



# OHIO RACEWALKER

VOLUME XL, NUMBER 9 COLUMBUS, OHIO NOVEMBER 2004

**10 Mile, Brooklyn, N.Y., Oct. 24**—1. David Wolf (45) 1:32:30 2. Nick Day (41) 1:34:50 3. Edoardo Sorrenti (61) 1:45:40 4. Jim McGrath (67) 1:48:20 5. Joan Murray (45) 1:49:10 (14 finishers) **5 Miles, same place**—1. Franco Pantoni (59) 51:24 2. John Albert (57) 53:37 3. Sherwin Wilk (66) 57:36 (13 finishers) **National Women's 50 Km, Hauppauge, N.Y., Oct. 31**—1. Dorit Attias (42) 6:10:20 2. Jennifer Marlborough 6:19:31 **Master's Men 50 Km, same place**—1. Vlado Haluska (52) 5:17:56 2. Doug Johnson (41) 5:21:36 3. Rod Criag (46) 5:31:50 4. Randy Miller (42) 6:31:08 **20 Km, same place**—1. John Soucheck 1:46:10 2. Bill Reed (52) 2:03:49 3. Bob Barrett (70) 2:14:32 4. Jim McGrath (67) 2:20:55 **Women's 5 Km, same place**—1. Rachel Lavallee (18), Canada 1:55:38 **Women's 5 Km, New York City, Nov. 14**—1. Nicholas Bdera (56) 27:39 2. Maria Michta (18) 27:40 **5 Km, New York City, Nov. 14**—1. Nicholas Bdera (56) 25:53 2. Vlado Haluska (52) 26:08 3. Vyacheslav Troshkin (56) 26:20 4. Bruce Logan 27:17 5. Alexis Davidson (49) 28:04 6. Tim Davidson (17) 29:44 7. Seth Kaminsky (64) 29:45 8. Bob Barrett (70) 29:55 9. Ellen O'Shaughnessy (45) 30:58 10. David Lee (48) 31:37 11. Raven Pilgrim (17) 31:36 12. Luanne Pennesi (49) 31:49 (23 finishers) **5 Km, New York City, Nov. 28**—1. Nick Forbes (57), South Africa 25:23 2. Vyacheslav Troshkin (56) 26:16 3. Bruce Logan 28:11 4. Alexis Davidson (49) 29:31 5. Tim Davidson (17) 30:19 6. Bob Barrett (70) 30:23 7. Irie Monte (15) 30:36 8. Kate Cannon (16) 31:09 9. David Lee (48) 32:34 10. Luanne Pennesi (49) 32:46 (18 finishers) **5 Miles, New Jersey, Oct. 24**—1. John Soucheck 39:35 2. Jack Lach (60) 46:28 3. Tom Quattrocchi (53) 48:29 4. Ben Ottmer (70) 52:20 5. Art Glass (55) 53:11 6. Manny Eisner (64) 53:35 7. John Molendyk (62) 58:17 (1 DQ) **Women—1. Marie Woodland 49:51 2. Panse Geer (58) 52:52 3. Maria Paul 53:22 (5 finishers) 5 Km, New Jersey, Oct. 31**—1. Jack Lach (60) 28:11 2. Bill May (70) 30:40 3. Manny Eisner (64) 30:52 4. Alan Robinson (54) 32:33 5. Ed Gawinski (77) 35:37 6. Bob Mimm (80) 36:01 **Women—1. Panse Geer (58) 32:02 2. Bernadette McNulty 35:42 (4 finishers, 2 Dqs ) Philadelphia, Oct. 31**—1. Jack Lach 28:11 2. Bill May (70) 30:40 3. Manny Eisner (64) 30:52 4. Alan Robinson (54) 32:33 5. Ed Gawinski (77) 35:37 6. Bob Mimm (80) 36:01 **Women—1. Panse Geer (58) 32:02 2. Bernadette McNulty 35:42 5 Miles, Orlando, Fla., Oct. 24**—1. John Fredericks 46:48 2. Tom Foreman 49:40 3. Mario Feinstein 52:09 4. Ray enkins 53:36 (11 finishers) **Women—1. Sandy DeNoon 52:37 2. Edna Ramsey 52:37 3. Beverly Burijon 54:06 (18 finishers) 5 Km, Orlando, Fla., Oct. 30**—1. Juan Moscoso 31:00 (50+) 33:02 2. Ray Jenkins 32:30 3. Steve Christlieb 4. Phil Brown (50+) 33:50 (7 finishers) **Women—1. Sandra DeNoon 31:50 2. Beverly Burijon (40+) 33:59 (11 finishers) Southeast Masters 20 Km, Lake Louise State Park, Fla., Nov. 13**—1. Leon Jasionowski (60) 1:52:19 2. Ed Parrot (34) 1:54:37 3. Max Walker (58) 1:56:24 4. Norm Frable (59) 1:57:34 5. Juan Yanes (55) 1:58:38 6. Paul Johnson (67) 2:01:59 7. Eddardo Sorrenti (61) 2:05:35 8. John Fredericks (56) 2:05:45 9. Roderick MacElwain (54) 2:08:18 10. Larry VanFossen (53) 2:08:38 11. Bob Weeks (63) 2:08:56 12. Bob Cella (67) 2:14:13 13. Jack Starr (76) 2:22:55 14. Gerry Gomes (72) 2:22:55 15. Peter Brown (53) 2:23:07 16. Ron MacPike (72) 2:23:43 17.

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Mitchell Young (41) 2:31:27 18. Bob Mimm (80) 2:35:29 (23 finishers) Women: 1. Carolyn Kealty (42) 1:57:56 2. Cathy Mayfield (53) 2:15:13 3. Kathy Frable (59) 2:19:56 4. Joan Murray (45) 2:25:39 (7 finishers) **5 Km, same place**—1. Cathy Henley (44) 28:49 2. Jaye Shyken (50) 33:35 3. Trish Caldwell (59) 34:24 (6 finishers) Men—1. Nick Forbes (57) 25:39 2. Carl Acosta (70) 33:39 **Ohio 1 Hour, Columbus, Sept. 25**—1. Ed Fitch 10428 meters 2. Tina Peters 9759 3. Joyce Prohaska 8878 4. Bill Whip 8865 5. Tom Keller 8671 6. Margaret Blackburn 8619

**Columbus Marathon, Oct. 17**—1. Joyce Prohaska (54) 5:06:35 2. Catherine Lee (55) 5:31:03 3. Christine Sayre (45) 5:32:59 (6 finishers) **5 Km, PawPaw, Mich. Sept. 11**—1. Bill Reed 27:31 2. David Dunn 28:19 3. Marvin Barnes 33:16 **5 Km, Portage, Mich., Sept. 18**—1. Rick Sack 30:16 **1 Hour, Aurora, Col., Oct. 17**—1. Albert Leibold (46) 11,141 meters 2. Mike Blanchard (45) 10,665 3. Barbara Amador (55) 9151 4. Sherrie Gossert (52) 8924 5. Rita Sinkovec (65) 8901 6. Mary Gilbert (55) 8332 7. Ed Guiff (60) 8289 (11 finishers, 1 DQ) **10 KM, Seaside, Cal., Oct. 31**—1. Mike Counts (52) 58:42 2. Joe Berendt (49) 58:54 3. Bill Penner (58) 60:55 4. Ted Moore (65) 60:56 5. Bob Weeks (63) 61:59 6. Nicolle Goldman (45) 62:44 7. Leslie Sokol (47) 64:59 8. Debi Engel (46) 66:16 9. Lance Wright (56) 66:20 10. Art Klein (51) 66:35 11. Hansi Rigney (63) 67:17 12. Doris Cassels (65) 67:17 13. Dick Petruzzi (97) 69:27 (24 finishers, 2 Dqs) **1 Mile, Kentfield, Cal., Oct. 24**—1. Kevin Killingsworth 7:58.5 2. Jack Bray 9:12 3. Stu Kinney 9:31 4. Doris Cassels 9:43 5. Jami Boshoven 9:53 (17 finishers in two heats) (This was actually a prediction race and Kinney also won on that basis by coming within 0.5 of his predicted time **5 Km, Kentfield, Cal., (track), Nov. 7**—1. Kevin Killingsworth 26:36 2. Joe Berendt 28:16 3. Jack Bray 29:18 4. Nicolle Goldman 29:44 5. James Beckett 31:04 6. S. Desmond Canning 31:04 7. Doris Cassels 31:57 8. Joseph Anderson 32:10 9. Jamie Boshoven 32:11 10. Bonnie Houchen 32:19 11. Stu Kinney 32:25 12. Ed Lane 33:02 13. Ann Lee 33:19 14. Natalie DeJarlais 33:59 (22 finishers) **Portland, Ore., Marathon**—1. Patty Gehrke, Can. 4:49:57 2. Carolyn Grassman 5:00:19 3. Rando Sajovic 5:07:28 (13 finishers) **2.8 Miles, Seattle, Oct. 9**—1. Bob Novak (55) 25:58 2. Stan Chraminski (56) 25:28 3. Coco Beuchet (55) 26:04 4. Ann Tuberg (44) 28:04 5. Jocelyn Slaughter (45) 28:05 (8 finishers)

### It's Such A Lark, A Walk in the Park

Sat. Dec. 4 10 Km, Roswell, N.M. (N)  
5 Km, Ft. Collins, Col., 9 am (H)  
Sun. Dec. 5 Ann. Grand Prix \$5, New York City (G)  
Fri. Dec. 10 1 Mile, Pharr, Texas (T)  
Sat. Dec. 11 South Region 5 Km, Pharr, Texas, 8 am (T)  
1 Hour, Red Bank, N.J. (A)  
2.8 Miles, Seattle, 9 am (A)  
Sun. Dec. 12 5 Km, Denver, 10 am (H)  
2.8 Miles, Seattle, 9 am (C)  
Sun. Dec. 19 5 Km, Denver, 9 am (H)

Sun. Dec. 26 Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)  
Indoor 1500 meters and 3 Km, New York City (G)  
Niagara Indoor 3 Km, Rochester, N.Y., 10 am (K)  
5 Km, Aurora, Col., 10 am (H)  
Sun. Jan. 2 Marathon and Half-Marathon, Mobile, Ala., 7:30 am (J)  
Sat. Jan. 8 10 Km, Los Angeles (Y)  
Indoor 1 Mile, Cambridge, Mass. (X)  
Sun. Jan. 9 5, 20, and 50 Km, Houston (S)  
Masters Indoor 1500 meters, Hanover, N.H. (X)  
Indoor 1600 meters and 3 Km, Arlington, Virginia, 7:45 am (O)  
Sun. Jan. 16 Indoor 1500 meters and 3 Km, New York City (G)  
Rose Bowl 10 Mile, Pasadena, Cal. (Y)  
Sun. Jan. 23 Indoor 1600 meters and 3 Km, Arlington, Vir., 7:45 am (O)  
Indoor 3 Km, Boston, Mass., (X)  
5 Km, Denver, 9 am (H)  
Fri. Jan. 28 Indoor 1 Mile, New York City, 8:15 pm (G)  
Sun. Feb. 5 Indoor 1600 meters and 3 Km, Arlington, Vir., 7:45 am (O)  
Sun. Feb. 6 5 Km, Denver, 9 am (H)  
Sun. Feb. 13 5 Km, Denver, 9 am (H)

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## FROM HEEL TO TOE

**Calorie burning.** Bev LaVeck had the following interesting observation in the Oct. issue of her *Pacific Pacers Racewalking* newsletter (a nifty little two-page monthly): “Gwen Robertson and I believed for years that calorie burning and weight loss occur more during periods of speed training, intervals, etc., rather than during periods of long endurance training. This runs counter to a lot that appears in magazines. Well, it appears there’s some research data supporting this. Volunteers were given three different routines to do on different days: 1. jogging or brisk walking for 30 minutes on a treadmill. 2. Doing the same total amount of time, but in three 10-minute spurts. 3. Not exercising at all. Twelve hours after each routine, the participants ate a high-fat meal, and then had their blood analyzed. The short bursts of exercise lowered blood levels of triglycerides more than the single continuous exercise session, and the triglyceride levels rose in the absence of exercise. The authors theorized that repeated, short bouts of exercise have an additive effect on the body’s fat-burning rate throughout the day, pushing it higher than a single workout would. (Report from November *Consumer Reports on Health*.)”

**Pollinger report.** From Tim Watt’s Radio Weblog (British): “Zachary Pollinger from New Jersey (on vacation as highschool graduation present) made a snap decision to enter the Enfield Open 7 mile race on Saturday—and won! The 18-year old, who competed at Naumburg (Junior World Cup race), is taking a year out prior to studying economics at Harvard. He flew off the next day to joining a training camp in Texas and plans to train over the winter at the Olympic Training Center in Chula Vista, California. He took away the Les Brown trophy as an added incentive to return to Europe next year and looks forward to competing against the UK juniors at the Leamington Grand Prix on 16 April.)”

**Walkers that run.** Matt Boyles, sixth in the 20 Km Olympic Trial last summer, is back running cross country at Rio Grande U. (Ohio) and doing well with a 13th place finish (25:15 for 5 miles) in the NAIA national meet. Mike Tarantino, 10<sup>th</sup> in the Trials finished ninth in a 10 Km Thanksgiving Day run in Rochester in 35:19. He was home on a holiday break from UW-Parkside

**Oh my!** Bill Clark in Columbia, Missouri, long-time subscriber, sometime walker and racewalk promoter, baseball for the Cardinals, I believe, sent the following note with his renewal—not seeking sympathy, just letting me know what is going on in his life. “Looks like walking at any pace has become a problem. The replacement of both knees and both hips (plus a right shoulder) put a crimp in things. Then a broken tibia and seven months in a cast of some variety atrophied the right leg and replacement of the right hip left me with an inactive femoral nerve for six months. All this left me unable to run (*Ed. No kidding?*) And now the deterioration of cartilage in the lower spine has all but stopped walking. I still ride a bike and do some heavy lifting, but must pick and choose the lifts.” (*Let us not complain of our little aches and pains.*)”

**Good for T&F News.** The Olympic coverage in the October issue of *Track & Field News* included a picture of Robert Korzeniowski clearly off the ground. I immediately wondered why they had to choose that picture and what the reaction might be. Sure enough, they received at least four letters from anti-racewalking readers (that’s how many they published in the November issue). This from one of those letters: “. . . A great picture that demonstrates once again that racewalking does not belong in the Olympics. With all of the talk about cheating by drug-using Olympic track athletes, why is there no mention of the cheating (i.e., running) that is necessary to win at the elite level of racewalking?” Or this from another: “. . . Photos like that don’t lie, and every time that walkers get in a photo, particularly if it’s a group photo, you’ll see some of ‘em in the air. Perhaps the solution might be to add a rule forbidding photographing walkers in action?” To their credit, T&FN replied to these letters as follows: “While your comment was made in jest, we do feel compelled to note that the rules of

racewalking say, ‘so that no visible (to the human eye) loss of contact occurs.’ Yes, it’s easy to find photographic evidence of lifting, but if football, for example, used photographic evidence, every play would be whistled dead for an infraction of some kind. There are practical considerations.) . . . But, of course, all the press we get isn’t positive. Here’s an article that Bob Mimm sent me from the *Star Ledger*, Aug. 28, 2004 edition. (Unfortunately, he didn’t tell me in what city that paper is published—somewhere in New Jersey, I guess. Bob lives in Willingboro.)

## 31 miles. . . step by Step

**There’s a lot of time to kill. . . 3:38:46 to be exact. . . for racewalk spectators**

Athens, Greece—“Good morning walk fans”, the man with the monotone voice says over the stadium loudspeaker. It is 6:58 am. The gates to the Olympic complex have opened just minutes ago. The sun has yet to rise. A lonely cricket chirps from somewhere in the stadium grandstand. The aforementioned walk fans? They number precisely 13.

These are the dedicated 13 people, dedicated enough to get up at this hour to watch the 50 kilometer racewalk, the longest and most tedious event in the Olympics. (*Ed. Not true. Longest on the track and field program, but the cycling road race goes much further and takes longer. Now, if they ever add cricket to the Olympic program, we will have a really long event. And now I’ll shut up and let you find the misstatements for yourselves.*) You think the marathon is a marathon? Give this a try. Fifty-four of the world’s best. . . uh. . . walkers have assembled here for the premier event in their sport. They will walk, no run, for 31 miles.

The start gun sounds at precisely 7 am. They are off. Three Chinese walkers take the early lead, and the Latvian is making a move up to the front, and the group makes the first turn on the stadium track and. . . heads out the tunnel?

“They will be back,” an usher says. “When?” “In three to four hours.” Time to settle in for the long haul.

## 31:42 into the race

Two Japanese sportswriters sleep with their heads on the press tribune table. An usher sits with her face buried in her hands. For the first time, it is possible to walk around this stadium without someone telling you where to go. Freedom!

The only activity is in the broadcast area. Bruce McAvery and his colleague, David Gulbert, are doing live cut-ins during a Melbourne news program. The cut-in lasts about six minutes. They run out of things to say in roughly 5 minutes 47 seconds.

“The heart rate would probably be about 120, 130 right now,” Culbert says. “The guys in front, they’re the best in the world. In fact, they’re some of the best of all time,” McAvery adds. “He’s made a move here,” Culbert says, pointing to the Russian guy on the screen.

Finally, the six minutes are up. They take off their headphones. “Oh, it goes by pretty quickly,” Culbert says. He is heading to the media lounge. To get more coffee.

## 1:08:42 into the race

This whole endeavor would take a lot less time if these guys just ran a little bit. Oh right. Running is against the rules, of course. According to Racewalk.com, “racewalking is a

progression of steps so taken that the walker makes contact with the ground so that no visible loss of contact occurs.”

This rule makes the competitors look like fourth graders who really have to go potty, but hall monitors are making sure they don't run to the bathroom. The unnatural movement not only look silly, but is brutal on the body. Racers get hip flexors, knee problems, muscle strains. . .not to mention blisters.

Why do this? “I pose that question to myself all the time,” says American racewalker Curt Clausen, who was born in Trenton. “It's a lot of pain, and you've got to be willing to compete with it and live with it.”

Men in silly hats are posted around the route to make sure no one breaks form. When they do, they walk out and tap the competitors with yellow paddles. Three violations, and they hit the walkers with a red paddle, and they are disqualified.

Australian Nathan Deakes already has been hit with a yellow paddle, which is bad news for him, but good news for Culbert and McAvery. They have something to fill the next six minutes.

### 1:25:56 into the race

So, who is watching this? There are no 50 fans in a stadium that seats 70,000. The racewalkers will not waddle back into this stadium for two hours and even then this moment of excitement will last roughly 30 seconds. What are they doing here?

“We, too, are curious why we are here,” says Kostas Papandopoulos. He and his pal are college students. They wandered into the stadium to take a look around, and have resolved to stay until the end. “We have patience, and we have books with us.”

“I don't have nothing to do,” says Kostas Auxentiou, sitting in the front row in a Scorpions T-shirt. He was out partying until early in the morning, and instead of going home, he came here.

The only fans with a clear rooting interest are Tomasz Grenke and Miaya Atli, two Poland natives who came to see Polish legend Robert Korzeniowski. So dedicated in the quest, they scalped a pair of tickets in the Plaka for 25 Euro each. Admission to the racewalk is free. “Now,” Grenke says, “we have to be here and enjoy every single second.”

### 1:54:43 into the race

A few words about the Polish legend Robert Korzeniowski, while we have the chance. This guy is big in Poland. Like, Michael Jordan big. In 2003, he won the Golden Spike Award for Male Polish Athlete of the Year for a record sixth time. The Aussies might break from their live racewalk coverage for other sports. The Poles do not. The racewalk is on the radio in Poland

Racewalking. On the *radio*.

So, when he won his second straight gold in 2000, Korzeniowski received a 10-minute call from the Polish prime minister. And, with half the race behind him, the prime minister has 90 minutes to dig out that phone number again. Korzeniowski is all alone in the lead. He is so far out in front, he could turn this into the race crawl and still medal.

“This is his last race,” say a friend, Zygmunt Smalcurz, a Polish trainer. He says Korzeniowski plans to write a racewalking book when he officially retires. “He is the most professional sportsman in Poland—to know what to do a year before, a month before, the day before, and the hour before. Everyone in Poland loves him.”

### 2:23:12 into the race

Uh-oh. Big news in Australia. Deakes is hit with the dreaded red paddle. He is crying uncontrollably. The Aussies break into their coverage of canoeing to give the report. The sportswriters spring into action. Big news. Biiiiig news. An usher is watching the commotion from her chair. She shakes her head. “I just don't like it. I'm sorry,” she finally says. “To see these men walk like this? It is awful. Everyone thinks they are not men, they are sissies!”

### 2:43:42 into the race

The man with the monotone voice steps away from his microphones and walks out of his booth. He has been giving commentary on the race for nearly three hours, his voice bouncing off the empty seats and reverberating into space.

“This is a different challenge,” says Robert Hersh, a lawyer from Long Island who has been announcing track and field events for three decades. “First, there are not many people here. And second, this is pretty self explanatory.”

He looks around the stadium. Yes, it is empty, but he has seen worse. In 1991, he announced a racewalk in Tokyo during a monsoon. “I could see every seat,” he says. “and there was not a single soul in the stadium. Not one.” Which raises the question—if a racewalk takes place and no one is there to see it. . .

### 3:38:42 into the race

Finally, he is here. Korzeniowski walks back into the Olympic complex. He walks into a parking lot. He walks past a group of Polish fans, who walk alongside him waving red-and-white flags. He walks into the stadium, onto the track, between tiny orange cones, and when he crosses the finish line after walking nonstop for more than 218 minutes, what is the first thing he does? He starts to run.

## What are they doing? They may look funny, but racewalkers have the mechanics down

by Jane Parks-McKay

*Santa Cruz (al.) Sentinel*, Jan. 15, 2004

*(Ed. But, our press isn't all bad. A bit dated by now, but here is a nice article on the positive aspects of the sport.)*

When I turned 50, I vowed *this* was the year that I'd finally get back in shape. Too many years of little exercise and good food had taken its toll. But life intervened and I ended up tearing my Achilles tendon. The verdict: I couldn't walk or exercise the way I needed to for several months.

Enter age 51: *This* is the year finally. As I thought about all the injuries I'd had, what I liked and what I didn't like to do, I looked out the window and noticed some funny looking walkers, almost resembling ducks, waddling down our busy street. Instead of strained faces though, as most athletes had, I noticed these folks were smiling and actually having *fun*. Hmmmm, I thought.

I found out this odd-looking exercise was called racewalking. After a few calls, I found the Santa Cruz Track Club, which referred me to Art Klein, the group's racewalking leader.

Klein, 50, and his wife, Becky, 42, formed the racewalking group in 1996. Both are passionate about the sport. Working with Special Olympics for several years, Art was the head walk coach for the Leukemia/Lymphoma Society's Team in Training for three years. Becky has been a racewalker for more than 6 years and has competed statewide.

I knew I's arrived at the right place when I joined the group for a workout one Wednesday night at Soquel High. Sharing the track with the running group, the racewalking group of 10 determined souls made me feel welcome right away.

Klein went through the steps of racewalking with me. I learned that while racewalking might look funny to others, maybe even eliciting a "what are they doing?" from passerby, racewalking is the most natural way of walking. It utilizes every part of the body.

While racewalking is better known back East, where youth and collegiate athletes have a better exposure to it, it's gaining ground out West. People do it for all reasons and it's something, as one racewalker pointed out, that you can do anytime, anywhere. For some, it brings out the competitive spirit, for others, it's a safe way to stay fit and have fun at the same time.

Klein stresses that the "race" part of the term racewalk can easily be ignored. And equipment needed? Just a good pair of flexible running shoes that accentuate heel-toe movement. For those who may want to be more competitive, there are numerous races and marathons one can compete in.

Racewalker Joseph Anderson, 64, of Santa Cruz, used to run most of the 10 km races in the area. "But when I got into my 50s, my hips hurt and I had a hard time getting out of bed," he said. "I tried bike riding and racing mountain bikes, but I was stiff and achy. I even tried swimming, but it was boring. Finally, I tried racewalking, learning technique from the Web. One night, while I was walking West Cliff Drive, a group of people noticed I was racewalking and I finally found a group to work out with."

That was 3 1/2 years ago and Anderson has not looked back. He and his wife even do it when they travel. *(Ed. I'll avoid commenting on that one--but I guess I just did.)*

Margaret Hicks, 56, of Aptos, concurs. A rookie with only a year under her belt, Hicks says she is progressing fast and is grateful for what this group has done for her. An ardent runner, she developed osteo-arthritis in her left hip. A hip replacement soon followed, and the challenge for Hicks was what to do for fitness. Hicks was skeptical of racewalking at first. "Could I really get as good of a workout as with running?" she thought. "Would I really be able to cover ground quickly? The answer to both, I've learned, is absolutely."

Count me in. It took a while, but I think I've finally found something that's going to work for me lifelong.

## Immortal Tsoumeleka

*IAAF Release prepared by Michalis Nikitaridis*

The annual IAAF World Racewalking Challenge and the introduction of official World records for road events has greatly enhanced the profile of racewalking in the athletics world. Yet, undoubtedly the World Championships and Olympic Games remain the premier occasions for racewalkers to step into the consciousness of the wider general public. In Athens this summer, taking advantage of this year's racewalking spotlight was a young Greek girl. Athanasia Tsoumeleka, who at 22 took the women's 20 Km Olympic crown, bringing the

host nation their first athletics gold of the Games.

## A small shop at the center of Greek emotion

Tsoumeleka was born in Preveza, a small town on the western coast of Greece, on Feb. 2, 1982. She grew up there, with her parents, who ran a fish shop in the town, and who fully backed their daughter's dedication to her sport.

Yet not even these proud parents could have ever imagined that their tiny enterprise would become the center of national celebration, thanks to their daughter's love of walking. But on August 23, this is exactly what occurred as the people of Preveza gathered at the shop to celebrate Tsoumeleka's Olympic triumph.

Suddenly, with the national media descending on the shop, it was time for everyone in the country to know about the Tsoumeleka family. Immediately the new Olympic champion acknowledged the debt she owed to her parents. "My only want is to relieve my parents, wiping out the obligations and the stress they have experienced all these years."

## Early distinctions

Inspired by Voula Patoulidou's Olympic win the 100 meter hurdles in 1992, Tsoumeleka started training in the Club Asteras Prevezas when she was 11 years old, initially as a long distance runner. "I cried every time I watched Voula's final in Barcelona. She has always been my standard."

Her career as a walker started accidentally, a few years later, when the club asked her to participate in the walking event of the local championships, hoping that she could win some points. Tsoumeleka made no special preparations for the event, completing her usual daily training program before participating in the walk, but she went on to win the race, although she had never been taught any racewalking technique.

Overcoming some hesitations, she agreed to participate in the National Championships of the same year, and just one month after her first ever walk race, she managed to win the national title in her junior category (in 1998), and start a new career. The next year, she moved to Athens, entering the Pantelon University and joining Nikos Dimitriadis, who has been the coach of the most successful Green long distance runners and walkers.

## National records and European Junior silver

During the period of 2000-2003, Tsoumeleka saw clear signs of her talent and potential. A new national record accompanied most of her races. In fact, during the period, she broke the national records 17 times in junior and senior women's categories. In 2000, she represented Greece in the World Junior Championships held in Santiago, Chile, where she placed fourth in the 10 Km walk. Then in 2001, she won the silver medal in the European Junior Championships in Grosseto, also at 10 Km.

## European Under-23 gold

In the senior European Championships in Munich in 2002, her first international appearance in the senior women's category at a major championships, she took a very creditable ninth place. Then in 2003, she won the gold medal at the European Under 23

Championships in Bydgoszcz, Poland, and a few months later, her seventh place in the World Championships in Paris confirmed her position as the rising star of international racewalking.

### Athanasia means immortality

In the Greek language, Tsoumeleka's christian name 'Athanasia' means immortality, and there is no doubt that she joined the Pantheon of the Olympic racewalking Gods this summer.

"I started the race believing that I would be placed among the top eight athletes, hopefully not lower than the position I won in Paris. After the initial stages, I was planning my pace in order to secure eighth place, then seventh, then sixth, then fifth. . . I could see myself even at fourth position. And there I stopped. I couldn't imagine myself on the podium. Yet, after 17 Km there were only three athletes left in medal contention, and I stared at my coach and thought it was time for the gold," Tsoumeleka recounted after crossing the finishing line.

### No dramatic difference between Paris and Athens Times

Her win in the Olympic race in 1:29:12 was, at the time, only the second ever women's Olympic track and field victory for Greece, after Patoulidou's victory in 1992, and many people welcomed it as one of the most unexpected results of the Olympics.

However, Tsoumeleka only slightly improved on her Paris' mark (1:29:34), which had brought her seventh position. She and her coach planned a strategy to exploit all the competitive advantages they had. After all, she was going to walk on a road that she had walked hundreds of times during the last few years, and as a 'local' she was completely adjusted to the specific warm weather conditions.

"We planned a strategy adapted not so much to other competitors, but to our own possibilities," Dimitriadis explains. And they won. Because, using the champion's words, "walking means endurance and technique and continuous thinking, supported by days and days of endless training."

### Olympic champion also in life

Tsoumeleka has become Olympic champions at an exceptionally young age, so what are her sporting expectations now? "I cannot have higher expectations. I am already Olympic Champion, there is nothing more important than this. I wish to God that I would win more Olympics. But more than this, I also want to be an Olympic champion in life. I want to be close to the children, to transfer my experience. I have plans to visit schools, to be in contact with them, whenever my athletics obligations leave some free time."

### Olympian Pushes Fitness Walking

*The following article was provided by Steve Vaitones. As a preface, he notes that the DLV - the German national athletic federation - started a walking-for-fitness program this past year. Their website has posted several stories on top athletes who are involved with developing and promoting the program. This story from late October, is on Melanie Seeger, fifth in this past summer's Olympic Games. Translation courtesy of Ed Vaitones*

Olympic women's 20 Km fifth place finisher Melanie Seeger is walking onwards. Not only with the elite, but now also with recreational athletes. The Potsdam (near Berlin) native has earned her coaching theory and practice certificate in fitness walking and Nordic walking. "For a while, I have wanted to do something with fitness walking. Fitness walking and Nordic walking can be connected quite easily. Our racewalking and fitness walking are, after all, essentially the same. That right there is a motivation to become involved."

Seeger is getting involved in a trend which she herself is creating. She happily says, "The fitness walking movement has grown dramatically. Recently I have seen many people fitness walking in Potsdam and Berlin. It has become a significant alternative to running." A frequent competitor in World and European Championships, Seeger has a clear vision of what she would like to do with her new knowledge and certification. "If requests come, I would gladly give instruction, including being a personal coach, if my time allows it."

The 27-year old sees fitness walking as the ideal way to start in the sport. "With fitness walking, one can lay a solid foundation. Aside from that, it is ideal for those people who want to move at a particular speed. Nordic walking is another alternative. "Here, one uses poles as well and gets more involvement from the arms. As a result, one gets better push-off, and is faster," Seeger explains.

There are other differences, the German record holder continues, "With Nordic walking, one uses 46 percent more energy. It is important to be instructed by someone who has training. Just the selection of poles is quite important. For younger people who really want to challenge themselves, it is also interesting. The German Athletics Association (DLV) Walking Tour has grown into an important part of the German fitness walking scene. This year's walking tour was impressive. Approximately 10,000 spectators and walkers used the six "DLV Walking Days 2004" to inform themselves, observe, try walking or to share experiences. Across Germany 151 DLV regional "Walking-Fests" offered a broad offering of walking events.

Note: An additional article summarizes the brief history of the DLV Walking Days-- how they started back in 2001 with world walking day, how the gatherings have grown through the years, how an estimated 20 million have been reached through the promotion, information, and opportunities to walk. Christain Schenk, 1988 Olympic decathlon champion, is the coordinator of the events and remains enthusiastic for continued success.

### Talking the talk, walking the walk

by Scott Walsh  
*Canberra Times*, Nov. 7

Canberra racewalker Nathan Deakes plans to harness the technology wxtremes of state-of-the-art and primitive training methods in his bid to grasp the sport's No. 1 crown. Deakes, who won Olympic bronze in the 20 Km walk but was disqualified in the 50 Km event, returned to training last week, as he cranks up preparations for athletics World Championships in Finland, in August next year.

During the coming months, the ACT walker will use everything from computer-generated biomechanics feedback to pulling an old rubber car tire around a training track to reach his mental and physical peak. *(Ed. Aha So, he must have been reading a Ron Laird book. But, Ron's suggestion of pulling a tire, something he used to do, has been written off by many in this country.*

One of Deakes' first steps in eliminating the possibility of a repeat at the 2005 Helsinki World Championships will be strapping into a Vicon biomechanics machine at the AIS to analyze his technique and pinpoint any subtle imperfections. The Vicon is the same tool used to scrutinize the bowling action of Sri Lankan off-spinner Muttiah Muralitharan (*Ed. I think we are referring to cricket here, not ten-pin bowling*) and for creating life-like computer animations in the Oscar-winning film trilogy *The Lord of the Rings*.

"I don't think my problems extend to what Murali's do, but it's something we can do to have another look at my technique," Deakes said. "Now is the perfect time, with me getting back into training, to see if there any flaws and to work on them. I'm very confident with my technique. Since I've been home, I've been watching the footage from Athens and I can't see anything I did wrong, it was just one of those things on the day. But, in terms of the biomechanics lab and the staff we have here at the AIS, they're the world leaders in what they do, so it would be silly for us to not use their services."

Doakes, 27, will return to seven-day-a-week training this week after a two-month layoff. Mentally and physically refreshed, Deakes is ready to launch a new assault at the world NO. 1 title.

Former world champion Robert Korzeniowski of Poland retired after Athens and Deakes said he expected nothing short of seizing the mantle next year. "I definitely lacked motivation coming back from the Olympics," Deakes said. "I suffered a bit of the post-Olympic blues, which I didn't after Sydney, so that was a bit strange. But I think I needed that break mentally. I'm looking forward to training now, so I know I made the right decision having that time off. I'm going to the World Championships to win so, if I come back without at least one next year, I'll be very disappointed."

Deakes missed this year's Australian domestic through injury but plans to stride through a full Telstra A-Series season from January to March before international Racewalk Challenge races in Mexico and Portugal.

## Korzeniowski and Rigauda Top Final Challenge Standings

(IAAF release) The three racewalks at the Olympics brought to a close the IAAF World Racewalking Challenge 2004 with overall victories for Robert Korzeniowski of Poland and Elisa Rigauda, who each netted \$30,000. Final positions were based on the best total of points achieved by an athlete in any three of the Challenge competitions, with 10 points for a win, nine for second, eight for third, and so, down to 10<sup>th</sup> position.

In the men's category, Korzeniowski (28 points), after three second places in the Challenge prior to Athens—all 20 Km races—crowned both his season and career by retaining his Olympic 50 Km title. Jefferson Perez of Ecuador, the World 20 Km champion, was second (27 points, including two wins), with Olympic titlist Ivan Brugnetti, Italy third with 27 points (one win). The two wins gave Perez the nod.

Rigauda, who was fifth in the Olympic women's 20, already had to her credit three wins (30 points) in Tijuana, Rio Major, and Sesto San Giovanni. Claudia Stef of Romania (26 points) and Maria Vasco of Spain (24 points) were second and third among the women.

The IAAF also compiles world rankings in each track and field event using a complicated scoring system based on performance (using points tables similar to those used for decathlon and septathlon scoring) and placing in events throughout the year. We won't iterate their lengthy explanation here. The final rankings for the year showed the same top three men as the Grand Prix standings, but had Jane Saville on top for the women. The top 8 in the IAAF rankings were:

### Men

Robert Korzeniowski, Poland 1371  
 Jefferson Perez, Ecuador 1346  
 Ivano Brugnetti, Italy 1330  
 Chaohong Yu, China 1329  
 Nathan Deakes, Australia 1321  
 Francisco Fernandez, Spain 1313  
 Jesus Garcia, Spain 1289  
 Yoaheng Han, China 1284

### Women

Jane Saville, Australia 1302  
 Elisa Rigauda, Italy 1294  
 Maria Vasco, Spain 1293  
 Athanasia Tsoumeleka, Greece 1279  
 Hongjuan Song, China 1275  
 Yelena Nikolayeva, Russia 1274  
 Melanie Seeger, Germany 1269  
 Margarita Turova, Belarus 1254

Tim Seaman was tied for 48th with five others (including training mate Erik Tysse, Norway). No U.S. women made the top 50. The ORW's annual rankings at 20 and 50 Km for men and 20 Km for women will be featured in next month's issue.

Related to the above are the U.S. Grand Prix rankings, which are based on points scored for placing in the 11 races on the Grand Prix schedule (nationals, which included the Olympic Trials, and the World Cup Trials). Here are the top ten, both men and women. Realize that the more races you compete in, the more points you can score.

### Men

Curt Clausen 70  
 Tim Seaman 63  
 John Nunn 41  
 Kevin Eastler 34  
 Theron Kissinger 29  
 Bill Vayo 29  
 Dave McGovern 27  
 Sean Albert 25  
 Philip Dunn 19  
 Ben Shorey 16

### Women

Michelle Rohl 56  
 Bobbi Jo Chapman 36  
 Deborah Huberty 34  
 Joanne Dow 29  
 Teresa Vaill 29  
 Sam Cohen 27  
 Jolene Moore 27  
 Marcia Rutledge 19  
 Amber Antonia 17  
 Jennifer Marlborough 17

## LOOKING BACK

**35 Years Ago** (From the November 1969 (ORW)—The Ohio Track Club's annual Distance Carnival saw Long Island AC teammates Gary Westerfield and Steve Hayden finish one-two in the mile 7 mile race. Westerfield had 53:58 and Hayden 54:40. The next day, Gerry Bocci took Hayden in the 15 miler, 2:03:28 to 2:05:32. Westerfield did not finish. The women's 5 Mile event went to Detroit's Mary Kefalos in 53:12 as Jeanne Bocci, 7 months pregnant, was talked out of trying to defend her title. . . On Opposite coasts, Tom Dooley and Canada's Marcel Jobin blistered 10 miles. Dooley, in California, had a 1:12:17 and Jobin turned in a 1:12:30. Ron Daniel trailed Jobin with 1:16:33. . . A young Todd Scully showed some potential as a future great with a 14:00 win in a Collegiate 2 Mile. . . The Junior National 50 Km went to Dave Eidahl in 5:16:43. (As we often explain, Junior in those ancient days was not an age-related category, but was for those who had never won a National Junior or Senior title.)

**30 Years Ago** (From the November 1974 ORW)—National AAU “B” titles (by this time, the “B” category had replaced the Junior designation and Juniors were indeed the youngsters) went to Bob Korn at 10 Km in 49:20.6 and Chuck Hunter at 100 Km in 12:26:40. . . The ORW’s Eighth Annual Dr. John Blackburn Award for the year’s outstanding single effort in U.S. racewalking went to Sue Brodock. She had won the women’s International 5 Km in a then world’s best 24:16.2. (Widespread women’s racewalking was still very much in the neophyte stages.) In the ORW’s 5<sup>th</sup> Annual World Rankings (published early that year), the USSR’s venerable Vladimir Golubnichiy led the list at 20 Km, with Bernd Kannenberg, West Germany, and Karl-Heinz Stadtmuller, GDR, second and third. Kannenberg has set a world record, but was beat3en by Golubnichiy in the European Championships. At 50, Christoph Hohne, GDR, was a clear choice, with a Euripean Championship and world best ever of 3:52:53. Otto Bartsch, USSR, and Peter Frenkel, GDR, followed. . . Jerry Brown, Floyd Godwin, and John Knifton topped the U.S. rankings at 20, with Larry Young, John Knifton, and Augie Hirt ranked 1-2-3 at 50. . . In a 10 Km race in England, a couple of Mexicans gave a preview of thins to come as Raul Gonzales did 41:59 and Daniel Bautista 43:45.

**25 Years Ago** (From the November 1979 ORW)—In a late season race, Dan O’Connor defended his National 40 Km title in Long Branch, N.J., covering the distance in 3:23:10, fastest in the history of the event to that time. Not far behind, Vincent O’Sullivan (3:24:22) edged Tom Dooley (3:24:36 for second. Wayne Glusker was fourth and Ohio’s Chris Knotts captured sixth. . . The first Alongi Memorial 20 Km in Grosse Pointe, Michigan, went to Italy’s Carlo Mattioli in 1:26:38. Behind Italy’s Domenico Carpienier, Steve Pecinovsky edged John VanDenBrandt to be the first U.S. finisher. . . In Mongtreal, Daniel Bautista regained the world record for 20 Km, then held by fellow Mexican Domingo Colin, as he walked 1:20:07. Countryman Felix Gomez and Ernesto Canto were not far back in 1:21:24 and 1:21:52. Italy’s Mauricio Damilano, now IAAF Racewalk Chair, was fourth in 1:22:59, but did better the next summer, capturing Olympic gold. Bautista had a gold from 1976 and Canto got his in 1984, so this was a golden race. . . Susan Liers won the Women’s National 20 Km title at Kings Point, N.Y. in 1:52:59. Jeanne Bocci was more than 2 minutes back.

**20 Years Ago** (From the November 1984 ORW)—Ultra-distance specialist, Alan Price, then 37-years old, continued to dominate any pretenders to his throne, winning the National 100 Km title in 10:48:00. The race was held in Arlington, Virginia. Brian Savilonis was second in 11:18:09. . . In the Pan-American Cup, Columbia’s Querebin Moreno excited the home folks by winning the 20 in 1:25:19. Guillaume Leblanc, Canada, was second, with Hector Moreno, Columbia, and Jaime Lopez, Mexico, following. Ray Funkhouser was the first U.S. walker in sixth with 1:33:41. Mexico’s Pedro Aroche won the 50 in 4:12:44. Carl Schueler was fourth in 4:20:56. Canada’s Ann Peel (49:41) and Janice McCaffrey (50:15) went one-two in the women’s 10. Ester Lopez took third for the U.S. in 50:55. . . Francois Lapointe was impressive in winning the Canadian 50 Km title in 3:52:15.

**15 Years Ago** (From the November 1989 ORW)—Herm Nelson broke the U.S. 50 Km recond on the track with a 4;04:24 in Seattle. It put him fifth on the all-time U.S. list for the event behind Marco Evoniuk, Carl Schueler, Larry Young, and Jim Heiring, the others all getting their times in road races.

**5 Years Ago** (From the November 1999 ORW)—A track 50 Km in Springfield, Ohio went to Mexico’s Eitel Soto Maldonado in 4:22:40. Ioan Froman (4:56:57) and Doug Johnson

(4:59:40) followed. . . A quick 35 Km in Dublin, Ireland went to Robert Heffernan in 2:42:05, just 10 seconds ahead of Jamie Costin.

And, for some real looking back, here are the results of National races in 1952

**40 Km, Dearborn, Mich., April 6--1.** Bill Mihalo, Thompson Products 3:43:50 2. Jimmy Sidun, FOE, Verona, Pa. 3:59:05 3. John Deni, FOE, Verona, Pa. 4:06:04 4. Adolph Wienacker, USQAF 4:06:33 5. John Wall, Baltimore 4:06:38 6. Erwin Erkfitz, Thompson Products 4:47:00 Teams: 1. FOE Verona, Pa. 6

**50 Km, Baltimore, May 4--1.** Leo Sjogren, Finniah-American AC 4:46:51 2. Adolph Weinacker, USAF 4:47:02 3. John Deni, FOE, Verona, Pa. 4:48:40 4. Jimmy Sidun, FOE, Verona 4:49:00 5. Bill Mihalo, Thompson Products 4:55:02 6. Bronius Keturakis, un, Milwaukee 4:58:07

**10 Km, Bronx, N.Y., June 1--1.** Henry Laskau, 92nd St. YMHA 47:53.4 2. Frank LaMorte, Staten Island Hariers 50:13 3. Price King, U. of California 51:39 4. Bill Mihalo, Thompson Product 53:22 5. Eugene Chicura, Polish Falcons 52:52 6. John Sterner, NY Pioneer Club

**3 Km, Long Beach, Cal., June 20--1.** Henry Laskau, 92nd St. YMHA 12:52.7 2. Eugene Chicura, Polish Falcons 3. Wisdom Stewart, New York Pioneer Club 4. Jack Powell, Los Angeles AC 5. Robert Stewart, San Jose State

**35 Km, Pittsburgh, June 22--1.** Bill Mihalo, Thompson Products 3:23:14 2. John Deni, FOE, Verona, Pa. 3:23:15 3. Jimmy Sidun, FOE, Verona 3:23:16 4. George Casper, Penn AC 5. Frank Jerry, FOE, Verona 6. Adolph Weinacker, USAF

**15 Km, Berkeley, Cal., July 24--1.** Eugene Chicura, Polish Falcons 1:22:15 2. Jack Powell, Los Angeles AC 1:25:56 3. Frank Jerry, New Castle, Pa. 1:26:39 4. Arthur Sharp, Los Angeles 1:28:20 5. Art Smith, Berkeley 6. Victoria Duran, Berkeley

**25 Km, Chicago, Aug. 31--1.** Adolph Weinacker, USAF 2:21:05 2. John Deni, FOE, Verona, Pa. 2:24:25 3. James Sidun, FOE, Verona 2:23:58 (?) 4. Bronius Keturakis, Milwaukee 2:26:46 5. Frank Jerry, FOE, Verona 2:33:25 6. John Dick, Green & Gold AC 2:33:39

**20 Km, Providence, R.I., Oct. 12--1.** Henry Laskau, 91nd St. YMHA 1:37:43.4 2. John Deni, FOE 1634, Pittsburgh 1:44:47 3. Capt. W.E. Stewart, NY Pioneer Club 1:49:57; 4. Carl Kurr, Penn AC 1:52:17 5. Bruce MacDonald, NY Pioneer Club 1:53:07 6. Gerge Casper, Penn AC 1:54:53 Teams: 1. NY Pioneer Club 2. Penn AC 3. North Medford Club

**30 Km, Atlantic City, Oct. 19--1.** John Deni, FOE, Verona, Pa. 2:52:46 2. Carl Kurr, Penn AC 3:00:19 3. Leo; Sjogren, Finnish American AC 3:01:18 4. W. H. Stewart, NY Pioneer Club 3:08:39 5. Rudy Haluza, NY Pioneer Club 3:09:16 6. George Casper, Penn AC 3:09:45 Teams: 1. Penn AC 11 2. New York Pioneer Club 12