Chylinski, McCaffrey prevail at 10 Km

Niagara Falls, July 11—Andrzej Chylinski, in the U.S. for about 15 months now, captured his first National title at 10 Km today. Chylinski got away from Canada's Martin St. Pierre over the last 2 kilometers to win by 14 seconds in 42:07. Gary Morgan, 9 seconds behind St. Pierre, was the second U.S. walker to finish. Ian Whatley, Curtis Fisher, and Mark Fenton filled out the top six, all under 45 minutes. Just missing that mark was the amazing Don DeNoon, 49-years old, only a few months into his comeback (but he was doing a lot of running in the meantime), and walking about as well as he did in the '60s, when he was among the nation's elite walkers. Appears that he still is.

The women's race went to Canada's Janice McCaffrey in 46:13. She also slipped away on the final 2 Km lap to leave Debby Van Orden in second as the first U.S. finisher. It was a Canadian day, with Tina Poitras third, Corrine Whissel fourth, and Lora Rigutto sixth. Maryanne Torrellas was the second U.S. walker in fifth.

In the men's race, St. Pierre took the early lead, covering the first kilometer in 4:05, with Morgan and DeNoon about 5 yards back (Don had a tendency to go out too fast in his earlier incarnation, too). Morgan caught the Canadian as the two went through 2 Km in 8:15. By 3 Km, Chylinski was a solid third, about 10 seconds back. St. Pierre pulled away over the next 2 Km, passing 5 Km in 20:53, with Chylinski and Morgan at 20:58. The trio was well ahead at this point with Ian Whatley (21:41), Curtis Fisher (21:42), Mark Fenton (21:52), and Will Presichel (21:53) following.

St. Pierre continued to lead through 8 Km (33:41), with Chylinski closing at 33:45. Morgan slowed some, but was still a solid third. Chylinski pressed hard over the final lap, covering it in 8:22. The 20-year-old St. Pierre finished strongly, but couldn't match Chylinski's pace.

In the women's race, after the first kilometer, McCaffrey and Whissel took the lead, followed closely by Van Orden and Torrellas. Over the next lap, Torrellas moved up with McCaffrey, while Whissel dropped to fourth. By 5 Km, McCaffrey was on her own (23:03), followed by Torrellas (23:15). At this point, Van Orden started to move and by 8 Km was right on McCaffrey's heels (37:06 and 37:07). McCaffrey pressed hard over the final lap and won easily, leaving Van Orden 14 seconds back at the finish. Tina Poitras was very strong over the second half, walking faster than the first half, to take third.

The results:

| Women 60-64: 1. Patricia Nesley, DC 1:05:42 |  
| More Race Results |  
| Rhode Island Senior Olympics 1500 meters, Providence, June 28-1. Phil McGaw |  
| \[ \text{The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is $6.00 per year (8.00 for First Class Mail, $9.00 for First Class to Canada, $12.00 for Overseas Air Mail). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.} \]


**Trials: Men's**


**Trials: Women's**


**Women: 10 Km, same place**


**Women's 10 Km, same place**

2. Paul Kaald (59) 8:57.1 3. Bev LaVeck (56) 8:57.6

**31-39**


**40-54**

Karen Stoyanowski 56:31 17. Carmen Jacinsky 57:10

**50-54**


**55-59**


**65-69**

Collie Greene 33:15 65-74: 51:56

**OVERSEAS**

**20 Km (track)**


**Women's 10 Km, same place**


**ENJOY THE REST OF THE SUMMER AT THESE EVENTS**

Sat. Aug. 8 8 Km, Alexandria, Virginia, 7:30 am (J) Gulf Masters 1500, Houston (BB)
Sun. Aug. 9 Metropolitan 3 Km, New York City, 9 am (G) 1 Mile, Alexandria, Virginia (J)
5 Km, Denver (H) 1 Hour, Houston (BB)
Tue. Aug. 11 4 Mile alternate quarters run and walk, Houston (BB)
Thur. Aug. 13 1 Mile, Houston (BB)
Aug. 13-16 National Masters T&F Championships, Spokane, Wash. (FF)
Sat. Aug. 15 Women's 5 Km, Sacramento, Cal. (N)
5 Km, Dearborn, Mich., 9 am (E)
and 10 Km, Denver, 8 am (H)
10 Km, Handicap, Houston (BB)
Sun. Aug. 16 5 Km, Littleton, Col. (H)
Sat. Aug. 22 20 Km, Wom. 10 Km, and Youth 5 Km, Darlington, S.C. (S)
5 Km, Virginia Beach, Virginia, 9:30 am (AA)
10 Mile, Flint, Mich., 7:45 am (0)
Sun. Aug. 23 4 Mile, Seattle, 9:55 am (C)
5 Km, Denver, 8 am (H)
Sat. Aug. 29 Art Keay Memorial 10 Km, Toronto, 10 am (CC)
Sun. Aug. 30 8 Km, Needham, Mass., 9 am (U)
Thu. Sep. 3 2.8 Mile, Seattle (C)
Sat. Sept. 5 Met. 20 Km, New York City, 9 am (EE)
5 Km, Milano, Texas (BB)
Sun. Sept. 6 20 Km, New Haven, Conn. (P)
5.2 Mile, Interlaken, N.J., 11:30 am (A)
Masters 3 Km, Alexandria, Vir., 9 am (J)
5 Km, Denver (H)
Sat. Sept. 12 North American Masters 15 Km, Albuquerque, N.M. (BB)
Tennessee State 5 Km, Kingsport (R)
15 Km, Washington, DC, 9 am (J)
3, 5, and 10 Km, Pasadena, Cal., 5:30 pm (B)
2 Hour, Worthington, Dayton, Ohio (V)
5 and 10 Km, Kansas City (V)
1 Hour, Denver, 9 am (H)
Sat. Sept. 19 National TAC 40 Km, Ft. Monmouth, N.J., 8:30 am (A)
5 Km, Manchester, N.H. (I)
5 Km, Virginia Beach, Virginia, 9:30 am (AA)
5 Km, Denver (H)
Sun. Sept. 20 10 Km, Hingham, Mass. (I)
10 Km, San Francisco (N)
Sat. Sept. 26 3.5, and 10 Km, Dearborn, Mich., 4 pm (E)
Metro. 15 Km, New York City (M)
Sun. Sept. 27 Alongi Memorial 10 and 20, U.S. vs Canada Jr.5 and 10,
Dearborn, 8:45 am (E)
3 Mile, Topsfield, Mass. (I)
1 Hour, Monmouth, N.J., 10 am (A)
5 Km, Denver (H)
5 and 20 Km, Albuquerque (L)
2.8 Mile, Seattle, 6 pm (C)
Thur. Oct. 1 National TAC 5 Km, Hamden, Conn., 9 am (P)
5 Mile, Needham, Mass. (I)
Sun. Oct. 4 20 Km, Long Branch, N.J., 9:30 am (A)
5 Km, Denver (H)

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OLYMPIC TRIALS FOLLOWUP

Our June issue coverage of the Men's 20 km and Women's 10 km at the
Olympic Trials in New Orleans had complete results, but was a bit sketchy on
details. So, first here is the usual expert commentary from Martin Rudow, former
national coach, author of an excellent book on technique and training, and producer
of a video companion to that book.

As with the wth 50 Trials, the events were very well staged by the race
walking people in New Orleans. Everything for which they were responsible
went off without an apparent hitch. Basically, the same course used for the 50
was used again—flat and fast. The transition from stadium to road and back went smoothly. But there were problems.

First, the weather. It was as bad as it had been for the 50. The wet bulb almost cancelled both races. As it was, we were barely under the upper limit. The huge, overhanging trees that line the course promised shade, but were almost useless for that function; instead, they effectively blocked any small breeze that might have helped the walkers, and kept in the hot, stifling air.

Actually, the 1988 20 Km Trials in Indianapolis were worse for heat, according to Carl Schueler. But this was pretty bad. There was nothing we could have done, or so I suppose, to avoid the heat. Once track and field in general selects the site, we are stuck. But there was a far worse situation than heat, anyway.

This was darkness. Whoever was responsible for the starting time, and the lack of lighting on the course, should apologize publicly to the rest of the race walking community. Better alternatives could have been arranged. As might have been predicted, the women's race started late—as so often track meets are delayed. As a result, it was nearly dusk (8 pm) when the women left the stadium for the first of seven laps around the 1250 meter course. By the third lap, at least 2/3 of the course was almost impossible to judge. The walkers were also in some danger, since it was dark enough to pose a real threat of tripping and taking a nasty fall.

The men's event was a little better, since it was at the 10 Km mark before darkness descended on that race. But, again, judging was extremely difficult and the athletes had to face an additional mental and physical burden. It's hard to say if darkness affected the results, but probably it did not, at least for the top several places. Very probably the same people would have made the team. But a significant number of athletes felt that it at least hindered their performance.

The women's race started under a setting sun and very humid conditions. Debbi Lawrence wasted no time in going right to the lead, and was challenged only by Sara Standley, Teresa Vail, Michelle Rohi, Torry Herazo, and Lynn Weik, all in a pack. As it wuckily grew darker, Debbi continued to build her lead. Sara fell back and was later DQd, with two late calls brought on by her fast early pace and the dire conditions. The only other DQ went to Francene Bustos, who succumbed to heat exhaustion after walking a fairly clean race, and could not straighten her knees with just half a lap to go.

Frankly, judging was almost impossible by 7000 meters over much of the course. But, by then the first three had established themselves: Debbi, Torry, and Michelle. Debby Van Orden made a drive on Michelle with about 1500 meters to go, but Michelle pulled away to comfortably hold on to third. While Debbi was a strong favorite, and Torry drew away from the women with whom she usually competes, Michelle certainly proved that her fast times of the year have been no fluke. This is a strong team, and deep. If everyone hangs on, we should be in great shape for the Eschborn Cup next year. As for the Olympics, well, time will tell.

AUGUST 1992

The men's 20 showed up two nights later even hotter, but possible not as humid. The race started at 7:15. The field was impressively deep, with no less than 21 men going under the 1:30 qualifying time. This is certainly a tribute to those who have pushed for tougher qualifying standards for big races. As with our women, if we can hold onto this kind of improvement, we can improve our team showing at the World Cup dramatically.

Everyone conceded that the three favorites were Tim Lewis, Allen James, and Gary Morgan, with several others hoping for a shot if a fast pace and the heat buckled these three. After months of indecision and changes, the walkers knew that making the team had boiled down to whoever won that night, since no two had gone under 1:24, and it was almost impossible to do it under the conditions here.

Tim, Allen, and Gary went right to the lead, pursued only by Dave Marchese, the young guy who showed so well at the 50 trials. By 5 Km, Tim, Allen, and Gary were still together in a fast-for-the conditions 21:31. Dave had received a red card and dropped back to fourth.

Tim began to gradually drop back, but was still within striking distance until about 12 km. Gary and Allen were walking together, with Gary setting the pace and looking very determined. Very shortly after 10 Km (43:27), while it was still light, Gary pulled away and opened a significant margin on Allen, who went through a bad patch at that point. It looked like the tough Morgan was going to repeat his 1988 trials triumph in similarly woeful conditions.

But not this time. Allen came back and passed Gary at about 15 Km, just as dusk was setting in, and walked the rest of the way virtually unchallenged, although Gary never quit driving. With conditions as bad as they were, it seemed that Allen could fall apart right up to the end, but he lost pace only over the last lap.

So the first two were kind of as predicted. After that came the surprises. A mild one in third, as tough Jonathan Matthews came through with a very fast last 5 Km, actually gaining a minute on Allen and passing several other competitors to take third. This is a guy who has really done it on his own, and may have the best endurance factor of anyone in the sport. The biggest surprise of the night was 41-year-old Ray Funkhouser, sporting a 21-year-old looking body, who walked very aggressively and took a strong fourth. With Larry finally looking to slow down, here's our next over 40 contender who looks to have years left of walking at the top.

Others walked gutty races, too. In fact, anyone who finished with a half way decent time deserves praise for sticking it out through the heat, wet, and dark. I feel that I should mention Tim Lewis, who for so many years bore the entire weight of the U.S. program on his broad shoulders. He did not have a great race tonight, but hung in doggedly, and challenged for the lead as long as he could. There are rumors of retirement for Tim, but I hope they are not true. If they are, he has certainly earned a ranking as one of our sport's all-time greatest and this race doesn't take anything away from that reputation.

Allen James was a popular winner and it's great to see a new face at the top in our sport. His willingness to force the pace aata 13 km, in face of brutal heat and stifling conditions, shows his toughness. Despite the fact that
he got one red card, he is known as a very legal walked and will make an excellent representative of our program at Barcelona.

Here are the splits for the top finishers in the two races;


And, a view of the race from third-place finisher and relative newcomer, Jonathan Matthews, as provided by Elaine Ward: The unique feature of the 20 Km Trials was that the last half of the race in total darkness. It wasn't dangerous, but you couldn't see anyone more than 50 yards ahead unless they were going through the pools of light cast from the street lamps.

I was in second to last place on the track at the start, starting very conservatively because I figured it was hot and that those who started faster would probably come back to me. It pretty much happened that way, but I wish I could have gotten a little farther out front. I definitely went as hard as I could under the conditions, and in the last 1 1/2 miles, I was on the verge of a left hamstring and calf cramp, so I was having to be very careful as I was pressing the pace at the end. My last 5 Km was 22:32.

The leaders went out much faster than I did. My plan was to come through the 10 Km at 45:00. I thought I could win the race, and it almost would have. I slowed down a bit between 10 and 15 Km. I had caught Ray Funkhouser and Dave McGovern around 11 Km or so, but started feeling not too great, and they got 50 yards ahead again. When 15 Km came, I realized that I didn't have much distance left and upped the effort a notch. I tried absolutely as hard as I could, because I felt I could maintain until the end. I moved up on Ray and Dave and then passed Tim and Doug just before I started my final push.

When I passed these guys, I figured I was in third place, but I didn't know where anyone else was. I couldn't see anybody, but I was going as hard as I could, so it really didn't matter. Finally, as we were rounding the last bend on the road course, I could see Gary Morgan in a pool of light. He was 150 yards ahead. I continued to try to accelerate and ended up within 15 seconds of him.

The most surprising and exciting thing about the race was the crown reaction. First of all, we were racing in the dark and felt somewhat isolated. Then, as we came down the tunnel into the stadium, it was flooded by very powerful lights for the TV cameras and the crown was roaring. As I came in, I could hear the announcer saying, "Here is our third place Olympian on the racewalking team." I was shocked by the show of appreciation. I crossed the finish line and they gave me an American flag with a banner below it that says Olympic Trials—something they gave to the first three finishers in each event. Allen, Gary, and I then did a victory lap around the track and the people were tremendous. To be down on the track and look up at the banked, ascending stadium filled with people, and all of them looking down at you, smiling and clapping. Racewalkers were treated exactly as the other Olympians with enthusiastic expressions of support.

FROM HEEL TO TOE

From Lori Maynard, Coordinator of Race Walking Championships: "The Men's and Women's Race Walking Site Selection Committee (SSC) is welcoming bids for 1993 Race Walking Championships. We have seen growth in new areas of the country this year and hope that this increased interest will be accompanied with increased experience and desire to participate in the hosting of championships. You may recall from the 1991 Convention the relatively simple requirements for staging a National Race Walk Championship: all you have to provide are a certified course, six TAC certified judges, and a group of people who want to do the job. If you feel you have the personnel and expertise, we would like to encourage you to bid for a 1993 (or future) National Championship. Bids should be submitted on a standard bid form and must include a course map and TAC Certification number for the course. At the New Orleans Convention, you heard me discuss the new bid form and their imminent availability. Last year, one of our TAC vice presidents was assigned the responsibility of overhauling all of TAC's bid forms. Unfortunately, the final revision for racewalking will not occur this year as the author of the forms has pressing priorities. Therefore, we will continue using the old/current form for this year. As per TAC rules, I need to receive all complete bids no later than October 2, 1992. Hosting a National Championship can be a good deal of work, but it can also be a lot of fun and very rewarding. Please be aware that when there is more than one bid for a particular race, the SSC determines the winning bid. If you have any questions or need more information call me evenings, 6-10 pm PDT, at 415-369-2801. The address is 2821 Kensington Road, Redwood City, CA 94061. Martin and Technique Productions have just published the third edition of his book, Advanced Race Walking. This is the best book available on technique and training for the elite walker, but will certainly be the beginning race walker, as well. The third edition is more than just a reprint, with 20 passages revised and rewritten to reflect changes in the sport itself or changes in the way Martin feels are necessary. The cover price is $11.50. As far as I know, Martin's excellent video on racewalking technique is also still available. Write Technique Productions, 4831 N.E. 44th St., Seattle, WA 98105, or call 206-524-6081. Another excellent production is Dave McGovern's Walking Camp, or so we were told from several sources. Dave's next camp at the Healing Springs Ranch in Texas is scheduled for August 19-23. All walkers receive individual videotaped technique coaching from national team members, lectures in sports psychology, physiological principles of racewalk training, biomechanics, and assistance in developing a training program. The fee is $495.
25 Years Ago (From the July 1967 ORW) — Ron Lairad scored an easy victory in the Los Angeles Intramural meet with the British Commonwealth in 1:36:29. A promising young walker, Larry Young, also beat the best of the Commonwealth with a 1:40:47 in second. The Commonwealth walkers suffered noticeable in the heat and smog, with England’s Ron Wallwork third in 1:43:47..."Two weeks earlier, Laird had walked 1:32:24 in Santa Barbara to beat Don DeNoon (1:34:25). Young 1:35:30, and Tom Dooley 1:35:50 in the National...Another promising newcomer, Steve Hayden, won the National Junior 2 Mile in Buffalo in a record 14:55.2, with teammate Howie Jacobson second in 15:07. (For those of you wondering about Jacobson’s presence in a Junior national at that time, since he is now on the other side of 60, Junior had nothing to do with age in those days, but essentially meant novice—those who had never won a Junior or Senior national.)

15 Years Ago (From the July 1977 ORW) — Neal Pyke became the first U.S. walker ever to win the 20 Km in the US-USSR dual meet. He did 1:28:18 in Sochi, leaving Yevgeni Yesuyukov 2 minutes behind. (Hoever, Tikonov of the USSR, walking as a guest, actually won the race in 1:27:50). Todd Scully was fourth in 1:34:48...Neal also won a 10 Km against West Germany, beating Scully 42:23 to 42:42. Against Italy, Pyke was DQd as Vittori Vicini won in 41:16 with Scully second in 42:33. Dan O’Connor led all the way to win the National 25 Km in Washington, DC in 2:05:12. Carl Schueler, Dave Romansky, and Bob Kitchen took the next three spots.

5 Years Ago (From the July 1987 ORW) — The premier U.S. titles went to Tim Lewis and Maryanne Torrellas in the U.S. Track and Field Championships in San Jose. Lewis won his third straight 20 Km title in 1:24:12, breaking his own record by more than a minute. Carl Schueler (1:26:10), Ray Sharp (1:27:00), Gary Morgan (1:27:31), Mike Stauch (1:28:15), and Paul Wick (1:30:06) followed. Torrellas broke away from Lynn Weik in the final 800 meters to win the women’s 10 Km in 47:23.8. Lynn finished in 47:36.5. Debbi Lawrence (48:31), Teresa Vaill (48:58), and Sara Standley (50:54) followed. The Junior National 10 Km went to Reggie Davenport in 48:54 with Jon Jorgenson (49:07) and Lennie Becker (49:58) in second and third. And where are these guys today? Cindy (25:23.5) and Cybil (25:30.6) Perez went one-two in the Women’s Junior National 5 Km. Norma Cocomans (25:46) was third. And where are they today?

slow, I try to get them in. For other distances, I use similar guidelines, allowing a somewhat slower pace the longer the distance. And it all depends on my mood as I am typing the result. If you feel slighted by these “standards”, just look at them as an incentive to improve.

LOOKING BACK

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