 24 hour races. And from time to time we even published excerpts of scholarly work on the subject. Now, here is a serious article, which appeared in the Front Range Walkers (Colorado) newsletter.

Walking and Sex

(Adapted from the Book *Healthwalk* by Bob Carlson and O.J. Seiden, MD)

Sex is one of our strongest motivators, so let us use it to our advantage. It is also one of the least understood aspects of life in general, so let's clear up misunderstandings. If you are now starting into the middle years of life, don't feel that you don't have anything to look forward to. There is plenty of spice in the life ahead—better spice than you might imagine. A person who keeps fit can remain sexually active to the last day of life regardless of age—and many do just that. One of the greatest retardants to sexuality is poor circulation. Keep fit with a vigorous walking program and follow good health habits, and that vigor will translate into all aspects of your life—sex included.

In the Aerobics Program for Total Well-Being, Kenneth Cooper, MD, wrote about conditioning and sex: "This is a subject for which quantifiable data are lacking, yet there does seem to be a positive relationship between aerobic conditioning and a satisfying sex life. Many times over the past 20 years, I have had patients voluntee the information that their sex lives have improved in
response to regulator physical exercise and when both partners are involved, this relationship seems to be enhanced even more.

A brisk walking program can give your sex life a real boost. You'll look and feel better and improve how you feel about yourself. You will notice most of your muscles becoming firmer, your belly flattening, hips, thighs, and buttocks shaping up, and you will be achieving a generally healthy overall appearance—a great turn-on for both partners. If you feel all out of shape, sloppy fat, and unappealing to others, however, it will be readily apparent to all, and any semblance of sensuality will be lost. You must feel good about yourself before others can likewise.

Good sex can be thought of as a strength and endurance event—in order to have both quality and quantity, you must have both energy and sensuality. If you have not built up strength and a robust nature, if you are always fatigued and feel flabby, you will respond accordingly—much to the disappointment of your partner. Sex raises your blood pressure and heart rate just as brisk walking does. Your nervous and cardiovascular systems are important parts of a vigorous sex act. Some positions can cause muscular fatigue unless you are in shape. If you need to stop and catch your breath in the middle of love making, the all-important timing and much of the magic of the moment will be lost. The best thing to do is get into shape and stay there for the rest of your life through fast walking. Your sexual prowess when you are 80 or older may well depend on how you take care of yourself today and in the future. That should be a mighty powerful motivation for us to get out and walk every day of the year. A good active sex life in your later years can certainly add a lot to the quality of that life. If you think it won't be important to you, consider your spouse. A sexually inactive partner in later years can be extremely frustrating to the healthier half of the couple. Don't let your spouse or lover down!

If you women have to nag your partner to keep up this health program, it will be well worth it to you. Remember that in our society, women outlive men by considerable years. Your nagging now can keep your bed and breakfast partner alive and functioning to his full potential. There need not be all those lonely years of widowhood in our society.

But sex isn't important to you only for the pleasure it will bring to your future years—it is important to your general mental and physical health. There is evidence that men who have an active sex life are less likely to develop prostrate disease, which can lead to severe urogenital problems and surgery. Sex is a strong stress reducer and can help to keep your blood pressure within normal ranges. Sexually active people tend to keep themselves more active, mentally alert and progressive in their attitudes toward the world and life in general. It is vital to keep a young attitude as you grow older chronologically, and nothing can keep your attitude young better than a healthy active sex life.

Show us someone who has lost interest in sex and we'll show you someone who probably has also lost some interest in work, hobbies, friends, and many of the other things that make life enjoyable. Good sex is a natural antidepressant and evidence shows it also gives a natural analgesic pain relief. It is too bad that more is not done to encourage this aspect of the elderly lifestyles.

As for motivation, too many people once they put sex off their list of high priority things to do, seem to give up on many of the other things that are good for them. They lose interest in their appearance. Attraction of a sexual partner is still one of the main reasons to look good. Sex motivates us to perform well in all aspects of life, work, social, educational, athletic, maintenance of our personal image—you name it. It is, therefore, important that we keep this powerful motivating force in our lives alive and healthy. To do this:

1. Eat proper, healthy foods
2. Avoid excessive alcohol and all tobacco products
3. Avoid all illicit and prescription drugs that are not absolutely necessary to your well-being.

There is one thing not fully understood. Why is the heart always the symbol of love? It is admittedly the one pound pump that circulated the life giving oxygenated blood to all parts of the body. But clearly, the brain and its thought processes are the computer that governs all the body's processes, including the sex glands. When you think of your loved one, is it not your heart getting you excited, but your "headquarters", the brain. One theory is that most of the song writers and authors throughout history would have been very hesitant about calling lovers 'sweethearts,' instead of sweethearts, thus cramping their romantic florishes.

(Email: In one of those unexplainable coincidences, at about the same time we received the Front Range Walker containing the above article, we also received The Gaiter Gazetteer (Florida Racewalkers), with the following cartoons, which fit perfectly.)

**What is the best way to Avoid This Look? Try RaceWalking!**

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**YOU MAY BE...**


descended circulation

capped scalp

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**BETTER OFF LEARNING TO RACEWALK**

- Capped Scalp
- Propped Posture
- Humbled Head
- Vanishing Vitality
- Chiseled Chest
- Obnoxious Organs
- Dipping Discs
- Collapsed Colon
- Limping Legs
- Shocking Shins
- Buckling Bones
- Aching Ankles
The following article, provided by Larry Larson, lets us know that Gordon Wallace has accomplished what he set out to do on his Ph.D. program. It's also a positive note for racewalking in the press. Larry reports also that "syndicated radio newsman, Paul Harvey, summarized much of this on his noon newscast on Tuesday, May 9. Paul Harvey told this report strain=ghtforward--without any side comments or "joke" of any kind and without his usual dramatics...So altogether, Gordon's achievement and past and present contributions to the sport of race walking provided some very positive and expansive free public relations and for a change put the sport in good light and a good image in the public eye."

Interest in race walking propels man, 79, to Ph.D.

AUSTIN, Texas (AP) — A retired Army officer who became a champion race-walker after undergoing heart surgery has completed a dissertation on his favorite sport and will get another laurel to add to his record at age 79: a Ph.D.

When the University of Texas awards nearly 5,000 degrees May 20, Gordon Wallace will be there to pick one up along with classmates one-third his age.

"Just because you've got a lot of years on you, it doesn't mean your mind has to wither away," said the Prescott, Ariz., man.

He will receive a doctorate in American studies to add to two master's degrees. His dissertation dealt with the emergence of race walking as a sport.

Wallace retired from the Army in 1969 as a lieutenant colonel of military intelligence. He had led wilderness treks in all parts of the world. But by the time he underwent triple bypass surgery 13 years ago, he could barely walk.

"I knew I hadn't been exercising the right way, and I obviously needed something to get my heart fit," said Wallace.

He tried jogging, which he calls "joyless, tedious and painful," before taking up the peculiar, arm-pumping form of walking that most folks see only at the Olympics.

He calls it "a godsend. Race walking is a much-neglected sport, one whose potential for improving the physical fitness of the American nation is unsurpassed." He has set 25 records for race walking in his age group.

"Some people think those of us who do race walking are weirdos," he said. "But it's for me. I have found something that I can continue the rest of my life."

Jeff Meikle, associate professor of American studies, said "it was great teaching American history to Gordon because he has lived through so much of it."

"When you hear of someone Gordon's age getting a college degree, much less a Ph.D., you may think of someone creaking up to the stage to receive it — but not him," he said. "Gordon is an amazingly active and inspiring person."