

## U.S. Team Second at Pan Am Cup

Manaus, Brazil, Sept. 21-22--Think Atlanta conditions were tough on the walkers at the Olympic Trials and the Olympics themselves? Well, this Amazon city was even worse for this year's edition of the Pan American Racewalking Cup. As a result, the times were slow, but the performances of the U.S. athletes were superb, as they succumbed only to the always strong Mexicans, who has won the Cup seven straight times. Both U.S. men and women finished second in team standings and the U.S. was second overall. The women barely lost to the Mexicans, as the U.S. took second, third, and seventh, compared to one, four, five for Mexico.

The 20 Km started at 7:30 Saturday morning with the temperature at 92 F and humidity at 80 percent. Mexico's Daniel Garcia was an easy winner in a rather pedestrian, for him, 1:27:29. Guatamala's Julio Rene Martinex Sican upset Mexico's Miguel Rodriquez for the silver medal. For the U.S., Allen James was sixth, Robert Cole tenth, Gary Morgan eleventh, and Tim Seaman thirteenth. Curt Clausen was disqualified.

Identical temperature and humidity conditions prevailed at 5 that afternoon when the women took off for a 10 Km spin. Graciela Mendoza was able to shake a determined Michelle Rohl to win in 48:24, but on the positive side, Debbie Van Orden held off Rosario Sanches for third. It was reported as the first time in more than two decades that the U.S. has had two walkers on the victory stand at a major multi-national event. I haven't checked that fact out, but have no reason to doubt it. Only these first four were able to get under 50 minutes in the conditions. Other U.S. walkers were Sara Standley in seventh, Dana Yarbrough in eleventh, and Victoria Herazo, who was DQ'd.

Despite a 5:30 am start on Sunday for the 50 Km, the temperature had risen to 95 before the race finished, with the relative humidity still reported at 80 percent. Mexico swept the medals, with German Sanchez winning in 4:12:43. Andrzej Chylinski was the first U.S. finisher in fifth with 4:33:31. Marco Evoniuk was eighth, Ian Whatley eleventh, and Dave Marchese twelfth. Herm Nelson did not finish.

### Results:

**Men's 20 Km**--1. Daniel Garcia, Mexico 1:27:29 2. Julio Rene Martinex Sican, Guatamala 1:28:47 3. Miguel Rodriquez, Mex. 1:29:06 4. Hector Moreno, Colombia 1:29:38 5. Ignacio Zamudio, Mex. 1:32:29 6. Allen James, U.S. 1:34:46 7. Querubin Moreno, Col. 1:36:06 8. Arturo Huerta, Canada 1:36:59 9. Luis Fernando Garcia Bechine, Guat. 1:37:36 10. Robert Cole, U.S. 1:37:49 11. Gary Morgan, U.S. 1:39:29 12. Wilson Vargas, Col. 1:39:30 13. Tim Seaman, U.S. 1:41:41 14. Jeff Casin, Can. 1:47:03 15. Wellington Luis Silva da Souza, Brazil 1:47:18. . Curt Clausen, U.S. DQ'd (27 starters)

**Women's 10 Km**--1. Graciela Mendoza, Mex. 48:24 2. Michelle Rohl, U.S. 49:10 3. Debbie Van Orden, U.S. 49:43 4. Rosario Sanches, Mex. 49:59 5. Francisca Martinez, Mex. 6. Tina

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. No FAX number or E mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

Poitras, Can. 51:04 7. Sara Standley, U.S. 51:27 8. Joni-Ann Bender, Can. 51:35 9. Iivonne Varas, Mex. 53:01 10. Gianeti Oliveira de Sena Bonfim, Brazil 53:09 11. Dana Yarbrough, U.S. 53:18 . . . Victoria, U.S. DQ'd (21 starters)

**Men's 50 Km**--1. German Sanchez, Mex. 4:12:43 2. Ruben Arikado, Mex. 4:14:17 3. Joel Sanchez, Mex. 4:22:17 4. Hugo Leonel Lopez, Guat. 4:27:34 5. Andrzej Chylinski, U.S. 4:33:31 6. Sergio Velasco, Mex. 4:36:41 7. Rodrigo Moreno, Col. 4:38:38 8. Marco Evoniuk, U.S. 4:40:18 9. Antonio Carlos Kohler, Brazil 4:45:03 10. Nelson Eduardo Funes Morales, Guat. 4:57:16 11. Ian Whatley, U.S. 4:58:50 12. David Marchese, U.S. 5:12:23. . . Herman Nelson, U.S. DNF (19 starters)

Overall Team Placings: 1. Mexico 2. U.S. 3. Guatemala 4. Colombia 5. Canada

Men's Team Placings (20 and 50): 1. Mexico 2. U.S. 3. Guatemala 4. Colombia

Women's Team Placings: 1. Mexico 2. U.S. 3. Canada

Also competed: Brazil, Bolivia, Puerto Rico, and Argentina.

## Herazo Captures 1 Hour

Cambridge, Mass., Oct. 13--Opening with a 1:38 on the first 400-meter lap of the M.I.T. track, Victoria Herazo was never headed as she chalked up another National 1 Hour title. Herazo covered 12,219 meters in the hour to beat runner-up Joanne Dow by nearly 200 meters. Kaisa Ajaye, Lynda DeWitt, and Jeanette Smith also went past 10 Km, with Smith capturing the Master's title. Herazo was well off her meet record of 12,771 meters set in 1991 and even further off the world best of 13,194 she did in 1992. Results:

1. Victoria Herazo (37), Walkers Club of Georgia 12,215 meters 2. Joanne Dow (32), New England Walkers 12,022 3. Kaisa Ajaye (33), un. New York City 11,550 4. Lynda DeWitt (33), NEW 10,248 5. Jeanette Smith (47), Indiana Racewalkers 10,195 6. Chris Anderson (42), Liberty AC 9955 7. Mary Hess (47), NEW 9723 8. Jeanne Shepardson (62), NEW 9234 9. Maureen Robinson (40), NEW 9156 10. Kathy Finch (41), Wolverine Pacers 9147 11. Beth Young-Grady (59), Indiana RW 8983 12. Eileen Baird (39), un. Meriden, Conn. 8690 13. Sheila Danahey (45), NEW 8659 14. Annie Montgomery (49), NEW 8297 15. Donna Goguen (50), NEW 8234 16. Lorelei Ruben (64), un. Rockport, Mass 7641 17. Rachel Beaudet (60), NEW 7441 DQ--Barbara Currier, Margaret Keogh, Margie Alexander, Elton Richardson, Ellen Kolb, Kristen Mullaney, Pamela Powers. (There were 13 judges on hand, and they apparently intent on their job.)

## OTHER RESULTS

**USATF National 15 Km, Elk Grove, Ill., Sept. 22:** Men--1. Dave McGovern 1:07:32 2. Al Heppner 1:07:58 3. Mike Rohl 1:14:40 Masters--DonDeNoon 1:15:08 Women--1. Danielle Kirk

1:21:50 2. Kelly Watson 1:26:52 3. Amber Nichols 1:26:54 Masters--Jeanette Smith 1:28:30 (I apologize for having no further results. Your editor got lazy and didn't go after them. Just expecting them to drift in. The same for the Alongi Memorial--partial results follow--and the National 2 Hour. Full results of all of these next month, I hope.)

**Alongi Memorial Walks, Dearborn, Mich., Sept. 29:** 20 Km--1. Gary Morgan 1:33:12

Women's 10 Km--1. Joanne Dow Men's 10 Km--1. Kevin Eastler 46:54 2. Josh Ginsburg 47:22 3. Scott Crafton 49:15 4. Brandon Perry 54:00 Jr. Women's 5 Km--1. Samantha Cohen 24:49.2 2. Lisa Kitzing 24:49.5 3. Roselle Safran 25:50.2 4. Katie Rulapaugh 27:16.2

**5 Km, Providence, R.I., Sept. 15--1.** Joanne Dow 23:13 2. Pamela Powers (42) 29:43 3. Jeanne Shepardson (62) 32:31 Men: 1. Stan Sosnowski (46) 27:49 2. Bob Ullman (47) 27:57 **1 Mile,**

**Alexandria, Vir., Sept. 1--1.** S. Harrison (17) 8:31.4 2. John Gersh (49) 8:44.6 3. Victor Litwinski (52) 8:48.5 4. Cedric Hustace (62) 9:26 **3 Km, same place--1.** B. E. Booth (48)

14:49.61 2. Victor Litwinski 17:39 Women: 1. Richelle Beard (14) 18:18.47 **5 Km, same**

**place--1.** Josh Ginsburg (19) 25:39.2 2. John Gersh 30:15 Women: 1. Patricia Zerfas 30:39.5 **15**

**Km, same place--1.** B.E. Booth 1:19:44.1 (Races were held Aug. 31--Sept. 1. Not clear which were on which day.) **WAVA North American 8 Km and Southern Regional Championship,**

**Columbia, S.C., Oct. 5--1.** Keith Luoma (21-39) 38:56 2. Andrew Smith (45-49) 43:29 32. Mike Michel (65-59) 48:29 4. Bob Fine (65-59) 49:26 5. Bobby Baker (50-54) 53:05. . . Bill Tallmadge (80-84) 56:40. . . Bill Patterson (80-84) 58:47 Women: 1. Debbie Bateman 51:44 **5**

**Km, Altameda, Fla., Sept. 28--1.** Edgar Rodriguez 26:27 2. C.S. Monte Carlo (50-59) 27:49 3. Mario Feinstein (40-49) 30:01 4. Steve Christlieb (40-49) 30:02 Women: 1. Chris Alt 29:40 2.

Sperry Rademaker (50-59) 29:56 **5 Km, Orlando, Fla., Oct. 12--1.** Edgardo Rodriguez 26:19 2. C.S. MOnTeCarlo 26:25 3. Steve Christlieb 29:25 4. Mario Feinstein 29:34 5. Phil Brown 29:49

Women: 1. Chris Alt 28:58 2. Sperry Rademaker 29:46 **5 Km, Cincinnati, Sept. 2 (unjudged)--**

1. Bill Whipp (50-59) 27:02 2. Ralph Denker (40-49) 28:44 **5 Km, Morganfield, Ken., Sept. 21--1.** Gordon Pitz 29:18 Women: 1. Cheryl Rellinger 27:26 **1500 meters, Jackson County,**

**Kan., Sept. 15--1.** Alan Poisner 8:29 2. Fred Adams 8:33 **5 Km, Brighton, Col., Sept. 14--1.** Daryl Meyers (53) 24:12 2. Ron Gilley (40 something) 28:17 3. Klaus Timmerman (71) 29:11

4. Mariyly Brannum 30:10 **5 Km, Denver, Sept. 15--1.** Christine Vanoni (45) 18:10 **5 Km,**

**Littleton, Col., Sept. 21--1.** Scott Richards (46) 26:55 **5 Km, Denver, Sept. 15--1.** Daryl Meyers 28:31 2. Lori rupoli (45) 29:01 **5 Km, Denver, Sept. 29--1.** Brad Bearsheart 25:51 2.

Sally Richards (44) 26:21 3. Daryl Meyers 27:47 4. Christine Vanoni 27:51 5. Lori Rupoli 28:32

6. Harry Burns (50) 30:41 **5 Km, Larkspur, Cal., Sept. 7 (unjudged)--1.** Jack Bray 25:50 2. Shorja Torabian 25:50 3. Fred Belt 29:18 Women--1. Joann Nedelco 27:23 2. Cindy Paffumi 27:29 3. Brenda Carpino 29:17 4. Virginia Fong 29:42 **10 Km, Oakland, Cal., Sept. 8--1.** Gary Little (54, New Zealand) 47:53 (23:16 at 5 Km) 2. Bill Penner (50) 56:47 3. Roger Wellborn (45) 58:11 4. Terri Brothers (40) 58:46 5. Robert Eisner (67) 61:04 6. Sandy Womack (48) 61:11 **1**

**Hour, Kentfield, Cal., Sept. 14--1.** Jack Bray 11,090 meters 2. Shorja Torabian 10,685 3. Brenda Carpino 10,193 4. Ed Lane 9612 5. Bob Mumm 9532 **5 Km, Shingle Springs, Cal.,**

**Sept. 15--1.** Jack Bray 26:29 2. Shorja Torabian 26:33 3. Fred Belt 29:35 4. Virginia Fong 30:40 **5 Km, Marin, Cal., Sept. 22--1.** Jack Bray 25:32 2. John Schulz 27:58 3. Marlene Coe 29:29

4. Ed Lane 29:29

**Italy--Russia--Ukraine Meet, Sept. 11-12: Men's 5 Km--1.** Giovanni DeBenedictis, Italy 19:02.29 2. Ilya Markov, Rus. 19:12.79 3. Vitaliy Stetsichine, Ukr. 19:13.70 **Women's 3 Km--**

1. Elisabetta Perrone, Italy 12:03.5 2. Yelena Gruzina, Rus. 12:06.0 3. Olimpiada Ivanova, Rus. 12:27.2 4. Annariti Sidoti, Italy 12:42.3 **2 Mile, Torino, Italy, Sept. 14--1.** Olimpia Ivanova 12:54.98 (World Best bettering 13:11.39 by Ileana Salvador in 1991) 2. Elisabetta Perrone 13:03.87 3. Yelena Gruzina 13:19.99 4. Annariti Sidoti 13:24.14 5. Erika Alfridi 14:01.38

**South African 50 Km Championship, September--1.** J. Moerdyk 4:07:30 **South African**

**Women's 20 Km Championship, Sept.-1.** B. Nell 1:49:26 2. K. Davies 1:50:57 **Nordic Championships, Espoo, Finland, Sept. 14-15: 20 Km-1.** Trond Nymark, Norw. 1:31:49 2. Philip Dunn, US 1:33:26 3. Jacob Sorenson, Den. 1:33:35 **50 Km-1.** Peter Ferrari, Swed. 4:22:38 **Women's 10 Km-1.** Kjersti Tysse Platzer, Nor. 46:08.7 2. Tarja Jaskari, Fin. 48:33.3 3. Danielle Kirk, US 48:55.4 4. Kaisa Suhonen, Fin 50:42 **Jr. Men's 10 Km-1.** Maruis Kristiansen, Nor. 44:55.3 2. Johan Lundqvist, Swed. 46:57.8 3. Karsten Godtfredson, Den. 47:50.3 4. Viktor Jansson, Swed. 48:07.7 **Jr. Women's 5 Km-1.** Elina Risto, Fin. 23:55 2. Anne Haaland-Simonsen, Nor. 24:57.6 **Women's 20 Km, Edmonton, Alberta, Oct. 20-1.** Vidtoria Herazo, U.S. 1:45:26 2. Joni Bender 1:48:08 3. Kim Wilkinson, U.S. 1:49:52 4. Susan Hornugn 1:50:11 5. Micheline Daneau 1:52:45--heavy snow during race, accumulating to 6 inches and temperature below freezing. There was also a 50 Km, won by Tim Berrett, but I have no times or other results on that race.

### To Satisfy That Competitive Urge

- Sat. Nov. 9 5 and 10 Km, Miami, 7:30 am (Q)  
5 Km, Seattle, 9 am (C)  
5 Km, Fullerton, Cal., 8 am (B)  
5 Km, Denver, 10 am (H)
- Sun. Nov. 10 10 Km and Florida State 20 Km (Q)  
Northeast 10 Km Championship, West Concord, Mass., 12 noon (G)  
10 Mile Handicap, New York City (F)  
1 Hour, Kentfield, Cal., 9 am (P)  
10 Km, Kansas (I)
- Sat. Nov. 16 10 Mile, Clarksville, Tenn., 8 am (T)  
5 Km, Denver, 8 am (H)
- Sun. Nov. 17 1 Hour, Fort Monmouth, N.J., 10 am (A)  
5 Km, Terrytown, La., 8:30 am (X)  
10 Km, Cleveland, Kan. (I)
- Sat. Nov. 23 5 Km, Ft. Lauderdale, Florida (Q)  
Louisiana State 25 and 10 Km, Abita Springs, 8 am (X)  
5 Km, Colorado Springs, Col. (H)
- Sun. Nov. 24 1 Hour, Fort Monmouth, N.J., 10 am (A)  
5 Km, New York City, 9 am (F)
- Thu. Nov. 28 4 Mile, Denver, 10 am (H)  
Marathon and Half-Marathon, Atlanta (D)  
5 Km, Parkville, Kan. (I)  
5 Km, Andover, Mass. (G)
- Sat. Nov. 30 5 Km, Aurora, Col., 9:05 am (H)  
5 Km, Daraville, Georgia (D)  
10 KM, Lake Worth, Florida (Q)
- Sun. Dec. 1 5 and 10 Km, San Francisco, 8:30 am (P)  
5 Km, Point Pleasant, N.J. (A)  
5 Km, New York City, 9 am (F)  
5 and 10 Km, Coconut Grove, Florida (Q)  
10 Km, San Francisco, 8 am (P)
- Sat. Dec. 7 2 Mile, New Orleans, 4 pm (X)  
Half Marathon, Baker U., Kansas (I)
- Sun. Dec. 8 1 Hour, Fort Monmouth, N.J., 10 am (A)  
5 Km, San Francisco, 8 am (P)

- 5 Km, St. Louis (S)  
5 Km, Ft. Collins, Col. (H)
- Sat. Dec. 14 5 Km, Kent, Wash., 10 am (C)  
5 Km, Atlanta, 9 am (D)  
10 Km, Kansas (I)
- Sun. Dec. 15 Todd Scully 10 Km, Long Branch, N.J., 1:15pm (A)  
5 Km, New York City, 9 am (F)  
5 Km, Denver (H)
- Sat. Dec. 21 Louisiana State 15 and 30 Km, Abita Springs, 8 am (X)  
20, 40, and 60 Km, Colorado Springs (H)  
5 Km, Kansas (I)
- Sun. Dec. 29 Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)  
South Regional 50 Km, Houston (E)
- Tue. Dec. 31 New year's Eve 4 Mile, Detroit (O)  
8 Km, Colorado Springs (H)
- Sun. Jan. 5 9 Km, New Orleans (X)

### Contacts

- A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764  
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106  
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--Dave Gwyn, 6502 South Briar Bayou, Houston, TX 77072  
F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028  
G--Justin Kuo, 39 Oakland Road, Brookline, MA 02146  
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
I--Heartland Racewalkers, 3645 Somerset Drive, Prairie Village, KS 66208  
J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206  
M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387  
N--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009  
O--Frank Soby, 3907 Bishop, Detroit, MI 48224  
P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813  
Q--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445  
R--Meg Savilonis, 11 Gay Road, Brookfield, MA 01506  
S--Virginia Mulanex, 11975 Gist Road, Bridgeton, MO 63044  
T--Elizabeth Main, 130 Springmont Circle, Guthrie, KY 42234  
V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143  
W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197  
X--New Orleans TC, P.O. Box 52003, New Orleans, LA 70152  
Y--Jim Bean, 4658 Fuhrer Street, Salem, OR 97305  
Z--Ross Barranco, 3235 Musson Road, Howell, MI 48843

### FROM HEEL TO TOE

Judith Clymer-Hoffman, a New Mexico artist and racewalker, hand cuts distinctive walker and runner Christmas tree ornaments in polished copper. She also suggests other possible uses, including suncatcher, bookmark, napkin ring, and wind chime addition. The ornaments are \$6.00 each, or \$8.00 with a cactus plant as part of the figure. She suggests the possibility of selling them as a club fund raiser. Contact Southwest Artho, P.O. Box 6312, Albuquerque, NM 87197, or call

Judith at 505-344-6572 for further information. . Henry Laskau was again on this year's ballot for the T&F Hall of Fame, but again fell short in the voting. He did get my vote, for whatever that was worth. So Ron Laird remains as our only member. Still little respect for the great sport of racewalking. . . And, speaking of that respect, or lack thereof, here is a column that appeared in the *Cincinnati Post* during this summer's Olympic: "Yelena Nikolayeva, a student from Russia, walked 6 miles in the early morning light Monday. Monday morning was beautiful in Georgia, and walking at that hour is good for the soul. Ms. Nikolayeva walked briskly, with purpose, not unlike Bloomingdale shoppers. When her walk was over, she felt quite refreshed. They also gave her a gold medal. 'What a wonderful morning it was!' she exclaimed with a Russian exclamation point stapled to the end. 'There was not the famous Atlanta heat at all.' This has to be the best sport at these Olympic Games. The 10 Km walk. That's not an Olympic sport. That's what Grandma does when she wants fresh bread. These Games are filled with plenty of bizarre sport, of course, but at least they fit into one of the four great Olympic categories. 1. Show-off sports. These are sports where before performing the person is essentially saying 'Hey, look at me!' Includes gymnastics, diving, shooting, archery, jumping, weightlifting, and being Bela Karolyi. 2. Things you do for fun while on vacation. Includes badminton, tennis, table tennis, swimming, running round, all the volleyballs, all the water sports like canoeing, and, of course, starting a campfire. 3. Sports where all you really want to do is pummel your opponent. Includes all wrestling, judo, Dream Team, boxing, politics, watching Jim Lampley on NBC, and water polo. 4. Sports with some sort of ball. This does not fit into any of those. There's no categorizing this sport. They walk. That's the whole sport. They walk fast. It looks like people trying to beat traffic after a Mets game. Here we are at the Olympic Games, a place to celebrate the human spirit, a place where you are supposed to see extraordinary things. There runners, jumping over hurdles and throwing spears, there are gymnasts doing all sorts of amazing feats when they're not crying, there are divers flipping 27 times only to have a television announcer yell, 'Oh no, terrible form, just terrible.' These people walk. These people are going about 9 mph. And these people expect really nice medals for that. 'I am totally unsatisfied with my bronze,' China's Yan Wang said after she finished her morning walk. The best part of this sport is that there are judges who make sure the walkers don't start running. This is pretty much their only job. These judges, who spend the rest of their time as school crossing guards, will actually give walkers red discs every time they're caught running. Three red discs and the walker is disqualified. Four red discs can be redeemed for an Olympic windbreaker. Monday, Ms. Nikolayeva took the lead about 3 kilometers into the race, and then she was walking, yes indeed. Others behind her tried to walk faster and catch up, but no matter how fast they walked, she just kept on walking away. With a couple of kilometers left, it was clear that the only way she would lose was if she tried to cross against a red light. 'I had no pre-race plan except for torturing myself and being aware of the judges,' Ms. Nikolayeva said. The judges watched closely and agreed that she was walking. The gold was hers. The silver medal went to Italy's Elisabetta Perrone, who began walking to lose weight and then was an Olympian. Ms. Yan won the bronze medal edging out Frances Blatt of Teaneck, N.J., who was actually trying to find her way to the France-Egypt team handball game. No, actually the top Americans were Michelle Rohl, who has two dogs and apparently trains by walking them, and Debbi Lawrence, who is 36-years old and wears lucky socks. None of them could catch Ms. Nikolayeva, however, and there is no moment in sports quite like the last few meters of a 10 Km walk. She walked into the stadium, walked around the track, walked past the finish line, and then, because she was tired, walked around a little bit. Then she walked to the interview room. 'The end of the race,' she said, 'was like a fairy tale.' Then, she walked to a bus which took her away. (The columnist was Joe Posnanski, of whom I know nothing, not being a regular reader of that paper. At least he didn't reserve all of his pent-up sarcasm for our sport. A few digs at others in there). . . A note from long-time subscriber Robert Jordan in Iowa City: "In regard to the 1996 National 40 Km, I've noticed over the last 20 years that the quality of the U.S. National Championship fields and

performances, as reported in the ORW, have sometimes suffered in the months following Olympic Games, which is what probably happened this year. Perhaps the elite walkers are burned out and need to rebuild, or they want to concentrate on their families or other personal commitments. Some retire--at least temporarily. In the case of this less-than-elite walker, I'd like to do the 40 Km every year, even if I'd never have a chance to win or finish in the top half of the field. But the travel costs are prohibitive (besides it's cheaper to spend 32 cents pestering the editor of the ORW). Still, even with the 15 Km National Championship last month in nearby Illinois, I'm on the shelf as a racer for many months to come (if not permanently) as I attempt to recover from Guillian-Barre Syndrome, which is another story for a different time. For what my humble opinion as a long-time, if mediocre, racewalker is worth, I think the "off-distance" races you refer to in the September ORW ought to be continued so long as people bid on them and walkers enter, whether or not the elite show. . . In going through my stack of "stuff", I came across the list of U.S. Centurions (those who have completed 100 mile races in less than 24 hours) as it stood through 1993. At that time, there were 48 Centurions, beginning with J.B. Gillie, who did a 21:00:42 on May 10-11, 1878. M.J. Ennis and J. Schmidt also completed that New York City race. No one else joined the Club until the folks in Columbia, Missouri put on a race in 1967, which grew into an annual affair. Larry O'Neil, then 60 years old, came down from Kalispell, Montana for that race and won in 19:24:34. He won again in 1968, but it wasn't until 1970 that anyone else joined him on the Centurions roster. That was Canada's John Argo. The most amazing feat in the continuing saga of endurance walking is that of Alan Price. He went to Columbia in 1978 and won the race in 18:57:01, becoming Centurion No. 23. That was in September. In August of 1979, he did another one at Ft. Meade, Maryland and six weeks later repeated at Columbia in 19:52:15. He then continued to add them up, and just 9 years after his first, completed his 20th in September of 1987. In both 1980 and 1982 he did three 100 milers. He then went to an every-other-year schedule, adding 100s in 1989, 1991, and 1993 for a total of 23, 11 of those in Columbus and 7 at Ft. Meade. His other races were in San Diego (2); Methuen, Mass.; Springfield, Ohio; and Xenia, Ohio. His fastest is 18:46:13 in 1984 at age 37. He has been under 20 hours 9 times and under 21 hours five other times. There are five lady Centurions: Elsie McGarvey, who did it twice. Bev LaVeck, Liz Kemp, Chris Custer, and Veda Roubideaux. The only Olympians on the list are Larry Young, Tom Dooley, and Shaul Ladany (Israel). The fastest U.S. time is Young's 18:07:12 in 1971, which was done on a 200 meter track when torrential rains and flooding forced the race indoors. He is Centurion No. 6.

## IAAF Chair Replies

(Last month, we ran two articles from the British publication *Track Stats*, which had been supplied by Colin Young, author of one of the articles and long-time peruser of the ORW pages. Bob Bowman, current walking chairman of the IAAF (the international T&F body), has observed the sport nearly as long as Colin and I from the perspective of competitor, judge, and administrator. He offers the following thoughtful and diplomatic rejoinder to the articles. Incidentally, the triumvirate of Bowman-Young-Mortland, under Bob's guidance, is responsible for *T&F News* annual racewalking ratings.)

In response to the article entitled *Are Standards Being Lifted? Or Is It Just Plain Lifting?* by Bob Phillips, I offer the following comments:

In the opening paragraph, Bob Phillips makes an erroneous statement that there were bizarre occurrences in the World Championships last year when an athlete lost a bronze medal by disqualification after the race was over and another won bronze despite a vehement and seeming justified protest. He is referring to the men's 20 Km walk when an athlete was disqualified on the final straight when in third position and the women's 10 Km walk when an athlete passed another

walker in the final straight to take third place. His statement is totally irresponsible. Both situations were handled correctly by the judges, fully within the rules, and fully supported by all the athletes involved and their federations! If the officiating had been improper, this would certainly not have been the case.

In the men's 20 Km, the athlete disqualified entered the stadium with two red cards and decided to risk disqualification by attempting to catch those in front of him. In the process, he broke contact and received two more red cards from the three judges positioned on the straight. It was an obvious call to make and was applauded by those who witnessed the event. It further supported the credibility of the judges, not the opposite as Mr. Phillips suggests. Had the judges not acted accordingly, more responsible people would have criticized them, and rightfully so. Fortunately, this was not the case. (Ed. In an incident Bob mentions later, the judges didn't act accordingly in Mexico City in 1968 when Jose Pedraza flew to a silver medal, a travesty that still lives in infamy, as FDR would say.)

In the second situation in the women's 10 Km, Yelena Nikolayeva passed the defending world champion, Sari Essayah, in the last 20 meters to take the bronze medal. Unlike the previous situation in the 20 Km, Nikolayeva maintained her form and received no red cards in the process from the three judges on the final straight. A hasty protest was made by a coach of the Finnish team, but this protest was denied and not supported by Essayah and her federation because they had faith in the judging. This was very wise on their part. A review of the video of the finish straight clearly showed Nikolayeva, the new Olympic champion, to be in continuous contact throughout. By the way, Nikolayeva, probably now the greatest female walker of all time, is a tremendous technical walker who rarely gets even cautions let alone red cards. Mr. Phillips' conclusions are totally without merit. In both cases, the judges acted properly.

Mr. Phillips' premise that because the percent improvement rate (10 percent and 11 percent) in the 20 and 50 Km walks since 1968 is greater than the men's marathon (5 percent), the walkers are no longer walking properly is complete nonsense. It is not a statistically valid comparison. He says that in few other disciplines of the sport have standards risen so dramatically. So what? Does this mean that since the pole vault had a 13 percent rise in performance (30th best in '68 vs. 30th best in '95) over the same period, it too has questionable performances? Of course not. This is illogical thinking. Racewalking is a technical discipline over considerable distances and therefore has greater opportunity for percent improvement than most other athletic disciplines (i.e., short sprints, etc.). It should also be noted that the 20 and 50 Km walks have had almost no improvement in the last 15 years and therefore all disciplines have had their standards rise 'dramatically' more. It is convenient for his argument to pick 1968 as a starting date. If he had picked 1980, a more relevant date, his argument is defeated by statistics alone.

His suggestion that the distances be increased is valid in the case of the women's walk. The men's distances are really not a problem with again no real improvement over the last 15 years. The women's 10 Km is another story. This being a fairly new event, performances (speeds) have improved considerably with an increase in event management problems. Reduced judging opportunities on road-stadium courses have resulted in this event being conducted on the track at next year's world championships and increased to 20 Km starting in 1999.

In response to my long-time friend Colin Young's article on *Political Correctness: The Route To Destruction*, I offer the following rebuttal:

The new rule that Colin questions is really the same contact rule as to enforcement which has always been by human eye judging. The straight leg rule was added to the definition 30 years ago to further distinguish walking from running. Requiring the leg to be straightened upon contact further supports this requirement, which seeks to maintain racewalking as a distinct form of walking that in fact looks like walking.

Colin tends to live in the past, feeling walkers were fairer then because they were slower with less lifting and those who did lift were quickly removed by the judges who were free from

'political correctness'. This is a total myth and a false premise. I'm afraid Colin is caught up in the nostalgia of the past which was a great period for racewalking with many colorful characters. However, the champions of the past were not the athletes of today, nor was the judging any better. Colin states that today, in any race regardless of the level, the vast majority of the first half of the field are lifting. This statement by someone who has actually never judged any races himself, is a complete distortion of the truth and shows a lack of understanding of the biomechanical aspects of racewalking today and in the past. Biomechanical studies of videos taken of major events over the past 40 years clearly show almost the complete opposite of what Colin claims. The facts are as follows regarding the loss of contact in racewalking:

- Loss of contact has always occurred. It is the degree of the lifting that the judges are able to detect or not, depending on whether it is visible or not.
- Walkers 25 to 40 years ago (Colin's nostalgia period) were in general exhibiting greater degree of lifting as a percent of stride while walking slower than today's walkers! There are two reasons for this: The lack of flexibility and longer strides, attributes of walkers of that period. This in true made judging of these races easier than today's races where the strides are shorter with faster turnover and less percent loss of contact.
- Walkers of the last 10 to 15 years tend to lift more while going at reduced speeds during the first half of the race than during the last half of the race where the stride turnover is quicker. This is especially the case during the 20 Km events. In the 50 Km events, fatigue often yields mixed results as to legality, with bent knees being the main problem.
- Women exhibit a slightly greater percent loss of contact than men, while walking at slower speeds than the men. Colin correctly states one of the reasons for this in his article.

Colin makes another false assumption when he states that the IAAF Race Walking Committee has added to what was a basic and clear definition of walking in order to keep racewalking events in the athletics program and to make it more 'technical' (?) in an effort to pacify those who wish to eliminate walks from major championships. First of all, if that was the Committee's motivation and the rule changes were not technically correct, then we would be defeating our own purpose. Second, the old definition was not clear. It contained a major inconsistency regarding the contact rule; and the straight leg rule was difficult to enforce on a consistent basis, thus resulting in a lower standard of judging than is required in order to maintain respect for racewalking as a serious athletic discipline. Third, the only motivation for the IAAF to make these clarifying changes to Rule 191 was to provide a definition that would be consistently enforced without cause for any confusion during the process. Just like other events in athletics, such as the javelin, where the center of mass of the men's javelin was changed to allow for fairer throws that are easier to mark, the IAAF continuously seeks to improve the practical and technical aspects of the rules for all disciplines. Walking is no different. There is no attempt to pacify anyone. The motivation is for a fairer competition with better officiating. It is as simple as that. Why else would volunteers from all walking federations work as a team?

Colin makes the unwarranted cheap shot at the sport for "turning a blind eye" to the use of photographs or TV cameras by relying solely on human-eye judging. This again, is an oversimplistic distortion of the truth. It is always easier to criticize, especially when you don't take the time to study the situation. We would all love to see an improvement on human-eye judging if any could be found to be both practical and reliable. Unfortunately, the use of photographs or TV cameras is not the panacea that Colin feels it to be. They are neither practical nor reliable in their usage, and would actually contribute to further inconsistency in the enforcement of the rules, the opposite effect to that which Colin desires.

Colin claims that a worthy sport has deteriorated and that he has plenty of evidence by means of film and photos that pre-1975 performers had safe contact when breaking records and winning championships. Unfortunately for him, the evidence is exactly the opposite. He seems to overlook events like the well-known 1968 Olympic 20 Km incident where the Mexican Pedraza literally ran to a silver medal over much cleaner walkers, the 1956 Olympic 20 Km walk where video clearly shows all three Soviet medalists to be flagrantly breaking contact throughout the race, and many other examples that his memory seems to block out in his nostalgic article. The evidence clearly shows a consistent improvement in athletic performances and the judging standard as well. Time after time, photos have supported the judging decisions in major events. A perfect example of this appears in the August issue of the ORW where a photo on page 2 by Jim Hanley clearly shows why Irina Stankina was disqualified in Atlanta while challenging the eventual winner, Yelena Nikolayeva. On that very lap when she broke obvious contact, five judges in succession recorded red cards! That is great judging. You would never have seen that standard of judging in the nostalgic era so revered by Colin. These judges are the ones preventing the sport from being a joke, not the type of distorted article written by Colin Young.

The further contention by Colin that the warning posting board encourages walkers to 'hide' in bunches in the early stages of an event and then throw caution to the winds in the closing kilometers when they have warnings to spare makes no sense and shows a total lack of understanding of the current judging system, which now records warnings instantaneously using an electronic system. Any walker who would be foolish enough to employ this strategy suggested by Colin would quickly learn a very tough lesson. It is a ridiculous theory that has no merit.

Unfortunately, nostalgia for the past has greatly clouded Colin's ability to learn of the progress that has been made in the conduct and officiating of racewalking events in recent years. His unfounded criticism unfortunately gives false impressions to others who may not be as sympathetic to racewalking as Colin, a long-time racewalking enthusiast. This of course does unfair damage to the image of racewalking, one of the few drug free events in athletics, which continues to grow in popularity despite these false and unfair contentions.

*Ed. My own perspective from nearly 40 years in the sport is that things are pretty much as they have always been. (Incidentally, this perspective, like Colin's is from one who has been involved in judging only on rare occasions when it is demanded and who doesn't feel comfortable in that involvement. But, I'm not sure why that should invalidate our opinions.) Perhaps Bob has 'nostalgia' for the present. I'm sure that Colin, as he claims, has many photos showing top walkers demonstrating "fair heel and toe" in the "good old days". And I know, as Bob points out, that there is considerable photographic evidence, much in the ORW files, to show top walkers clearly off the ground. So, we have clear evidence for both sides. And, so do we today. (The evidence of flying feet or of solid contact in my files neither stops or begins in 1968.). I had called attention to the photo of Stankina when I published it, suggesting she certainly deserved her disqualification. I didn't point out, nor did Bob apparently notice, that in the photo of the 50 Km race on page 15 of the same issue, Valentin Kononen, closest to the curb in the front, is also clearly off the ground. He went on to finish seventh without disqualification. I did not publish a photo of the women's 10 Km showing a competitor who finished in a fairly high position as clearly off the ground as Stankina. I think Bob is unduly critical of judges in the past. I really doubt that he can prove to me that the standard of walking was any worse 30 or 40 years ago than it is today. But, I think Colin is unduly critical of today's standards of walking. And, I doubt that he can really prove to me that things have deteriorated. The sport has certainly changed in its technical aspects and the rules have been updated to reflect this. What hasn't changed is the need for excellence and consistency in judging. I'm not sure, despite what Bob says, that we are any closer to the ideal than we were in the nostalgic era. As long as the human element is involved, and I don't see that changing any time soon, we may improve, but*

*perfection will not be obtained. To me, the important thing is that by putting into the rules the bit on judging by the human eye, we recognize the imperfection that has always existed. None of this means that we shouldn't continue to strive for a day that there will be no photos of walkers whose obvious lack of contact went undetected. I think that is what Bob, Colin, and all the rest of us want. Why argue about whether we were closer 30 years ago or today. Just keep trying to close that gap--the one photos have always shown.*

## Walk That Way

(The following article appeared in the *Greenville (S.C.) News* on April 17, 1996. It was written by Staff Writer Tom Layton. Ian reports that he had much positive feedback from local runner and walkers from the article, with three things catching their eye: the comparison of walking and running times, the fact that racewalking can generate just as high heart rates and energy expenditures as running, and the analogy with butterfly and freestyle swimming. It certainly generates a more positive image than the *Cincinnati Post* article above.)

Fans stuck in Olympic traffic this summer in Atlanta might appreciate Ian Whatley's short cut: He's trying to walk to the Games. Whatley has two chances--Saturday in LaGrange, Ga., and June 22 in Atlanta--to reach the Olympics in a misunderstood and possibly misnamed event: racewalking.

"It's probably better to call it cantering," said Whatley, a native of England who now lives in Greenville. He formerly worked for Stone Manufacturing's Umbro Division, but no is living off savings--"the last of the true amateurs," he said--in his four-year pursuit of his Olympic dream.

If he makes it, he will be 37 years old in a sport where most of the pacesetters are around 15. (*Ed. As we know, he didn't make it, but he gave it a bloody go with his fifth place 4:14:48 in the 50.*) Whatley was fifth in the Olympic trials for the 20 Km race in 1992 and is now ranked fourth among the American contenders at that distance.

As a bonus, he also has been invited as the last of 16 Americans for the 50 Km trials, which will be held this weekend. With speed on his side and nothing to lose, he hopes to set a quick pace and then "go until the wheels fall off," he said. If the weather is accommodating and his sore knee holds up, he might have a chance for one of the two or three spots on the Olympic team.

Though he is better qualified at 20 Km, that race might be harder because the Olympics will take only one American in that event. (*Ed. Note that this was incorrect. The Olympics would take up to three in both events, provided they all met the qualifying standard.*) If fans appreciate nothing else about Whatley's sport, they will appreciate the fact that they can attend without tickets.

The races will start and end in the Olympic Stadium, but will be open to the public along a 2 Km loop along Central Avenue in Atlanta.

Sporting goods manufacturers say that the Greenville-Spartanburg market is one of the best for fitness walking. But no one else here walks to the extreme that Whatley does. "It's not walking in the commonsense understanding of walking," Whatley said. "It has two rules: You must have one foot on the ground at all times as judged by the unaided human eye, and you must have a straight leg from the time that your heel touches the floor until it is upright underneath you."

The result is a peculiar stride and a motion which Whatley admits is "a lot less efficient than running." But he said that on treadmill tests, walkers use energy and reach pulses comparable to the best runners. The walkers' pace--about 210 strides per minute--is faster than the marathoners' 180-stride average and is comparable to the pace run by quarter-milers and half-milers, Whatley said. But the walkers race for 12 to 31 miles.

Whatley describes his stroll in terms long-distance runners can understand. "all you have to do is go 3:20 for a marathon. then go 5 more miles at the same pace. And, oh, by the way, you have to walk, not run. It is a pretty athletic event." Whatley was a competitive runner in local and college races who realized at age 29--when he was at the Seoul Olympics on a business trip--how much he wanted to make the Olympics, and how farfetched his chances were as a runner.

So, he returned to walking, a sport he had tried growing up in Birmingham, England, but had given up when he moved to American to work for Nike. At the time, he said, "There was a little bit of stigma toward racewalking. It was like, 'We're runners here.'" Injuries limited his success until he turned heads last month by walking fourth in the National Invitational. It's taken 25 years for me to be an overnight sensation," he said.

Whatley has walked 20 Km in 1:27:02--a pace that he said would have won an Olympic bronze medal as recently as 1972. Only 11 Americans have ever gone faster, he said. Whatley, the father of four, said he cashed in an IRA and has been living off savings while training full-time for the Olympics. He feels well-heeled in one sense, if not the other.

For four years, he has done everything necessary and everything possible. He has walked the walk. "The question I wanted to avoid is 'What if?', he said. "If I don't make it, I'll be satisfied. I've reached a level that's very high, within one percent of what's required to make the Olympics." "I'm going to go as far as I can. I'll know I have gone as far as I can with it, and can go on and do other things."

Whatley compares walking to bicycling in first gear or swimming a stroke other than freestyle. "It's not a natural movement," he said. "The same way that swimming butterfly is comparatively unnatural and takes a lot more coordination than swimming freestyle, it still is a legitimate way to get from A to B." Or from Greenville to Atlanta.

## Concentration Skills for Racewalkers

Dr. Richard Godin

A crucial mental skill to be learned is concentration or focus. It is virtually impossible to perform consistently or confidently without the ability to focus. Each race lasts a specific duration and it is essential to learn to develop the skill to focus on appropriate cues for the appropriate amount of time. We develop these skills if we reach the highest levels of our sport, unfortunately, not all learn to focus appropriately and never reach the top. Distractions can occur from various sources: family, friends, weather, meet officials, coaches, etc. It is imperative that you learn to focus and refocus to prevent becoming distracted at crucial times. It only takes a moment for a competitor to take advantage of a mental error. You do not have to allow the distractions that occur to spoil your positive frame of mind. Things will happen at competitions. How you choose to react to these potential distractions is of paramount importance. Distractions can occur from external sources or internal sources. The single most internal distractor is our self-talk. Athletes need to develop the ability to focus, the ability to focus on demand, the ability to focus on the present, and the ability to focus for the right amount of time.

You learn to focus through practice. Pick out an object right now. Stop reading this page and concentrate on that object for one minute. No matter what happens, continue to concentrate for the entire minute. What happened? Were you able to do it? If not, how can you expect to concentrate for a race that takes several minutes or more? You do not need to allow yourself to react emotionally at each distraction. Make all events either neutral or positive for you. Here are some hints that might help you keep focus.

- Have a plan and stick to it. If something disrupts you, go to plan B.

- Remain positive.
- Start to prepare for your competition at least one day prior to it.
- Look for possible advantages in every situation.
- Commit to making the best of any occurrence.
- Expect the unexpected.
- Be proud of your efforts not just your results.
- Return to the basics under pressure. Make the complex more simple.
- Focus on your immediate goal.
- Reassure yourself about your training. Training plus trusting equals confidence.
- Focus on what you are doing right, not what you are doing wrong.
- Feel your form. Get into the rhythm.
- It's just another race.

I am including two short exercises to practice focus. They are by no means the only exercises, just examples. The first involves learning to focus on a primary task, such as proper form. Read a good book for several minutes and then tell a friend what you just read. Next, read more of the book, but with a radio playing in the background. Tell a friend what you just read. Finally, read some more and play a radio and television. The exercise is difficult. However, it illustrates how many times we might have split attention in a race. It is vitally important to concentrate on the important aspects of the race.

The next exercise is called the "I am aware" exercise. Lay down in a room and just listen to sounds for one minute. Allow your thoughts to flow. Next, pick a problem. Think of all the solutions to the problem. Do this for about a minute. Now, blank your mind completely. Usually this part of the exercise is done with eyes closed. Finally, open your eyes and watch an object for one minute. This exercise will teach you to switch from one type of focus to another. This is the type of focus many athletes use in competition.

I am convinced that this skill is one of the most crucial skills to develop if you want to reach your goals. Practice developing concentration daily in order to use it in competition. Good racing.

(Dr. Richard Godin is a Professor at Utah State University. He is a member of the USA T&F Sport Psychology Registry and served as the Team Sport Psychologist for the Junior National Team that competed in the 5th IAAF World Championships in Lisbon Portugal in 1994. He is formerly the Team Sport Psychologist for USA Gymnastics and consults with numerous PGA touring golf professionals.)

## LOOKING BACK

**30 Years Ago** (From the Oct. 1966 ORW)--Larry Young won his first of eight national 50 Km titles in Chicago. Pulling away from Canada's Alex Oakley in the final 3 miles, Larry recorded the second best ever by a U.S. walker (to that time), 4:38:25. Oakley folded completely and finished nearly 5 minutes back in 4:43:06, less than a minute ahead of fast-closing Shaul Ladany. Ron Daniel, Pat Farrelly (Can.), Jim Clinton, and Karl Merschenz (Can.) were also under 5 hours. Your editor, in one of his failed attempts at this distance, dropped out at 24 miles in third place. Earlier in the month, Ron Laird won the National 15 Km in Atlantic City with 1:11:28. Ron Daniel just edged Bob Kitchen a couple of minutes back, and Bill Kaiser took fourth. In East Germany, Christoph Hohne did a 2:20:36 for 30 Km on the track, with a world's best of 1:50:07 for 15 miles on the way. Gennadiy Agapov covered the 30 Km distance on the road in 2:12:56 in the Soviet Union. Another Soviet walker, Nikolai Smaga, won the Little Olympics 20 Km in Mexico City in 1:31:04. Italy's Vittorio Visini was a minute back. Leading 47 finishers, K. Abolins won the Leicester-to-Skegness 100 mile race in England in 18:10:46.

**25 Years Ago** (From the Oct. 1971 ORW)--The Mexicans, starting a racewalking revolution under new National Coach Jerzy Hausleber, from Poland, came north and dominated the National 15 Km in Des Moines, Iowa. Jose Oliveros won in 1:06:24, 20 seconds ahead of Ron Laird. Following Mexicans Hernandez and Sanchos, Larry Young took fifth in 67:53, with Floyd Godwin sixth, ahead of three more Mexicans, including future world beater Raul Gonzales. Rudy Haluza beat Todd Scully for the fourth U.S. spot. Bob Henderson in 24th did 1:14:34 (8 minute miles) in one of the deepest races ever seen in this country. Most thought the course was accurate, but your editor wasn't so sure with a 1:12:09 at a point in his career when Henderson's time would have been satisfying. . . The U.S. won a dual meet from Canada in Lake Placid with Laird taking the 20 in 1:38:25 over Bill Ranney and Marcel Jobin, and Larry Young an easy winner at 50 Km in 4:28:58. . . Bill Weigle, destined to make the Olympic team a year later, started to look like a threat with a 44:48 for 6 miles and 3:41:45 for 40 Km in Denver's altitude. . . East Germany won a dual meet from the USSR, with Gerhard Sperling taking the 20 in 1:28:23, Veniamin Soldatenko the 50 in 3:59:18 (just 3 seconds ahead of Peter Selzer), and Karl-Heinz Stadtmuller the Junior 10 in 43:49.

**20 Years Ago** (From the Oct. 1976 ORW)--The Leicester-to-Skegness 10 went to Derek Harrison in a swift 17:15:50, some 42 minutes ahead of Dutchman J. Vos. Eight competitors finished under 20 hours and 38 beat the 24 hour limit. . . England's Olly Flynn won the 20 Km in a dual meet with Italy in 1:27:35, as Maruicio Damilano prepped for his 1980 Olympic gold medal performance with a win in the Junior 10 in 42:33.

**15 Years Ago** (from the October 1981 ORW)--A well-balanced Italian team emerged as the winner in the Lugano Cup, race walking's world championship. Italy trailed the Soviet Union by 3 points after the 20 Km, but picked those points up in the 50 and won the title on the basis of the first individual finisher in the 50. Defending titlist Mexico was third, just 6 points back, with East Germany fourth. The U.S. 2as 7th of 15 teams. Mexico took the individual titles--Ernesto Canto doing 1:23:52 and Raul Gonzales 3:48:30. East Germany's Roland Weisser and Italy's Alessandro Pezzatini followed at 20. Medals went to the same two countries in the 50 in the persons of Hartwig Gauder and Sandro Bellucci. For the U.S., Todd Scully was 21st (1:30:22) and Jim Heiring 22nd in the 20. Marco Evoniuk took 13th in 4:07:44 in the 50, with Dan O'Connor 21st. . . The USSR won the women's title at 5 Km over Sweden, with Siv Gustavsson of Sweden winning in 22:57. The U.S. was 7th, led by Sue Liers' 24:16 effort in 9th.

**10 Years Ago** (From the Oct. 1986 ORW)--The second Pan-Am Cup walks, held in Quebec featured an outstanding 20 Km race in which Tim Lewis walked what is still the fastest ever 20 Km by a U.S. athlete. Canada's Guillaume Leblanc won the race in 1:21:13. Lewis was with Leblanc at 10 Km in 40:32 and just 5 seconds back at 15, but couldn't match the Canadian's pace from there. He also fell to Mexican junior Carlos Mercenario, who finished in 1:21:33 to Tim's 1:21:48. (The following, spring Mercenario was the surprising winner at the World Cup 20, and in 1991 he won the World Cup 50.) Ray Sharp and Carl Schueler also had outstanding 20s for the U.S. finishing 8th and 9th in 1:24:58 and 1:25:04. Mexico's Martin Bermudez won the 50 in 3:56:21, 9 1/2 minutes ahead of Marco Evoniuk. Dan O'Connor was fifth in 4:18:46. Graciella Mendoza, of Mexico, edged Canada's Ann Peel in the women's 10 Km, 45:23 to 45:26 with Teresa Vaill fourth for the U.S. in 46:47. Debbi Lawrence was 9th in 49:06. . . Leblanc also won the Alongi 20 Km in Dearborn, Mich., beating Bermudez. Leblanc's 1:25:45 put him 66 seconds ahead of the Mexican. Gary Morgan was fourth. . . Doug Fournier won the 5 Km in a U.S.-Romania Junior meet in 21:54.68. Curt Clausen was third in 22:29.58.

**5 Years Ago** (From the Oct. 1991 ORW)--Allen James was no match for Mexico's Bernardo Segura in the Alongi International, but turned in an excellent 1:26:33 to take second. Segura walked away in 1:22:01. Gary Morgan was third in 1:27:52. Teresa Vaill prevailed in the women's 10 Km in 45:51 with Eva Machuca, Mexico, second in 46:44. Debora Van Orden took third in 47:11. . . Morgan and Victoria Herazo were winners at the National 5 Km in North Carolina. Herazo had no problem, winning in 22:43 with Cheryl Rellinger a distant second in 25:01. Morgan beat Curt Clausen by 10 seconds in 20:33. Dave McGovern was third in 20:56. . . Morgan could not cope with Doug Fournier 2 weeks earlier, however. Fournier won a 5 Km in Connecticut in 20:14, beating Andrzej Chylinski (20:26) and Morgan (20:39). Debbi Lawrence easily beat Herazo, 22:15 to 22:40, at the same site. Teresa Vaill had 22:51. . . In Arlington, Virginia, Dave McGovern bettered the national record for 1 Hour, covering 8 miles 1147 yards. That was 27 yards beyond Neal Pyke's record, set in 1978. . . Herazo was also tough for an hour, breaking her own national record in the National Championship race in Cambridge, Mass. Victoria covered 12,777 meters. She also bettered the world's best by 107 meters.