Seaman, Armenta Capture 30 Km Titles

Sacramento, May 5—With no other national class walkers on hand to challenge, Tim Seaman and Susan Armenta were easy winners in the USATF National 30 Km races today. Actually, not so easy, as neither was completely healthy, but with no serious challenge they didn’t need to worry about their wins, just dragging reluctant bodies through. And, actually, Seaman, fighting a nagging knee injury, was challenged a little—by Armenta. Well, she managed to pick up about 3 minutes on the final 2.5 km lap, but was still nearly 2 minutes back at the finish. And Tim could have mustered more speed had she really challenged.

Seaman’s winning time of 2:37:05 was quite pedestrian for him, but still 4 1/2 minutes faster than 46-year-old Mark Green could manage in second. Seaman was 7 minutes ahead of Green by 10 Km, but made several stops to massage the knee from there to the finish. Dave Doherty came third, nearly 7 minutes behind Green. Armenta, meanwhile, walked a strong, even pace, finishing only slightly on the last 10 Km and undoubtedly had a U.S. women’s best at the distance as she finished in 2:38:45. Her 5 km splits were 26:20, 26:16, 26:14, 26:02, 26:47, and 27:06. The general lack of interest in the race can be seen in the fact that there were only 11 finishers (men and women) and 9 of those were in the masters group. Results:


Parkside Shines at Penn Relays

Philadelphia, April 27—University of Wisconsin-Parkside day at the Penn Relays as athletes from the school won the Men’s 10 Km, the Junior Men’s 10 Km, the Women’s 5 Km, and the Junior Women’s 5 Km. Freshman Ben Shorey was the big star as he won the Men’s Junior race in 43:20.60, beating his teammate Jim Heys by nearly 41 seconds. Heys won the open race, which was walked concurrently. Second in the open race and third overall was another Parkside, Matt DeWitt, coach Mike DeWitt’s son. In the women’s 5, Parkside’s Amber Antonia was an impressive winner in 22:38.61, more than a minute-and-a-half ahead of Jolene Moore, representing the Parkside AC.

Third in the men’s open race went to the “retired” Allen James, still able to break 45 minutes. In a high school matchup, Maine’s Adam Staier beat New Jersey’s Zachary Pollinger for second in the Junior race. Pollinger, still only 15, is certainly one to be watched. Certainly no U.S. walker has gone faster at that age. However, in trying to research that fact, we have found that Australian international Troy Sundstrom did 42:47 at age 15 back in 1996 and that an Aussie...
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $12.00 per year ($15.00 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, OH 43202. E-mail address: jimortlan@ohiourban.com.
Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so material received by then may get in.

female, Michelle French, did 43:30 in 1997 at age 15. Perhaps even more impressive is the 38:46.4 by Russia's Victor Buravyev at age 17 in 2000. He followed that with a third place finish in last year's World Championship 20 km. So, there are certainly other worlds for Zach to conquer.

In the Junior Women's race, Parkside's Anne Favolise overcame the challenge of another 15-year-old high schooler, New York's Maria Michta to win in 24:16.02. A great turnout, a total of 54 starters, 21 of them in the junior 5 km, should ensure continuation of the event at the Penn Relays. Here are the results:


5 km: 1. Katie Rulapaugh, Cederville College 28:28 2. Ron Winkler (55), PAC 31:14

And UWP Once More

Olah, Kansas, May 24—Wisconsin-Parkside domination was complete in the walks at the NAIA (National Association of Intercollegiate Athletics) track and field championships today. UWP athletes swept the first four spots in the women's 3 km and the first five in the men's 5 km. Rio Grande's Matt Boyles made a game effort to break things up, edging UWP's Ben Shorey at the line after a race-long duel, but got his third red card as a result of his effort in the final stretch. The final card for a bent knee joined another bent knee card and a loss of contact card.

It was another very impressive race for Shorey who finished in 20:57.16, nearly 13 seconds ahead of his teammate Jim Heys. His time topped another Tim Seaman U.S. junior record. Tim did 21:13.50 in 1991 while competing for UWF. However, he was well short of the meet record of 20:07 by yet another UWP athlete, Al Heppner.

In the women's 3 km, Amber Antonia was in control throughout the race, beating Anne Favolise by nearly a minute in 13:27.62, well off Sara Stevenson's meet record of 12:39. The race was decided early with a 1:45 opening lap that opened a large gap on the field. Results:


And More Parkside

Kenosha, Wis., May 11—Back home for their own "UWP May Walks", the Parkside walkers continued to shine. Walking on a 2 km loop, Jim Heys and Ben Shorey had outstanding 20 km efforts and Amber Antonia and Robyn Stevens went under 50 minutes for 10 km. Heys, the 21-year-old Canadian, in just his second 20 km, turned in a 1:29:54. In second, Ben Shorey made his 20 km debut and was not far short of the debut effort of another 19-year-old, Matt Boyles, which we reported last month. Shorey's 1:31:35 is the fastest ever by a U.S. junior,
Segura's time at that point when he set the track 20

The early stages of the race didn't promise such a fast time as a strong wind slowed the
The 25-year-old Fernandez was seventh in the 2000 Olympics and fourth in last year's

The annual Naumburg, Germany races saw many fine performances as Spain's Juan Molina


Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Other Results

PAGE 4 MAY 2002

PAGE 5

World 20 Km Best Tops European Events
Racewalking in Europe is off to a fast start in the early season and Spain's Francisco Fernandez led things off with a stunning 20 Km race in Turku, Finland. Leaving Poland's double-

Other Results

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Another major race was the Sesto San Giovanni Grand Prix in Italy where Latvia's Aigars Fadejevs won at 30 Km in 2:06:13. Still short on training after knee surgery and then a pulled

Races to Treasure and Walk With Much Pleasure

**Wed. June 5** 1 Mile, Seattle (C) (And each Wednesday through Aug. 14)

**Sat. June 8** West Region 5 Km, Las Vegas, Nev., 8 am (DD)

**Sun. June 9** 5 Km, Ewing Twp., N.J. (A)

**Mon. June 10** 5 Km, Long Branch, N.J., 6:30 pm (A) (And every Monday through Aug. 26.)

**Sat. June 15** 1500 meters and 5 Km, Springfield, Mass. (AA)

**Fri. June 21** National USATF Junior 10 Km men and women, Palo Alto, Cal. (www.usatf.org)

**Sat. June 22** National USATF 20 Km, men and women, Palo Alto, Cal. (same)

**Sun. June 23** 1 Hour, Kentfield, Cal. (P)

**Wed. June 26** 1 Mile, Ocean Twp., N.J. (A)

**Sat. June 29** 5 Km, Eugene, Ore. (C)

**Sun. June 30** New Jersey Masters 5 Km, Monmouth (A)

**Wed. July 3** 10 Km men, Palo Alto, Cal. (B)

**Thu. July 4** 8 Km, Alexandria, Vir., 7:30 am (A)

**Sat. July 6** 5 Km, Alexandria, Vir., 8:30 am (O)

**Wed. July 10** 1 Mile, Ocean Twp., N.J. (A)

**Sat. July 13** 2.8 Miles, Seattle, 9 am (C)

**Sun. July 14** 5 Km, Lakewood, Col., 8 am (H)

**Sun. July 21** 3 Km, Dedham, Mass. (X)
From Heel To Toe

Ed Bouldin. Only recently did we learn from Carl Accota of the death of veteran Southern California racewalker Ed Bouldin on Christmas Eve of 2001 at the age of 55. A long-time ORW subscriber, Ed was a tough competitor with personal bests of 1:33:25 at 20 Km and 4:56:24 at 50. He walked in both the 1975 and 1980 Olympic Trials at 20 and had third and fifth place finishes in National 20s. Carl writes: "A regular participant in local, regional, and national events for more than 30 years, Ed will be missed by the walking and running communities of Southern California and by walkers with whom he raced nationally. As a member of the Southern California Striders and Bauchet St. Walkers, Ed captured several team awards in national open championships. He was also U.S. masters 20 Km Champion in 1988. If there was a race in town or within driving distance, chances are that Ed would be there. Ed was retired Los Angeles County Sheriff who owned and operated a limousine service up until his death." ...More on 100 Km times. We had some discussion of 100 km times in the Feb. and March issues, including a list of the 10 fastest all-time, provided by Sweden's Birger Falt. But we also speculated on a time of 8:53:30 by Francisco Charcellay in 1987, which Richard Harper had found listed in the ORW, and which did not have on his list. Birger updates on that: "Charcellay's time of 8:53:30 was on a course in Eigen, Rasmussen, "The Race Walking World Statistics" course in J Ourses 11 Oct. 1987 is said to walk that final 2 km, he would probably have cracked the top 10. ...Platzers join RWI. Racewalking International's John MacLachlan has announced that Olympic silver medalist Kjersti Platzer of Norway has joined their effort as an international spokesperson. John says, "Kjersti will bring energy, charm, and an Olympic spirit to the team as she represents RWI at worldwide functions." Platzer says she and her husband and coach Stephen will be available for special clinics structured by RWI when they are training in the U.S. The Platzers have four-year-old daughter, Kiara Lea. Platzer has won 2 Norwegian senior titles. ...National schedule. The schedule for racewalks at the USATF Outdoor National T&F Championships (Junior and Senior) in Palo Alto is as follows: Fri., June 21--Jr. Women's 10 Km, 8 am; Jr. men's 10 Km, 9:15 am. Sat., June 22--Women's 20 Km, 8 am. Sun., June 23--Men's 20 Km, 8 am. All races will be on the track. ...Clinics. Mike Rohl will share his expertise at a clinic in Sacramento from July 5-7. Friday night will be an informal get together and pasta party. Saturday and Sunday will include classroom work, track workouts, demonstrations, and, for those interested, participation in the Capitol Mile. Participation is limited to 20, with Sierra Race Walkers members getting first crack, but if you are interested call Trish Caldwell at 916-94407879, patriciacaldwell@attbi.com. If that doesn't work out, you might try Evansville, Indiana. Jonathan will present a clinic there on June 28 and 29. For more information, contact Ann Williams at news@evansville.net. ...Derek. I still get inquiries from time to time regarding our son Derek. For newer subscribers, Derek was involved in a crash in a motorcycle race in June of 1997, at age 29, that put him in a wheelchair for life. I updated his progress through rehab and adjustment to a new life from time to time, but haven't mentioned him for a while. I think I did tell you he bought his own house nearly 2 years ago, and I repeated an article from the Columbus Dispatch that featured his guitar playing. Well, if you want to hear that playing, he now has a CD out, entitled Medicine Wheel-- solo 12-string acoustic guitar playing his own compositions. It's available, postpaid, for $15. If you are interested, make the check out to Derek Mortland and send it to me, and we'll get your CD in the mail. Derek is now commuting to Lancaster, Ohio, about 20 miles south of Columbus, to a new job as Executive Director of the Fairfield Center for Disabilities and Cerebral Palsy. And he continues to find some gigs for his guitar, locally, around the state, and even as far away as Huntington, W.V. and Washington, D.C. His life is richer and fuller than it ever was before his accident. ...That depth issue. In our March issue (and in several other issues in recent years), we commented on the lack of depth in U.S.
Racewalking. We referred to a table we had run five years ago showing the steady decline in depth of performance at both 20 and 50 over the last 25 years and cited a few numbers from that table. Well, we certainly aren't alone. A profile on Alberto Salazar in Sports Illustrated noted the decline in U.S. marathoning, which is probably even more frightening than that in racewalking. In 1984, 201 U.S. men qualified for the Olympic Trials by running 2:19:04 or better. In 2001, only 19 U.S. men broke 2:20. But knowing that doesn't help us find a path to promoting greater interest in racewalking among young athletes. We received the following comments from Parkside Mike DeWitt, who probably has as much depth in his program as the rest of the country put together, on reasons that the numbers are down. "The main reason I walked seriously up until 1995-96 was because there were teams to make, there were Olympic Festivals to compete in, and there were the Olympic Trials to qualify for. Starting in 1992, qualifying standards were introduced to the U.S. Every other Trials race I went to, I could go to the starting line thinking that if a whole bunch of people got DQd, or disappeared from the race, I could make the Olympic Team. At the '92 Trials, I knew I wasn't going to walk under 4:10 for 50 km, so the goal was to be in the top 10. By then it was a pride thing as a 40+ year-old. Once the Olympic Festival dried up, it was about the same time." Team trips went by the wayside as well. As a young walker in my 20s, it was exciting to get to a National Event, be at the National AAU Meet, racing at UCLA or Bakersfield with a group of 20 or more walkers. In my 30s, it was a goal to get into the Top 10 and have a shot at an Olympic Festival or maybe a "B" race in Europe. A young walker in his or her 20s today can have a goal of getting to the trials or Nationals, but once you have been there a few times and is the ultimate, it becomes expensive and the glamour wears off for the youngster. If things work out, a youngster can make a PA Cup Team in an off-year, which is exciting, but the opportunities are not regular. At this time, "B" team opportunities would not serve much development purpose, because it would be hard to find them, much less with any type of quality or potential to improve. (Ed. But, unfortunately, that became a circular analysis. Because they are not there, there is little incentive to compete, and because there are so few that want to compete, there is no reason to offer such opportunities.) The "question" is why there less depth now? This is just my thoughts about it. If the situation were this way back in 1979 to 1996, it might have been harder for me to train to just get to the Nationals, and I'm certain I would have tried, and maybe others wouldn't have either! I know the four US International T3ams I made were highlights of my career and the Olympic Festival Bronze medals are my two favorite medals. Most young walkers of my ability won't have the opportunity to gain those memories and goals as things are now, and it may be one reason we don't have the depth we once had..."...A possible incentive? The IAAF Council agreed at their recent meetings in Nairobi, Kenya to introduce a Racewalking circuit each year, starting in 2003, to help promote the sport. Preliminary plans call for the circuit to include six meetings with prize money, based on teh example of the Combined Events Challenge. It was also agreed that the IAAF Competitions Commission would study a way to introduce Junior events at the IAAF World Racewalking Cup. So, if these things come about, there are some further opportunities that might spur greater interest--provided funds are available to send our athletes to the venues. On Westerfield. The first installment of Gary Westerfield's article on "Biomechanics for the Racewalking Judge" (see March and April editions of the Ohio Racewalker), elicited the following comments from Paula Kash Mendell, an outstanding competitor in her day, a chiropractor, and a student of exercise physiology. "I just go my OW today. I want to applaud Gary Westerfield. I particularly like the concept of analyzing racewalking as a dynamic rather than static motion and understanding that this dynamic motion occurs when multiple joints move and influence each other. This concept is very important if one is to fairly judge people of varying anatomy and to understand how dynamic and static motions at the different joints are summatively different. Not only is this concept important in judging, but it also, for me, represents a paradigm shift with regard to evaluation of athletic injuries. Chiropractically aligning the joint from the exact position of athletic limitation rather than aligning from a static recumbent position makes a big difference. Just because you think you understand one joint does not mean one can understand the way that multiple joints interact. It also follows that if one is truly looking at the dynamic situation that no two athletes should get the same treatment even for the same perceived injury or limitations! And, some miscellaneous comments on rules and style: I would say that the rule changes have made an impact on the mechanics of racewalking. When I first raced, 25 years ago, the leg could be straight anywhere in the cycle. You couldn't have the knees bent for the entire cycle, but you could straighten it wherever you wanted to in the cycle. (One really didn't get bothered by someone who chose to use a hiking style because in the long run the racewalking form would win out. Flight phase with a jogging style was another story, but still couldn't compete with those with the best racewalking technique.) The pattern for those walking at speed was similar to today, except that, in general, walkers exhibited longer strides and more hip motion. I developed a long stride and am now wondering about this. I don't know why this habit developed. Was it because my major role models and walking partners were men who were considerably taller and had a longer stride than me anyway? (Back then, it was the reverse of today--there were more male racewalkers!) Did I try to mimic the beautiful long stride I saw in pictures of Larry Young and Sud Brodock that Martin Rudow captured in his very first racewalking book? (Walkers in later editions have shorter strides.) Was I influenced by Ron Laird's first racewalking book? (A decade later to become the pull vs. push controversy) Alternatively, was it because I was more flexible then? Or was it because the judges stressed contact versus absolute straightening of the leg? It has been particularly challenging to reign in the long stride. While I have taken it in a foot since the 70s, it has meant changes in total muscular patterning and a shift in the center of gravity. This past year, I have been trying to shorten is still more and have found that my shins are sore for the first time. I used to get annoyed every time that the rules changed, but now I think of this as a means of continually providing new challenges. As an aside, I think one of the primary reasons that walkers today have improved considerably is that back in the "good old days" we were not allowed to drink any water during a 5 or 10 km event. (Check out the AAU rule books from back then.) Oh well, what could we expect for a 50 cent entry fee anyway! That water makes such a tremendous difference in being able to train with less drinking and also to maintain one's pace longer. (Ed. I suppose so, but I have commented on my own camel-like qualities and could never see why anyone should want to waste time drinking at these shorter distances. But, that's another story, which I exhausted before.)

Runners Take Notice

And we mean real runners, not illegal walkers. It's been said before and following are a couple of testimonials to the idea that racewalking as a cross-training tool can benefit serious runners.

Four-time Olympian Ron Laird has just updated his book, The Art of Fast Walking, for perhaps the fourth time. With 65 national titles to his credit, Ron has much wisdom to offer the serious racewalker. His 153-page, self-published book presents that wisdom illustrated with hundreds of photographs of the elite and the not-so-elite. If you're interested in this update of the book first published 6 years ago (Ron also did a book published by Track and Field News in the early 70's), write Ron at 4706 Diane Drive, Ashtabula, OH 44004. In the book, he has a chapter on "Improving Running With Racewalking". As an introduction to the book, we present excerpts from that chapter.

I suggest that serious runners incorporate racewalking into their training programs. Racewalking is a different way of working, stretching, and even resting all the muscles and...
tendons that runners so often overuse and sometimes injure. Fast walking can even be used to help
give a runner a welcome change of pace.

When runners do hard interval workouts, I also feel that it would be safer for them to walk
or racewalk between their bursts of speed. This gives a stretching and low-impact recovery to the
just rigorously used running muscles and tendons.

You don't need special athletic equipment and facilities or training partners to enjoy this
beneficial cross-training sport. Racewalking can be done before, during, or after a running
workout, or for your entire training session.

As with running, the harder you racewalk, the harder your heart, lungs, and muscles have
to work. Fast walking will keep runners from losing the respiratory and cardiovascular fitness they
work so hard to develop and maintain. The low impact of racewalking allows them to move
quickly and vigorously for fairly long periods of time. The different angles at which the muscles are
exercised will feel strange at first, but will become more natural after a few weeks of practice.

Correct hip roll is what gives racewalking its very fast leg speed and efficiency. Hip action
helps act as a shock absorber to the feet, legs, and lower back. When you combine hip rolling with
back-and-forth hip turning, you help develop the kind of stomach, lower-back, and hip flexibility
and stamina that also help you running.

As the heel contacts the ground, the toes are pointed upward, thus stretching the achilles
tendon a bit. With the leg out in front of the center of gravity, the calf and hamstring muscles also
get stretched with each step. The hamstrings stay stretched as they pull the ground back, and
underneath the walker. As the body passes over the planted foot, the achilles stays in a rested
position until the toes help to push the ground away at the end of each step. This toe push can be
very vigorous or very gentle, depending on the effort you are able to put into it.

The unique, straight knee action of racewalking rests the running (quadriceps) muscles of
the leg. Those large thigh muscles take quite a beating as they continually thrust the runner off
and over the ground. The bent knee joint of a runner also takes a lot of stress from all the pounding
it must endure with each stride. Racewalking does help runners achieve and maintain better
muscular balance in their legs.

Runners with sore, tired legs will appreciate the smooth, low-impact glide of racewalking.
Racewalkers bend their knees enough to give their forward stepping foot just enough room to clear
the ground. Since this is all the higher the hamstring muscles have to contract when swinging the
leg forward, they get a fairly good rest from all the strain fast running demands. Racewalking uses
the hamstrings while they are in a stretched-out position. The leg lands straight and stays straight
as it pulls the ground back and underneath the walker. This straight leg action also gives the
ligaments and tendons behind the knee joint a good stretch with each step.

The arms are always pumped vigorously. This action develops strength and stamina in
arms, shoulders, upper back, and chest muscles. All distance runners can use extra endurance
building work.

When racewalking is done well, walkers smoothly glide along, barely feeling their steps
touch the ground. This is why racewalking can be safely done on any hard surface.

Since many dedicated runners often find it necessary to really push themselves during
their training, racewalking allows them to safely satisfy this strong emotional and physical desire.
Even though runners may feel that Olympic-style walking looks strange, once they've mastered
correct technique and done the work it takes to get used to this new way of exercising, they'll be
pleased at how fast they move their legs, and how long they keep them going. They will discover
that racewalking is a great way to get fit and stay fit, while allowing the running muscles and
tendons to recover from their hard training and racing efforts.

The constant mental and physical effort required to racewalk correctly should also help
runners become more aware of, and improve upon, the efficiency of their running technique.*

---

Racewalkers Reach Out to Chula Vista Schools
by Al Heppner

The racewalkers at the ARCO Olympic Training Center in Chula Vista, Cal are training
for the 2004 Olympics, but they also have an eye on 2024. The group, including Coach Enrique
Pena, spent March and April visiting all the middle schools in the city and mentoring other young
hopefuls at the Chula Vista Parks and Recreation track team practice. Meanwhile, some of the
walkers have been "adopted" by local elementary school classes and correspond weekly via e-mail.

"We've exposed lots of area kids to racewalking through the training center's 'exercise the
Dream' program over the past 5 years, but these new arrangements give kids more than a single
exposure," said Curt Clausen.

Exercise the Dream is a program in which elementary school kids spend a day at the
Center shuffling through stations. Each station contains a different sport and racewalking is one of
the stops. But that stop is also where their racewalk education ended, until now.

Working with after school program director Ernie Madina, the ARCO-based walkers have
paid a visit to all four Chula Vista Middle Schools. Students had many interesting questions
ranging from diet to "How much money do you guys make?" Many of the students were also
eager to get out and race the racewalkers, including one told me, "You're scared to race me!"

Sean Albert was less traumatized by the seventh and eighth graders. "I enjoyed working
with the kids. It reminds me of when I was a volunteer track coach back in New Jersey.

In May, the group will visit all 18 elementary schools in Chula Vista. Philip Dunn thinks
the walkers can make a difference. "When I started walking, I benefited from a similar program, so
it has been fun to give back."

The visits to the track team practices mentioned above involve mentoring the students on
the fundamentals of racewalking. The city's track team includes kids aged 7 to 15 with 80 to 100
usually kids usually at practice.

After several weekly visits, the ARCO walkers put on a clinic at the team's city-wide youth
track meet on April 13 and judged the racewalk competition. Despite an unusually low turnout
for the meet, 20 racewalkers took the line for the first time, with five of the 10 to 12 year olds walking
800 meters in 4:59 to 5:08. The races provided plenty of excitement even before the gun, as one

---

Well, actually that's practically the whole chapter, minus the many photos, not just
excerpts. Coincidentally, about the same time I received Ron's latest edition, I received a lengthy
letter from a reader, who prefers to remain anonymous, with a different approach to the same
subject. He says:

"One thing I have realized since starting racwalking is how much runners in their off
season would benefit from racewalking. Had my high school coach and college coaches shown
me and my teammates how to racwalk during the off-season, I am sure we would have not
experienced as many injuries as we did during the season. We would have also developed our legs
and bodies without all of that off-season pounding that would have benefited us greatly.

Basketball players in their off-season would benefit from racewalking. Volleyball players
and even football players would benefit from racewalking. Just about any running, jumping, or
hitting sport would benefit from racewalking in the off-season. But we don't sell racewalking to
other sports as part of their off-season activities.

Whereas we do not receive much coverage nor respect, the other side of the coin is that
we do not go about advertising ourselves as much as we could... As racewalkers, we tend to stay
ourselves. Add that to the preponderance of 5Km races and it may be inferred that we are
strangling ourselves with our own efforts."

But, there are some sales efforts going on from a lot of dedicated people. And, consider
the following article.

---

Racewalkers Reach Out to Chula Vista Schools
by Al Heppner

The racewalkers at the ARCO Olympic Training Center in Chula Vista, Cal are training
for the 2004 Olympics, but they also have an eye on 2024. The group, including Coach Enrique
Pena, spent March and April visiting all the middle schools in the city and mentoring other young
hopefuls at the Chula Vista Parks and Recreation track team practice. Meanwhile, some of the
walkers have been "adopted" by local elementary school classes and correspond weekly via e-mail.

"We've exposed lots of area kids to racewalking through the training center's 'exercise the
Dream' program over the past 5 years, but these new arrangements give kids more than a single
exposure," said Curt Clausen.

Exercise the Dream is a program in which elementary school kids spend a day at the
Center shuffling through stations. Each station contains a different sport and racewalking is one of
the stops. But that stop is also where their racewalk education ended, until now.

Working with after school program director Ernie Madina, the ARCO-based walkers have
paid a visit to all four Chula Vista Middle Schools. Students had many interesting questions
ranging from diet to "How much money do you guys make?" Many of the students were also
eager to get out and race the racewalkers, including one told me, "You're scared to race me!"

Sean Albert was less traumatized by the seventh and eighth graders. "I enjoyed working
with the kids. It reminds me of when I was a volunteer track coach back in New Jersey.

In May, the group will visit all 18 elementary schools in Chula Vista. Philip Dunn thinks
the walkers can make a difference. "When I started walking, I benefited from a similar program, so
it has been fun to give back."

The visits to the track team practices mentioned above involve mentoring the students on
the fundamentals of racewalking. The city's track team includes kids aged 7 to 15 with 80 to 100
usually kids usually at practice.

After several weekly visits, the ARCO walkers put on a clinic at the team's city-wide youth
track meet on April 13 and judged the racewalk competition. Despite an unusually low turnout
for the meet, 20 racewalkers took the line for the first time, with five of the 10 to 12 year olds walking
800 meters in 4:59 to 5:08. The races provided plenty of excitement even before the gun, as one
Looking Back

40 Years Ago (From the May 1962 American Race Walker, edited by Chris McCarthy)--Your editor, a spry 27-year-old at that time, journeyed west to capture the National 30 Km in Los Angeles in 2:36:02, with John Allen 3 minutes back and Ron Laird 3 minutes behind him. Bob Bowman was fourth. Bowman won the Mt. SAC relays 2 mile in 16:27. Pedestrian of the Month was Corinne Blackburn, mommey of ORW Published Emeritus, Jack Blackburn. Corinne, as one of the pioneers in women's walking, had best times of 56:45 for 5 miles and 68:10 for 10.5.

35 Years Ago (From the May 1967 ORW)--Ignoring the relentless sun and boiling blacktop of the McKee Estate, Pa., Eastland Shopping Place, Ron Laird scored an easy National 20 Km win in 1:38:41. Fast-improving Larry Young was a distant second in 1:42:10, but still 3 minutes ahead of Tom Dooley and Lorny Walker, and 6 ahead of one Jack Mortland, who edged Steve Hayden for fifth. Three days later, Laird found cooler weather in Chicago and captured the Zinn Memorial 10 Km, a track race, in 44:44. Dooley (47:32) and Mortland (47:50) followed. Laird also picked off the National 35 Km title, making for a very productive month.

30 Years Ago (From the May 1972 ORW)--Larry Young topped the news with an American record 20 Km on the track in Columbus, Mo., and a win in the Western Hemisphere 20 Km in Sharon, Pa. Larry had 1:30:10 in the Columbus race. At Sharon 6 days later, he had no trouble winning in 1:31:59 on a tough, and maybe slightly long, road course. Ron Daniel was second in 1:37:18, followed by Floyd Godwin and Canadians Marcel Jobin and Pat Forestell. Steve Hayden covered the same course in 1:41:22 to win a preliminary race from Karl Menschke, Jack Mortland, and Alex Oakley. Karl and Alex also being Canadians. Daniel won the Seaside Heights 10 miler in 1:14:15, nearly 3 minutes ahead of Dave Romansky, but Dave turned the tables in the Martin Luther King Games 1 mile to win in 6:20:59. Tom Dooley did 2:29:24 for 30 Km on the track andTodd Scully had a 4:32:25 for 50. Dooley and Bob Kitchen finished together in 1:31:52 for a track 20 km and Goetz Klopfer had 4:27:28 for 50 on the track.

25 Years Ago (From the May 1977 ORW)--Augie Hirt won the National 100 Km title in a record 10:23:32, with Paul Lightsitewy second more than 50 minutes behind. Jim Heppner finished fourth and tied the record of 3:06:24.

Results just in (rather than rearranging things, I'll just print them here).


20 Years Ago (From the May 1982 ORW)--Jim Heppner and Marco Evarnouk finished fourth and fifth in the Steamboat Springs, Colorado, men's and women's 15 Km races. At 50 Km, East Germany's Uwe Heger won the final 5 Km in 20:56 to drop teammate Hartwig Gauder and win in 3:42:26. Gauder was 26 seconds back, and the third German, Dietmar Meisch, just 22 seconds behind him. The Soviets took the next four spots, not far behind, to stay in contention for the team title.

15 Years Ago (From the May 1987 ORW)--The World Cup of Racewalking came to the U.S. for the first time and the Soviets dominated the races in New York's Central Park, taking both men's and women's titles. At 50 Km, East Germany's Ronald Weigel blitzed the final 5 Km in 20:56 to win in 3:42:26. Gauder was 26 seconds back, and the third German, Dietmar Meisch, just 22 seconds behind him. The Soviets took the next four spots, not far behind, to stay in contention for the team title.

5 Years Ago (From the May 1997 ORW)--U.S. walkers stayed in Europe following April's World Cup races with some success. In Poland, Curt Clausen and Tim Seaman took 1-2 in a 10 race in 40:47 and 41:14. Dana Yarbrough won a women's race in 46:24. A week later in Germany, Clausen did 1:25:32 for 16th in a 20 km race, with Philip Dunn 24th at 1:28:22. Tim Seaman was DQ'd. Racine Herazo and Yarbrough finished 19th and 20th in a women's race at 10 Km, but only with the help of three DQs on the Chinese team. Olga Kirshot was the winner in 43:22, 3 seconds ahead of Tania Strakhova. Maryanne Torrellas finished 16th in 46:28 and Teresa Vail 20th in 46:50 as the U.S. women came in 6th of 23 teams in the team race.

Results just in (rather than rearranging things, I'll just print them here).


Women's 3 Km, same place--1. Ann Szmany 13:12:03 2. Bill Walker 26:09:23