James storms to repeat 50 Km title

Palo Alto, Cal., January 8 (From Ron Daniel)--A major storm system christened 28 hearty athletes (including four Canadians also using the race as their trial event) throughout the 1995 USATF 50 Km racewalk championship. Racing on a debris strewn 2.5 km loop, the walkers also battled a steady rain and winds gusting to 50 mph. The only plus in the conditions was the mild temperature (50s) and plenty of cloud cover. But really saving the day were dozens of Golden Gate Race Walker club members, lap counting and manning the aid stations.

With three international teams at stake (Pan Am Games, World Cup, and World Championships), the large entry field was not surprising. What was surprising, considering the conditions, was the intensity of the race right from the starter's gun. With six past champions and five former Olympians in the field, the wet and windy conditions couldn't snuff out the fireworks. Starting at a sub 4 hour pace and continuing to 40 Km, when he turned in his first lap not under 12 minutes, defending champion Allen James became the events' first repeat winner since Carl Schueler in 1991 and 1992. Since 1980, Carl has been the only back-to-back winner, having accomplished it in '84-'84 and '87-'88, as well.

Although winning by almost 2 minutes, Allen had company for most of the race. James, Andrzej Chylinski, Jonathan Matthews, Herm Nelson, and Martin St. Pierre passed 10 Km in 47:42, with Marco Evoniuk, Paul Wick, and Dave Marchese a minute back. That lead group of five stayed together through 25 Km (20 in 1:35:28 and 25 in 1:59:13), with Evoniuk hanging on the best (1:01:54 at 25). By 30 Km, only Chylinski could stay with James at 2:22:50, better than a minute under the coveted 4 hour pace. Matthews and St. Pierre had slipped by 19 seconds and Nelson was another 9 seconds back.

Turning in a quick 23:32, James opened a slight 6 second lead on Andrzej at 35 Km, with Matthews now 29 seconds back. Martin St. Pierre called it a day at 2:47:24; a sub 2:55 35 Km was the goal for consideration by the Canadian federation. Although faltering, Herm Nelson was still alive in fourth place at 2:48:33. In mid-race, another interesting battle had developed between the two four-time Olympians. Carl Schueler had steadily worked his way passed Evoniuk, as they passed 35 Km in 2:52:34 and 2:53:20, respectively. The 40 Km checkpoint pretty well defined the finish with Allan at 3:09:52, a 23:22 5 Km, and Chylinski now 52 seconds back.

Perhaps even more impressive than James' sub 4 hours was Chylinski's big PR by more than 6 minutes. While disappointed in third, Matthews continued to show his consistency with his fourth sub-4:03. Not quite "old timers", but having been the 50 Km standard bearers for better than 15 years, Carl and Marco are still threats. And rounding out the top six was Andrew Hermann with a PR at 4:19:51. In his first 50 Km in 2 years, master walker Gene Kitts surpassed the Olympic Trials' standard with a strong 4:23:53.
PAGE 2 JANUARY 1995

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.

Just missing the Trials’ standard, but setting a PR, Mike Rohl was the last under 4:30 at 4:25:12. The race saw 14 finishers under 5 hours, the most in many years.

While it is speculation, a slow down of just 15 seconds per lap (for the leaders) because of the head wind comes out to 5 minutes over the race. Four hours for the taking for Chylinski and Matthews. On the day, there were plenty of heroes and no disgrace to be beaten down by the elements.

Special thanks go to the Palo Alto Parks and Recreation department for the course and set-up material, Collagen Corporation for the post race indoor facilities, and GGRW for the person-power.


Other Races


JANUARY 1995


same place. Steve Avellaneda 26:56


Dec. 10 (1500 meters, 3 km, same place): 1. Steve Avellaneda 26:56 Indoor Walks Triathlon, North York, Ont. 26:56

Page 4 JANUARY 1995

Sac. Feb. 11

WIGGLE YOUR WAY IN SOME WONDERFUL WACES

Fri. Feb. 10
Indoor Women's 3 km, Men's 5 km, Carbondale, Ill., 8 pm (AA)

Sat. Feb. 11
10 km, Long Branch, N.J., 11 am (A)
Indoor 3 km, New York City (F)
5 km, Seattle, 9:30 am (C)

Sun. Feb. 12
Indoor 3 km, Arlington, Va., 8:30 am (J)
6 km, North Medford, Mass. (I)

Fri. Feb. 17
Indoor 3 km, Carbondale, Illinois, 9:20 am (AA)

Sat. Feb. 18
3 km, Seattle, 1:35 pm (C)
1590 meters, Brooklyn, N.Y. (F)
Indoor 3 km, Carbondale, Ill. (AA)

Sun. Feb. 19
U.S. Men's 20 km World Cup Trial, Monterey, Cal. (S)
10 km, Orlando, Florida (L)
Western Regional 5 km, Pasadena, Cal. (B)

Mon. Feb. 20
6 km, Brockton, Mass. (I)

Fri. Feb. 24
Indoor 3 km, Seattle (C)
Metropolitan Indoor 1500 and 3 km, New York City (F)

Feb. 24-26
National Master's Indoor 3 km, Reno, Nev. (X)

Sat. Feb. 25
5 km, Battle Creek, Mich., 8:30 am (Y)

Sun. Feb. 26
Conn. Indoor 3 km (BB)
Marathon and Half-Marathon, Miami (Q)

March 3-4
USA/Mobil Indoor Women's 3 km, Men's 5 km, Atlanta, Ga.

(Z)

Fri. March 3
Metropolitan Masters 1500 and 3 km, New York City (F)

Sat. March 4
Half Marathon, Chico, Cal. (R)
Colorado Indoor 3 km Championships, Colorado Springs (H)
5 km, Atlanta (D)

Sat. March 11
5 km, Seattle, 9:30 am (C)

Sun. March 19
20 km and 5 km, Huntington Beach, Cal., 8 am (B)

Sat. March 25
3.5 km, Boise, Idaho (V)
15 km, Columbia, Missouri, 8:30 am (U)

Sun. March 26
National Invitation Men's 20 km, Women's 10 km, Washington, D.C. (J)

Sun. April 2
50 km and 5 km, Stanford, Cal., 8 am (G)
5 km, Albuquerque, N.M. (CC)

Sun. April 9
10 km and 5 km, Walnut, Cal., 8 am (B)

FROM HEEL TO TOE

Well, We really blew it on the 1994 lists accompanying our Annual Rankings last month, specifically on the U.S. Women's 10 km list. Somehow, I managed to ignore the National Masters Meet, which produced several performances that belonged on the list. Then, I missed a couple of others, and have received a couple of results since publishing the list that included worthy times, including last summer's Empire State Games. Apologies to all
On the men's 20 Km list, we missed Elliot Taub with a 1:36:39. ... Apologies to Ian and Dave. In plugging their new racewalking video last month, we said you could have it for $19.95 plus $1.00 postage and handling. They have honored checks they received for $20.95, but to ease my guilt, anyone who has ordered it and paid $20.95 might drop them another buck. They shouldn't have to suffer the consequences of my stupid errors. Anyway, the 30-minute video, "Ian and Dave's Low Budget Videos, Volume II," is now available for $19.95, plus $2.00 postage and handling from Ian Whatley, 240 Donnington Drive, Greenville, SC 29615. In reply to two common questions, Ian says: "We can't accept credit cards because banks charge more this service than we make in a month. Volume I is on "Technique" and is not finished yet. It will be released as soon as we have filmed some elite female walkers as reference models." Ian notes that he is also working on a series of 1-hour audio tapes entitled "Racewalking Roundtables." Each tape includes two in-depth discussions of topics for intermediate and advanced racewalkers. More on that when they are available. "Racewalking Committee officers and committee representatives elected at the USATF National Convention in December were: Chairman—Bruce Douglass; Board of Directors Representative—Sal Corrallo; Associations—Elaine Ward; Budget and Finance Representative—Ray Funkhouser; Coaching Education Committee Representative—Troy Engle; Communications Committee Representative—Ray Funkhouser; Cultural Exchange Committee Representative—Gwen Robertson; Equipment and Facilities, Specifications Subcommittee Representative—Carol Sams; Law and Legislation Representative—Bill Hickman; Masters Committee Representative—Bev LaVeck; Medical Services Subcommittee Representative—Howard Palamarchuk; Members Services Committee Representative—Ginger Mulanax; Men's Development Committee Representative—Ron Daniel; Men's Development Committee Coaches Representative—Troy Engle; Officials Committee Representative—Lawrie Robertson; Psychological Services Subcommittee Representative—Dave Yukelson; Records Committee Representative—Justin Kuo; Rules Committee Representative—Steve Vaitones; Scientific Services Subcommittee Representative—Ian Whatley; Women's Development Committee Representative—Rich Torrellas; Women's Development Committee Coaches Representative—Gwen Robertson; U.S. Olympic Festival Committee Representative—Dan Pierce. The time schedule for the World Race Walking Cup in Beijing, China in April is: Women's 10 Km, 3 pm April 29; Men's 20 Km, 4:30 pm; April 29; Men's 50 Km, 8:30 am, April 30. Both the Czech Republic and the Slovak Republic have submitted bids for the 1997 World Cup. Splits on last summer's World Junior Championship 10 Km were: 1 km—Aigars Fadejevs, Latvia 4:14.94; 2 km—Fadejevs 8:20.59; 3 km—Sebastiano Catania, Italy 12:26.22; 4 km—Daisuke Ikeshima, Japan 16:33.44; 5 km—Fadejevs 20:42.81; 6 km—Catania 24:44.95; 7 km—Yevgeniy Shmalyuk, Russia 28:41.52; 8 km—Shmalyuk 32:42.13; 9 km—Jorge Segura, Mexico 36:37.05. Segura blistered the final kilometer in 3:50 to win in 40:26.93 with Shmalyuk 6 seconds back. Catania was fifth and Ikeshima sixth, with Fadejevs disqualified. In the women's 5 Km, Portugal's Susan Feitosa led through 4 km with splits of 4:19.37, 8:29.71, 12:45.55, and 16:58.55, but could not withstand the strong finish of Russia's Irina Stankina, who won in 21:05.41. Long-time subscriber Bob Jordan in Iowa comments: "I noted your concern commenting the popularity of 50 km walking in the U.S. The 50 km started its downhill slide in this country when qualifying times were placed on it for the Olympic Trials. Sure, you got a lot of riff-raff and slow pokes, but you also had no barriers to keep out some youngster who might just make a break-through effort at the Trials. And, the foot-sloggers like me can tell the Poles that we once were in the Trials. What could it hurt? Maybe add 20 or so to the one who missed it out of a population of 130,000,000 males. I say open it up again. Make it every man's race, and you might find a pearl amongst us pack fillers." ... Elliott Demnan notes the passing of Marion "Mike" Ritchie at age 80 with the following tribute: "Mike Ritchie was a marvelous man and a key member of the N.Y. Pioneer Club teams that won many national championships in racewalking in the 1950s, '60s, and '70s. Mike never won a major individual honor, but his spirit was unbeatable and he encourages us all. He survived all kinds of situations as a test pilot, so welcomed an opportunity to compete in a sport where contact with the ground is mandatory. R.I.P., good buddy."
Rule 150.1
- Where not specifically stated in racewalking related rules, all appropriate rules applying to track events and road racing shall be followed. This avoids needless duplication and offers solutions to problems not otherwise addressed.

Rule 150.2
- add: No finishing time shall be listed in results for any athlete who receives notice of disqualification after the competitor has completed the race distance.
- add: A race must have a minimum of three judges. All judges must be certified as racewalk judges by USATF or the IAAF.
- add: In walks where multiple distances are contested simultaneously, each competitor must declare in the entry which distance is being entered. Times for distances (but not placings) are valid only if the competitor finishes the distance entered.
- add: '...the entire event is held in daylight or with suitable artificial light'.

Rule 150.5
- add: All walking events which qualify or advance a competitor to subsequent events must be competitive racewalk only events that comply fully with racewalk competition rules.

Rule 186.2 For events where records are set:
- The maximum length shall be 5000 meters.

Rule 186.3 regarding records, replace with the following:
- For records, track races must have a minimum of four judges and road races must have a minimum of six judges. At least half of these judges must have national or higher certification, and at least one of these must have master or IAAF certification.

Note: This last item had some debate, but was ultimately passed to ensure a quality standard for judging in record-setting events. Before this, there was only a need for three judges with no experience level stated. Records are standards of excellence and the officiating should reflect this.

1994 WORLD JUNIOR LISTS
(Compiled by Lionel Peters for World Junior News)

Men's 10 Km (track)
- 40:26.93 Jorge Segura, Mexico
- 40:31.1 Aigars Fadejeva, Latvia
- 40:32.72 Yevgeniy Shmalyuk, Russia
- 40:35.72 Artur Meleshkevich, Belarus
- 40:58.46 Sebastiano Catania, Italy
- 40:58.9 Fadeyevs Aigars, Latvia
- 41:09.97 Daisuke Ikeshima, Japan

Women's 5 Km (track)
- 21:05.41 Irina Stankina, Russia
- 21:06 Susana Feitor, Portugal
- 21:24.71 Nataliya Trofinova, Russia
- 21:37 Liu Hongyu, China
- 21:41.47 Maria Vasco, Spain
- 22:03.69 Song Lijuan, China
- 22:05.76 Tatiana Gudkova, Russia
- 22:06.47 Yka Kamioka, Japan
- 22:11.5 Maribel Rebellio, Mexico
- 22:14.52 Olga Panferowa, Russia

1994 U.S. JUNIOR LISTS
(Compiled by Paul Cajka)

Women's 5 Km
- 24:37.78 Anya-Maria Ruoss 27:01 Melissa Baker
- 25:20 Danielle Kirk 27:14 Tara Shea
- 25:38 Lisa Chumbley 27:18 Corinne Colling
- 25:59.31 Debbie Iden 27:51 Maya Ruoss
- 26:19.66 Anne Lankowicz 28:38 Alison Hartney
- 26:20 Roselle Safran 28:42 Jennifer VanAxen
- 26:37.28 Debbie Scott 28:44 Andrea Stroud
- 26:48 Aimee Parson 28:48 Kathryn Thomas
- 26:57 Alison Zabrenski 29:47 Kathleen Law
- 26:59.48 Kim Lando 29:50 Samantha Cohen

Men's 10 Km
- 44:28 William VanAxen 51:28 Blair Miller
- 45:06 Justin Marrujo 52:10 Darren Paruolo
- 45:46 Kevin Eastler 52:21 Mike Hersey
- 46:41 Yariv Pomerantz 52:25 Brian Colby
- 47:03 Darren Eames 52:45 David Michielli
- 48:51 William Jesse Leggett 55:04 Ralph D'Amato
- 51:25 Brandon Perry 57:39 Adam Mendoca
1994 U.S. WOMEN'S 20 KM LIST
(Compiled by Paul Caja)

1:48:15 Lisa Sonntag 2:02:35 Bev LaVeck
1:52:07 Sally Richards-Kerr 2:03:15 Debbie Benton
1:53:35 Kaisa Ajaye 2:07:03 Eileen Lawrence
1:55:57 Therese Knoian 2:08:50 Gwen Drenck
1:57:22 Karen Stoyanowski 2:08:52 Daryl Ann Kidder
1:57:25 Margaret Govea 2:09:22 Meg Ferguson
1:58:09 Chris Sakelarios 2:09:54 Valerie Stowe
1:58:50 Gloria Rawls 2:09:58 Fran Avellandela
2:00:29 Elton Richardson

LOOKING BACK

25 Years Ago (From the Jan.1970 ORW) -- In Asbury Park, N.J., Dave Romansky blasted a 1:12:57 for 10 miles a week after a 6:29.8 Indoor 1 Mile. A week later, he improved to 6:28, but got tossed by the judges as Ron Kulik won in 6:33. Not discouraged, Dave went even faster with a 6:12.8 in Pittsburgh and a 6:23 in Philadelphia... Floyd Godwin, a recent convert from running, edged Larry Walker in Los Angeles, as both recorded 6:35.9. The next day, Godwin won the Rose Bowl 10 Mile Handicap in 1:15:38... Chicago's 10 Mile handicap was won by a young U. of Illinois student, Bob Henderson, in 1:36:30.

Walking for only a few weeks at that time, Bob improved quickly and went on to international status... locally, we had what was called a 5 Km race. Walking somewhere on a snow-covered track in wind-blown 18 degree temperature, we covered 12 laps, and figured this included a good bit of extra distance as we were probably well outside of lane 1. Doc Blackburn, given a 5:10 handicap, recorded a good 30:24 to edge out Mortland's 35:24. Barry Richardson, who had unsuccessfully tried to clear the track, finished third.

20 Years Ago (From the January 1975 ORW) -- Ron Laird turned in the fast time in the Orange Bowl 10 Mile handicap with a meet record 1:12:26 and caught all but two of the field that had started at various times ahead of him. Steve DiBernardo had a 1:18:52... Karl Merschenz braved January cold in Toronto to record a 1:38:36 for 20 Km on the 1st and a 2:45:00 for 30 Km on the 19th... In the 'Mortland-turns-Master' 10 miler in Worthington, Ohio, your editor stormed to victory in 1:23:12. And, if I was turning Master 20 years ago, you can guess what that means now. As a matter of fact, I sit here typing this on the very day that I hit the big 60. Walked 6 km through 4 or 5 inches of snow to celebrate.

15 Years Ago (From the January 1980 ORW) -- Todd Scully won the Olympic Invitational 1500 meters in a quick 3:41, better than 20 seconds ahead of Bruce Harland... In a Los Angeles 1 Mile, Ray Sharp did 6:13, 4 seconds ahead of Larry Walker... Chris Knots turned in the fast time in the annual New Year's Eve 6 Mile Handicap in Springfield, Ohio with a 46:27, but could finish only fifth as handicapper Jack Blackburn took care of his family. His father, Dr. John (64:36), crossed the line first, daughter Kathy (66:23) came second, son Tim (56:29) finished third, and Jack himself (52:57) was fourth. Chris had the consolation of a meet and course record, a good time on a cold, dark night.

10 Years Ago (From the January 1985 ORW) -- Jack Blackburn was faster 5 years later as he did 52:19 in the New Year's Eve race, but his crooked handicapping had slipped as he could only manage seventh. Chris Knots also improved, breaking that course record with a 46:10, but he was just one place ahead of Blackburn at the finish.

5 Years Ago (From the January 1990 ORW) -- Teresa Vaill blasted a 6:50.4 Mile to win the Dartmouth Relays. In the men's 2 Mile, it was Curtis Fisher winning in 13:26.2... In the New England Indoor 3 Km Championship, Canada's Tim Barrett left Dave McGovern nearly a minute behind as he won in 11:29.6. Vaill won the women's race in 13:07.8, 15 seconds ahead of Lynn Weik... The New Year's Eve 6 Mile had now moved to Xenia, Ohio, along with Jack Blackburn (it has been held in Columbus, Worthington, Rathbone, Van Wert, Continental, Springfield, and Xenia, depending on Jack's location). This time, Tim won in 55:13, 4 minutes ahead of his tired old dad.

Note: Please accept the "English" spelling of their language in the following article. I guess Ian hasn't been here long enough to learn how his language is properly spelled. Much the pity.

Racewalking Sports Science Bulletin 1/95
©1995 Ian Whatley

Bounding and Tyre Dragging for Racewalkers

"What is bounding and is it useful for racewalk training? Some coaches recommend dragging a tyre attached to a waist belt as a way to strengthen the hamstrings and knees. What are your feelings on this?"

Ken Uecker, El Paso, Texas

Bounding, sometimes called Plyometrics, is training to improve the energy storage and return of the elastic tissues running within and between the muscle fibres of the leg. It is often used by hurdlers, jumpers and middle distance runners.

Examples of Plyometric exercises include hopping, bounding up hill with long slow strides, very slow running with high knee lift or high heel flicking, deep squat jumps, 2 footed jumps off boxes and rebounding back up onto other boxes. These movements are not related to the biomechanics of racewalking and I don't believe they will help racewalkers to race faster. There have been no scientific tests of the effect of these exercises on racewalkers.

I trained as both a runner and racewalker at Loughborough University in England where Plyometrics were first refined for middle distance running. The exercises were carried out in a gym with equipment such as
beams and boxes or on a track/road hill for the pure bounding exercises. There seemed to be some improvement in energy expenditure when running at 400 to 1500 metre race pace. Improved efficiency or economy of movement is desirable for racewalkers. However, these exercises caused marked muscle soreness, seem to increase injury rates and had no clear benefit for longer distance running or racewalking performance.

The difference between bounding for runners or jumpers and drills for racewalkers is that different muscle groups and movement patterns are used. It is best to gain maximum racewalking specific fitness and technique before filling your limited training time with unproven alternative exercises that may cause injuries.

Dragging a tyre on a flat surface is useful to check that you are moving forward at a constant speed. Racewalkers slow down at heel strike and re-accelerate as the leg passes under the body. The greater the speed change through the stride, the greater the energy cost. This is similar to the effect of driving a car by pressing the accelerator and brake in rapid succession. If you have only a slight speed change through your stride, the tyre will slide steadily. If the tyre alternately slides and stops, it indicates a lack of smoothness in your racewalking technique.

The risk is that you will alter your technique. You will get better at dragging tyres but this is not yet an international event! There are far more effective ways to improve “strength” such as weight training, fast intervals or racewalking up a slight hill. I suggest tyre dragging as an occasional check for smooth technique but not as a strength training method.

Racewalking Sports Science Bulletins may be reprinted by non-profit organisations provided that authorial credit is given.
JANUARY 1995

PAGE 14

JUN 13-17  USA/MOBIL OUTDOOR CHAMPIONSHIPS
HUGHES STADIUM
SACRAMENTO, CA
SM 20K, SW 10K **QUALIF. STDS**

JUN 24-25  US JUNIOR T&F CHAMPIONSHIPS
MT SAN ANTONIO COLLEGE
WALNUT, CA
JM 10K, JW 5K **QUALIF STDS**

JUL 5-9  US MASTERS OUTDOOR T&F CHAMPS
EAST LANSING, MI
MM, MW 5K; MW 10K; MM 20K

JUL 25-30  JUNIOR OLYMPICS TRACK & FIELD
SAN JOSE CITY COLLEGE
SAN JOSE, CA
Various divisions, distances

JUL 28-30  US OLYMPIC FESTIVAL '95
DENVER, CO
SM 20K; SW 10K

AUG 4-13  5th WORLD T&F CHAMPIONSHIPS
SW 10K, SM 20K, 50K
Selection at national championships

AUG 19  US 5K/3K CHAMPIONSHIPS
ORONO, ME
JM 5K tr, JW 3K tr

SEP 10  US 40K CHAMPIONSHIPS
FT. MONMOUTH, NJ
SM, MM, MW

SEP 16  US MASTERS 5K ROAD CHAMPIONSHIPS
EASTMAN COMPLEX
KINGSPORT, TN
MM, MW
and
US 5K CHAMPIONSHIPS
SM, SW

SEP 24  US 15K CHAMPIONSHIPS
NORTHWEST POINT
ELK GROVE VILLAGE, IL
JM, SW, SM, MM/W

PAGE 15

SEP 30  ALONGI INTERNATIONAL R W CLASSIC
DEARBORN HEIGHTS, MI
SM, SW 3K, 5K, 10K, 20K

OCT 8  US 1HR/2HR CHAMPIONSHIPS
MIT TRACK, CAMBRIDGE, MA
SW, JM, JW, MM, MW 1HR:SM 2HR

SEP 14  US MASTERS 5K ROAD CHAMPIONSHIPS
KINGSPORT, TN
(See Sep 16, 1995)