Spitsyn captures European 50 Km

Helsinki, August 13 (Special from Harry Siitonen)—Russia's Valeriy Spitsyn emerged an easy winner in the European 50 Km title race in 3:41:07. (The men's 20 Km and women's 10 Km walks in these European T&F Championships were reported last month.) The 29-year-old upset prerace favorites Jesus Angel Garcia of Spain and Valentin Kononen of Finland, who finished one-two in last year's World Championships in Stuttgart.

During the race, Garcia was in the lead and tried several surges to wear out his competition, but only succeeded in weakening himself to the extent that he could manage no better than fourth at the finish. Kononen, favorite of his home country crowd, was among the early leaders, but experienced stomach trouble with inability to digest his fluid intake. He induced vomiting several times during the event to try to clear his stomach, without success, as he slowed down from energy depletion and finished seventh in 3:47:14.

Italy's Giovanni Perricelli made the stadium finish exciting as he deprived Garcia of a bronze, passing him on the way to the stadium, and them came within 3 seconds of taking the silver medal away from France's Thierry Toutain. Both Spitsyn and Toutain (3:43:52) established personal bests (their previous bests were 3:42:50 and 3:45:25, respectively), while Perricelli (3:43:55) had not only a personal best, but a national record. (His best before the race was 3:47:14.) The results:


U.S. MASTERS CHAMPIONSHIPS

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.


The other 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.


World Championships, Lisbon, Portugal: Women’s 10 Km, July 23–1. Yelena Saiko, Russia 42:30.31 2. Yelena Saiko, Russia 42:30.31 3. Natalia Trofimova, Russia 42:30.31


Women’s 10 Km, July 23–1. Yelena Saiko, Russia 42:30.31 2. Yelena Saiko, Russia 42:30.31 3. Natalia Trofimova, Russia 42:30.31


Women’s 10 Km, July 23–1. Yelena Saiko, Russia 42:30.31 2. Yelena Saiko, Russia 42:30.31 3. Natalia Trofimova, Russia 42:30.31


Women’s 10 Km, July 23–1. Yelena Saiko, Russia 42:30.31 2. Yelena Saiko, Russia 42:30.31 3. Natalia Trofimova, Russia 42:30.31


Women’s 10 Km, July 23–1. Yelena Saiko, Russia 42:30.31 2. Yelena Saiko, Russia 42:30.31 3. Natalia Trofimova, Russia 42:30.31


Women’s 10 Km, July 23–1. Yelena Saiko, Russia 42:30.31 2. Yelena Saiko, Russia 42:30.31 3. Natalia Trofimova, Russia 42:30.31


Women’s 10 Km, July 23–1. Yelena Saiko, Russia 42:30.31 2. Yelena Saiko, Russia 42:30.31 3. Natalia Trofimova, Russia 42:30.31

Sun. Oct. 30
5 and 10 Km, Albuquerque (L)
5, 20, and 50 Km, Columbus, Ohio, 8 am (AA)
Northeast 20 Km, Boston (L)
2 Mille, Cleveland (N)
5 Km, Denver, 8 am (H)
Masters 5 K and 1 Mille, Pasadena, Calif., 1 pm (B)
1 Hour, Marin, Cal., 8 am (H)
Sat. Nov. 4
5 Km, Golden, Col., 9 am (H)
Sat. Nov. 5
Half-Marathon, 5 Km, New Orleans, 8 am (M)
10 Km, Miami, 8 am (Q)
Sat. Nov. 12
5 Km, Seattle, 9:30 am (C)
10 Km, Longmont, Colo., 9 am (H)
10 Km, Key Biscayne, Florida, 7:30 am (Q)
Sun. Nov. 13
1 Hour, Marin, Cal., 8 am (P)
10 Km, Concord, Mass. (C)
Sat. Nov. 19
1 U Km, Miami, 7:30 am (Q)
Sun. Nov. 20
Half-Marathon, Miami, 7:15 am (Q)
5 Km, New York City, 9 am (F)
Thu. Nov. 24
4 Mille, Denver, 10 am (H)
Sat. Nov. 26
5 Km, Denver, 9 am (H)
10 Km, Coral Gables, Flor., 7:30 am (Q)
10 Km, Lake Worth, Flor., 7:30 am (Q)
Sun. Nov. 27
5 Km, New York City, 9 am (F)

Contacts
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--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
E--Max Green, 13660 Mortenview Dr., Taylor, MI 48180
F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 (415-964-3580)
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
I--Steve Vailone, c/o NEAC, P.O. Box 1905, Brookline, MA 02146
J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
K--Tulsa Run, P.O. Box 2008, Tulsa, OK 74102
L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104
M--NOTC, P.O. Box 52003, New Orleans, LA 70152
N--Keith Reichley, 23969 Frank St., North Olmsted, OH 44070
O--Stan Howser, 4939 E. Owens Ave. Las Vegas, NV 89110
P--Marin Racewalkers, P.O. Box 21, Kentfield, CA 94941
Q--Bob Fink, 3250 Lakeview Blvd., Delray Beach, FL 33445
R--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
T--MPWWWC, PO Box 221172, Carmel, CA 93922
U--Columbia TC, P.O. Box 1872, Columbia, MO 65205
V--El Paso Heart Association, 915-833-1231
W--Daryl Ann Kidder, 6967 Garfield Ave., Harborcreek, PA 16421
X--Jim Bean, 4658 Fuhrer St., NE, Salem, OR 97305

SEPTMBER 1994

FROM HEEL TO TOE

"The Ultimate Racewalking Seminar"--Oct. 21 to Oct 23, Kingsport, Tennessee. Coaching staff: Dave McGovern and Ian Whatley (who are currently working on a book explaining in practical terms the sports science basics for training walkers). For further information contact Bobby Baker, 318 Twin Hill Drive, Kingsport, TN 37660. The following week (Oct. 29-30) Dave McGovern will be in New York City for a racewalking weekend. Each participant in the weekend's activities will benefit from lectures on modern racewalking technique featuring video from recent national and world championship races, individual video-taped technique analysis, discussions on proper training methods for racewalkers, race preparation, and race strategy. Each participant will also undergo a sample lactate threshold workout to help determine proper training velocities and heart rates for future race sessions. The $95 fee includes all individual and group instruction, bagel breakfast/orientation on Saturday morning, and all handouts. For further information, call Dave at 706-883-1409, or write him at Box 584, LaGrange College, LaGrange, GA 30240.

The USA T&F Racewalking Committee has announced dates and locations of the 1995 qualifying events for the IAAF World Race Walking Cup. The international event is scheduled for Beijing, China on April 29-30 at the usual distances of 10 Km for women and 20 and 50 Km for men. The 1995 U.S. 50 Km Senior Men's Racewalk Championship, along with determining the year's champion at the distance, will also serve to select the team of five that will represent the U.S. in Beijing. The race will also be the qualifier for the World T&F Championships scheduled for Gothenburg, Sweden in August. Originally scheduled for New Orleans on January 15, the 50 Km Championship has been shifted to Palo Alto, Cal. on Sunday, January 8. It will be sponsored by the Pacific Association of USATF. Trial races for the other two distances will be held on opposite coasts. The women's 10 Km is scheduled for Walt Disney World's EPCOT Center near Orlando, Florida on Sunday, January 28. The men's 20 Km trial will be held at Fort Ord In Monterey, Cal., on Sunday, February 19. Both races will select five-person teams for Beijing. The 10 and 20 Km teams for Goshenburgh will be selected later at the respective National Championships. Persons to be contacted regarding the events are: 50 Km--Ron Daniel, 1289 Balboa Court, #149, Sunnyvale, CA 94086, 415-964-3580; 10 Km--Jon Hughes, 1322 North Mills Avenue, Orlando, FL 32803, 407-896-1160; 20 Km--Buzz Schulte, 268 E. Hamilton Avenue #A, Campbell, CA 95008, 408-374-5900 and Giulio DePetri, 185 Upper Walden Rd., Carmel, CA 93922, 408-624-7211. IAAF Racewalk Chairman Bob Bowman adds his thoughts about the lost to our sport of New Zealand's Olympic gold medals (1956) Norman Read: "Norm not only achieved the greatest objective of any athlete, an Olympic gold medal, but went on to be one of our best.
judges and president of his federation. He really helped save the day on a number of occasions in important competitions. He also had little patience with those who wanted to destroy the sport, as he would say, by eliminating the contact rule. We will miss him."

On another note Bob continues: "A couple of clarifying comments regarding my Race Walking Working Group report printed in the August ORW. Some of these decisions are still only proposals that could and probably will be amended. For example: (1) the change in the women's standard distance from 10 Km to 20 Km will probably happen in 1997. However, the increase of the men's 20 Km to 30 Km is still being seriously questioned and may not happen. (2) The proposed new definition could easily be delayed for further study. It definitely adds some complexity in the area of judging when we are trying to simplify it. Looking for three requirements (contact, straight leg, heel first) is certainly more demanding than looking for two. Yet we feel the proposal has merit. (3) Our rejection of the contact sensing devices on the shoes is certainly not short-sighted, and the Walking Committee will never close the door on the use of any technology if it meets the proper requirements. It was definitely not written off without any real investigation. We have studied this idea for many years. (Ed. My comment regarding the apparent lack of investigation of the device is based on reports to me from supporters of the device that (a) Bob has been informed of the device on early diagrams and descriptions that don't represent the present technology and ignored more recent material Mr. Furlong has been willing to supply. (b) Bob did not attend a demonstration of the device given in Las Vegas at the time of last year's National Convention although he was in town, and (c) the IAAF Racewalking Committee cancelled an invitation to Mr. Furlong to demonstrate the device at their meeting in Europe early this year. I assume these reports are truthful.) Your example of the Xerox copier is not a valid comparison and is really not applicable. As a former Xerox engineer in the late 70s, I am very familiar with this product's development history. Even though over a billion dollars was eventually spent developing this technology, the reliability of this product is still not even close to the acceptable reliability level needed for the shoe alarm device! The reliability requirement of the Xerox copier is way lower than that of the shoe device. The best you can expect today after 40+ years of copier development is around 5000 hours mean-time-between-failure! Most of us have experienced much lower levels of reliability with our office copiers. But this is quite acceptable to make significant profits from this product. To achieve even this level of reliability, considerable amount of fault tolerant features and hardware redundancy were added to the copier design. Adding weight and size to any shoe alarm is not an option and yet its reliability requirement is many orders of magnitude greater than the copier. Many similar examples can be found where the product's requirements are simply not achievable today or even with future technology. The U.S. Patent Office is full of these. There are natural limitations to any technology, especially if the requirements are just too great, in this case. Companies that don't understand this eventually go under, and those that do, achieve great success." (Ed. Well put. But, my comparison wasn't meant to suggest anything about reliability, but just the fact that a lot of great ideas have been repeatedly rejected by some great minds because they are impractical, and then somewhere down the line they have a great impact on civilization—not that I think anything to do with racewalking is going to change the course of society.)) Bob has also written a longer commentary on electronic shoe contact alarms and we have some interesting comments on the IAAF Working Group actions from one of our leading commentators, Martin Smith. However, we are passing up both of those items (perhaps they will find room in a future issue) in favor of an interesting article on race preparation by Dave McGovern.

LOOKING BACK

25 Years Ago (From the Sept. 1969 ORW)–With altitude a definite factor, Bryon Overton won the National 50 Km title at Lake Tahoe in 4:56:07. With a very small field with few elite walkers second place went to Bob Kuchar in only his fifth walking race. After finishing in 5:06:29, Bob reportedly donned his backpack, strolled off into the woods, and has apparently not been seen since around walking races. Bill Ranney was third in 5:12:28. Ron Laird was an easy winner of the National 25 Km, held at Kings Point, N.Y. Ron finished in 2:02:32, followed by John Knifton (2:06:05), Canadian Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and Ron Daniel. Great Britain's Paul Nihill won the European 20 Km title in 1:30:41, with Caralofoglu of Romania surprising Soviet ace Nikolai Smaga to capture the silver medal in 1:31:06. East Germany's Christoph Hohne won the 50 as expected in 4:13:32, with his teammate Peter Selzer second. Colin Young covered 129 miles 1155 yards in a 24-hour race in England and Nihill won the 20 Km in a match with France and Czechoslovakia, finishing in 1:28:18.

20 Years Ago (from the September 1974 ORW)–Two-time Olympic gold medalist, 38-year-old Vladimir Golubnichy won the European Championship at 20 Km, upsetting West Germany's Bernd Kannenberg by 8 seconds in 1:29:30. Hohne won again at 50, this time in 3:59:07, a new 2 years later, was left better than 4 minutes back.... In London, Roger Mills bettered the world best for 1 mile (6:10:4) by Dave Romansky) with a 6:09, beating Frances's Gerard Leclerc by 2 seconds.... East Germany's Peter Frenkel recorded a (4:12:15) and Marco Evoniuk were 34th and 35th for the U.S. Britain's Marian Fawkes came 10th (24:02) to lead the U.S. to a fourth place finish. ... Marco Evoniuk won the U.S. 50 Km title in 4:15:907, followed by Dan O'Connor, Schueler, and O'Sullivan. The European Junior went to Czechoslovakia's Josef Pribilicek.
10 Years Ago (From the September 1984 ORW)--With no chance of Olympic glory, East Germany's Ronald Weigel took out his frustration on a 50 Km course in Berlin, finishing in a stunning 3:38:31, better than 2 1/2 minutes better than the Gonzales' world best. Hartwig Gauder just missed the Gonzales record in second. Mexico's Carlos Mercenario, destined to win the World Cup 20 Km 3 years later and the World Cup 50 Km a couple of times since, won the Pan American Junior 10 Km in 48:52, with Troy Englehardt second in 50:49. In England, Brian Adams covered 100 miles in 17:39:28, with Jone Cannell also under 18 hours. Twenty finished under 20 hours. The women's race went to Sarah Brown in 18:36:29.

**Tapering and Race Preparation for Racewalkers**

© 1994 The McKeever-Downey World Class

**Introduction**

Most racewalkers, through trial and error, eventually settle on a training schedule that works best for them. Unfortunately, many of these same walkers become bewildered in the final weeks and days before an important race, either training too much or too little. Another common problem is failure to specifically prepare the body and mind for conditions they will likely experience during competition. This article may give some guidance to these athletes.

**Acclimatization**

One of the most important, yet least utilized training tools available to the racewalker is acclimatization. Acclimatizing means subjecting and adapting the body to environmental conditions similar to those that will be experienced during important races.

The first step in an effective acclimatization is reconnaissance. Find out as much as you possibly can about the race course, likely weather conditions and any other variables that may affect your race. Will the competition be at sea level or altitude? Indoors or out? Are the conditions likely to be hot and humid? Is the course hilly or flat? Road or track? Will the race begin at 6:00 am or 3:00 pm?

Athletes are often told to ignore these factors because they affect every athlete equally. This is absolutely false! The body is adaptable to many deleterious environmental factors, so the prepared athlete will gain an advantage over his non-acclimated competitors.

Examples:

1. **Weather**- Extreme heat and humidity inhibit the body's ability to cool itself. The body can adapt to these conditions to some degree, however. These adaptations occur fairly rapidly, with full adaptation occurring within ten to fourteen days. By training in hot and humid conditions, or by artificially creating these conditions by wearing sweats during workouts, an athlete can gain an advantage over athletes not specifically preparing for these weather extremes.

2. **Altitude**- Racing at altitude poses a unique challenge for endurance athletes who train at sea level. Unfortunately the only practical way to prepare for a race at altitude is to train in these conditions for at least six weeks before the event. The good news is that most championship races are not at altitude. Sea level athletes unable to acclimatize should plan to race at a pace 7-10% slower than they would be able to maintain at lower elevations.

Since altitude adaptation takes several weeks to set in, there is little point in getting into town a week early to try to acclimatize to altitude. There is even some evidence that getting in as close to the race as possible--perhaps the night before--may be better than getting in several days before.

Going the other way, athletes training at altitude will have difficulty achieving quick leg turnover in high elevation workouts, and may be unprepared for the faster pace of sea level races. These athletes should incorporate sufficient short, fast economy work into their training to adapt to high speed walking.

3. **Sleep cycles**- Nothing is more frustrating than going to sleep a few hours early for a 6:00 am race, only to lie awake all night tossing and turning with anticipation. Short of tranquilizers, the easiest solution is to retire earlier and earlier in the nights leading up to the race to synchronize the body's internal clock. Circadian rhythms should also be synchronized by doing workouts in the weeks before the race at or near the time of day that the race will be contested, adjusting for time-zone differences if necessary. Many athletes who train regularly in the mornings find difficulty feeling "up" for an evening race. Afternoon racers are often tight and tired for morning races. Train at race time to get in synch!

4. **Equipment**- Racewalkers require very little equipment to compete, but each athlete should be very comfortable with his shoes, shorts, singlet, jobra, etc. before a race. Always wear your racing shoes and uniform several times in training before competing to make certain that you'll be free of blisters or chafing during the race. Also, make sure that you actually have that equipment with you at the starting line! If you tend to be nervous before traveling to a race, make a list: Shoes, uniform, water bottles, extra pins, etc. should all be packed and ready to go the night before the race. Pin your numbers on your uniform as soon as you get them, and racewalk a bit while wearing them to make certain they are pinned properly. This may save you from frantically re-pinning them at the start line.

At race time double tie your shoes and tuck the ends between the tongue and laces. I double tied my shoes before my last 20k, but still raced the last fifteen with an untied shoe because I didn't tuck in my loose ends!

5. **Food and drink**- "Carbo-loading" before major races longer than 90 minutes in duration is advisable. Early researchers suggested a "depletion" phase about a week before the major competition. After a hard glycogen depleting workout the athlete ingests a high-protein, low-carbohydrate diet for two or three days to make muscles "hungry" for glycogen. The athlete then switched over to a high-carbohydrate diet to replete the muscles with glycogen. More recent research has determined that the depletion phase is unnecessary--the athlete need only ingest a high carbohydrate diet in the three days before competition without depleting beforehand. Note: carbo loading does not mean carbo bloating. Carbohydrate percentage should rise, but total caloric intake does not have to increase. Also,
make sure that you have experimented with this type of diet several times in training before attempting a "load" before an important race. Drastic changes in diet may lead to gastrointestinal distress during competition.

In warm races longer than five kilometers, you will need to drink on the go. Practice in training! Make sure that you can grab and drink from a cup without stopping. In longer races a carbohydrate-rich sports drink may be necessary. Determine in training what your stomach will tolerate—some athletes can't tolerate high carbo drinks while walking. Try with several different types of drinks on your longer workouts to see what works best for you.

Trust Your Training

For better or worse, whatever training you've done in the months before a race will rise to the top on race day—but only if you allow it to. You must have faith in your fitness going into a race—don't undermine your training by hammering yourself in the last week. Additional fitness gains will be minimal, and they will be overshadowed by the detriment of going into the race fatigued.

There is such a thing as "training through" less-important races, but doing so will sacrifice your best possible performance in these races in exchange for higher-quality training for future, presumably more important competitions. If you want to perform at your absolute peak now, however, you must be rested. But what does "rested" mean?

Tapering

Assuming that you have trained rigorously leading up to an important race, a taper is a way of resting both physically and mentally before an important competition without losing any of the fitness gained during the preceding months of training. This does not mean a complete layoff from training. Quite the contrary, an effective taper is characterized by high-intensity training, albeit at lower volume than in the previous weeks. This has traditionally meant maintaining much the same schedule in the final two weeks before the race, except with a 1/3 to 1/2 reduction in both the number of intervals, and in total weekly mileage.

Recent research, however, indicates that an even greater reduction in mileage may be beneficial both in the short and the long terms. Owen Anderson, writing in Running Research News, discusses studies with runners who used no taper, a traditional taper, and a taper characterized by drastic reductions in total mileage, and a limited number of short, high-intensity intervals every day in the week leading up to the race.

These intervals—run at slightly faster than 5 kilometer race pace—amounted to 15% of usual weekly mileage in the final week, with enough easy mileage added to ensure sufficient warm ups and cool downs. For racewalkers training 40 miles per week, this would amount to about six miles of intervals in the week before the race. The bulk of these intervals should be completed in the first few days of the taper, with the number of intervals descending through the week. About 800 meters warm up and 800 meters cool down should be incorporated into each workout, increasing total mileage for the week to 13. This may seem like a ridiculously low mileage total for the week, but remember the primary purpose of the taper: Rest!

The group of runners utilizing the very low mileage, high-intensity taper realized a 6% increase in economy over both the regular taperers and the non-taperers. The average time improvement amounted to 29 seconds over 5 kilometers, with every runner in the group improving. Anderson attributed the increase to both the enhanced rest as well as the benefits of the up-tempo running.

What does this mean to the racewalker? Such a taper, coupled with copious stretching and rest should mean enhanced flexibility, more economical technique, increased enzymatic activity and glycogen storage in the leg muscles and quite possibly surprisingly fast race times while doing less work!

A typical taper for a 40 mile per week racewalker is as follows:

- **Sunday:** Easy 800 m warm up with flexibility drills. Stretch. 6 x 400 meters @ between 3 km and 5 km race pace. 800 m easy cool down. Stretch any tight spots.
- **Monday:** Warm up and cool down as above. 5 x 400 meters—again at slightly faster than 5 km pace.
- **Tuesday:** 4 x 400 meters.
- **Wednesday:** 3 x 400 meters.
- **Thursday:** 2 x 400 meters. 1 x 200 meters.
- **Friday:** 2 x 400 meters.
- **Saturday:** 1 x 400 meters.
- **Sunday:** Personal Best Race!

After a disappointing 6th place finish in the national 20 kilometer championships at Knoxville, Tennessee in June I decided to try the "new" taper before my next two races. The results: a strong second place finish at the U.S. Olympic Festival 20 km three weeks later, and a win at the national 10 kilometer championships at Niagara Falls less than one week after that. In both races my legs felt fresher and faster than they had in Knoxville with no apparent loss in fitness.

Conclusion

Consistently subjecting the body to race-like conditions in training the months before, circadian and environmental acclimatization in the weeks before, and plenty of rest in the days before competition are the keys to reaching your full potential.

When tapering, remember that rest, glycogen storage, enzymatic adaptation, and high economy are the goals. Mileage should be reduced to the lowest possible level to ensure that the legs are rested and fully glycogen loaded while still doing a limited number of fast economy intervals. The time for hard mileage has past—the final week should feel very easy, leaving you "chomping" at the bit" for a fast race. If in doubt, always do less!

Building endurance and sharpening speed take many months of hard work. Last minute attempts to "catch up" on missed training will only make you tired for the big race. Once you've done your hard training, the "rest" is easy.