Russians Rule the Roost

Prague/Podebrady, Czech Republic, April 19-20—it was a Russian weekend as both their men's and women's teams walked off with titles in the World Racewalking Cup. These were the first titles for Russia itself, but before the breakup, the USSR had won four titles on both the men's and women's sides. The strength of the former Soviet Union was shown as Belarus took third on the men's side and fourth on the women's, and Ukraine was 14th and eighth, respectively. Mexico continued its proud history in the men's event, coming second to go with four previous titles and three third place finishes. They would have been much closer to a fifth title but for an apparently selfish move by Bernardo Segura in the 20, and the collapse of two of their walkers in the 50. In the women's race, Italy was a close second and Italy third.

The individual races were also decided by strong finishes, as Russia's Irina Stankina (10Km), Ecuador's Jefferson Perez (20Km), and Spain's Jesus Garcia (50Km) all came from behind in the closing stages to snatch victory and establish new World Cup records for the distances. The weather was quite cool for all three races (low 40s) and some light snow fell during the SO, but obviously this didn't affect the performances.

Stankina, disqualified in Atlanta last summer with the gold medal in her grasp, stormed past teammate Olympia Ivanova in the final kilometer to win in 41:52. Unlike most world class races, Ivanova broke this one up early and by the halfway point the usual pack was battling for third. Ivanova went through 5Km in 20:51 with Stankina 18 seconds back in second. Another 16 seconds back, Italy's Erika Alfridi led a group of 12 separated by just 7 seconds. Increasing her pace to 20:43 for the second 5, Stankina was able to catch Ivanova with about a kilometer to go and draw away to a 7 second victory. Her 41:52 effort bettered the World Cup record of 42:19 set by Gao Hongmiao in 1995. Hongmiao was not on this year's Chinese team, but China's Yan Gu also walked a very strong second half, closing on Ivanova and leaving Alfridi well back to take third. She walked 20:58 for her second half to finish in 42:15.

The U.S. team turned in a solid group of performances and wound up 14th among 31 teams. Victoria Herazo led the way with her 46:31 in 50th and Joanne Dow continued her strong comeback from injury with a 47:23 effort in 61st. Gretchen Eistler was not far back in 47:45. Al improved on their times in the qualifying race (DC Invitational), as did Dana Yarbrough. Mexico finished ninth and Canada 17th, led by Tina Poitras in 42nd place. It's interesting that Sweden, the original power in women's walking in the '70s and so dominant for several years didn't even have a team entered, and Norway, their chief challenger in those early years, was 18th.

Following the race, Stankina told the interviewers: "I was very nervous before the start of the event, but I relaxed during the race and now I am very happy. Since the Olympic Games where I was disqualified, I have worked very hard to improve my technique at every training session." She had a single red card in this race.

Second-finisher Ivanova said: "I had prepared very well for this competition, but one week ago I fell ill with a cold and a sore throat. This may have affected my result today, but I am..."
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.

still very happy because I didn't expect too much because of my illness. I didn't realize how fast I was going in the first kilometer (reached in around 3:48 because I didn't look at my watch. During my training preparation before I fell ill, I had aimed at finishing this race in 41 minutes."

Gu Yang seemed satisfied in third. "I have been training very hard and am very satisfied with my result, especially because now I have a medal. Compared with the last World Cup there were three basic differences. First, in Beijing in 1995 we were at home. Second, the food served was very different, although it was very good, is very different to Chinese food. And, finally, the weather here is very different, too."


In the 20 Km race, Perez certainly solidified the impression he made in winning the gold medal in Atlanta. The 22-year-old Ecuadorian appeared unbeatable as he moved smoothly through a final 5 Km in 19:01, coming from sixth place at 15 km. His 1:18:24 was 25 seconds better than Daniel Bautista's Cup record, which the Mexican set in 1979. The closest anyone had come since was Josef Pribilin at a 1:19:30 in 1983.
In the 50, Spain's Jesus Garcia, runner-up in both 1993 and 1995, was not ready to settle for silver again. Biding his time during the first half of the race while New Zealand's Craig Barrett was leading the field through a near suicidal pace, he was invincible in the second half. With splits of 1:52:08 and 1:47:46, he finished in 3:39:54, well under the Cup record of 3:41:20 set 2 years ago by China's Zhao Yongshan.

The first 10 Km was fairly leisurely with 21 walkers together in 45:26. Barrett then tried to steal the lead. Covering the next 5 Km in 12:45 he opened a 46 second lead and the rest of the field started to spread out. Barrett continued with splits of 21:25 and 21:04, and at the halfway mark, led by 61 seconds in 1:49:40. A group of China's Yongsheng Zhao, Poland's Tomasz Kijpe, and Russians Nikolay Matvukhin, Oleg Merkulov, and Oleg Ishutkin were about 30 seconds clear of the next race. Garcia was in 16th place.

Barrett backed off only slightly, covering the next 5 in 21:33, with Zhao and the three Russians now only 45 seconds back. Garcia was 11th, in a large pack battling for seventh. When Barrett got a third red card and left the race, Zhao assumed the lead with Ishutkin and Matvukhin in tow as he hit 35 Km. There was a gap back to Lipiec in fourth and the rest were spreading out rapidly. Garcia was now ninth and just 74 seconds out of the lead.

Russians now only 45 seconds back as he hit 35 Km and easily shed all his pursuers. But Garcia was on the move, having done a 21:17 and was well clear in second. But he still had 44 seconds to make up. Although both

walkers slowed on the final 5 Km, Garcia proved the stronger and made up that gap and then some as he won by 18 seconds. Finland's Valentin Kononen defended his bronze medal, coming from sixth in the final 5 Km. It was a bad day for the Belarus, as Canada's Tim was also DQ'd after what appeared to be another great performance as he crossed the finish in seventh place.

The U.S. team finished 16th and moved up to 16th in the final standings. Andrzej Chylinski led the way with a 4:07:15 in 44th and Mark Green had a personal best of 4:13:16. Those vets of many, many of these races, Marco Evoniuk and Carl Schuler, while not up to the feats of their youth, gave solid performances in 68th and 72nd.

Garcia had some interesting observations following the race. "There were two key points. From 20 to 25 Km, I was walking alongside Valentin Kononen and we started to catch up on the leading group. Then in the last 10 Km, I knew I had the energy to go fast to the end... I told the Spanish media that I was saving 25 percent for the World Championships this summer I used to think the climatic conditions in Athens would favor me, being more Mediterranean. I still do not think I have reached my best form this year... I felt I was among the elite 10 walkers on the distance, but we are all very close, and anyone can win. In any case, every race is a learning experience." Ishutkin said: "I realized I had sprinted too early and was unable to keep up the pace. I should have waited, but Garcia was really the best today. I was very touched by the support of the Czech spectators. It brought tears to my eyes that they cheered for me in spite of the history between our two countries." Ishutkin and Stankina have the same coach, Viktor Tchuhin.

Kononen noted that, "I know experience is a very important factor in the 50 Km, and there were mostly young athletes in the leading group. (Ed. Ishutkin, for example, was born in 1975.) I was with Jesus Garcia most of the time, and I felt quite confident because we older walkers have more experience, are older and wiser." (Ed. No one that among the top seven, only Garcia, Kononen, and Rodriguez were highly rated walkers going into the race, so this was a race of surprises.)


...DNP-Jonathan Mathews, USA DQ-Tim Bennett, Canada.

Other Results

National Masters Indoors 3 Km, Boston, March 23:
Women 35-1
d. Kerby-Moore, N.H.
17:08:87
Women 40-1: Marcia Rifkin, N.J.
17:12:17
Women 45-1: Karen Davis, Ariz.
17:14:12

Mile, Cambridge, Mass., March 11:
1. Bill Hanrahan, N.Y.
4:08:29
4:10:20
3. Marcia Rifkin, N.J.
4:11:01

10 Km, Winter Park, Florida, March 29:
1. John Fredericks, 54:30
2. C. S. Monte Carlo, 50:58:54
3. Mario Feinstein, 61:46
4. Ray Jenkins, 61:59
5. Women: 1. Chris Alt, 60:00
2. Sperry Rademaker (50:61)
2. Robert Finn (59:29:22)
3. Garry Gomes, 29:55
2. Joan volk, 31:24
3. Marie Dadds, 32:12
4. Bethell Nason, 32:18
5. Women: 1. Cheri Kawashima, 34:05
2. Danielle Kirk, 34:23
3. Maryanne Wirth, 34:51
4. Brenda Varela, 35:04
2. Chris Gosselin, 35:16
3. Marcia Rifkin, 35:20
4. Marcia Kline, 35:24
2. Sperry Rademaker (50:41)
2. Robert Finn (59:29:22)
3. Garry Gomes, 29:55
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1996 Postal 1 Hour Results

Elliott Denman reports on last year's National Postal 1 Hour, sponsored by the Shore AC:

Another year, many new faces replacing old ones taking the year off, five new records, over 200 participants, and almost as many dedicated volunteers, judges, and lap-counters; the 1996 1 Hour Postal Racewalk is in the books. Congratulations and thanks to all.

What more can one say of Dorothy Roberts? In breaking her W85 record for the second straight year, she continues to expand the adage about getting better with age. Can she reach 10,000 meters by age 100? Stay tuned. Not to be outdone, two youngsters each added a second title to previous marks. W75 record holder Velma Jacobs reset the W80 standard, and Ruth Eberle took over the W65 crown to go with her W60 mark. There was turnover straight year, she continues to expand the adage about getting better with age. Can she reach 10,000 meters by age 100? Stay tuned. Not to be outdone, two youngsters each added a second title to previous marks. W75 record holder Velma Jacobs reset the W80 standard, and Ruth Eberle took over the W65 crown to go with her W60 mark. There was turnover straight year, she continues to expand the adage about getting better with age. Can she reach 10,000 meters by age 100? Stay tuned. Not to be outdone, two youngsters each added a second title to previous marks. 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From far-flung operatives, we learn of the following pedestrian events. Interested?

Sat. May 10  5 Km, Miami, 7:30 am (Q)
8 Km, Mounds State Park, Indiana (V)
5 km, Ft. Collins, Col., 8:30 am (H)
Sun. May 11 Jack Mortland and North Zone Championships 5, 10, and 20 Km Walks, Yellow Springs, Ohio, 8:30 am (M)
4 Mile, Denver, 8:30 am (H)
Tue. May 13  1500 meters, Atlanta (DD)
Fri. May 16  5 Km, Miami, 7 pm (Q)
Sat. May 17  5 Km, Denver, 8 am (H)
5 Km, Atlanta (D)
Sun. May 18  USATF National 15 Km, North Regional 10 and 20 Km, Elk Grove, Ill. (S)
1500 meters and 3 Km, Columbus, Ohio (M)
5 Km, Plymouth, N.H., 9 am (N)
5 Km, Needham, Mass. (N)
8 Km, Penske Pines, Fla., 7:30 am (Q)
5 Km, Denver, 8:30 am (H)
West Regional Women's 10 Km, Men's 20 Km, Palo Alto, Cal. (R)
Inland Empire 15 Km, Riverside, Cal., 7:30 am (B)
Thu. May 22 NAIA Women's 3 Km, Men's 5 Km, Marietta, Georgia
Sat. May 24  5 Km, Coral Gables, Fla., 7:30 am (Q)
5 Km, Ann Arbor, Mich. (O)
Sun. May 25  East Regional 20 Km, New York City (F)
Sanford Kalb 9 Km, Lakewood, N.J. (A)
North Zone 5 Km, Bridgeton, Missouri (CC)
Alongi in Marin 5 Km, Marin, Cal., 9:30 am (P)
USATF Youth Road Walk Championships, Madison, Wis. (AA)
Art Keay Memorial 10 Km, Toronto, Ont., 11 am (I)
Mon. May 26  10 Km, Boulder, Col., 7:30 am (H)
Sat. May 31  10, 20, and 100 Km, Kenosha, Wis. (G)
5 Km, Fontanu, Cal. (H)
Sun. June 1  Weinacker Cup Men's 10 Km, Women's
5 Km, Dearborn, Mich. (O)
N.J. Masters 5 Km, Tinton Falls, N.J. (A)
Sat. June 7  1500 and 3000 meters, Seattle (C)
5 Km, Tinton Falls, N.J. (A)
N.J. 5 Km Champ., Piscataway, N.J. (A)
5 Km, New Castle, Penn., 9 am (BB)
5 Km, Miami, 7 pm (Q)
5 Km, Atlanta (D)
5 Km, Champaign, Ill. (S)
Colorado State 1500 meters and 3 Km, Boulder (H)
Sun. June 8  5 and 10 Km, Yellow Springs, Ohio (M)
5 Km, Dunwoody, Georgia (D)

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FROM HEEL TO TOE

Next month's ORW may be a few days later than usual. We are planning a vacation beginning the second week in May, with no definite end date. So, I may not get the May issue into the mail until a few days into June. Be patient. It occurred to me, that in 32 plus years of doing this newsletter, we have never planned vacation time around the ORW schedule, but I don't recall there ever having been a conflict before. Actually, even I am amazed by my discipline having been a conflict before. Actually, even I am amazed as my discipline we have never planned vacation time around the ORW schedule, but I don't recall there ever having been a conflict before. Actually, even I am amazed as my discipline...
ran a couple of articles by Jim Coots a few months back. Bob Daniel in Prescott, Arizona notes that in addition to what we mentioned about Jim, he also coaches all comers nearly every Saturday morning at 7 a.m. at Irvine High School in Irvine, California. There are as many as 35 people every weekend, some driving as much as 120 miles to get his coaching. Bob says he was one of them.

Camps and clinics: Dr. Andy Palmer, the owner of the Maine Running Camp for 19 years, will have a week-long beginning racewalking camp for the first time. The setting is one of the ocean in beautiful Bar Harbor. There will be sessions on stress management, goals, performance enhancement, video taped analysis, racewalking techniques to keep you fit forever, weight control and nutrition, injury prevention, rules of racewalking, and alternative activities, including hiking, biking, climbing, and kayaking. Bonnie Stein, who has been doing racewalking clinics and classes in the Atlanta area for some time, will lead the racewalking portion. Dr. Palmer and two other coaches will lead the other sessions. The cost is $595 for the July 13-19 experience. Call 404-847-WALK for more information. Sportfit Adventures, Inc. and Director Sally Richards offers fitness camps for women in Winter Park, Colorado. Sally was a National Racewalking member and holds several master's records. The camps offer fitness walking and racewalking for all levels, as well as hiking. Contact Sportfit Adventures, 1153 Bergen Pkwy., Suite 224, Evergreen, CO 80439, 303-674-4428. USA Track and Field World Championships reports that major international track and field competitions will be divided into four classes starting in 2004. IAAF member nations will be divided into four groups based on population. While the Olympics will continue to be conducted at a single site, the World Championships will be divided into four separate meets at different sites. This, to me, is worse than Indiana high school basketball making a similar decisions. Track is primarily an individual sport, but with this setup, we will never know who the real Olympic or World champions are. Who is the World's fastest human? Oh, I think it is probably the Class B guy. Of course, we will still have the T&F News and ORW annual world rankings to tell us (providing Jack Mortland or the ORW is still around at that advanced date). But they will be more difficult to do and even more contentious than they already are. Actually, I don't know at this point if this decision will affect the World Cup of Racewalking, but Olympic and World Championship walkers will be divided along with the rest. A possible positive note for U.S. walkers could be loosening of qualification standards for the latter two competitions. With far fewer nations competing in each class than we now have in total, one might expect the acceptance of more athletes from each country. (Note: The report appeared in the April issue of Weekly Notes.)

LOOKING BACK

30 Years Ago (From the April 1967 ORW)—On the West Coast, Don DeNoon took the measure of Ron Laird by 2 minutes, winning a 30 Km race in 2:30:00. Ron Laird turned the tables at 20 Km, winning by just 1 second in 1:33:23. The Ohio 20 Km title went to Jack Mortland in 1:41:13.

25 Years Ago (From the April 1972 ORW)—The National 25 Km title went to Larry Young in 1:57:28 following a race-long duel with Goetz Klopfert. Goetz hung on until the final mile and finished a few minutes back, only to find that he had been DQ'd. Second went to Bill Runney in 2:03:13 with Todd Scully third. The race was held in Seattle. . . The annual 50-miler in New Jersey went to Shaull Laday in 7:23:10 with Bill Walker a half-hour back in second. Shaull went through the 50 Km mark in 4:30:46. You added the National 20 Km title to his laurels, winning on Laver Island in 1:32:43. Ron Daniel was second in 1:34:10, followed by Floyd Godwin, John Krafton, Jerry Brown, and Todd Scully. Your editor decided Long Island didn't like him as he received the second DQ of his career, the first having come 12 years earlier in the National 10 Km—on Long Island. Back home in Missouri, Young also had a 4:34 for 10 Km and covered 8 miles 415 yards in an hour. . . In East Germany, Karl-Heinz Stadtmuller bettered the world record for 30 Km with a 2:14:16. Also in East Germany, Hans-Georg Reimann had a a 2:16:13 for 20 Km. Paul Nihl did 2:16:55 in England.

20 Years Ago (From the April 1977 ORW)—Wayne Glusker and Dave Himmelberger shared the National 35 Km title, finishing in 3:03:50 in Palo Alto. Bryan Snazelle was just 40 seconds back. Shaull Laday continued to dominate the ultras, winning the National 75 Km title in a record 7:04:48 (4:35:44 at 50). Martin Krafi was second in 7:27:15, Alan Price third, and Gerry Bocci fourth. . . In Turku, Finland, Reima Salonen did an indoor 3 Km in 11:05.1, passing 1 mile in 5:53.2.

10 Years Ago (From the April 1987 ORW)—Tim Lewis and Debbi Lawrence emerged victorious in the DC Invitational walks. Lewis had 1:27:16 for 20 Km, 38 seconds ahead of Carl Schueler. Ray Sharp had 1:29:24 and Mike Staub and Steve Pecmovsky 1:29:39. Dave McGovern was 3 seconds over the hour-and-a-half mark. Lawrence was convincing as her 47:35 put her 63 seconds ahead of Lynn Weik, with Maryanne Torrellas third in 48:56. The Vaill sisters, Teresa and Lisa, also broke 50 minutes.

5 Years Ago (From the April 1992 ORW)—Carl Schueler and Marco Evonuk both qualified for their fourth Olympic team at the 50 Km Trial in New Orleans. Joining them was Merr Nelson, who gutted it out in second place for a 4:04:38, just under the qualifying standard of 4:05. Evonuk, in third (4:09:44) already had met the standard. Schueler won the race in 4:02:10, after going through 25 Km in 1:56:57, which proved a bit quick on the day, but he was never in danger of losing the race. Following the first three were Andrezej Chylinski (4:11:53), Jonathan Matthews (4:12:28), and Dan O'Connor (4:13:53). At the National Invitational in Washington, D.C., Canada's Janice McCaffrey edged Teresa Vaill in the 10 Km, 45:07 to 45:16. Lynn Wein (45:38) and Maryanne Torrellas (48:06) followed. Tim Lewis won another title at 20 Km in 1:28:47, 25 seconds ahead of Ian Whately. Dave McGovern led a closely bunched pack for third in 1:29:31, as five more (Ray Funkhouser, Mark Manning, Steve Pecmovsky, Carl Schueler, and Marc Varsano) came in under 1:30. . . Alan James passed on the D.C. race, but a week earlier blasted a 1:25:01 in Long Beach. Dave Marchese followed in 1:28:56. A competitive 20 Km in Monterey, Mexico saw Czech Igor Kollar winning in 1:22:57, with six others at 1:24:00 or better. Another Czech, Roman Mrazek, was second, followed by Russia's Mikhail Semenkovich, Ernesto Canto, Walter Arena (Italy), Joel Sanchez, and Daniel Garcia. . . In a show of strength, Spain had five walkers under 3:50 in their National 50 Km, won by Jaime Barroso in 3:48:08.

Official IAAF World Records

(As of 12/31/96)

<table>
<thead>
<tr>
<th>Distance</th>
<th>Record</th>
<th>Country, Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 Km</td>
<td>1:17:25.6</td>
<td>Bernardo Segura, Mexico</td>
</tr>
<tr>
<td>24 Hours</td>
<td>29:572 m</td>
<td>Maurizio Damilano, Italy</td>
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<tr>
<td>30 Hours</td>
<td>2:01:44.1</td>
<td>Maurizio Damilano, Italy</td>
</tr>
<tr>
<td>50 K</td>
<td>3:40:57.9</td>
<td>Thierry Toubain, France</td>
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<tr>
<td>5 K (IN)</td>
<td>18:07:08</td>
<td>Mikhail Semenkovich, Russia</td>
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<tr>
<td>5 Women</td>
<td>20:13:26</td>
<td>Kerry Saxby-Junna, Australia</td>
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<tr>
<td>10 K</td>
<td>41:56:23</td>
<td>Nadezhda Ryashkina, USSR</td>
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<tr>
<td>3 K (IN)</td>
<td>11:44:00</td>
<td>Alina Ivanova, Unified Team</td>
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</tbody>
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Bergen, Norway, 5/7/94
Cuneo, Italy, 10/3/92
Cuneo, Italy, 10/3/92
Hericourt, France, 9/29/96
Berlin, 2/14/95
Hobart, 2/25/96
Seattle, 7/24/96
Berlin, 2/15/92