

Ohio Race Walker  
3184 Summit Street  
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# OHIO RACEWALKER

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## Soviets Dominate World Cup Races

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 Misyula 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

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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 its 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 Pecinovskiy was disqualified.

In the 50, Baker was content to walk in the middle of a large pack for the first 10 Km, which was covered in 44:54. By 20 Km, he had moved to the front, dropping the pace to 44:38 (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 Km 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 Km 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 Km (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 km faster than either Perlov or Baker to move up to fourth.

The U.S. 50 Km group had a stronger performance overall than those at 20 and wound 14th in the race (we were sixth at 50 2 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 Km saw a pack of nine walkers setting the pace, with a 27-year-old Italian newcomer, Ileana Salvador leading Kerry Saxby through 5 km. The other seven were close on their heels. By 7 Km, 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 form 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 Peel, 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 Km:** 1. Beate Anders, GDR 43:08 2. Kerry Saxby, Australia 43:12 3. Ileana Salvador, Italy 43:24 4. Natalia Serbinenko, USSR 43:46 5. Chen Yue Ling, China 44:24 6. Tamara Kovalenko, USSR 44:28 7. Xiong Yan, China 44:29 8. Anna Rita Sidoti, Italy 44:59 9. Tamara Torshina, USSR 45:00 10. Maria Rosza, Hungary 11. Janice McCaffrey, Can. 45:37 12. Valentina Shmer, USSR 45:59 13. Monica Gunnarsson, Sweden 45:59 14. Li CHun Xin, China 46:00 15. Lisa Langford, Great Britain 46:02 16. Mari Curz Diaz, Spain 46:12 17. Ann Peel, Can. 46:24 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 Szabenszky,

Hung. 47:14 31. Lorraine Jachno, Australia 47:18 32. Simone Tust, GDR 47:22 33. ANtonella Marangoni, Italy 47:23 34. Andrea Bueckman, W. Germ. 47:30 35. Hideko Hirayama, Japan 47:33 36. Eva Cruz, Spain 47:41 37. Sari Essayah, Finland 47:54 38. Nathalie Marchand, France 47:58 39. Anita Blomberg, Norway 47:59 40. Reyes Sobrino, Spain 48:07 41. Debbie Lawrence, USA 48:10 42. K. Gavalaki, Greece 48:15 43. Ann Jansson, Sweden 48:15 44. Wendy Sharp, USA 48:18 45. Karziwieva Mosio, Poland 48:19 46. Ines Estedt, GDR 48:31 47. Jolanta Fryszak, Poland 48:32 48. Yuko Sato, Japan 48:43 49. Betty Sworowski, Great Britain 48:50 50. Alison Baker, Can. 48:53. .57. Holly Gerke, Can. 49:49. .79. Maryanne Torrellas, USA 53:07 (99 finishers, 3 did not finish, 4 disqualified).  
**Teams:** 1. USSR 218 (Scoring: With 26 teams in the race, the individual winner got 79 points—3 scorers per team times 26 teams plus one. The places of fourth and fifth competitors on a team do not count) 2. China 3. Italy 203 4. GDR 185 5. Hungary 185 6. Canada 185 (ties decided by the highest individual finisher) 7. Spain 174 8. Australia 163 9. USA 162 10. Japan 141 11. Great Britain 140 12. Sweden 137 (the original power in women's walking) 13. West Germany 117 14. Poland 112 15. France 109 16. Norway 106 17. Finland 93 18. Denmark 93 19. Greece 64 20. Mexico 61 21. Ireland 55 22. Brazil 54 23. Belgium 44 24. Switzerland 41 25. Venezuela 27 26. Kenya 11

**Men's 20 Km:** 1. Frantz Kostyukevitch, USSR 1:20:21 2. Mikhail Schennikov, USSR 1:20:34 3. Yevgeniy Misyula, USSR 1:20:47 4. Roman Mrazek, Czech. 1:20:56 5. Victor Mostovik, USSR 1:21:02 6. Maurizio Damilano, Italy 1:21:20 7. Walter Arena, Italy 1:21:45 8. Pavol Blazek, Czech. 1:21:53 9. Jean Claude Corre, France 1:22:02 10. Thierry Toutain, France 1:22:06 11. Daniel Plaza, Spain 1:22:09 12. Jose Urbano, Portugal 1:22:19 13. Ernesto Canto, Mexico 1:22:24 (1981 winner) 14. Giovanni de Benedictis, Italy 1:22:25 15. Chris Maddocks, Great Britain 1:22:25 16. Sergio Vieira, Brazil 1:22:52 (Brazil was certainly the big surprise of this race, finishing ninth. But they had little in the 50. For Vieira to come from a complete unknown to this finish is amazing) 17. Jose Marin, Spain 1:22:52 (1985 winner) 18. Ian McCombie, Great Britain 1:22:58 19. Volkmar Scholz, West Germany 1:23:15 20. Joel Sanchez, Mexico 1:23:31 21. Jaime Barroso, Spain 1:23:37 22. Kollar Igor, Czech. 1:23:43 23. Miguel Angel Prieto, Spain 1:23:50 24. Valdas Kazlauskas, USSR 1:23:59 25. Guillaume Leblanc, Can. 1:24:19 26. Carlos Mercenario, Mexico 1:24:30 27. Ronald Weigel, GDR 1:24:32 28. Chen He Lin, China 1:24:48 29. Jimmy McDonald, Ireland 1:24:50 30. Zbigniew Sadlej, Poland 1:25:21 31. Mao Xin Juan, China 1:25:24 32. Zahoncik Jan, Czech. 1:25:34 33. Marcelo Moreira, Brazil 1:25:39 34. Ferghene Abdelouhab, Algeria 1:26:04 35. Carlo Mattioli, Italy 1:26:08 36. Zdrislaw Szlapkin, Poland 1:26:13 37. Kari Ahonen, Finland 1:26:19 38. Ignacio Zamudio, Mexico 1:26:34 39. Sergio Spagnulo, Italy 1:25:43 40. Robert Korzeniowski, Poland 1:26:53 41. Ricardo Pueyo, Spain 1:26:54 42. Daryl Stone, Great Britain 1:26:55 43. Edel Oliva, Cuba 1:27:05 44. Andreas Hummer, WG 1:27:14 45. Tim Lewis, USA 1:27:39 46. Mark Easton, Great Britain 1:27:50 47. Olaf Moeldner, GDR 1:28:01 48. Bouhalla Mohamed, Algeria 1:28:12 49. Karoly Kirszt, Hungary 1:28:20 50. Jariusz Golawsky, Poland 1:28:22 51. Fabrice DeLaForge, France 1:28:34 52. Steve Partington, GB 1:28:54 53. Erling Andersen, Norway 1:28:55 54. Torsten Hafemeister, GDR 1:28:59 55. Gary Morgan, USA 1:29:13 56. Carlos Ramones, Venezuela 1:29:22 57. Pauli Pirjeta, Finland 1:29:29 58. Daniel Vargas, Cuba 1:29:33 59. Bobby Oleary, Ireland 1:29:39 60. Stefan Krausch, WG 1:29:45 61. J=Nelson Ferreira, Brazil 1:29:48 62. Fumio Imamura, Japan 1:29:48 63. Christophe Cousin, France 1:29:52 64. Aldo Bertoldi, Switz. 1:29:59 65. Andrew Jachno, Australia 1:30:01. . . 70. Mark Manning, USA 1:30:46. . .113. Doug Fournier, USA 1:41:09 (119 finishers, 9 did not finish, 2 disqualified)

**Men's 50 Km:** 1. Simon Baker, Australia 3:43:13 (44:58, 44:38, 44:03, 43:01, 46:33) 2. Andrei Perlov, USSR 3:44:12 (44:54, 44:42, 44:31, 43:34, 46:31) 3. Stanislav Vezhel, USSR 3:44:50 (44:58, 44:38, 44:32, 44:00, 46:42) 4. Martin Bermudez, Mexico 3:47:15 (44:55, 44:43, 44:30, 46:43, 46:24) 5. Alexander Potashev, USSR 3:48:02 6. Vitaliy Popovitch, USSR 3:49:48 7. Vitaly Matsko, USSR 3:50:55 8. Sandro Bellucci, Italy 3:53:43 9. Martial Fesselier, France 3:54:29 10. Godfried Dejonckheere, Belgium 3:55:23 11. Denis Terraz, France 3:56:06 12. Rene Piller, France 3:56:06 13. Stefan Johansson, Sweden 3:56:47 14. Laszlo Sator, Hungary 3:57:53 15. Li Bao Jin, China 3:58:01 16. G. De Gaetano, Italy 3:58:22 17. Miguel Rodriguez, Mexico 3:58:41 18. Andres Marin, Spain 3:59:34 19. Basilio Labrador, Spain 3:59:51 20. Manuel Alcalde, Spain 4:00:01 21. Jacek Bednarek, Poland 4:00:43 22. Gregorz Ledzion, Poland 4:02:11 23. Valentin Kononen, Finland 4:02:34 24. M. Quiriconi, Italy 4:03:25 25. Les Morton, GB 4:03:30 26. Bernd Gummelt, GDR 4:04:03 27. Hudak Jozef, Czech. 4:04:34 28. Thierry Nuttin, France 4:04:58 29. Jacek Herok, Poland 4:05:18 30. David Castro, Cuba 4:06:16 31. Robert Mildenerger, WG 4:06:28 32. Makovec Jaroslav, Czech. 4:07:27 33. Adam Urbanosky, Poland 4:07:28 34. Ulf Sjolholm, Sweden 4:08:40 35. Raffaello Ducceschi, Italy 4:09:06 36. Peter Scholle, GDR 4:09:52 37. Axel Noack, GDR 4:10:51 38. Mike Smith, GB 4:11:04 39. N. Passidakis, Greece 4:11:52 40. Karl Degener, WG 4:12:19 41. Herman Nelson, USA 4:12:24 42. Francisco Reyes, Mexico 4:13:27 43. Detlef Heitmann, WG 4:14:11 44. Veijo Savikko, Finland 4:16:45 45. Sonnek Hubert, Czech. 4:16:57 46. Zoltan Czukur, Hungary 4:17:37 47. Paulo Vidales, Mexico 4:17:56 48. Jan Cortenbach, Holland 4:18:57 49. Takehiro Sonohara, Japan 4:18:59 50. Renzo Toscanelli, Switz. 4:19:17 51. Paul Wick, USA 4:19:42 52. Dan O'Connor, USA 4:20:53 53. Tom Van Aniel, Holland 4:21:59 54. Michael DeWitt, USA 4:22:23 55. RTahouli Hmimed, Algeria 4:23:46. .68. Marco Rodriguez, Canada 4:33:47. .78. Martin Archimbault, Canada 4:39:36 DNF: Eugene Kitts, USA, Francois LaPointe, Can., and Daniel Levesque, Can. (93 finished, 35 DNF, 4 DQ)

**Men's Teams:** 1. USSR 585 (295 in 20, 290 in 50) 2. Italy 534 (276, 258) 3. France 516 (242, 274) 4. Spain 503 (254, 249) 5. Mexico 490 (246, 244) 6. Czechoslovakia 474 (268, 206) 7./ Poland 444 (209, 235) 8. Great Britain 425 (235, 190) 9. GDR 408 (195, 213) 10. West Germany 396 (197, 199) 11. Finland (340 (151, 189) 12. USA 334 (161, 173) 13. Hungary 333 (135, 198) 14. Cuba 312 (161, 151) 15. Brazil 295 (206, 89) 16. Sweden 290 (131, 159) 17. Algeria 287 (170, 117) 18. Australia 269 (92, 177) 19. Portugal 257 (171, 86) 20. Switzerland 245 (109, 136) 21. China 234 (147, 87) 22. Holland (226 (73, 153) 23. Canada 207 (135, 72) 24. Belgium 193 (39, 154) 25. Norway 193 (101, 92) 26. Venezuela 191 (89, 102) 27. Ireland 162 (162, 0) 28. Japan 123 (66, 57) 29. Denmark 198 (27, 71) 30. Kenya 96 (96, 0) 31. Guatamalo 93 (0, 93) 32. Greece 92 (26, 66) 33. India 58 (58, 0)

## 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 the 50 minute mark by a mere tenth of a second. Liers, four time winner of the race, is looking stronger everytime out on her own comeback.

**Men's 20 Km:** 1. Tim Lewis, Reebok Racing Club 1:27:19 2. Gary Morgan, New York AC 1:28:06 3. Mark Manning, Reebok Racing Club 1:30:23 4. Curtis Fischer, NYAC 1:31:51 5. Reggin Davenport, U. of Wis.-Parkside 1:32:45 6. Allen James, Athletes in Action 1:33:45 7. Herman Nelson, Club Northwest 1:33:56 8. Curt Clausen, East Side TC 1:34:32 9. Michael Rohl, Parkside AC 1:35:43 10. Douglas Fournier, UWP 1:36:27 11. Carl Schueler, Reebok RC 1:36:44 12. David McGovern, East Side TC 1:38:06 13. Don Lawrence, Nike TC 1:38:21 14. Ray Funkhouser, Shore AC 1:39:58 15. Jeff Salvage, Drexel Un. 1:41:44 16. Marco Evoniuk, un. 1:42:02 DNF--Richard Quinn, Potomac Valley DQ--Ray Sharp, un. and Steve Pecinovsky, Potomac Valley Judges: Bob Kitchen (Chief), Bob Bowman, Phil Bradley, Hal Canfield, Ron Daniel, Elliott Denman, Dan Fitzpatrick, Darleen Hickman, Lori Maynard, Jim Rowley

**Women's 10 Km:** 1. Lynn Weik, Walk-USA 46:44.1 2. Teresa Vaill, Walk-USA 47:21.9 3. Maryanne Torrellas, Reebok RC 48:25.7 4. Debbi Lawrence, Nike TC 48:41.5 5. Wendy Sharp, un. 49:07.1 6. Sara Standley, Southern California RR 49:24.4 7. Victoria Herazo, California Walkers 49:57.3 8. Susan Liers, Walk-USA 50:00.1 9. Dee Collier, Parkside AC 50:20.1 10. Michelle Rohl, Parkside AC 51:15.4 11. Kim Wilkinson, Monterey Walk Walk Walk 51:27 12. Viisha Sedlak, Easy Spirit 51:47.6 13. Dab VanOrden, un. 52:05 14. Holly Straight, un. 52:59.7 15. Mary Howell, Oregon International 53:36.1 16. Martha Iverson, un. 53:45 17. Jo Ann Nedelco, Golden Gate Walkers 53:58.3 18. Annie Rieter, UWP 54:46.3 DQ--Gayle Johnson, Wolfpack TC Judges: Lori Maynard (Chief), Bob Bowman, Ron Daniel, Dan Fitzpatrick, Darlene Hickman, Bob Kitchen.

## Youth Road Walks Go Well

Cincinnati, May 29--The annual TAC National Youth Road Racewalk Championships came to Coney Island in Cincinnati this year, and, thanks to monumental efforts by Race Director, Gayle Johnson of Columbus, were a classy event. Unfortunately, few competitors showed up--the Intermediate boys 10 Km, for example, saw two teammates from California as the only competitors--a long way to travel for a race you could have had in your back yard. The concept of these championships is excellent, but it seems there is still some spark needed to persuade people to come participate. Gayle put in a tremendous amount of time coordinating things with a sometimes difficult sponsor (Partridge Meats), race personnel in Cincinnati, the host organization Wolfpack Club in Columbus, and the brains behind the event, Bari Garner-Holman in Kansas and Ray Braudis in Columbia, Missouri. The course was great, everything was run well, there was a good clinic and fun walk the day before--but only a total of 31 youths for nine walks. Well, the results:

Young Women's (17-18) 5 Km--1. Megan Garner-Holman 29:15.8 Intermediate Boys (15-16) 10 Km--1. Michael Tomasulo 56:24.5 2. Chris Hilsabeck 57:49.4 Intermediate Girls 5 Km--1. Carrie Michelson 31:50 2. Mariani Rodriguez 33:08.7 Youth Boys (13-14) 5 Km--1. J.V. Hilsabeck 28:11.6 2. Justin Marrujo 29:56.8 3. Chris Braudis 30:24.6 4. Kevin Duke 33:08.3 5. Scott Braudis 36:53.4 Youth

Girls 5 Km--1. Naomi Sepulveda 27:53.5 2. Maya Zessin Ruoss 29:55.6 3. Lisa Chumbly 30:26.5 4. Melissa Baker 33:00.7 5. Kristi Sutherland 34:53.7 Midget Boys (11-12) 3 Km--1. Timothy Martin 19:29.1 2. Trae Skyttun 19:38.1 3. Jason Dean 19:38.6 4. Kevin Terrell 20:49.3 5. Matthew Terrell 22:29.1 DQ--Doug Brantley 19:38.3 Midget Girls 3 Km--1. Anya-Maria Ruoss 18:33.1 2. Emily Gardner 18:33.1 3. Mollie Sabo 19:56.5 4. Lisa Sutherland 20:22.8 Bantam Boys (under 10) 3 Km--1. Jason Lee 18:50 2. Joseph Perez 22:52 Bantam Girls 3 Km--1. Alison Zabinski 18:50.9 (Boys and girls were together, and the race between Lee, from Arkansas, and Zabinski was the best of the day) 2. Lara Elise Ruoss 19:48.8 3. Hilary Peet 23:16.8 DQ--Amy Braudis 23:13.7  
**10 Km, Cincinnati, May 28** (In conjunction with Youth roadwalks the next day): Women--1. Gayle Johnson (40) 53:29 2. Robyn Lewis (29--Tim's sister) 59:46 3. Peggy Sheets (19) 66:54 . . . 6. Ernestine Yeomans (70) 77:38 (8 finishers) Men--1. Jim Higgins (57) 59:02 2. Charles Deuser (59) 61:17.2 3. Dick Fencyl (54) 61:24 4. Ralph Dehner (40) 62:01 5. William Peet (60) 64:19 6. JOe Vitucci (65) 66:27 7. Hugh Yeomans (73) 67:38 (12 finishers)

## OTHER RESULTS

**Maine State 5 Km Championships, Bangor, June 3--1.** Bob Keating, N.H. 23:00 2. Philip McGaw, Mass. 25:02 3. Tom Knatt, Mass. 25:23 4. Justin Kuo, Mass. 26:21 5. George Lattarulo, Mass. 27:33 6. Rom Comeau, Can 27:46 7. Bob Falcicola, NH 28:53 8. John Thorley, Can. 30:04 9. Daniel Tandy 30:29 (the real Maine champion) (18 finishers) Women: 1. Maryanne Torrellas, Conn. 23:41 2. Gretchen Eastler 27:34 3. Kim Malcolm, Can. 28:04 4. Penny Bohac-Cardello 31:46 (12 finishers) **New England 40 Km Championship, Milton, Mass., May 20--1.** Philip McGaw 4:18:46 (53:46, 1:50:56, 2:55:52) 2. Richard Ruquist 4:53:37 3. George Lattarulo 5:02:19 4. John Gray 4:55:18 **10 Km, same place--1.** Steve Vaitones 47:48 2. Mark Fenton 47:49 **20 Km, same place--1.** Justin Kuo 1:56:55 **3 Km, Dedham, Mass. May 20** (the evening after above event)--1. Justin Kuo 16:09.3 2. Christie Kuo 16:53.8 **3 Km, Dedham, Mass. May 27--1.** Tom Knatt 14:43 2. Justin Kuo 15:13 3. Christie Kuo 19:08 4. John Monteiro 19:18 **3 Km, Dedham, Mass. June 10--1.** Mark Fenton 12:52 2. Steve Vaitones 13:32 3. Phil McGaw 14:21.3 4. Tom Knatt 15:31.5 (but started about 7 seconds late) 5. Justin Kuo 15:33 6. Joseph Kay 16:53 7. Carol Kay 18:42 8. John Monteiro 19:21 **Met. AC 3 Km, New York, April 23:** Men--1. Gary Null 13:24 2. Robert Gottlieb 13:40 3. Jim Campoli 14:01 Women--1. Maryanne Torrellas 13:57 2. Teresa Vaill 13:57 3. Lynn Weik 13:59 **Met. AC 20 Km, New York, May 28--1.** Gary Null (44) 1:41:26 2. Andy Liles (26) 1:41:26 3. Franco Pantoni (43) 1:45:59 (37 finished) **5 Km, Buffalo, May 20--1.** Neil Farley 25:04 2. Dave Lawrence 25:11 3. Cheryl Rellinger 28:54 4. Greg Wittig 29:39 5. Frank Fina 30:06 6. Bill Jerge 30:49 (19 finishers) **4 Mile, Buffalo, May 29--1.** Dave Lawrence 31:01 2. Greg Wittig 39:13 **5 Km, Buffalo, June 10--1.** Jim Mann 22:35 2. Dave Lawrence 22:41 3. Bill Hanar 27:43 4. Cheryl Rellinger 29:16 5. Greg Wittig 29:44 6. Kim Podlas 29:45 7. Steve Podlas 29:45 8. Bob Lubelski 29:50 (17 finishers) **Buffalo Marathon, May 11--1.** Dave Lawrence 4:11:07 2. Cheryl Rellinger 4:42:42 3. Robert Lubelski 4:50:55 **10 Km, Ithaca, NY, April 9--1.** Dave Talcott 46:24 **8 Km, Chittenango, NY, June 3--1.** Dave Talcott 37:12 **5 Km, Vestal, NY, June 4--1.** Dave Talcott 22:36 **1 Milr, Binghamton, NY, June 7--1.** Dave Talcott 6:47 **5 Km, same place--1.** Talcott 23:19 **20 Km, Trumansburg, NY, June 10--1.** Dave Talcott 1:36:21 2. Larry Ryan 2:03:00 3. Jim Miner 2:03:33 **5 Km, Guthrie, Penn., May 13--1.** Dave Talcott 22:13 **5 Km, Jupiter, Florida, May 6--1.** Bob Fine 28:05 **5 Km, Boca Raton, Florida, May 13--1.** John Fredericks 24:28.2 2. Bob Fine (57) 27:29 3. Bill Halford 28:41 Women: 1. Bonnie Stein 31:28 **5 Km, Orlando, Florida, May 14--1.** Steve Christlieb 29:51 2. Robert Carver 29:57 **Southern Regional Masters 20**

**Km, Coconut Creek, Florida, May 20:** Men 30-39--1. Cliff Mimm 1:44:19 Men 60-64--1. Bob Mimm 2:02:10 Men 65-59--1. Charles Poladian 2:20:32 Men 70-74--1. DON Johnson 1:17:00 Women 18-19 10 Km--1. Katie Warren 62:47 Women 30-39--1. Bonnie Stein 63:58 Women 65-59--1. Lavonne Hottensmith 70:17

**2 Miles, Boca Raton, May 29--1.** John Fredericks 14:58 2. Bob Fine 17:31 3. John Chiazza 19:41 Women: 1. Bonnie Stein 19:56

**Sunshine Games Regional 3 Km, Miami, June 3--1.** John Fredericks 13:51 2. Doug Chard 15:38 3. Al Cruzado 15:46 4. Bob Fine 16:04 5. Gary Canner 18:00 6. Paul Geyer 19:20 Women: 1. Katie Warren 17:02 2. Ashley McDermott 18:42 3. Linda Apriletti 18:58 4. Lisa Epstein 19:16 5. Miriam Gorden (63) 19:56

**50 Miles, Columbus, Ohio, April 9--1.** Nate Blackburn (age 18) 10:34:37 (With little in the way of race walking training, he easily vanquishes his aging father) 2. Jack Blackburn (53) 11:06:45 Rich Meyers did 34 miles in 8:04:30 5 miles, same place--1. Gaylé Johnson (40) 42:26 2. Jack Mortland (54) 49:01 3. Kelli Ackman (17) 50:29 4. Stan Vail (50) 53:29

**6 Hour, Vandalia, Ohio, May 14 (track)--1.** Natge Blackburn 31.25 miles 2. Tim Blackburn (28) 31 miles 3. Jack Blackburn 30.75 miles 1 mile, Glasgow, Kentucky, May 21--1. David Lee Buckman 7:43 2. C.B. Embry, Jr. 8:29 3. Donald Mather 8:42 (41 finishers) 10 Km, Dearborn, Michigan, June 11--1. Gary Morgan 41:57 2. Dan O'Brien 46:50 3. Jeff Cassin 49:50 Masters: 1. John Elwarner 50:50 2. Max Green 51:17 3. Terry McHoskey 52:06 4. Norm Browne 54:28 5. Walter Lubzik 56:30 6. Gary Gray 63:40

**Masters Women 5 Km, same place--1.** Roberta Boyle 28:50 2. Valerie Stowe 28:59 3. Diane Podsiadlik 29:45

**Michigan 5 Km Championship, Traverse City, May 27--1.** Dan O'Brien 22:51 2. John Elwarner 24:08 3. Max Green 25:01 4. Norm Browne 25:03 5. Terry McHoskey 25:44 6. Wally Lubzik 27:51 7. Robewrt Campbell 29:07 Women: 1. Roberta Boyle 29:10 2. Valerie Stowe 29:11 3. Diane Podsiadlik 30:18 4. Carol Beth Berry 30:38 5 Km, Dearborn, June 4--1. Gary Morgan 20:24 2. John Elwarner 23:59 3. Norm Browne 25:15 4. Walter Lubzik 27:28 5. Fabian Knizacky 30:34 6. John Flynn 30:39 Women: 1. Gayle Johnson 25:33 2. Roberta Boyle 28:48 3. Valerie Stowe 29:29 4. Carol Berry 30:09 5. Ro Coury 30:09

**10 Km, RacineWis., May 13--1.** Reggie Davenport 45:50 2. Paul Wick 45:51 3. Tom Krosnoff 50:28 4. Gerhart Sasman 55:45

**20 Km, same place--1.** Mike Stauch 1:33:24 2. Rob Cole 1:36:31 3. Pete Williams 1:58:40

**15 Km, same place--1.** Jon Jorgenson 1:11:56 Women's 10 Km, same place--1. Deirdre Collier 50:43 2. Holly Straight 53:05 3. Annie Reiter 54:32 4. Lori Seidel 54:47 5. Gena Impaglizzo 56:07 Women's 5 Km, same place--1., Maggie Pagan 27:50

**5 Km, Racine, May 20--1.** Reggie Davenport 22:23 2. Jon Jorgenson 22:33 3. John Matar 22:48 4. Pete Williams 27:38

**10 Km, same place--1.** David Doherty 48:01 3 Km, same place--1. Tom Krosnoff 14:04 Women's 3 Km, same place--1. Deirdre Collier 14:30 2. Lori Seidel 15:20 3. Maggi Pagan 15:45

**Womens 5 Km, same place--1.** Ruth Leff (62) 32:04 5 Mile, DeWitt, Iowa, June 10--1. Tammy Vinar 42:10 2. Dean Easterlund 42:10 3. Jimmi Shaw 45:39 4. Bob Jordan 49:03 5. Belinda Humphreys 49:48 6. JoAnn Sandberg 50:50 7. Robert Carlson 50:51 8. Bob Bradley 52:17

**5 Km, Aurora, Col., April 22--1.** Dennis Crock 29:40 2. Stephanie Anderson 30:07 3. Dave Davies 30:11 (27 finishers) 10 Km, same place--1. Dan Pierce 52:15 2. Martha Iverson 57:10 3. Debbie Van Orden 57:45 4. Carl Schueler 57:46

**10 Km, Denver, May 13--1.** Viisha Sedlak 55:14 2 Mile, Zuni, Ariz.--1. Andrew Smith 16:03 2. Bentley Lo=yon 16:08 (age 59) 3. Randy Burden 17:03 4. Holly Roberts 17:14 5. Mati Graham 17:38 6. Joe Cameron 17:44 7. Joe Sutton 19:03 8. Kathy Jo Lovell 19:31

**10 Km, Santa Monica, Cal., May 14 (track)--1.** Rene Haarpainter 47:52.2 2. Victoria Herazo 49:47.2

**5 Km, Irvine, Cal., May 27--1.** Ed Bouldin 23:01 (1st over 40) 2. John Kelly 26:49 (1st over 50) 3. Richard Oliver 26:54 (2nd over 50) 4. Jesus Orendain 27:09 (1st 45-49) 5. Richard Nester 27:17 6. Arthur Goolsbee 27:47 (2nd 45-49) Women: 1. Paula

Kash 26:33 2. Jolene SAteigerwalt 27:51 (1st 45-49) 2. Virginia Scales 27:57 (2nd 45-49) 4. Jaye Horowitz 29:58 (3rd 45-49) 5. Sheila Smith 30:10 (1st 50-54) 1 Mile, Santa Monica, Cal., May 29--1. Paula Kash 8:06 2. John Kelly 8:12

**5 Km, same place--1.** Victoria Herazo 23:26.39

**10 Km, Pasadena, June 10--1.** Enrique Camarena 50:10 2. Ignacio Miranda 53:56 3. Richard Oliver 54:18 (1st over 50) 4. Richard Nester 56:15 5. Carl Acosta 57:16 (2nd over 50) 6. Bob Meador 57:47 (3rd over 50)

**5 Km, same place--1.** Allen James 22:19 2. Jesus Orendain 27:20 3. Arthur Goolsbeen 27:51 4. David Steinhart 29:15 5. Allen Brumer 29:27 6. Bill Neder 29:45 Women: 1. Cathy Mish 28:27 2. Donna Cunningham 29:01 3. Linda Kroesen 29:56 4. Joy Bevilacqua 30:05

**Masters 5 Km, Eagle Rock Cal., June 18:** Men 35-39--1. Enrique Camarena 25:09 2. Juan Jose Garcia 26:27 3. Ignacio Miranda 26:45 4. Carl Warrell 27:25 5. Richard Nakawatase 29:08 6. Arthur Grant 29:23 7. Richard Nester 29:32 Men 40-44--1. Ed Bouldin 25:33 Men 45-49--1. Larry Walker 21:40 2. Jesus Orendain 27:56 3. Dave Snyder 28:09 Men 50-54--1. Richard Oliver 27:24 2. John Kelly 27:49 3. Clyde Hatfield 29:03 Men 55-59--1. Robert Meador 28:09 2. Carl Acosta 28:33 3. Allen Havens 30:01 Men 60-64--1. John BUrns 31:37 Women 20-29--1. Lizzy Kemp-Salvato 27:25 2. Margaret Govea 27:51 Women 30-34--1. Victoria Nerazo 25:12 Women 35-39--1. Kathryn Blackmer 29:41 Women 40-44--1. Donna Cunningham 31:00 Women 45-49--1. Jolene Steigerwalt 28:16 Women 50-54--1. Jill Latham 31:05

**4 Km, Keizer, Oregon, May 21--1.** Steve Renard 17:14.4 2. Bob Korn 18:11.7 3. Joel Estrin 21:20 4. John Hanan 21:58 5. Bob Brewer 22:19 Women: 1. Jody Suhanek 21:21 2. Gretchen Turner 22:53

**10 Km, Beaverton, Oregon, May 27--1.** Steve Renard 47:44 2. Jozef Barbuzyński 48:22 3. Joel Estrin 57:57 4. John Hanan 58:44 5. Bob Brewer 59:44 6. Charlie Monismith 60:45 Women: 1. Karla Snyder 58:28

**NAIA District II 10 Km, Monmouth, Ore., April 13--1.** Vance Godfrey 52:25 2. Travis Johnson 57:24 3. Greg Thompson 57:34 4. John Garlitz 58:57

**10 Km, Toronto, Can., May 20--1.** Paul Guimond 52:52 2. Roman Olszewski 53:28 3. Noel Husbands, Barbados 53:31 4. Mike Freeman 55:04 5. Sal Brancaccio (62) 59:46

**5 Km, Bratislava, Czech., June 14--1.** Roman Mrazek 18:28.80 2. Valdas Kazlauskas, USSR 19:02.44

## 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)

Sun. July 9 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, Zuni, NM (R)  
5 Km, Dedham, Mass, 12 noon (N)

Sun. July 16 10 Km, Seattle, 1 pm (C)  
Eastern Regional Masters, West Long Branch, NJ (D)  
2.2 Mile, Denver, 8 am (F)  
10 Km, Colorado Springs (F)

Fri. July 21 1 Mile, Houston (E)  
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)

Sun. July 30	World Veterans Games 10 Km Women, 20 Km Men, Eugene, Oregon (P)
Mon. July 31	10 Km, Seattle (C)
Thu. Aug 3	2.8 Mile, Seattle (C)
	Empire State Games 20 Km Men, 5 Km Women
Sat. Aug. 5	5 Km, Dearborn, Michigan, 9 am (Y)
	5 Km, Coconut Creek, Florida (M)
	3-person 15 Km, Relay, Zuni, NM (R)
	Empire State Games 50 Km Men, 10 Km Women
Sun. Aug. 6	10 Km, Keystone, Colorado (F)
	5 Km, Aurora, Colorado (F)
Sat. Aug. 12	10 Km, Asbury Park, NJ, 8:30 am (D)
Sun. Aug. 13	1 Hour, Houston (E)
	1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O)
	Doc Tripp Memorial 10 Km, Broomfield, Colorado (F)
Sat. Aug. 19	10 Km, Houston (E)
	5 and 15 Km, Dearborn, Michigan, 9 am (Y)
Sat. Aug. 26	20 Km, Columbia, Missouri (I)
Sun. Aug. 27	5 Mile, Red Bank, NJ, 1 pm (D)
	1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O)
Mon. Aug. 28	2-person 10 Km Relay, Long Branch, NJ, 6:30 pm (D)
Fri. Sep. 2	5 Km, Denver (F)
	5 Km, Miami (M)
Sun. Sep. 3	4 Mile, Seattle, noon (C)
	3 Km, Alexandria, Virginia (O)
Mon. Sep. 4	1/2 Marathon, Woodinville, Wash. (C)
	10 Km, Alexandria, Virginia (O)
	5 and 10 Km, Denver (F)
Sat. Sep. 9	5 Km, Milano, Texas (J)

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 M--Florida Racewalkers, 4223 Palm Forest Dr. N., N. Delray Beach, FL 33445  
 O--Steve Schindel, 103 E. Monroe Ave., Alexandria, VA 22310  
 P--P.O. Box 10825, Eugene, OR 97440  
 R--Joe Sutton, 2818 Solano Dr., Albuquerque, NM 87110  
 T--National Masters, 5643 Campanile Way, San Diego, CA 92115  
 U--Greg Wittig, 14 Kingston Lane, Buffalo, NY 14225  
 Y--Wolverine Pacers, 26530 Woodshire, Dearborn Heights, MI 48127

## FROM HEEL TO TOE

Apologies to those of you who got plain old black and white covers last month. Both your editor and the printer forgot that the supply of preprinted cover stock was running low until it was too late to do anything about it without holding up the run a couple of days. Supposedly they have preprinted another year's supply in the meantime. If you don't see color in the masthead this time either, you will know it didn't get done. . .Occasionally we get letters wondering where the

"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 walk 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 volunteer 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 do 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 prostate 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:

- o Walk vigorously and aerobically for 45 minutes or more each day
- o Eat proper, healthy foods
- o Avoid excessive alcohol and all tobacco products
- o Avoid all illicit and prescription drugs that are not absolutely necessary to your well-being.

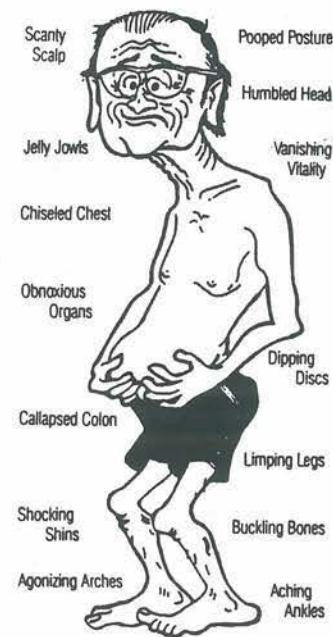
There is one thing not fully understood. Why is the heart always the symbol of love? It is admittedly the one pound pump that circulates the life giving oxygenated blood to all parts of the body. But clearly, the brain and its thought processes are the computer that governs all the body's processes, including the sex glands. When you think of your loved one, it is 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 "sweetbrains", instead of sweethearts, thus cramping their romantic flourishes.

(Editor: 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!



### YOU MAY BE... BETTER OFF LEARNING TO RACEWALK



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 newsmen, 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."

8A the Journal Times, Wednesday, May 10, 1989 Racine, Wis.

## 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."



Start of 1960 Olympic 20 Km in Rome. Ron Zinn is number 25, Bob Mimm number 26 (you just see the six behind number 5), and Rudy Haluza 25 in the back. Photo courtesy of John Allen.



Youth road walk championships. Jason Lee wins the Bantam Boys 3 Km, with Girl's winner, Alison Zabranski, right behind.