40 Km to Pecinovsky

Fort Monmouth, N.J., Sept. 19 (From Ray Somers)--Steve Pecinovsky dueled with Warrick Yeager for 28 km and then pulled away for an "easy" win in today's National USATF 40 Km racewalk championship. Steve finished the race in 3:29:15, not at all bad for an old man. The battle of the 40 plusers (Steve 44, Warrick 45) was over for sure when Yeager dropped out at 34 km. John Soucheck, who at 34 was the youngest competitor in the field (along with Bruce Logan), took second in 3:44:53. He then continued on to 50 Km in 4:43:20 to qualify for next year's Olympic trials.

Age group records were set by Dave Romansky and Sheny Brosnahan. Dave, a youngster for 61, finished sixth overall in 4:02:22. Sherry, at 47, won the women's race in 4:14:06. The Shore AC won all three team titles (men, women, and masters), and, indeed, were the only ones to have three finishers in each of the categories. Unfortunately, this once popular race, probably for a multiplicity of reasons, continues to draw little attention from the nation's elite walkers or even the second tier. The results:


Other Results

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $10.00 per year ($12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. E-mail address: jmorton@columbus.rr.com

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From Across the World


From Across the World


Racewalk Events Are Available For Your Pleasure As Listed Below

Sat. Oct. 9 5 and 10 Km, Los Angeles (B) 1 Hour, Plantation, Fla., 7:30 am (Q) 5 Km, Arvada, Col. 9 am (H) 2.8 Miles, Seattle, 9 am (C)

Sun. Oct. 10 5 Km, League City, Texas (Y) 10 Mile Handicap, Coney Island, N.Y., 9 am (F) 1 Hour, Kalamazoo, Mich., 1 pm (I) 1 Hour, Aurora, Col., 9 am (H) 1 Hour, Kentfield, Calif. (P) 10 Km, San Francisco, 9:30 am (R)

Sun. Oct. 16 5 Km, Miami, 8 am (Q) 15 Km, Atlanta (D) 2 Miles, Albuquerque, N.M. (W) 5 Km, Seaside Heights, N.J. (A) Metropolitan 30 Km, New York City, 8 am (F) 10 Km, New London, Conn. (G) 5 Km, Denver, 8 am (H) 1 Hour, Kentfield, Calif., 8:30 am (P)

Sun. Oct. 23 5 Km, Aurora, Colo., 9 am (H) 10 Km, Monterey, Calif. (R) 5 Km, Miamis, 7:30 am (Q) 5 Miles, Freehold, N.J., 9 am (A)

Sun. Oct. 24 10 Km or more, as you choose, Kenosha, Wis. (O) 1/2 Marathon and 5 Km, Denver, 8 am (H)

Sun. Oct. 30 1 Hour, Kentfield, Calif., 8:30 am (P)

Sun. Nov. 6 10 Km, Aurora, Colo., 9 am (H)

Sun. Nov. 7 20 Km and 1 Hour, Arlington, Virginia (J) 10 Km, West Concord, Mass. (G) 5 Km, Miami, 7 am (Q) 5 Km, Denver, 9:30 am (H) 5 Km, Los Angeles (B) 5 Km, Roseville, Calif. (P)

Sun. Nov. 13 5 Km., Atlanta (D) 1 Hour, Kentfield, Calif., 9 am (P) 10 Km, West Concord, Mass. (G) 5 Km, Miami, 7 am (Q) 5 Km, Denver, 9:30 am (H) 5 Km, Los Angeles (B) 5 Km, Roseville, Calif. (P)

Sun. Nov. 20 5 and 10 Miles, Washington, D.C. (J) Southwest Regional 1 Hour, Myrtle Beach, S.C. (Z)

Sun. Nov. 21 Grand Prix #1 (distance?), New York City, 8:30 am (F) 4 Mile, Denver, 10 am (H)

Sat. Nov. 27 5 Km, Doraville, Georgia (D) 5 Km, Doraville, Georgia (D)

Sun. Nov. 28 Grand Prix #2, New York City, 9 am (F)
From Heel to Toe

Racewalking's losses. Two recent deaths have shocked the racewalking world. Richard Charles, a long-time ORW subscriber, who directed New Orleans' first racewalking programs beginning in 1983, suffered a fatal stroke while officiating at the Junior Nationals near his home in Austin, Texas, and died on August 14. For the past decade, since moving to Austin, he was Racewalking Committee chair at the South Texas Association of USATF. He also served a term as the association's secretary. He was coordinator of racewalking judging for the past several Senior Games national championships. Bert Pickell of San Antonio notes: "Richard has left a supreme legacy that will benefit fellow judges, coaches, parents, and competitors in many years to come. Whether it be giving advice to a young 7-year-old or a first racewalk, speaking to a group of clan, elderly competitors, Richard was always on the mark. He had a way of adapting to a group or person and sincerely providing personal guidance. His love for the sport was evident in his compelling, and, in many ways, contagious, drive and energy in helping develop walkers or judges." Ten days later, Joann Beers, Eough Minn, and George Solis were involved in a hiking accident on the Zugspitze, the highest peak in the Bavarian Alps. As they were hiking, the weather turned foul, and the three decided to turn back. While crossing over a loose, rocky section, some rocks gave way. Joann slipped. Bob tried to help her and both were carried down the mountain side by a rocky avalanche. Help did not arrive for 3 hours. In what may have been a combination of trauma and cold, Joann did not make it. Bob was taken to the hospital in Garmisch seriously bruised and battered. Joann, an active walker in Southern California, was 4 days short of her 74th birthday. From Richard Oliver: "Joann was a warm presence at every event, and if she didn't come to race, she would always step forward and say, 'Do you need any help?'" And, from Elaine Ward: "She was dearly loved by her many, many friends in Southern California and by all those who knew her and loved her throughout the country." Bob Minn was expected to be in the hospital for about 2 weeks following the accident. Racewalk Olympic Trials update. From Ron Daniel: In the early spring, the National Racewalk Committee requested that the 50 Km Olympic Trial be held on Feb. 13, a date change from April 16. When California State UniversitySacramento accepted this date change, they also informed the Sacramento Olympic Trials Organizing Committee that on this new date, there would be construction on a portion of the course that was used last February, thereby necessitating a new course. The new course being evaluated is a 2000 meter out and back course, all flat and with one gentle bend. Road width is from 35 to 65 feet. The turn-arounds will use the maximum available road width. It has been agreed that the same course will be used for the 20 Km trial races in July. However, the 50 Km will be all on the road and not enter the stadium, while the 20s will start and finish on the stadium track. A paved transition surface will be constructed for the racewalkers to exit and enter the stadium. Starting times have not yet been determined. Reactions to Jonathan Matthews' article. Jonathan Matthews article in our July issue has brought two reader responses, both from the medical profession. Podiatrist Howard Palamarchuk, with a long-time connection to racewalking: "Read with both amusement and dismay about Jonathan Matthews. Sad to see such allegations. A simple explanation for Jonathan's recent phenomenal performances--he is for the first time in a long time injury free. Combined with his healthy lifestyle, Jonathan is able to perform solid efficient training, free from anxiety and up to his full potential. As manager of the 1995 Beijing World Cup Team, I know only too well how beat Jonathan was by his chronic injuries. Not only did he suffer his own physical pain, but also the mental pain of letting his team down. So more power to Jonathan. To his detractors--let them find other excuses for their own failings." And from Dr. Douglas Johnson in Morganfield, Kentucky, a member of the Clinic Advisory Board of the American Running and Fitness Association: "Although I agree with the intent of Jonathan Matthews' commentary, I must disagree with his comments concerning medical intervention in the competitive or recreational athlete. The first and most important step in the athletic lifestyle is, of course, a basic healthy lifestyle: proper rest, nutrition, strength-training, aerobic training, and avoiding toxic and harmful substances; all the things your mother probably told you. The longevity of outstanding athletic careers such as that enjoyed by Jonathan, Gary Morgan, Don DeNio, and others is a testimony to that principle. However, as a family physician who treats many local athletes, I can tell you that many athletes are not as fortunate as Jonathan has been, despite living exemplary lifestyles. Such diverse medical conditions as diabetes, melittis, exercise-induced asthma, hypertension, endogenous depression, athletic amenorrhea, and familial hypercholesterolemia can usually be adequately controlled with medical intervention in addition to lifestyle modification. Many patients do not have the medical or training knowledge to correct training errors or biomechanical difficulties on their own. A health professional can often advise athletes on how to recover from injuries or prescribe a treatment plan that may or may not include medications. I have treated many athletes who could not otherwise participate in sports, if not for their proper use of medications, athletic braces, and training advise. Medical professionals are more than just anabolic hormones and ergogenic aids. Although I may use vitamin supplements and anti-oxidant products, remember that just because a product is "natural" does not make it safe or effective. Hemlock, strychnine, and rat feces are also natural, but I wouldn't use them. The point to remember is that a basic healthy lifestyle is still the most important aspect of an athletic life, but sports medicine has come a long way in the last 30 years. Let's not lose compassion for the athletes who are less fortunate and truly benefit from medicinal intervention. Re-enactment summer (and a humble thanks to the great one--Henry). From Elliott Denman: As we all (?) remember, John Humeke, Jr. of the NYAC scored a decisive triumph over Elliott Denman of the
America urgently needs more all-comers weekly road races and track meets each summer. Our talent pool of the country would surge up immediately. The USA Bobsled Federation and beaches. Proposal: Organize these boardwalk walkers and coach them into being racewalkers.

The USA Boardwalking League. It's obvious there are more walkers than runners on the lonely boardwalks of N.J. and it's probably like this around the rest of the USA and its many boardwalks.

1. A fantasy camp at Chula Vista opening the US OTC facility to rank and file. We certainly wish her great progression in 1959!.

Rematch No. 1--Humokee trails much of the way but outkicks Denman down final straightaway, 35:25 to 35:30. (Times not guaranteed, but close.) They place eighth and ninth in the all-star (7) field. July 26: Rematch No. 2--History repeats. 40 Years later, Denman turns the tables after the initial setback, surging ahead after the first of 4 laps to take the decision. 35:15 to 35:20 (approx.) for ninth and tenth. Aug. 2: Rematch No. 3--Rubber rematch (wherever that term derives). Humokee takes it easily. It's not even close. Humokee fourth in 35:10. Denman lumbering across in 36:20, weary and a far cry from his former self in fifth.

Moments later, we both applaud each other's efforts and raise a silent toast to our great mentor and marvel of a man, Henry Laskau, now going through a most difficult time of it in Florida. We both salute the encouragement given by Henry early in our careers in this great sport. (Ed. I can join that toast, though I was never in the close contact with Henry that these two were. Columbus, Ohio put me 600 miles away. But I did receive encouraging words from Henry at different times early in my career, and encouragement always helps. I almost appealed to that "in a lonely sport." But, that's true only if you are seeking the adulation of the multitudes. If you are satisfied with the companionship of other competitors, such as Elliott and Henry and the many, many others I could name--and who shouldn't be satisfied with that--there can be no less lonely sport than ours. Thanks Elliott--and Henry--for these memories and for all you have brought to the sport and to me through the years. May all my readers raise their glasses, as well.). Elliott adds: And we both vow to get in some additional training so that future rematches (and let's hope there are many) more closely resemble our rate of progression in 1959!... News note. (More from Elliott) History was made this summer. Shannon Gillespie, 12 going on 13, became the youngest open-event winner in the 36-year history of the Takanassee Lake 5 Km races in Long Branch when she won a Monday night session in 2:31. Shannon, soon after, showed her immense talent by winning the international Junior National Crown in Omaha in 15:33--faster than the boys winner in the same age group. We certainly wish her many years of great success... Opinion. (Yet more from the pen of the prolific Mr. Denman.) America urgently needs more all-comers weekly road races and track meets each summer. Our own Takanassee Lake 5 Km walks on Mondays and 1-Mile walks on Wednesdays at Ocean Township High School have been much fun and big successes. The Wednesday 1-Mile walks are started on a handicap basis. Athletes ranged from 12 to 79. Head starts up to 5 minutes were given. And in the last meet of the series, 11 of the 13 starters were still tightly bunched coming off the last turn. A sprint finish decided the race and was most exciting!

(Ed. All comers track meets became hugely popular all over the country in the late '50s. I used to compete in them here at East High School even before I was into racewalking and would also go up to Cleveland to meet there. I think they started to peter out as the emphasis and energy turned ever more to elitism. The all-comers meets, though, had always given the lesser athletes the chance to compete with the elite. Gosh, I remember the embarrassment of being beaten in the high jump by Jim Marshall, Minnesota Vikings Hall of Famer, who was a great discus thrower, but shouldn't have jumped higher than me (I thought). That, of course, was before he was playing professionally, since these were amateur meets. Finally, Elliott's wish list. (Or, "Wouldn't it be great department") 1. A fantasy camp at Chula Vista opening the US OTC facility to rank and file and masters, who could see first-hand what's going on and, hopefully, get speedier themselves. 2. The USA Boardwalking League. It's obvious there are more walkers than runners on the lonely boardwalks of N.J. and it's probably like this around the rest of the USA and its many boardwalks and beaches. Proposal: Organize these boardwalk walkers and coach them into being racewalkers. The talent pool of the country would surge up immediately. The USA Bobsled Federation.
Competition Regulations: 1. Regulation 717.5.4 concerning the tie breaking rule for Team Scoring in the World Racewalking Cup “Any tie will be decided in favor of the team whose last scoring member finishes nearer the first place.” 2. Regulation 202.2. Regulation 202.2. The racewalking events in the IAAF World Junior Championships will be the 10 K (men) and the 10 K (women) starting in Santiago, Chile in 2000. Where are they now? In a letter in the July issue, John Soucheck talked about junior mail walkers who have stopped walking. Al Hepper offers the following update on some of these individuals.

Chris Brooks—the ’98 Jr. National Champion transferred from Parkside after his sophomore year and is no longer walking. Scott Crafton—Attending Indiana University. Unsure of walking status. Glenn Osten Anderson—Attending the U. of Pennsylvania. He is recovering from an injury. Plans on returning to action this year. John Nunn—The ’97 Junior National Champion is currently on a mission in Las Vegas. His mission ends on November 8 and then he will resume full-time training. Off of minimal training, he did 21.50 on the track by himself. Look for him to make some noise on the senior level. Brian Colby—joined the military (Air Force Academy?). Brandon Perry—Haven’t seen him since Junior Nationals in 1994. Justin Martujo—The two-time Jr. National Champion completely disappeared from the walking scene after his win in 1995. David Rose/David Michielli—Soucheck listed him as two different people, but there is only one “IG” as he was called in college. Rohe was the name he used in high school. Michielli is his birth name and Parkside Cross country coach Lucian Ross liked to call people by their last names, so Michielli stuck throughout college and it’s the name he uses now. Michiello entered the “real world” after graduating in 1998. He is currently working as the marketing manager at Cherry Electronics in Kenosha, Wis. Will Van-Axen—After a brief stint at the USOC training center, the 1993 Jr. National Champion returned to Kenosha and is training to become a firefighter. Chad Eder—The 1996 NAIA champion refired after the 96 Olympic Trials and currently works as a financial consultant for Pipper Jaffay in Washington state. He is also my financial advisor. (Ed. Gosh. I didn’t know “professional” racewalkers had any finances to advise on.) Al says “My take on Soucheck’s letter is this: Unless an athlete is extremely motivated and wants racewalking to be the center of his life, what motivation is there to continue after the Junior level? It’s not real exciting to go from a Junior National Champion one year to 11th or 12th in the senior ranks the following season. (Ed. We would have to note that you can drop a whole lot of minimal training experience. None of the racewalkers at the training center work “career exceptions, such as Jonathan Matthews and Gary Morgan, but they are established veterans with a qualitative level if Alex Slumko will be his coach. If that sounds like things a lot of you folks would like to achieve, though we haven’t seen any of his athletes at those levels yet. The only athlete he claims is still in the spiel is Anatoly Gorovchik, whose best result was third (1:20:04) in the 1987 World Cup in New York City. Shimkho himself had a best time of 42:27 for 10 in 1974. In talking to Ron Laird recently, I learn that Shimkho has been in touch with him and would like to come to this country to launch some sort of training facility. Anyway, those interested in more information and with access to the web can go to http://racewalking.cjb.net...

It’s Limerick Time

In days long gone, I occasionally used limericks to describe the racewalking scene. A few from June 1971, when Larry Young had just come back (and had been given a racewalking scholarship to Columbia (Mo.) College), Ron Laird was there as always, Goetz Klopfer was tough to beat, and we still remembered the ’68 Olympics when Mexico’s Jose Pedroza, the start of the Mexican revolution in the sport, ran into the Mexico City Stadium to move into second, and when the judges failed to act, left our Rudy Haluze a place short of a medal:

After taking two years on a spree
Of high living, debauchery, and glee
Larry Young came back
And caught up to the pack
Using walking to get college free.

Devoting his life to the race
Training to keep up the pace
Adds to 100 gold
And memories untold
For Ron Laird, who others still chase.
Fruits, nuts, and stuff keep his hips
As most of us walkers Goetz whips.
In the racewalking stunt
Though meat never touches his lips
These things just aren't my cup of tea.

Well, looking back at these has inspired me anew,
Perhaps to the chagrin of readers who must suffer through the following:

Walking judge is a job that I won't
Anytime in the future much want
Quote, "A red flag for me!"
Or "Look at him with bent knee."
You are damned if you or you don't.

Ten or fifty
He often does win with a spurt
That racewalker Clausen named Curt
That gal sure can answer the bell.
That racewalker Gause of old Mexico
That record he holds
His career still unfolds
But he'll win some more, that we know.

On a higher level of poetry, Alice Jean Wood, long-time Virginia subscriber, sent me the following with her recent renewal. Haiku in two parts:

Swiftly over sand
Nothing but a spurt
That which might have been

Softly over snow
Walking you may overtake
That which yet may be.
Looking Back

30 Years Ago (From the September 1969 ORW) - With altitude a definite factor, Bryan Overton won the National 50 Km title at Lake Tahoe in 4:56:07. In a very small field with few elite walkers present, Bob Kuchar, in only his fifth walking race, took second. After finishing in 5:06:29, Bob reportedly donned his backpack, strolled off into the woods, and has apparently not been seen since around walking races. Bill Rainey was third in 5:12:28. Ron Laird was an easy winner of the National 25 Km at Kings Point, N.Y. Ron finished in 2:02:32, followed by John Knifton (2:05:05), Canadian Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and Ron Daniel followed. Great Britain's Paul Nihill won the European 20 Km title in 1:30:41, with Carina Bonoglu of Romania surprising Soviet ace Nikolai Smaga to capture the silver in 1:31:06. East Germany's Christoph Hohne won the 50 as expected in 4:13:32 with his teammate Peter Selzer second. Colin Young covered 129 miles 1155 yards in an English 24-hour race and Nihill won the 20 Km in a match with France and Czechoslovakia, finishing in 1:28:18.

25 Years Ago (From the September 1974 ORW) - Two-time Olympic gold medalist, 38-year-old Vladimir Golubnichiy won the European Championship at 20, upsetting West Germany's Bernd Kamenberg by 8 seconds in 1:29:30. Hohne won again at 50, this time in 3:59:07, 3 1/2 minutes ahead of Otto Bartach of the Soviet Union. Selzer, and Italy's Vittori Visini were close behind. Mexico's Raul Gonzales made his big splash in the sport with a 1:27:53 20 Km in a dual with Canada. Daniel Bautista, the Olympic champion 2 years later, was left more than 4 minutes back. In London, Roger Mills bettered the world best for 1 mile (6:10.4 by Dave Romansky) with a 6:09, beating France's Gerard Lelièvre by 2 seconds. East Germany's Peter Fränkel recorded a stunning 1:23:30 for 20 Km in a Czech race. Sue Brodock won the women's International 5 Km in Stockholm, leading the U.S. to second-place team finish.

20 Years Ago (From the September 1979 ORW) - Mexico defended its World Cup title in Munich despite the absence of one of its top competitors, Domingo Colín, and a subpar performance by Raul Gonzales. Daniel Bautista left the 20 km field at the starting gun and proceeded to record solo splits of 19:21, 39:05, and 58:52. Slowing only slightly, he finished in 1:18:49, 57 seconds ahead of second place Doris Yakovlevy of the Soviet Union. The Soviets also captured the next three places (with Mexico's Ernesto Canto sixth) and led Mexico by three points after the race. Jim Heiring led the U.S. effort with a 1:28:31 in 31st. Trying to repeat his teammate's tactics, Gonzales overdid it. With 10 splits of 42:47, 1:25:03, and 2:07:29 (a 3:32:30 pace), he left the field well back, but only succeeded in killing himself. But teammates Martin Berruz and Enrique Vera came to the fore, finishing one-two in 3:43:36 and 3:43:59. Viktor Dobrovski was third for the Soviets and Gonzales hung on for third in 3:46:26 (note he was still under 1:39 for the last 20). Mexico finished 5 points ahead for the two races. East Germany was third, Italy fourth, and the U.S. 13th. Vincent O'Sullivan (4:12:15) and Marco Evoniuk were 34th and 35th for the U.S. Britain's Marian Fawkes won the women's 5 Km in 22:51 to lead her nation to victory over Sweden. Susan Liers came 10th (24:02) to lead the U.S. to fourth place. Marco Evoniuk won the U.S. 50 Km title in 4:15:07, followed by Dan O'Connor, Carl Schueller, and O'Sullivan. The European Junior 10 km title went to Czech Josef Pribilince.

15 Years Ago (From the September 1984 ORW) - Russia's Valeriy Spitsyn was an easy winner in the European 50 Km Championship. His 3:41:07 effort left France's Thierry Toutain nearly 3 minutes back (3:43:52). Giovanni Piretelli, Italy, was another 63 seconds back. Early leader Jesus Garcia of Spain, the 1993 World Champion, faded to fourth in 3:45:25. . . Irina Stankina, Russia, and Jorge Segura, Mexico, emerged as World Junior Champions. Stankina won the women's 5 Km in 21:05:41, 6 seconds ahead of Susanna Fieiter, Portugal. Segura (40:26:93) had the same margin over Russia's Evgeniy Shmuluk in the men's 10 km. . . Kerry Saxby, Australia, won the Commonwealth Games 10 Km in 44:25, with Anne Manning, Australia (44:37) and Janice McCallfrey, Canada (44:54) following. The Goodwill Games 20 Km in St. Petersburg, Russia went to Mexico's Bernardo Segura in 1:23:29. Allen James came seventh in 1:27:48. Olympiada Ivanova of Russia won the women's 10 in 42:30:31 with Yelena Saiko, Russia, and Sari Essayah, Finland, also under 43 minutes. Michelle Rohr was ninth in 44:42.

The Irish 20 Km World Cup Team. The youthful team has been recording some impressive times over the course of the summer. From left: Team Manager Ray Flynn, Robert Heffernan (21), Jamie Costin (22), Pierce O'Callaghan (23), and National Team Coach Bernie O'Callaghan. (Jimmy Costin photo.)