Canadians lead way at national 10 Km

Niagara Falls, N.Y., July 10--Both the men's and women's races at the USA T&F National 10 Km championships were captured by neighbors to the north--Tim Berrett and Janie McCaffrey. Both U.S. favorites--Allen James and Debbi Lawrence--dropped out. In the masters division, Don DeNoon had another impressive outing, finishing eighth overall in 46:19 and easily beating the rest of the masters field to finish first in the 50-54 category. (Don is 50.)

In the men's race, Tim Berrett and Allen James took command from the gun, with splits of 4:14 and 8:26 at 1 and 2 Km. Allen dropped off just before 5 Km due to a sore ankle and called it a day at that point. Berrett's 5 Km split was 21:00. Andrzej Chylinski, walking in third up to that point, made a strong move and pulled within 9 second of Berrett at 5 Km. But he never got any close as Berrett cruised through to the finish in 42:19. Chylinski was uncontested for second as was Toronto's Arturo Huerta for third.

Jantien Saltet, a 21-year-old from Sydney, Australia, in town for the World University Games, set the early pace, pulling Alison Baker, Canada, along with her. Defending champion and course record holder, Janice McCaffrey, and U.S. champion Debbi Lawrence, followed. With the University Games just four days away, Saltet stepped off the course after 3 Km, which she passed in 13:36, leaving Baker all alone. At this point, McCaffrey made a move on Baker, passing 5 Km in 23:19, leaving Lawrence in third. Debbi, not having one of her usual good races, stepped off shortly after giving way to fellow Olympian Michelle Rohl, making a comeback after giving birth to her second child. McCaffrey moved ahead of Baker and drove through to the finish line for her third consecutive win in this event. Her time of 46:45 was almost a minute off her 45:51 course record set in 1991. Baker held on for second in 47:35, as the two Canadians were the only ones to break 50 minutes.

Results:
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $10.00 per year ($12.00 outside the U.S.). 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.


Sat Aug. 7
10 Km, Columbia, Missouri 7 am (U)
3 Km, Salem, Oregon (X)
8 Km, Alexandria, Virginia, 7:30 am (J)

Sun. Aug. 8
10 Km, San Francisco, 9 am (N)
5 Km, Long Branch, N.J., 6:30 pm (A)
3 Km, Edinboro, Penn., 7 pm (V)
50 Km, Bergen, Norway, May 8-1. Denis Teraz, France 3:56:19 2. Jose Urbano, Portugal 3:57:30 Women's 5 Km, same place--1. Susana Feltor, Portland, OR 21:01.8 8 Km, Alexandria, Virginia, 9 am (HHHHHH)

Sat. Aug. 14
5 Km, Sacramento, Cal. (D)
National Masters 20 Km men, 10 Km women, Provo, Utah, 8 am (W)

Sat. Aug. 15
National 25 Km Senior and Masters Men, National 20 Km Senior and Masters Women and Junior Men, Nashville 10 Km Junior Women, Albany, N.Y. (Q)
5 Km, Long Branch, N.J., 6:30 pm (A)
National Junior 5 Km Men, 3 Km Women, Orono, Maine (Y) (Also Race Walk Carnival with 400 m, 800m, 1500 m, 3 and 5 Km events)

Sun. Aug. 22
5 Km, Lake Merritt, Cal. (P)
20 Km, Taunton, Mass. (I)

Mon. Aug. 23
5 Km, Long Branch, N.J., 6:30 pm (A)
5 Km, Paradise, Cal. (D)
8 Km, Alexandria, Virginia, 7:30 am (I)

Sat. Aug. 29
National 5 Km, Men and Women, Denver (Z)
5 Km, Long Branch, N.J., 6:30 pm (A)

Contact:
A- Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
B- Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C- Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
D- Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
E- Frank Alongi, 26530 Woodshire, Dearborn Hts., MI 48127
F- Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
G- Park Racewalkers, 320 E. 83rd SL, Apt. 2C, New York, NY 10028
H- Bob Carlson, 2261 Glencoe St, Denver, CO 80207
I- Steve Valtones, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
J- Potomac Valley Walkers, 2305 S. Buchanan St, Arlington, VA 22206
K- Heartland Racewalkers, P.O. Box 11141, Shawnee Mission, KS 66207
L- New Mexico Racewalkers, 2301 El Nido Ct, Albuquerque, NM 87104
M- NOTC, P.O. Box 52003, New Orleans, LA 70152
N- Brad Lloyd, P.O. Box 20490, Castro Valley, CA 94546
O- John Hanan (503-721-6477)
P- Martin Racewalkers, P.O. Box 21, Kentfield, CA 94914
Q- Bob Fine, 3250 Lakeshore Blvd., Delray Beach, FL 33445
R- Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946
S- Kansas City Walkers, 5615 Wornell Road, Kansas City, MO 64113
T- Bobby Baker, 318 Tivnhill Dr., Kingsport, TN 37660 (615-349-6046)
FROM HEEL TO TOE

Anyone who has been trying to call the number we gave in the May issue for further information on Dave McGovern's next racewalk camp (Oct. 13-17) has probably been striking out. The number should be 817-437-2204. We had 457. We had the right numbers, but the operator was busy. The correct number is 817-437-2204. We are sorry for any inconvenience this may have caused.

For further information contact the American Racewalk Association, P.O. Box 1872, Columbia, MO 65205.

U--Columbia TC, P.O. Box 1872, Columbia, MO 65205

V--Jack Blackburn, 690 Home Avenue, Xenia, OH 45385 (513-376-8019)

W--Ben Stowell, 1663 Moordale Lane, Salt Lake City, UT 84117

X--Jlm Bean, 4658 Fuhrer St., NE, Salem, OR 97305

Y--Tom Easter, RR #1, Box 1043, Farmington, ME 04938

Z--Creigh Kelley, 8400 E. Prentice Ave., Englewood, CO 80111

AA--Keith Relchley, 23696 Frank St., North Olmsted, OH 44070

BB--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnydale, CA 94086

CC--Phil McCaw, 156 Blue Hill Ave., Milton, MA 02186 (617-698-1806)

DD--Walking Club or Georgia, P.O. Box 645, Stone Mountain, GA 30086

EE--Dean Easterlund, 4724 11th St., East Moline, IL 61244

FF--Illinois T&F Assn., 111 W. Butterfield Rd., Elmhurst, IL 60614

GG--Steve Pekock, Elliot Hospital, 955 Alburn St., Manchester, NH 03103

HH--Sal Corrallo, 3466 Roberts Lane N., Arlington, VA 22207

PAGE 9

JULY 1993

W--Ben Stowell, 1663 Moordale Lane, Salt Lake City, UT 84117

X--Jlm Bean, 4658 Fuhrer St., NE, Salem, OR 97305

Y--Tom Easter, RR #1, Box 1043, Farmington, ME 04938

Z--Creigh Kelley, 8400 E. Prentice Ave., Englewood, CO 80111

AA--Keith Relchley, 23696 Frank St., North Olmsted, OH 44070

BB--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnydale, CA 94086

CC--Phil McCaw, 156 Blue Hill Ave., Milton, MA 02186 (617-698-1806)

DD--Walking Club or America Summer Camp will be held at Camp Seneca Lake in New York from Aug. 28 through September 6. American Racewalk Association camps with Viola Sedia are scheduled for Feb. 3-6, 1994 in Puerto Vallarta, Mexico and May 26-30, 1994 in Boulder, Colorado. For further information contact the American Racewalk Association, P.O. Box 1872, Columbia, MO 65205.

Anyone who has been trying to call the number we gave in the May issue for further information on Dave McGovern's next racewalk camp (Oct. 13-17) has probably been striking out. The number should be 817-437-2204. We had 457. We had the right numbers, but the operator was busy. The correct number is 817-437-2204. We are sorry for any inconvenience this may have caused.

For further information contact the American Racewalk Association, P.O. Box 1872, Columbia, MO 65205.
heard about all the people who "ran" to medals in Baton Rouge along with cries of when are the judges going to start doing their job. Steve Valtones points out that Deborah Van Orden was not the defending 10 Km champ, as we erroneously stated in the summary of this year's title race. She won at Niagara Falls, but the Olympic Trials was the official National Championships for all T&F events. We relied on Bob Bowman's handbook and didn't put our thinking cap on. Steve also notes that the Junior Nationals in Spokane were held in brutal conditions for the walkers. He goes on: "I spoke with several athletes or coaches about the meet and all said the same thing: Why were these 5 and 10 Km races held at 1 pm and 2 pm while the 10 Km runs were held in the cool of the evening! To respond, the walks used to be the first events of the day at 8 or 9 am. But we've had a vocal minority complaining about visibility of the walks; that the early hour doesn't let the fans see the walkers, makes the walks an afterthought, etc. Well, you can't have it both ways. From a development point of view (and I venture to say from the competitors' point of view), I'd much rather have our young athletes have optimum conditions to go for their best performance possible in the cool of the morning, rather than having a meager crowd watch a survival march in the midday sun. We had three of the five fastest junior women ever racing at their peak fitness level, and they couldn't get within 40 seconds of their lifetime bests." Also from Steve: "Remember the 'Colony' of walkers who moved to Colorado Springs in 1982-84 to work together toward the Olympic Trials and Games? A similar situation has started in Lake Placid, where Philip Dunn and Andrew Herman have moved to train. They've been joined for the summer only by Elliot Taub, Will Van Axen, and Yari Pomeranz. ... Bruce Douglass, Chairman of the Racewalking Committee has announced the 1993 U.S. Junior and Intermediate National Racewalk Teams. The Junior Men's Team includes William Van Axen, Oakdale, N.Y.; Justin Marrudo, Temequa, Cal.; Al Heppner, Maryland; Kevin Easter, Farmington, Maine; Joseph Sheppard, San Jose, Cal.; and Adam Mendonca, Riverside, Cal. The Women's Junior Team is Lisa Chumbley, Houston, Texas; Melissa Baker, Shoreham, N.Y.; Deborah Iden, Bayport, N.Y.; Margaret Ditchburn, North Babylon, N.Y.; Danielle Kirk, Bell Canyon, Cal.; and Debra Scott, Rye, N.Y. The Men's Intermediate Team is Philip Dunn, Portland, Oregon; Vance Godfrey, Independence, Ore.; Andrew Herman, Portland, Ore.; Steve Seaman, North Babylon, N.Y. The Women's Intermediate Team is Susan Armenta, Redwood City, Cal.; Gretchen Easter, Farmington, Maine; Megan Carner-Holman, Shawnee Mission, Kan.; Kelly Watson, Kenosha, Wis.; and Jennifer Zalewski, Kenosha, Wis. Bob Ryan of Lake Placid, N.Y. and Susan Reina, Stonybrook, N.Y. will work with the Junior walkers. Gwen Robertson, Issaquah, Wash. and Steve Valtones, Waltham, Mass. will work with the Intermediates. The Intermediate team is a new concept of which Steve Valtones provides the following explanation.

INTERMEDIATE PROGRAM

After several years of discussion, a new level of racewalking development has become reality - The Intermediate program.

Racewalking tends to lose most of the top juniors or youth athletes when the walkers turn 20 years old. Their championship race distance doubles from 5K to 10K or 10K to 20K, and at the same time, the qualifying time is faster than doubling their personal best for the shorter distance. To bridge the gap, the USAF RW committee is committed to helping our top young walkers, age 20-23, with some extra attention and assistance.
Looking Back

25 years ago (From the July 1968 ORW)—Ron Laird captured the National 20 Km title in 1:33:00, with Larry Young, Don DeNoon, and Tom Dooley taking the next three spots. Dooley, in fourth, was only 39 seconds behind Laird in a tight finish. The 50 wasn’t so close as Young won easily in 4:12:12 (the course was found to be about a half-mile short). There were eight under 4:30, with Coetz Klopfer, Bob Bowman, and Dave Romansky following Larry. Larry covered 7 mi 1386 yards in an an hour to beat Martin Rudow for the National title in Montana.

20 Years ago (From the July 1973 ORW)—The National 25 Km was contested in Taunton, Mass, and John Kniffen came away with the title in 2:05:50, nearly 2 minutes ahead of Ron Laird. Gary Wesfield was a distant third. The walkers were slowed by sweltering temperatures. Kniffen was slowed by a dog attack during training two weeks earlier that had resulted in 28 switches and 5 days in the hospital. To add to his woes, he left his gear at home and had to walk in borrowed things, including a half-size-too-large pair of bowling shoes. He survived without a blister. Sue Brodock won the National 5 Km, the first time the women had competed at this distance at the National meet, in 27:40 with Ellen Minkow and Estee Marquez following. On the local scene, your then 38-year-old editor, blasted a 31:56 for 4 miles, only a bit more than 2 minutes over what he might have done in the glory years, and immediately announced he was almost ready to start challenging those “near the bottom or the top.” A hollow challenge as he turned out... Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59.4, and this turned out to be the start of a much more serious challenge to those at the “top of the top”. Jerry Brown and Bill Ranney competed in Europe with the U.S. track team and, despite some good times (walking that is, not boisterous revelry), didn’t come off too well competitively. In Germany, Jerry had 44:56 and Bill 45:46 for 10 km, but Bernd Kannenberg did 43:48 and Gerhard Weidenthal was second. In Italy, they had 45:36 and 46:06, respectively, but Viini and ZKambaldo were well ahead. In Minsk, they gave me Soviets a tough battle, but we were still third and fourth. Yevgeny Ychenko won in 1:35:14, and this time, Bill beat Jerry with 1:36:37 to 1:37:41.

15 Years ago (From the July 1978 ORW)—Todd Scully lead from the gun to win the National 10 Km at Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Doyle and Martin Kraft followed him. They Junior 10 Km went to Ray Sharp in 50:55, with Mike Morris second. Todd Scully took second in the US-USSR dual when Vinchenko was disqualified after finishing in 1:31:16. Polozov won in 1:30:43 as Todd did 1:32:13 and Larry Walker 1:34:15. In two Junior duals against the Soviets, Sharp did 48:40 and 47:20, but finished third both times. Morris had 48:43 in the second dual.

Raul Gonzales zipped a 31:40-20 for 50 Km in the annual Prague-to-Podbrady race. Paul Hendricks became the first American to compete in the Paris-to-Strasbourg race (500 plus km) and covered 214 km in 31 1/2 hours before dropping out. Josey Simon of Luxembourg won the race in 66:10:47.

10 years ago (From the July 1983 ORW)—Italy’s Maurizio Damilano won an international 20 Km in Los Angeles in 1:25:53. Marco Evonuk captured fourth in 1:27:07, behind the GDR duo of Hartwig Gauden and Ronald Weigel. Dan O’Connor (1:27:49) was sixth and
immediately before they race. The water moves to the intestines where it is absorbed and helps maintain blood volume without being sluiced away to the bladder. (Chart 4)

One method of super-hydration holds extra water in the body tissues and blood. It works by 'fooling' the part of the brain controlling kidney function. This centre responds to blood concentration to detect blood volume changes. If you drink solutions of salt, sugar or Glycerol (C₃H₅O₃), the extra water is only disposed of after the dissolved molecules have been removed. Sugar is rapidly taken up by the liver or muscles. Salt will slow water removal but sweating could cause dangerous concentrations to arise. Glycerol moves freely into and around body cells, drawing with it extra water. (Chart 3)

Note that super-hydration is not a substitute for drinking in long races, especially in extreme climatic conditions. Try Glycerol solutions in training to test their effect on your body rather than risking side effects (Occasional reports of nausea, headache or dizziness) in a race. Current recommendations are to include Glycerol in pre-race drinks, not those consumed during a race. There are studies being done to test for benefits of Glycerol in race drinks. If you are fit enough to race in severe heat, super-hydration should not be a health risk.

Ian Whatley is the racewalking representative on the USTAF Sport Science Committee and a Bioengineer. Racewalk Sport Science Bulletin may be copied by non-profit organisations providing that authorial credit is given.