James leads six U.S. walkers under 1:30 at Alongi Memorial

Dearborn, Michigan, Sept. 28—Although he couldn’t match the pace of Mexico’s Bernardo Segura, Allen James busted his personal best with a 1:26:33 and beat the rest of a strong field in today’s annual Alongi Memorial 20 Km race. Segura was out on his own and won easily in 1:22:01. Gary Morgan, in his best race of the year, couldn’t stay with the determined James, who now sets his sights on an Olympic qualifying mark of 1:24, but slipped under 1:28 to beat the second Mexican, Juan Sanchez. Not far behind Sanchez, Jonathan Matthews and Bobby Briggs both got personal records and Carl Schueler and Doug Fournier also slipped under 1:30.

In the women’s 10 Km, Teresa Vaill walked the fastest time of her long career 45:51, second only to Debbie Lawrence on the U.S. all-time list, and easily beat Mexico’s Evan Machuca. Debora Van Orden also had a personal best to take Canada’s Pascale Grand for the third spot. Maryanne Torrellas showed a return to form as she continues to come back from injury to take sixth place, just one second behind Mexico’s Francisca Martinez. And, seven other U.S. women went under 50 minutes, several of them for the first time.

Canada’s Martin St. Pierre was an easy winner of the Junior 10 Km in 43:01, but Tim Seaman continued to be impressive with his second place finish. Gretchen Eastler scored another impressive in the Junior Women’s 5 Km, beating Canada’s Mylene Dupere in 24:44. John Kerfoot won an open 10 Km race and Diane Podsiadlak a women’s 5 Km. Results:

International 20 Km:
1. Bernardo Segura, Mexico 1:22:01
2. Allen James 1:26:33
3. Gary Morgan 1:27:52
4. Juan Sanchez, Mex. 1:28:25
6. Bobby Briggs 1:29:02
7. Carl Schueler 1:29:33
8. Doug Fournier 1:29:49
9. Curtis Fisher 1:30:30
10. Jose Sanchez, Mexico 1:31:24
11. Robert Cole 1:32:36
12. Daniel Levesque, Canada 1:32:44
13. Dan O’Brien 1:33:45
15. John Marten 1:37:45
16. Scott Widdall 1:38:13

Women’s International 10 Km:
1. Teresa Vaill 45:51
2. Eva Machuca, Mexico 46:44
3. Debora Van Orden 47:11
4. Pascale Grand, Canada 47:21
5. Francisca Martinez, Mex. 47:38
6. Maryanne Torrellas 47:39
7. Corinne Whissell, Can. 47:49
8. Holly Gerke, Can. 48:23
9. Lora Rigutto, Can. 48:48
10. Rosaria Silla, Mex. 48:54
11. Lynda Brubaker 48:56
12. Cindy March 48:59
13. Elvia Jimenez, Mex. 49:04
14. Elizabeth Galasso 49:31
15. Kim Wilkinson 49:37
16. Francene Bustos 49:49
17. Tracey Wong-Briggs 49:49
18. Lizzy Kemp-Salvato 49:58
19. Janice McAffrey, Can. 50:22
20. Cheryl Rellinger 50:41
22. Holly Wick 51:16
23. Gayle Johnson 51:17 (first master, celebrating a month of marriage to Ohio Track Club coach, Wayne Armbrust)
24. Claudia Leonard 51:51
25. Dorit Attias 51:52
26. Margaret Govea 52:02
27. Sue Hornung, Can. 52:05
28. Susan Liers 52:14
29. Lisa Sonntag 53:42
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5 Km titles to Morgan and Herazo

Research Triangle Park, N.C., Sept. 21--Gary Morgan, of Clarkston, Michigan, won the 1991 Athletics Congress 5 Km racewalking championship today after a close duel with local walker Curt Clausen and Dave McGovern. Morgan's winning time of 20:33 bettered the listed American record of 20:57 by Ray Sharp in 1986. Unfortunately for Gary, he was 2 weeks too late, Doug Fournier having done in

Connecticut on September 8. Halfway through the race, just 4 seconds separated the three walkers, but Morgan was able to open a commanding lead over the second half. Clausen dropped well back of McGovern by 4 Km but finished very strongly to pull well clear by the finish, gaining considerable ground on Morgan, as well.

The women's National 5 Km was won by Victoria Herazo of Sherman Oaks, California in 22:42. Only Teresa Vaill has gone faster in the Championship race (22:32 in 1988). Cheryl Rellinger was better than 2 minutes back in second. The results on page 4.
Fournier betters US 5 Km record; Lawrence takes Natural Sport race

Hampden, Conn., Sept. 8--A national caliber field from 10 states and Canada pushed Doug Fournier to a new U.S. record and the gold bagel in the Landers Bagel 5 Km racewalk at Quinnipiac College. His time of 20:14 has only been bettered in indoor track competitions by U.S. athletes.

The event is reported to be the largest and best racewalk ever held in the New England states with eight of the top nine finishers having represented the U.S. in international competitions. The other of the top nine represented Canada in the World Cup.

The field for the NaturalSport Women’s Invitational 5 Km held at the same time included all three U.S. representatives at the recent World Championships in Tokyo, as well as three former national champions. Debbi Lawrence, of Kenosha, Wisconsin, U.S. record holder at 10 Km, missed the 5 Km mark by 2 seconds as she led from the gun. Lawrence earned $1000 in winning the third of the NaturalSport Grand Prix Series events.

More than 300 individuals competed in the day’s events, which included a fitness walk and corporate relay walk, with bagel baron and sponsor, Murray Lender, striding a strong leg for his team. Results:

**Lender Bagel 5 Km:**
1. Doug Fournier, Parkside AC 20:14
2. Andrzej Chylinski, NYAC 20:26
3. Gary Morgan, NYAC 20:39
5. Curt Clausen, Shore AC 21:24
6. Don Lawrence, Propel 21:26
7. Dan Levesque, NYAC 20:26
8. Andrew Jackson, Chapal Hill, N.C. 20:33
9. George Fenigsohn, Poquoson, Va. 20:42
10. Alvia Fournier, Arlington, Virginia 20:56

**NaturalSport 5 Km:**
1. Debbi Lawrence 22:15
2. Victoria Herazo 22:40
3. Teresa Vaill 22:51
4. Pascale Grand, Can. 23:30
5. Maryanne Torrellas 23:49
6. Susan Liers

McGovern betters 1 hour record

Arlington, Virginia, October 20--Walking in the second of two Potomac Valley 1 hour races, Dave McGovern, now living in Alexandria, Virginia, covered 8 miles 1147 yards, 27 yards over the U.S. record set by Neil Pyke in 1978. It was a solo effort by Dave, with second place Alan Price better than a mile and a quarter behind. In the other race, a month ago, Bob Elliott had won with a distance of 6 miles 1505 yards. He improved by more than a quarter mile today to take third. Tracey Briggs led the women with a 7 mile 970 yard effort, placing her second overall. Results of the two races:


And Herazo shines at 1 hour

Cambridge, Mass., Oct. 20--Victoria Herazo won her third 1991 National TAC Racewalk Championship today as she took the 1 Hour title by covering a U.S. record 12,771 meters. It was also a world’s best for women, Italy’s Giulian Salce having 12,664 meters in 1986. (But, it is only fair to note that the event has seldom been contested and several women have gone further in an hour on the way to 20 Km.) Herazo broke her own American record of 12,346, which she did last year.

Victoria broke away immediately with a 1:45 first lap, went through the first mile in 7:20, hit 5 Km in 23:20, and passed 10 Km in 47:07. Her earlier titles were at 15 Km in Portland, Oregon in May and at 5 Km in North Carolina in September. Dorit Attias was second today, more than a kilometer behind.

In another race, Gary Morgan won the National 2 Hour title for the second time in three years, covering 25,683 meters (16 miles 122 yards). Jonathan Matthews, 35, was second at 25,418 meters (15 miles 1995 yards and Steve Vaitones (36) third with 22,979 meters. The men’s masters 1 Hour title went to Bob Keating, 44, of Nashua, New Hampshire, who went 12,571 meters beating 41-year-old Brian Savillion (11,692 meters) by nearly a kilometer. John Johnson, 46, of Coventry, Connecticut, was third with 11,526 meters. The results of the women’s 1 Hour (we only have the first three in the other races at this time):

Team winners: Women's 1 Hour: New England Walkers 27,104 meters 2. North Cantor (42), N.E. Walkers 9,336
18. Sandra Carpenter (51), Fast Women's RW 9,019

Other results (of which there are a few)

SC Roadrunners

<table>
<thead>
<tr>
<th>DATE</th>
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<td>5 Km, Clarksburg, Cal. (EE)</td>
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<td>Coney Island 10 Mile Handicap, 9 am (U)</td>
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<td>5 Km, New York City, 10 am (Z)</td>
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<td>Half-Marathon, New Orleans (V)</td>
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<td>20 Km, San Francisco (EE)</td>
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<td>8 Km, Sedalia (D)</td>
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<td>50 Km, Houston (W)</td>
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<td>5 Km, Buffalo (I)</td>
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<td>Dec. 1</td>
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<td>Dec. 7</td>
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<td>5 Km, Buffalo (I)</td>
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<td>Dec. 8</td>
<td>1 Hour, Los Angeles (B)</td>
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<td>1500 m, 3 Km, and 5 Km, Toronto (K)</td>
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<td>Dec. 14</td>
<td>Todd Scully 10 Km, Long Branch, NJ (A)</td>
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<td></td>
<td>5 and 10 Km, New Orleans (V)</td>
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**FROM HEEL TO TOE**

Dave Gwyn who has raced on 10 different 50 Km courses says the certified course in Houston, which is fast and flat, is the best. Anyway looking for an Olympic qualifying time 4:05 might find it worth their while to get down to Houston on December 29. Sincere apologies to those of you who got September issues with the pages out of order. I was halfway through collating and stapling them when I realized one stack was upside down so the pages were folded in the wrong order. The polite thing to do would have been to unstaple them and turn the sheet over. But, that would also have been a very time-consuming thing to do. Lazy
have other foreign sources. So, I just try to go with my own very passing
knowledge of the Russian alphabet and how it should be transliterated (on which
there seems to be no single authority) . . When we reported Herm Nelson's 2:21:39.4
30 Km effort on the track in last month's issue, we forget to note that itbettered the
Junior National Racewalk team has been named and its activities are being
coordinated by Susan Liens and Steve Vaitones. Members for 1991-92 are Gretchen
Estler, Ali DeWitt, Melissa Baker, Jennifer Grego, Lisa Chumbley, Debbie Iden, Tim
Seaman, Paul Tavares, Sean Albert, Kris Hilsabeck, James Spahr, and Michael
Tomasulo.

OCTOBER 1991

Here is the latest Olympic trials information:

1991 Olympic Trials Information
The 1992 US Olympic Track and Field Trials Official Entry Form and Entry
Information are now available from:

New Orleans Organizing Committee
US Olympic Track and Field Trials
601 Loyola Ave Suite 214
Poydras Plaza Mall
New Orleans, LA 70113

(504) 484-1992

The Athletics Congress / USA
US Olympic Track and Field Trials
Special Events Department
PO Box 6060
Indianapolis, IN 46206-6060

(317) 261-0500

The International Competition Committee, meeting in New York, June 13,
approved the criteria for US Olympic Track and Field Trials qualifying race
walks. In keeping with the format in the US Olympic Trials brochure, the
Qualifying Regulations pertaining to the women's 10 kilometer race walk and
the men's 20 kilometer race walks are as follows:

Qualifying Rules
A qualifying mark for the 1992 US Olympic Track and Field Trials must be made
in a race or meet sanctioned by The Athletics Congress / USA and conducted
under conditions required for recognition of national and world records by TAC
and the International Amateur Athletic Federation. Proof of qualifying mark and
conduct of race may be required. In addition, these rules must be followed:

Race Size
Any women's 10K and men's 20K must have a minimum of five bona fide
competitors. A men's 50K must have a minimum of four bona fide competitors.

Courses
In order for qualifying times to be accepted, besides being TAC/USA
sanctioned, the race must be conducted on a track or on a road course certified
by TAC/USA methods (certification number may be requested).
Judging
Each such race must have a minimum of FOUR TAC/USA certified judges (TAC Official registration numbers may be requested) and should be listed on the results sheet.

Results
All race results with provisional or automatic qualifying times should be sent to 1992 US Olympic Track and Field Trials, 601 Loyola Ave, Suite 214, Poydras Plaza Mall, New Orleans, LA 70113. A copy of the results must also be sent as soon as possible to Steve Vaitones, 90 Summit St, Waltham, MA 02154.

Eligibility, Qualifying Periods and other Qualifying Regulations are contained in the Trials brochure.

ICC is urging all athletes intending to compete in the Trials to submit their entry forms as soon as possible. DO NOT WAIT to submit the entry form for the Trials brochure.

The Olympic Trials 50K is the weekend of the Jazz Festival in New Orleans, April 26th so all of you who plan on attending had better make arrangements as soon as possible!

A recent running column in the Detroit Free Press featured former walking great, Adolph Weinacker:

It's Sunday morning.
He gets out of his car, just off Michigan Avenue near Livernois in Detroit, and strolls into the Michigan Veterinary Clinic, as he has for 20 years. The next three hours bring a stream of cats, dogs and worried pet owners.

To his clients he's Dr. Adolf Weinacker, but to the world of racewalking he was once the dominant racer in the United States, competing in the 50K (31 1/4 miles) walk at three Olympics and holding AAU records at several distances.

By October 1950, he had won national AAU titles at six distances (15, 20, 25, 30, 35 and 40 kilometers) — while he was working his way through veterinary school at Michigan State.

Weinacker talked about his accomplishments between patients.

Just after the aging German shepherd with a badly swollen front leg limped out of the office, Weinacker explained how he — a 1946 graduate of Detroit Eastern High and all-city miler — became a racewalker.

"I lived near Belle Isle so I kept working out after high school because I not only wanted to be a vet, I also planned to run track and cross-country at MSU," he said. "One day I noticed this group of guys doing a heel-toe and I tried it. They invited me to walk in a short-distance state championship race on Belle Isle. To my surprise, I came in third."

Three weeks later he won a national 30K title in Pittsburgh.

Weinacker was 16th (5:30:14) in the 1948 Olympics in London and 22nd (5:01:00) in Helsinki in 1952. He was seventh in 1956 in Melbourne in 5:00:16, then an American Olympic record.

..."It was a once-in-a-lifetime experience to walk around the track to a packed Wembly Stadium crowd in London, picked to represent my country," Weinacker said. "And each time the exhilaration and thrill was not diminished."

...While in Helsinki, Weinacker witnessed one of the great accomplishments in sports. After winning the 5,000 and 10,000 meters, Emil Zatopek of Czechoslovakia ran his first marathon and won by a wide margin, circling the stadium alone to the thunderous chant of Zatopek, Za-to-pek.

"I still get goose bumps thinking about it," Weinacker said. "He had it all to himself as he sprinted around to the tape."

When runners talk, the subject of shoes invariably sneaks into the conversation. Weinacker wore canvas Keds in the 1948 Olympics in London.

"The athletes who had money would send their foot measurement to a company in Boston that would custom-make your shoe with kangaroo leather for $30," Weinacker said. "At Helsinki I had the chance to meet Jesse Owens and the shoemaker Adidas. Dassler wanted to ask Owens his advice on Dassler's newest design and because I spoke German, I acted as the interpreter."

"A very furry dog, with a history of seizures was next. Weinacker explained the dangers of seizures to the owner and changed the medication."

"Why stay in this neighborhood?"
"I've never had any trouble here and I know my clientele," Weinacker said. "They are happy with the way I practice; many bring their pets back to me after they've moved away. This neighborhood has been good to me."

"Weinacker, 63, who runs four miles three to four times a week, has run the Free Press Marathon three times. He lives in Detroit with Irene, his wife of 25 years, and a dog and a cat.

Look to the right as you pass the 19-mile mark in the Detroit Free Press/Mazda International Marathon. You might see Weinacker in front of his clinic holding a puppy.