Racewalking gone wild

There may have been nothing like it before in the history of walking in this country--five major races on five consecutive weekends. Starting with the National 40 Km in Fort Monmouth, N.J. on Sept. 11, we then saw the National 5 Km in Kingsport, Tenn., the Pan American Cup in Atlanta, the Alongi Memorial in Dearborn, Mich., and finally, the National 1 and 2 Hour races in Cambridge, Mass. on October 9. Let's take them as they occurred.

McGovern stuffs O'Connor, Whatley in second half of National 40

Fort Monmouth, N.J., Sept. 11 (Reported by Elliott Denman)--Late entry Dave McGovern turned a negative split into a positive development. Trailing Dan O'Connor by more than half a minute, even with Curt Clausen, and leading Ian Whatley by just 2 seconds halfway through the race, he walked the second 20 Km faster than the first to win the USA Track and Field National 40 Km racewalk by more than 2 minutes over Whatley. His late rush carried him to a 2:28:02 triumph in the 56th annual event.

Sixty-seven walkers gathered from 12 states and Venezuela for the testing race, contested on a 2 Km loop course over the military post grounds. McGovern, a 29-year-old walker from Congers, N.Y., studying for his MBA at LaGrange (Georgia) College and taking aim at the 1995 Atlanta Olympics, appeared just a few minutes before the start. He let two-time Olympian O'Connor of Bellmore, N.Y. do all the early pace setting, but charged ahead just past the 28 Km post and was never behind after that. His first 20 Km took 1:45:12, his second 1:42:50.

Whatley, of Greenville, S.C., wound up second, docking 3:30:14, while O'Connor, 42, a winner of five past National 40 Km titles, held on for third in 3:39:53 and led all Masters Division finishers. (Is Dan, not heard from for some time, planning a try at yet another World Cup team?)

Meg Ferguson, 44, of the New England Walkers club, won the women's Masters crown in 4:25:14, with Elton Richardson, 55, New York City, right behind in 4:28:40. Elton had a world best for women 55 and older at 20 Km with 2:00:39 and led Ferguson by nearly 9 minutes at that point. She then had to really gut out the second half of the race and deserves much credit for staying the course.

McGovern, competing for the New York Athletic Club, regained the 40 Km title he first won at Brookdale Community College in 1990 and boosted his own confidence quotient over the longer routes. He's best known as one the nation's best sprint walkers, but this was clear evidence he can be a threat at the longest Olympic distance, 50 Km.
blazing pace, Ian Whatley, Gary Morgan, and Rob Cole were 12 seconds back and Michelle Rohl and Victoria Herazo had detached themselves from the rest of the women's field with an 8:54 split.

James dropped gradually off the lead pair with McGovern holding on to Matthews until the final 800 meters. Although recording deep positive splits, Matthews hit a U.S. road record of 20:12. Rohl posted the fastest winning time in U.S. women's national 5 Km history (22:27), while Herazo; 22:39 in second place would have won 21 of the last 22 nationals. Race Director, Bobby Baker, was delighted to have 18 walkers break 25 minutes and hopes to continue development of this race as one of our premier domestic events.

The results:


Mexican dominate Pan-Am Cup

Atlanta, September 23-24--Taking the gold medal and team honors in all three events, Mexico dominated the 1994 edition of the Pan American racewalking competition. The Mexicans were led by Graciela Mendoza in the women's 10 K, Bernardo Segura in the 20 K, and Carlos Mercenario in the 50. The 10 and 20 K races were held on Friday and the 50 on Saturday.

Mendoza, the 1991 Pan American Games gold medalist in the event, held off Teresa Vaill to win on a challenging course in 46:14. The 31-year-old Vaill prevailed over Mexico's Francisca Martinez for the silver medal. With Maria Colín in fifth, the Mexicans easily won the team title from the U.S., which had Victoria Herazo in eighth and Debora Van Orden in tenth to support Vaill's strong effort. Canada, with Janice McCaffrey in fourth, Holly Gerke in seventh, and Pascal Grand in eleventh, was just two points behind the U.S.

Matthews scores decisive win at 5 K

Kingsport, Tenn., Sept. 17--The race sponsors, Food City, treated the walkers like royalty and the walkers responded with one of the finest in-depth U.S. 5 K races ever staged. Light rain stopped just before the gun and the 85 athletes set off for 6 laps of an almost flat course.

Allen James led the charge with Jonathan Matthews and Dave McGovern in close contention, passing through 2 K in 7:50--a 19:35 pace. Drawn along by the leaders
beating those seasoned internationals, Colombia's Moreno boys. Jonathan Matthews led the U.S. in 12th, with Allen James in 14th.

Many of the athletes complained about the difficulty of the course, but one who did not was El Salvador's Carlos Alberto-Rivera. The oldest competitor in the race at 44, he walked a personal best 1:46:17, though finishing last.

The Mexican's were completely dominant In the 50, topping the first five places. Mercenario, a World Cup gold medalist at both 20 (1987) and 50 (1991 and 1993) and 1992 Olympic silver medalist didn't seem overly affected by the conditions, breezing through in 3:52:06, a few inches in front of Miguel Rodriguez, who was given the same time. German Sanchez trailed the duo by 11 minutes in third. The winning time was just 36 seconds off the meet record. Mercenario commented, "I didn't know we were so close to the Cup record. Had we known this was the case, we would have gone for the record. We approached this like a world class event. We were like warriors."

The race was the first event for the 1996 Olympic Games and the organizing committee had budgeted $135,000 to ensure its success and to make it a showcase for what can be expected organizationally in 1996. That's probably about 10 times what would have gone into the event in any other circumstances and it assured an excellent competition.

It seems the only complaints centered on the course itself and the bottom line there seems to be that you can't get a flat course In the immediate vicinity of the Olympic Stadium.

Following the race, Segura complained: "I am in sincere disagreement with the idea that this will be the Olympic course. Some of the athletes could be injured due to the downhill sections." His teammate Garcia added: "I am in agreement with Bernardo. The course, in reality, is bad. In truth, there are a lot of instances where you lose your rhythm."

IAAF Racewalk Chair Bob Bowman accepts responsibility for selecting the course. "It was the best choice we had found of this competition. It is very hilly around the Olympic stadium area and since we must stay within 1 Km of the stadium, a flat course is impossible. Flat courses are not necessarily a true test of a walker's ability anyway; however steep downhills should be avoided because of judging, etc. So it was not too surprising that many of the walkers didn't like this course. The most negative remarks in this regard came from Segura and Garcia following the 20 Km. The downhill section of the course was a problem, which we now have eliminated by changing the course from a loop circuit to a mostly up-and-back circuit. This event helped us in identifying this and therefore fulfilled the purpose of conducting this event in Atlanta. Perez commented 'Olympic athletes should be prepared for all types of courses and incidents.' You've got to love the kid's attitude. Mercenario, following the 50, commented that although it was a tough course, 'like warriors, we cannot choose the battlefield.' In my opinion, Perez is a superior technical walker to Segura and Garcia and will be very hard to beat in the future."

Dave Maggard, managing director for sports of the Atlanta Committee for the Olympic Games and, to do a little name dropping, a former shot putter who was a teammate of mine on a 1965 U.S. touring track team), said the course might be modified slightly, but is unlikely to be moved out of the neighborhood east of the Olympic Stadium. "Whatever modification we could make, we'd like to stay in that neighborhood," Maggard said. "That's our intention if we possibly can."


James and Herazo Dominate National 1 and 2 Hour Walks

Cambridge, Mass., Oct. 9--A cool, but windy morning on the campus of MIT found a large group of dedicated racewalkers, officials, judges, and spectators at Steinbrenner Stadium for USA&T&F 1 and 2 Hour championships.

In the men's 2 Hour, there were 12 competitors, but none could compete with Allen James on this day. Getting an early lead, Allen eventually lapped everyone else and Debbie trailed by 150 meters. Shortly after 8 Km, Van Orden was DQ'd and Herazo dropped off her earlier pace. She finally completed 12,440 meters, some 754 meters behind the World Best she did in 1992.
OCTOBER 1994


PUT ON THOSE GOLDEN SLIPPERS AND WALK THESE GOLDEN STREETS

Sat. Nov. 4 5 Km, Golden, Colo., 9 am (F)
Sat. Nov. 5 Half Marathon, 5 Km, New Orleans, 8 am (M)
Sat. Nov. 12 5 Km, Seattle, 9:30 am (C)
Sat. Nov. 19 5 Km, Picayune, Mississippi, 8:40 am (M)
Sat. Nov. 26 5 Km, Miami, 8 am (Q)

Sat. Dec. 3 5 Km, Miami, 7:30 am (M)
Sat. Dec. 17 5 Km, Key Biscayne, Florida, 7:30 am (Q)

Sun. Nov. 13 1 Hour, Man, Cal., 8 am (P)
Sun. Nov. 20 Half-Marathon, Miami, 7:15 am (A)

Sun. Nov. 27 10 Km, Carnes, Louisiana, 8 am (M)
Sun. Dec. 4 5 Km, New York City, 9 am (F)
Sun. Dec. 11 5 and 10 Km, Kalamazoo, Mich. (Y)

Fri. Nov. 25 5 Km, Niles, Mich., 9 am (Y)
Fri. Dec. 11 5 Km, Lake Worth, Florida, 7:30 am (Q)

Sat. Nov. 5 5 and 10 Km, Seattle (C)
Sat. Nov. 12 10 Km, Corral Gables, Flor., 7:30 am (Q)
Sat. Nov. 19 10 Km, Tahoe, California, 9 am (Q)
Sat. Nov. 26 5 Km, Miami, 8 am (Q)
Sat. Dec. 3 5 Km, Coral Gables, Fl., 7:30 am (Q)
Sat. Dec. 10 10 Km, Lake Worth, Florida, 7:30 am (Q)
Sat. Dec. 17 5 Km, Boca Raton, Florida, 7:30 am (Q)

Mon. Nov. 6 10 Km, Edgerton, Ohio, 9 am (M)
Mon. Nov. 13 10 Km, G pane, Ohio, 9 am (M)
Mon. Dec. 4 10 Km, Kalamazoo, Mich. (Y)
Mon. Dec. 11 10 Km, Kalamazoo, Mich. (Y)

Tues. Nov. 7 5 and 10 Km, Portland, Oregon (A)
Tues. Nov. 14 5 and 10 Km, Portland, Oregon (A)
Tues. Dec. 5 10 Km, Fort Monmouth, N.J., 10 am (A)

Wed. Nov. 8 5 Km, Seattle (C)
Wed. Nov. 15 5 Km, Seattle (C)
Wed. Dec. 2 10 Km, Kalamazoo, Mich. (Y)

Thurs. Nov. 9 5 Km, Portland, Oregon, 9 am (A)
Thurs. Nov. 16 5 Km, Portland, Oregon, 9 am (A)
Thurs. Dec. 3 5 Km, Fort Lauderdale, Florida, 7:30 pm (Q)

Fri. Nov. 10 5 Km, Seattle (C)
Fri. Nov. 17 5 Km, Seattle (C)

Sat. Nov. 11 10 Km, Miami, 7:30 am (Q)
Sat. Nov. 18 10 Km, Miami, 7:30 am (Q)
Sat. Dec. 4 10 Km, Miami, 7:30 am (Q)
Sat. Dec. 11 10 Km, Miami, 7:30 am (Q)

Sun. Nov. 12 5 Km, Seattle, 7:30 am (Q)
Sun. Nov. 19 5 Km, Seattle, 7:30 am (Q)
Sun. Dec. 5 5 Km, Seattle (C)
Sun. Dec. 12 5 Km, Seattle (C)

Mon. Nov. 13 10 Km, Miami, 7:30 am (Q)
Mon. Nov. 20 10 Km, Miami, 7:30 am (Q)
Mon. Dec. 4 10 Km, Miami, 7:30 am (Q)
Mon. Dec. 11 10 Km, Miami, 7:30 am (Q)

Tues. Nov. 14 5 Km, Seattle (C)
Tues. Nov. 21 5 Km, Seattle (C)
Tues. Dec. 5 10 Km, Miami, 7:30 am (Q)
Tues. Dec. 12 10 Km, Miami, 7:30 am (Q)

Wed. Nov. 15 5 Km, Seattle (C)
Wed. Nov. 22 5 Km, Seattle (C)
Wed. Dec. 4 10 Km, Miami, 7:30 am (Q)
Wed. Dec. 11 10 Km, Miami, 7:30 am (Q)

Thurs. Nov. 16 5 Km, Seattle (C)
Thurs. Nov. 23 5 Km, Seattle (C)
Thurs. Dec. 5 10 Km, Miami, 7:30 am (Q)
Thurs. Dec. 12 10 Km, Miami, 7:30 am (Q)

Fri. Nov. 17 5 Km, Seattle (C)
Fri. Nov. 24 5 Km, Seattle (C)
Fri. Dec. 5 10 Km, Miami, 7:30 am (Q)
Fri. Dec. 12 10 Km, Miami, 7:30 am (Q)

Sat. Nov. 18 5 Km, Seattle (C)
Sat. Nov. 25 5 Km, Seattle (C)
Sat. Dec. 5 10 Km, Miami, 7:30 am (Q)
Sat. Dec. 12 10 Km, Miami, 7:30 am (Q)

Sun. Nov. 19 5 Km, Seattle (C)
Sun. Nov. 26 5 Km, Seattle (C)
Sun. Dec. 6 10 Km, Miami, 7:30 am (Q)
Sun. Dec. 13 10 Km, Miami, 7:30 am (Q)

Mon. Nov. 20 5 Km, Seattle (C)
Mon. Nov. 27 5 Km, Seattle (C)
Mon. Dec. 6 10 Km, Miami, 7:30 am (Q)
Mon. Dec. 13 10 Km, Miami, 7:30 am (Q)

Tues. Nov. 21 5 Km, Seattle (C)
Tues. Nov. 28 5 Km, Seattle (C)

Wed. Nov. 22 5 Km, Seattle (C)
Wed. Nov. 29 5 Km, Seattle (C)

Thurs. Nov. 23 5 Km, Seattle (C)
Thurs. Dec. 5 10 Km, Miami, 7:30 am (Q)

Fri. Nov. 24 5 Km, Seattle (C)
Fri. Dec. 5 10 Km, Miami, 7:30 am (Q)

Sat. Nov. 25 5 Km, Seattle (C)
Sat. Dec. 6 10 Km, Miami, 7:30 am (Q)

Sun. Nov. 26 5 Km, Seattle (C)
Sun. Dec. 7 10 Km, Miami, 7:30 am (Q)

Mon. Nov. 27 5 Km, Seattle (C)
Mon. Dec. 7 10 Km, Miami, 7:30 am (Q)

Tues. Nov. 28 5 Km, Seattle (C)

Wed. Nov. 29 5 Km, Seattle (C)

Thurs. Nov. 30 5 Km, Seattle (C)

Fri. Dec. 7 10 Km, Miami, 7:30 am (Q)

Sat. Dec. 8 10 Km, Miami, 7:30 am (Q)

Sun. Dec. 9 5 Km, Seattle (C)

Mon. Dec. 10 5 Km, Seattle (C)

Tues. Dec. 11 5 Km, Seattle (C)

Wed. Dec. 12 5 Km, Seattle (C)

Thurs. Dec. 13 5 Km, Seattle (C)

Fri. Dec. 14 5 Km, Seattle (C)

Sat. Dec. 15 10 Km, Miami, 7:30 am (Q)

Sun. Dec. 16 5 Km, Seattle (C)

Mon. Dec. 16 5 Km, Seattle (C)

Tues. Dec. 17 5 Km, Seattle (C)
Racewalking Coach from 1986 through 1988 and has produced a videotape (Race Walking Technique) on race walking. He is a magazine publisher and consultant in addition to his racewalking commitments. The fourth edition of Advanced Race Walking retails for $11.50. If you can't find it at your bookseller, contact Technique Productions, 4831 NE 44th St., Seattle, WA 98105, or call 206-527-9218. Do it with Dave. Another chance to take advantage of Dave McGovern's excellent approach to clinics presents itself in a Racewalking Weekend in New Orleans December 2 to 4. Participants will benefit from lectures on modern racewalking technique, individual video-taped technique analysis, discussions on proper training methods for racewalkers, race preparation tips, and race strategy suggestions. The $95 fee includes all individual and group instruction, a Friday evening orientation/pasta dinner, and all handouts. For more info, contact Dave at Box 584 LaGrange College, LaGrange, CA 93240, 706-883-1409; or write Karen Klobner, 1920 Stumpf Blvd., Terrytown, LA 70053. Ian Whatley has had a very busy year, after recovering from knee surgery last fall. He competed in 33 races between Feb. 19 and October 9, and has done all the outdoor Nationals (5, 10, 15, 20, 25, 30, 40, 50, and 2 Hour) in a 1 year span—beginning with the National 30 Km on October 31, 1993. Has anyone else done this since the days of the nomadic Ron Laird? We think not. If a few more top walkers would make the effort to get to more of the National races we might avoid some of the quite uncompetitive events we see. Ten Kilometers splits from the European 50 Km (results and commentary in last month's Issue): Spitsyn 45:06, 1:29:24, 2:13:36, 2:56:59, 3:41:07; Toutain 45:02, 1:29:17, 2:13:36, 2:57:44, 3:43:52; Perricelli 45:44, 1:31:23, 2:17:12, 3:01:37, 3:43:55; Garcia 44:58, 1:29:12, 2:13:37, 2:57:43, 3:45:25; Korzenowski 45:18, 1:29:54, 2:14:24, 3:00:02 3:45:57; Skuriny 45:07, 1:29:25, 2:13:34, 2:56:20, 3:46:30; Kononen 45:02, 1:29:19, 2:13:48, 3:00:05, 3:47:14; Platonnikov 45:18, 1:29:54, 2:14:46, 3:01:26, 3:47:43; Blazeck 45:06, 1:29:36, 2:14:48, 3:01:26, 3:49:44; Naack 45:08, 1:29:56, 2:14:24, 3:00:43, 2:24:58. From Bob Bowman: "I appreciate your printing my comments in the last ORW regarding the Working Group proposals. However, I would like to comment on your editorial comment explaining your comment regarding the apparent lack of investigation of the shoe alarm. (Ed. I am going to refrain from commenting on Bob's comment on my comment explaining my previous comment. For the, he might have to comment on my comment...). Your assumption that these reports are truthful is incorrect for the following reasons: (a) It is the Inventor's responsibility to provide us with the latest diagrams and specifications, not ours. The Inventor sent his design package to me in November 1993. If he withheld information, that was his choice. If he had made significant changes in his design, it was up to him to provide this information. Of course, he was repeatedly asked to address the reliability issues and also failed to do this. (b) I did not attend a demonstration of the device in Las Vegas because I had an important meeting to attend that conflicted with the demo. Also, any demonstration would not add anything to what I already knew. And until you solve the reliability problems, demonstrations are not very helpful, as was the case here. (c) The IAAF Walking Committee did not cancel an invitation to Furlong to demonstrate his device at our meeting in Europe early this year because we never invited him in the first place!...Danny Vogel in Chicago passes on the following Information from Running Times: Former racewalking Junior world champion Aleksey Volgin of Russia won a major running event in Saratoma, Japan, the International IAU 100 Km World Championships, in 6:22:43, a 6:09 mile pace.
SENIOR NATIONAL OUTDOOR RACEWALK CHAMPIONS 1994

Women

5 Km Michelle Rohr, Parkside AC, 22:27, Kingsport, Tenn., Sept. 17
10 Km Teresa Vaill, un., 45:01:6, Knoxville, Tenn., June 16
15 Km Victoria Horace, California Walkers, 1:11:40, New Orleans, Feb. 19
20 Km Lisa Sonntag, un., 1:48:15, Albany, N.Y., May 19
1 Hour Victoria Horace, California Walkers, 12,440 meters, Cambridge, Mass., Oct. 9

Men

5 Km Jonathan Matthews, Golden State RW, 20:12, Kingsport, Tenn., Sept. 17
10 Km Dave McGovern, New York AC, 42:56, Niagara Falls, N.Y., July 16
15 Km Allen James, Athletes In Action, 1:06:03, New Orleans, Feb. 19
20 Km Allen James, Athletes In Action, 1:28:36, Knoxville, Tenn., June 18
25 Km Phil Dunn, adidas 1:58:05, Albany, N.Y., May 22
40 Km Dave McGovern, New York AC 3:28:02, Fort Monmouth, N.J., Sept. 11
50 Km Allen James, Athletes In Action, 3:55:39, Palo Alto, Cal., March 13
2 Hour Allen James, Athletes In Action, 26,661 meters, Cambridge, Mass., Oct. 9

LOOKING BACK

25 Years Ago (From the Oct. 1969 ORW)--A U.S. team of Bill Ranney, Ron Laird, Bob Bowman, Steve Hayden, and Gary Westerfield took fourth behind Italy, London, and Sweden in the annual Acropolis-Chicago relay road race in Switzerland. . . . Laird won national titles at both 1 Hour (8 miles 20 yards) and 30 Km (2:29:23). In the former, Larry Walker was nearly a quarter mile behind in second and John Kelly finished third. At 30 Km, Tom Dooley gave Ron a good tussle and finished in 2:30:08, with John Kinlot, Ron Daniel, and Gerry Bocci following well behind . . . East German ace Christoph Holme betriffed the world record at 50 Km (track) with 4:00:05 . . . On the local scene, your already aging U.S. won a dual meet from Canada in Montreal. Bob won the 20 Km in 1:34:32 with Nick Bocci, Fabian Knizacky, and Randy Mimm . . . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with 3:32:46. That was better than 2 minutes under Paul Hendrick's mark from 1980. It marked Alan's 15th 100 miler. Bob Keating (3:42:55) and Bruce Etherton were the only other finishers. . . . Canada's Guillaume Leblanc won the Alongi 20 Km in 1:25:37, followed by Mexico's James Lopez and Italy's Sergio Spagnulo.

20 Years Ago (From the Oct. 1974 ORW)--Led by Bob Henderson and Augie Hilt, the U.S. won a dual meet from Canada in Montreal. Bo won the 20 Km in 1:34:32 with John Kinlot edging Karl Merschenz and Marcel Jobin for second in 1:37:44. Augie beat Tom Knott in the 50 with 4:40:15. Tom was 2 minutes back, well clear of Canada's Pat Farrelly. . . . Larry Young captured the National 30 Km title in 2:30:26, with Hilt second and Mexico's Domingo Collin third. . . . That was in Columbia, Missouri, when the next day, Ruth Eberle won the women's National 10 Km in 57:30 . . . Also in Columbia, the annual 100 miler saw a record 5 winners, with Bob Chapin winning in 20:09:20. Chuck Hunter, Larry O'Neil, Dave Leuthold, and Leonard Busen followed. . . . John Kinlot turned in a knfly 1:31:30 for 20 Km on the track in Pine Plains, N.Y.

15 Years Ago (From the Oct. 1979 ORW)--This time, Canada, led by Mike Stones and Helmut Boeck, prevailed over the U.S. . . . The meet was held in Niagara Falls. Stones won the 15 Km in 1:10:41, just 5 seconds ahead of Dennis Reilly. . . . Ron Daniel and Al Halbur

10 Years Ago (From the Oct. 1984 ORW)--Carl Schueler, following up his Olympic sixth-place finish, recorded one of the most one-sided victories in U.S. National Racewalking Title annals in winning the National 40 Km in Fort Monmouth, N.J. Carl had an excellent 3:13:57. Second place Ray Funkhouser finished in 3:39:21, followed by Nick Bleda, Fabian Knizacky, and Randy Mimm . . . Once again, Alan Price won the National 100 miler in Columbia, recapturing the record for the event with 18:46:13. That was better than 2 minutes under Paul Hendrick's mark from 1980. It marked Alan's 15th 100 miler. . . . Bob Keating (21:42:55) and Bruce Etherton were the only other finishers. . . . Canada's Guillaume Leblanc won the Alongi 20 Km in 1:25:37, followed by Mexico's James Lopez and Italy's Sergio Spagnulo.

5 Years Ago (From the Oct. 1989 ORW)--In brutal weather conditions--high humidity and a temperature that climbed past 90 during the race--Dave McGovern, protesting that he was not a 40 Km walker, won the National title at that distance. His winning time of 3:52:34 reflected the conditions. The conditions favored tough, old guys, with the next five finishers being past 40. Nick Bleda and Alan Price finished second and third . . . Tim Lewis recorded an impressive win in the Alongi 20 Km with a U.S. road record of 1:22:17. Going through the first 10 in 40:51, he easily dropped Italy's Sergio Spagnulo, who finished second in 1:23:39. The next four spots went to Zbigniew Sadlej, Poland; Victor Sanchez, Mexico; Carl Schueler, and Gary Morgan. Italy's Ilenea Salvador won the women's 5 Km in 21:52, beating Mona Gunnarsson, Sweden; Alison Baker, Canada, and Debbi Lawrence. . . . Gary Morgan covered 25,710 meters to win the National 2 Hour in Cambridge, Mass. He led Jeff Salagev by 455 meters. Dave McGovern was third with 24,455. . . The women's 1 Hour went to Lizzy Kemp, who covered 10,899 meters to beat Susan Westerfield by 256 meters. . . . And, Alan Price was still on top at 100 miles. He won the Columbia race in 19:54:11, leaving Dale Sutton more than 27 minutes behind. Ray Franks, Dave Thorpe, and Veda Roubidoux also finished the distance.

Following are the comments from reader Martin Smith, which we mentioned last month--we may give Martin a regular column before long since he continues to comment so ably--and a training note by Wayne Ambrust, which he gave me some time ago (not the date). Wayne is the former coach of the Ohio Track Club and current coach of the Columbia Track Club. He departed Columbus when he married racewalker Gayle Johnson who was leaving her faculty position at Ohio State for a position at the University of Missouri.

Okay, the Martin Smith letter:
Dear Mr. Mortland:

I imagine you will be swamped with comments about the IAAF Race Walking Working Group actions. Many of the points seem, at least, reasonable and well considered. The change to the "Definition of Racewalking" rule and the possible creation of a new technical rule regarding footwear will affect walkers' bodies. The skeptic in me is asking for some real data on these changes.

The heel-first contact rule is listed as a requirement separate from the straight knee rule, but the explanation indicates that these will be lumped together for warnings. That is, a walker could not receive from one judge a warning for non-heel contact and then a bent knee warning; the bent knee call would be the second violation in the combined category and, thus, it would have to be a "red card." Is this interpretation correct?

Concerning the testing period for the new definition of racewalking, what factors will be evaluated? Is there a control group, so that the testing will show what is better, not just whether the new rule is workable? Is any possible effect on injury rates for athletes to be evaluated? Does seven months trial give adequate time to evaluate whether the straight knee on contact rule will affect the frequency of injuries in the sport? Or do most walkers already walk this way?

The new definition will force walkers to absorb all the shock of foot touchdown in the hip, back, and in (perhaps) increased cushioning in the heel. If, to comply with the new rule, a walker must change his or her style, he or she may have to switch to shoes "short stroke, high turnover" style that has been ascendant over the last 15 to 20 years and has been central in the races that contributed most to the judging controversy in that period.

Finally, the phrase "seeks to make", instead of "maintains" (And what happened to "at all times"?), in the rule could open the door to attempts to judge the walker's intent. Will this give opportunities to introduce "political" judging? Further, is this the first wedge pushing racewalking away from attempting to enforce the contact rule?

Martin T. Smith

The following is a compendium of material distilled from various sources, much of it from the work of Dr. Jack Daniels and Fred Wilt. It is hoped that it will be helpful as a brief guide to current thinking in endurance training methods.

Basic to all endurance training is the determination of the running or walking velocity at which VO2max occurs. An endurance athlete can expend energy at the rate corresponding to VO2max for only about 15 minutes. Thus for a runner, velocity VO2max can be approximated by 5000 meter race pace and for a walker, by 3000 meter race pace. Therefore, for a 14:30 5000 runner, VO2max corresponds to approximately 345 meters/min. This is the intensity at which VO2max interval work is done and will be referred to as I intensity. All other types of training will be related to I intensity. E intensity is the pace at which long runs or walks are performed and at which running or walking is done on easy days, which should be approximately 75% of VO2max, or in the case of the hypothetical 14:30 5000 runner, about 259 meters/min. Examples of this for the same hypothetical runner might be 20 k in 1:17:15 for a long run or 5000 in 19:18 for an easy run. T intensity is the pace at which threshold workouts are performed. T intensity is the pace at which blood lactate accumulates at a rate disproportionate to increases in speed. These workouts are important to increase the percentage of VO2max which can be sustained for a long period of time. T intensity is usually taken to be approximately 88% of VO2max. (5 k in 16:30 or 1500 intervals in 4:57 for our hypothetical runner) R intensity is the speed at which fast intervals are performed and should be about 3 to 5 seconds per 400 meters faster than 1 intensity for the runner and about 5 to 6 seconds per 400 faster for the walker. (400s in 64.5-66.5 sec for our hypothetical runner) With these ideas in mind, the following are types of workouts which should be considered:

1. Easy runs or walks at E pace from 5 to 10 k in length. Sometimes this will be the only training session on an easy day, at other times it might be the morning session of a two workout day.

2. Long runs or walks at E pace, covering 20 k or more or up to 25 or 30% of weekly distance.

3. Tempo runs or walks of about 20 minutes duration at T intensity.

4. Cruise Intervals. These are another form of threshold workout consisting of intervals of 600 to 3000 meters in length at T pace with a short rest between intervals.

5. VO2max Intervals. Intervals performed at I intensity covering from 200 to 1500 meters with a rest equal to or slightly shorter than the preceding interval. This type of workout is said to most efficiently develop the aerobic energy system. Total distance covered per session for this type of workout should not exceed approximately 8% of weekly distance, or not over 10,000 meters, whichever is less.

6. Fast intervals. Intervals of from 100 to 400 meters performed at R intensity. Nearly complete recovery is allowed the athlete before beginning the next interval. Workouts of this type are said to improve running or walking economy and speed. No more than 5% of weekly total distance per session for this type workout.