



OHIO RACEWALKER

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Keating In The Long Walk

Yellow Springs, Ohio, Oct. 31--Ignoring the ghosts and goblins that inhabit this quaint Ohio village, New England Walker Bob Keating celebrated Halloween night by walking into the darkness to win the Blackburn 100 Km on the high school track. The 51-year-old Keating, from Nashua, N.H., established a lead after about 25 Km and was never challenged after that as he completed the 250 laps in 12:15:16. Bob was the 1982 National Champion at both this distance and 100 miles. Chris Knotts of the local Miami Valley Track Club walked a steady race and grabbed second in in 12:34:17.

Keating was challenged early by the king of ultra-distance, Alan Price, but Alan was somewhat off his game on this day and eventually settled for third in 12:50:17. Alan, as he often does, arrived a bit late--in this case he came through the gate as the gun sounded. So, by the time he got started he was about 5 minutes back. Unfazed, the five-time National Champion at the distance (plus eight titles at 100 miles) quickly closed the gap and had caught Keating and Knotts by around 10 Km. Chris slowly dropped off the pace as the two leaders went through the first 15 Km in about 1:29. (I'm relying on memory here. I carefully recorded splits for the leaders, but seem to have misplaced them since.) By 25, Keating was moving away and passed 50 Km in 5:39. Although he couldn't maintain that pace, he did keep a fairly constant margin on Knotts over the final 30 Km of the race. Chris caught Alan somewhere around half-way and was able to pull well clear.

The most exciting part of the race came when local ace Al Cowan, walking in fourth, suddenly caught a second wind at about 72 Km and began taking huge chunks out of Price's lead. He passed Price about this time to cut Alan's lead to 3 laps. Covering the 400 meter track at steady 2:40-45 clip, about what Keating and Price had been doing in the early stages, Cowan had the lead down to a half-lap in about 5 Km. Tough competitor that he is, even when below par and hurting, Price responded with a spurt of his own at about the same time Al started to feel some effects of his spurt and was struggling to do 3 minute laps. Within 1 to 2 Km he had a one-lap back and was cruising away. To Al's credit he walked through the real bad patch that followed, and even got going fairly well again in the final stages to take fourth ahead of a game Bill Whipp.

Race promoter Jack Blackburn, another veteran of these affairs, took sixth ahead of a gutty Chuck Newell. Back in the game after about a 30-year retirement, and having never gone more than 50 in that first life, the Reverend Chuck hung on gamely for the whole distance. He then faced a 2 1/2 hour ride home (starting near midnight) and was scheduled to be in the pulpit the next morning. He had his son on standby for that duty, and I haven't yet heard what actually transpired. Mike Michel was the other finisher of the 13 starters and the kindly officials held the watches for 32 seconds past the 16 hour deadline that he might finish. (I guess it would have been pretty cruel to walk away and turn off the lights as he entered the final straightaway.) Doug Brown (cont. page 3)

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Poland's Robert Korzeniowski, 1996 Olympic and 1997 World Champion at 50 Km, does it again at last summer's European Championships. (Credit to Denmark's *Gangsport*.)

was still walking at the finish, but was about 2 miles short of the distance. The results:

1. Bob Keating (51) Nashua, N.H. 12:15:16 2. Chris Knotts (42), Springfield, Ohio 12:34:17 3. Allen Price (51), Washington, D.C. 12:50:17 4. Al Cowan (42), Yellow Springs, Ohio 13:18:03 5. Bill Whipp (54), Middletown, Ohio 13:33:50 6. Jack Blackburn (62), Springfield, Ohio 14:21:29 7. Chuck Newell, Newcomerstown, Ohio 14:32:17 8. Mike Michel (68), Lynn, N.C. 16:00:33 Doug Brown (55), Tampa, Fla. 60 miles (7:47:37 at 50 Km); Jerry Muscal (40), Doug Brown Cincinnati 70 Km (6:23:06 at 50 Km); Rich Myers (62), Xenia, Ohio 62 Km (9:27:11: at 50 Km), Ed Fitch (37), Mechanisburg, Ohio 50 km in 6:17:29; Walter Tolley (54), Dayton 20 Km

Other results:

New Jersey 5 Mile Championship, Freehold, Oct. 25--1. John Soucheck 39:33 2. Marcus Kantz (52) 46:31 3. Manny Eisner (58) 46:50 4. Ed Dunphy (52) 47:24 5. Bob Mimm (74) 49:50 6. Benno Stein (60) 50:05 7. Ben Ottmer (64) 50:31 (18 finishers) Women: 1. Donna Chamberlain (41) 42:22 2. Sherry Brosnahan (46) 48:16 3. Anne GONella 50:20 4. Jo An Meers (73) 65:16 **1 Hour, Alexandria, Va., Oct. 4--1.** Bruce Booth (50) 11,459 meters 2. Jim Carmines (55) 11,390 3. Alan Price (51) 11,070 4. Marykirk Cunningham 10,846 5. Ron Shields (55) 10,560 6. Jim Goldstein (50) 9,836 (8 finishers) **1 Hour, Planation, Fla., Oct. 1--1.** Rod Vargas 10,196 meters 2. Juan Mora 10,098 3. Women--1. Valerie Silver 10,022 **5 Km, Miami, Oct. 18--1.** Rod Vargas (49) 26:49 2. Juan Mora (46) 28:27 **5 Km, Miami, Oct. 24--1.** Rod Vargas 26:25 2. Juan Mora 27:18 3. Bob Fine 30:32 Women: 1. Valerie Silver 29:23 2. Donna Pape 29:51 **Half-Marathon, Miami, Nov. 8--1.** Roswitha Sidelko (45) 2:17:54 2. Tammie Corley 2:31:24 Men: 1. Rod Vargas (49) 1:56:45 2. Daniel Koch (55) 2:21:40 **5 Km, Denver, Oct. 10 (unjudged)--1.** Daryl Meyers (55) 27:23 2. Lori Rupoli (47) 28:09 **5 Km, Denver, Oct. 11 (unjudged) 1.** John Tarin (46) 28:02 2. Jim Twark (50) 29:19 **5 Km, Denver, Oct. 18--1.** Scott Richards (48) 26:21 2. Jim Twark 28:50 3. Lori Rupoli 28:57 4. Brad Bearshart 30:49 **5 Km, Aurora, Col., Oct. 25--1.** Daryl Meyers 28:28 2. Jim Twark 28:45 3. Lori Rupoli 28:59 4. Margaret Hennessey (45) 30:05 **5 Km, Denver, Oct. 31--1.** Sally Richards (46) 26:23 2. Mike Blanchard 27:24 3. Lori Rupoli 29:08 **5 Km, Denver, Nov. 1 (unjudged)--1.** Mike Blanchard 26:57 2. John Tarin 27:52 **5 Km, Albuquerque, N.M.--1.** Vince Sheehan 23:16 2. Barton Kale 26:38 3. Art Ortega 27:01 4. Arnie Levick 28:29 5. Louis Jaramillo 29:01 6. Brian Knight 29:26 (13 finishers) Women: 1. Teresa Aragon 29:17 2. Dirce Granke 29:08 3. Karen Jeffery 29:10 4. Carol Wilkinson 30:11 5. Armanda Ortega 30:19 (28 finishers) **New Mexico State 10 Km--1.** Peter Armstrong 61:57 2. Joe Armbuster 62:51 3. Karen Jeffery 62:54 **1 Hour, Kentfield, Cal., Oct. 25--1.** Milt Taylor 9755 meters (12 finishers) **1 Hour, Kentfield, Cal., Nov. 8--1.** Bill Penner 10,800 meters 2. Joe Berendt 10,562 3. Jack Bray 10,463 4. Karen Stoyanowski 10,052 5. Brenda Usher-Carpino 9970 6. Jim Stuckey 9899 (41 finishers in two heats) **20 Km, Takahata, Japan, Nov. 1--1.** Daisuke Ikeshima 1:19:50 (National record better in own mark of 1:20:27) **Women's 20 Km, same place--1.** Rie Mitsumori 1:33:35 (National record) 2. Yuha Mitsumori 1:34:13 3. Ryoko Sakakura 1:35:20 **European Women's Interclub Cup 10 Km, Cassino, Italy, Oct. 18--1.** Elena Nikolayeva, Fiat Sud Formia, Italy 44:21 2. Valentina Savchuk, Olympia Lutsk, Ukraine 45:03 3. Olga Panfiorova, Fiat 45:40 4. Rossella Giordano, Fiat 45:44 5. Kristiana Saltanovic, Daisotra, Lithuania, 46:11 6. Ludmila Dolgoplova, Daisotra 46:21 Teams: 1. Fiat 8 2. Daisotra 20 3. Olympia Lutsk 231 4. C.S. Forestale, Italy 34 (Nine teams competing) **Waterford Crystal Grand Prix, Dublin, Ireland, Sept. 12: Women's 10 Km--1.** Gillian O'Sullivan 47:33 2. Catherine Charnock, England 49:14 (11 finishers) **Men's 20 Km--1.** Jamie Costin 1:30:52 2. Robert Heffernan 1:32:06 3. Gareth Brown, England 1:33:07 4. Brian O'Donnell 1:34:26 5. Les Morton, England 1:34:32 6. Andy O'Rawe, Eng. 1:34:35 (19

finishers) **Girl's Under 12 1 Km**--1. Sharon Lawless 5:05 2. Carol Burtenshaw 5:09 **Boy's Under 12 1 Km**--1. Paul Graham, Eng. 4:57 2. Ed Healy 4:59 3. Sam McNally, Eng. 5:02 **Girl's under 14 2 Km**--1. Ciara McDermott 10:04 2. Sophia Hales, Eng. 10:08 **Boy's under 14 2 Km**--1. Gabriel O'Donnell 9:31 2. David Gorman, Eng. 9:33 3. Luke Finch, Eng. 9:38 **Girl's under 16 3 Km**--1. Kelly Mann, Eng. 15:36 2. Nicola Phillips, Eng. 15:40 3. Hayley Hutchings, Eng. 15:42 **Boy's under 16 3 Km**--1. Lloyd Finch, Eng. 13:02 2. Colin Griffin 13:21 3. Hugh O'Connell 13:37 **Girl's under 18 3 Km**--1. Serena O'Keefe 15:40 **Boy's under 18 5 Km**--1. David Kidd 23:08 2. Seamus O'Connell 24:17

Walk away the old year and walk in the new at these venues

Sun. Dec. 6 4.4 Miles, Denver, 9 am (H)
5 Km, Miami, 7:30 am (Q)

Sat. Dec. 12 5 and 10 Km, Miami, 8 am (Q)
5 KM, Atlanta (D)
2 Mile and 10 Km, Albuquerque (W)

Sun. Dec. 13 Honolulu Marathon (916-368-5699)
5 Km, Denver (H)
5 Km, New York City, 9 am (F)
5 Km, Miami, 7 am (Q)

Sat. Dec. 19 2.8 Miles, Seattle, 9 am (C)

Sun. Dec. 20 5 Km, San Francisco (R)

Sat. Dec. 26 5 Km, Denver, 9 am (H)

Sun. Dec. 27 Asbury Park, 10 Mile (A)

Fri. Jan. 1 Resolution Walk, Greenhaven, Cal. (E)
5 Km, Denver, 10 am (H)

Sun. Jan. 3 50 Km, Houston (also 5 and 20 Km) (Y)

Sun. Jan. 10 Disney Full and Half Marathons, Orlando, Fla. (Q)
Indoor 3 Km, Arlington, Virginia, 8 am (J)

Sat. Jan. 16 5 Km, Denver, 10 am (H)

Sat. Jan. 23 2 Mile, Miami, 7:30 am (Q)

Sun. Jan. 24 Indoor 3 Km, Arlington, Vir., 8 am (J)

Sun. Jan. 31 5 Km, Miami, 8 am (Q)
San Francisco Half-Marathon (P)
5 Km, Denver, 10 am (H)

Sat. Feb. 6 5 Km, Miami, 8 am (Q)

Sun. Feb. 7 Las Vegas Marathon (P)
Indoor 3 Km, Arlington, Vir., 8 am (J)

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From Heel To Toe

Racewalking and your femurs. NASA researchers have hypothesized that racewalking should be used to prevent calcium loss from the greater trochanter (upper process of the femur) during spaceflight. This is one of the few major bone sections for which no preventive therapy has yet been identified. Because of a shortage of male racewalkers age 20 to 40 in the Houston area, research may be continued at another location. The actual prevention program would not be designed until research shows earthbound racewalkers to have greater bone density in that section than do other athletes. (Note supplied by Dave Gwyn in Houston.) . . . The new address for Viisha's Sedlak's American Walking Association is PO Box 20491, Boulder, CO 80308-3491. Phone 303-938-9531 or FAX to 303-938-9536. . . **Olympic great passes.** Frank Alongi reports that Italian great Guisepe Dordoni died on October 24 of pancreatic cancer. He was the 1952 Olympic 50 Km champion in a record time of 4:28:07.8. That record stood until 1960 when England's Don Thompson did 4:25:30. A new era in 50 Km walking started in 1964 when another Italian, Abdon Pamich, won in 4:11:12.4 and times plummeted from there. But Dordoni was at the forefront as walkers began to realize their potential at this endurance event. Dordoni was active in the sport to the end working with the national team and as a consultant to the Italian Olympic Committee. He is survived by his wife Leila and a daughter. And now, your prayers can go the Dordoni's long-time friend, Frank, who is recovering from his own health problems. . . **The 50 Km discussion.** From Stan Chraminski in Seattle: "Reference to your Heel To Toe discussion on 50K, I'd like to add my 2 cents, especially 50K versus marathons. I trained for the 50 and dropped out in the wet of Palo Alto and don't know if I'll train for another one. For a marathon, I have found I can do decently on walks of 18 to 22 miles or even less for training, but the 50 seems to require a whole different effort. The 20 percent increase in distance seems to require about 50 percent increase in overall mileage and long walks of close to 30 miles to have a shot at actually pushing the whole distance. Marathons are the minimal training distance for the 50 and are not enough to do well. One must push onward to 28-29 miles to have a chance at 50. The time on your feet rule in training seems much more important in the 50 than the marathon or maybe it's that it is harder to spend that extra hour in training that is necessary. The less training requirement means marathons can be done more readily while the extra work required for the 50 gets prohibitive in time and energy levels. It seems the bad patch during a long race hits at about 30K or so and once you get to 35K, you know you can finish the marathon so get a spurt of energy and can kick it in. In the 50, you still 15 to go at 35 and don't get that "I know I can finish" feeling until about 45. It makes for a miserable hour or more between about 35 and 45, which is only overcome with serious long

training miles. So, marathon vs. 50? Really not that much comparison. (Ed. Other's views on this would be interesting. Note though, that those who are ready for the event, however they get there, are not thinking about survival at 35 Km, but about that 15 Km race to the finish in top races as the true contenders begin to accelerate and those who only thought they were in the race quickly drop away.) . . . 1992 Olympic Women's 10 Km gold medalist Yueling Chen of China has been in the U.S. for the past 4 or 5 years. Reportedly, she is now training seriously in California, planning a strong comeback. She hopes to have her U.S. citizenship before international races next summer and would like to strike gold again in Australia in 2000. Her winning time in Barcelona was 44:32, but she had a 42:47 on the track that year, which was still 19th on the all-time list entering this year.

New Coach at Arco Center

by Elaine Ward, President
North American Racewalking Institute

Enrique Pena, the coach of Jefferson Perez, the 1996 Olympic 20 Km Gold medalist, will be assuming coaching responsibilities for the racewalkers at the ARCO Olympic Training Center in Chula Vista, California on November 1. Coach Pena will be accompanied by 19-year-old Xavier Moreno, who won the Junior 10 Km race in Bergen, Norway this year with a time of 41:01 after one year of training. Early in 1999, Perez will be coming to the Center to assist in coaching and to train.

Coach Pena has an impressive background as an international athlete and more recently as an international trainer of the Columbian and Ecuadorian teams. He competed in major walking events in the 1980s, including the Olympic Games in 1980 and 1988. His Columbian and Ecuadorian teams have competed in a continuum of international races. His Columbian teams competed in the 1984 and 1988 Olympic Games. His Ecuadorian team competed in the 1996 Olympics, the 1997 World Racewalking Cup, and the 1998 Good Will Games and Pan Am Cup. Coach Pena's academic credentials and teaching experience fill pages. His recent awards include: A Medal for Sports Merit (First Class) from the Secretary of Culture and Education of Ecuador in 1996 and Best Trainer in Athletics from the Ecuadorian Federation of Athletics in 1997. It is a privilege to welcome Coach Pena to the ARCO Olympic Training Center.

Elaine also offers the following tribute to outgoing coach Bohdan Bulakowski:

Bohdan Bulakowski came to the ARCO Olympic Training Center with Tim Seaman, Philip Dunn, and Will Van Axen in early 1997 after National Chair Rich Torrellas and former chair Bruce Douglas made the necessary arrangements. However, the program lacked funding from the start as the USATF bylaws prohibit the allocation of funds for coaching. Consequently, Bohdan coached Tim, Philip, and Will without salary into the summer, but quite reasonably this gratis arrangement could not continue. In August of 1997, the racewalking community met an emergency appeal by the North American Racewalking Foundation Institute to fund his salary. Through an outpouring of contributions and good will, racewalkers throughout the country made it possible for Bohdan and the athletes to remain at the Center and for the racewalking program to continue.

Bohdan's skill as a 50 Km coach became quickly apparent as he coached the ARCO OTC walkers to substantial success in the 50 Km Nationals in February 1988. His athletes took the first four spots with excellent times. Of special note, two were first time 50 Km walkers.

As with any new program, there were problems and Bohdan was undecided about making a long-term commitment. His reasoning was understandable. However, it promoted uncertainty,

which was affecting the athletes. As the Institute has the goal of creating a successful training environment at the Center, a coaching change became an option. Several of the athletes at the Center recommended Coach Pena and with their assistance, negotiations were undertaken.

The resident athletes at the ARCO OTC join John MacLachlan and me in wishing the best to Bohdan in his future pursuits. One and all, we appreciate the important contribution he has made in establishing the program and to American racewalking generally.

Opinion

Views on the U.S. Racewalking Scene

by Dave Talcott

US racewalking is in danger of remaining lackluster forever. Everyone admits that we have a small group of elite athletes followed by a large gap and others that work hard with aspirations of qualifying for the Olympic Trials or winning a national medal. The depth of the '70s and '80s is gone, and even our elite walkers are a stride behind the world.

With thousands of individuals across the U.S. flocking to different types of walking, our sport shrinks in depth and quality. Use the National 40 Km as an example. This year, we had two quality men's times, Gary (Morgan) and Philip (Dunn) and then a gap to John (Soucheck) and Warrick (Yeager). Only four men under 4 hours. I was 10th in 1982 in what I thought was a pedestrian 3:48. This year, 25 of the top 31 men, and 9 of 11 women were master's walkers.

Where are the younger ones? We don't have them because there is no National Development Program to bring young ones in and to develop them into Olympic champions. We need to either break away from USATF and start our own "Federation", or, as a body, demand changes! Racewalking should be the same as soccer in the U.S. In every small town in America there is a soccer program for all ages and levels. The US Soccer Federation realizes that to compete internationally, athletes must be trained from youth. Juniors in Europe walk 42:00 or better in the Men's 10 Km or 46:00 or better for women. Why? Because they have an organized developmental program for the sport.

Every state in America should require a racewalking event in high school track and field. New York had one from about 1976 to 1983. Look at the impact on the sport. (I believe you have records that will document that about 60 percent of the country's top walkers in the 20 and 50, as well as the women's 5 and 10, in the '80s came out of the New York high school program.) If every state had a high school indoor and outdoor race supplemented by a summer series, imagine the impact on the sport.

The U.S. masters seem to have quite a few incentives to walk, and their numbers are quite good.

USATF also needs to do something to help those between Junior level and Master's level. The qualifying standards are devised to limit fields and inspire others to attain greater speed, but it doesn't work. It stunts the growth of walkers. Instead, monetary incentives could serve a dual purpose, creating something to work for and also allowing the athletes to travel to the National championship races. What would be wrong with awarding individuals travel credits if they attain certain levels during the year? A walker who breaks 1:38 or 4:40 or 50:00 for women could be given a certain amount in the form of a travel credit so they could travel to a national race or other competition.

A baseball/football/basketball player can make more in a year than all the travel incentives for racewalkers in the U.S. Ask yourself, would you go to a race if you had the transportation/lodging paid for? I am sure 99 percent of all racewalkers long for that to happen.

USATF should also require that every association have Association Championships at various standard distances, say women's 3 Km indoors, 5, 10 and 20 Km outdoors, men's 5 Km

indoors, and 5, 10, and 20 Km outdoors. Winners of the association championship races should then be sent (expenses paid by USATF) to a national championship race.

Even if only one person shows up for the event, it may be that special sub 5 hour 50 Km or sub 1:40 20 Km. Special for the walker and also good for the sport. Racewalkers need to unify in their respective clubs and pressure USATF to make changes, or unite to form their own federation for the good of the sport.

Well, there it is. I realize it may be unrealistic, but it addresses the problems of quality walkers, races for walkers, and monetary incentives.

(Ed. I would have to say that a solid youth program could be an important step--and note in a following article that there is not a complete void in this area. But, you don't have to start young to excel. See the above article. In a year, Ecuador's Xavier Moreno rose to the top of the world's juniors and earlier, Jefferson Perez had much the same story. More important is retaining those that are developed into their adult years. (and Dave does have some suggestions here, too.) Look back at the youth and junior nationals for the past 10 to 15 years and see how many are active today. Also, if we look at distance running, we can see that high school programs do not guarantee international success. Cross country participation has grown and track programs are still in place, but the U.S. presence on the international distance scene is much less than in the '60s and '70s. And as to soccer, which I follow quite closely (I might value my *Soccer America* more than my *Track and Field News*, now) those strong youth programs have been in place for more than 20 years now (my kids started in 1976 and there were very strong programs here at that time). Still, the national team compares to the world's elite only slightly better than our top racewalkers. Not to denigrate what Dave is suggesting, these are worthy steps, but, there are some other problems and a good chance they are culturally related. But, I'm not going to get into that now. Again, comments are encouraged. And, now, a different view of the sport.)

More opinion

The walking Revolution

by Viisha Sedlak
American Walking Association

The benefits of walking are impressive enough to be causing a revolution in the world of exercise and racing today, and the corporate world is taking notice. Corporate involvement is affecting the walk athlete and event organizers and will even more so in the future, especially if these groups continue to work together for the sport.

First, be aware that the numbers of exercise walkers are increasing rapidly as are the numbers of participants in organized fitness or racing walk events. Second, as more running and walk events and track meets fall by the wayside each year due to lack of money, corporate support becomes more important to us all. Third, conflict, confusion, and inconsistencies in regulation have seriously damaged the sport of competition walking from local through international levels, to the point where the continuance of walking as a competitive sport is now threatened. Should walking be eliminated from IAAF events or the Olympic Games, as many propose, participation in walking locally will be damaged. This would be unfortunate for many reasons. (Ed. I would have to say that such threats continue to come and go, but I am not aware of any present proposals or immediate threat to the sport. Correct me if I'm wrong.)

Walking is a terrifically safe and effective way to become fit even for the elite athlete, even in other sports, I coached world-class distance runners in France and Switzerland in the late 1980s to include three walk workouts a week for cross-training, with the results that these runners unexpectedly and universally improved their running times. (Ed. Ron Laird is another who pushes this concept at every opportunity.) Why? Walking in the legal Olympic-style requires more

muscles in action simultaneously than does running, thus the aerobic demand is much higher and the conditioning is more complete for the time and effort invested. Also, walking protects the hips, spine, and knees so athletes injured in these areas can often still do quality aerobic or even anaerobic interval walk work outs. Walking demands strong abdominal and upper body conditioning, two areas often neglected and out of balance in the distance runner. It is rare for a walker to be injured, so there is little down time from this activity compared to any other sport.

These factors greatly appeal to corporate wellness directors, as well. Lack of injury, full body conditioning even at easy or moderate effort, and no need for special equipment or surfaces only add to the appeal of walking as a corporate fitness activity and an event that provides a nice bridge to the community as a whole. Young children should not be encouraged to do structured running workouts or races in large part because of the damaging stress of running on still-developing bone ends. Walking in the legal style has not caused such damage, and children take to the sport quite naturally. The same goes for the older citizens, who often deal with joint damage, osteoporosis, muscle imbalances, or other normal factors of age that are proving to be helped by walking.

We're looking at a tremendous opportunity to have walkers, corporations, and even coordinators work together to do us all the service of a synergistic push toward better health and renewed growth in athletic participation. Runners and other athletes need to learn about the benefits of walk cross-training for injury reduction and improved performance. Parents and schools need to be educated about walking and encouraged to incorporate the activity into daily life. Corporations can reduce health costs, reduce absenteeism, improve morale on the job, and strengthen teamwork in the company by easily and inexpensively incorporating this safe athletic and fitness activity into on-site as well as community events. All my corporate clients today request the safer Olympic-style of walking over the normal bent-knee style because the years have proven that many people who bent-knee walk at medium to hard effort for several miles a day four or more times a week experience the same injuries as joggers.

Watch your TV and look at the newstands to see what is happening with walking today, and you will be convinced that dithering over rules, name-calling between clubs, and bickering between officials is doing more harm than simply to the image of the sport. A lack of cohesive focus could prevent potentially millions of people from being involved in sporting events such as the masters meets that have dramatically changed people's health, habits, and goals. Many running events only exist today, according to their own directors, because of the increased participation of walkers as the number of runners in them declined. Competition in healthy sport is a part of a healthy physical and emotional life for thousands of masters athletes. Let's keep up the efforts to involve the business world in those sports that give back such huge benefits.

ARCO Junior Training Camp

by Jeff Salvage
US Junior National Racewalk Coordinator

The U.S. is not without programs to encourage our younger walkers as indicated in the following report on last summer's junior training camp at the ARCO Olympic Training Center in Chula Vista..

This year's Junior National Training camp was a huge success. Attending were Lisa Kutzing, Emma Carter, Katie Rulapaugh, Robin Stevens, Elizabeth Paxton, Scott Crafton, Danny Dalton, Pat Ryan, Eric Pasko, Eric Tonkyn, and Justin Eastler. Training Center residents Tim

Seaman, Curt Clausen, Andrew Hermann, Philip Dunn, Margaret Ditchburn, and Susan Armenta really made the kids feel at home and helped with all aspects of the camp.

Although a great deal of time was spent improving technique, that was not the sole focus of the camp. All the young athletes participated in a lactate threshold test, which, when combined with an analysis of their individual training programs, shed light on where each individual needed to work. In addition, nutritional analysis and body composition tests were done on the athletes.

Much time was spent on flexibility and technique drills as well as on the mental aspect of racing. To me, this was one of the most important parts of the camp. David Yukelson, Ph.D., talked to the athletes one-on-one and helped them with whatever problems they were having.

Yes, racewalking is more than just going out and walking. A great many factors must be balanced for an athlete to blossom into an Olympic champion. Hopefully, some of the junior campers will not just make the U.S. Olympic team, but take a shot at a medal.

The camp was not all work. We had time to catch a movie, hike up a mountain, play some football, and go to the beach. Truly a superb week.

Looking Back

30 Years Ago (From the November 1968 ORW)--Gary Westerfield dominated events at the 11th Annual Ohio Track Club Distance Carnival. On the first day, he won the 7 mile walk by 5 seconds from Jack Blackburn in 55:01. Canadian Max Gould captured the master's division in 57:17. The following day, Westerfield was back for an easy 15 mile win in 2:06:13, with Jack Mortland, who had been busy conducting the 10 mile run the day before, a distant second (2:11:15). . Fat Jack (Blackburn) won the Cincinnati Thanksgiving Day "6" mile (actually well short) in 41:53. . Odd distances seemed to be in vogue as Rudy Haluza won a "7" miler (said to be closer to 6 1/2) in 47:00 and Dave Romansky beat Shaul Ladany and John Knifton in a 20.6 mile race in 2:49:52.

25 Years Ago (From the November 1973 ORW)--Our Fourth Annual World Rankings, published a month earlier than usual, saw Hans-Georg Reimann (GDR) and Bernd Kannenberg (West Germany) on top at 20 and 50 respectively. Ron Laird was ranked fifth in the 20. We hadn't yet started women's rankings, not because of sexism on our part, but because there wasn't enough reported activity to justify rankings.

20 Years Ago (From the November 1978 ORW)--Once again the rankings came early. On top of the world at 20 was Mexico's Daniel Bautista. His countryman, Raul Gonzales, topped the 50. Todd Scully and Marco Evtouk were number one in the U.S. at the two distances. On the women's side, Sweden's Britt-Marie Carlsson and Siv Gustavsson were ranked number one at 5 and 10, respectively. Susan Liers was number one in the U.S. at both distances. . June MacDonald won the U.S. women's title at 15 Km in 1:27:10. . Martin Kraft did 20 Km on the track in 1:33:42 and comebacking Bob Henderson covered 8 miles and 30 yards in 1 hour.

15 Years Ago (From the November 1983 ORW)--The National 100 Km race, held in Arlington, Virginia, went to Brian Savilonis in 10:33:12, with defending champion Bob Keating about 9 1/2 minutes back, but gaining ground over the final 25 Km. Two-time winner and early leader Alan Price was third in 10:44:08. Chris Knotts was fourth, and Sal Corrallo beat Jack Blackburn for the master's title as they finished fifth and sixth. (Well, things don't change too quickly in these ultra-long races. Check the results of the Blackburn 100 earlier in this issue and you will see four of those six still in the top six 15 years later, albeit a bit slower.) Bev LaVeck was next, and the first woman in 12:04:17 (good enough to beat this year's version of Bob Keating). . Mike Morris won the National 2 Hour title in New Jersey, covering 14 miles 1690 yards and leaving Mike O'Rourke

better than a quarter mile behind. . Dan O'Connor broke the American 50 Km record (track) with a 4:12:46 in Irvine, Cal. . The Canadian National 50 was a fast race, with Guillaume LeBlanc winning in 3:58:32, 4 minutes ahead of Francois LaPointe. O'Connor was third in 4:14:35, 4 weeks before his record effort. . Morris also had a 1:31:58 for 20 Km at Niagara Falls, edging Pete Timmons, who was given the same time. Ed O'Rourke was just 7 seconds back.

10 Years Ago (From the November 1988 ORW)--Lynn Weik was an easy winner in the Women's National 20 Km, held on Long Island. Her 1:45:37 left Karen Rezac nearly 10 minutes behind. Susan Travellin edged Susan Liers for third, with both given 1:57:04, and Canada's Christine Ostiguy also went under 2 hours with 1:58:06. In the accompanying National 30 Km, Dan O'Connor finished 5 minutes ahead of Jeff Salvage to win 2:24:15. Curtis Fisher and Curt Clausen followed.

5 Years Ago (From the November 1993 ORW)--Alan James was an easy winner of the National 30 km in Atlanta. His 2:14:31 left Canada's Martin St. Pierre 6 minutes back at the finish. Bohdan Bulakowski led the masters with his 2:29:30 in third. . A 5 km race in Connecticut saw Lyn Brubaker (23:41) and Dave McGovern (21:03) winning over Susan Armenta (24:35) and Rob Cole (21:25). Marc Varsano had a 21:40 for third in the men's race.

