RESULTS


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FURTHER OPPORTUNITIES FOR THAT STIRRING COMPETITIVE WALK
Sat. Dec. 9 5 Km, Seattle, 9 am (C) 5 Km, Miami, 7:30 am (Q) USATF Southeast Regional Masters and Open 10 Km, S.C. (L)
Sun. Dec. 10 5 Km, Denver, 9 am (H) 5 Km, Kent, Wash. (C) 5 Km, New York City, 9 am (F) 5 Km, Boca Raton, Fla. (Q)
Sun. Dec. 11 5 Km, San Francisco, 8:30 am (P) 1 Hour, Fort Monmouth, N.J., 10 am (A) 5 Km, Miami, 7:50 am (Q)
Sun. Dec. 30 5 Km, Miami, 7:50 am (Q) 50 Km, Houston (Y)
Sun. Dec. 31 50 Km, Houston, 7 am (Y) 4 Mile, Belle Isle, Detroit (W) Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)
Sat. Jan. 6 5 Km and Half-Marathon, Irvine, Cal., 8:30 am (B) 5 Km, Seattle, 9 am (C)
Sun. Jan. 13 Race at some distance, Denver area (F)
Sun. Jan. 14 10 Mile Handicap and 5 Km, Pasadena, Cal. (B)
Sun. Jan. 21 5 Km, Miami, 4:30 pm (Q)
Sat. Jan. 28 5 Km, Denver (H) 50 Km, Palos Alto, Cal (G)
FROM HEEL TO TOE

Last chance. Note on the schedule above that you can end your year with a 50 Km race in Houston on Dec. 30. It is expected to be a strong field as walkers take advantage of one of the few opportunities to achieve an Olympic Trials or Olympic Games qualifying time. Another opportunity is available in Palo Alto, Cal. on Jan. 28. Contact Dave Gwyn about the Houston race and Ron Daniel about the Palo Alto race. Their addresses are on the list of contacts. ... Training camp. We have no details, but can tell you that Bohdan Bulakowski, the Polish Olympian who is coaching walkers at the Training Center in LaGrange, Georgia, will conduct a Racewalking Camp from Jan. 12-14. Call Rob Cole at 708-884-7635 for further information. ... Enjoy the British scene. For those who might be in England next fall, whether on vacation, business, sabbatical, or what else, Robert Sayers offers a training camp. We have no details, but can tell you that Bohdan Bulakowski, the Polish Olympian who is coaching walkers at the Training Center in LaGrange, Georgia, will conduct a Racewalking Camp from Jan. 12-14. Call Rob Cole at 708-884-7635 for further information. ... Racewalking Camp from Jan. 12-14. Call Rob Cole at 708-884-7635 for further information. ...
soon as I started to speed up at the halfway point, the judges warned me that I was running and I had to slow up to avoid being disqualified. Had I gone fast at the start, it might have passed as walking and certainly I'd have removed a lot of the distance while fresh. Finally, I finished 15th in 5 hours and 30 minutes. I expect to go in a lot more of these races in the future. What walking needs is an electric gadget that will ring as you leave the ground! If every walker had one, it would relieve the judges of guessing. But with all the walking, I expect to do some more running." (Ed. I don't know of DeMar doing any more serious walking. At least, he never excelled. But, was he the first to propose an electronic means of judging? Probably not.)

Pitching in. Don Lovell in Carter Lake, Iowa is doing his bit to promote our sport. This fall, he has instructed both beginning and advanced racewalking classes at Metropolitan Community College in Omaha. These non-credit classes met for 2 hours, one day a week for 4 weeks. Don, who also coaches youth ages 8 to 18 at the Omaha Boys and Girls Club, is a sustaining member of USAT&F and an associate member of the American College of Sports Medicine. In a recent letter, he notes: "We should insist that our public schools that promote high risk of injury sports include racewalking. Only a few are doing that now. However, the State Junior Olympics offer real promise." Recently, he submitted a suggestion to Offutt AFB, Nebraska in which he notes: "Most military installations encourage and promote sports, but very few offer instructions for or promote racewalking... Air Force Officer Rudy Halua was a great walker. We really need support from our military bases to keep up with other countries in Olympic and World Cup competition." His proposed method then reads: "Encourage service personnel and dependents to learn racewalking and provide instructions, including amending Drill and Ceremonies to include that at the command 'forward' troops lean forward from the ankles about 5 degrees, step off with leading leg straight on contact with foot at 45 degree angle directly in front of standing foot, keeping the leading leg straight until the body passes over the straight leg. At 120 steps per minute the lower arms should swing parallel with the ground. This walk prevents any bounce and the motive force is provided by the hips and hamstrings, more efficient and looks better according to almost any judge of marching contests. After becoming accustomed to this gait a marcher need not jog at all at double time to retain smooth gait and star relaxed. The relaxed, very low impact stride is the reason walkers always beat runners in the 6 day events." (Ed. I have to question the validity of that statement.) He lists as expected benefits: "Less loss of time due to injury. More relaxed, and more efficient, less equipment needed than other sports." His suggestion was not approved for adoption, for the stated reason that: "While there is no question that racewalking is a beneficial exercise, it is clear that the individual is looking for some sort of competition for the people he coaches at the local Omaha Boys and Girls Club. Walking is a beneficial form of exercise due to its low stress level. If done properly through the guidelines of ACSM (American College of Sports Medicine), it is probably the safest form of exercise. Individuals in the Air Force and DOD civilians that we service through our Fitness Centers are not encouraged to get fit or try a fitness discipline for the sake of competition, even though competition can be a driving force. Increasing speed/pace will definitely increase the stress level on the muscular and cardiovascular systems. This stress impact or increase could be detrimental to some people. It can cause joint injuries and other body complications that would not occur from regular walking. Regarding the usage of race walking for pass and review formations, this particular comment is completely out of our hands. Commanding officers at the absolute highest levels would have to make a determination that all services would break military tradition and march in this manner. We thank the suggestor for his interest in fitness and our suggestion program." Since that correspondence last summer, Don has written the U.S. Department of Health and Human Services suggesting a one paragraph change in the US Military Drill and Ceremonies Manual. In that letter he notes: "The benefit of placement of ones foot directly in front of the other when walking, marching, or running keeps the body weight along the outside of the foot and keeps the knee in the patellar groove when racewalking, however the greatest reason for encouraging this form is the additional boost to the low pressure side, blood flow through the hips. The hip muscles action in racewalking is unique to this sport and is only simulated to some extent in Latin and exotic dance." Anyone who wants to pursue Don's ideas with him can write Don Lovell, 1503 Neptune Drive, Carter Lake, Iowa 51510, or call him at 712-347-5448... We win a convert. Chalk one up for our sport. Racewalker Scott Crafton was featured in an Indianapolis suburban weekly last summer as a convert from football. The article begins: "What's the difference between runners and racewalkers?" joked Scott Crafton, a 16-year-old racewalker from North Central. "Arthroscopic surgery." The article goes on: Crafton is a former North Central football player and member of the track team. He decided to give up those two sports shortly after September of 1994. That was when he discovered racewalking. While training for the Corporate Challenge, Crafton's father would race in smaller racewalking events. At one of those events, the younger Crafton decided to go along with his father and race, just for the heck of it. He finished second in the 5 km event and that was it. He gave up football and track, joined the Indiana Race walker's Club and began training seriously. The 6 foot 2 1/2 inch tall racewalker soon dropped from his football playing weight of 210 pounds to a mere 175 pounds. Crafton has discovered he definitely is good at the sport. He won a gold medal for his age group in the Youth Athletics National Championships and a bronze medal in the National Junior 5 Km Championships in Orono, Maine. (Ed. Not to be picky, but he was actually fourth in 23:41.3, certainly an excellent result at age 16)... Crafton is determined to get very good at his chosen sport. On any given day during the summer, you could see him out training. He followed a six-day-a-week training schedule. He did his shorter workouts around his neighborhood but his longer ones at Eagle Creek.

A WALK WITH THE MASTER

(Martin Rudow's new video, which we have mentioned earlier, and which follows up his earlier video and books, is receiving rave reviews. Bev LaVeck provides the following from the Oct. 27 edition of the Wall Street Journal. It was written by R. Sokolov.)

Martin Rudow is no Jane Fonda. But his new video, "Maximum Walking"--unsexy and unslick--offers a safe, painless natural route to lifetime fitness for anyone who can still put one foot in front of the other. Well, there's more to it than that. Rudow is not, categorically not, part of the boomlet for ordinary walking or
even so-called power walking that has put thousands of couch potatoes on the street, many with weights in their hands. As former U.S. Olympic and National RW coach, Rudow wants to bring his obscure and often mocked sport, in its "legal", seriously athletic form, within reach of an ever-fatter, less fit public. . . .

Even with the video, it helps to have someone around who knows the ropes, someone to tell you to stand up straight, relax your shoulders, and so on. In Manhattan, where I walk on the new esplanade, dodging out-of-control rollerbladers, sleeping crackheads, and disoriented borzois, most of the comments I get are unhelpful. I already know my aerobically efficient arm movements remind certain people of the flapping flight of birds. When overweight truckers on a cigarette break smack their lips as I pass, I yearn for a knowledgeable critique.

So, I was really thrilled when I got my wish in spades. The other morning, Martin Rudow came to my house and we went out walking for an hour. Next summer, he'll be an Olympic racewalking judge in Atlanta. . . . Myself, after a year-and-a-half of strenuous training, I can reliably clock in 5 or 6 miles at a stretch at a moderate 11-minute pace, occasionally stepping up the rhythm. So, I was relieved to learn that Rudow, over 50 like me, is keeping his trim with a similar pace. Or so he says, being a very polite fellow from Seattle.

Off we go, two middle-aged guys covering the waterfront in studied strides. Rudow is so smooth he seems to be hardly trying. Inevitably, the talk turns to walking, the orphan sport we're both committed to. Rudow thinks the U.S. lifestyle just doesn't leave time for the very long hours of training racewalkers in other countries are willing to put in to achieve the supreme fitness needed to perform at current world-class levels. He tells about a leading U.S. walker who went down to work out with the Mexican team at high altitude on the black volcanic sands of Popocatepetl. After a day or so, he was so disillusioned, he came home and gave up competitive walking.

This is how I felt briefly when Rudow happened to mention that my age group is the most stiffly competitive in Masters racewalking. (The 10 Km 50-54 record of Don DeNoon is around 7:5 minutes/mile). So, I'm not going to cut any kind of swath at Masters track meets, but I have been trying to plant my heel with my foot flexed at about a 90-degree angle to my shin, just like coach said I should. It hurts a bit, but walking is a tough business.

(Contact Martin at 4831 NE 44th Street, Seattle, WA 98105, or call 1-800-WALK-MAX to order his book or video. The new video costs $21.70.)

BACK, HAMSTRING FLEXIBILITY TRAINING RECOMMENDED

(From the project summary and analysis of the Olympic Training Center's Science Project)

Fifteen elite racewalkers were tested at the USOC Sport Science and Technology Lab in Colorado Springs in August. The primary objective was to evaluate physiological and biomechanical variables related to racewalking performance, including body composition, lactate threshold, heart rate and walking velocity, maximal aerobic capacity, flexibility, stride rate, and stride frequency. Unfortunately, equipment problems precluded maximal aerobic capacity testing for many camp participants.

Major outcomes

Body composition: This year's athletes had a lower body fat percentage than those tested in the past. For women, the group average was 14.6 percent, with a range of 12.0 to 18.9 percent. Only one woman fell outside the desirable range of 10 to 18 percent for elite performance. For men, the average was 7.1 percent, with a range of 4.4 to 12.4 percent. Likewise, only one man fell outside the desirable range of 4 to 10 percent for elite performance.

Although body fat that is too high can be detrimental to performance, there can also be negative effects from body fat that is too low. For athletes who are already low, any significant loss in body weight will probably include a loss of lean body mass. Such a loss would likely impair performance. Maintenance of lean body mass above "essential" should be emphasized.

Flexibility. Flexibility was measured through a standard sit-and-reach test that assesses hamstring and lower back. All of the female athletes were within or above the desired range. Three of the five men tested were within the range, while one was slightly below and one was significantly deficient.

Maximal aerobic capacity. Six of the eight men and one woman were evaluated for VO2 max. For men tested, the average was slightly higher than in 1994 (59.3 ml/kg/min). Maximal aerobic capacity is valuable in identifying athletic potential; however, threshold variables and economy have a stronger correlation to performance.

Lactate threshold. Average threshold pace for the women was 9:06 min/mile at a heart rate of 171 BPM. Men were measured at an average of 7:10 min/mile at 174 BPM. Threshold values obtained during this camp were comparable to those seen in the lab in the past for elite walkers. Changes in lactate threshold parameters can be used to monitor training adaptations and effectiveness and to gauge performance potential.

Recommendations

- Since body fat has been shown to correlate to successful performance in aerobically based sports, it is important for these athletes to closely monitor lean and fat body mass. Any weight loss should be gradual and concentrate on fat loss; essential body fat must be maintained to avoid a decrement in performance.
- Since flexibility of the lower back and hamstrings is important in racewalk performance and injury prevention, a structured stretching program may be beneficial in providing appropriate and effective flexibility techniques. Such programming would be especially valuable to those individuals who are deficient in flexibility.
- Lactate threshold and economy is beneficial if monitored to provide information to athletes and coaches to assess training levels and adaptation and to allow appropriate adjustments in training.
- Follow-up testing of potentially high-performing athletes should be scheduled at regular intervals.
30 Years Ago (From the November 1965 ORW)—In the Ohio T. C. Club's Annual Distance Carnival, Jack Mortland won the opening event, a 7-miler, in 55:45, with later, Jack Blackburn was looking for a 14-minute effort in the 2 miler, but fell 12.3
16:38. Canada's Bert Linn won first place (2:12:47 in 20 Km in the Soviet title race) as 13 walkers bettered
7 seconds. Both were age 11. Sunday, Jeanne Bocci won a 1 mile for those 12 and under in 5:24, edging Billy Werner in the women's 5 mile in 48:38. Mortland had little trouble in the 15 miler, as
Blackburn had finished a 4-mile run only about 15 minutes before the start. (Yes.
We were hearty souls.) Mortland had 2:09:10, to Blackburn's 2:24:57, with Yarcho
Km in Detroit in 3:07:09. Ron Daniel was 5 minutes back and Dan Calef third in
3:14:47. Daniel was within a minute of Laird with 10 km to go, but could not match
The race was won by Italy's Abdon Pamich in 7:45:04. Pamich was the 1964 Olympic 50 Km gold medalist
and Thompson in 1960 gold medalist. Laird also won the National 25 Km in Seattle. His 2:01:42 left Karl Johansen better than 12 minutes back. Bill Ranney was third.
... Ron Daniel had a reported 1:34:51 20 Km in New England, but I think it was on their notorious 11 1/2 miles course.

25 Years Ago (From the November 1970 ORW)—Goetz Klopfer walked an American record 2:34 for 20 miles in Seattle. On the way, he set records at 15 miles (1:54:47),
25 Km (1:58:33), 2 Hours (15 miles 1192 yards), and 30 Km (2:23:14). In the annual
Thanksgiving Day 6 Miler (short) in Cincinnati, Wayne Yarcho edged Doc
Blackburn (48:45 to 49:10) with Dale Arnold and Clair Duckham following.
Jerry Bocci won two races at the OTC Distance Carnival with 1:25:40 for 10 miles and
15:44 for 2. ... Dave Romansky beat Ron Daniel in a short 15 miler in Long Branch.
\ldots East German Christoph Hohne won the Lugano 100 Km race in 9:26:31, missing his own course record by 10 minutes.

20 Years Ago (From the November 1975 ORW)—Larry Young easily won the National 30 Km title in 2:25:26, with Paul Ide nearly 13 minutes back and Augele
Hirt in third. ... Two weeks later, John Knifton edged Young in the National 35 Km
in Pittsburgh. John had 2:53:04 and Larry 2:53:36. Ide was third. ... Bernd
Kannenberg (Germany) set a World 50 Km Record on the track with 3:56:51 and
Italy's Vittorio Vistini bettered the 20 Mile record with a 2:27:38.

15 Years Ago (From the November 1980 ORW)—In San Diego, Paul Hendricks
walked brilliantly to beat Allen Price and his American record in the National 100
miler. Paul finished in 18:49:52. Price was also beaten by surprising newcomer
Jonathan Rem (has he ever been heard of again?), who did 19:19:46. Allen snuck
under 20 hours and five others finished the distance. ... The National 40 Km in Long
Branch went to Dan O'Connor in 3:24:21. Ray Sharp led with 10 Km to go, but
tailed by more than 4 minutes at the finish. Randy Mimm was third. ... Nikoia
Vinnetschko cruised to a 1:21:47 20 Km in the Soviet title race as 13 walkers bettered

10 Years Ago (From the November 1985 ORW)—Sweden's Bo Gustafsson was the first walker home in the New York City Marathon with a time of 3:15:07. Marco
Evoli was next in 3:15:56 and Sweden's Ann Jansson led the women, finishing
third overall in 3:39:53. ... Tom Edwards edged Curt Fisher in the Metropolitan 10
Km Championship, 45:35 to 45:36. ... Fisher won the Henry Laskau 5 Mile in
Mineola, N.Y. in 36:51. ... Mexicans swept the first four places in a Los Angeles 10
Km, Billdulfo Andavio had 39:57 and Martin Bermudez 39:58. Paul Wick was the
first U.S. walker in 41:46, and Larry Walker led the masters in 43:51. ... In
Czechoslovakia, Josef Pribilinicek did a track 10 Km in 38:02.61. Roman Mrazek was a
full minute behind.

5 Years Ago (From the November 1990 ORW)—Mexican walkers were dominant in the Pan American Cup races. In the women's 10 Km, Graciela Mendoza (46:07) was
well clear of Canada's Janice McCaffrey (46:41). Teresa Vaill was first for the U.S.
in 47:18. Led by Ernesto Canto (1:21:46), Mexico swept the first four places at 20
Km, with Canada's Guillaume Leblanc (1:23:26) finishing fifth. Carl Schuler had
1:28:21 in seventh. And at 50, Martin Bermudez (3:51:30) beat teammate Francisco
Reyes by 8 minutes. Gene Kitts was fifth in 4:19:27 for the U.S. Team scores for the
men's 20 Km were: Mexico 78, Brazil 60, U.S. 50, Canada 45, with eight nations
participating. For the 50 it was Mexico, Guatemala 22, U.S. 20, Brazil 9. For the
women it was Mexico 64, Canada 59, U.S. 41, Ecuador 41 (among seven nations).
Canada's Tim Berrett was the first walker home in the New York City Marathon in
3:24:12. Following were Carlos Mercenario, Mex. 3:26:28, Bo Gustafsson 3:30:31,
Ronald Weigel, Germany 3:35:11, Stefan Johansen, Sweden 3:36:05. Tim Lewis was
eighth in 3:45:37.

1995 WORLD LISTS
(As of Sept. 29. Compiled by Mel Watman in England)

Men's 20 Km
1:18:32 Vladimir Andreyev, Russia
1:18:37 Rusian Shafikov, Russia
1:18:37 Mikhail Schenniko, Russia
1:19:09 Ilya Markov, Russia
1:19:13 Rina Shafikov, Russia
1:19:17 Yevgeniy Misyulya, Belarus
1:19:19 Mikhail Orlov, Russia
1:19:32 Bo Lingtang, China
1:19:44 Li Zwen, China

Women's 10 Km
1:30:40 Larisa Ramazonova, Russia
1:30:40 Olympiada Ivanova, Russia
1:30:40 Yelena Arshintseva, Russia

Men's 50 Km
3:41:20 Zhao Hongshen, China
3:41:54 Jesus Garcia, Mexico
3:42:13 Valenti Massana, Spain
3:42:20 Viktor Ginkov, Russia
3:42:50 Valenti Kononen, Finland
3:43:36 Valenti Spitsyn, Russia
3:44:07 Miguel Rodriguez, Mexico
3:44:24 Daniel Plaza, Spain
3:45:11 Giovanni Pericelli, Italy
3:45:56 Rene Piller, France
Readers may recall that early in the year, we had a mixup in a race report from England between Sarah Brown and Sandra Brown. We called Sandra Sarah in reporting an outstanding endurance result. New Zealand’s Dudley Harris straightened us out. At that time, he sent a one page bio of Sarah’s amazing career in endurance walks from a 1993 book he had written on her and her husband, Richard, also a great endurance athlete. We haven’t found room to run it until now, but finally, here it is. Warning! Don’t try these feats unless you are well prepared. If you want information on Dudley’s book, you can write him at 1074 B Beach Road, Torbay, Auckland 10, New Zealand.

Long, At The Top

Sandra Brown, only to 1993

Born 1 April 1949

International Colours
* England Athletic Team 1989

Records & ’Bests’
* World, Road Running:
* World, Track Running in 1993:
* World, Race Walking:
  Ladies’ 50km: road 4hrs 50min 51sec, Basildon, 13 Jul 1991.
  12 hours: 106km 180m, Etrechy, 27-28 Oct 1990.
* British, Road Running:
* British, Race Walking:
  Ladies 100 miles: 18hrs 36min 29sec, Leicester, July 1984.
  Ladies 24 hours: 196.476km (24hrs 13min 02sec), Dijon, 25-26 Aug 90.

Appointments & Membership
Member: Road Runners Club, LOWA, Civil Service Sports Council.

Three young walkers with names difficult for our tongues have been prominent in New York City area races over the past year or so—Khang Vo and the Szela brothers. Here is an article on Vo that appeared in the June 15 New York Times (again we haven’t found space for it until now). The Szela brothers are mentioned briefly as training partners.

On the Long Journey,
Racer Keeps Walking

Vietnam Memories Inspire Lehman Senior

By NUNO F. DEMASIO

Yellow dog meat was the clue. In Vietnam, this was considered a delicacy for impoverished families, and even as he ate it, Khang Vo knew it meant something important. His parents revealed that they were sending him away to avoid the horrors and struggles of the Vietnam War’s aftereffects.

Now, 15 years later, Vo is a 24-year-old senior at Lehman College in the Bronx. He is also one of America’s best collegiate racewalkers. And he uses his harrowing memories to inspire his performances.

At the Penn Relays 10,000-meter racewalk in Philadelphia last Sunday, Vo finished eighth out of 19 competitors in 46 minutes 25 seconds. At Lehman, where he also runs long distances, he has set 15 records, mostly in racewalking. On May 14, Vo competes in the trials for the Empire State Games 10,000-meter racewalking event, in which he won a bronze medal last year.

Vo will not say if he aspires to compete in the Olympics. “I’m just
Vo was introduced to running in elementary school. In his first race — as a fifth grader — he won his school's one-mile marathon.

"My friends started teasing me," said Vo. "They said, 'Khang, you're going to be in the Olympics.' I didn't know what the Olympics was at that time."

But Vo knew running.

"I liked to watch him run because he would get into this kind of a stride that I thought was extremely graceful and beautiful," Mrs. Andersen said. "He always looked like a thoroughbred."

In the years after he arrived on Long Island, Vo always hoped to go back to Vietnam, but was deterred by financial constraints and the risk of imprisonment.

In February 1994, President Clinton lifted America's 20-year-old trade embargo against Vietnam.

"I'm struggling years after my parents died," Mrs. Andersen said. "I'm struggling years after my parents died."

Whether he does or not, Vo has a sense of fulfillment now that he has been back to visit his family.

"The pressure right before I left was like starting a race," said Vo, who gained his American citizenship last year. "I would get nervous. You struggle through a race to finish, and I'm struggling years after years, wanting to go back to see my parents. Fourteen years."

Bob Jordan sent us this political cartoon from the Des Moines Register with the comment: "Even if one doesn't recognize them as Newt Gingrich and Colin Powell, anyone can tell they're politicians from the soles of their shoes. As we all know, politicians tend to "waffle" a lot."