Dominant Performances in European Cup

Cheboksary, Russia, May 18—It was not a day for races to the wire at the European Cup of Racewalking contested here today. All three senior races saw the winner all alone at the finish having dropped the rest of the field many kilometers earlier. In the women's 20 Km, Yelena Nikolayeva, walking in her hometown, blistered the third 5 km of the race to establish a lead of nearly a minute and continued to build that margin to the finish, which she reached in 1:26:22. Likewise in the men's 20, Francisco Fernandez easily separated himself from the rest after 10 Km as he won by more than a minute in 1:19:48, a routine time for the now consistent Spaniard. In the 50, German Skurygin led a Russian sweep of the medals as he moved easily away over the final 10 to win by nearly a minute in 3:47:50.

The 26-year-old Fern andez solidified his claim to the number spot among the world's 20 Km walkers with his decisive win. It was his third race under 1:20 this year, following a 1:19:08 in a close loss to Bernardo Segura in Mexico and a decisive win in 1:19:25 in Italy, both IAAF Challenge races. He was ranked No. 1 in the world last year when he broke the world's record and won the European Championship. He quickly broke up the field in today's race with a blistering 19:51 for the first 5 Km. Only Russia's Vladimir Andreev and Poland's Robert Korzeniowski, the undisputed 50 Km king, chose to stay with him. Another group of four, including Russian ace Ilya Markov were 29 seconds back, with another small pack of seven walkers 12 seconds further back.

When Fernandez stepped up the already quick pace to hit 10 Km in 39:31, only Korzeniowski could stay with him. Andreev was a lonesome third in 39:49. Behind them, there were two groups of six going through in 40:47 and 41:07. When Korzeniowski got a warning at 10 Km, he dropped out, simply deciding he was not in the right competitive frame of mind—an interesting decision from a triple Olympic champion contesting for the lead. Perhaps he was tired of seeing Fernandez's back, having finished one spot behind him in both those earlier races. In any case, the race was essentially over at that point. Fernandez held his pace for another 5 Km (59:22 at 15) to establish a lead of 1:43 and then eased in as Italy's Allesandro Gandellini and Vladimir closed the gap to just over a minute. The Spaniard walked a superb technical race and had a clean slate on the judges' board. Gandellini moved from fourth to second with a swift 19:47 for the final 5, gaining nearly a minute on Andreev.

Fernandez also led the Spaniards to a team title as teammates David Marquez and David Dominguez captured sixth and seventh. The team race was decided in the final 5 km as Marquez moved from 10th to sixth and Russia's Andrey Stadniehuk dropped from seventh to 10th. Fernandez had also won the European Cup 20 in 1998. Korzeniowski, meanwhile, apparently is concentrating his efforts on the 2004 Olympics and, at present, does not plan to compete in this year's World Championships. However, that decision is not final.

Nikolayeva, now 37-years-old, has been in and out of the World Rankings since 1992 when she was second in the Olympics. She had a number one ranking in both 1995 and 1996 (when she won the Olympic 10 Km in 41:49). Last year, in a strong comeback, she ranked third, with a second place finish at the European Championships and fourth in the World Championships.
It was a good day for the home side, with team titles in both the Junior races and the Men's 50, along with three individual titles. The results:

**Women's 20 Km**


**Men's 20 Km**

Other Results


Lose those blues in your racing shoes

Sat. June 7 1500 and 3000 meters, Seattle (C)
10 Km, Royal Oak, Mich. (W)
5 Km, Fontana, Cal. (Y)
Sun. June 8 Pacific Assn. 5 Km, Sacramento (K)
5 Km, Cambridge, Mass., 9:30 am (AA)
Ohio 10 Km, Yellow Springs (M)
5 Km, East Meadow, N.Y. (K)
Sun. June 15 Mass. Senior Games 1500 meters and 5 Km (AA)
5 Km, Yellow Springs (M)
5 Km, Denver, 8 am (H)
Sun. June 15 3 Km, Alexandria, Ky., 8:30 am (O)
New England 3 Km, Cambridge, Mass. (X)
5 and 10 Km, Royal Oak, Mich. (W)
Indiana 5 Km, Indianapolis (S)
5 Km, Denver, 8 am (H)
New Mexico State 5 Km, Rio Rancho, 9 am (U)
Fri. June 20
USATF National Men's 20 Km, Palo Alto, Cal., 8 am
Sat. June 21
USATF National Women's 20 Km, Palo Alto, 8 am
5 Km, Kalamazoo, Mich., 8:40 am (H)
5 Km, Clermont, Florida (Q)
1500 meters, Dayton, Ohio (M)
Sat. June 22
USATF National Women's Junior 10 Km, Palo Alto, 8 am
USATF National Men's Junior 10 Km, Palo Alto, 9:15 am
Metropolitan 20 Km, New York City, 9 am (G)
5 and 10 Km, Los Angeles (Y)
5 Km, Denver, 8 am (H)
Sat. June 28
Lynnette Atkins Memorial Mile, Dedham, Mass. (M)
5 Km, Los Angeles (Y)
5 Km, Stanford, Cal. (Y)
5 Km, Indianapolis (S)
Bay State Games 3 Km, Cambridge, Mass. (X)
USATF National Junior 5 Km, Mansfield, Penn. (B)
Sat. July 12
5 Km, Cambridge, 9:30 am (AA)
1 Mile, Davis, Cal. (P)
Indiana State 5 Km, Indianapolis (S)
1500 meters and 3 Km, Yellow Springs, Ohio (M)
3 Km, Reno, Nev. (P)
Women's 5 Km, Farmingdale, N.Y. (N)
10 Km, Kentfield, Cal. (P)
Colorado USA 5 Km, Aurora, 8 am (H)
East Region 1 Hour, California, Penn. (F)
The Vytra Health race on the Farmingdale H.S. track on Saturday, July 19, offers cash prizes to the first finishers ($225, $125, $75, $50, and $25) in both open and master's (40 and over) divisions. Shirt and long-sleeve rose to all finishers, merchandise give-away, refreshments, and a free massage are other benefits to participants. Contact Ellen Weinstein 516-349-7646 or runningspinning@yahoo.com for more info... Cheers for Erik Litt. From Elliott Denman: Erik Litt's supply of stamina is obviously incredible. Within a 6-day period, Philadelphia's Erik (of Shore Athletic Club) did some 51 miles 770 yards of terrific walking, as fastest of all walkers (and beating heaps of runners) in two marathon races. First up was the 107th Boston Marathon on April 21 and Erik led all those who did not choose to run in 4:54:07. Next was the New Jersey Marathon April 27, finishing at Long Branch H.S., and Erik checked in at 4:48:55. "No problems, very little pain," reported Erik the day after. His long-term target: Joining the exclusive ranks of America's Centurion Club. (Ed. Those who complete a 100 mile walk in under 24 hours. This is an exclusive club of just 48 athletes at the last count I had, headed by Alan Price, who has completed 23 of the monsters, including three in a single year twice. In one of those cases, the three were in a 90 day period, the other time in about 3 1/2 months. Good luck to Erik in his quest.)... Errata: Typos in the Ohio Racewalker? Unbelievable. Well, not really. Anyway, in the Indoor Master's Results last month, my fingers seemed to be finding the wrong numbers. In the men's 40-44 age group, I showed Doug Johnson second in 17:17.39, areal disservice to Doug. I was 14:17.39. Then, on down the page, my "5" finger seemed to be locked on the "6". I showed Bob keating and Don DeNoon in the 66-69 age group; it was obvious from the progression of groups that it should have been 55-59. Apologies to all involved. Uncensored medals. We reported the results of the Penn Relays racewalks last month. Here is a postscript. In proudly reporting on daughter Tina's great race--a 57-second PR in the 5 Km--Vince captioned his report "Tina Peters and Ben Franklin's Four Naked Guys". After a description and results of the race he noted: "So where do the four naked guys come into the tale? If you can get Tina to show you her medal, it has on one side an imprint of a relay team of four young men, naked in the ancient tradition of the Olympics, receiving their awards from a seated Ben Franklin." (He doesn't say how old Ben was dressed)....

Speaking of naked and with summer's heat approaching, we repeat the following article, which first appeared in the Running Journal and was repeated in the Buckey Striders newsletter. Bonnie Stein, an ORW subscriber, is a racewalk coach in Florida who teaches private lessons, group classes, and summer camps for adults...

You Don't Have To Exercise Naked To Stay Cool While Racewalking

by Bonnie Stein, M.Ed.

Each year as the weather warms up, the Lake Como Resort near Lutz, Florida hosts the dare to Go Bare 5 Km Run and 2.5 Km Walk. Yes, it is what you're thinking--the runners and walkers race in the nude. About 500 people participate, wearing little more than a smile and extra sunscreen. Shoes, socks, and visors are also permitted.

Running and walking "au natural" is one way to stay cool as the mercury rises this summer. Yet, with the new technical fabrics that are available, you can stay cool, comfortable, and be modest as well. Furthermore, what these clothes do that walking or running around naked won't do, is protect those body parts from sunburn, not to mention uncontrollable bouncing. I still wonder about that in the Dare to Go Bare Race.
Many readers may be wondering, "What about cotton?" Most of us grew up learning that cotton was the ideal fabric for active people—it breathes, it absorbs. True. Yet, that's exactly what we don't need while exercising—wet, absorbent shorts. If chafing is a problem for you—cotton could very well be the culprit.

Even cotton socks are not recommended for runners and walkers. A better choice would be a synthetic brand, such as Thor Lo socks. Thor Lo socks wick moisture from your feet so that your feet stay dry. Incidentally, one of the primary causes of blisters, next to shoes that are too tight, is cotton socks.

When I started running in the mid-'80s, not only was it bad enough that we were exercising in cotton, all we women had were men's cotton shorts to make matters worse. Finally, two women runners started the company Moving Comfort, which gave women a wide range of fabulous looking running and walking clothes that also manage moisture with many new technical fabrics. Look for moisture management in shorts, tank tops, and bra tops.

Fabrics to include in your summer walking wear include:

- Coolmax—polyester fabrics that wick moisture away from the skin and promote evaporation.
- Intern—wicks moisture. Coolmax competitor.
- MicroLite and microfiber—used in running and walking shorts, extremely lightweight woven fabric, dries rapidly, even in the hottest weather.
- Supplex—used in running and walking shorts, a nylon material that is soft, breathable, lightweight, and feels like cotton, but dries quickly.
- T3—wicking fabric, unique small-hole construction of material allows for excellent breathability.

Other tips for warm-weather walking:

- Wear a visor instead of a hat (unless you're bald). Visors keep your face shaded while not holding in the heat.
- Use a sweatband to keep the sweat from dripping into your eyes. It also keeps the visor sweatband cleaner.
- Carry water in a funny pack water carrier. I freeze a water bottle half full the night before. Then, before I walk out the door, I fill the bottle the rest of the way with cold water. Your water will stay nice and cold during your walk. Drink every 15 minutes.
- Use waterproof sunscreen and lip balm with sunscreen.
- Remember that heat and humidity affect heart rate. You may do well to slow down a bit while still getting a good workout. Monitor your heart rate or use perceived exertion (how you feel) to make sure you're not overdoing your exercise while it's warmer.
- On really hot days, do your walking early in the morning or later in the evening. Or, use a treadmill or an indoor track, available in some recreation centers.

Lastly, as you head out for your walk, there should be no excuses about not exercising this summer. With the right clothes, and the tips above, all you have to do is make sure your outfits match. And you won't have to worry about those sensitive parts getting sunburned.

Now, at the risk of overkill, but while we are preparing for another hot summer, here is another article that focuses more on the problem of hydration. This appeared in the June 2003 issue of the Front Range Walkers News. Bob Carlson works ahead of me. Here I am just getting the May 2003 issue together.

Exercising In the Heat

by Art Wellman, PhD and Bryant Stamford, PhD

Exercising in hot weather can be safe, but only if you understand the threat heat poses to your body. In order to maintain a consistent core temperature of 98.6°F, the human body depends on a sophisticated thermoregulatory system. This means that the body must dissipate, or "lose," most of the heat produced by normal body functions. During moderate exercise in cool or average weather, this dissipation takes place by passive heat loss (conduction, convection, and radiation) and through the exchange of air in breathing. But during intense exercise, internal heat production can increase by 10 to 15 times the resting rate. And during hot, humid weather, passive heat loss is inadequate. The combination of increased heat production and decreased heat loss can be disastrous.

When the air temperature is warmer than your skin temperature, your body must rely for heat loss almost entirely on sweating. But more sweat production does not result in heat loss from the skin, because it is the evaporation of the sweat that results in heat loss. So, when the humidity is high, little additional water is going to be accepted by the air, and evaporation of sweat will be slow. For this reason humidity is a very important consideration when you exercise, especially on hot days.

Evaporation of sweat to dissipate body heat can result in the loss of as much as 3 quarts of body fluid (6 pounds of body weight) in one hour. Excessive fluid loss without replacement can result in dehydration, which impairs the body's ability to sweat. If water storage gets too low, the body will quit sweating, rendering itself defenseless against the heat. Body temperature then rises to dangerous levels, which may result in serious injury, or death from heat stroke. A person who is overcome by heat must be cooled as quickly as possible by whatever means available. Notify a hospital of the heat casualty and continue to cool the person while waiting for an ambulance or while transporting the victim yourself.

When dehydrated, the body may attempt to keep sweating by stealing water from the blood. But since the heart is attempting to circulate large amounts of blood to exercising muscles, as well as to the skin to help heat exchange, decreasing the blood volume can lead to a state of shock.

Weighing yourself before and after an exercise session will help you avoid dehydration. All lost weight should be assumed to be water and should be replaced before the next exercise session. Because thirst is satisfied long before fluid requirements are met, do not rely on thirst as an indicator of your body's needs. Drink plenty of cold water before, during, and after exercise and use the scale to monitor your hydration.

Heat loss can be aided considerably by exposing as much skin as possible to the air. (Hey, here we go into naked again.) When the skin is covered—even if just by light cotton—sweat will not evaporate. The clothing becomes saturated with sweat and clings to the skin. Sweat that stays in contact with the skin reduces the sweating response and sweat evaporation. Heavy clothing and rubberized suits are very dangerous because they prevent heat from escaping and also inhibit sweat evaporation. Shorts, a sleeveless fishnet shirt, and low-cut socks are recommended for exercise in the heat.

Salt and potassium replacement after exercise in heat is often recommended to prevent muscle cramps. But, the American diet is high in salt, and when more salt is required by the body, less is excreted and more retained. In instances of extreme water loss of more than 6 pounds, salt tablets and/or potassium supplements may be necessary to retain mineral balance. Commercially available fluid replacement drinks provide the appropriate ratio of fluids to minerals, but they move through the digestive tract more slowly than water. They are, therefore, more useful after exercise.
to aid recovery rather than during exercise, when cold water is best because of the urgent need to make fluid available for sweating.

The ability to tolerate heat improves with repeated exposure. After several days in the heat, the body will increase overall sweat production and will begin to sweat at a lower core temperature. This adjustment process is called acclimatization and is complete within seven to ten days.

If you feel overly stressed when exercising in the heat, do not attempt to complete your usual workout. The added stress of heat makes your usual workout unusual.

LOOKING BACK

40 Years Ago (From the May 1963 Race Walker, published by Chris McCarthy)—Ron Zinn won the National 2 Mile in St. Louis with a 1:03:21. Ahead of Akos Szekely and a honeymooning Jack Mortland. (This was a very late May issue since that race took place on June 22. And yes, your editor and wife Marty have a 40th anniversary celebration around the corner.) Laird edged Matt Rutyna for fourth. . . The British 50 Km went to Ray Middleton in 4:16:43.

35 Years Ago (From the May 1968 ORW)—Larry Young captured the National 35 Km title in Pittsburgh with a 2:58:15, ahead of Canadian Karl Menschenz and Dave Romansky, who were about 4 minutes back. . . Bob Kitchen turned in a good track 50 Km on Long Island with 4:25:56, just 2 minutes ahead of Ron Daniel. . . In New York, Romansky recorded a 4:20:24 for 20 Km, just 1:21 ahead of Ray Somers. . . John Knifton had 1:32:46 and Daniel 1:33:08. . . The Zinn Memorial 10 Km in Chicago went to Gerry Bocci in 48:38. . . Your editor captured the Ohio 20 Km on a track in Ashland in 1:42:00. . . Jack Blackbum was an easy winner in the Ohio 2 Mile in Dayton in 14:59 with Mortland trailing in 15:13.

30 Years Ago (From the May 1973 ORW)—Mr. Consistency we called him. Bill Wegle won the National 50 Km in Des Moines with a 2:42:37. That marked his fourth 50 Km in 11 months with times ranging from 2:40:09 to 2:42:53. John Knifton was second in 2:40:21 and Laird third in 2:43:21. . . England's Roger Mills captured our 1 Hour title, covering 8 miles 252 yards, some 72 yards ahead of John Knifton, a native Brit, but by this time an American citizen. Todd Scully and Ron Daniel followed, with the first seven bettering 7 1/2 miles.

25 Years Ago (From the May 1978 ORW)—Marcel Jobin, Canada, moved away from Todd Scully in the second half of the race to win the National 15 Km in Nassau, N.Y. in 1:06:49. Scully (1:09:09) finished well ahead of Dave Romansky (1:11:29) . . . The NAIA 10 Km (track) went to Parkside's Chris Hansen in 46:20. John VanDenBrandt (Parkside) and Carl Schueler (Fronstburg) followed. . . Susan Liers had a world best for 1 Mile with 5:00.6 and 4 days later broke the American record for 5 Km with 23:41.3. . . The Zinn Memorial 10 Km went to Jim Heiring in 46:59, with an 18-year-old newcomer, Ray Sharp, finishing fifth in 51:58. Much more was to be heard from him. . . In Mexico, Raul Gonzalez did 50 Km in 3:49:52, nearly 7 minutes better than the previous best on record. He needed only 1:28:20 for the first 20 Km, and then accelerated over the next 10, before slowing to 1:33:35 over the final 20.

20 Years Ago (From the May 1983 ORW)—Mexico invaded the U.S. and Martin Bermudez led the field home in the National 50 Km in Monterey, Cal. His 3:50:43 was nearly 10 minutes ahead of countryman Felix Gomez. Marco Evoniuk won the U.S. title in 4:01:43, with Jim Heiring second in 4:07:28, just behind a third Mexican, Marcelino Colín. Dan O'Connor and Tom Edwards followed, with 8 U.S. walkers under 4:30. . . Two weeks earlier, Colin came home first in the National 15 Km in Santa Monica, Cal., his 1:02:58 edging Canada's Marcel Jobin (1:03:07).

MAY 2003

Heiring won the U.S. title in 1:03:26, a minute ahead of Sam Shick. Larry Walker, Pete Timmons, and Dave Cummings followed. . . Also at Santa Monica, Susan Liers-Westfield won the women's National 15 Km in 1:17:17, 50 seconds ahead of Teresa Vaill. Carol Brown and Vicki Jones were third and fourth.

15 Years Ago (From the May 1988 ORW)—Defying heavy rains, Teresa Vaill blitzed the first mile in 6:50 to take a substantial lead that she continually built on as she won the National 5 Km in Overland Park, Kansas in 22:31.71. Debbi Lawrence was a minute behind in second with Wendy Sharp third in 24:05. . . Mike Stausch on Wisconsin-Parkside shattered his own meet record in winning his third straight NAIA 10 Km title in 41:56.4. His old record was 43:22.2. Dave Cummings just missed the old record with his 43:24.4 in second, 10 seconds ahead of Doug Fournier. . . Ray Sharp did 41:45 for 10 Km in San Francisco, beating Marco Evoniuk (42:21). Wendy Sharp (Mrs. Ray) was fourth in 49:30, her second race ever.

5 Years Ago—(From the May 1998 ORW)—Joanne Dow won the NAIA 20 Km in Albany, N.Y. with a record 1:34:46. Teresa Vaill was second in 1:36:26 and Victoria Herazo third in 1:41:16. In the National 30 Km held at the same time, Gary Morgan prevailed in 2:25:37, ahead of Mike Rohl and John Soucheck. Bob Keating won the Masters race in 2:47:57, less than a minute ahead of Jim Carmines. Dave Romansky was another 2 minutes back in third. . . In Elk Grove, Illinois, National 15 Km titles went to Debbi Lawrence (1:13:24) and Tim Seaman (1:10:46). Victoria Herazo was 2 1/2 minutes in back of Lawrence with Cheryl Rellinger third. Curt Clausen was on Seaman's heels for the first 10 Km and finished just 9 seconds back with Andrew Hermann third in 1:07:19. Jonathan Matthews won the Masters title in 1:07:41. . . A couple of weeks earlier, Matthews won the Mortland 20 Km in Yellow Springs, Ohio with 1:33:23. Jill Zenner (now Cobb) won the women's race in 1:43:07.