



OHIO RACEWALKER

Ohio Race Walker
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Columbus, Ohio 43202

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Indoor Titles to Rohl, Seaman

Atlanta, Feb. 28--Just 6 months after giving birth to daughter Ayla, 32-year-old Michelle Rohl was back on top with her third win in the National USATF Indoor 3 Km. Michelle, who had won in 1995 and 1996 (she skipped last season with her pregnancy) was back so strongly that she recorded the second best time in championship history, 12:40.38, less than 5 seconds off Debbie Lawrence's 1993 mark of 12:35.79. Michelle improved on her 1995 winning time by 15 seconds.

In the men's 5 Km race, Tim Seaman moved from fourth in 1996 and second last year to win easily in 19:54.36, a time bettered only by Tim Lewis in championship history. Tim did 19:30.70 in 1987 and 19:51.05 in 1988. (Tim holds the national at 19:18.40 set at the World Championships in 1987.) Gary Morgan, sixth today, is the only other U.S. walker under 20 minutes with his 19:55.60 win in 1992.

In the women's race, Rohl, Joanne Dow, and Gretchen Eastler-Fishman took control from the start, breaking away from the other walkers within the first lap and staying together for almost half the race. At about 1200 meters, Eastler-Fishman began to drop back a bit. Rohl started to open up on Dow at about 1600 meters. From there, Dow struggled valiantly to hang on but had to yield precious yards on each lap in 12:56.38, a time that would have won five times since this race went from a mile to 5 Km in 1987.

At the start of the men's race, a five-man pack of Seaman, Curt Clausen, Jonathan Matthews, Mike Rohl, and Morgan broke away from the rest of the walkers. Al Heppner led the second group. By mid-race, it was Clausen, Seaman, and Matthews in a lead group, with Rohl and Morgan dropping back a bit. Heppner was still well back in sixth.

By 3 Km, Matthews had dropped back a bit and shortly thereafter, Seaman made his move to pass Clausen and continued to increase his lead heading for a strong finish. He was 35 seconds ahead at the finish. Heppner put on a charge for the front and passed Matthews in the last laps to claim third place. But Jonathan's 20:43.20 was still impressive for a 41-year-old. Results:
Women's 3 Km--1. Michelle Rohl (32) 12:40.38 2. Joanne Dow (33) 12:56.38 3. Gretchen Eastler-Fishman (25) 13:20.38 4. Jill Zenner (21) 13:40.95 5. Samantha Cohen (20) 14:15.10 6. Cheryl Rellinger (31) 14:23.85 7. Margaret Ditchburn (23) 14:33.83 8. Valerie Silver (34) 15:00.52. Loretta Schuellein DQ

Men's 5 Km--1. Tim Seaman (25) 19:54.36 2. Curt Clausen (30) 20:29.16 3. Al Heppner (23) 20:40.38 4. Jonathan Mathews (41) 20:43.20 5. Mike Rohl (32) 20:59.33 6. Gary Morgan (38) 21:30.61 7. Chris Brooks 22:18.35 8. Steve Pecinovsky (44) 22:38.85

Other results

Millrose Games 1 Mil, New York City, Feb. 13--1. Curt Clausen 5:54.90 2. Mike Rohl 6:09.28 3. Gary Morgan 6:18.44 4. Anatoly Gorshkov (40) 6:20.09 5. Steve Pecinovsky (44) 6:23.95 6. Greg Dawson 6:30.69 & Patrick Ryan 6:39.98 (two DQs) **Indoor 3 Km, Waltham, Mass., Jan. 3--1.** Gretchen Eastler-Fishman 14:00.13 2. Joe Light 15:11.26 3. Charles Mansbach 17:55

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4. Kolya Kuo 18:18 5. Justin Kuo 18:28 **3 Km Mall Walk, Milford, Conn., Feb. 15--1.** Joe Light 14:59 2. Rupert Ravens 15:00 3. Stan Sosnowski 15:34 4. Larry Titus 17:12 5. Lee Chase 17:20 6. Jim Brochin 17:46 7. Benno Stein 18:04 8. Fred Anderson 18:12 9. Mary Claire Hess 18:18 10. Bob Beaudet 18:21 (28 finishers) **Indoor 3 Km, Arlington, Virginia, Feb. 8--1.** Warrick Yeager (43) 12:33.7 2. Steve Pecinovsky (43) 12:33.9 3. Will Novarro 13:53 4. Marykirk Cunningham 15:40 5. Vanessa McLaughlin 16:27 6. Pat Zerfas 17:36 7. Victor Litwinsky (54) 17:40 8. Sal Corrallo (67) 18:25 (11 finishers, 1 DQ) **5 Km, Winter Park, Florida--1.** C.S. Monte Carlo 28:30 2. Marion Feinstein 30:24 Women: 1. Chirs Alt 29:37 2. Sperry Rademaker 30:04 **10 Km, Winter Haven--1.** John Fredericks 55:35 2. C.S. MonteCarlo 58:52 3. Marion Feinstein 61:42 4. Ray Jenkins 61:43 Women: 1. Sperry Rademaker 63:05 **12 Km, Orlando, Florida, Feb. 21--1.** John Soucheck 1:04:57 2. John Fredericks 1:10:33 3. Ray Jenkins 1:18:51 Women--1. Pam Betz 1:19:32 **5 Km, Miami, Jan. 1--1.** Rod Vargas (48) 27:05 2. Juan Mora (45) 28:13 3. Chuck Bryant (41) 30:20 (114 finishers) **5 Km, Miami, Feb. 1--1.** Rod Vargas 24:27 2. Juan Yanes (48) 24:30 3. Jose Ballester (43) 28:58 4. Philip Valentino (51) 29:04 (21 finishers) **5 Km, Miami--1.** Rod Vargas 23:49 2. Juan yanes 25:43 3. Juan Mora 28:55 4. Andrew Carter (44) 29:43 Women: 1. Tamie Corley 29:05 **5 Km, Casselberry, Florida, March 14--1.** Edgardo Rodriguez 27:21 2. Ray Jenkins 29:46 Women: 1. Pam Betz 31:11 **5 Km, Indianapolis, Feb. 21--1.** Jonathan Matthews (41) 21:09 2. Gary Morgan (38) 21:45 3. Don DeNoon (54) 23:48 4. Cheryl Rellinger (31) 24:57 5. Scot Crafton (19) 25:21 6. Lisa Sonntag (34) 25:24 7. Max Walker (51) 26:41 8. Sandy DeNoon (42) 27:13 9. Ed Fitch (36) 27:13 10. Vince Abell (50) 27:17 11. Lou Held III (50) 27:57 12. ? 13. Tish Roberts (49) 28:16 14. Randy Evans (44) 28:28 15. Abigail Oliver (37) 28:36 16. Ray Everson (63) 29:37 17. Mike Bird (50) 29:38 18. Damon Clements (41) 29:55 19. David Keith (60) 29:58 20. Jeanette Smith (48) 30:11 **Marathon, Houston, Jan. 18--1.** Bob Watson 4:56:39 **8 Km, Carmichael, Cal., Feb. 22--1.** Chris Sakelarios (38) 42:23 2. Roger Wellborn (46) 43:55 3. Bill Penner (51) 45:48 4. Dick Petruzzli (65) 46:01 5. Marlene Coe 46:54 6. Art Klein (44) 47:01 7. John Doane (55) 47:54 8. Terri Brothers (41) 48:42 9. Hansi Rigney (56) 51:06 (21 finishers, 1 DQ) **1 Mile, Los Gatos, Cal., Feb. 14--1.** Robyn Stevens (14) 7:54 2. Kelvin Bush (15) 8:23 **Masters 3 Km, Reno, Feb. 15--1.** Victoria Herazo 14:35 2. Karen Davis 17:31 **Jr. 1500 meters, Montreal, Feb. 7--1.** Marina Crivello 6:37.8 2. Catherine Neves 7:03.8 3. Esther Nicole 7:23.3 **3 Km, Sherbrooke, Quebec, Jan. 18--1.** Marina Crivello 14:49.04 **Japanese National 20 Km, Kobe, Jan. 25--1.** Daisuke Ikeshma 1:21:49 2. Satoshi Yanagisawa 1:21:49 3. Hironori Kawai 1:22:30 **Women's 10 Km, same place--1.** Rie Mitsumori 43:45 (National record) 2. Yuuka Mitsumori 44:29 3. Ryoko Sakakura 46:05 **3 Km, New Zealand, Feb. 2--1.** Craig Barrett 11:43.68 2. Steve Nelson 12:02.79 3. G. Jones 12:05.23 **5 Km, Auckland, N.Z., Feb. 21--1.** Nick A'Hern, Aus. 18:51.39 2. Craig Barrett 20:08.12 **20 Km, Isle of Man, Feb. 21--1.** Martin Bell, Scotland 1:29:17 2. Andy Penn, Eng. 1:31:06 3. Michael Casey, Ireland 1:31:36 4. Steve Partington 1:31:5

Swing into spring with a zing at a racewalking thing

- Sun. April 5 25 Km, Sacramento, Cal. (E)
4 Miles, Denver, 9 am (H)
Mt. SAC 5 and 10 Km, Walnut, Cal. (B)
Ohio 5 Km Championship, Middletown, 3 pm (M)
5 Km, Boulder, Col., 9 am (H)
South Regional 5 Km, Lancaster, Txwas (X)
- Sat. April 11 Western Regional 5 Km, Las Vegas, Nev., 2 pm (B)
5 Km, Brookings, S.D. (CC)
5 Km, Atlanta, 8:30 am (D)
- Sun. April 19 USATF North Region 10 Km, Racine, Wis. (S)
Metropolitan 10 Km, New York City, 9 am (F)
3, 5, and 10 Km, Warren, Mich. (O)
5 Km, Albuquerque, N.M. (W)
5 Km, Denver (H)
5 Km, Auburn, Cal. (E)
2 Mile, Houston, 8 am (Y)
- Sat. April 25 Penn Relays 5 Km (W), 10 Km (M), Philadelphia (Invitational)
5 Km, Miami, 7:30 am (Q)
5 Km, Atlanta, 9:30 am (D)
- Sun. April 26 5 Km, Kentfield, Cal. (P)
4 Miles, Denver (H)
5 Mile, Westerley, R.I. (AA)
Southeastern Masters 5 km, Raleigh, N.C. (919-831-6681)
- Fri. May 1-3 5 Km, Sioux Falls, S.D., 8 am (CC)
- Sat. May 2 10 Km, Racine, Wis. (S)
- Sun. May 3 **USATF National 20 Km Women, 30 Km Men, Albany, N.Y. (G)**
Southeastern Masters 20 Km, Raleigh, N.C. (919-831-6681)
- Sat. May 9 5 Km, Albuquerque, N.M. (W)
- Sun. May 10 Jack Mortland Walks, 5 Km, 10 Km, Ohio and North Region 20 Km, Yellow Springs, Ohio (M)
5 Km Miami, 7:30 am (Q)
5 Km, Houston (Y)
10 Km, Palo Alto, Cal. (R)
- Sun. May 17 Western Regional 10 and 20 Km, Palo Alto, Cal. (R)
5 Km, Needham, Mass. (N)
5 and 15 Km, Riverside, Cal., 7:30 am (B)
- Sun. May 24 **National USATF 15 Km, Elk Grove, Ill. (S)**
Metropolitan 20 Km, New York City, 8:30 am (F)
Alongi in Marin 5 Km, Kentfield, Cal. (P)
10 Km, Toronto, Ontario, Canada, 11 am (DD)
- Sun. May 31 New England 5 Km, Brookline, Mass. (N)
3, 5, 10, and 20 Km, Houston (Y)
- Fri. June 5 1 Mile, Houston, 5:45 pm (Y)
- Sat. June 6 3 Km, Racine, Wis. (S)
5 Km, New Castle, Pa., 9 am (EE)
- Fri. June 12 1 Mile, Houston, 5:45 pm (Y)
- Sat. June 13 Southeast Region Masters, Atlanta (Q)

5 Km, Miami (Q)

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Looking Back

A bit of history. Curt Clausen's February feat of a National 50 Km win on the 8th followed 20 days later with a second in the Indoor 5 Km (with a sub-6 minute mile win at the Millrose Games between) was an impressive display of versatility. However, he didn't quite match Olympian Elliott Denman's feat in 1959 when his national wins at 3 Km and 50 Km were separated by just 16 days. On June 19, Elliott, representing the New York Pioneer Club, was in Boulder, Colorado for the National AAU T&F Championships, which at that time included a 3 Km walk. Elliott won in 13:52.2, beating John Humcke by 14.5 seconds with Rudy Haluza another 11 seconds back in third. Then on July 5, he journeyed to Pittsburgh for the National 50, which was probably conducted on a blistering hot day. (Any mid-summer races I ever contested in Pittsburgh were on blistering hot days.) Elliott won in 5:07:47, leaving Bob Minn nearly 18 minutes in his wake. Lou Neishloss and John Wall followed. While the times aren't impressive today, Elliott went from altitude to heat and humidity to win the shortest and longest races on the national program in the space of 16 days. Curt, walking for Elliott's club, the Shore AC, didn't quite match the old master, but we'll give him an A+ for effort. I remember all of this because I was just coming into the sport at the time (I had walked my first race in August 1958 and first National at the 25 in

Philadelphia that fall), and was duly impressed that someone could excel at two such disparate distances. Incidentally, just 5 days before the 3 km, Elliott took third in the National 20 Km in Baltimore in 1:34:16.5 behind his NYPC teammates Haluza and Fred Timcooe and ahead of our own Jack Blackburn. (The course was definitely short.) Obviously, the Pioneer Club won the team title, but the Ohio TC, led by Blackburn (I was 14th) took second in our first splash on the national scene. . . **Alongi in Marin.** Frank Alongi will present his annual clinic at the College of Marin in Kentfield, Cal. on May 23-25. The clinic will include seminars and semi-private sessions, as well as a 5 Km race on Sunday. For more information, contact Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914, 415-461-6843. . . **U.S. racewalker in Winter Olympics news.**

An item from the *Boston Globe* of Feb. 13, 1998, from Nagano, Japan: "The man was just following orders. The Japanese bus driver had obviously been told that if you're taking people to a venue, you take them to a venue, and not a kilometer from a venue. The scene: Wednesday, 9 am. A bus full of media folk--many of them feisty photographers--was stuck in heavy traffic within sight of the ski jumping venue at Hakuba. The event was starting at 9 sharp and the media throng was getting very restless. The bus driver was asked to open the door to let people out. Walking, they reasoned, was better than sitting in traffic for who knows how long. The bus driver refused. Loudly. He was beyond reason. Nobody leaves. Exasperated Polish journalist Andrzej Chylinski quickly wrote out a message and held it up to the window so passerby could see. It read, "HELP WE ARE KIDNAPPED BY DRIVER!. Finally, someone opened a window. People began to climb out. The Japanese bus driver was still screaming. Some theorize he was threatening to get the police. All who wanted to exit via the window did so." Chylinski is, of course, the U.S. Olympic 50 Km walker who returned to his career in journalism in Poland following the Olympics. Born in the U.S. when his parents worked here, he moved back to Poland at a young age and returned to the U.S. in 1991 to seek success in racewalking, which he met quite a bit of. . .

Unfortunately, a totally understandable reply. Racewalker Keith Luoma wrote *Track & Field News* as follows: "Congratulations on your 50th anniversary. *Track & Field News* is my favorite track-related magazine, and I eagerly await each month's issue. That being said, I still must object to your poor coverage of the walks. Like the marathon, most walks are held on the road and are scheduled apart from the t&f circuit. Nevertheless, the major marathons do receive coverage from your magazine, especially those which are likely to impact the annual rankings." The editor replies: "It all boils down to public preference and our ability to interest readers in a given subject. As used to be the situation with women, a lack of competition at the high school and NCAA levels means very little public interest in the walks. Marathons were once also ignored by the track world in general, but have now become very popular. For the best evidence of low interest in walks in this country, one need look no farther than our U.S. Rankings for the 50 K, where we were able to rank only seven men, because that's all who contested it." (Ed. Well, I don't want to say I told you so, but I guess I am. Actually, as a subscriber to T&F News since the fall of 1953, I must say that their coverage of the walks, while sparse, has certainly improved through the years. They do have Bob Bowman as a senior editor, and he does all he can. It would be nice to get broader coverage through a publication like T&F News, but they are making an honest assessment of the interest of their readership, which is difficult to argue with.) . . . **The McGovern book.** We have mentioned Dave McGovern's recent book, *The Complete Guide to Racewalking Techniques and Training*, in recent issues. Here is glowing review of the contents by Phil Gura from the Walking Club of Georgia newsletter. "Talk about truth in advertising. This book delivers exactly what the title promises. For the racewalker who trains mostly on his or her own (and, I submit, that's most of us) this book will very quickly become an indispensable companion. It certainly has for me. I liken it to an old bicycle repair book I had when I was a teenager. I never read it straight through, but I know that I read every page of it many times over the years as I dipped into it for whatever I needed at the moment. It was so well-written and so "true" that I'd often just read a chapter for pleasure even when I wasn't working on my bike. Dave's book is exactly like that. From stretches that

really work to mental preparedness for racing, Dave treats all aspects of racewalking with intelligence, wit, and perspective. Although this is clearly a serious resource, it's just plain fun to read. It unscrambles all of the different training methods and tells you what each is intended to accomplish. At the same time, it encourages the reader to experiment to find what works best for him or her. It features plenty of useful pictures and illustrations; I often keep the stretching section open in front of me to ensure I've got the right positions. Dave even gives you the "perfect" training schedule for every racewalker. Dave has his opinions, but he never lectures; he lets his experience do the convincing. I have other racewalking books and videos. I have referred to them sporadically in the past, but mostly they've gathered dust. On the other hand, I can say with honesty that I've read some of Dave's book almost every day since it arrived. I keep it on my nightstand. If you want to improve your racewalking, I suggest you do the same." You can have Dave's book for \$17.95 plus \$2.00 shipping by contacting Dave McGovern, 43 West Hathaway Road, Mobile AL 36608. . . **Kudos.** From U.S. international John Knifton (three World Cup teams in the '70s): I bring to the attention of your readers the recent development of a strong racewalking program in the Rio Grande Valley of South Texas. As with so many good programs, this one is spearheaded by one very dedicated guy--in this case A.C. Jaime. In less than 5 years, he has developed a strong racewalking program along the Rio Grande Valley. His most recent 5 Km in Alamo, Texas (Feb. 28), had 80+ entrants and more than a dozen racewalking judges--including Richard Charles from Austin. A.C. Jaime has great rapport with his community, and their walking club (South Texas Striders) presents regular videos on racewalking techniques, judging, etc. As a result, a large proportion of the participants exhibit excellent technique and style. I don't believe the results of these races reach the pages of the Ohio Racewalker, but the program is definitely alive and doing well. (Ed. They'll reach the pages if we receive them and they meet our unstated and arbitrary standards.) An unusual feature of A.C. Jaime's races is that he polls the participants after each race as to how they would like the organization/race/judging improved or modified. I'm sure there are many similar tales around the country of strong racewalking programs that others, like myself, know nothing about. . . **ARCO racewalking camp.** You'll read below about progress with the program at the ARCO Olympic Training Center. A camp is scheduled for the Center from June 5 through 7. On hand for instruction will be the Center's racewalking coach, Bohdan Bulakowski, an OTC weight trainer, OTC sports science personnel, and the resident racewalking team. There only 12 spaces available and four of them are already filled. For more information call the North American Racewalking Institute at 626-441-5449.

Growing Racewalking

Following is a report distributed by Elaine Ward of the North American Racewalking Institute on progress in the Racewalking Program at the ARCO Olympic Training Center in Chula Vista, Cal.

Four Part Vision

Resident coach. The Institute's emergency fund raising campaign to maintain a resident coach at the ARCO OTC has grown into a long-range responsibility. When we discovered that the Racewalking Committee of USATF could not fund a coach's salary, we were faced with the question, "How prudent is a one-year salary guarantee when the goal is to field a well-trained racewalking team in the 2000 Olympics?"

We answered this question by deciding to expand our salary commitment. By so doing, we felt the money that had been so generously donated for coach Bulakowski's salary would truly have meaning.

Training and competition. A different and equally practical question logically followed. "What good is there in providing maximum coaching for 3 years unless there are major opportunities to train and compete internationally?" Racing against each other is excellent for athletes during practice, but it is not sufficient when the ambition is to go head-to-head with the best in the world.

At this point, John MacLachlan agreed to come on board as Chairman of the Institute to solicit financial sponsorship from major corporations and companies. With the full cooperation of the athletes at the Center, he came up with a presentation folder that has received universal praise from those who have reviewed it.

In helping John, I have come to fully respect what is involved in fund raising. It is truly a full-time job. Fortunately, for our sport, John brings to this enterprise a very successful background in marketing and sales and knows the imagination, courtesy, persistence, and continuing thought that is required to be successful. He also brings enthusiasm and love for racewalking so necessary in lighting fires under potential sponsors.

National committee. As John just began his quest for major funding in January, we also made a formal request to USATF Racewalking Chairman Rich Torrellas and the National Racewalking Committee to advance \$12,000 of their annual budget to the ARCO OTC team's international training and competition. In the previous year, the Chairman gave financial support to individual athletes according to their performance levels throughout the year. We recommended that an advance allocation would better enable the coach and athletes to plan ahead. After sending our letter of request to many members of the National Committee, Rich gave his okay and has promised \$12,200.

Dollars and travel. Though \$12,200 seems like a lot of money, when spread over a coach and seven athletes, it is quickly utilized. Because of the serious intentions and dedication of the athletes involved, they anticipated a considerable shortfall and undertook to find substantial funding on their own for the year's international training and competition. Their planned itinerary is as follows with an estimated cost of \$3,400 per athlete for the international components.

March 21	Mexican Walk Week (20 Km men and women)	Toluca
April 1	Mexican Walk Week (1 hour men, 10 Km women)	Monterey
April 6-29	High altitude training camp at Mexican OTC (as guests)	Toluca
May 9	Softland Grand Prix (20 Km men, 10 Km women-track)	Bergen, Norway
May 10	10 Km Road Men (non-competitive)	Bergen
May 11-15	In Barcelona, Spain	
May 16	Grand Prix (20 Km men, 10 Km women)	Coruna, Spain
May 24	USATF National 15 Km	Elk Grove, Ill.
June 19-21	USATF T&F Champs (20 Km Men, 10 Km women)	New Orleans
July 11	USATF National 10 Km	Niagara Falls
July 19-26	Goodwill Games (20 Km men, 10 Km women)	New York City
Sept. 13	USATF National 40 Km	New Jersey
Sept. 27	Krakow Market Walking (10 Km men, 5 Km women)	Krakow, Poland
(Date and venue of Pan American Racewalking Cup is not yet decided.)		

New ARCO OTC athletes

We are often asked, "What about those excellent athletes who are not at the ARCO Center?" Fortunately, many will also receive funding from the National Committee.

At the same time, there is a third and fourth part to our vision for athletes who meet the qualification requirements of USATF. We would like to establish an Incentive Program of monetary awards that would involve all the racewalking athletes in the country. Such Incentive

Awards would be for those who make the A standards, who make American Records, and who place in the top levels in international competition. We would like these Awards to carry the name(s) of those funding them--whether individuals, families, companies, or service groups.

Fourth, we would also like to be so successful that we can establish satellite housing at the ARCO OTC because of the limited residencies available at the Center. We also would like to be able to provide some funding for other Coaching Centers for those athletes who cannot move to the San Diego area.

We are committed to a long development period and are committed to doing what we can to grow racewalking if our assistance continues to be needed.

Athletic successes to date

It is fair for you to wonder if having a number of athletes under one coach at a facility that has the support systems of experts in weight training and sports medicine is producing results. The answer is yes.

In the short life of the ARCO OTC program, resident athletes have taken the top slots in 1998's two major Championships to date. Curt Clausen, Tim Seaman, Andrew Hermann, and Al Heppner finished 1,2,3,4 at the 50 Km nationals. Seaman, Clausen, and Heppner finished 1,2,3 in the men's 5 Km at the Indoor Nationals. (Ed. Not to be picky or to question the program in any way, but it is a little early to determine if their success is a result of the program or of where they were before the program began, when they were also dominant figures in national races. The proof will be in their improvement as the program continues.)

Growing dollars

One of the marvelous truths of our sport is that it is small enough to have the feeling of community, of family. The masters program provides a model of the fellowship and mutual support that sets this standard. In the past, the younger members of our racewalking community have been somewhat disconnected and have had to fend for themselves.

Now, we have an opportunity to bring our younger members into the overall support system. But our grassroots participation must be on going. If John is fortunate to get corporate sponsorship in the future, it will probably be earmarked for team travel and development. The essential salary of resident coaching will still require our grassroots support. We are hoping that the racewalking community will remain part of the Institute's ARCO OTC support team and commit to making annual tax deductible contributions through 2000.

Grassroots ideas for growing dollars

Dave Romansky, a 1968 Olympian, has a full appreciation of what support means to Olympic hopefuls. In his time, there was no support and athletes had to go into debt to fund their ambitions.

Out of his love for the sport, Dave has agreed to be the Institute's East Coast Coordinator of volunteer fund raising. He has as many ideas as he has awards in his closet. Here are just four:

1. Coaching fees. In the past, Dave has never charged for his coaching. Now he has made a commitment to ask his students to make contributions to the Institute in place of paying him. One of his athletes has sent the Institute \$100.

2. Awards. If there are monetary awards for masters at the races he attends, he has pledged half his winnings to the Institute!

3. Speaker's fees. Dave is starting a speakers bureau to go out and talk to community groups and service clubs. He has already arranged to speak to one group for an honorarium of \$50, which again he plans to donate to the Program.

4. Sign in store window. Dave is also placing a sign in his store window telling customers that when they purchase a specific item, \$1.00 will be donated to support the OTC racewalking program.

Dave is anxious for the program to be expanded beyond the ARCO Center, but recognizes the importance of making a significant start in one location. With his energy, dreams can come true.

Dave Lawrence and the Niagara Walkers have made a space on their membership form providing an opportunity for donations to the Institute for the ARCO Center program. To date, the Niagara Walkers have donated \$160. This is a wonderful way for clubs to participate.

When we benefit one, we benefit all. There are some who do not see any personal benefit in helping the ARCO OTC program. It is important to keep in mind that the success of our young athletes will affect us all. It will add credibility to our sport. It will be easier to get publicity for our local racewalking events. It will also be easier to gain media recognition of our youth and masters athletes.

Many wonderful things can happen when we all put our minds and imaginations to work. We will keep you posted on our progress and please let us know if you have fund raising ideas or contacts for us to pursue.

We urge you to spread the word. Encourage others to make tax deductible donations to the Institute. Every dollar that is donated goes to the Program. John is donating all his telephone, travel, postage, and other expenses. I am donating my expenses. We welcome the support of all who love the sport of racewalking and feel confident that together our enthusiasm will affect the success of our goals and we will all prosper as we grow racewalking. (To make contributions or suggestions, or for more information, call the Institute at 626-441-5459.)

Weston's First Long Walk

(Continued from last month and excerpted from the book *Runners and Walkers: A Nineteenth Century Sports Chronicle*, by John Cumming, Regnery Gateway, 1981. We left Weston on his way out of Elkhart, Indiana as he continued on his trek from Portland, Maine to Chicago in the fall of 1867. The narrative from a reporter of the time.)

"Bonfires were lighted along the road and the whole heavens were illuminated with burning barrels and boxes at the next town, Mishawauka. At the place a brass band wheeled into line behind the special police force, and struck up a lively air, but Weston's rapid strides soon took the wind out of their horns. They blowed and ran, and ran and blowed, vainly hoping their discordant music would do some good. If any ridiculous circumstance tending to excite the risibility of the pedestrian served a good purpose, that band earned the first premium...

"If possible, the enthusiasm at South Bend exceeded that at the last-named place. The firmament was lurid with the blaze of bonfires, and 50 special policemen kept the crowd at a respectful distance from the little hero, who appeared to be tiring rapidly. He had now traversed nearly 87 miles over slippery clay roads, through rain, sand, and slush, leaving about 14 miles yet to go, and three hours to do it in. Weston came to a halt here, pleading that he didn't have the strength to finish his task, and further prosecution of it would be but self-inflicted punishment."

His friends and spectators urged him to go on, but he could go no farther. His feet and ankles were swollen, and he was weary and in pain. There was no doubt in his followers' minds and in the opinion of the spectators who had witnessed his remarkable performance under the most

trying circumstances that under more favorable weather conditions he could have made the 100 miles with ease.

He slept here overnight and rose refreshed and ready to continue his trek toward Chicago. Still encountering friendly and excited crowds, he went on to LaPorte, stayed there overnight, and has an easy walk next day to a point a few miles distant from Chicago.

The same reporter described his triumphant entry into Chicago: "The most extensive preparations had been made to accord him a grand reception when he should reach Chicago, and it is a long time since so much excitement was witnessed thereaway. There was an unprecedented demand for vehicles by persons bent on escorting him to the city limits, and the day preceding his arrival, scarcely a carriage, buggy, sulky, light wagon, or, in fact, anything to which an equine quadruped could be harnessed could be obtained for love or money. He was met some distance from the metropolis of the West by a tremendous and rather mixed cavalcade of mules, horses, donkeys, etc., who received him very enthusiastically, and by the sudden rush to see him might have caused a repetition of the unfortunate accident at Pawtucket, had not a squad of some 50 blue coats protected him from the eager and thoughtless crowd, marching ahead, abreast and in rear of Weston--and they were compelled to do some tall walking to keep up with their charge. (Ed. That reporter was never instructed on sentence brevity.) He reached his destination at 10 o'clock on the morning of the 28th, and took up his quarters at the Sherman House. . .He had been feted and lionized like a French count since his arrival, and will, perhaps remain in Chicago for some time."

That afternoon, he made an appearance at Crosby's Opera House, probably augmenting his receipts for the walk considerably. For the next few months, Weston was kept busy making such appearances and performing exhibitions. Meanwhile, Weston was being badgered by challengers who wished to race against him, but he chose to reap the benefits of his fame before risking his reputation in a man-to-man contest, a tactic that failed to enhance his popularity in sporting circles.

Weston's great walk had stimulated widespread interest in the sport. Notices in the newspapers frequently announced claims for walking records of various kinds, some rather bizarre, such as the young man in Boston who sought to set a record for walking around the Boston Common with a keg of beer on his shoulder. There were also claims of records for one-legged walking, backwards walking, and a number of other variations of the sport. Frank Queen, the editor of the *New York Clipper*, the country's leading newspaper of the entertainment and sporting world, commented on the walking craze, concluding that it would have a healthy effect upon the nation.

LOOKING BACK

35 Years Ago (From the March 1963 issue of Chris McCarthy's *Race Walker*)--The National 20 Km, held in March because of an early Pan-American Games date, was won by Ron Laird in 1:34:52. Ron Zinn led the race, held in Chicago's Horner Park, for 8 miles, starting off with a 6:58 mile, but faded at the end to finish in 1:36:02, 34 seconds ahead of Canada's Alex Oakley. Akos Szekely was close behind in 1:36:41, with Jack Mortland almost 2 minutes further back, just ahead of John Allen. Mortland, as he recalls at this moment, was pointing more for his June wedding than the Pan-Am Games. . .Ken Matthews beat Paul Nihill in the British National 10 mile, 73:00 to 73:34, with Rudy Haluza coming 10th in 77:19. Two weeks later, Rudy, stationed in England with the US Air Force, finished ninth in their National 20 Km.)

30 Years Ago (From the March 1968 ORW)--On the Mt. SAC track in Walnut, Cal., Larry Young bettered the American 50 Km record with a 4:25:40 (he improved considerably in years to come) and Ron Laird also bettered Goetz Klopfer's old record with 4:29:29. . .Tom Dooley also had a fast track race with a 1:08:50 for 15 Km in San Francisco. . .On the East Coast, Ron Daniel

got into the record breaking act with a 3:05:43 for 35 Km, beating John Knifton by 2 minutes. . .Dave Romansky turned in a 1:16:36 for 10 miles on the Asbury Park, N.J. boardwalk.

25 Years Ago (From the March 1973 ORW)--Nikolai Smaga won the 3 Mile Race in the US-USSR indoor track meet in Richmond, Va. with a 20:56, 3 seconds ahead of Yevgeniy Ivanchenko. Ron Daniel had 21:31.2 and Ron Kulik 22:50. . .John Knifton covered 25 Km in a swift 2:00:15, with Ray Somers only 58 seconds back. A visiting team of Italian policemen filled the next four spots. . .On the local scene, Jack Blackburn edged your editor in a friendly 7 mile 57:17 to 57:19, an all-out race for the old men following a leisurely first 3 miles in 25:20. . .We also had a note on Latvian walker, Adolfs Liepsaskalins, who in 1965 at age 55, did 10 Km in 44:00. He had done 43:11 at age 49, a considerable improvement over his youthful best of 46:00 at age 28.

20 Years Ago (From the March 1978 ORW)--Collegiate indoor titles went to Carl Schueler and Pete Timmons. Frostburg's Schueler did 13:53.6 to win the NAIA 2 Mile, and Timmons, of St. Johns, won the IC4A 1 Mile in 6:49.2. . .Schueler also beat an aging Dave Romansky at 10 Km with a 45:26 performance. . .Italy's Vittorio Visini had a world's best indoor 2 Mile with 12:57.6 in Genoa and East Germany's Karl-Heinz Stadtmuller did an indoor 20 Km in 1:27:19. . .In another race, Visini did 3 Km in 11:43.8, also the best on record. . .The British 10 Mile went to Olly Flynn in 67:29, but the course was reported as short.

15 Years Ago (From the March 1983 ORW)--Marco Evoniuk beat Jim Heiring in the National 30 Km, blasting a 2:16:41. Heiring was nearly 3 minutes back. Tim Lewis (2:23:50) came third. . .European 20 Km Champion Jose Marin won the Spanish 50 Km in a blistering 3:40:47, 7 minutes ahead of Jorge Llopert. Dan O'Connor finished seventh in the race with a 4:21:27. . .A week later, O'Connor won a 20 Km race in Long Beach in 1:28:38. . .Tom Edwards made an impressive debut at 50 Km, winning the Eastern Regional in 4:23:22.

5 Years Ago (From the March 1993 ORW)--At the World Indoor Championships in Toronto, the Russians prevailed with Mikhail Schennikov winning the men's 5 Km in 18:32.10 and Elena Nikoleyava the women's 3 Km in 11:49.73. Poland's Robert Korzeniowski trailed Schennikov by nearly 4 seconds, with Canada's Tim Berrett a strong fourth in 18:53.02. Kerry Junna-Saxby, Australia, pushed Nikoleyava with 11:53.82. Italy's Ileana Salvador was less than 2 seconds further back in third. Debbi Lawrence finished third in her heat in 12:20.79, but was DQ'd in the final. . .U.S. titles went to Lawrence in 12:35.79 and Allen James in 20:24.37. Victoria Herazo and Sara Standley followed Lawrence--well behind in 13:08.73 and 13:48.24. Doug Fournier was just 10 seconds behind James with Marc Varsano third in 20:41.01. . .In an outdoor 5 Km in Australia, Frantz Kostyukevich, Belarus, beat Korzeniowski 18:28.50 to 18:36.98. Junna-Saxby did a 20:30 at the same site.

The Dublin Trip

by Steve Vaitones

(A few months ago we carried an athlete's view (Al Heppner) of a U.S. team's trip to the Dublin, Ireland Grand Prix of Racewalking. Here is a more elaborate summary from Steve Vaitones who accompanied the team.)

The USA trip to the Dublin Grand Prix of Racewalking was set up primarily as an event for the developing/U23 (under age 23) athlete, which is a standard division in Europe. We received an invitation to send a U.S. team in April of 1987, but in a year of tight budgets, the trip was tentative until mid-summer. Numerous calls and faxes, careful spending, good travel deals, and the interest of the athletes finally made the trip a reality. Our six athletes--Margaret Ditchburn, Danielle Kirk, Jill Zenner, Philip Dunn, Al Heppner, and Will Van Axen--were flexible and relaxed when it came to travel and accommodations, because as the trip was being put together, there was a very real possibility that athletes might have to pay for a part themselves in order for the trip to even take place. "Roughing it" a bit was far better than the alternative of no meet at all. Interested in the event and in seeing Ireland, I went on my own and offered my services as team leader, from which viewpoint these comments come. (Ed. All of this has a familiar ring to it. The first U.S. team to participate in the World Cup in 1967 went under similar circumstances, except there we were going into East Germany on our own. Perhaps, someday I will republish what I wrote in these pages on that trip.)

The meet itself reminded me of the Alongi Invitational in many ways, from the many different age group races to the friendly park setting of the event and good comradery after the racing. Also, with both events, the prime mover is an energetic individual who puts in much time and effort because they want to see the sport grow. Event director Bernie O'Callaghan, a former Irish record holder himself, was our host for the event, and deserves full credit for putting on a great event. As administrator, coach, and judge, Bernie works at getting the walk into many meets around the country. He's been focusing on youth, and, as he said, getting the walk into one meet at a time.

After an overnight flight, Bernie picked me up at Dublin airport on Wednesday morning and I spent the day accompanying him on his race director's pre-event rounds. Much of the workload was shared with his son Pierce, a student at University College Dublin and a national junior record holder for 10 Km (Ed. and a distinguished ORW subscriber), along with Jamie Costin, another top young walker.

The pre-race activity was not unlike what I do for many New England association events, checking in at the pub hosting the awards ceremony, getting the medals, picking up ads for the program, visiting the BLE officer--the Irish athletics federation. (The BLE office occupies a three-floor row-house on the north side of the city, hardly the space that USATF has in the RCA Dome, but then again, the country is only as big as New England itself.) Early the next morning, Bernie met the U.S. athletes at the airport at 6:30.

Budget-range hotels were booked up due to the All-Ireland football championships, the equivalent of the U.S. Super Bowl, so our lodging was at Kinlay House, Dublin, an international hostel, but not strictly for youth. A rambling three-story building right in the center of the city, Kinlay House provided access to visitors' attractions and some training routes, and was about 3 miles from the race course.

The rooming assignments were musical-chairs fashion due to the nature of the hostel (not hostile!) environment of check-ins and the need to fill every available bed most efficiently. They ranged from bunk spots in a large top floor room with 5 x 4 cubicles just like office cubicles to six-to-a-tighter-than-a-college-dorm-room shared with other teams. For a team on a budget, though, Kinlay House couldn't be beat as the top dollar at \$27 down to \$17. The meet covered part of the lodging, and the USATF budget the remainder. Breakfasts included were rather spartan, but adequate.

Through the summer, the competition had grown from its traditional youth and U23 match between Ireland and England (not Great Britain) and Isle of Man to include six countries. The youth end of the meet is actually the second half of a spring/fall home-and-home match against England; the match combines scores of events for age 10 and under up to Junior U18, making each race important and giving all young athletes a stake in the outcome. The teams take a

ferry across when traveling to the host country. The seniors from Denmark and Greece had only a short flight into Dublin the day before.

The competition began with the Senior Women's 10 Km, followed by the men's 20 Km, progressed through the youth races, and masters and novice races concluded a full day of festivities in the largest city park in Europe.

The awards ceremony and social was at a local pub. The top three individuals and members of the top three teams received beautiful pieces of Waterford crystal. A few pints of native brew and discussion of training, racing, and traveling rounded out the evening. The youth athletes had a separate social as well.

The Irish athletes and administrators who I met were excited about having a USA team compete. From what we could tell, it was the first time a USA National team competed in the country except for the World Cross Country Championships. The presence of the U.S. team has already helped increase support for next year's event.

The meet was an ideal event for our developing athletes. Rather than being at the rear of an uncontrollably fast event in Eastern Europe, U.S. athletes were competitive at the front of the pack from the gun, earning important confidence and learning valuable racing experience (vs. just hanging on). And, while most of the team had at least one junior or senior international trip sometime in their past, this afforded a comfortable experience in traveling to compete in conditions that are not exactly tailored to each athlete's personal schedule.

The athletes on this trip had a pride in 'Team USA'; they could be found wearing warmups around the city and being good diplomats for the sport and the country. In some ways, this is the nature of the close-knit racewalking community, but more so it is the type of athlete that is attracted to the sport--smart, dedicated, thoughtful, and self-sufficient.

All teams agreed that the meet was a bit too late in the year, so in 1998 it will move back two weeks to September 12. This will also allow the use of University College Dublin dormitories with suites for each team. University College has direct bus access to the city and to Phoenix Park.

Note that this meet, like many in Europe, is not just for National team competition; any U.S. athlete interested in 1998 is welcome to participate in the event (there are time cut-offs of 1 hour and 1 hours for women and men, respectively).

Bernie O'Callaghan hopes that 'schools' youth teams can make the trip in 1998 and compete in the youth races. With U.S. school back in session, it may be hard to get a few days off for travel at that time. Any club or youth athlete who would like more details can contact me. It would be a trip worth making. (Steve Vaitones, 90 Summit Street, Waltham, MA 02154.)

It's All in the Technique

by Mike DeWitt

(As published in the Parkside AC newsletter)

It's pretty much "racing season" all of the time, so being race-ready is a relative term. This technique tip has to do with knowing when you are not walking with your best technique. Those are the times when you are getting calls, but not figuring out what to do to correct it. When that happens, there are some basics to go through that will, at least, straighten out the race. If you're lucky, it may even fix some future problems before they materialize.

Relax. When you are in a race and feeling out of sync, the first thing to do is relax and do a quick technique scan to see if relaxing a certain area or muscle will help you "settle in". It could be that your shins are tight. Sometimes just relaxing your foot will smooth out your whole technique in a matter of a few strides, your shins relax, you relax.

The landing. Another trick that almost always works is to change the way your foot is landing. Go a bit lighter on the heel, roll over your foot in a more exact manner. You might also try crossing over just a hair more when you land.

Here are a few other tricks to try that can get you right into solid rhythm. Relax your breathing. Drive your hips a little more or a little less. Drop your shoulders. Release your hands. Stand taller. Drive your arms back past your hips. Put your chin up or down. Quicken your turnover or slow it down. Breathing differently makes things feel different.

The list is pretty much endless. Anything you can think of right down to your little toes can make a difference. Probably, in almost every idea mentioned here, the key is relaxation. I couldn't even begin to guess how many times I have gotten the point across to someone to quit trying to go so fast/hard, and just go fast/hard. It's easy and smooth to just cruise instead of hammer.

The next time you are in a race, and you feel "off", simply try to relax and have fun. Keep it strong and quick (without trying, of course) and I'd be willing to bet that you will get a comment from someone after the race that says something like, "You looked tight early, but then you settled down and looked better going faster." It might have been something that really "just happened", but most likely, it was something you really told yourself to do. Try it next time you are doing a hard workout, trying to crank out a 400 faster than you have ever gone. It will work, I'm certain.

The Link Between Stride Frequency, Respiration Rate and Heart Rate

By Dave McGovern--Dave's World Class

I'm often asked by beginning walkers at my racewalking clinics how to breathe when racewalking. The easy answer is that you'll do just fine if you relax (Ed. There's that word again. Relaxing must indeed be important.) and don't even think about it. The cardio-pulmonary system is not controlled by conscious thought; if it were we'd "forget" to breathe when distracted by things like analytic geometry problems or the Playboy channel (Ed. Or, the Chippendales, to keep this gender neutral). Although we can control it to some extent, breathing "just happens".

Your muscles require oxygen to produce energy. As you walk faster and faster, the muscles require more and more oxygen to meet the increased energy demands. So you breathe faster and faster and your heart pumps faster and faster to get oxygen-rich blood into these working muscles. Obviously, these three variables are linked: As you walk incrementally faster, you require a proportionately greater amount of oxygen, so your lungs and heart have to work proportionately harder to get the oxygen where it needs to go. The relationship is linear--up to a point. Heart rate and respiration rate are both limited, so after a certain pace, you can't take in or circulate any more oxygen, even if you walk faster than that critical pace. These limits are your VO₂ max, and maximum heart rate, respectively.

Your stride frequency, however, does not necessarily have such limits. If your technique is good, you can spin your wheels very quickly--at least for short distances, anyway. Since stride length is relatively fixed (assuming you're keeping one foot on the ground at all times, which ain't necessarily a realistic assumption...) stride frequency must continue to increase as long as pace is increasing so, unlike respiration and heart rate, the relationship is linear at any pace.

Now would be a good time to scratch your head and say "what's it all mean, Dave?" It means that your breathing will get faster and faster as your stride gets faster and faster, until you reach that critical point where respiration rate (and heart rate) begin to level off (which occurs at or near lactate threshold). So most walkers are able to maintain the same breath-to-stride pattern for all sub-threshold paces. Many walkers maintain a 2-3 pattern--they take two strides while

inhaling, then three strides while exhaling. This pattern is maintained until the leveling off point (lactate threshold) and then the ratio will change, usually to something faster, say a 2-2 pattern (two strides while inhaling, two strides while exhaling).

"How does this help my walking?" you may ask. Knowing your usual breathing pattern, and looking for the change to a faster pattern is one good way of knowing you're training at or near lactate threshold. Beyond that, it's really not something you should be too worried about. If you like to keep track of minutia while you walk, you'd be better served by counting your stride frequency. A higher stride frequency at a given pace is usually an indication that you are walking with relatively short, fast, efficient steps rather than long, lousy inefficient ones. Got it? Good. Now put down the slide rule, turn off the Playboy channel, and get out there and walk!

(From *Golden Gate Racewalkers Newsletter*)

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The following observation, published in the November 1997 *Masters News* came from race walking's Lyn Brubaker:

Too Much Pressure: One problem in life is that we put so much pressure on ourselves for a certain level of achievement that we forget to enjoy the process. Then we lose our love for what we are doing and we take things all out of perspective. In the words of my sports psychologist, "When you lose perspective, you lose a balance between your training, your work, and your family life." Something ends up giving. It is more important to keep the enjoyment in what you do and life will flow.

When people are trying to make records or trying to find the magical diet, or trying to discover the perfect training methods, they flip-flop around. They will read different ideas by five people on training or dieting in *Walking* magazine and immediately start switching things into what they are doing. The older we get, the more I think we know how our bodies feel and what works best. We can all write our own articles.