Chyllnskl, Herazo Victors in Natlnal 5 Km

Denver, Aug. 29--Victoria Herazo, apparently recovered from the injury she suffered last winter following the heats of the World Indoor Championships (she slipped on an icy sidewalk), Victoria Herazo scored a decisive win in the National 5 Km racewalk. It marked her fourth win in the event in the last 5 years (she missed in 1990). Victoria took the lead at the start on a 1667 meter course and stormed through the first kilometer in 4:18. She passed 3 Km in 13:23 and went on to win in 22:55 with Debby Van Orden some 30 seconds back.

In the men's race, Andrzej Chyllnskl won in 21:26, 14 seconds ahead of Curtis Fisher. The results:


Puerto Rico's Ramirez takes 40 Km title

Fort Monmouth, N.J., Sept. 12 (From Elliott Denman)--Jose Ramirez thrives on multiple assignments. Back home in Aguada, P.R., he is both an industrial microbiologist and a physical education teacher. In his spare time, he is a racewalker and aspiring international athlete. The 27-year-old Ramirez put his talents on display today in the 55th annual National 40 Km racewalk championship with a decisive triumph in 3:40:10.

Ramirez easily outwalked a 73-athlete field in the race staged over a 2 Km loop. He passed the 20 Km mark in 1:46:35 and breezed the second 20 in 1:53:35 to win by nearly a half a mile over walker-up Gary Null of New York City. "I never walked in conditions like this, it was tough for me," said Ramirez, who considered the mid-yos temperatures far too cool for comfort. He's used to a lot more heat and humidity.

Women's winner of the race, staged by Shore Athletic Club in conjunction with Army officials and sponsored by Point Pleasant Distributors, was Elton Richardson of New York City in 4:19:48. She's a 54-year-old speech pathologist who has only been competing in the walking sport the last 4 years. Once a distance runner, she gave up that

55 - 59). Also: Dr. Patrick Bivona, Shore AC 4:20:56 (2nd 50-54), Bob Mlmm, Shore AC 4:24:32 (1st 65-64); Harry Drazin, Shore AC


MORE RESULTS


In the women's 10 Km, Essayah finally emerged at the top after a third place in the 1999 World Championships, a fourth In the Barcelona Olympics, and a second In the World Cup last spring. As you can see by the splits, Sweden's Madeleine Svensson led at the halfway point in 21:52, but 14 others were still on her heels. Svensson's attempt to improve on her 1991 silver medal came to an end when she got the red flag before the 7 km mark. Within another kilometer, both Chinese contenders were gone. Svensson had been pushing for a bigger lead with Essayah determined to cover her move. Once she was gone, the 26-year-old Finn had the race to herself and finished unchallenged.

The 20 was a highly tactical race with upwards of 20 competitors still in contention with 3 km to go. Massana, following the strategy he had planned for the race shot out of the field at that point and went unchallenged to the tape. But the quick acceleration by a big pack put the judges work. Of nine that managed to cover Massana's move to some extent and stay In contention for medals, five were eventually disqualified. Schennikov and Garcia were both shown the red flag as they entered the stadium, apparently on their way to the other two medals. As noted last month, the DQs of apparent medalists in the stadium seemed to incense the crowd and the press, who had the impression one crazy judge was standing at the entrance and picking off walkers as they came in. The calls, of course, came on the course, but with all that was going on were not relayed in time to get the culprits before they hit the stadium.

The 23-year-old Garcia, who pushed Carlos Mercenario all the way at the World Cup made it two gold medals for Spain, holding off the strong finish of Kononen. Mercenario appeared to be in control when he took the lead by 30 Km with a swift 10 km split that broke up a tight pack. But he started to struggle during the next 10 and by 40 Km Garcia was in the lead with Noack, Kononen, and Kononen not far behind. Kononen caught him with one lap of the 2 km course to go, but the Finn couldn't match the Spaniard's strong finish. As in Barcelona, Kononen was disqualified in the closing stages with a medal in his grasp.

Alan James offers a competitor's view on the races and the experience in general:

20 Km--It was disappointing to hear all the shitsles and Jeers that accompanied the finish. Something must be done about allowing chief judges into the stadium. If they can't stop the athlete an appropriate distance from the finishing area (1000 m?), have the competitors finish and manipulate the results. Most fans at a big meet will hardly blink an eye when athlete X is nowhere to be seen in the results except In the DQ section. Did anyone raise a fuss when Robson da Silva was DQd from the 200 m semi? No.

10 Km--Another exciting women's race, though I learned it's much harder to watch a race when you're trying to videotape it. No real surprises, except the absence of the Chinese at the finish. They were DQd, yet weren't looking that good anyway. Teresa leading near 2 km faded quickly, only to catch a second wind for the last 4 km or so. It was "Sari" to see Madelein get DQd after taking a commanding lead, but I'm sure Sari wasn't Sorry.

50 Km--With a cool morning, the race was guaranteed to be hot. The start was the usual pedestrian style, however, that was short lived. After a fairly mellow first 20, the guns
started firing. (After all, there was a bomb threat at the stadium delaying the start of the race. Oh, to have such status as the 50 Km walk.) At 25, the second pack, including Kononen, Spitsyn, and Baker, began narrowing the gap on the lead pack of about eight, including Mercenarlo, Garcia, and Korzenowski. Already the pace quickened and the 30 Km split was down to 44:04. The race was on. The lead pack noticing the surge responded by putting their guns to fully automatic. Some were tossed and many were lost as they blazed an amazing 43:30. And, yes, the day was also heating up. In fact, it began to feel quite warm and all of the shade that was on the course earlier was completely gone. At this point, we were wondering if they could keep it up. Well, they did and finished with a 44:31. There were three National records set and nine personal bests, all in the top ten. Jonathan walking at near the back of the pack of 47 walkers. As it was there, but after that it was about as hot as it gets. (But not even close to LaGrange started firing. (After all, there was a bomb threat at the stadium delaying the start of the race.)

On his own race and experiences, Alan comments: It was really cold the first three days I was there, but after that it was about as hot as it gets. (But not even close to LaGrange started firing. (After all, there was a bomb threat at the stadium delaying the start of the race.)

FOR THOSE WITH THE DRIVE TO COMPETE

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>Sat. Oct.  9</td>
<td>Half Marathon, Sacramento, Cal. (D)</td>
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<td>Sun. Oct. 10</td>
<td>5 Km, Metairie, Louisiana, 8:30 am (M)</td>
<td>North Region Race Walk Championships, Illinois (FF)</td>
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<td>Sat. Oct. 16</td>
<td>5 Km, Davenport, Iowa (N)</td>
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<td>Sun. Oct. 17</td>
<td>5 Mile, New Orleans, 8 am (M)</td>
<td>Metropolitan 30 Km, New York City, 9 am (G)</td>
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<td>Sat. Oct. 23</td>
<td>5 Km, Picayune, Mississippi, 8:40 am (M)</td>
<td>1 Hour, Alexandria, Virginia, 9 am (HH)</td>
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<td>1 Hour, Long Branch, N.J. (A)</td>
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<td>5 Km, Pasadena, Cal., 9 am (Q)</td>
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<td>1 Hour, Ft. Lauderdale, Florida, 7 am ((Q)</td>
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FROM HEEL TO TOE

Tragedy has just struck. I just spent about an hour and a half typing in a lot more results, only to have my screen suddenly go blank--lost somewhere in the great computer void. You'll get those results next month (and some of them are overseas stuff going back as far as February) because that is the least enjoyable task and I'm not going to go through it again right now. Besides, I'm running out of time to get this out and if I don't get it done now I won't have time tomorrow and then I'll really be late. First time that has happened to me since I gave up the typewriter. Fortunately, everything I had input earlier, which is everything before this point and some after, was still in memory.

Bev LaVeck questions now I won't have time tomorrow and then I'll really be late. First time that has happened to me since I gave up the typewriter. Fortunately, everything I had input earlier, which is everything before this point and some after, was still in memory. Everyone interested in communicating via electronic regarding racewalking can send mail to KEN_MATTSSON@HEINICLE.COM. He would also like to get a mailing list together of racewalkers around the country. If anyone is interested, they can write him at P.O. Box 230, Back Bay Annex, Boston, MA 02117... We're sorry to report that racewalking has lost one of its greatest friends with the passing of Masters great Don Johnson in late August. Alan Wood reports: "The hormone Lupron brought his P.S.A. blood score back to normal, and it appeared that Don Johnson's prostate cancer was under control. But it came back stronger than ever. Leg-swelling and a jump in the P.S.A. score were the first symptoms. The cancer went to the bones, and on August 4, he entered the hospital for radiation treatments. But cancer developed to complicate matters, and in just 3 weeks he was gone. Don Johnson was one of the most beloved and respected people in our sport. Yung stars would come to him for advice. He was quiet and unassuming, to the point that one week before the end, he didn't even want me to print that he was in the hospital. He was 76 1/2 years old. Don was one of the smallest group of people who had attended all ten World Masters Games. He had planned to be in Japan in October for the next edition and will be sorely missed by a lot of people there.

IAAF Racewalking Chairman and International Judge Bob Bowman comments on the World Championships 20 Km "controversy": "Most of the DOCs occurred toward the end because it was a tactical race. They would all have been pulled outside the stadium, but the Chief Judge missed the first one so he ran into the stadium after him. Then he had to continue to notify the others also in the stadium during the last 400 meters. The crowd reacted negatively (Ed. and the press) thinking this one Judge was doing all this on his own. Even though this was all done according to the rules and has the support of the walkers, this is still not good publicity for our event and with the video coverage, we are always going to look bad unless we do something positive to correct this situation. If we disqualify people at the end, we lose, but if we don't, we lose credibility. We have several groups with broad representation from all factions of the sport working on the problem. The only real, credible solution we have is an old one. To require a heel on the walking shoe. (Ed. The type of shoe most people were wearing when I came into the sport.) This is being given serious consideration and many of us feel it will help prevent the front foot delayed contact we see from the 'modern' quick-stepping technique being employed by many of the present day walkers. These walkers are simply not making contact with the front foot until it is almost under the body. By that time, the rear foot has often left the ground. The shoes being used are heelless and contribute to this situation. With a definite heel that extends beyond the plane of the sole, it will be difficult to walk this way without an exaggerated lifting action, which is easily detectable." Bob also passes along results of the National Games of China in Beijing. He was there, with England's Peter Marlow, to help judge. He notes: "No sooner was accurate. They claimed it was measured properly. We become suspicious when their men, who didn't appear to be walking that fast--especially in the 50--came in with those times. Good weather and flat courses.


LOOKING BACK

25 Years Ago (From the September 1968 ORW)--In the U.S. Olympic Trials in Alamosa, Colorado, Ron Laird prevailed at 20 Km in 1:37:45 with Rudy Halaza (1:38:14), Larry Young (1:38:40), and Tom Dooley (1:41:03) following. Young was an easy winner at 50 K in 3:43:10, followed by Goetz Klopfer (3:44:02), Dave Romansky (3:47:23), and Bob Kitchen (4:05:56). (Remember, the races were at high altitude.) When Young chose not to double, Dooley was added to the team.... Tom Dooley zipped a quick 5 mile (35:20) in California, leaving Bill Ranney and Klopfer well back.... A week before the trials, Young scored a very easy win in the National 50 K in Columbia, Missouri in 2:31:20. Jack Blackburn was second, some 24 minutes behind, as few people showed up for the race.... A few days after the trials, some of those competitors traveled to Atlantic City for the National 15 K. Laird won in 1:09:03, with Romansky 59 seconds back. The next four spots went to Ron Kirk, Jack Blackburn, Ron Daniel, and Steve Hayden.

15 Years Ago (From the September 1978 ORW)--In the European Championships, East Germany's Roland Wieser won at 20 and Spain's Jorge Llopart at 50. Wieser pulled away from three Soviet competitors on the final 5 K to win in 1:22:12. He had a 20:30 on that last loop. Pyotr Potschenchuk and Anatolii Solomin finished in 1:23:43 and 1:24:12. Llopart took command after 30 Km to win in 3:53:30. Next were Soviet Veniamin Soldatenko in 3:55:12 and Pole Jan Omrow. Four others broke 4 hours.... The U.S. 50 K championships saw Mexicans Domingo Coll, Pedro Archeo, and Enrique Vera take the first three spots. Coll had 3:55:50. Marco Eononok took the U.S. title in 4:24:05, with Augle Hitt and Carl Schuster also under 4:30.... U.S. Junior titles went to...
The following article by long-time ORW contributor, full-time sportswriter, 1956 Olympic racewalker, racewalking promoter par excellence, and great friend of the sport, Elliott Denman appeared in the Summer 1993 Issue of American Athletics.

**50K Race Walkers Need Concentration, Guts**

Is the longest, toughest Olympic footrace too long, too tough for Americans? In the Big Picture, the answer is "yes, unfortunately." We’re not talking marathon run here. That’s only 26 miles and 385 yards, a mere 42.2 kilometers.

We’re talking 50-kilometer race walk here. We’re talking 31 miles and 120 yards long. We’re talking the race that really separates the men from the boys.

The 50K walk has been on the Olympic program of every Games—with the exception of 1976—since 1896.

Twenty-four stout-hearted American men have answered the call in a dozen Olympic 50K races and the best of them have responded magnificently. But the event carries out for new blood and fresh blood.

Larry Young collected Olympic 50K bronze medals in 1968 and 1972. Carl Schueler placed sixth in ’84. Adolph Weinsacker was seventh in ’56. Ernie Crooble took eighth and Bill Chisholm ninth in ’32, and Goetz Klopfer was 10th in ’68.

Those top performances were downright terrific, everything considered, and "everything," in this case, takes in some huge territory. First of all, race walking is a minority sport in the United States. Sure, there are millions of Americans who count walking as part of their daily exercise. But the sale of walking shoes is going through the roof, and there are loads of books and videos on the market to prod Americans off their seats and onto their feet, but the truth of it is that the number of them who walk as serious competitors is minuscule compared to those who jog and run. There are only 20 American athletes training to be 50K walkers.

Second, of those who are serious race walkers, just a few venture into the 50K. For some obvious reasons, most prefer the sprinter races as short as one mile and as long as 20K, the other Olympic race distance for men. For a good guess, there are just 15 to 20 American athletes training to be international 50K walkers, and that’s easily the smallest base any Olympic track and field event in the U.S. has to build on.

Third, even for those who want to walk the 50K, there’s a real shortage of U.S. 50K races to point to. Just a handful are scheduled around the U.S. in any given year. Too few promoters and walking devotees out there are willing to put in the time and effort and staging power to stage these long ones.

Fourth, there’s a serious lack of world-class 50K coaching available in the U.S., not to mention the support structure needed to bring the best together.

Fifth, and finally, going 50K requires a lot more than the ability to go the distance. Racing is a technique sport. Walkers must comply with the rules of the game—which require contact with the ground at all times and a straightening of the knee in the weight-bearing phase of the stride. In other words, no "lifting" and no "creeping."

There are judges out there making sure the rules are adhered to. And as the race goes on, the miles go by, and fatigue sets in, no compromises are allowed. Yes, a walker can be disqualified in the final 120 yards after failing muster for 31 miles. Yes, it has happened, sometimes right after major races. It’s all part of the game.

It’s 31 miles and 120 yards of paying careful attention to technique. It’s certainly not a "go as you please" kind of walk.

There’s something different about the 50K. It’s a technique event. Walkers must comply with the rules of the game—which require contact with the ground at all times and a straightening of the knee in the weight-bearing phase of the stride. In other words, no "lifting" and no "creeping."

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Then there's the mental part.

"If you're having a good day, and you've prepared yourself, you're kind of going on auto-pilot and it's not that hard," says Schueler.

If you're not, however, trouble lurks.

"It's very difficult if you're not having a good day, and have to push yourself because any extra energy you have to use to push yourself is enhancing the chance that you won't be able to finish a 50." Then there are all the little things to think about. Schueler's checklist includes: "A leg cramping or, your breathing getting a little out of control, or, you've got to the bathroom, or your foot falling asleep and you put it down and can't feel it, or, you have side aches, or, neuroses that things aren't going quite right, or, people baiting you. You've always got something and you've got to deal with them."

Then there's occasional "big, total monster crazies."

"Some people can come back from that," says Schueler. "But not many.

"Everybody has different things. If you let it bother you, then you're dead."

Experience, of course, always helps. When the going gets tough, the vets know how to get going. The 50K isn't child's play.

"The more of these (50K's) you get under your belt, things do seem to feel a little less catastrophic," says Fenton.

Fenton isn't a believer in massive, time-killing mileage work.

"I don't think it's a matter of putting in a bunch of 120-140 mile weeks, or, anything insane like that," he says. "I'm no longer a believer in that. I'm a believer in technique.

"You've got to have that rapid kind of high-turnover technique—a fluidity and efficiency at speed is far more important. It's far better to do some quality work, up to 15-18 miles, than worry about getting out there and doing, say, 24 miles."

Recognition? Admiration? Esteem? For 50K men, it's there and it's not there. "We get kind of a strange, grudging respect," says Schueler. "We get a tremendous amount of respect from the people who really know track and field."

But too few do.

After he placed sixth in the '84 50K, Schueler heard from "only the people I knew, but that's what really counted. Most people saw it on TV and that means everything. If it's on TV, then it makes it a big deal. I probably got 150 cards and letters. That's all I wanted at that point.

"There are two kinds of track and field fans, the hard core ones who follow it on a serious level, and the others who know Carl Lewis and you've got about three or three other people."

"We are like certain kinds of orphan sports, in that we don't have an awful lot of participation, like the hammer throw, which may be the best example.

"It's not like we should get all this respect, either, just because we do it. Everybody who does the race walk shouldn't be put up on a pedestal, like it's the greatest thing on earth, just because they're willing to do the work. I don't think we deserve adulation just because we finish races."

Still, these are incredible athletes.

The best of the world's 50K walkers will go the whole 31 miles plus at speeds just over seven minutes per mile. The world record is down to 3:37:41 (by Russia's Andrey Perlov). Look at it this way—that's going the marathon distance in about 305—and going for another five miles.

When the elite race walkers compete in the many marathon runs that encourage their presence, these walkers inevitably walk home ahead of 90 percent of the runners. Few realize it, but the New York City Marathon annually invites a handful of the world's finest 50K runners.

But not since Colorado's Evonik got a fine ninth at the 1983 IAAF World Championships in Helsinki, and Schueler's solid sixth at L.A. in 1984, has the U.S. done anything truly outstanding in international 50Ks.

At the 1988 Seoul Olympic Games, Evonik placed 22nd, Schueler 23rd and Wisconsin's Andy Kaestner 34th. At Barcelona in '92, Schueler was 23rd again, Wisconsin's U.S. representatives, Evonik and Wisconsin's Paul Derrick didn't finish.

U.S. 50K prestige hit bottom in the summer of 1991. At the Pan American Games in Havana, the two U.S. representatives, Evonik and Wisconsin's Paul Nick didn't finish. At the 3rd World Championships in Tokyo, Schueler, the lone American entry, didn't finish, either.

Instead of rising, U.S. 50K stock seems to be slumping. As 50K walkers from Russia (and the former Soviet republics), Mexico, Germany, Italy, Spain, France, the Czech Republic, and Slovakia, Poland and many other nations battle it out "up front," Americans have all kinds of trouble staying with the pace and being competitive.

What to do?

A major outreach program is probably necessary. We urgently need to get more qualified, distance-oriented athletes training seriously. The best of the current domestic 50K crop is in their mid-30s and eligible for sub-masters competition.

So where do we get our new 50K walkers? Lots of potential sources leap to mind.

Let's recruit the good—but not really—great people from marathons, for starters. You know, the 2:22 to 2:40 types, the strong-as-a-bull guys who may never make it to the front of a big-race marathon pack.

Let's seek out solid cross-country runners, too. Walking is a complete body activity that requires upper body as well as lower body strength. Anyone who can knock out a good strong 10K over hill and dale might be just the guy for whom we need a good 50K walker.

And we should reach out to other sports, as well. To cycling, and cross-country skiing, and swimming, perhaps. Jonathan Mathews, one of the country's most improving 20K walkers (and a 30K possibility for '96) is a former cyclist. Leo Spejic, who walked the 50K in the 1952 and '56 Olympics, was a national-caliber cross-country skier. Ron Laird, a four-time Olympic walker and the lone race walker enshrined in the National Track and Field Hall of Fame, was a high school swimmer.

The candidates are certainly out there. But they've got to be "channeled" into the 50K and shown the light.

A special beauty of track and field is that that's an event in it for everyone. Not everyone's a sprinter, or a mile or a high jumper, or a triple jumper or a discus thrower.

In every case, there's a world of alternatives.

So it is, certainly, with the 50K. We just need more men giving it a serious try. From these numbers will come quality. And with luck, Olympic and international medals.

We need more awareness of race walking in general and 50K walking in particular. We need to get kids involved in race walking at the shorter distances and toughen them up—gradually for sure—for the longer hauls.

We need races for our 50K people to walk, we need coaches to keep them on the right path, and we need the system of national support and encouragement that our top rivals from other nations already enjoy.

Most important, we simply need to think 50K.

The 50K is the real thing. It's the toughest race of the Games. It's about time more Americans toughened up to face this ultimate challenge.