Korseniowski Rolls On; Russians Dominate 20s At Worlds

Edmonton, Alberta—Racewalking at the World Championships of Track and Field held here featured outstanding performances, tight judging, and continued domination of the 50 Km race by Poland's Robert Korseniowski. Except for his disqualification in these championships two years ago, the magnificent Pole has been untouchable with golds at both the 1996 and 2000 Olympics and 1997 World Championships. Once again he dominated here, taking command of the race after 30 km. Only Spain's Jesus Angel Garcia could even stay in pursuit, eventually finishing 59 seconds behind Korseniowski's 4:42:08, the best in the world this year. Mexico's surprising Edgar Hernandez was more than 4 minutes back in taking the bronze. Curt Clausen, fourth in 1999, had another superb race, finishing seventh this time.

The 20 Km race was dominated by three Russian walkers who finished within 5 seconds of one another to sweep the medals. Australia's Nathan Deakes finished fourth, 19 seconds back of third. The rest of the world withered under the Russian assault as winner Roman Rasskazov blistered his final 5 Km in 19:12 to cap his 1:20:31 effort. In the women's 20, another Russian, Oliampia Ivanova took command of the race early and won by more than a minute, breaking the championship record with her 1:27:48. Valentina Tsybulskaya, Belarus, finished about 25 meters ahead of Italy's Elizabetta Perrone for the silver. Here are the details.

**Men's 20 Km; Saturday, Aug 4**—This race saw defending champion Ilya Markov make a strong bid to retain that title. He was at the front of the pack from the start, and a large pack it was, with a rather leisurely initial pace that steadily increased throughout the race. Markov led the 37 man field at 5 Km in 20:40, with 23 others within 5 seconds.

The pace quickened to 20:25 for the next 5 (41:05 at 10), but only three dropped off the lead pack and one of those dropped out (Germany's Andreas Erm). Actually, the field was even tighter—21 within 3 seconds. Russia's Vladimir Andreiev, Markov, Spain's Francisco Fernandez, Mexico's Noe Hernandez, Latvia's Aigars Fadejevs, Belarus' Artur Meleshkevich, and Ecuador's Jefferson Perez were bunched at the front; all in 41:05. Eleven others were given 41:06.

When Markov covered the next 5 in 20:12, the lead pack dwindled to 11, separated by just 2 seconds, but that still made for a wide open race over the final 5. Andreiev had been DQ'd (the Russian had four entrances since Markov, the defender, had a free pass) and Fernandez had dropped out. Perez was losing contact having dropped 3 seconds off the back of this lead pack.

Rasskazov, biding his time in tenth at the 15, joined his two teammates as they started to break the race open. Deakes and Hernandez tried to hold on, but the real assault at 18 km left them helpless. Deakes had no trouble hanging on for fourth, but Hernandez got his second red card at 18 and, even after slowing to try and ensure a fifth place, his third at 19. Spain's David Marquez was 14 seconds back of Deakes in fifth and then it was nearly another minute back to sixth place Joel Sanchez of Mexico.
The Russian sweep was a first for the World Championship walks, but there have been others in comparable races. The USSR swept the 1956 Olympic 20, East Germany swept both the 1975 World Cup and the 1987 World Cup 20 (they were also 1-2 in the 1987 World Championship 50), and the USSR was 1,2,3,5 in the 1989 World Cup 20 (when they also had 2,3,5 in the 20). In World Championship, World Cup, and Olympic races.

Rasskazov's 19:12 for the final 5 has been bettered only by Perez's 19:04 at the 1997 World Cup, when he won in 1:18:24. Perez did well to finish 8th here, having only recently resumed training after time off to complete his business degree. The lone U.S. entry, Tim Seaman, tried to walk a conservative race in the back, but got a threatened glitch before the 10 Km mark. The 25th of the month before we go to the printer, so later material will probably get in.

Women's 20 Km, Thurs., Aug. 9—Ivanova came into the race with the best time in the world for the year and she proved her superiority today. She led from the start, but was content to
Clearly two problems seem to have been coexisting. First, there was an obvious technical breakdown that I was unaware of until after the race. Second I was totally unprepared for a long sustained speed effort. I fully lacked any longer interval or fartlek sessions that I would seem absolutely necessary to develop longer term speed endurance. (Just a handful of 1 or 2 km intervals or 500 meter or 1 km Special K fartlek would have probably made a huge difference.) That being said, I have to be pleased with the result. Walking solo for 20 km and keeping on pace for so long is nothing to be too unhappy about.

So an interesting contrast between two old gentlemen still achieving at a high level. And for further contrast, let’s consider how a 29-year-old seeking an Olympic 20 Km berth some 42 years ago was putting in his training time. This from my training log for 1964.

First, my monthly mileage for the nine months leading up to the mid-October Olympic race were: 161, 167, 232, 210, 215, 157, 143, 142, and 220, and nearly 100 in October before the race on the 15th. That’s 180 plus miles a month, or around 70 km a week.

Here are a couple of periods in the spring. (Note that most of these sessions were on a 9.35 laps to the mile blacktop track at the home of my friend Dr. John Blackburn—accurately measured.) I assure you. One principal I was using was what Chris McCarthy called laminations—a long walk on Sunday followed by a fast middle-distance walk on Monday. This seemed to work well for me and I was always surprised by how good the fast walk felt.

Sunday, April 5-26 miles, 4:11:10—this was on a 2 mile loop with an acceleration over the last 6 miles.

Monday-6 miles in 46:14 at a very steady pace
Tuesday-1 ½ miles 11:34, 1 ¼ miles 9:33, 1 mile 7:29, ¾ mile 5:34, ¼ mile 1:43, 220-5. Brief intervals at 10 to 11 minute pace so that I covered 6 miles in 47:34.
Wednesday-2 mile run 11:24
Thursday-3 x 2 miles in 15:19, 15:13, and 14:50, strolled 1 lap between passing 10 km in 48:22
Friday-8 miles in 63:35 at steady pace
Saturday—rest
Sunday-20 miles in 2:55:08 with second 10 in 1:24:30
Monday-10 km in 47:18

Later:
Sun. May 24-25 Km 2:21:26
Monday-6 miles in 44:56
Tuesday-3 x 1 mile in 7:43, 7:33, and 7:31, stroll 1 lap between, 2 miles in 14:12 (7:05, 7:07)
Wednesday-2 miles 16:50, 4 x 1 Mile in 7:19, 7:30, 7:31, 7:39, 2 miles 16:29, stroll 1 lap between
Thursday-2 miles in 17:16, 1 mile in 8:45 (What I considered an active rest day.)
Friday-12 miles in 1:32:59 (46:19 at 6) This was planned as a 15 miler at well under 2 hours and I was holding the pace with no problem, but I was feeling a definite pang in my inner, upper thigh and knew that training goals do not supersede competitive goals. As it was, I had to alternate easy days for a few weeks while nursing the strain. It may have kept me from overtraining. I was able to walk 48:21 for second place in the National 10on a very hot day in Chicago two weeks later and another week later a 47:24 in the Ohio AAU 10 Km. On July 5, a 1:37:05 on another hot day in Pittsburgh brought me third and the sought after Olympic berth. Tokyo saw me improving to 1:36:35 for 17th place.

Straight Knee Rule and Hamstring Injuries
by Lenny Parracino with Elaine Ward

(Lenny Parracino is the founder of Kinetic Conditioning, which is a specialized form of individualized physical conditioning. He and his team have been featured here and abroad. Elaine Ward is the Director of the North American Racewalking Institute and contributor to the sport in many ways over the past 20 years. She notes that if you are seeking new ways of improving your performance, or are suffering an acute or repetitive injury, she is certain of recommending Lenny, who can be reached at lenny@kineticconditioning.net-e-w. This article appeared in the N.A.R.F. Racewalking Bulletin.

Just as the rule in the bench press requires an athlete to touch the bar to his chest, the Straight Knee Rule in racewalking requires the knee to be straight as the foot contacts the ground. The rule is a product of the sport and it is to be respected. The question for us is how do the muscles react to the demands made by the Straight Knee Rule.

As competitors, you want your muscles to work in harmony in order to develop maximum power as quickly as possible with each stride. To develop maximum power, your leg muscles must first lengthen to load and then shorten to explode. The muscle lengthening phase is an essential prelude to the shortening, power phase.

The reason you see people of all ages walking on the street with slightly bent knees is that bent knees allow the necessary muscle lengthening and shortening to take place. It is also why you will see racewalkers run or walk with bent knees immediately after competition. The bent knee allows the muscles to function naturally without unnecessary stress.

When your leg is straight at heel contact, your muscles cannot lengthen and load properly. In practice, the Straight Knee Rule is actually a “deloading” rule meaning that the hamstrings cannot eccentrically load at foot contact. The “deloading” is predominantly at the knee in the transverse plane, causing potential rotational instability. To better understand why this is so, it is necessary to review the basic anatomy and function of the hamstrings.

The hamstrings refer to the group of three muscles going up and down the back of the thigh. They originate at the ischium, come down straight, and then the medial and lateral hamstrings angle out obliquely to wrap around the knee and attach to the tibia and fibula. Two of their primary functions are to stabilize the knee and to steer the multiplanar action of the knee.

Now imagine that you are astride a horse and are holding one rein in your left hand and the other in your right. If you want your horse to go to the left, what do you do? You pull back or shorten the left rein allowing the right to relax and lengthen. If you want your horse to go to the right, you pull back on the right rein and allow the left to relax and lengthen. Now what do you do when you want a horse to slow down? You pull the reins back equally.

The anatomical structure of the hamstrings from the pelvis to their attachments on the tibia and fibula allows the three muscles to act just like reins on a horse. The hamstrings allow the quick forward-back, side-side, and rotational action of the lower extremity to take place subconsciously in response to the demands of the activity being performed. The decelerating action of the hamstrings also occurs subconsciously as a reaction to the task.
Fourth place overall in the Senior race until the final 500 meters. A native of Vacaiville, Cal., she earned and personal best time also gave her a third straight US-Canada match victory. She held her 50:23; and Jonathan Chasse, Readfield, Maine, in 53:22. Canadian finishers were Eric Smith (Enon, Ohio), who bettered his personal best by more than 3 minutes with 50:56; and 1.6 feet Wilson — a distinction.


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Back as soorers were Anne Favolise, Columbia, Maine, in 54:30 and Christina Fina, Lancaster, N.Y., in 54:38, both recording personal bests. Completing the U.S. team were Nicole Olson in 56:57, Elizabeth Paxton in 58:37, and Amanda Bergeron in 58:37. Canadian finishers were Rebecca Lavallee in a personal best 56:46, Sharon Yen in 57:35, Kate Brookter in 59:43, and Brigitte Farley in 61:15. (Note that Alice Tan, also a junior but not on the U.S. team, finished ahead of three of the team members, lending even greater depth to our program. And on the men's side, 15-year-old Joseph Trapani had 54:17—certainly a fellow to be watched in the future.)

The annual dual match started in 1989 and alternates between the U.S. and Canada. Both countries recognize it as an important ongoing development program. It provides an opportunity for Juniors to race in a high-level competition and affords many young athletes their first chance to represent their country. Six of the eleven U.S. athletes were wearing the USA uniform for the first time, and seven of the seventeen young athletes on both teams recorded personal best performances in this year's race.

Other Results


Tie Up the Laces and Head For These Races

Sat. Sep. 8 2.8 Miles, Seattle, 9 am (C)
Sun. Sep. 9 National USATF 40 Km, Fort Monmouth, N.J., 8:30 am (A)
15 Km, Denver, 9 am (H)
10 Km, Larkspur, Cal. (P)
10 Km, Oakland, Cal. (B)
5 Km, Cambridge, Mass., 9:30 am (AA)
Sat. Sep. 15
5 Km, Comer, Ga., 9:30 am (F)
4 Miles, Larkspur, Cal. (P)
5 and 10 Km, Rancho Viejo, N.M. (I)
5 Km, Denver, 9 am (H)
2.5 Miles, Interlaken, N.J.: 12 noon (A)
Sat. Sep. 22
5 Km, Denver, 9 am (H)
National USATF 5 Km, Kingsport, Tenn. (T)
5Km, Morganfield, Kentucky, 8:30 am (N)
Sat. Sep. 23
1 Hour, Alexandria, Va., 9 am (O)
5 Km, Denver, 8 am (H)
Sat. Sep. 29
5 Km, South Bend, Ind., 7:30 am (K)
North Region 5 Km, Chicago (B)
Sat. Sep. 30
5 Km, Albuquerque (I)
5 Km, Denver (H)
5 Km, 1 Hour, Kentfield, Cal. (P)
10 Km, Larkspur, Cal. (P)
10 Km, Oaklnd, Cal. (R)
20 Km, Hauppauge, N.Y., 8 am (F)
Sun. Oct. 6
1 Hour, Plantation, Fl. (Q)
Jersey Shore Half Marathon (A)
Sat. Oct. 13
2.8 Miles, Seattle, 9 am (C)
1 Hour, Denver (H)
Sun. Oct. 14
1 Hour, Alexandria, Va., 9 am (O)
Detroit Free Press Marathon (S)
Eastern Regional 30 Km, New York, N.Y., 8 am (G)
5 Km, Providence, R.I. (X)
Sat. Oct. 20
Metropolitan 30 Km, 8 am, New York City (G)
Sun. Oct. 21
5 Km, Auburn, Cal. (P)
Bob Fine International 15 Km, Coconut Creek, Fla. (Q)
91st Annual Coney Island Racewalks, 9 am (F)
Giulio de Petra 10 Km, Seaside, Cal., 9 am (V)
National 100 Km and Ohio 50 Km, Yellow Springs, Ohio (M)
Sun. Oct. 28
10 Km, New London, Conn. (tentative) (X)
Metropolitan (6000) 10K, 9 am (F)
1 Mile, Kentfield, Cal. (P)
Wed. Oct. 31
Halloween Hustle 5 Km, Denver, 6:30 pm (H)
Sat. Nov. 4 National Masters 20 Km, 9 am (H)
1 Hour, Alexandria, Va., 9 am (O)
12 and 24 Hour Races (track), El Cajon, Cal. (D)
Sun. Nov. 10
1 Hour, Kentfield, Cal. (B)
Sun. Nov. 11
1 Hour, Kentfield, Cal. 9:30 am (P)

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From Heel To Toe

Ernie Smith. In his compilation of National Racewalking Chairmen in last month's issue, Larry Larson mentioned Ernie Smith of Detroit, and hoped some knowledgeable reader could provide a little background on Ernie. Frank Soby is certainly a knowledgeable fellow, and he comes to our aid as follows: "With the assistance of Ed Kazdoff, current Motor City Striders president, and a number of Michigan contemporaries, I have been able to pull together some of the many highlights of Ernie Smith's accomplishments in athletics. First, Ernie was quite the athlete. He won the 1928 YMCA "All-Around Championship." This competition was comprised of a number of track and field events, gymnastics, and swimming. Ernie was also a sprinter of considerable talent—brash enough to bring Jesse Owens to Detroit's Belle Isle for a challenge race in 1937. Lost considerably. Smith also challenged Olympic sprinter Eddie Tolan and won in an exhibition race held at 2 miles in 15.04 the following winter. Steve, who had been competing on a national level for at least 3 years at that time when he won that first NAIA race for Oregon College of Education, had times of 1:35:30 and 4:47:18 in the spring of 1972, both on the track, but did not race well in the Olympic Trials that summer. I think those remain as his best performances and he drifted away from the sport in the mid '70s. In recent years, he had a baseball trading card business in Eugene, Oregon. He suffered a heart attack while attending a baseball game with his two sons and did not recover...Pena status.

It was reported earlier this month by Racewalking International and its CEO John MacLachlan that Enrique Pena has resigned as racewalking coach at the ARCO Olympic Training Center and that Ray Kuhles, the ARCO Track and Field coordinator will serve as interim coach. The problem with that is that although RWI was paying Pena's salary, the USATF has jurisdiction over who does or does not coach at the Training Center, so, while RWI may no longer fund coach Pena, they are not in the position to accept his resignation. There were also some rumblings that the "resignation" was forced by RWI. Pena has been at the Center for about 3 years, originally funded by contributions to the North American Racewalking Institute. MacLachlan was instrumental in raising those funds and when he left NARI to found RWI, took over the Center leadership and under his direction, the training program developed. Pena has been at the Center for about 3 years, originally funded by contributions to the North American Racewalking Institute. MacLachlan was instrumental in raising those funds and when he left NARI to found RWI, took over the Center leadership and under his direction, the training program developed.
Training

by Bob Mimm

Chris McCarthy decided to take a break from his doctoral studies to engage in racewalking for a few years. It proved to be wise decision. He made the 1964 U.S. Olympic team in the 50 km racewalk. During those years, he wrote much about training.

Lamination and threshold training were names he used to explain two of his training theories. Lamination and threshold training simply involve putting one workout on top of another to build endurance. It was a concept he used very effectively. As an example, he would do 50 km on Saturday. On Sunday he would only need to do 12 miles to get the same training value derived from the Saturday 50 km. (Ed. Chris's theory, at least as I interpret it to my advantage, was to follow up a long training session, with an all-out effort at a shorter distance the next day. For me, training primarily for 20 km, this meant a 20 to 24 mile spin followed by a very hard 4 to 6 miles. My best effort on these lines was a sub 3-hour 20 on Sunday and a personal record 7 miles -52:15 on Monday, not times to strike fear in today's walkers, but they might have alarmed some of my opponents in those ancient days.)

Threshold and lamination have a high correlation. Threshold refers to training to the point where you are always on the edge between success and injury. There is no denying that you will get better with hard training. But, with such training, injury can be lurking around the next corner. Some individuals use the word precipice to describe this type of training. The problem, of course, is not knowing just when you might go over the edge.

Here is some advice:

1. Stretching is good, but be careful. It will not give you immunity from injury. In fact, some stretches can aggravate an already injured muscle. A good policy is to never stretch a cold muscle.

2. Warm up first.

3. Use heat or ice if you are doing lots of miles. Preventative icing is a concept worth considering.

4. Find a good massage therapist.

5. Use cross training. Other activities such as bicycling can help develop muscles not used much in running or walking. A reason for many injuries is an imbalance in muscle strength.

6. If you are training for a longer race, add mileage gradually. An increase of 2 miles each week could be sufficient.

7. Bathe, don't shower. A warm bath with self massage can be very relaxing.

Looking Back

35 Years Ago (From the August 1966 ORW) - In the National 40 km in Long Branch, N.J., Ron Laird prevailed in 3:31:14, some 7 minutes ahead of Ron Kulik. Jim Clinton was third, and then came youngsters Bob Kitchen and Steve Reithman. Chris McCarthy came briefly out of retirement in Chicago to take second in a 15 km race to Bob Gray in 1:23:01, nearly matching the pace he had carried for 50 km in Tokyo 2 years earlier.

30 Years Ago (From the August 1971 ORW) - Larry Young and Goetz Klopfer captured gold medals at the Pan American Games in Cali, Columbia. Goetz upset teammate Tom Dooley at 20, 1:37:30 to 1:38:16 (high altitude). At 50, Young watched a huge lead dissolve to 10 yards with 1 1/2 miles to go and then rallied to edge Mexico's Gabriel Hernandez, 4:38:31 to 4:38:46. Larry needed 61 minutes over the last 10 as the heat and altitude took a toll. John Knifton was third in 4:41:15. Soviet Nikolai Smuga captured the European 20 km title in 1:27:20, covering the final 5 in 21:30. Gerhard Sperling, East Germany, Paul Nihill, Great Britain, and Peter Frenkel, East Germany were also under 1:28. A Soviet also won the 50, Veniamin Soldatenko upsetting Christoph Hoehe, East Germany 4:22:22 to 4:04:45. Peter Seizer and Otto Bartisch, both from East Germany, followed: The Strasbourg-to-Paris 525 km race went to Luxembourg's Jose Simon in 73:10.


20 Years Ago (From the July 1981 ORW) - Todd Scully captured the 20 km race at the National Sports Festival in 1:29:13 and Vincent O'Sullivan took the 50 in 4:28:58. Marco Eroniuk had a 1:25:50 in the 20, but was DQ'd. Dan O'Connor (1:30:12 and Jim Heiring (1:31:28) followed Scully. Wayne Glusker, Steve Pecinovsky, Bob Rosencrantz, and Steve Vaitone were all under
4:45 in the 50. Tim Lewis had three good races in England while travelling with the U.S. junior team—21:47 for 5 Km and 44:12 and 45:33 for 10 Km. 1980 Olympic gold medalist Maurizio Damilano won the Alongi Memorial 20 Km in Dearborn, Michigan with 1:25:41. Marco Evorquik was second in 1:26:40. Alan Price won the second annual Doc Blackburn 75 km in Springfield, Ohio in 7:39:51. Jack Blackburn was second in 8:22:11.

15 Years Ago (From the July 1986 ORW)—In Potsdam, E.G., Ronald Weigel, now Australia's national coach, bettered his own world best (Road) for 50 Km with a 3:38:17. Hartwig Gudler was nearly 9 minutes back in second. Maurizio Damilano, making a rare 50 Km appearance, was fifth. An accompanying woman's 10 Km went to Sweden's Monica Gunnarsson in 46:05. East Germany's Ralf Kowalsky won the 20 in 1:20:31 and East Germany easily beat Italy, Sweden, Spain, France, and Great Britain in the International match. Kerry Saxby won the Goodwill Games 10 Km in Moscow with a 45:09. The 20 went to the Soviet Perelin in 1:29:29, with Canada's Guillaume Leblanc just 28 seconds back in fourth. Australia's Simon Baker won the Commonwealth Games 30 Km in 2:07:47 with Leblanc second in 2:08:38.

10 Years Ago (From the July 1991 ORW)—Damilano was still going strong as he pulled away from Mikhail Schennikov to successfully defend his World Championship at 20 Km in Tokyo. He had a personal best 1:19:37 despite the pair having to dodge runners and starting blocks as they entered the stadium. (With some poor communication, officials were setting up for 100 meter dash.) Schennikov got through quickest and went 100 meters down the track to what he thought was victory. But, they still had a lap to cover and Damilano pulled easily away. The women's 10 Km went to Russia's Alina Ivanova in 42:57, 16 seconds ahead of Sweden's Madeleine Svezens and Finland's Sari Essayah. In the World Cup earlier in the year, Ivanova had been DQ'd and Svensson and Essayah finished 13th and 16th. (The 50 Km was being field as we went to press, so results of that were not included in the August issue.) U.S. Olympic Festival winners were Debi Lawrence in 45:28:4, Allen James in 1:26:24, and Bob Briggs in 1:19:24. Victoria Herazo (46:38) and Michelle Rohli (47:25) followed Lawrence, Gary Morgan (1:26:57) and Andrzej Chylinski (1:27:34) followed James (Curt Clusen and Philip Dunn were 6th and 11th in 1:31:09 and 1:38:34); and Dan O'Connor (4:25:30) and Paul Malek (4:27:46) followed Briggs. Pan American Games titles went to Colombia's Hector Moreno (1:24:58) and Mexico's Carlos Mercenario (4:03:09). Tim Lewis was seventh in the 20 with 1:31:07. (The women's 10 Km results had not yet made it out of Havana).

5 Years Ago (From the July 1996 ORW)—In the Atlanta Olympics, Jefferson Perez won Ecuador's first-ever Olympic gold in the 20. He got away from Russia's Ilya Markov in the final 400 meters to win in 1:20:07. Markov had 1:20:16 in second and Mexico's Bernardo Segura third in 1:20:23. Curt Clusen, nursing an injured hamstring, was 30th in 1:32:11. In the women's 10, Russian Yelena Nikolayeva was an easy winner in 41:49, 23 seconds ahead of Elisabetta Perrone and 30 ahead of Yan Wang. Michelle Rohli finished 14th in 44:29 and Debi Lawrence was 20th (45:32) for the U.S. Robert Korseniewski started his domination of the 50 opening up a tight race with 8 km to go and winning in 3:43:30. Mikhail Schennikov moved from fourth on the final 2 Km lap and closed on Korseniewski, but could never get in touch. He finished second in 3:43:36. Third went to Spain's Valentin Mussana in 3:44:19. Allen James was 24th in 4:01:18 and Andrzej Chylinski 26th in 4:03:13.