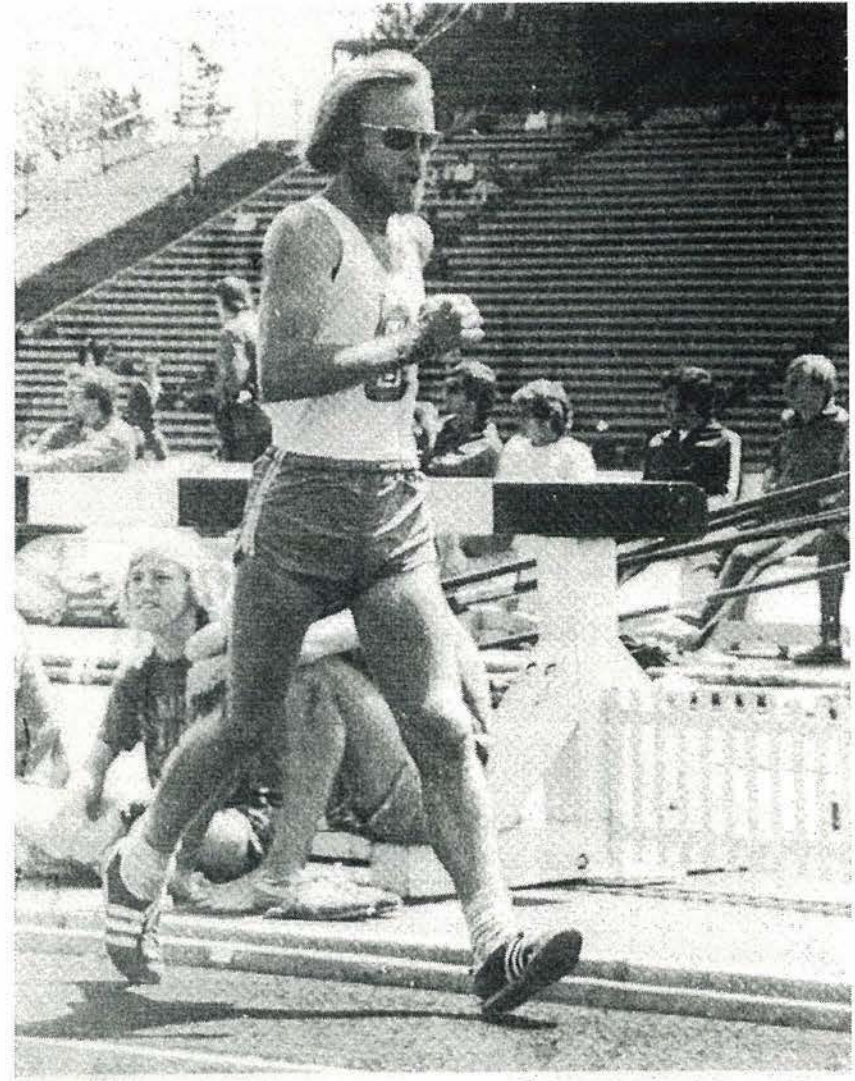




# OHIO RACEWALKER

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**Hall of famer.** Racewalking's third member of the Track and Field Hall of Fame is Larry Young, who was deducted on Dec. 2, 2002. Larry demonstrated the impeccable form that carried him to Olympic bronze medals in 1968 and 1972 at 50 Km.

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## 30 Km Titles to Clausen, Rellinger

Chula Vista, Cal., Jan. 25 (With input from Al Heppner and Tom Eastler)--Defending winners Tim Seaman and Susan Armenta were on hand, but neither finished as Curt Clausen and Cheryl Rellinger moved to decisive wins in today's National 30 Km title races. Clausen regained the title he had won in 2001 and in the process walked the second fastest time in championship history--2:15:56. Allen James had a 2:14:31 in 1993. Clausen left runner-up Sean Albert nearly 9 minutes behind. Rellinger was even more decisive, her 2:51:46 beating Heidi Hauch by nearly 11 minutes.

Neither winner seemed bothered by warmer than usual morning temperatures at the ARCO Olympic Training Center track

Clausen, along with New York AC teammate Seaman, and John Nunn were the early leaders in the men's race, starting out at a 4:30 per km pace. Seaman dropped off this pace by 3 Km with Albert, Philip Dunn, and Kevin Eastler staying close to him.

Under a blazing early morning sun, Nunn and Clausen moved through the first 10 km in 44:52, 49 seconds clear of Seaman. Dunn was always already out of the race, stopping at 8 Km after aggravating a knee injury. Eastler led Albert at this point in 46:35.

Clausen and Nunn traded the lead through the first 18 km, where Clausen made a move and begin to pull away. "Our pace had slowed a bit, so I picked it back up on my turn to lead. I thought I had the race at that point, but I still had a long way to go. I just keyed off the other competitors (that he was lapping) in the race," Clausen said. He reached 20 Km in 1:29:51 followed by Nunn (1:31:12), Albert (1:33:12) and Eastler, right behind Albert. Nunn, who had walked a 12:19 for 3 Km the day before to qualify for the Indoor Nationals, called it a day just before 22 Km. Seaman also moved to the sidelines at some point.

Clausen was able to cruise the final 10 to an easy win, as Albert finished in 2:24:46, after getting away from Eastler, who finished third in 2:26:26.

Eastler did well in his first race at the distance. He currently trains by himself in between his USAF duty shifts in Cheyenne, Wyoming. Thus, his training is, at present, far less intense, and more sporadic than that of his teammates in the Training Center. He is coached by four-time Olympian Carl Schueler through the mail. If the Air Force decides to assign him to the Training Center, as they did in 1999, look for even better things from him in 2004.

In the women's race, Rellinger led from start to finish, even though she stopped for a time in the middle of the race. Her goal was to reach the 20 Km qualifying time for the US Nationals and the Olympic Trials (1:48) enroute, but, although on pace early, she picked up two red cards in the first 4 km of the race putting that goal in jeopardy. "I made an adjustment in my technique by focusing on pulling my right arm back further. I thought at 10 Km I would get the qualifying time, because I was feeling good," she said.

And she did, sneaking under with a 1:47:45 to become the first woman's qualifier for the 2004 Trials. Then she stopped to gather herself for two minutes. "I figured it would be easier to concentrate on my form the last 10 km and just get through the race. I took water every lap, so I really didn't feel the heat until after 20."

Rellinger prepped for the race by completing the Disney World Marathon just two weeks ago and was still in a festive spirit after today's race. After receiving her gold medal, Rellinger joked, "I thought I was going to get Super Bowl tickets." Heidi Hauch, in second, broke her own US Master's record by 2 1/2 minutes. The results:

Men: 1. Curt Clausen, NYAC 2:15:56 2. Sean Albert, New Balance 2:24:46 3. Kevin Eastler, US Air Force 2:26:28 4. Dave McGovern, New Balance 2:36:54 5. Bill Vayo, Eastside RW Team 2:44:35 6. Joe Nieroski, Easy Striders 2:52:45 DNF--John Nunn, US Army; Tim Seaman, New York AC; Philip Dunn, New Balance; Dave Doherty, Potomac Valley. DQ--Rod Craig, Pegasus TC; Chris Rael, Shore AC

Women: 1. Cheryl Rellinger, Walk USA 2:51:49 2. Heidi Hauch, New Balance 3:02:30 3. Erin Taylor, Park RW 3:11:18 DNF--Susan Armenta, New Balance  
20 Km race: 1. Ed Parrott 1:50:46 (newcomer walking for about 6 months)

## Past Winners National 30 Km

1937	Morris Fleischer 2:48:17	1971	Larry Young 2:25:40
1938	John Rabkonen 2:57:29	1972	Larry Young 2:28:09
1939	John Rabkonen 2:57:08	1973	Jerry Brown 2:28:12
1940	John Rabkonen 3:05:31	1974	Larry Young 2:30:26
1941	Walter Fleming 2:52:13	1975	Larry Young 2:25:26
1942	James Weilson 2:57:45	1976	Larry Young 2:27:26
1943	John Abbate 2:49:35	1977	Marcel Jobin, Canada 2:21:03
1944	William Mihalo 3:10:59	1978	Jim Heiring 2:30:50
1945	Morris Fleischer 2:52:22	1979	Dan O'Connor 2:22:43
1946	Morris Fleischer 3:05:18	1980	Ray Sharp 2:22:03
1947	William Mihalo 2:58:31	1981	Ray Sharp 2:25:45
1948	Chris Clegg, Canada 2:55:21	1982	Todd Scully 2:28:45
1949	Bill Mihalo 3:55	1983	Marco Evoniuk 2:16:41
1950	Adolph Weinacker 2:48:43	1984	Vince O'Sullivan 2:23:48
1951	John Deni 2:32:13	1985	Carl Schueler 2:26:17
1952	John Deni 2:52:46	1986	Carl Schueler 2:29:02
1953	John Deni 2:59:08	1987	Dan O'Connor 2:21:52
1954	Leo Sjogren 2:58:02	1988	Dan O'Connor 2:24:15
1955	Alex Oakley, Canada 2:36:11	1989	Not held
1956	Adolph Weinacker 2:39:12	1990	Dave McGovern 2:42:18
1957	Leo Sjogren 2:51:10	1991-92	Not held
1958	Guillermo Weller, Argentina 2:49:13	1993	Allen James 2:14:31
1959	Ferenc Sipos 2:46:20	1994-96	Not held
1960	Rudy Haluza 2:38:45	1997	Herm Nelson 2:28:07
1961	Ron Laird 2:29:40	1998	Gary Morgan 2:25:37
1962	Jack Mortland 2:36:02	1999	Not held
1963	Mike Brodie 2:49:33	2000	Gary Morgan 2:47:22
1964	Ron Laird 2:26:27	2001	Curt Clausen 2:19:32
1965	Ron Laird 2:41:17	2002	Tim Seaman 2:37:05
1966	Ron Daniel 2:57:07		
1968	Ron Laird 2:29:06		
1968	Larry Young 2:31:31		
1969	Ron Laird 2:29:23		
1970	Ron Laird 2:37:18		

## Some Other Results

**H.S. 1 Mile, Providence, R.I., Dec. 28**--1. Maria Michta, New York 7:34.17 2. Jasmine Brooks, Maine 7:48.75 3. Kristin Landau, NY 7:56 4. Katie Feleccio, NY 7:59 5. Carly Lachola, Maine 8:19 6. Emily Nyberg, NY 8:26 (13 finishers) Boys--1. Joe Trepani, NY 7:00.52 2. Mark Dennett, Maine 7:59 3. Patrick Scott, Maine 8:28 (only starters) **1 Mile, Hanover, N.H., Jan. 12**--1. Patrick Boisclair, Toronto 6:06.29 2. Ben Shorey, U. of Wis. Parkside 6:21.89 3. Zach Pollinger, N.J. H.S. 6:32.82 4. Jon Chasse, UWP 7:18 5. Patrick Collier 7:20 3. Mark Dennett, Maine HS 7:53 (10 finishers) Women--1. Anne Favolise, UWP 7:28.00 2. Jasmine Brooks, Maine HS 7:45.95 3. Melissa Gourgoult-Belan, Toronto 8:05 4. Carly Lochala, Maine HS 8:27 (8 finishers) **3 Km, Cambridge, Mass., Jan. 19**--1. Michelle Rohl 12:57.72 2. Joanne Dow 12:58.84 3. Maryanne Torrellas 14:48 4. Jasmine Brooks 15:13 5. Laura Feller 16:00 6. Lauren Olivieri 16:01 7. Carly Lochala 16:17 8. Sarah MacIntyre 16:48 9. Holly Wenninger 17:47 10. Ann Percival 17:53 (12 finishers, 1 DQ) Men--1. Adam Staier 12:35.54 2. Zach Pollinger 12:42.06 (Best U.S. time ever in 17-18 age group) 3. Patrick Collier 14:44 4. Mark Dennett 15:49 5. Rich Correll 15:50 6. Steve Shaster 16:57 7. Adam Keir 17:09 8. Billy Wider 17:14 9. Tom Knatt 17:18 (1 DQ) **1500 meters, New York City, Dec. 28**--1. Bob Barrett 7:59.79 2. Steve McCullough 8:02 **3 Km, same place**--1. Nick Bdera 14:15.04 2. Mike Bartholomew 15:01 3. Erin Taylor 15:50 4. Lauren Olivieri 16:38 5. Limei Alice Tan 17:10 6. Jennifer Marlborough 17:15 **5 Km, same place**--1. Dave McGovern 21:50.33 **Girls H.S. 1500 meters, New York City, Jan. 4**--1. Kristin Landau 7:39.85 2. Erin O'Flaherty 8:12 3. Annie Stanley 8:20 4. Rachel Gill 8:21 5. Laura Sposito 8:25 (43 entries, 3 DQs) **H.S. 1500, Long Island, Jan. 24**--1. Maria Michta 6:44.4 **5 Km, Freehold, N.J., Jan. 19**--1. Cliff Mimm 23:04 2. John Lach 27:38 3. John Weitz 31:41 4. Ben Ottmer (60+) 31:41 5. Bob Mimm (77) 33:58. . . 7. Elliott Denman 38:08 **8 Km, Washington, D.C., Nov. 23**--1. Victor Litwinski 53:53 **8 Km, Washington, D.C., Dec. 21**--1. Victor Litwinski 52:45 **3 Km, Newark, Del., Jan. 19**--1. John Soucheck 13:59.28 2. Dana Vered (14) 15:59 3. Jim Carmines (59) 16:29 4. Allison Snochowski (12) 16:46 5. Jack Starr (74) 17:57 6. Brad Lane (52) 18:35 (13 finishers) **Marathon, Mobile, Ala., Dec. 29**--1. Dave McGovern 3:52:16 2. Nicholas Burrows (53) 4:57:35 Women--1. Jaquie Picha (55) 5:44:32 **Half Marathon, same place**--1. Monetta Roberts (43) 2:16:43 (5 finishers) Men--1. Bruce Cooper (49) 2:17:39 (5 finishers) **1 Mile, Dayton, Ohio**--1. Tina Peters (H.S. freshman) 8:27.5 2. Billie Robinson 9:17 3. Kristin Barrett 9:37 Men--1. Jim Robinson 7:13.5 2. Matt Boyules 7:14.3 3. Tim Sykes 7:52 (all Rio Grande U.) 4. Ed Fitch 8:20.9 5. Scott Littell 8:43.5 **50 Km, Houston, Jan. 5**--1. Ed Fitch 6:26:40 (60:31, 2:00:52, 3:06:31 and then hit the wall). **3 Km, U. of South Dakota, Jan. 11**--1. Mike Wiggins 14:24.54 2. Magda Spyra 15:20 3. Norbert Typek 15:20 4. Keley Smith-Keller 17:25 5. Gary O'Daniels 18:13 6. Jane Hall 18:21 7. Erin Goeden 18:28 **5 Km, Pharr, Texas, Dec. 21**--1. Tim Seaman 19:50 2. Chris Diaz 22:44 3. Cliff Mimm 24:25 4. Tiziano Manfredi, Italy 27:34 5. Ricardo Bergara 28:25 6. Roberto Vergara 28:59 7. Adrian Jaime 29:05 8. Ernesto Vergara 29:37. . . Bob Mimm (77) 34:10 Women--1. Maria Marchiori, Italy 28:24 2. Ruby Perez (13) 32:34 3. Delisa Guadarama (14) 32:34 4. Rosy Vison 32:51) **1600 meters, same place, Dec. 20**: Girls age 9--1. Claudia Ortiz 9:18 Girls 10--1. Brooke SDhannon 9:35 2. Bailey Shannon 9:52 Boys 11--1. Adres Jaime 8:57 Girls 11--1. Samantha Oliverez 9:24 2. Jeanette Avita 9:29 3. Karla Mireless 9:33 Boys 12--1. Roberto Vergara 8:01 2. Richard Vergara 8:10 3. Abraham Villarreal 9:04 Girls 12--1. Corina Ortiz 9:16 Girls 13--1. Ruby Perez 9:00 Boys 15--1. Ernesto Vergara 8:47 (after just 1 months of racewalking) Boys 16--1. Chris Diaz 7:19 2. Adrian Jaime 8:37 **5 KM, Denver, Dec. 28**--1. Daryl Meyers (6) 29:27 2. Peter Cukale (49) 31:54 3. Neil Horton (61) 32:58 **72 Hours, Queen Creek, Ariz., starting Dec. 29, 9 am (Track)**--1. Ulrich Kamm (55), Colorado 206.792 miles 2. Eric Poulsen (51), Cal. 195.359 (The winning runner went 211.266 miles. Kamm and Poulsen were second and third overall. The race is not always to the swiftest.) **10 KM, Paramount, Cal., Jan. 12**--1. Tim Seaman

41:40 2. John Nunn 42:18 3. Curt Clausen 42:56 4. Philip Dunn 45:01 5. Dave Doherty 55:03 6. Susan Armenta 56:12 7. Pedro Santoni 56:24 8. Jay Hoffman 58:22 9. Mario Lopez 60:54 10. Donna Cunningham 60:59 11. Yoko Eichel 61:18 12. Rick Campbell 62:11 13. John Backlund 61:15 14. Alan Ede 65:40 15. Jolene Sterigerwalt 66:23 16. Carl Acosta 66:32 (37 finishers) **1500 meters, Portland, Ore., Jan. 25**--1. Rob Frank (5) 7:37.18 2. Doug VerMeer (49) 8:06 3. George Opsahl (61) 8:18 4. Gary Firestone (5) 9:25 Women--1. Amye Ellingson 8:37.37 **Jr. Indoor 5 Km, St. Petersburg, Russia, Jan. 12**--1. Alexey Moroazov (14) 22:11.7 2. Alexandr Popov (15) 22:38 3. Ivan Saveliev (15) 23:00 **Girl's 3 Km, same place**--1. Alexandra Kubasova (16) 13:39.9 2. Arina Mihaylova (16) 13:49 3. Aliona Shumik (14) 14:08 4. Olga Uzhivenko (15) 14:10 (11 under 15) **Indoor 10 Km, St. Petersburg, Jan. 18**--1. Vladimir Polyakov (17) 43:42.8 2. Alexey Morozov (14) 44:11 3. Sergey Illarionov (20) 44:31. . . 6. Sergey Lukiyaniy (46) 49:10 **Women's 5 Km, same place**--1. Svetlana Vasilieva (17) 22:38.8 2. Elena Kurochkina (17) 22:46 3. Nadezhda (19) 23:27 4. Elena Uliyanova (17) 23:44

## A Plethora of Potential Perambulating Pathways to Postrace Parties

(Some races, that is)

Sun. Feb. 2 Indoor 3 Km, Sportsplex, Maryland (O)  
 Fri. Feb. 7 Indoor 1 Mile, Dayton, Ohio (M)  
 Millrose Games 1 Mile, New York City  
 Sat. Feb. 8 2.8 Miles, Seattle (C)  
 Henry Laskau Memorial 5 Km, Coconut Creek, Fla., 7:30 am (Q)  
 Sun. Feb. 9 Indoor 3 Km, Arlington, Vir., 7:45 am (O)  
 5 Km, Denver, 9 am (H)  
 Sat. Feb. 15 Georgia 20 Km and Open 5 Km, Augusta (J)  
 Sun. Feb. 16 5 Km, Denver, 9 am (H)  
 Sun. Feb. 23 3 Km, Cambridge, Mass. (AA)  
 Sun. Feb. 16 5 Km, Denver, 9 am (H)  
 3 Km, Mall Walk, Milford, Conn., 9:30 am  
 Fri. Feb. 21 Indoor 3 Km, New York City (G)  
 Sat. Feb. 22 5 and 10 Km, Washington, D.C. area (O)  
 1500 meters, 3 Km, Miami area (Q)  
 Indoor 3 Km, Columbia, Missouri (I)  
 Sun. Feb. 23 New England Indoor 3 Km, Cambridge, Mass. (O)  
 1500 meters and 3Km, New York City (G)  
 Ohio Indoor 3 Km, Ada (M)  
 Fri. Feb. 28 Indoor 1 Mile, Dayton, Ohio (M)  
 Sat. March 1 **USATF National Indoor Women's 3 Km, Men's 5 Km**  
 Sun. March 2 Indoor 3 Km, Colorado Springs, Col., 10 am (H)  
 7 Miles, Denver, 9 am (H)  
 Sun. March 9 Indoor 1500 and 3 Km, New York City (G)  
 Sat. March 15 Nike Indoor H.S. 1 Mile, Landover, Maryland  
 Sun. March 16 7 Km, Denver, 10:15 am (H)  
 New Balance National H.S. Indoor 1 Mile, New York City  
 Sun. March 23 10 Km, Westminster, Col., 9 am (H)  
 5 and 20 KM, Huntington, Beach, Cal. (N)  
 Sun. March 30 **USATF National Masters Indoor 3 Km, Boston, Mass. (X)**  
 Western Regional 5 Km, North Las Vegas, Nev., 7:30 am (F)

- 3, 5, 10, and 20 Km, Kenosha, Wis. (T)  
 Sat. April 5 3 Km, Wilmington, Ohio (M)  
 Sun. April 6 National Invitational 20 Km and 10 Km, Washington, DC area (O)  
 5, 10, and 20 Km, Columbus, Missouri (I)  
 Western Regional 20 Km, Sacramento, Cal. (E)  
**National Masters 1 Hour, Planation, Florida (Q)**  
 Sun. April 13 16th Annual Jack Mortland Racewalks (5, 10, 20 Km), Yellow Springs, Ohio (M)  
 Ron ZInn Memorial 10 Km, Ocean Twp., N.J. (A)  
 Sat. April 19 5 and 10 Km, Washington D.C. area (O)  
 10 Km (Track), Seattle (C)  
 Mt. SAC 1 Mile, Walnut, Cal. (Y)

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## FROM HEEL TO TOE

**Masters T&F Hall of Fame.** Two racewalkers were recently inducted into the Masters Track and Field Hall of Fame--Dave Romansky and Bob Fine. They join Bob Mimm, Bev Laveck, and Max Green, previously inducted, as the racewalkers among 28 women and 62 men in the Hall. *Masters T&F News* wrote about the two new members: Romansky, 64, of Pennsville, N.J., rewrote the record books for M60 in 13 different events. He still holds 15 of the 16 records he set. A former Olympian (Ed. We must chastise the News here. *There are no former Olympians--once an Olympian, always an Olympian*), he coaches a dozen athletes and gives RW clinics. Fine, 71, Delray Beach, Florida, is one of the very few who has competed in every WMA (World Masters Assoc.) championship. He authored the WMA first constitution and by-laws, its drug testing procedure, and the bidder's contract. Fine has won and placed in numerous racewalking events, but is best known as a long-term USATF masters administrator. He founded the Masters Sports

Association in 1971." . . . **Kid's Miles.** The South Texas Walking Club has announced formation of a 1 Mile racewalk series for youth. The free events are sponsored by the Texas Society of Certified Public Accountants--Rio Grande Valley Chapter, and are open to kids from all over the country. There will be six races in six different Texas cities in April and May and the series will culminate with the USATF Youth Road Nationals on Sunday, May 25 in Pharr, Texas. Dates and sites of the races leading up to that event are: April 19--Pharr; April 26--Weslaco; May 3--Edinburg; May 10--McAllen; May 17--Donna; and May 24--Mission. Each Saturday event will include separate races for four age groups: 8 and 8 year olds; 10 and 11 year olds; 12 and 13 year olds; and 14 to 18 year olds. For further information contact A.C. Jaime, 621 North 10th Street, Suite C, McAllen, TX 78501. . . **Ladany rolls on.** Israeli Olympian Shaul Ladany continues his ultra-distance feats despite some health problems during the past year. Shaul, who won four U.S. titles at 75 Km (1974-77) and one at 100 Km (1974) while teaching in this country reports as follows in his annual letter to friends: "Walking the Tiberias Marathon in January, 65 Km around Lake Tiberias in early March, celebrating my 66th birthday with my traditional 70 Km walk in Omer in April, training quite often from Arad (altitude about 800 meters above sea level) to Massada (altitude -200 meters) and back to Arad, participation in many other local sports events, and frequent back-to-back inside-home training on a 30 meter loop (changing the directions every 15 minutes) for up to 12 hours each time (*does the old expression "Don't try this at home" seem to have some application for most of us here?*), made me much fitter than in the previous year. Fortunately, the 2002 edition of the London-Brighton walk (*which Shaul has won in the past*) was cancelled, and I did not face the dilemma to participate in it or in the Paris-Tubiz (Southern suburb of Brussels) 4-day, 300 Km walk held on the same weekend. Hence, at the end of May I tasted for the second time the feeling of doug double-marathons per day for four consecutive days. It was not a piece of cake, but I felt quite well and strong, and only a rubber string--a gadget designed by the shoe manufacturer to prevent the shoe-tongue from slipping from its position--cut deep into the flesh of my right foot and gave me some trouble. In June, I continued my serious training and all was set for my traditional joint academic/walking summer tour in Europe. Five days prior to my flight to Europe, I discovered on my left groin a small swollen hard point. After several quick tests and biopsy, I was faced with the fact that that I have lymphoma--cancer of the lymph gland (of a non-Hodgkin type). Fortunately, this type of cancer is curable and it was detected at the earliest possible stage, prior to its spreading to other locations. Thus, I had to experience several cycles of chemotherapeutic treatments, which are far--extremely far--from being a pleasure, followed by 22 local irradiation treatments. The doctors told me to try to keep as much as possible my daily life routine (they have not envisaged its meaning....), so that even during the treatment periods, I tried to train at home--as much as I could under the circumstances--so that my body-engine should not rust entirely. During that period, I wrote also some non-academic articles, including a paper on one of the most famous British physicians, Dr. Thomas Hodgkin, who accompanied Sir Moses Montefiore (as his private physician) on his travels. Yes, this is the Dr. Hodgkin that I had the pleasure and luck of not having his type of cancer. Sir Montefiore erected a marble obelisk on his grave, which still stands there in Jaffa. When the new academic year started in October, I continued to teach despite all the medical treatments I got at that time. It was not a great pleasure, but I was stubborn not to take sick days (*Ed. Obviously, when you read about Shaul's life style, stubbornness does not emerge as a surprising trait.*), since in 35 years of my academic career I have not missed a single lecture due to illness. My doctors tell me that it will take 6 to 9 months to fully recuperate, but now, 3 weeks after the termination of the irradiation treatments, much of my hair (the last time I had hair on the top of my head was at age 18) grew back and last week I already finished a 10 Km racewalking competition in 67 minutes. I have done already a 5-hour workout. Next week, I will be participating in a half-marathon race and in a month from today in the 26th edition of the Tiberias Marathon. So, next year I hope to participate again in all the long-distance events in Europe as in the past." . . . **That toddlin' town.** Chicago, Chicago, that toddlin'

town. . . way back in the '60s and '70s (that's in the last century), Chicago was a hot bed of racewalking thanks to dedicated administrators like Ted Haydon, Mike Riban, and Bill Ross. One or two National races each year, the Annual Zinn Memorial 10 Km, and numerous local races that attracted strong field. But, there hasn't been much going there since. Now Augie Hirt, another 75 and 100 Km star of the '70s and a very good 50 Km walker besides (and a native Ohioan, by the way) is looking to revive the glory days. Augie has started a new club, the River Walkers, in the Chicago suburbs and has 38 members at latest count. He reports: "We have a beautiful outdoor course through parks and by a river. We also have an indoor facility where we racewalk in an indoor mall December to April. This is very rewarding teaching others and helping them achieve a mind, body, spirit balance. For more information on what I am trying to accomplish, please visit the River Walkers website: [www.riverwalkers.com](http://www.riverwalkers.com)" . . .

## 2002 World Lists (Top 50)

(Compiled by Emmerich Gotze)

### Men's 20 Km

1:17:22	Francisco Fernandez, Spain	1:21:41	Erik Tysse, Norway
1:19:02	Andrie Stadnitschuk, Russia	1:21:45	Chaohong Yu, China
1:19:08	Jefferson Perez, Ecuador	1:21:45	Jorge Luis Pino, Cuba
1:19:18	Vladimir Andreyev, Russia	1:21:46	Noe Hernandez, Mexico
1:19:25	Aigars Fadejevs, Latvia	1:21:48	Hongjun Zhu, China
1:19:40	Robert Korzeniowski, Poland	1:21:56	Eiichi Yoshizawa, Japan
1:19:49	Marco Giungi, Italy	1:21:57	Dmitri Esiptschuk, Russia
1:20:18	Juan Manuel Molina, Spain	1:22:01	Tomasz Lipiec, Poland
1:20:25	Robert Heffernan, Ireland	1:22:02	Cristian Berdeja, Mexico
1:20:36	Viktor Burayev, Russia	1:22:03	Sergei Korepanov, Kazakhstan
1:20:37	Semen Lovkin, Russia	1:22:03	Claudio Vargas, Mexico
1:20:43	Yuki Yamazaki, Japan	1:22:04	Andreas Erm, Germany
1:20:44	Joao Vieira, Portugal	1:22:05	Edgar Hernandez, Mexico
1:20:52	Ivan Trotski, Belarus	1:22:06	Silviu Casandra, Romania
1:20:56	Yevgeniy Misyulya, Belarus	1:22:07	Vladimir Stankin, Russia
1:20:57	Satoshi Yanagisawa, Japan	1:22:12	Yu Wang, China
1:21:01	Roman Rasskazov, Russia	1:22:12	Jire Malysa, Czech, Rep.
1:21:03	Alessandro Ganedllini, Italy	1:22:13	Aleksandr Archipov, Russia
1:21:07	Nathan Deakes, Australia	1:22:13	Liansheng Bai, China
1:21:12	Lorenzo Civallo, Italy	1:22:13	Hong Zhang, China
1:21:23	Sergei Chripunov, Russia	1:22:23	Ronghua Lu, China
1:21:27	Andrei Makarov, Belarus	1:22:24	Omar Segura, Mexico
1:21:36	Alejandro Lopez, Mexico	1:22:25	Beniamin Kucinski, Poland
1:21:38	Andre Hohne, Germany	1:22:36	Yingde Xu, China
1:21:43	Mario Ivan Flores, Mexico	1:22:45	Jamie Costin, Ireland

### Men's 50 Km

3:36:39	Robert Korzeniowski, Poland	3:42:52	Stepan Judin, Russia
3:40:16	Aleksei Joyevodin, Russia	3:43:46	Nikolai Matyukin, Russia
3:42:06	Juri Andronov, Russia	3:44:33	Jesus Angel Garcia, Spain
3:42:08	German Skurygin, Russia	3:45:28	Andreas Erm, Germany

3:45:37	Tomasz Lipiec, Poland	3:53:49	Rogelio Sanchez, Mexico
3:45:55	Marco Giungi, Spain	3:54:05	Yinhang Wang, China
3:47:55	Mikel Odriozola, Spain	3:54:26	Miguel Angel Rodriguez, Mexico
3:48:06	Giovanni DeBenedictis, Italy	3:55:14	Giovanni, Pericelli, Italy
3:48:17	Francesco Galdenzi, Italy	3:55:20	Liam Murphy, Australia
3:49:27	Trond Nymark, Norway	3:55:26	Roman Magdziarczyk, Poland
3:50:37	Grzegorz Sudol, Poland	3:55:32	German Sanchez, Mexico
3:50:47	Denis Langlois, France	3:55:58	Guoping Yu, China
3:51:15	Roman Magdziarczyk, Poland	3:56:13	Philip Dunn, USA
3:51:46	Jacob Sorensen, Denmark	3:56:23	Tim Berrett, Canada
3:51:47	Aleksandar Rakovic, Yugoslavia	3:56:27	Pedro Martins, Portugal
3:52:19	Sergei Kerdyapkin, Russia	3:56:30	Milos Holusa, Czech. Rep.
3:52:20	Sergei Korepanov, Kazakhstan	3:56:32	Fredrik Svensson, Sweden
3:52:36	Modris Liepins, Latvia	3:56:42	Craig Barrett, New Zealand
52:36	Peter Tichy, Slovakia	3:56:51	Fumio Imamura, Japan
3:52:37	Aleksandr Nadeshin, Russia	3:56:56	Mario Avellaneda, Spain
3:52:40	Alessandro Mistretta, Italy	3:56:56	Aleksandr Jargunkin, Russia
3:52:40	Nathan Deakes, Australia	3:56:56	Edgard Hernandez, Mexico
3:52:49	Peter Korock, Slovakia	3:57:03	Omar Zepeda, Mexico
3:52:51	Francisco Pinardo, Spain	3:57:16	Semen Lovkin, Russia
3:53:44	Santiago Perez, Spain	3:57:18	Vladimir Potemin, Russia

### Women's 20 KM

1:26:42	Olimpiada Ivanova, Russia	1:31:12	Susana Feitor, Portugal
1:27:02	Elena Nikolayeva, Russia	1:31:25	Athanasia Tsoumeleka, Greece
1:27:45	Natalya Fedoskina, Russia	1:31:38	Eva Perez, Spain
1:27:51	Ludmila Efimkina, Russia	1:31:39	Rosario Sanchez, Mexico
1:28:03	Lar Safronova-Emelyanova, Russia	1:31:45	Athina Papagianni, Greece
1:28:18	Nadeshda Ryaskina, Russia	1:32:00	Qingqing Wang, China
1:28:24	Margarita Nasarova, Russia	1:32:02	Olga Polyakova, Russia
1:28:33	Erica Alfrida, Italy	1:32:08	Iria Stankina, Russia
1:28:38	Svetlana Tolstaya, Kazakhstan	1:32:16	Nevana Mineva, Bulgaria
1:28:46	Gillian O'Sullivan, Ireland	1:32:16	Tatiana Sibeleva, Russia
1:28:47	Maria Vasco, Spain	1:32:22	Ana Maria Groza, Romania
1:28:55	Kjersti Platzer, Norway	1:32:23	Irina Pudovkina, Russia
1:29:12	Tatyana Kororkova, Russia	1:32:30	Tatiana Korokova, Russia
1:29:47	Antonina Petrova, Russia	1:32:38	Vira Sousulya, Ukraine
1:29:58	Claudia Iovan-Stef, Romania	1:32:38	Beatriz Pascual, Spain
1:30:21	Tatiana Gudkova, Russia	1:32:44	Olive Loughnane, Ireland
1:30:26	Elisabetta Perrone, Italy	1:32:48	Andrea Meloni, Germany
1:30:37	Valentina Tsybulskaya, Belarus	1:32:51	Maya Sasonova, Kazakhstan
1:30:38	Olga Lukyantschuk, Ukraine	1:32:54	Takako Terui, Japan
1:30:42	Elisa Rigauda, Italy	1:33:01	Marina Smyslova, Russia
1:30:44	Kristina Saltanovic, Lithuania	1:33:08	Guadalupe Sanchez, Mexico
1:30:50	Norica Cikpean, Romania	1:33:19	Olga Kardopoltseva, Belarus
1:31:08	Melanie Seeger, Germany	1:33:36	Olena Miroshnitschenko, Ukraine
1:31:10	Rossella Giordano, Italy	1:33:42	Cheryl Webb, Australia
1:31:11	Anna Rita Sidoti, Italy	1:33:48	Yarelis Sanchez, Cuba

## Women's 50 Km

4:19:13 Elena Ginko, Belarus  
 4:29:56 Natalia Bruniko, Italy  
 4:39:45 Susan Armenta, USA  
 4:43:24 Anita Liepina, Latvia  
 4:47:27 Tiziana Secchi, Italy  
 4:49:44 Monika Choderova, Czech. Rep.  
 4:52:39 Silvia Panseri, Italy  
 4:54:10 Nadeshda Putilova, Russia  
 4:57:11 Monica Gardina, Italy  
 4:57:36 Nehrieta Rusnakova, Slovakia

## Before the Revolution

*In putting together our usual Looking Back feature, I was looking at the January 1963 issue of Chris McCarthy's Race Walker. While I chose not to include anything from it in our monthly reminisce, I was fascinated by Chris' lengthy commentary on various kinds of lifting. Reading it, I realized how much the sport has changed in the last 40 years. It all began when Poland's Jerzy Hausleber moved to Mexico as national coach in 1967. By the mid '70s, the Mexicans were a dominant force in racewalking with their quicker, shorter strides and extreme flexibility and the emphasis on keeping the lead leg beneath the body's center of gravity. With many contributions from others, and much serious study of body mechanics, this has evolved into the modern style and resulted in changes in wording and interpretation of the rules of the sport. In light of recent commentary in these pages and elsewhere on the biomechanics of walking and the effects on judging, it's interesting to see what Chris and others were saying 40 years ago. I repeat this not to question where we have gone, but just for its historical significance and the way it connects with ongoing discussions. It would be interesting, however, to see how a modern racewalker would do in trying to adhere to the rules and interpretations of that day. Sort of like putting today's vaulters on bamboo poles. In any case, Chris had run an article on judging in his previous issue and received commentary from Frank McGuire in Australia. Those comments inspired Chris to write the following.*

Franks' letter introduces a new kind of lifter: the "goosestepper". We had already mentioned the "long lift" in our comments last month, so putting the various kinds of lifting together, we see that we have three. These are the "straight-legged running or "flat-footed lift"; the "long lift", and the goose-stepping lift. To these we can add one more, fairly common, which is an irregular lift, usually when the walker loses control over the offending leg. This last kind of lift will be easily observable, but it is very difficult to tell if contact is actually broken. Even though one leg of the walker is "acting funny", many judges are hesitant to say when an offense has been committed.

For convenience, we think that we should illustrate, as best we can, these various offenses, so as to give walkers and judges a clearer idea of what is involved.

What we have in (a) is not a lift at all, but a corrupted form of the racewalking technique, known variously as creeping, sneak trotting, bent knee jogging, etc. As long as the walker maintains contact with the ground, he (*Ed. Forgive all the 'he's': this was in the pre-inclusive language era. While I endeavor to use inclusive language in these pages, I will leave this as is*) satisfies the IAAF definition of walking (*Ed. As then written.*). He does not, however, satisfy the judging requirement (which should, of course, be incorporated into the definition of racewalking--

i.e., the name of the sport, too, should be changed in the IAAF Handbook and rules--*Ed. And it soon was.*), which insists on the supporting leg being straightened at the knee at least once during each stride. It cannot be too strongly urged that judges and coaches act to eliminate creepers from our races. Nothing--no kind of lifting--is as troublemaking and disruptive of harmony as creeping. It's very easily detected, and inexcusable, when it is passed. Frequently, creeping is accompanied by lifting--at which time it becomes indistinguishable from running.

What we have in (b) is the flat-footed lift, or "straight-legged running." Note that the forward leg lands underneath the body, (as does that of a runner) instead of well in front. (*Ed. Just what is being taught today.*) Typically, this type of lifter lands flatfooted, instead of on his heel. (Examine the shoes of a guy with this style, and try and find wear on the edge of his heel--usually, there is none.) Another characteristic of this style will be a high lift of the rear foot as it leaves the ground. Apparently this is a very common type of lifting style, but one that judges must be on the look out for. (As McDougall said, there may not be a loss of contact on each stride, but at speed, there will turn up such a loss every few strides; McGuire suggests usually with the right leg leading.) Walkers with especially short strides for their body height are always (and immediately) suspected of this type of walking. All the more so, because the short stride walker has to take to take such fast steps to make any time. We would strongly urge all short stride walkers to work on getting that forward foot out there; the short stride succeeds only in attracting the scrutiny of the good judges. In international competition, this could be fatal. (*Ed. Obviously, heretical thinking in today's world.*)

In (c) we see the long lift. Actually, it is not too much of a problem. For one thing, the violation tends to be gross--and hence more easily detectable. Secondly, it is an extremely demanding type of locomotion--the straight-legged running style is much easier and hence, common. Usually, judges will see this type of lift during sudden accelerations, such as in the final dash for the tape, or when one walker passes another. Walkers can help avoid this kind of lift by deliberately keeping their arms **down** and turning their hips much more than normal.

The goosestep (d) is a very awkward means of locomotion. Awkwardness, however, is not proscribed by the rules. But again, like all other imperfect styles, the goosestep will attract the immediate attention of alert judges and the walker who uses this style will attract more attention than his fellows. In addition, it **looks like lifting** from in front and behind, and even broadside on it's difficult to determine whether it is or not. The goosestepper must undergo a very basic change of technique, starting from scratch. He must deliberately try to not lock as he lands; for his basic trouble is that he locks before he lands. A "delayed locking style" (i.e., landing on a slightly bent knee, and the locking before the traveling leg passes the supporting leg) is recommended by all the leading texts, such as those by Whitlock, McGuire, Fruktov, etc. (*Ed. Of course, this is not legal under the latest rules, but McCarthy's discussion is interesting in light of recent discussions of straighten and straightened and exactly when this occurs.*) The USA rules until the mid-'50s, and apparently the rules in Germany, too, at that time, required a straightened knee upon landing. (In Germany, this was only true in track walking; not road walking--*Ed. A rather strange distinction.*) Developments in photography (*Ed. Developments that are now rendered crude*), however, have shown that walkers do not, in fact, land on fully straightened legs, except possibly at full speed, and the rules have now been altered to require only "straightening at the knee for an instant." It appears, however, that goosesteppers are over compensating, or over doing, the locking action. (*Ed. The term locking is considered unacceptable in many circles today.*) Also, it appears that they do not sufficiently get that hip around, so as to get the leading leg smoothly down. Although walking is basically a test of speed and endurance, the poor stylists are their own worst enemies--not the judges. (*Ed. Still as true as ever, whatever the rules or the techniques prescribed by sound biomechanics.*)

## Muscle Use and Walking

by Bob Carlson

*(This article appeared in Bob's club newsletter, Front Range Walker News, February 2002. Bob is the long-time editor of that newsletter and author of the Book "Walking for Health, Fitness and Sport", Fulcrum Publishing, 1996.)*

Did you feel somewhat awkward when you were first learning the racewalking technique? Unless you have studied kinesiology or physiology, you might wonder why. The reason is that new motor skills, even relatively simple ones, require a great deal of coordination between voluntary muscles. The voluntary muscles are the ones that move the joints of the skeletal system—voluntary muscles are those that are automatically controlled, such as those of the breathing mechanism, small intestine, and the heart. Slow, calculated movements are often necessary to train muscles to accomplish new motor skills. Conscious thought seems to slow the process and beginners tend to move along somewhat awkwardly. There is a term "paralysis through analysis" that comes all too often into play and can retard progress. The good news is that, with practice, these movements become fluid through familiarity. If you can learn to relax and work on one new movement at a time, the learning process will become much simpler.

All your voluntary muscles have the ability to contract upon demand when stimulated by a nerve impulse, and to relax when the nerve impulse is removed. They can contract either singly or in groups in two ways—isometrically (tightening without shortening) or isotonicly when the muscles change length and produce a variety of movements. As your legs move in a walking movement, for instance, there needs to be a cooperative action of all the bones and muscles of the leg. This is because the walking muscles are attached to your bones across a particular joint or joints. For instance, the gastrocnemius (a calf muscle) extends all the way from the heel to above the knee, and it is a strong extensor of the ankle and a weak flexor of the knee when it is contracted. When it contracts, its opposing muscles relax to allow movement.

Depending upon the movement a muscle needs to make, it can assume a variety of roles. The muscle can be "agonist", which gives it the role of the prime mover as it contracts on demand. Or, it can assume the role of the "antagonist" working in opposition to the agonist. The muscle must relax to allow the desired movement to occur. An easy example to understand is the relationship of the triceps and the biceps. Each extends from below the elbow up across the shoulder joint. When you flex the biceps on the front of the arm, the triceps on the rear relaxes, and vice versa when the arm is extended.

Muscles are also needed as "stabilizers". If the gastrocnemius muscle is flexed, it could cause movement both in the ankle joint and knee joint simultaneously. If only one or the other is desired to be moved, there must be stabilizing muscle action in the joint to hold that joint firmly in place.

The fourth way muscles can act is as "synergists", or in combination with other muscles to produce movements that no single muscle could do. A good example of this is the external oblique muscles of the abdomen. In contracting the left external oblique muscle (a large sheet of muscle fibers covering the front and the side of the abdomen) the trunk will rotate to the right. This is an aid for efficient walking. However, if both the left and right obliques are contracted simultaneously, there will be forward bending at the waist with no rotation. This is not what we wish to have happen in racewalking, so you should only contract one side at a time when walking. Always remember that the most efficient fluid racewalking is achieved through reducing muscle tightness through relaxation.

## LOOKING BACK

**35 Years Ago** (From the January 1968 ORW)—Dave Romansky turned in a sparkling 1:15:50 for 10 miles in Asbury Park, N.J., leaving John Knifton 4 1/2 minutes behind. . . The Metropolitan Indoor 1 Mile title went to Ron Daniel in 6:39.7 and Ron Laird won the LA Times Mile in 6:32.9. . . Laird also won the Athens Invitational in Oakland with a 6:28.2. Tom Dooley was second in 6:33.9. . . Laird was named the 1967 recipient of the Ron Zinn Memorial Trophy, repeating his 1966 selection. . . Publisher Jack Blackburn had some commentary on the national political scene (which cost us a subscriber) and Editor Mortland reviewed a Modern Jazz Quartet concert. Walking news was apparently a bit light. . . The ORW's first Dr. John Blackburn Award for the year's outstanding single accomplishment went to Montana's Larry O'Neil for his 100 mile victory in a Columbia, Missouri race, his 19:24:53 performance shattering a national record set in 1878.

**30 Years Ago** (From the January 1973 ORW)—The Colorado Track Club's 10-man relay team covered 162 miles 275 yards for a world's walking record in a 24-hour relay. And they did it indoors. Jerry Brown led the effort with an average of 7:05.2 for his 17 miles (team members alternated 1 mile stints). Floyd Godwin averaged 7:29 and Peter Van Arsdale 7:37.4. . . The NAIA 2 Mile went to Steve Tyrer in 15:04, with newcomer Augie Hirt fourth in 15:55. . . Ron Kulik was king of the boards in the East with a 6:40.5 win in the Mets and a 6:35.2 in Philadelphia. Ron Daniel was second in both. In Philly, Howie Palarmarchuk, known mostly for his libelous contributions to the infamous *Guano Press* (racewalking's underground paper of that era), was a close third. (Actually, we were mostly entertained, not offended, by that paper, which was not done in a mean-spirited fashion.) Now a prominent podiatrist, Howie has contributed much to the sports medicine aspects of our sport.

**25 Years Ago** (From the January 1978 ORW)—The first page and a half were devoted to the editor's discussion of Columbus in the blizzard of '78 and its effect on training and such. . . Steve Pecinovskiy edged Chris Knotts for fast time honors in the New Year's Eve 6 Mile Handicap in Springfield, Ohio (a week prior to the blizzard) with a 48:21. Chris had 48:30. However, the handicapping was tough on the faster walkers as those two finished sixth and seventh and handicapper Jack Blackburn (50:27) brought up the rear, except for Jack Mortland (50:42). . . John Knifton had a good 30 Km (2:30:54) in Houston. . . In the Millrose Games, Todd Scully won in 6:34.3, with Ron Daniel 3 seconds back and John Fredericks third.

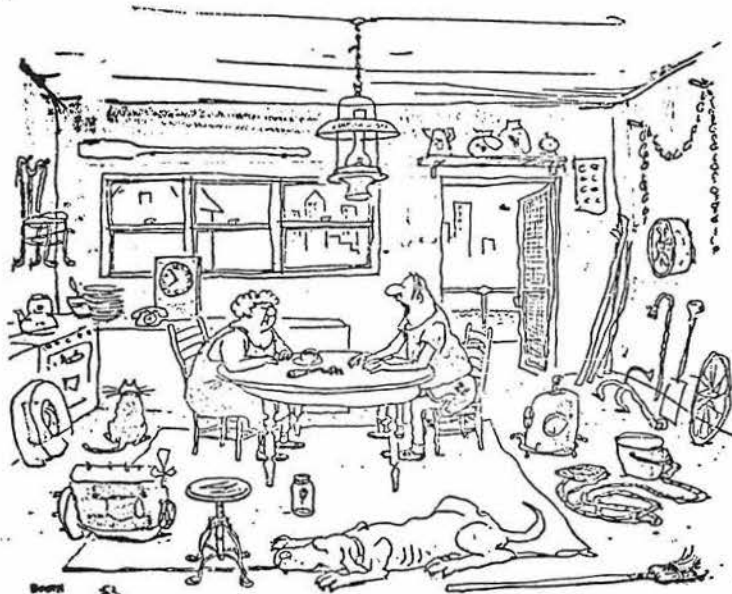
**20 Years Ago** (From the January 1983 ORW)—In the Millrose Games, Ray Sharp edged Jim Heiring, covering the mile in 5:46:21—the fastest ever to that date. Heiring was just a second back and Tim Lewis also broke 5:50. (Five years later, Lewis got down to 5:33:53, which remains the world's best, indoors or out.) Tom Edwards had 5:57 in fourth, and Jim Mann, way back in ninth, had 6:17. . . Edwards earlier had winning efforts of 6:04 and 6:12, and did 13:55 for a 2 miler. . .

**15 Years Ago** (From the January 1988 ORW)—Dan Pierce won 1987's final National race, the 100 Km held in Houston on Dec. 21. Dan had a 9:36:33, after going through the first 50 Km 4:47:26. Dave Waddle was second in 11:01.4 and Alan Price third in 11:11:42. Jeanne Bocci captured fourth in 11:30:28, breaking the Masters Women's 50 Km record (5:31:37) on the way. . . At the same site, Gene Kitts, 40, did 50 Km in 4:23:19. . . Tim Lewis won the Honolulu Marathon walking division in 3:36:23, leaving Randy Mimm 15 minutes back.

**10 Years Ago** (From the January 1993 ORW)—Dave McGovern was a prominent figure with 3 Km indoor times of 12:11.47 in New York City, 12:25:33 at West Point, and 12:04.56 in

Cambridge, Mass. Marc Varsano was just 2 seconds back in the Cambridge race and Debbi Lawrence walked a 12:31.89 at the same site for a national record. . In Princeton, N.J., Ray Funkhouser had a 12:25.9 3 Km win over Sean Albert, whose 12:28.8 was a U.S. junior record. . . Philip Dunn won a Salem, Oregon 5 Km in 22:53.410 with Andrew Hermann second in 22:53.411 (We noted that timing rules don't recognize thousandths of a second, but that apparently they wanted to emphasize that it was a close race.) . . Debbi Lawrence also had a 5:53.94 for 1500 meters in Montreal, 11 seconds ahead of Janice McCaffrey.

Cartoon from *The New Yorker* reprinted in the September 1982 ORW and reprinted again here:



"You should try race walking. It's better for you than running. It's good for your cardiovascular system, and at the end of fifteen minutes your glands excrete a juice that will make you happy."



HENRY LASKAU, 92nd Street Y.M.H.A.,  
3,000 meter walk A.A.U. champion.

*Best of Luck  
18  
Henry Laskau*

**More Hall of Fame.** Top: Ron Laird, left, with Larry and Candy Young at the Colorado Springs Olympic Training Center in 1982, where Laird was the coach. (John Allen SPORTSFOTO). Bottom: Henry Laskau: (Photo from the program of the 1953 NAAU Meet, held in Dayton, Ohio, autographed for a young track enthusiast (me) in the lobby of a Dayton Hotel. Laird was the first racewalker named to the Hall of Fame. Like Young, Laird was a two-time bronze medalist, his coming at 20 Km in the 1967 and 1973 World Cup races. Laskau, our third Hall of Famer, was on the 1952 and 1956 Olympic teams. He won 10 consecutive national titles at 1 Mile (indoors-1948-57), at 2 Miles (1948-1957), and 10 Km (1947-57, there was no race in 1949). Between them, the trio won 132 National Titles (Laird 65, Laskau 42, Young 25).