A Monthly Compendium of Results

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Plant A Heel, Push A Toe, As A Racing Thou Doth Go

Thur. Aug. 3  1 Mile, Los Gatos, Cal. 3:45 pm (J)
Fri. Aug. 4  5 Km, Littleton, Col., 6:30 pm (H)
Sat. Aug. 5  3 Km, Arlington, Va. (S)
Sun., Aug. 6  5 Km, Long Branch, N.J. (A)
    National USATF Masters 10 Km, Charlotte, NC
    Ohio 5 Km, Cincinnati, 8am (M)
    5 Km, Evergreen, Col., 8 am (H)
    5.3 Miles, Brunswick, Maine (D)
    Canadian National 20 Km, Ottawa (open to foreign athletes) (R)
Mon. Aug. 7  5 Km, Long Branch, N.J. (A)
    1 Mile, Los Gatos, Cal., 3:45 pm (J)
Sat. Aug. 12  2.8 Miles, Seattle, 9 am (C)
Mon. Aug. 14  5 Km, Long Branch, N.J. (A)
    Wed. Aug. 16  Colorado Masters 5 Km, Fairmount, 6:30 pm (H)
Sat. Aug. 19  3 Km, Arlington, Va. (S)
Sun. Aug. 20  5 Km, Long Branch, N.J. (A)
Mon. Aug. 21  5 Km, Long Branch, N.J. (A)
    Sun. Sept. 3  5.3 Miles, Brunswick, Maine
    Sun. Sept. 10  Pacific Assn. And Western Regional 20 Km, Oakland (J)
    Fri. Sept. 15  National USATF 40 Km, Ocean Twp, N.J., 8 am (A)
    Sun. Sept. 17  5 and 20 Km, St. Louis Park, Minn. (I)
    Sun. Sept. 24  Michigan 1 Hour, Royal Oak (W)
    1 Hour, Fair Oaks, Cal. (P)
    Metropolitan 3 Km, New York City, 9 am (G)
    Sun. Oct. 1  1 Hour, Langley, Virginia (S)
    Sun. Oct. 7  5 Km, Long Branch, N.J. (A)
Sat. Oct. 14  5, 30, 40, and 50 Km, St. Louis Park Minn. (I)
Sun. Oct. 15  North Regional 10 Km, Dearborn, Mich. (W)
    National Masters 1 Hour, Waltham, Mass. (X)
    1 Hour, Langley, Virginia (S)
    10 Km, Seaside, Cal. (J)

From Heel To Toe

Daniel reminisces. Ron Daniel writes to let me know that “Looking Back” is his favorite ORW feature. One of his own memories you will find under July 1966 in this month’s feature.  And he adds: “Another ‘Looking Back’ moment came on the weekend of the World Cup in LaCoruna. That was the 47th anniversary of my first official racewalk. From my journal—my first race was May 15, 1959 at McCoombs Dam Park (across the street from Yankee Stadium.) It was a Met AAU Development meet. The race was a 1 Mile handicap. I had 200 yards on the scratch guys. Bruce MacDonald was one of them. I won with a time of 6:54.2 (approx. 7:44 had I gone the full mile). One month later, June 14 (9 days before my 18th birthday), I was in the National 20 Km in Baltimore, Maryland. My time on that short course was 1:51:44. I wasn’t last. Rudy Halaza won with 1:31+.

Ron notes: “On that McKeesport 20 Km, my recollection is that with one lap to go, I was told I had two laps. It wasn’t until I saw Rudy stopping at the finish that I realized that I was also finishing and then started to push...almost had you.”
a three-time state champion and will attend the University of Maine. She finished second for the three throws, one jumper for long/triple/high, and 14 girls regardless of event. Thus, there was one or more athletes per event, the and field team for 2006. Unlike many state honors that select All State recipients "all state" honors.

Forgues receives "all state" honors. The Maine Sunday Telegram selected Lauren Forgues to their "All State" track and field team for 2006. Unlike many state honors that select one or more athletes per event, the Telegram picked 14 boys and 14 girls regardless of event. Thus, there was a single thrower for the three throws, one jumper for long/triple/high, but four hurdlers. No racewalkers were named to the boys All State team, either first or second team, but racewalker Padric Gleason received honorable mention as a hurdler. Forgues is a three-time state champion and will attend the University of Maine. She finished second in both the USA Track and Field Junior National...
Korz Keeps Busy in Retirement

What does a four-time Olympic gold medalist do in retirement? The following article, written by Tim Watt for the IAAF Magazine, lets us know what the only racewalker to achieve that status is doing two years down the line.

Korzeniowski, passing on his knowledge

by Tim Watt

As a TV executive, Robert Korzeniowski is busy maximizing the ratings of the sports output of Polish public television. He’s also recently officially embarked on a secondary career as a coach, so far succeeding by making his athletes trust their own objective data.

Robert’s philosophy for coaching is that training must progress ‘step-by-step’—achieved by analyzing physiological data such as heart rate and blood lactate levels to understand each athlete’s training response.

Aware that he is coaching humans rather than machines, he also aims to inspire athletes to have confidence in their training response to his schedules. Rather than trust passing feelings, he makes sure they know that objective measurement shows when they are ready to perform in big competitions.

Since the beginning of 2005, Robert has been the head of sports editorial for TVP. Later that year, he also took on the responsibilities for coaching some of his former adversaries— including Francisco ‘Paquillo’ Fernandez, a partnership that resulted in a breakthrough World Cup victory this year in La Coruna for the Spaniard.

It may seem that this success might be due to the inspirational effect of Korzeniowski’s legendary status within racewalking, but it is a partnership derived from academic study, and rigorous application of the latest science-based training methods.

Indeed, every detail of Paquillo’s training response is e-mailed to Poland for Robert’s analysis—partly to ensure the IAAF World Cup 20 Km winner “takes it easy, but not so easy”.

Robert’s achievements in racewalking were unprecedented—and he is acknowledged as the greatest in the event by three-time World Cup winner, and Paquillo’s frequent nemesis, Jefferson Perez.

As, not only did Korzeniowski win an unprecedented four Olympic gold medals—including the 50 Km walks at Atlanta 1996, Sydney 2000, and Athens 2004—he also won every major championship title except one, from 1996 to 2004.

This consistency was a manifestation of his perfectionist approach to training optimization and avoidance of over training.

Robert was on hand in La Coruna to cheer Paquillo to his major goal of 2006, but he had less influence over his national team at the FIFA World Cup (soccer) a month later. He was driving home from Germany, direct from Poland’s last group game, when interviewed about his transition from athlete to coach.

It may seem that this transition has happened overnight, but, in reality, it’s more of a change of job description. “Actually, it wasn’t so quick,” he laughs. “I coached myself from just before the Atlanta Olympics. In 1993, I graduated with a diploma in coaching from the Katowice Academy of Physical Education. I then had ten years putting my knowledge into practice and refining my methods in my athletics career. I also coached young French athletes and started a walking section at my athletics club in France US Tourcoing.”

“Also, I’ve always coached my sister Sylwia. She started racing when she was 13 and now she’s 26. What was a new experience is combining coaching with a full-time job. Unofficially, I coached the Polish Olympic walkers at Athens. Benjamin Kucinski, Roman Majdzarzycy, and Grzegorz Sadol, as well as my sister. It was only after Athens, and I was retired as an athlete, that I was officially recognized as a coach. My recognition by the Spanish Federation as Paquillo’s coach was more a consequence of my professional education rather than 10 years as coach or 20 years in sport.”

Matching his professional approach as an athlete, Robert’s coaching methods are derived from his academic studies, honed by a humble assessment of his early failures, as well as later successes.

“For my education, I studied at the Katowice Academy for six years (with a year out for the Barcelona Olympics) and my thesis was on ‘Training Factors in Racewalking’. This included studying physiological and endurance testing of athletes, and training factors related to walking such as lactate testing. I also studied marathon and middle-distance runners. This all really helped me understand my own training and allowed me to analyze my own training response.”

Robert had planned to write a book on his training methods before he became so busy in his TV job. He considers it important for coaches to keep up-to-date with the latest theories so prefers his thesis to gather dust in Katowice library until he gets the time to such a publication justice.

“That was at the beginning of sports testing and optimization. Since 1993, there have been new tools, including heart rate monitors and from about 1994/95 I started to involve more intelligence in my training methods.”

Robert has 12 years worth of electronic data on his racing and training, used to analyze what went right and wrong. He is choosy in which athletes he takes on. “Any athlete I coach must decide to invest in their own training optimization,” he said. “They must know why they are doing any particular session, on what basis they are training and be involved in an open discussion about it. I make a rule that athletes are responsible for their training.”

This science-based approach seems infectious as athletes training in his group can recount interval session splits, altitude above sea level and blood lactate levels in key training sessions devised by Robert.

Robert also gained a coaching diploma for which his thesis described methods of altitude training based on observation of himself. “From my studies, I learned that optimizing my training meant training just enough—it’s most important to make it easy—but not so easy!”

“Individual training methods will differ with age and training level—but athletes can only maximize their potential by analyzing their own training data over previous years. For example, I found the reason for my disastrous 1999 season (he was disqualified in the Seville World Championships 50 Km) was that I trained too hard when altitude training in Alamosa, Colorado, and racing too frequently in unimportant events. When I looked back, it was objectively clear. With my group, we plan altitude training on an accrued basis. So an athlete needs to record training data, as documentation is a key part in developing a proper strategic plan.”

It’s no coincidence that some athletes can keep competing for many years at a high level. The reason for that is ‘intelligent training’. For instance, Valentin Kononen should have been at his peak after Atlanta and in 1997 I know he walked 9000 kilometers that year.
I never walked more than 6500 kilometers in a year. I also preferred to walk at or near my anaerobic threshold.

Kononen was the 1995 World Champion over 50 Km, seventh at the 1996 Olympic Games and ninth in the 1997 World Championships. He came back to win the silver medal at the 1998 European Championships, but his performance in major championships declined after that, as he failed to finish at the 1999 World Championships and was disqualified at the 2000 Olympic Games.

Another important aspect of Robert’s approach is to transfer confidence in his athletes training response to his schedules. “Too many coaches, in my view, train based on an athlete’s feelings or perceptions, with no scientific reasoning. I tell my athletes never to walk by feeling. I feel that’s a trespass for a coach. There are too many factors involved.”

“For instance, there’s a tendency for athletes in the last weeks before a competition to lose confidence or enthusiasm but the coach should be able to point to the objective facts, such as heart rate or blood lactate data, and say ‘OK, you’re ready.’”

I teach my athletes to be confident in their training response. I try to transmit total confidence in the training purpose, objectives, and data—not perception. The only stage that the athlete needs to be ready is a moment before the main competition—so there’s no need to panic ahead of time.

“Paquillo was a very good example of the right type of confidence. Only in the week before La Coruna was he 100 percent ready—not before and not after. He had the right mixture of confidence, training methods, and motivation.”

“Without confidence, athletes can’t perform to their potential—I’m not an engineer—athletes are not machines. I don’t coach bodies but train humans.”

How Robert manages his dual role is a tough task. “My contribution is intellectual, not a physical presence. It’s a big effort, but manageable. I’m not a full-time coach but it’s not a hobby either. It’s a big responsibility. I coach at weekends, plan my holidays around it and take days off.” And the result is that “I have zero time for myself.”

A Real Walk In the Park

by Chris Larick
Ashtabula, Ohio Star Beacon, May 13, 2006

(Last month we reported on Shaul Ladany’s 100 Mile effort in Ashtabula. Here is an article about Shaul that preceded that effort.)

Drivers who regularly travel Route 84 east and Route 7 south may have noticed a man walking briskly down those roads for the past month or so. If someone became curious and decided to follow the racewalker, he would see him head east on Route 84 from his starting point—Ron and Don Laird’s home on Diane Drive in Ashtabula Township.
he went on to get his Ph.D. in industrial engineering from Columbia University in New York. In 1967, he started teaching at Columbia while he was doing his Ph.D. work. "I've spent 39 years in academia," he said. "I'm a chairholding, tenured, full professor of mathematical and statistical subjects in industrial engineering and operations research (at Ben Gurion University of the Negev). After getting my Ph.D., I went back to Israel. Several times, I've taken sabbaticals to Columbia, the City University of New York, Georgia Tech, the University of Capetown, Singapore, and Berlin."

Ladany has published more than 100 scientific papers and wrote or edited 10 books. He has been married (to Shoshana) for 45 years. The couple has one daughter, Danith, 35, and two granddaughters.

Ladany is probably known better for what he terms his "hobby", racewalking, something he's done at a world-class level. "I set a world record in the 50 mile in 1972 in New Jersey and won the 100-kilometer in the world championships in 1972 in Lugano, Switzerland," he said.

His world record was set at Ocean Township, N.J. in April 1972. He represented Israel in the Olympic Games at Mexico City in 1968 and at Munich in 1972, competing in the 50 km racewalk. He finished 24th in 1968 and 19th in 1972.

"I was one of the Israeli participants that didn't come home in a coffin," he said in reference to the Munich terrorist massacre. "In both of those Olympic Games, I was the only male track and field representative from Israel."

In some ways, Ladany might feel blessed to be alive. In addition to the concentration camp and a close call at Munich, he was in the Israeli army on reserve duty during several wars.

"I've had many close calls," he said. "I was released because of my age when I was 52. Once, a shrapnel shell almost hit me. I broke into a 100-meter sprint that could have been a world record until I reached a safe place. Some Beduins and Arabs tried to run me over, but I'm still here."

Ladany won seven U.S. national championships during the time foreigners were allowed to enter them, a practice that has now been discontinued. "If that rule had existed then, Ron Laird would have won more national titles," Ladany said.

In addition, Ladany also won championships in South Africa, Belgium, Switzerland, and (of course) Israel. "I've won many other long-distance racewalks," he said. "For a certain period of time, two or three years, I think I was the best in the world between 50 miles and 100 kilometers. I think I was considered one of the best in range of distance. With they years, I added a little weight. I'm still training for long distances."

Ladany's next big project (other than his attempt to do the 100 miles) is a four-day walk from Paris to Turbine (just outside Brussels), a distance of 300 kilometers, or about 180 miles. "It's a grueling event," he said. "I have done it five years in a row. I might be the oldest person there, so I'm training long distances. Ashatubala's citizens have seen me walking, with a small pack on my waist with water and bananas in it."

Ladany walks for about 11 ½ to 12 hours, covering about 48 miles. He considers his lifelong pursuit of his sport a hobby, one easily understood reasons.

"Racewalking is grueling," he said. "It's more popular in Europe, but what's starting to be very popular is non-competitive long-distance walking, multiple-day events. The biggest was in Holland, 50,000 people. It's a carnival."

In Ashtabula Township, Ladany is staying with Ron Laird, a man he considers underrated in America. "Why come here? I've known Ron for 41 years since a race in Atlantic City in 1965. Laird wrote the journal of racewalking. He's one of the leaders in total racewalking. Ron has won 65 senior U.S. national titles (the second highest total is 42,

which Laird said took years to pass). He's a legend. Laird participated in four Olympic games and has been inducted into the U.S. Track and Field Hall of Fame."

Ladany is in his last stage of sabbatical from teaching, after which he'll retire to status of Professor Emeritus. "I have some long-distance events coming up in June," Ladany said. "This is an excellent solution for me, to come to live for a short time with someone who is the most important racewalker in U.S. history.

LOOKING BACK

45 Years Ago (From Chris McCarthy's July 1961 Midwest Walker)—1960 Olympian and West Point cadet Ron Zinn won the National 20 Km in Buffalo in 1:41:51, 26 seconds ahead of the Ohio TC's Jack Mortland. It was a race long dual between pair with Zinn Spurting away anytime Mortland came close. Mortland's teammate Jack Blackburn from well back in the pack to take third in 1:44:07 with Ron Laird another 44 seconds back in fourth. John Allen and Bob Mimm rounded out the top six. On the Ohio Scene, Blackburn beat Mortland in the Ohio Assn. 1 Mile, 6:43.4 to 6:49. Zinn walked a 6:43.7 in New York. The National 2 Mile on Randall's Island, N.Y. went to Zinn in 14:46.8 with Rimas Vacaitis (14:55) second and Mimm (15:04.4) third. And, in the National 10 Km on a crummy cinder track in Pittsburgh, also went to Zinn in 49:35, 3 seconds ahead of Mortland after another race long dual. Mimm, Blackburn, and Laird followed.

40 Years Ago (From the July 1976 ORW) — Ron Daniel won the National 30 Km in Columbia, Missouri in what seems a ridiculously slow 2:57:07. However, those of us who were there know different. It was 95 degrees, sunny, humid, and no shade on the course. Larry Young was about 4 minutes back in second and Jack Mortland a couple of minutes behind him in third, Early leader Ron Laird wound up 13th in over 4 hours. Indicative of the conditions, Jack Blackburn walked out of a shoe when it became stuck in the nearly boiling tar on a spot in the road. An addendum from Ron Daniel—See HeeL Toefeature for more memories from Ron: "Two weeks ago as I prepared to head to Santo Domingo for the NACAC U23 Championships, I realized that I was celebrating the 40th anniversary of the infamous Columbia, Mo. 30 Km. Still the slowest winning time on record—you had to be there. Details are fuzzy, but I remember Laird going out fast...as usual...only to be street walking by around 2 Miles. I am not sure who grabbed the lead at that time, but Larry and I caught Bowman just after 15 km and went into the lead side-by-side. To offset the heat and sun, I wore a long-sleeved white dress shirt with the collar and cuffs cut off and a ball cap with a handkerchief down the back—I think I saw a photo of Don Thompson dressed like that. (Ed. I think I did too.) We poured water all over ourselves and just hoped to survive. Not knowing what to expect from Larry, I decided to take a risk and push the 5 km between 20 and 25. It worked. I was so shot afterward that I never made it the awards luncheon.

35 Years Ago (From the July 1971 ORW)—Paul Nihill, England, edged Nikolai Smaga, USSR, in the USA-USSR-British Commonwealth 20 Km in San Francisco, as both recorded 1:30.08. Tom Dooley finished fourth in 1:33:59 for the U.S. John Kelly won both the mile (7:06) and 20 Km (1:42:38) at the National Masters meet. Lynn Olson won the 1 Mile walk at the women's National T & F Meet (the race was being held for the first time and was termed an exhibition) in 7:53.8. Jeanne Bocci had 7:54 in second. Nihill had a 2:30:35 to win the British 20 Mile Championship, a world's best at the time.
30 Years Ago (From the July 1976 ORW)—Mexico’s Daniel Bautista moved away in the final 4 Km to win the Olympic 20 Km in Montreal with a 1:24:41. East Germans Hans-Georg Reisman, Peter Frendel, and Karl-Heinz Stadtmuller took the next three spots. Ron Lard was 20th in 1:33:27, Larry Walker 22nd, and Todd Scully 29th for the U.S. Odd Jack Mortland won the National Masters 10 Km at Chicago’s Stagg Field, as practically no one showed up. A blazing sun and temperature in the 90s put him in mind of the Columbia death march of 10 years earlier as he strode to a 55:11.

25 Years Ago (From the July 1981 ORW)—Todd Scully and Susan Liers-Westerveld captured National 15 Km titles at Niagara Falls. Todd finished 1 minute ahead of Canada’s Helmut Boeck in 1:07:56, with Pete Timmons and Tim Lewis taking third and fourth. Susan had a much easier time, also beating a Canadian, Joan Bender, but by more than 4 minutes. Susan had 1:15:27. Motor City Striders teammates Jeanne Boeck and June MacDonald were third and fourth. Liers-Westerveld also won the 10 Km title, this time in Maine, in 49:54. Catherine Flack was nearly 5 minutes behind in second, followed by Norma Armstrong and Carol Brown. In the US-USSR 20 Km race, Jim Herrig stayed close for 15 Km and then was DQ’d. Pyotr Potschenchuk won in 1:25:08 a second ahead of Anatoly Solomin. Dan O’Connor finished in 1:32:40. The US took 1-2-3 in the Maccabiah Games 3 Km, with Evan Fox winning in 13:18:27, followed by Roger Brandwein and Bob Rosenbarts.

20 Years Ago (From the July 1986 ORW)—Canadian took four of the first seven places in the National 10 Km in Niagara Falls with Paul Turpin winning in 42:45. Gary Morgan was second in 43:17, just ahead of Daniel Levesque. Mel McGinnis was fourth and Dave McGovern fifth. Canada’s Deborah Powell was the first woman in 49:52, 11 seconds ahead of Debbi Lawrence. Curt Clausen won the Junior 10 Km title in 47:38:44, followed by Doug Fournier and Jeff Salvage. The Women’s 5 Km went to Kerry Bruton in 25:13:45.

15 Years Ago (From the July 1991 ORW)—Dave McGovern scored an easy win in the National 10 at Niagara Falls in 43:18. Andrzej Chylinski (43:19) and Curt Clausen (43:45) followed. Nick Bdera won the Master’s title in 46:26. Canadian women took the first four places, with Janice McCaffrey (45:51) winning and finishing eighth among the men.

10 Years Ago (From the July 1996 ORW)—National Junior titles went to Anya-Maria Ruoss at 5 Km in 25:13:26 and Kevin Eastler at 10 in 47:57:82. Lisa Kuczting (25:35:03) and Brian Colby (48:48:87) were second. .In the World Masters Meet in Belgium, Victoria Herazo won gold for the U.S. in 35-39 women’s 20 Km with a 1:38:06 effort. Bob Mimm won gold in the Men’s 70-74 30 Km with a 3:23:19. .Russian’s Viktor Ginko had a 3:42:52 for 50 Km in Germany. .Winners at an International match in Moscow were Russia’s Ruslan Shaikov at 20 Km in 1:20:02, Italy’s Arturo de Mezza at 35 Km in 2:28:42, and Russia’s Irina Stankina at 20 Km in 42:13.

5 Years Ago (From the July 2001 ORW)—Another hot 30 Km, this time in Kenosha, Wis., saw Curt Clausen and Philip Dunn ignoring the conditions to go one-two in 2:19:32 and 2:22:53. Michelle Rohl won the women’s race in 2:34:37, 12 minutes ahead of Debbi Lawrence. In the Francophone Games in Ottawa, Tunisia’s Hatem Ghoulia beat France’s Denis Langlois in the 20 Km with a 1:22:56 effort. Romania’s Norica Cimpean won the women’s 10 Km in 44:31:30. European Under 23 20 Km titles went to Elisa Rigaudo, Italy in 1:29:54 and Spain’s Juan Manuel Molina in 1:23:03.

And to close this issue, some important questions, that have nothing to do with racewalking:

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

If money doesn’t grow on trees, why do banks have branches?

Since bread is square, why is sandwich meat round?

Why do you have to put your two cents in, but it’s only a penny for your thoughts? Where’s that extra penny going?

What disease did a cured ham actually have?

Why is that people say they “slept like a baby” when babies wake up every two hours?

Why are you in a movie, but you’re on TV?

Do illiterate people get the full effect of alphabet soup?

Who was the first person to look at a cow and say, “I think I’ll squeeze these dangly things here and drink whatever comes out!”

Since bread is square, why is sandwich meat round?

Why does Goofy stand erect while Pluto remains on all fours? They’re both dogs.

If corn oil is made from corn and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Who was the first person to look at a cow and say, “I think I’ll squeeze these dangly things here and drink whatever comes out!”

Since bread is square, why is sandwich meat round?

Why do people pay to go up tall buildings and then pay money in binoculars to look at thins on the ground?

If a 911 operator has a heart attack, whom does he/she call?

Why is bra singular and panties plural?

Why do you have to put your two cents in, but it’s only a penny for your thoughts? Where’s that extra penny going?

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If corn oil is made from corn and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

Did you ever notice that when you blow in a dog’s face he gets mad at you, but when you take him for a car ride, he sticks his head out the window.

Why is there a light in the fridge but not in the freezer?