Herazo, McGovern win at National Invitational

Washington, D.C., March 26—A large contingent of racewalkers braved the new Washington, D.C. race course (replacing the Lincoln Memorial course) and its cold, windy conditions in the annual National Invitational racewalks today. The men’s 20 Km went off first. Philip Dunn and Dave McGovern battled for the lead for 14 km before McGovern took over. Dunn hung close the rest of the way but couldn’t get back in a challenging position as McGovern won in 1:28:01. Dunn was 13 seconds back at the finish, well clear of Ian Whatley (1:29:57) in third. McGovern had 44:20 at 10 Km, a second behind Dunn, but was able to go a little faster over the second half.

In the women’s 10 Km, which followed, Victoria Herazo blitzed the field with an opening 6:54 mile and coasted to an uncontested win in 46:26 as the sun appeared to warm the course. In a battle for second, Joanne Dow continued to impress, winning a race-long battle with Canada’s Pascal Grand by 4 seconds in 47:44.

The day’s events also included junior races at 5 Km (women) and 10 Km (men), and an open 5 Km for both men and women. Brandon Perry (48:27) and Alison Zabrenski (25:59) won the junior races. Results (splits are for 2 Km laps):

Women’s 10 Km:
4. Rachel Robichaud (27), Ottawa, Can. 49:15
5. Susan Hornung (29), Calgary, Can. 49:33
6. Cheryl Rellinger (29), Bedford, Tex. 50:04
7. Gretchen Eastler (22), Farmington, Maine 50:14
8. Danielle Kirk (21), Kenosha, Wis. 50:22
9. Kim Wilkinson (36), Pacific Grove, Cal. 50:46
10. Gayle Johnson (46), Columbia, Missouri 50:58
11. Lisa Sonntag (31), Indianapolis 51:37
12. BobbiJo Kukan (21), Uniontown, Pa. 52:37
13. Molly Lavacek (29), Wichita, Kan. 53:02
14. Kelly Watson (29), Racine, Wis. 53:06
15. Marykirk Cunningham (29), Arlington, Vir. 53:08
16. Barbara Duplichain (35), Richland, Miss. 53:30
17. Pat Weir (44), Wall, N.J. 53:31
18. Gloria Rawls (38), Mountaintop, Pa. 53:55
19. Elizabeth Fashun (22), Racine, Wis. 53:57
20. Nancy Sweazy (39), Can. 54:06
21. Suzanne Kisting (21), Graystone, Ill. 54:33
22. Anne Lankowicz (12), Bohemia, N.Y. 54:45
23. Amber Nichols (22), Kenosha, Wis. 55:14
24. Alba Campbell (47), St. Petersburg, Flor. 56:24
25. Sara O’Bannon (32), June Beach, Flor. 56:38
27. Maryanne Torrellas (36), Clinton, Conn. 57:00
28. Linda Stein (47), Sunrise, Flor. 57:30
29. Patricia Jones (32), Can. 59:06
35. finishers, 37 starters)

Men’s 20 Km:
1. Dave McGovern (29), LaGrange, Georgia 1:28:01
2. Philip Dunn (23), Falls Church, Vir. 1:28:18
3. Ian Whatley (34), Greenville, S.C. 1:29:50
4. Andrew Hermann (24), LaGrange, Ga. 1:31:52
5. Chad Eder (21), Cedarville, Ohio 1:32:44
6. 

...
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**Top:** Ecuador's Jefferson Perez, Pan-Am Games 20 Km winner. (Steve Vaitones photo)

Below: 20 Km World Cup Trials, left to right: Allen James, Mark Greene, Andrzej Chylinski, Dave McGovern, Marc Varsano, Andrew Hermann (partially hidden), Ian Whately, Gary Morgan, William Van Axen, and Herm Nelson. (Photo courtesy of Stella Cashman)

**APRIL 1995**


**Page 3**

First up was the 20 Km on Saturday. With only two days to stretch out and recover from the flight, and the hottest day of the Games to contend with, Allen James and Jonathan Matthews took to the line for the 50-lap track event. James was with the lead pack through the first 3 Km, walking at a brisk 4:10/km pace, while Matthews tried to take the conserva tive approach and was in the second pack of athletes. By 4 km, Matthews
began to feel his groin pull and was forced to pull out early. James, dropping off the pace, tried to conserve his energy for the latter stages of the race.

By 10 km, a tremendously exciting race began to develop between the two Mexicans, Bernardo Segura and Daniel Garcia, and the Ecuadorian, Jefferson Perez. Tightness, strain, and fatigue caught up with James at this point. In an effort to stay in the race, James stopped and saw the trainers and loaded up with ice, only to drop out 3 laps later.

The final two laps were incredible. Using a lapped athlete, the Mexican's teamed up on Perez to box him in. A frustrated Perez threw his hat down in disgust and sped off after the Mexicans. First to drop off was Garcia as Perez trailed Segura. With 100 meters left, Perez challenged Segura down the final stretch, sending Segura skyward, at least in the eyes of the judges, though he crossed the line first. After calling his mother to share the news of a victory, Segura was shown the red paddle. Also getting the paddle after the race was Colombia's Hector Moreno, who would have moved into third place. So the final results were Perez, Garcia, and the Guatamalan, Julio Martinez.

A disappointing result for the U.S. team has a valuable lesson in it: prepare to race tight if you have a long flight, especially with only two days on the ground. All the other competitors had been in Mar del Plata since the previous Sunday.

The women's 10 Km was our best prospect for a medal, with both Vaill and Rohl coming off their strongest year. Once again, the temperature was hot as Vaill led at the start. The pace setting was near perfect for Vaill, considering the conditions, at 4:35/km.

It didn't take too long for the race to become a two-country affair, with the Mexicans and the U.S. squad. Graciela Mendoza challenged Vaill's and Rohl's early leadership and the trio soon dropped the other Mexican. The heat began to challenge all of the athletes and the first of the lead group to be affected was Vaill. Surprisingly, Rohl, who had been battling dehydration and severe diaphragm cramps since the long flight, was right in the thick of it, battling with Mendoza. With 2 km to go, Mendoza decided to make her move. Rohl remained within striking distance until she was warded off by one of the judges with 600 meters remaining and two calls on the board. Trailing by 20 seconds, Vaill had almost a full minute over fourth place, until she was DQd with 800 meters left.

The result was somewhat more controversial than the 20 Km, as it appeared as though all the top women looked alike. Jerzy Hausleber, now overseeing the Mexican walking, cycling, and distance running programs, said after the race that it seemed unfair, "If you call one out, you must call them all out."

Once again, a commentary on race preparations. It is very easy to become dehydrated on long flights. For Rohl, this meant missing about four days of final preparation and spending most of her time in the training room. They even gave her IV and acupuncture to try and relieve the symptoms. Considering all of this, her silver medal is truly outstanding. However, do whatever you can when traveling to drink, drink, drink, and don't drink caffeine, alcohol, or other dehydrating substances.

Finally, we arrive at the long one, the 50, contested at the site of the 1988 Pan Am Walking Cup. Unlike the other two events, the conditions were cool and slightly breezy at the start. Representing the U.S. were James and Andrzej Chylinski. The field, led by Olympic silver medalist, three-time World Cup winner, and defending Pan Am 50 Km champion, Carlos Mercenario, wasted no time in getting down to business. Two packs quickly formed as the lead group sped around the first 2.5 km loop in 11:35, with the second pack about 20 seconds back. This seemed to be the slowest loop for many as things only got faster.

OTHER RACES
APRIL 1995


OPPORTUNITIES TO TRY AND WALK FASTER THAN THE OTHER GAL OR GUY

Sat. May 6
3 Mile, Detroit (W)
5 Km, Decatur, Georgia (D)
5 Km, Providence, Ri., 60 am (Z)
3, 5, and 10 Km, Dearborn, Mich. (W)
10 Km Broomfield, Col. (H)

Sun. May 7
1500 meters, Atlanta (D) (And every Tuesday through July 11)
1500 meters, Atlanta (D)
10 Km, Broomfield, Col. (H)

Tue. May 9
5 Km, Detroit (W)
5 Km, Somerset, Pa., 9:15 am (BB)
5 Km, Larkspur, Cal., 8 am (F)

Sat. May 13
5000 meters, San Jose, Calif. (P)
5 Km, West Valley (Z)
1000 meters, Santa Cruz (K)

Sun. May 14
1500 meters, Marin, Cal. (F)
Mortland Racewalks, 5, 10, and 20 Km, 8:30 am, Yellow Springs, Ohio (K)
5 Km, Track, Atlanta (D)

Fri. May 19
1 Hour, Glenview, Ill. (Call Diane at 313-327-4493)
2000 meters, Atlanta (D)

Sat. May 20
5 Km, Indianapolis (V)

Sun. May 21
5 Km, Davenport, Iowa (Call Jim at 319-386-0940)

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Mon. May 22
Fri. May 26
Sat. May 27
Sun. May 28

5 and 10 Km, Denver (H)
1 Mile Houston (And each Friday through June 30) (NO

USAT&F Men's 10 Km, Niagara Falls, N.Y. (T)
Along 5 Km, Marin, Cal., 3 pm (P)
National Youth Road RW Championships and Ozark 5 Km,
Bridgeton, Missouri (Call Ginger Mulanax at 314-298-0916)

Sat. June 3
Sun. June 4

5 Km, San Mateo, Cal. (P)
5 Km, Indianapolis (DD)

Contacts

A--Elliot Denman, 28 N. Locust, West Long Branch, NY 07764
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91105
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

FROM HEEL TO TOE

Viisha Sedlak and the American Racewalk Association will have the association's 7th Annual Racewalk Training Camp at Boulder, Colorado from May 25 to 29. Beginners as well as future Olympians are encouraged to attend. You will find two-a-day workouts, seminars, video coaching, individual attention, and a beautiful locale. Seminar topics include speed, strength, and form drills, biomechanics, mental training, fat reduction, and racing strategy. The cost is $485, $925 for a couple, and $460 for seniors. Contact the ARA at PO Box 18323, Boulder, CO 80308-1323, Phone 303-447-0156 ... Bob Bowman lets us know that the "new" Olympic racewalk course in Atlanta (March ORW) will never be the course. (Actually, Phil Howell, who first put the item about the course in the Georgia Walkers newsletter let us know first.) Bob says it has more problems than the one used for the Pan Am Cup. The loop is way too far from the Stadium (more than 2 Km). It is also too up and down and requires crossing major traffic routes. According to Bob, the real Olympic course will either be in the same neighborhood as the Pan Am Cup course, minus the hill, or, more likely, just outside the stadium in the parking area/side streets...

All U.S. racewalkers are encouraged to participate in the USATF sponsored regional racewalking competitions and regional ladders at 5, 10, and 20 Km. Contacts for more information are: East Region--Dave Lawrence 716-875-6361; North Region--Dennis Witham 317-772-4288; South Region--Bobby Baker 615-349-6406; West Region--Bob Carlson 303-377-0576. Or simply subscribe to the Racewalking in the 6-Regions quarterly
A Concerned Racewalker
Member of the Monterey Peninsula Walk Walk Walk Club

Ed. We have published very similar letters off and on over the last 25 to 30 years and nothing has really changed yet. The technology, we were told, was there 25 years ago, though then it was just high-speed movie cameras, but I have yet to see a practical suggestion of how to apply it in a practical manner so that you have a result when the race is complete. The National Football League dropped the technology (instant replay) and decided to let the official’s do their job. Through those years, I have continued to suggest that we need more consistency in judging and a greater number of competent judges. Most sports are judged by the unaided eye and walking need not be any different. As to the beauty and grace, I find today’s elite walkers looking much more beautiful and graceful than the rather cumbersome (in comparison) walkers of my day.

After several years, long-time subscriber Bob Steadman (the same one who wrote above) has heard from his friend in Mongolia, T.S. Gombajab, and, as always, is sharing the correspondence with ORW readers.

Ulan Bator
November, 1994

Dear Steadman,

Thanks for your letter and all the copies of Ohio Racewalker. I had not heard from you for a long time. Here, too, walking has been quiet, but we did have an exciting 10 Kilo championship at the Genghis Khan Stadium last summer.
As in other countries, there has been argument about judging, so we were interested to read in Mr. Mortland's magazine about the Furlong gadget to catch walkers lifting. We smuggled one out of America as a model. Then some friends in China—they have testosterone contract for Chinese lady swimmers—made us 15 copies with red lights and a central receiver, enough for our big races.

Out Lodor, sports writer for Ulan Bator Tribune, had written that walking judges are blind, so we had each one fitted with a siren. This was a mistake, because the noise that began as soon as the starter's gun fired sounded like ambulances, and attracted dogs.

I thought that all the dogs in Ulan Bator were eaten in the last famine, but the noise drew them from near and far, even the yak-herder's dogs. For a while, they only followed the lifters, but when my grandson tried to lap a pack of about 20 howling dogs and three frantic judges, chaos! Are these dogs what you call "ambulance" chaser? When one of the dogs seized the chief judge's red flag, the language was as loud as the sirens. They had to call the race off after 12 laps.

The event was put on the first page of the Tribune, giving us walkers the publicity we have always wanted, but not looking undignified like a dog pound. I will tell you when our engineers have redesigned the run alarm.

Sincerely,
T.S. Gombojab

LOOKING BACK

30 Years Ago (From the April 1965 ORW)—Our second issue was still quite parochial in nature, as we had yet to develop our vast international and international network of sources. However, we did show races in New York City, Kings Point, N.Y., and Toronto on our schedule of events (called just that at that time). The big news was Jack Mortland's decimation of Jack Blackburn on the famous Doc Blackburn side-yard track (9.3 laps to the mile). Blackburn held on for 5 3/4 miles of the 8-mile race and then had to stagger in as Mortland's 61:18 left him nearly 2 minutes behind. The 52-year-old Dr. John Blackburn recorded a 75:56. Mortland also won a 12-mile affair in 1:36:43, but fell apart himself in that one, requiring nearly 18 minutes for the final 2 miles.

25 Years Ago (From the April 1970 ORW)—Walking was entering a new era as evidenced by Dave Romansky's American Record 1:58:09 for 25 Km, Tom Dooley's 15 miles 1093 yards for 2 hours (passing 25 Km in 1:59:20), and Greg Diebold's 13:28.6 for 2 miles. Romansky also had an American record 50 Km (4:15:23) on the track. Another American record went to Shaul Ladany with his 7:52:04 for 50 miles. Locally, the rapidly aging Mortland (then 35) again hit the wall over the last 2 miles as he won a track 20 Km in 1:40:33. He also won a 10 Km on the track in 48:38, ahead of Paul Reback's 49:54.

20 Years Ago (From the April 1975 ORW)—Ron Laird won his 57th U.S. title, and first since 1971, covering 25 Km in 1:56:38 in Seattle. Dave Romansky was still gaining around quite well, going 1:34:38 for 20 Km on the track. The World record for 100 Km fell to Jean-Pierre Garcia of France, who covered the distance in 9:33:06. Ladany was still cleaning up in the ultra-distances, winning the U.S. 75 Km title in 7:22:20, 17 minutes ahead of Dan O'Connor.

15 Years Ago (From the April 1980 ORW)—Walking the second fastest 50 Km ever by an American, Carl Schueler won the national title in New York City with his 4:06:07. Dan O'Connor was 13 minutes behind as Schueler bettered his personal record by 18 minutes. A week later, O'Connor won the National 20 Km in Seattle in 1:26:21, a U.S. best and 7 minutes ahead of John VanDenBrandt. In Mexico, Daniel Bautista went through 15,121 meters in an hour, and 4 days later did 20 Km in 1:20:59 (at 4700 feet altitude). Soviets were second in both races—Anatoly Solomin with 15,042 meters and Nikolai Vinitschenko in 1:21:30. In a swift Spanish National 50 Km, Jose Marin did 3:43:35 and Jorge Llopart 3:45:55. Sue Brodock had the fastest ever 20 Km by an American with her 1:45:20.

10 Years Ago (From the April 1985 ORW)—Overtaking Tim Lewis in the final 10 Km, Carl Schueler won the National 30 Km in 2:26:17, 2 minutes ahead of Lewis. Two weeks later, Lewis won the National 25 Km in Washington, D.C. in 1:52:55, nearly 6 1/2 minutes ahead of Dave Cummings. At the same site, Teresa Vaill won the Women's National 20 Km in 1:44:29 with Sue Liers second.

5 Years Ago (From the April 1990 ORW)—Tim Lewis, dominant at 20 Km, was a surprise winner of the National 50 in 4:10:46, nearly 6 minutes ahead of Marco Evoniuk. Mark Manning, Mark Fenton, Eugene Kitch, and Dan O'Connor followed. The Mortland Invitational 20 Km in Columbus went to Gary Morgan in 1:32:07 with Steve Pecinovsky in 1:34:12, but the big news was 58-year-old Max Green in seventh with 1:43:41, a world best for those over 55. Zofia Wola won the women's 10 Km in 49:30. In the National Invitational walks, Teresa Vaill and Tim Lewis walked to victory. Vaill did 46:21 for 10 Km, leaving Sue Liers more than 4 minutes back. Lewis covered the 20 in 1:28:05 with Richard Quinn (1:29:47) and Curt Clausen 1:30:17 following.

RACE WALKING PRE-TEST, by Cary Westerfield 1995 (Permission to reproduce)

Directions: Before your clinic on race walking, take this test. During the clinic, check your answers, and make corrections if necessary.

1. Which diagram shows legal, but not necessarily great race walking technique. In the space to the right, list some possible reasons why the walker is illegal, or why his form is not great.

   (Courtesy of Ron Laird)

   A. )

   B. )

2. Assume that both walkers are the same height, age, weight, and sex, and that they have had identical training. They have the same leg speed and endurance, etc. Which walker will cross the finish line first in a 10,000m walk? And how much further ahead will he/she be? (This is a math problem.)

Which is the active part of walking, the Support or Swing phase? Underline one. Which body parts are speeding up and which are slowing down?

4. What happens next during the walking gait? What causes it to happen?
(Think of what would happen to you if you were riding down a hill in a wagon, and you hit a curb. Where would you end up?)

5. Which arm movement should the race walker emphasize? Forward arm swing, or rearward arm swing? (Look at the diagram in question #4.) Why?

6. Which diagram illustrates the correct application of lean? (Assume that all instances of lean are approximately 5° at most.)

Above: An old postcard I found among family possessions, with the caption: Dr. Deighton starting on his walk from Lands End to John O'Groats. The doctor trains only on Bovril.