Results, results, results


The young and the old. Above: Two of the young lions of U.S. racewalking, Andrew Herrmann (left) and Al Heppner get together at the 1996 U.S. Olympic Trials. Below: From another era, we see, from left, Jack Mortland, Andrzej Chaplinski, and Ron Laird with their awards following a 20 Km race from Sztum to Malbork, Poland in August, 1965. Laird won in 1:29:40 on a course that was 400 to 500 meters short. Chaplinski had 1:32:24 and Mortland 1:34:39.
Step Forward For These Heel-and-Toe Events

**Sun. Nov. 8**
2.8 mile, Seattle, 9 am (C)
1 Hour, Washington, D.C. (J)
5 and 15 Km, Jacono Lake, Kan. (Y)

**Sun. Nov. 9**
Florida 20 Km Championship, Orlando (Q)
5 and 10 Km, Kansas City (Y)

**Sat. Nov. 15**
Florida 10 Km Championships, Cooper City (Q)

**Sun. Nov. 16**
1 Hour, Kentfield, Cal., 9 am (P)
5 Km, Miami, 8 am (Q)
FROM HEEL TO TOE

The 1988 National 50 Km Championship race has been scheduled for Sunday, February 8 in Palo Alto, Calif. For further information, contact Gary Bower at 650-747-0342. Joy and sorrow: Front Range Walkers News reports that racewalking internationals Déby Van Orden and Carl Schueler (four Olympic teams and many, many World Cup and World Championship teams) are tying the knot (by now, have tied the knot) after an 11-year relationship, "relieving us of a lengthy suspense." The report goes on: "The laid-back Carl says he didn't want to do anything rash or rush into anything. Many of the greatest names in racewalking were scheduled to attend the October 11 service at the Grace Episcopal Church in Colorado Springs. All of us who have known this wonderful pair through the years count them as among the nicest and most sincere people you could ever meet. We wish to express our heartfelt congratulations to them." Well, so do we.

The sorrow: This from the Canadian magazine Athletics: "We are saddened to report the death of Corine Whissell at 26 years of age after a lengthy illness. Corine was a National Junior and Senior Champion and National Team member in the racewalk. She was expecting her second child when she was suddenly struck by a life-threatening attack of meningitis in March 1995. The initial attack left her with only partial use of her legs and although she was able to return to the hospital, there were long-term complications that eventually claimed her life. She is survived by her husband Gilbert Daoust, also a National Team walker, and two young children, Camille and Sophia. A resident of Hull, Quebec, Corine is sixth in the all-time Canadian ranking for the 10 Km event and is one of only seven Canadian women to break 46 minutes for the distance. She won the National Junior Championship in 1988 and 1990 and the Senior Championship in 1992.

Those who knew her will always remember her caring, enlightened outlook on life and the cheerful, sunny personality that would always put people around her at ease." And, locally, we have lost two good friends of racewalking, both Ohio High School Hall of Fame coaches.

Mary Coxen was in graduate school at Bowling Green when I started there in the fall of 1953. He was helping out with the cross country and track teams and we became good friends during the year. In the spring of 1954, he and my roommate to-be for three years, Larry Trask, got wind of the National 40 Km racewalk in Cincinnati and decided to give it a go. They trained rather seriously for 2 or 3 months prior to the event, and with little idea of what they were doing. As I recall, Mary got through about 21 miles and Larry 18 or 19 before collapsing at "the wall." But they enjoyed the experience on the whole, though neither of them stuck with the sport following that race. Mary went on to coach track and cross country at my old high school Upper Arlington (home also of Jack Nicklaus), first boys and then girls. He had several individual state champions and two or three girls' state championship cross country teams.

He walked an occasional race with Jack Blackburn and in the late '50s and early '60s and was always available to help at races when asked, including at the National 15 Km in 1960. Diabetes had laid him low the past few years and he left us on October 8 at age 66. Ironically, on the same day, we also lost Mark Whittaker, 74. Mark was a very good half-miler at Ohio State in the late '40s and went on to coach at Columbus East and Brookhaven high schools, also developing many state champions.

After retiring, he continued to keep his hand in as a long-time manager of officials at Ohio State meets, as well as city, district, and state high school meets. He too was always available to help at our meets, even as a judge, and even tried his hand at the sport on a few occasions. I had many good times working with him at OSU and other track meets. In retirement, Mark became involved in coaching local deaf athletes over a 15-year period and took four distance runners to Deaf Olympics. Mark's cancer was found in 1995. He died then, and then was hit hard again after returning from the Atlanta Olympics, where he helped his youngest son Bart, facilities manager at the Olympic Stadium. He had many wonderful experiences through Bart, who previously was manager of events at the New Orleans Superdome. Beyond the Olympics, he was able to help Bart at Super Bowls, Final Four tournaments, and Rolling Stones' concerts. Mark was...
Lactate and the Long Walk

by Dave McGovern
"Dave's World Class"

Lactate is the product of anaerobic metabolism, particularly in muscles, and is a key factor in determining the intensity of exercise and the duration of a race. This article discusses the role of lactate in long-distance racewalking.

Most athletes cover when they hear the terms "lactate" or "lactic acid". I myself wake up in a cold sweat from nightmares involving my high school cross country coach, Bill "Sluggo". But is lactate really an enemy? Well, yes and no. Lactic acid, or lactate, is essentially nothing more than incompletely combusted carbohydrate. Carbohydrate burned without sufficient oxygen for complete break down to occur. This lactate, created in the working muscles, is subsequently circulated through the body for "processing". Lactate is actually a friend to your heart, which preferentially uses it as a fuel, but your skeletal muscles don't see it that way. Lactate slows down enzymatic activity in the working muscles by lowering the pH (raising the acidity) within them. The result? As acid levels rise, you have to slow down. Slowing down obviously requires less energy, so less carbohydrates are burned, and less lactate is spun off. After several minutes of slower walking, excess lactate is consumed and you generally get a "second wind" that allows you to pick up the pace again.

The lesson: Don't go out too hard in a race in the first place and you won't build up high lactate levels. But what about those nasty 400 meter repeats? Yes, speed work is a key component of training for any endurance event. But in a discipline that takes place over the course of 5 to 50 kilometers, top-end speed isn't the problem. The problem is maintaining a relatively comfortable pace for long periods of time--and you can't do that if you're swimming in lactic acid. "Sluggo" realized that you can "teach" the body to process lactate more efficiently by doing hard intervals. But wouldn't it be nice if your muscles weren't generating buckets of lactate in the first place? Real nice, but how? The solution is to improve your "plumbing" so that the muscles get bathed in loads of oxygen-rich blood. And the only way to do that is by getting out for those long easy walks.

Easy distance work--walks over one hour in duration at 65 to 75 percent of maximum heart rate--will increase capillarization into the working muscles. The average guy on the street has one to two capillaries supplying each muscle cell with oxygen. A well-trained athlete has four to six, which means two to six times more oxygen going into the muscles. More oxygen means you can walk much faster without building up lactic acid. The easy aerobic distance work also increases the size and number of mitochondria in the working muscles. More mitochondria are the power houses where fuel (carbohydrates) are turned into ATP (adenosine triphosphate), which leads to muscle contractions. More mitochondria per muscle cell means higher total energy output (i.e., faster racewalking).

Your body doesn't know whether your next race is a mile or a marathon, so you can't really "shorten" the long days just because you're only racing 5 km. That doesn't mean, however, you have to do 3-hour walks to prepare for 5 km. But you should be getting out for several 1-hour or so walks a week, and a long day of 10 to 15 km. Ten km racers should be out there for 15 to 20 km on the long day, and 20 km racers need to do 25 to 30 km on the long one.

The good news is that you don't have to--and shouldn't--go very fast. Walking the long one too fast not only doesn't give you additional aerobic benefit, it actually does damage that's counter-productive to it's intended purpose: building muscle and capillaried beds. Going too fast will raise intra-muscular acidity and keep these acid levels high for an extended period of time. I tell walkers at my clinics that this is like taking a hunk of steak (your muscles) and leaving it in a vat of acid for a few hours. After a while no more steak. It's not quite that dramatic, but if done too often, the result is the same. Sustained, high intra-muscular lactate levels destroy muscle tissue and the capillary beds that you're so desperately trying to develop.

So, to repeat, long walks should be walked in the 65 to 75 percent of maximum heart rate range. Since heart rate will rise as heat builds up in the muscles and dehydration sets in, you should always try to stay below 70 percent of maximum heart rate for the first 2/3 of the workout, allowing your heart to creep up to--but not over--75 percent over the final 1/3. It's difficult to make hard-and-fast pace-per-mile rules, but you should walk about 2 minutes per mile slower than race pace...
pace (for that distance) on your long day. If you're training for a 10 km and your long day is 20 km, walk 2 minutes per mile slower than your 20 km race pace.

Although Mr. Lactic Acid may never become your best friend, by consistently getting out there for that long day, you'll be able to "walk away" from him—and that refrigerator he wants to strap to your back—without Sluggo beating you up on the track.

**1997 World Top 10 (As of October 1)**

<table>
<thead>
<tr>
<th>20 Km</th>
<th>50 Km</th>
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<tbody>
<tr>
<td>1:18:24 Jefferson Perez, Ecuador</td>
<td>3:39:54 Jesus Garcia, Spain</td>
</tr>
<tr>
<td>1:18:38 Daniil Garcia, Mexico</td>
<td>3:40:12 Oleg Ishunin, Russia</td>
</tr>
<tr>
<td>1:18:54 Ilja Markov, Russia</td>
<td>3:41:09 Valentin Kononen, Finland</td>
</tr>
<tr>
<td>1:19:00 Li Zawen, China</td>
<td>3:41:33 Aleksey Yoyevodin, Russia</td>
</tr>
<tr>
<td>1:19:25 Julio Martinez, Guatemala</td>
<td>3:41:58 Tomas Libice, Poland</td>
</tr>
<tr>
<td>1:19:35 Vladimir Andreyev, Russia</td>
<td>3:42:16 Sergey Korepanov, Kazakhstan</td>
</tr>
<tr>
<td>1:20:00 Hatem Ghoulia, Tunisia</td>
<td>3:42:45 Miguel Rodriguez, Mexico</td>
</tr>
<tr>
<td>1:20:10 Rishat Shafikov, Russia</td>
<td>3:44:00 Andrei Plotnikov, Russia</td>
</tr>
<tr>
<td>1:20:25 Audrey Makarov, Russia</td>
<td>3:44:45 Viktor Ginko, Belarus</td>
</tr>
<tr>
<td>1:20:33 Mikhail Sennikov, Russia</td>
<td></td>
</tr>
</tbody>
</table>

**Women's 10 Km**
- 41:17 Irina Stankina, Russia
- 41:38 Rosella Giorziano, Italy
- 41:41 Yelena Nikolayeva, Russia
- 41:56 Larisa Khmelevshkaya, Belarus
- 42:02 Tamara Kovalenko, Russia
- 42:10 Anamita Sidi, Italy
- 42:12 Yelena Saiko, Russia
- 42:14 Yelena Gusynina, Russia
- 42:15 Erica Alfridi, Italy
- Gu Yan, China

**LOOKING BACK**

**35 Years Ago (From the Oct. 1962 Race Walker, published by Chris McCarthy)**—In the European Championships, Great Britain's Ken Matthews prevailed at 20 Km in 1:35:55, with Germany's Hans-Gerhard Reimann (1:36:15) and the USSR's Vladimir Golubnichiy (1:36:38) following. At 50, Italy's Abdon Pamich was an easy winner in 4:18:47, as Grigor Panitshkin, USSR (4:24:36) and Don Thompson, GB (4:29:10) followed. Interestingly, both winners repeated in the 1964 Olympics, and both bronze medalists had won gold at the 1960 Rome Olympics. Alex Oakley won the Canadian 50 Km title in 4:28:51 and two weeks later dropped down to Providence to win the U.S. 25 Km in 2:03:14. Ron Laird (2:04:44) and John Allen (2:08:08) followed. Chris McCarthy began to show the form that would carry him on to the 1964 Olympic team with a 4:49:22 50 Km effort in Chicago.

**30 Years Ago (From the Oct. 1967 ORW)**—In the fourth edition of the Lugano Cup (now World Cup), the U.S. fielded a team for the first time and finished sixth among eight teams, just 2 points back of Sweden. Ron Laird finished a close third in the 20 in 1:29:23 behind Soviets Nikolai Smaga and Vladimir Golubnichiy. With Christoph Hohne leading a 1,2,4 finish at 50 Km, East Germany, the host nation, won the team title over the Soviets. Others on the U.S. team, apparently the first U.S. athletes ever to compete in the German Democratic Republic, were Tom Dooley and Jack Mortland at 20, and Larry Young, Goetz Klopfer, and Jim Clinton at 50. Three-time Olympian Bruce MacDonald was the team manager. In a pre-Olympic meet in Mexico City, Jose Pedraza excited the locals by beating Hans-Georg Reimann and Gunnar Agapov in 1:34:22.

Laird prepared for the Lugano Cup race with a 1:59:18 in winning the National 25 Km in Seattle. Goetz Klopfer, Bill Ranney, and Jim Lopez took the next three spots to earn the team title for Allen's AC.

**25 Years Ago (From the Oct. 1972 ORW)**—Larry Young, fresh from his bronze medal performance at the Munich Olympics, won the National 30 Km in Columbia, Missouri in 2:28:09, with Todd Scully 1:12 minutes back. Floyd Godwin and Jerry Brown in third and fourth led the Colorado TC to a one point win over the Motor City Striders. Ben Knopp won the Columbus 100 miler in 22:15:05.

**20 Years Ago (From the Oct. 1977 ORW)**—Canada's Marcel Jobin was an easy winner of the National 30 Km, again held in Columbia, with a 2:21:03. Auggie Hirt was nearly 13 minutes back in second. Jeanne Bocius won the women's National 15 Km in 1:15:07, with Susan Liers second in 1:16:56. Liers later won the National 20 Km in 1:37:59 ahead of Eileen Smith's 2:01:26.

**15 Years Ago (From the Oct. 1982 ORW)**—Ray Sharp survived a strong finish by Tom Edwards to win the National 40 Km in Monmouth, N.J. Ray's 3:27:31 left him 46 seconds ahead of Edwards, who gained nearly 5 minutes in the final 10 Km. Randy Mimm was another 3:12 minutes back in third, well ahead of Mike Morris. Ernesto Canto was an easy winner of the Alpen Memorial 20 Km in 1:24:59, with Mexican teammate Felipe Gomez second in 1:27:23. Tim Lewis just edged Ray Sharp for third in 1:29:11 with Sharp given the same time. Alan Price won the Columbus 100 miler for the fifth consecutive time, covering the distance in 19:43:51. Bob Chapin was 40 minutes back in second, with four others finishing under the 24 hour limit. A 100 miler in England saw Nick Holmes winning in 17:21:52. In that one, there were 55 under 24 hours!

**10 Years Ago (From the Oct. 1987 ORW)**—Dan O'Connor won the National 30, held in East Meadow, N.Y. Dan finished in 2:21:52, leaving another Dan—Pierce—5 minutes and 25 seconds behind. Ed O'Rourke followed in third, just 6 seconds ahead of Cliff Mimm. Cliff's father, Bob, had a very impressive 2:55:48 and was the first over-60 competitor to finish. Another earlier, Nick Edman had won the National 40 in Ft. Monmouth, N.J. (he was seventh in the 30.) Jim's 3:27:59 put him well clear of Dan Pierce, who finished in 3:29:53, nearly 10 minutes ahead of third placer, Steve Vailones...Carl Schueler scored an impressive win in the Alpeni 20 Km, beating Italy's Sandro Bellucci, who had been sixth in the World Championship 50 Km earlier in the year. Schueler had 1:26:30 to Bellucci's 1:27:10. Columbia's Mauricio Cortez (1:27:57) was third, ahead of Gary Morgan (1:28:03) and Steve Pecovoski (1:28:31).

**5 Years Ago (From the Oct. 1992 ORW)**—Italy's Giovanni Piersigilli was an easy winner at the Alpeng 1:23:46. The field was spread out behind him—Albuquerque, Mexico 1:24:42, Jonathan Matthews 1:25:40, Dorel Fetics, Can. 1:26:39, Andrzej Chylinski 1:27:22, and Gary Morgan 1:29:42. The women's 10 Km went to Mexico's Francesca Martinez in 46:19, followed by Victoria Herazo (46:24) and Sara Sticney (47:03). Mexicans were dominant in the Pan-Am Cup. Martinez (47:11) and teammate Maria de la Luisa (47:27) were one-two in the 10 ahead of Herazo (47:42). They finished one-two-three in the 20—Hernando Segura 21:24, Daniel Garcia 21:34, and Alberto Cruz 21:38 with Jonathan Matthews 1:28:58 fifth for the U.S. And they also swept the first three spots at 50—German Sanchez, Miguel Rodriguez, and Carlos Mercenario, all in 40:06:21. Andrzej Chylinski and Dave Marchese were seventh and eighth... Nick Edman scored another 40 Km win at Fort Monmouth, this time in 3:37:15. Michael Korol was 13 minutes behind in second.