Ohio Race Walker
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# Korseniowski Rolls On; Russians Dominate 20s At Worlds

Edmonton, Alberta--Racewalking at the World Championships of Track and Field hled here featured outstanding performances, tight judging, and continued domination of the 50 Km race by Poland's Robert Korzeniowski. Except for his disqualification in these championships two years ago, the magnificant 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 Korzeniowski's 3:42:08, the best in the world this year. Mexico's surprising Edgar Hernendez 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, Oliampiada 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, Belaraus, 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 Andeas Erm). Actually, the field was even tighter--21 within 3 seconds. Russia's Vladimir Andreyev, Markov, Spain's Francisco Fernandez, Mexico's Noe Hernandez, Lativia's Aigars Fadejevs, Belasus' 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. Andreyev had been DQ'd (the Russian had four entrants 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.

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Rasskazov is a relative newcomer, having been World Junior Champion just 3 years ago. But, his sixth place in last year's Olympics stamped him as a threat. After the race, he said, "It was rather easy for me, which is quite common. I just got up there and started walking. At some point, I was feeling a little bad, but it was a small thing. Coming down to the stadium, I felt so strong I knew I was going to win. This aport is everything to me, so you can see me in the future, too."

Markov, apparently not too disappointed at not defending, noted, "It's great to have all the medals for Russia. Three kilometers before the finish, I started to feel tired and I wasn't at my best. We came here only 7 days ago, and I've had troubles getting sleep.

Bronze medalist Burayev was the real surprise and certainly one to watch. Just 18, he was also bronze medalist at last year's World Juniors.

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 20 and the 1987 World Cup 50 (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 Championhsip, 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 third red card before the 10 Km mark. The results:

1. Roman Rasskazov, Russia 1:20:31 (20:41, 41:06, 1:01:19) 2. Ilya Markov, Russia 1:20:33 (20:41, 41:05, 1:01:17) 3. Viktor Burayev, Russia 1:20:36 (20:43, 41:06, 1:01:18) 4. Nathan Deakes, Australia 1:20:55 (20:42, 41:05, 1:01:17) 5. David Marquez, Spain 1:21:09 (20:44, 41:06, 1:01:18) 6. Joel Sanchez, Mexico 1:22:05 (20:42, 41:06, 1:01:36--came from 14th place the last 5) 7.Satoshi Yanagisawa, Japan 1:22:11 8. Jefferson Perez, Ecuador 1:22:20 9. Jiri Malysa, Czech Rep. 1:22:42 (Just last issue I noted he had troubles after he was DQ's twice in a week, in Poland and in the Francophone Games in Canada. Guess he worked those problems out, considering the nine DQ's in this race.) 10. Hatem Ghoula, Tunisia 1:23:14 11. Alejandro Lopez, Mexico 1:23:20 12. Alessandro Gandellini, Italy 1:24:05 13. Zewen Li, China 1:24:29 14. Robert Heffernan, Ireland 1:25:02 15. Ivan Trotskiy, Belarus 1:25:02 16. Lorenzo Ciavallero, Italy 1:25:28 17. Milos Holusa, Czech Rep. 1:25:37 18. Luis Garcia, Guatamala 1:26:47 19. Il-Yong Shin, Korea 1:27:47 20. Gintaras Andriuskevicius, Lith. 1:27:53 21. Arturo Huerta, Canada 1:29:27 22. ilviu Casandra, Romania 1:29:49 23. Anthony Gillet, France 1:31:24 24. Sabir Sharuyayev, Kaxakhstan 1:32:03 DNF--Andreas Erm, Germany; Andre Hohne, Germany, Aigars Fadejevs, Latvia; and Francisco Fernandez, Spain. DQ--TIm Berrett, Canada; Vladimir Andreyev, Russia; Abdelhadi Al-Deeb Rami, Palestine; Artur Meleshkevich, Belraus; Joao Vieira, Portugal; Tim Seaman, USA; Yevgeniy, Misyulya, Belrus; Noe Hernandez, Mexico; and Daugvina Zujus, Lith.

**Women's 20 Km, Thur., 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 bide her time early on. At 5 Km in 22:18, she led Susanna Feitor and Perrone by just a second and another 14 walkers were within 8 seconds of the lead. However, when Ivanova accelerated to 21:32 on the next 5 (43:50 at 10) all the pretenders were gone and only her teammate Yelena Nikolayeva was with her. Portugal's Feitor, Belarus' Valentina Tsybulskaya, and Norway's Kjersti Platzer were in a battle for third, 15 seconds back, with the rest of the field now well spread out. And, six walkers were already on the sidelines with DQs, including Australia's Jane Saville, who was pulled so close to the gold in last year's Olympics.



With a third 5 km in 21:36, Ivanova took complete command, her 1:05:26 putting her 45 seconds ahead of Tsybulskaya. Perrone was another 18 second back and 16 seconds ahead of Platzer. Nikoleyeva and Feitor had joined three others, including Michelle Rohl, in the DQ parade. From there it was an easy walk to the finish for the three medalists. Ivanova slowed to 22:22 on her final 5, but still increased her lead. Perrone closed ground on Tsybulskaya, but was still 7 seconds back at the finish. She was well clear of Italian teammate Erica Alfridi, who captured fourth. Four more DQs brought the total to 15 out of 42 starters. Debbi Lawrence led the U.S. with a 1:37:57 in 19th. Jill Zenner struggled through the final 5 and finished 25th in 1:42:43.

The 31-year-old Ivanova has a checkered career. She won the Goodwill Games 10 Km in 1994 and was ranked seventh in the world in both 1995 and 1996. In 1997, she took second in the World Cup race, but was DQd in the World Championships and then was suspended for 2 years for a positive drug test. She came back last year to win the European Cup and was ranked fourth in the World, but did not compete in the Olympics. Earlier this year, she walked a:1:24:50 and has a best 10 km of 41:30 in 1995.

This was a real breakthrough race for the 33-year-old Tsybulskaya, as she finished 1:30 under her personal best. She had one previous success on the world scene with a bronze in the 1997 World Championships, but was only 28th in the 2000 Olympics, 11th in the 1997 World Cup, and 12th in the 1995 World Championships. Perrone, also 33, was DQd in Sydney last year while leading the race, but has several earlier successes with silver medals in both the 1996 Olympics and 1995 World Championships, a fourth in the 1993 World Championships, and a 6th in the 1995 World Cup. The 34-year-old Alfridi continues to knock on the door but not quite get in--fourth in the 2000 Olympics and 1997 World Cup, fifth in the 1997 World Championships, and 6th in the 1999 World Championships. The results:

1. Olimpiada Ivanova, Russia 1:27:48 (22:18, 43:50, 1:05:26) 2. Valentina Tsybulskaya, Belarus 1:28:49 (22:24, 44:05, 1:06:11) 3. Elisabetta Perrone, Italy 1:28:56 (22:18, 44:10, 1:06:29) 4. Erica Alfridi, Italy 1:29:48 (22:25, 44:35, 1:07:03) 5. Maria Vasco, Spain 1:30:19 (22:25, 44:34, 1:07:15) 6. Norica Cimpean, Romania 1:30:39 (22:26, 44:52, 1:07:18) 7. Melanie Seeger, Germany 1:30:41 (22:34, 44:54, 1:07:21) 8. Annarita Sidoti, Italy 1:31:40 (22:25, 44:34, 1;07:36) 9. Maria Sanchez, Mexico 1:32:27 10. Victoria Palacios, Mexico 1:33:51 11. Athina Papayianni, Greece 1:34:56 12. Nevena Mineva, Bulgaria 1:35:18 13. Olive Loughnane, Ireland 1:35:24 14. Mi-Jung Kim, Korea 1:35:30 15. Vira Zozulya, Ukraine 1:35:32 16. Geovana Irusta, Bolivia 1:36:50 17. Anne Haaland-Simonsen, Norway 1:37:11 18. Sonata Milusauskaite, Lithuania 1:37:33 19. Debbi Lawrence, USA 1;37:57 (23:42, 47:30, 1:11:50) 20. Karen Foan, Canada 1:38:09 21. Sofia Avoila, Portugal 1:39:10 22. Mara Ibanez, Mexico 1:39:26 23. Fatiha Ouali, France 1:40:16 24. Kaori ikaido, Japan 1:40:57 25. Jill Zenner, USA 1:42:43 (23:48, 48:41, 1:14:59) 26. Teresita Collado, Guatamala 1:42:43 27. Angela Keogh, Norfolk Island 2:08:46 DQ--Hongyu, China; Gillian O'Sullivan, Ireland; Natalya Fedoskina, Russia; Ryoko Tadamasa, Japan; Svetlana Tolstaya, Kazakhstan; Ines Henriques, Portugal; Chunfang Sun, China; Jane Saville, Australia; Michelle Rohl, USA; Kerry Saxby-Junna, Australia; Maya Sazonova, Kaz; Hristina Kolotou, Greece; Yelena Nikolayeva, Russia; Kjestst Platzer, Norway; Susana Feitor, Portugal.

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 fartleks would have probably made a huge difference.)

That being said, I have to be pleased with the result. Walking solo for 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 1/4 miles 9:33, 1 mile7:29, 3/4 mile 5:34, ½ mile3:34, 1/4 mile 1:43, 220–51. 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 bewteen 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 2:2126
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 Milein 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 supercede 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-ew . 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 hi 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 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 aquickly 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 hour 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.

(20), NY 56:00 26. Donald Cote (18), Can. 56:10 27. Tom Quattrocchi (50), N.J. 57:36 28. Bob Barrett (67), NY 58:44 29. Jim McGrath (64), NY 59:17 30. Ron Shields (58), Penn. 60:33 31. Mike Rohl (36), Wis. 61:05 (recovering from injury) 32. Randal Surratt (52), La. 61:39 33. Marcus Kantz (55), N.J. 62:54 34. Jack Starr (73), Del. 62:54 35. Manny Eisner (60), N.J. 64:06 36. Danny Wineland (53), Mich. 66:48 37. Robert Wydra (61), Penn. 69:15 38. Tim Harkleroad (58), Penn. 71:15 DQ--Jim Carmines (58), Penn; David Michael (53), Penn.; and Carl Kane (62), Penn.

Women: 1. Debbi Lawrence (39), Wis. 46:48 2. Jill Zenner (26), Ohio 48:28 3. Michele Rohl (35), Wis. 4. Cheryl Rellinger (35), NY 52:00 5. Robyn Stevens (18), Cal. 52:04 6. Deb Huberty (26), Wis. 53:40 7. Anne Favolise (18), Maine 54:30 8. Chistina Fina (19), NY 54;38 9. Heidi Hauch (41), Ariz. 54:39 10. Loretta Schuellein (23), NY 56:03 11. Maria Michta (15), NY 56:34 12. Rebecca Lavallee (17), Can. 56:46 13. Nicole Olsen (19), Wis. 56;57 14. Sharon Yen (18), Can. 57:35 15. Alice Lmei Tan (18), NY 58:01 16. Elizabeth Paxton (17), Cal. 58:18 17. Amanda Bergeron (18), Maine 58:37 18. Lyn Brubaker (44), Penn. 58:52 19. Kate Brooker (18), Can. 59:43 20. Sara Sheets (30), Ohio 59:55 21. Monetta Roberts (42), Ala. 61:06 22. Brigitte Farley (17), Can. 61:15 23. Lauren Olivieri (16), NY 61:39 24. Donna Cetrulo (53), NY 62:17 25. Christina Quirke (19), NY 63:56 26. Denise Surratt (51), La. 64:11 27. Jeanette Wineland (42), Mich. 66:12 28. Star Campbell (47), Penn. 66:38 29. Ora Kurland (45), NY 69:39 30. Barb Harkleroad (64), Penn. 69:44 31. Lana Kane (61), Penn. 70:16 32. Ruby Tolbert (59), Penn. 71:05 33. Eileen Sarkar, Can. )59) 71:07 34. Donna Ehrenberg (59), NY 75:42

Team Scores: Men--1. New Balance (McGovern, Kissinger, Rohl) 2:32:18 2. Eastside, N.Y. (Bdera, Soto-Duprey, Vayo) 2:33:08 3. Walk USA (Bartholomew, Dawson, Trapani) 2:39:51
Women--1. Worldclass Racewalkers ((Roberts, Hauch, Sheets) 2:55:40 2. Eastside Racewalkers (Karen Bdera--I don't see her in the results, Kurland, Schuellein) 3:19:28
Judges: Sal Corrallo (Chief), Marjorie Corrallo, Gary Westerfield, Elliott Danman, Stella Cashman, and Lon Wilson--a distinguished panel.

Led by Shorey and Stevens, the USA Junior Team defeated Canada 32-11 in the match held in conjunction with this race. The U.S. team included the top six finishers from the Junior Nationals held June 17 in Richmond, Virginia. Junior athletes must still be 19 at the end of the year (born 1982 or later). The top three finishers from each nation scored on a 7-5-4-3-2-1 basis, with men's and women's scores totaled. Canada last won in 1998.

In the men's race, all five USA walkers finished before their northern counterparts, scoring a 16-5 win (Canada had just two walkers, thus 5 rather than 6). Shorey, recently graduated from Ellsworth, Maine H.S., was among the race leaders from the start, finishing third in the senior race, as indicated above. The freshman-to-be at Wisconsin-Parkside is the Junior National Champion and has his country's third fastest all-time Junior 10 Km mark.

Matt Boyles, from Tuppers Plains, Ohio and Rio Grande College, was also among the lead pack for 7 km and was the second scorer in 46:11. Boyles had pushed Story to the limit in the National 10 (45:18.01 and 45:18.03) and had beaten him in the National Junior Olympic 5 Km with a 21:59, but couldn't match his Maine rival's pace on this day. Adam Staier, Farmington, Maine, completed the US scoring in a personal record time of 48:58. Rounding out the U.S. team effort were Eric Smith (Enon, Ohio), who bettered his personal best by more than 3 minutes with his 50:23; and Jonathan Chasse, Readfield, Maine, in 53:22. Canadian finishers were Louis-Phillippe Cyr (54:01) and Donald Cote (56:10).

For the women, Stevens 52:04 led a 1-2-3 U.S. sweep to give the U.S. at 16-6 edge. The win and personal best time also gave her a third straight US-Canada match victory. She held fourth place overall in the Senior race until the final 500 meters. A native of Vacaiville, Cal., she also will attend Wisconsin-Parkside in the fall.



Backing her as scorers 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 Brooker 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

**Bay State Games 5 Km, Dedham, Mass., July 14**--1. Steve Vaitones 15:27 2. Bill Harriman 16:26 3. Charles Mansbach 18:37 Women--1. Joanne Harriman 18:58 **The Tom Easlter 5 Km, Brunswick, Maine, Aug. 3**--1. Ann Favolise 26:44 2. Carol Simonds (40+) 27:50 Men--Jonathan Chasse 26:12 2. Steve Vaitones )40+) 26:44 3. Dave Baldwin (50+) 26:49 4. Vladimir Telnov 27:20 **Eastern Regional 5 Km, New London, Conn., Aug. 5**--1. Joe Light 26:42 2. Stan Sosnowski 27:21 3. Vladimir Telnov 27:56 4. Andy Cable 28:31 5. Stephen McCullough 29:47 (7 finishers) Women--1. Anne Favolise 27:29 3. Jean Tenan 28:42 3. Ann Percival 29:37 **5 Km, Cambridge, Mass., Aug 5**--1. Bob Ullman (52) 28:36 2. John Costello (46) 29:02 3. Richard Ruquist (63) 31:01 4. Holly Wenninger 32:55 (10 finishers) **Empire State Games (New York), July 26-28:** Masters 5 Km--1. Judy Ann Bonafede (45-49) 29:59 2. Lori Yohe ( 40-44) 30:18 3. Donna Masters (35-39) 30:32 Men--1. Marc Olshan (55-59) 27:52 2. Jim McGrath (60-64) 28:13 3. Bob Barrett (65-59) 28:39 Masters 10 Km--1. Bob Barrett 58:42 2. Jim McGrath 59:00 Open 5 Km--1. Cheryl Rellinger 26:15 2. Loretta Schuellein 26:17 3. Erin Taylor 27:54 4. Laura Feller 28:13 5. Laurie Smith 28:26 6. Karen Fina 28:27 7. Patricia Jones 29:27 8. Christine Quirke 29:40 9. Mallory Delaney 29:59 (11 finishers) Men--1. Allen James 22:51 2. Mel McGinnis 23;09 3. Greg Dawson 23:13 4. William Vayo 23:40 5. Israel Sotoduprey 26:14 6. William Fatiga 28:31 (8 finishers) Scholastic 5 Km--1. Maria Michta 26:15 2. Ghristi Tagliaferri 26:53 3. Olga Beschastnykh 27:17 4. Lauren Olivieri 27:54 (6 finishers, 1 DQ) Men--1. Michael Tarantino 24:25 2. Joseph Trapani 26:10 3. Joseph Mordarski 28:18 4. Paul Buckner 29:47 Open 10 Km--1. Mel McGinnis 49:03 2. Greg Dawson 49:31 3. William Vayo 49:54 4. Dave Lawrence 50:40 5. Israel Sotoduprey 54:54 6. Bruce Logan 55:29 7. James Miner 58:05 8. William Fatiga 58:50 (10 finishers, 1 DQ) Women--1. Cheryl Rellinger 51:53 2. Miriam Ramon 52:23 3. Christine Fina 55:26 4. Limei Tan 57:32 5. Laura Feller 59:22 6. Judyanne Bonafede 60:41 (7 finishers, 1 DQ, 1 DNF) 20 Km--1. Cheryl Rellinger 1:51:22 2. Loretta Schuellein 2:00:39 3. Erin Taylor 2:08:13 4. Judyanne Bonafede 2:13:22 5. Eileen Lawrence 2:14:52 (4 DNF) Men--1. Mel McGinnis 1:49:49 2. Dave Lawrence 1:50:34 3. Bruce Logan 1:51:31 4. James Miner 1:52:00 5. Lon Wilson 2:00:50 (2 DNF) Masters 20 Km--1. Jim McGrath 2:04:08 2. Bob Barrett 2:05:20 **Metropolitan 3 Km, New York City, Aug. 5**--1. Nicholas Bdera (52) 13:48 2. Jose Perez 14:50 3. Michael Korol (42) 14:59 4. Andres Henao 15:30 5. Gary Null (56) 15:44 6. Israel Sotodurpey 15:48 7. Erin Taylor 16:33 8. Olga Beschastnykh (16) 17:17 9. Seth Kaminsky (61) 17:36 10. David Lee (46) 17:57 11. Luannes Pennesi (46) 17:59 12. Elba Melendez (18) 18:20 13. Steven McCullough 18:36 (45 finishers, 5 DQs) **1600 meters, Alexandria, Va., June 24**--1. Dave Doherty 6:54.46 2. Steve Pecinovsky

(46) 6:58 3. James Moreland (48) 8:59 4. Michael Schwed (60) 9:41 5. Victor Litwinski (57) 10:00 Women--1. Sarah Stark (10) 9:43 2. Lainey Bernstein (48) 9:52 **3 Km, same place**--1. Pecinovsky 13:15.80 2. Doherty 13:42 3. Moreland 16:37 4. Litwinski 17:43 5. Schwed 18:40 Women--1. Bernstein 18:11 **National Masters, Baton Rouge, La., Aug. 5:** Women's 5 Km: 35-39--1. Jean Tenan, Conn. 28:53.93 2. Angel Rayville, La. 29:35 40-44--1. Victoria Herazo, Nev. 25:20.86 45-49--1. Carol Simonds, Fla. 28:54.42 50-54--1. Yoko Eichel, Cal. 28:47.69 2. Betty Surratt, La. 31:27 55-59--1. Kathy Frable, Tex. 31:09/97 60-64--1. Rita Sinkovec, Col. 31:53.23 65-59--1. Joanne Elliott, Fla. 32:16.43 70-74--1. Terry Hamilton, Vir. 40:50 75-79--1. Miriam Gordon, Fla. 36:42 80 and over--1. Jane Dana, Cal. 37:47 Men's 5 Km: 40-44--1. Rod Craig, Mich. 25:55.10 2. Tommy Aunan, Wash. 28:42 45-49--1. Carl Renfroe, Miss. 27:56.14 2. Bart Kale, Wash. 30:07 50-54--1. Max Walker, Ind. 26;07.55 2. Randy Surratt, La. 30:05 3. Ross Barranco, Mich. 30:25 55-59--1. Norm Frable, Tex. 26:22.29 60-64--1. Paul Johnson, Fla. 28:53.26 2. Bob Cella, Fla. 30:02 65-59--1. Allyn Evans, Ala. 31:15.21 70-74--1. Jack Starr, Del. 31:30.80 2. Ken Long, N.C. 32:29 3. Bob Fine, Fla. 33:01 (6 finishers, 1 DQ in the best attended age group) 75-79--1. Bob Mimm, N.J. 34;07.77 80 and over--1. Paul Geyer, Minn. 41:40.66 Women's 10 km: 35-39--1. Tenan 60:54 40-44--1. Herazo 54:56 45-49--1. Simonds 61:01 50-54--1. Gayle Johnson 60:15 55-59--1. Frable 70:03 60-64--1. Lana Kane, Penn. 72:06 65-59--1. Elliott 66:31 70-74--1. Clair Elkins, Ariz. 88:18 75-57--1. Gordon 80:09 80 and over--1. Dana 80:13 Men's 10 Km: 40-44--1. Craig 54:52 2. Aunan 60:20 45-49--1. Renfroe 60:18 50-54--1. Barranco 64:09 55-59--1. Johnson 60:01 2. Cella 63:00 3. Carl Kane, Penn. 70:59 65-59--1. Lloyd McGuire, Cal. 74:47 70-74--1. Starr 66:35 2. Ken Elkins. Ariz. 70:55 3. Louis Free, Conn. 71:59 4. Fine 72:35 5. jack Shuter, Ohio 73:51 75-79--1. Mimm 71:52 80 and over--1. Geyer 86:32 **Ohio 5 Km, Cincinnati, Aug. 12**--1. Eric Smith 24:34 2. Ed Fitch 28:00 3. Geoff Robbins 30:02 4. Mike Loindsay 30:14 5. Ralph Dreher 30:15 6. jerry Muskal 31:18 7. John Fischer 31:53 8. Jack Shuter 34:45 9. Mike Johnson 34:55 (4 DQs) Women--1. Rimma Makarova 25:32 2. Sara Sheets 29:00 3. TIna Peters 32:51 4. Joyce Mulroy 33:28 5. Gwen Thomas 33:28 6. Barb Whipp 36:22 (14 finishers, 1 DQ) **5 Km, Columbia, Missouri, June 23**--1. Maureen Lia 32:00 2. Polly Zinchuk 32:11 3. Fred Adams 32:39 (11 finishers) **Show-Me-State Games 5 Km, Missouri, July 29**--1. Dave Couts (45) 26:32 2. Debbie Carpenter (40) 31:52 3. Pataty Zinchuk (51) 32:46 4. Tom Zinchuk (49) 32:56 5. Fabiola Lopez (43) 33:03 (12 finishers) **5 Km, Lakewood, Col., July 14**--1. Patty Gehrke 29:04 2. Marianne martino (51) 30:32 **5 Km, Aurora, Col., July 22**--1. Lorie Rupoli (50) 30:29 2. Jerry Davis 30:35 **Colorado Senior Games 1500 meters, Aug. 4**--1. Daryl Meyers 8:36 **5 Km, same place, Aug. 5**--1. Meyers 29:22 **Prescoot Senior Olympics, Prescott, Ariz., Aug. 4:** 5 Km--1. Jim Stuckey (60-64) 32:19 (at 5400 feet altitude) 1500--1. Stuckey 9:24 **5 Km, Kentfield, Cal., June 24**--1. Jack Bray 26:37 2. Joe Berendt 26:37 3. Brenda Usher-Carpino 28:45 4. Keith McConnell 29:49 5. Peter Corona 30:57 6. Doris Cassells 31:14 7. Ross Burnett 31:21 8. Ann Lee 31:21 (19 finishers) **2.8 Miles, Seattle, July 14**--1. Bob Novak 25:58 2. Ann Tuberg 26:57 **1500 meters, San Francisco, July 8**--1. Stu Kinney (61) 8:58 2. Alika Okamitsu (9) 9:01 3. Ron Daniel (60) 9:23 Women--1. Kellly Parker (11) 8:18 **5 Km, Seattle, Aug. 18**--1. Stan Chraminski (57) 26:42.91 2. George Ospahl (59) 28:31 3. Joslyn Slaughter (42) 29:21 4. Peter Plimpton (46) 29:45

**Canadian Junior 10 Km Championships, Alberta, July 29**: Women--1. Kate Brooker 56:27 2. Sharon Yen 59:22 3. Brigitte Farly 60:37 Men--1. Louis Cyr 52:38.06 2. Donald Cote 57:06 **PolishNational 20 Km, Gdansk, Aug. 18**--1. Mieszko Lyp 1:31;42 2. Krzysztof Nowak 1:32:38 3. Grzegorz Gorgiel 1:33:40 **Polish National Women's 10 Km, same place**--1. Sywia Korzeniowska 46:10 2. Agnieszka Olesz 48:01



## 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. (R) |
| | 5 Km, Cambridge, Mass., 9:30 am (AA) |
| Sat. Sep. 15 | 5 Km, Conifer, Col., 9:30 am (H) |
| | 4 Miles, Larkspur, Cal. (P) |
| Sun. Sep. 16 | 5 and 10 Km, Rancho Viejo, N.M. (I) |
| | 5 Km, Denver, 9 am (H) |
| | 5.2 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) |
| Sun. 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) |
| Sun. Sep. 30 | 5 Km, Albuquerque (I) |
| | 5 Km, Denver (H) |
| | 5 Km, 1 Hour, Kentfield, Cal. (P) |
| | 10 Km, Larkspur, Cal. (P) |
| | 10 Km, Oakland, Cal (R) |
| | 20 Km, Hauppauge, N.Y., 8 am (F) |
| Sat. Oct. 6 | 1 Hour, Plantation, Fla. (Q) |
| Sun. Oct. 7 | **National USATF 1 and 2 Hour, Worcester, Mass. (AA)** |
| | 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, Ca (P) |
| | Bob Fine International 15 Km, Coconut Creek, Fla. (Q) |
| | 91st Annual Coney Island Racewalks, 9 am (F) |
| Sat. Oct. 27 | 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) |
| | 1 Mile, Kentfield, Cal. (P) |
| Wed. Oct. 31 | Halloween Hustle 5 Km, Denver, 6:30 pm (H) |
| Sun. Nov. 4 | National Masters 20 Km, Coconut Creek, Florida, 7:15 am (L) |
| | 1 Hour, Alexandria, Vir., 9 am (O) |
| Sat. Nov. 10 | 12 and 24 Hour Races (track), El Cajon, Cal. (D) |
| Sun. Nov. 11 | 1 Hour, Kentfield, Cal., 9 am (P) |

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# From Heel To Toe

**Ernie Smith.** In his compilation of National Racewalk 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 Kozloff, 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-Aound 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 of 30 yards. Apart from his own athletic talent, he impressed a number of people with his organizing skills and enthusiasm. One of those persons was Avery Brundage (USOC head during that erra) who asked Smith to serve as national runnning and racewalk chair. No one knows exactly when this appointment began, but we are all confident it was in the '50s through the '60s. Ernie touched many Michigan athletes imploring them to try racewalking. He organized workouts and put on races. Some of the Michigan athletes he groomed were: Bill Mihalo, Adolph Weinacker, Goetz Klopfer, Jerry Bocci, and Leon Jasionowski. The first three had considerable success on the national scene--Weinacker and Klopfer as Olympians. Ernie Smith also brought several national racewalk championships to Michigan, a number on Belle Isle and one on the 4.5 mile Mackinac Bridge, which spans the waterway separating Michigan's upper and lower peninsula. *(Ed. That was the 1960 15 Km, in which I participated. I was also on Belle Isle for the 1962 15 Km and 1968 25 Km that Ernie put on.)* From 1964 to 1974, he served as president



of the Motor City Striders running club. He died in the late '70s at age 84. He is survived by his son Alex, who resides in Florida (561-569-2718), and is a wealth of information since he acacompanied his father to many of these events". . . .**Rohl report.** As indicated in the report on the National 10 Km (p. 5), Micheller Rohl is expecting another child, apparently due in late March (reported by Mike as 7 weeks along on Aug. 17). So that 10 was her last race until the National 20 in 2002, which they feel is a realistic target based on her return from previous pregnancies. In the meantime, the Rohls are apparently moving to Pennsylvania, where Mike had accepted a position as assistant track caoch at the State University there. However, before Mike got there, the head coach had quit, so, at last report, Mike and Michelle were interviewing for postiions as head and assistant coach, respectiively. This will give us something in common besides an interest in racewalking since my father grew up in Pennsylvania (Butler, not really very close to Mansfield) and my mother grew up in Mansfield, Ohio. And having made that stretch in coincidences, I may as well reveal a little known fact out by myself. Growing up in Galion, Ohio, I lived on Summit Street and then on Columbus Street. And, when Marty and I got married, we moved into a house on Summit Street in Columbus. Wow! The amazing coincidence didn't occur to me until years later. And we still live there 38 years later. And from thence flows this wealth of priceless information. . .**Steve Tyrer.** We learned from Ron Laird of the passing of Steve Tyrer earlier this month. Steve, who was a protege of Ron's, was the first NAIA champion, winning the inaugural race at 3 Km in 1972 in 13:30.5, very good at that time. He then won the first NAIA indoor title 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 remained as his best performances and he drifted away from the sport in the mid '70s. In recent year, 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 early 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 undertook to continue funding Pena. Now the RWI emphasis has shifted to youth development and funding, too, is shifting in that direction. Pena reportedly had a four-year contract and had recently purchased a house near the Center. We don't have space here to co into all the details that are emerging, but can summarize what is happening. Most of the athletes training at the Center support Pena and would like for him to continue. Curt Clausen even paid Pena's expenses to be in Edmonton for the World Championships. Five of those athletes have commited to working with Pena to find financial support for him and his family. NARI is joining them in seeking that support. Here are a few things that are happening. 1. Jeff Salvage has made a CD containing 160 color photos of the National 10 km and is offering it for a donation of $25 or more to NARI. 2. NARI will sponsor a 3-day camp with the coach and athletes at the Center for donors of $500 or more, meals included. 4. A converted version of the New Zealand telecast of the Sydney Olympic walks, edited to 1 hr 50 min., is being sold for $25. 4. All donations are welcome and are tax deductible. Contact NARI, PO Box 50312, Pasadena, CA 91115, 626-441-5459, NARWF@aol.com regarding any of these opportunities. Or contact Philip Dunn, Curt Clausen, Al Heppner, John Nunn, or Sean Albert at the ARCO Olympic Training Center, 2800 Olympic Parkway, Chula Vista, CA 91915 regarding your interest. You can e-mail the athletes through

dunnphilip@yahoo.com. . .**Water (cont.)** I made some comments on water in this space last month that I later thought might be misinterpreted, particularly following the death of the Minnesota Viking's Corey Stringer. (That unfortunate incident got a lot of media coverage here in Columbus, he being an Ohio boy and Ohio State player.) Anyway, I didn't intend to downplay the need for water in hot weather, but note that, like many other things, the need might vary with the individual. Interestingly, the only comment I have received came from Bob Mimm, which both supported my comments and had perhaps the same misgivings. Bob notes: "I like your comments on water. I too always seemed to have camel genes. . .never took much water. This could be a problem! Water is necessary. Interestingly, I recently wrote an article on water. I may send you a copy one day." (*Ed. Please do.*) "In the meantime, here's another article I wrote for the Freehold Area Running Club." *(Ed. And without further adieu, here is that article.).*

## 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 interpreted 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 mile--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. Warm up first.

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

3. Find a good massage therapist.

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

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

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



7. Listen to your body. Don't hesitate to stop if you feel a muscle twitch. *(Ed. Excellent advice. Never let pursuit of some meaningless workout goal get in the way of achieving your real competitive goals by putting you on the sidelines on race day.)*

## 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 Rebman. . .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 Smaga 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 Hohne, East Germany 4:02:22 to 4:04:45. Peter Selzer and Otto Bartsch, both from East Germany, followed. . .The Strasborug-to-Paris 525 Km race went to Luxembourg's Jose Simon in 73:10.

**25 Years Ago** (From the August 1976 ORW)--Steve DiBernardo battled torrential rains to win the National 40 Km in Long Branch in 3:35:26. John Knifton was 2 minutes behind followed by Ray Floriani, Vincent O'Sullivan, and Alan Price. . .Larry Young prevailed in the National 50 in Columbia, Missouri in 4:11:08. Augie Hirt caught Dan O'Connor in the late stages for second in 4:19:44, with O'Connor hanging on for third (4:23:13), 2:20 ahead of Floyd Godwin. . .Sweden's Margareta Simu won the women's International 5 Km in Copenhagen in 24:48.2. England's Marian Fawkes was second and Norway's Thorild Gylder third. The Ohio TC's Laurie Tucholski was the first U.S. finisher in 11th with with 25:59.6. Sweden's Siv Gustavsson won the 10 Km in 50:50 with Susan Liers fourth for the U.S. . .Todd Scully set the pace for nearly 15 Km, but Soviet aces Vladimir Golubnichiy and Otto Bartsch finished one-two in the US-USSR dual meet. The Soviet pair had 1:30:41 and Scully finished in 1:31:22, just 2 seconds ahead of Ron Laird; , ,The Capitol Racewalkers, led by Steve DiBernardo and Carl Schueler, covered 155 miles 1181 yards in a 24-hour relay at Ft. Meade. The 7 team members alternated miles, with DiBernardo averaging 7:30.2 and Schueler 7:55 for their 24 stints. (We now know that Carl was eventually able to carry a faster pace than that for 31 miles on several occasions, with no rest between the miles.) They were just 6 1/2 minutes off the listed record for the event, set by a 9-person Colorado TC team. . .In Ohio, a young Steve Pecinovsky beat your aging editor (then 41) 3 weeks in a row, 50:09 to 50:18 for 10 km, 50:45 to 51:50 for 6 miles (obviously one course or the other, or perhaps both, not completely accurate), and 1:19:10 to 1:19:34 for 15 km. (Laurie Tucholski had a fine 51:36 for the 10 km).

**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 Evoniuk 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 Vaitones 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 Evoniuk 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 Gauder was nearly 9 minutes back in second. Maurizio Damilano, making a rare 50 Km appearance, was fifth. An ccompanying 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 Pershin 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 the 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 Madelein Svensson 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 held as we went to press, so results of that were not included in the August issue.). . .U.S. Olympic Festival winners were Debbi Lawrence in 45:28.4, Allen James in 1:26:24, and Bob Briggs in 4:19:24. Victoria Herazo (46:38) and Michelle Rohl (47:25) followed Lawrence; Gary Morgan (1:26:57) and Andrzej Chylinski (1:27:34) followed James (Curt Clausen 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 Columbia'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 Clausen, nursing an injured hamstring, was 50th in 1:32:11. In the women's 10, Russian Yelena Nikolayeva was an easy winner in 41:49, 23 second's ahead of Elisabetta Perrone and 30 ahead of Yan Wang. Michelle Rohl finished 14th in 44:29 and Debbi Lawrence was 20th (45:32) for the U.S. Robert Korseniowski 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 Korzeniowski, but could never get in touch. He finished second in 3:43:36. Third went to Spain's Valentin Massana in 3:44:19. Allen James was 24th in 4:01:18 and Andrzej Chylinski 26th in 4:03:13.

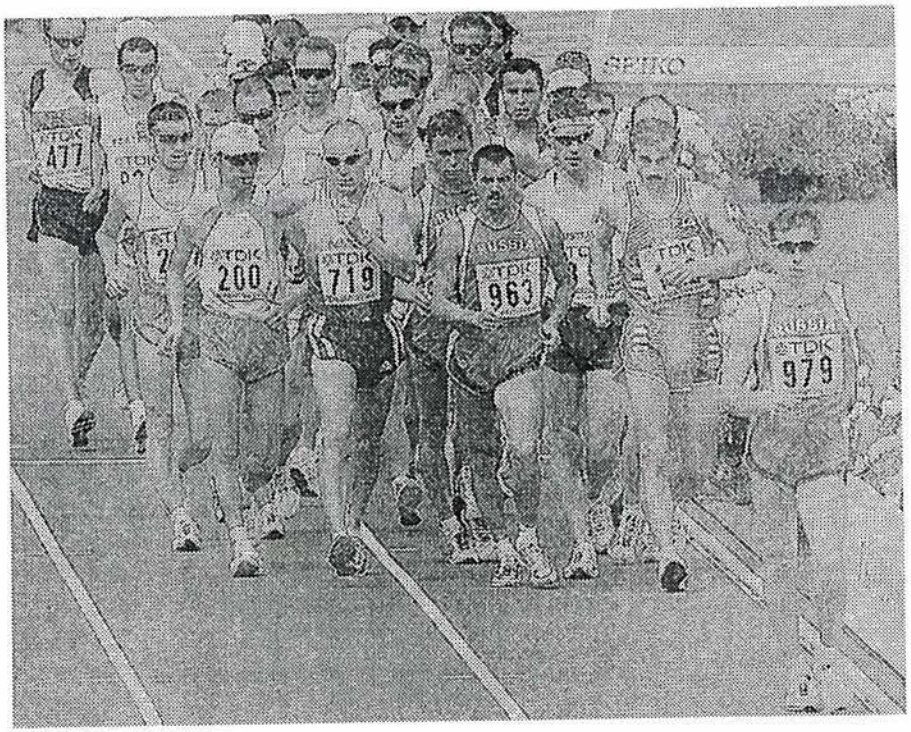


## World Records

(As of June 15, 2001)

| | | |
|---|---|---|
| **Men** | | |
| 20 Km | 1:17:25.6 | Bernardo Segura, Mexico, Bergen, Norway, May 7, 1994 |
| 2 hours | 29,472 meters | Maurizio Damilano, Italy, Cuneo, Italy, Oct. 3, 1992 |
| 30 Km | 2:01:44.1 | Maurizio Damilano, Italy, Cuneo, Italy Oct. 3, 1992 |
| 50 Km | 3:40:57.9 | Thierry Toutain, France, Hericourt, France, Sept. 29, 1996 |
| **Women** | | |
| 5 Km | 20:13.26 | Kerry Saxby-Junna, Australia, Hobart, Aust., Feb. 25, 1996 |
| 10 Km | 41:56.23 | Nadezhda Ryashkina, Russia, Seattle, Waash., July 24, 1990 |
| 20 Km | 1:35:23.7 | Kristina Saltanovic, Lithuiana, Kaunas, Lith., Aug. 3, 2000 |
| (pending) | 1:29:36.4 | Susana Feitor, Portugal, Lisbon, Port., July 21, 2001 |

(Note: World records must be set on the track.)




Start of the World Championship Men's 20 Km with Ilya Markov in the lead and his two teammates in tow on their way to a sweep of the medals. (Photo by Jack Smith, AP)