Fort Monmouth, N.J., Sept. 10--Call Rob Cole a hot young Olympic candidate. The 25-year-old from LaGrange, Georgia led every step of the way in winning the gold medal at the 57th annual National Championship 40 Km racewalk here today.

It was the first ever USA T&F national crown for Cole, a graduate of Hendrick Hudson H.S. in Montrose, N.Y. and the University of Wisconsin-Parkside. Now representing the Reebok Racing Team, he did it decisively. Cole was clocked in 3:28:45 over 20 laps of the 2 Km loop.

"Sure, I'm thinking about Atlanta (site of the 1996 Olympic Games), but my real goal is Sydney in 2000," said Cole. His target is the 50 Km racewalk, the longest footrace on the Olympic program. It will take a time of 4 hours or better and a finish in the first three at next April's 50 Km Olympic Trials for Cole to make the team.

Dr. Eugene Kitts, a chiropractor from Aiea Hawaii, who has been a U.S. internationalist for the past decade, came on strong in the second half of the race to claim second in 3:37:51.


With 1994 champion Dave McGovern, another resident of LaGrange (the center for would-be Olympians), a late scratch with a knee injury, 57-year-old Dave Romansky of Pennsville, N.J. was the lone past 40 Km champion to compete. The 1968 Olympian flashed some of his old form with a 3:57:46 fifth place that beat many of the younger entries and won the Masters 55-59 division gold.

Host Shore Athletic Club retained both its men's open and women's Masters Team titles. The club was hosting the race for the 32nd time in the past 33 years. They missed only in 1971, when the race went to Kansas City. Results:

Herazo, McGovern dominate

Cambridge, Mass., October 8—An early morning start for the USATF Men's 2 Hour Championship Racewalk, held on the MIT track, found Dave McGovern and Kouchaou El Hassan (from Morocco) immediately breaking away from the remainder of the very small field. By 1600 meters, Dave had a commanding lead over the remainder of the field and was lapping the other five competitors at the end of 2 miles.

It was very cool and damp at the start of the race, but overcast weather soon disappeared and the temperature and the humidity rose rapidly. Hassan (did not speak any English) received his third red card near the 1-hour mark and McGovern was continuing to build up his lead over the remaining three competitors for an impressive win, covering 23,606 meters.

The Women's 1 Hour Championship had a much larger field (31) for the 11:40 am start. Victoria Herazo broke into an immediate lead, followed closely by Maryanne Torrellas. By 5 km, Herazo had lapped the field and she went on to a decisive win in the oppressive conditions. This was Victoria's fourth National title in the last few months (20 km, 5 km, and 15 km earlier), plus Olympic Festival and four wins at the National and World Masters Racewalks.

In the Master's 1 Hour, Bob Keating scored a surprisingly easy win over Jim Carmines, finishing nearly a lap and a half ahead. Carmines settled for first in the over 50 category, beating Alan Yap by nearly 300 meters.

Results:


Judges: Bruce MacDonald, Elliott Denman, Stella Cahsman, Karina MacDoanld, Marcia Shap, and Ray Funkhouser.


Judges: Stella Cahsman, Tom Eastler, Tom Knatt, Bruce MacDonald, Karina Ullman (46), NEW 10,578 8. Stuart Summerhayes (61), Cambridge (Ontario) 24. Bryan McCreight (99), Walledfing, Conn. 7339 4 DQs

OTHER RESULTS


CARE FOR A WALK IN THE PARK (OR ON THE TRACK, PERHAPS THE ROAD)?

Sat. Nov. 4
Eastern Regional 50 Km Championship, Washington, DC (I)
5 Km, Picauryne, Mississippi, 8:30 am (M)
5 Km, Miami, 8 am (Q)

Sun. Nov. 5
Eastern Regional 50 Km, Olympic Trials Qualifying 20Km, and Potomac, Valley 1 Hour, Alexandria, Virginia (I)
2 Mile, Salem, Oregon (O)

Sat. Nov. 11
5 Km, Key Biscayne, FL, 7:30 am (Q)
5 Km, Seattle, 9 am (C)

Sun. Nov. 12
10 KM, Concord, Mass. (I)
5 Mile, Boston (I)
Florida State 20 Km (Q)
1 Hour, Los Altos Hills, Cal., 9 am (G)

Sat. Nov. 18
5 Km, Miami, 7:30 am (Q)
1 Hour, Fort Monmouth, N.J., 10 am (A)

Sat. Nov. 25
5 Km, Atlanta (D)
5 Km, Coral Gables, Fla., 7:30 am (Q)

Sun. Nov. 26
35 Km and 2 Miles, Houston, 8 am (Y)
5 Km, New York City, 9 am (F)
1 Hour, Fort Monmouth, N.J., 10 am (A)
5 Km, Miami (Q)

Sat. Dec. 2
5 Km, Miami, 8 am (Q)

Sun. Dec. 3
5 Km, New York City, 9 am (F)
5 Km, Point Pleasant, N.J. (A)

Sat. Dec. 9
5 Km, Seattle, 9 am (C)
5 Km, Miami, 7:30 am (Q)

Sun. Dec. 10
USATF Southeast Regional Masters and Open 10 Km, Florence, S.C. (L)
5 Km, Kent, Wash. (C)
program. Its track and field program has been nationally ranked for a number of years. Interested athletes can contact Mike Thorsen, Track Coach, University of Mary, 7500 University Drive, Bismarck, ND 58504. Telephone 701-255-7900 or 1-800-408-6279, Ext. 471.

LOOKING BACK

30 Years Ago (From the October 1965 ORW)--An easy winner of the National 15 Km in Atlantic City was Ron Laird, with the editor of the fledgling Ohio Racewalker edging Ron Daniel for second... The World Record for 50 Km fell to Christoph Hohne. Walking on a track in Dresden, EG, he finished in 4:10:52... In separate 1 Hour races, Henri Delarue of France went 8 miles 636 yards and Deiter Lidner of West Germany covered 8 miles 286 yards... And the East Germans started a string of four straight wins in the World Cup as Lidner (20 Km) and Hohne (50 Km) won individual titles.

20 Years Ago (From the October 1975 ORW)--The GDR led the World Cup by 7 points after the first day’s 20 Km, but came unglued in the 50 and lost to the Soviet Union. Karl-Heinz Stadtmuller won the 20 in 1:26:12 from Bernd Kannenberg of West Germany. Yevgeniy Lyungin won the 50 for the Soviets in 4:03:42, with West Germany’s Gerhard Weidner in second. The East Germans lost one man on a DQ about half way through the race and had another hit the wall at about 35 Km, seemingly handing the race to the Soviets who had three competitors in the top five at that point. But suddenly, Veniamin Soldatenko was pulled by the judges at 40 Km and the GDR was back in it, only to have Ralf Knutter pulled in turn at about 45 Km. West Germany was a close third in the team race. The U.S. had a bad time of it with two DQs in the 20 and finished last of the nine teams... In an accompanying women’s 5 Km (not an official World Cup event yet at that time), Sweden’s Margareta Simu won in 23:41, nearly a minute ahead of teammate Siv Gustavsson. Britt Holmgren completed a Swedish sweep. Sue Brodock was fifth in 2:25:56, 13 minutes ahead of Paul Ide.

FROM HEEL TO TOE

The Southeast Masters 10 Km in South Carolina on Dec. 9 (see schedule above) will include separate sections for women and men starting at 8 and 9 am, respectively. This will allow the women to use the race for attaining the Olympic Trials qualifying standard (49:45). The races are on the track and sufficient certified judges will be on hand to meet qualification criteria. Call John Snaden at 803-5665-4396 if you have further questions...

The University of Mary, a small, private university in Bismarck, North Dakota, is actively seeking men and women competitive racewalkers for enrollment. A number of athletic scholarships will be offered ranging from $2600 to full tuition ($6500). Athletes must meet NAIA eligibility standards. The University of Mary has an enrollment of 2000 students with numerous highly regarded academic
5 Years Ago (From the October 1990 ORWW)—In a great Alongi Race, Poland's Zbigniew won easily in 1:23:40, leaving Guillaume Leblanc 74 seconds back. Tim Lewis was third in 1:26:52 and five other U.S. walkers 1.30 (Doug Fournier 1:27:47, Curtis Fisher 1:28:26, Allen James 1:28:49, Carl Schueler 1:29:15, and Dave McGovern 1:29:54). In the women's 10 Km, Debbi Lawrence won in 45:34, beating Lynn Weik (45:56), Canada's Janice McCaffrey (46:26), and Victoria Herazo (46:50).


Always interesting and astute in his commentary, ORW reader and sometimes competitor Martin Smith sent us the following letter from America's heartland in Cedar Rapids, Iowa.

Bill Tallmadge's comments on judging prompted me to consider again some aspects of racewalk judging. Tallmadge asserts that, lifting without bobbing up and down is impossible. Judging by observing this bobbing is not particular useful, because the bobbing motion caused by lifting is much smaller than the 25 to 38 millimeters Tallmadge estimates and legal racewalking involves at least some vertical motion for almost all racewalkers. If, in legal racewalking, this motion is Tallmadge's quarter inch (6.2 mm), it is enough to make lifting with flight duration of slightly more than 30 milliseconds indistinguishable on this basis from legal racewalking. (In 30 ms, with a horizontal takeoff, the walker's center of gravity falls only 5 mm.) Judging by the amount of head bounce would allow longer flight times to go undetected than now escapes the judges.

Also, the assumption that, during walking (or lifting with flight duration comparable to those observed), head vertical motion can be directly associated with either loss of contact or with vertical motion of the center of gravity is underemphasized. If a racewalker can change the height of the head (by changing the vertical length of the spine) with appropriate timing, head vertical motion may be an aid to maintaining contact. I believe many racewalkers attempt to vary spinal extension in precisely this manner.

For judging to become more effective, judges will have to be trained to penetrate the illusions created by skilled racewalkers. The primary illusion is that the advancing foot has contacted the ground significantly before the actual contact.

The second illusion is that smoothness is a useful determinant of contact in racewalking. (It may be said that this illusion is perpetuated upon the judges by their own assumptions.) I remember hearing Larry Larson tell about watching films of Paul Gonzalez. Larry explained that it seemed paradoxical that in some parts of the film where Gonzalez appeared smooth and looked absolutely "on," slow or stop motion revealed him to be nearly lifting, while at other times, when he appeared much rougher, stop motion showed he was legal.

One difficulty in judging contact directly may be that seeing the exact point where contact is made or lost requires foveal vision, that is, vision within the small angular area that focuses light onto the high density cone region in the center of the retina. The separation
Yesteyear -- Training 70 Years Ago

(Here is the conclusion of Dudley Harris's extracts from the book The Secrets of Training, published in 1925. This feature began in last month's issue.)

WALKING AS PART OF TRAINING
Walking should form the basis of all athletic training, as it lays the foundations of stamina without fear of injury. Unfortunately, track walking is not as popular with the public as it should be, largely due to the shuffling and often doubtful styles.

In preparation for long-distance work, walking can scarcely be over-done. All athletes should learn to become good walkers, and should constantly indulge in this form of exercise.

The actual process calls for considerable effort, but, by the correct synchronisation of all movements, is easily overcome.

SYNCHRONISATION & BALANCE
There are four centres of resistance which have to be overcome:
1. Imparting of forward movement to the body
2. Swinging of the arms.
3. Action of trunk and pelvis.
4. Raising of the body.

Perfect synchronisation demands that all four be in harmony. Hence the athlete should aim at perfecting style before attempting speed.

The big toe plays an important part in the back thrust. The angle at which feet are placed on the ground has influence on big toe thrust. If feet are turned out, the thrust can only be on the side of the toe, or about the upper joint, and make it sore.

Every endeavour should be made to acquire good balance. Learn to stand correctly; walk as in slow marching, pointing the toe; walk sideways and backwards; do some shadow boxing, tennis, dancing or any exercises which give the body natural balance.

PRINCIPLES OF WALKING
The body should be erect, head slightly thrown back, legs straight, and elbows close to the sides.

At top speed, the arm action is considerably stressed and, in it, forward movement, the hand should come up as high as the shoulder.

The hips should be swung round, so that the feet are brought into a straight line. That means each foot should cover a straight line, instead of the feet coming on each side of the line.

Though the knee may be bent in the stride, the forward leg should be straightened when the heel reaches the ground, and should remain straight to the end of the stride.

TACTICS
In starting a race, the athlete should always go off at top speed, using a full-stressed arm action and quick step movement for the first hundred yards. Then settle down to normal racing speed.

When the athlete has decided to increase to full speed, on no account relax it till the tape has been reached. This demands careful experiment to ascertain the greatest distance that can be done at full speed.

QUICK WALKING
This calls for more exertion but, in fact, is much less tiring than slow walking.

In slow walking, as in standing about, the blood is less active and, thus, the lungs are not called upon to supply much oxygen. The action of the heart and lungs is insufficient to overcome the weight of the blood in the veins, hence the circulation is sluggish and, moreover, the waste products from the muscles and blood are not carried away quickly enough.

Quick walking, on the other hand, causes faster action of the heart and lungs; the blood is in good circulation, becomes well-supplied with oxygen, and a stimulating effect is conveyed to all the working parts.

TRAINING -- FIRST MONTH
Early training may be done on the road. The athlete should devote time to acquiring correct style, and easy head, arm and body carriage. Work may be done about four times a week on distances from 3 to 5 miles (5-8km), starting easily the first week and working up to about ½ speed at the end of the month. An easy stroll up to 10 miles (16km) may be done with considerable advantage on Sundays.

TRAINING -- SECOND MONTH
Turn attention to track-work, doing from 2 to 6 laps at ½ speed. The second week should be devoted to fast work over 300 yds, interspersed with a few strides over 2-3 laps at ½ and ¾ speed. During the 3rd and 4th weeks, work out over the full distance of the race at ¾ speed, and do two speed trials over the distance twice. Results will indicate whether speed or stamina are the lacking factor, and the training will be regulated accordingly. If necessary, the second month period may be extended before races are undertaken. It is advisable to work with someone of good style and capable of fast bursts of speed.

TRAINING -- THIRD MONTH
Races may be entered during the third and subsequent months. When competing once a week:
MON: May be a rest day. TUE: Two easy laps, and vigorous massage.
WED: 4-6 laps at ½ speed THU: Two bursts of 300 yds each at ¾ speed.
FRI: Rest. SAT: Race.

G.E. Lerner, many times World Champion from 1 to 10 miles, did much of his training on the road, but this was of necessity rather than choice. His best distance was 1 to 2 miles, and this schedule has been largely based on his training methods.
Olympic Trials Qualifiers: Confirmed Results as of September

Steve Vaitones submits this list of verified performances. Others may have qualifying performances that have not yet been confirmed. He reminds athletes that qualifying times must be on a track or certified road course and achieved under "record-setting" conditions (i.e., the appropriate number and certification of judges, tracks with curbs, a bona fide competitive field, etc.). Women’s 10K track races must be women-only events. All races must be sanctioned. For speedy validation, submit printed results with judging and course information to Steve at 90 Summit St., Waltham, MA 02154.

Women’s 10K: 49:45 or rap /5
1) Michelle Rohr (8-95) 44:17
2) Teresa Vail (6-95) 45:01.00
3) Debbi Lawrence (6-95) 45.69
4) Victoria Herazo (6-95) 45:52:63
5) Deb Van Orden (6-95) 46:02.99
6) Lynda Brubaker (1-95) 46:52
7) Joanne Dow (3-95) 47:43
8) Sara Standlee (1-95) 48:14
9) Susan Armenta (4-95) 48:19
10) Kerry Moskalik (9-95) 48.53
11) D. Yarbrough (6-95) 49:02:13
12) M. Cunnihgh (6-95) 49:30.47
13) K. Wilkinson (5-95) 49:49
14) C. Rellinger (3-95) 50:04
15) All DeVitt (4-95) 50:06

Men’s 20K: 1:28.00 or rap /5
1) Allen James (6-95) 1:24:46.0
2) Herm Nelsion (6-95) 1:27:14.7
3) D. McGovern (3-95) 1:28:02
4) Philip Dunn (3-95) 1:28:18
5) Gary Morgan (6-95) 1:28:40.9
6) A. Hermann (2-95) 1:28:47
7) Chad Eder (4-95) 1:28:57
8) Curt Clauzen (6-95) 1:29:20.5
9) Tim Seaman (6-95) 1:29:20.6
10) Rob Cole (2-95) 1:29:21
11) Mark Green (5-95) 1:29:30
12) W. VanAxen (6-95) 1:29:32.2
13) Ian Whately (3-95) 1:29:50
14) Marc Varsano (6-95) 1:30:56.5
15) A. Chylinski (2-95) 1:31:33

Men’s 50K: 4:25:00 or rap /5
1) Allen James (3-95) 3:39:27
2) A. Chylinski (1-95) 3:51:40
3) J. Matthews (1-95) 4:02:42
4) Carl Schuler (4-95) 4:06:45
5) Marco Evoniuk (4-95) 4:11:31
6) A. Hermann (1-95) 4:19:51
7) Rob Cole (1-95) 4:22:30
8) Eugene Kitts (1-95) 4:23:53
9) Mike Rohr (1-95) 4:25:12
10) Ian Whately (1-95) 4:35:09
11) Mike DeVitt (1-95) 4:43:57
12) Steve Vaitones (1-95) 4:49:12
13) Al Leibold (1-95) 4:49:53
14) John Souchek (1-95) 4:57:47
15) M. Blanchard (5-95) 5:05:29


National 40 Km champ Rob Cole. The picture was taken after last year’s Pan Am Cup race.