

## Indoor Season Underway; Results Follow

**10 Km, Concord, Mass., Nov. 8** (This was not indoors, nor are all the results that follow)--1. Brian Savilonis (48) 54:01 2. Joe Light (51) 55:04 3. John Costello (43) 59:01 4. Bob Ullman (50) 59:22 5. John Jurewicz (48) 60:03 6. R. Yanapoulos-Ruquist (61) 60:47 7. Tom Knatt (58) 60:55 (17 finishers) **Masters Indoor 3 Km, Hanover, N.H., Jan. 8--1.** Fred Anderson 16:14.95  
**Indoor 3 Km, Brighton, Mass., Jan. 24--1.** Joanne Dow 12:56.45 2. Justin Easter 13:13.99 3. Samantha Cohen 14:20.91 4. David Baldwin 15:22.90 5. Amanda Bergeron 16:48.80 **Indoor 3 Km, New York City, Dec. 27--1.** Dave McGovern 12:25.08 2. Margaret Ditchburn 13:36.78 3. Samantha Cohen 14:29.48 (these three met qualifying standards for Indoor nationals) 4. Anne Lankowicz 14:48.21 5. Dana Giancaspro 15:28.38 6. Lisa Marie Vellucci 16:49.70 7. Kataline Arbolem 17:07.60 **1500 meters, same place--1.** Bob Barrett (65) 7:55.5 **H.S. Girl's 1500 meters, New York City, Jan. 24--1.** Lorraine Horgan 7:17.50 2. Michelle Kenny 7:19.94 3. Casandra Facciponti 7:33.61 4. Annie Dumas 7:36.58 5. Cheryl Kalman 7:43.01 6. Connie Sanchez 7:51.92 **Indoor 3 Km, Arlington, Vir., Jan. 10--1.** Steve Pecinovsky (44) 12:29 2. Warrick Yeager (44) 13:04 3. Crista Harrell (10) 17:34 **5 Km, Daraville, Ga., Nov. 28--1.** Will Walden 26:18 2. Randy Miller 26:21 3. Chris Lareau (45-54) 30:06 22 finishers) **5 Km, Atlanta, Dec. 12--1.** Randy Miller 28:23 2. Bob Torstick (50-59) 28:28 3. Steve Hubbard (40-49) 29:09 4. Bill Richardson 30:13 (24 finishers) **5 Km, Key Biscayne, Fla., Jan. 1--1.** Marilyn Whipple (49) 29:57 2. Tammie Corley 31:21 (38 finishers) Men: 1. Rod Vargas (49) 26:12 2. Juan Mora (46) 28:17 3. Mike Felling (42) 29:42 4. Bob Fine (67) 30:39 (30 finishers) **Disney Marathon, Orlando, Fla.--1.** Gary Morgan 3:45:35 2. Jim Carmines 4:20:29 3. Norm Frible 4:49:08 4. Juan Mora 4:51:31 5. Stanley Sosnowski 4:58:17 Women: 1. Cheryl Rellinger 4:12:44 2. Sandra DeNoon 4:40:40 3. Robin McIntosh and Kathryn Guron 5:13:32 5. Jeannie Bocci 5:15:37 **1/2 Marathon, same place--1.** John Fredricks 2:07:52 2. C.S. Monte Carlo 2:15:45 Women: 1. Roswitha Sidelko 2:15:39 2. Lee Chase 2:15:41 3. Karrie De Young 2:23:00 **Indoor 3 Km, Chicago, Jan. 16--1.** Gary Morgan 12:20.29 2. Will Leggett 13:33.72 3. Matt DeWitt 13:34.98 4. Lachlan McDonald 13:53.2 Women--1. Jill Zenner 13:24.33 2. Cheryl Rellinger 14:49.18 3. Jamie Roberts 14:57.38 **Midwest Masters Indoor 3 Km, New Lenox, Ill., Jan. 23--1.** Mike Rose (37) 16:01 2. John Miller (50) 16:15 3. Ron Winkler (48) 16:50 4. Sara Frey (34) 19:16 5. Kate Marrs (70) 20:55 **50 Km, Houston, Jan. 3--1.** Vince Sheehan 5:01:18 (53:03, 1:48:42, 2:50:01, 3:55:27) 2. Lois Vosta (64) 6:39:38 **8 Km, Houston, Jan. 16--1.** John Knifton 47:16 2. Lojza Vosta 47:16 **5 Km, Denver, Dec. 13--1.** Mike Blanchard 27:40 2. Lori Rupoli (47) 29:36 **5 Km, Denver, Jan. 1--1.** Mike Blanchard 28:41 **Indoor 3 Km, San Diego, Jan. 23: Women--1.** Margaret Ditchburn 13:15.6 2. Danielle Kirk 13:25.2 3. Elizabeth Paxton 16:02.2 (1 DQ, but we don't know who) Men--1. Curt Clausen 11:22.4 2. Tim Seaman 11:33.7 3. Al Heppner 11:37.9 4. Philip Dunn 12:05.6 5. Herm Nelson 13:00.6 6. Sean Albert 13:15.6 (And again, 1 DQ, but we don't know who. Clausen missed Ray Sharp's American record, set 15 years ago, by 6.1 seconds.) **1600 meters, Kentfield, Cal., Jan. 2--1.** Jack Bray 7:50 2. Virginia Fong 9:15 **5 Km, Sacramento, Cal., Jan. 1--1.** Bill Penner 26:24 2. Dick Petruzzi 29:23 3. Karen (continued bottom of page 3)

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Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

## 1998 U.S. Lists

(with help from Bob Bowman and Phil Howell)

### Women's 10 Km

43:31 Michelle Rohl	55:20 Marcia Gutsche
45:37 Joanne Dow	55:22 Dorit Attias
46:41 Debbi Lawrence	55:27 Chris Sakelarios
46:52 Susan Armenta	55:37 Gloria Rawls
47:48 Danielle Kirk	56:37 Gayle Johnson
48:04 Teresa Vaill	56:43 Monetta Roberts
48:21 Jill Zenner	56:55 Theresa Iknoian
48:29 Victoria Herazo	57:00 Margaret Govea
48:30 Lyn Brubaker	57:23 Isabelle Clermont
48:48 Margaret Ditchburn	57:24 Roswitha Sidelko
49:06 Molly Lavecek	57:25 Joann Nedelco
49:58 Charyl Rellinger	57:31 Barbara Duplichain
50:15 Donna Chamberlain	57:42 Jileen Pfarr
50:37 Deborah Iden	57:43 Carmen Jackinsky
51:21 Samantha Cohen	57:46 Jackie Rietz
51:38 Gretchen Eastler-Fishman	57:53 Paddy Jones
52:31 Jessie Nethery	57:56 Jeanette Smith
52:51 Marykirk Cunningham	58:04 Peggy Mueller
52:51 Emma Carter	58:08 Teresa Aragon
53:38 Kelly Murphy-Glenn	58:18 Chris Anderson
53:42 Sandy Denoon	58:21 Sally Richards
53:42 Debbie Benton	58:24 Lee Chase
54:15 Bobbi Jo Chapman	58:26 Allison Zabrenski
55:04 Loretta Schuellin	58:44 Elton Richardson
55:18 Janet Comi	58:49 Stephanie Konsza

### Women's 20 Km

1:34:46 Joanne Dow	1:47:33 Danielle Kirk
1:36:26 Teresa Vaill	1:48:23 Lisa Sonntag
1:40:27 Susan Armenta	1:50:19 Molly Lavecek
1:40:51 Debbi Lawrence	1:52:38 Valerie Silver
1:41:16 Victoria Herazo	1:55:46 Dorit Attias
1:41:30 Jill Zenner	1:56:23 Ali Bahr
1:42:23 Cheryl Rellinger	1:57:24 Marykirk Cunningham
1:43:22 Margaret Ditchburn	1:58:41 Margaraet Govea
1:46:27 Lyn Brubaker	2:00:12 Sally Richards

2:00:25 Tara Shea	2:01:32 Marcia Gutsche
2:00:40 Gayle Johnson	2:03:08 Gloria Rawls
2:01:11 Janet Comi	2:04:09 Joann Nedelco

### Men's 20 Km

1:23:58 Curt Clausen	1:39:53 Will Leggett
1:26:52 Andrew Hermann	1:40:28 Marco Evoniuk
1:30:34 Philip Dunn	1:41:03 Herm Nelson
1:32:59 Kevin Eastler	1:41:10 John Soucheck
1:33:20 Mark Green	1:42:09 Greg Daawson
1:33:23 Jonathan Matthews	1:42:23 Colin Peters
1:35:08 Tim Seaman	1:43:04 Chris Knotts
1:35:47 Theron Kissinger	1:43:09 Jim Carmines
1:36:49 Gary Morgan	1:43:57 Warrick Yeager
1:37:06 Mike Rohl	1:44:07 Rob Cole
1:37:29 Al Heppner	1:44:26 Dan O'Brien
1:37:29 Steve Pecinovsky	1:44:53 Don DeNoon

### Men's 50 Km

3:57:24 Curt Clausen	4:24:52 Mark Green
4:05:35 Tim Seaman	4:25:30 Philip Dunn
4:08:00 Andrew Hermann	4:37:55 Theron Kissinger
4:18:01 Al Heppner	4:40:32 Yariv Pomeranz
4:20:13 Marco Evoniuk	5:06:01 Douglas Johnson

I guess I am belaboring a point I have been making the last few years, but the men's lists continue to show a real decline in the depth of our elite walking program. In the 20, this is the first year since 1981 that my personal best, dating to 1964, would have landed me in the top ten. We see the fewest under 1:40, by far, since 1977 when there were only 12. As far back as 1984, there were as many under 1:30 (13) as went under 1:40 this year. The peak year was probably 1988 when seven broke 1:30, 28 broke 1:33, 33 broke 1:36, and 43 broke 1:40. The most under 1:30 was 15 in 1992. As far back as 1972, 20 went under 1:40. That same year, 20 walkers broke 5 hours for 50, compared to nine this year and just seven last year. That figure peaked in 1979, when 32 went under 5 hours and averaged 21 from then through 1991. No answers; just bringing up the figures again. Note there has also been a decline in depth in the women's 10 km the last two years, but not as drastic.

## 1998 World Lists (compiled by Bob Bowman)

### Women's 10 Km

42:01 Olga Panfyorova, Russia	42:52 Kerry Saxby-Junna, Australia
42:25 Nadezhda Ryashkina, Russia	42:54 Erica Alfridi, Italy
42:26 Larisa Khmel'nitskaya, Belarus	42:55 Susana Feitor, Portugal
42:31 Vera Nacharkina, Russia	42:57 Norica Cimpean, Romania
42:33 Katarzyna Radtke, Poland	42:59 Maria Rosza-Urbaniak, Hungary
42:40 Olga Kardopoltseva, Belarus	43:02 Maria Vasco, Spain
42:44 Kjersti Tysse Platzer, Norway	43:08 Natalya Misyulya, Belarus
42:45 Yelena Arshintseva, Russia	43:11 Claudia Iovan, Romania
42:46 Tamara Kovalenko, Russia	43:15 Craciela Mendoza, Mexico
42:49 Anna Rita Sidoti, Italy	43:21 Rossella Giordano, Italy

43:22 Tatyana Ragozina, Ukraine	44:04 Elisabetta Perrone, Italy
43:23 Yelena Gruzina, Russia	44:05 Ildiko Ilyes, Hungary
43:25 Yuan Yufang, Malaysia	44:06 Celia Marcen, Spain
43:27 Kathrin Boyde, Germany	44:06 Rosario Sanchez, Mexico
43:31 Michelle Rohl, USA	44:10 Lyudmila Dedekina, Russia
43:34 Encarna Granados, Spain	44:14 Monika Pesti, Hungary
43:38 Jane Saville, Australia	44:15 Jolanta Dukure, Latvia
43:45 Rie Mitsumori, Japan	44:15 Vera Zozulya, Ukraine
43:47 Valentina Tsybul'skaya, Belarus	44:15 Svetlana Kalitka, Ukraine
43:48 Lyudmila Yefimkina, Russia	44:21 Rimma Makarova, Russia
43:50 Santa Compagnoni, Italy	44:26 Sabine Zimmer, Germany
43:52 Yelena Nikolayeva, Russia	44:29 Yuka Mitsumori, Japan
43:57 Aniko Szebenszky, Hungary	44:34 Cristiana Pellino, Italy
43:58 Liu Hongyu, China	44:40 Lyudmila Dolgoplova, Belarus
43:58 Margarita Nazarova, Russia	44:40 Antonina Petrova, Russia

**Women's 20 Km**

1:29:53 Tatyana Sibeleva, Russia	1:32:49 Valentina Savchuk, Ukraine
1:31:03 Susana Feitor, Portugal	1:32:55 Kjersti Tysese Platzer, Norway
1:31:46 Katarzyna Radtke, Poland	1:33:01 Anita Liepina, Latvia
1:32:16 Yelena Gruzina, Russia	1:33:12 Yuliya Voyevodina, Russia
1:32:25 Valentiana Tsybul'skaya, Belarus	1:33:13 Kerry Saxby-Junna, Australia

**Men's 20 Km**

1:18:40 Vladimir Andreyev, Russia	1:20:13 Hevgeniy Shmalyuk, Russia
1:18:48 Mikhail Khmel'nitskiy, Belarus	1:20:25 Yu Guohui, China
1:18:48 Rishat Shafikov, Russia	1:20:31 Francisco Fernandez, Spain
1:19:19 Jefferson Perez, Ecuador	1:20:31 Viktor Ginko, Belarus
1:19:28 Ruslan Alukayev, Russia	1:20:42 Dmitriy Yesipehuk, Russia
1:19:31 Aleksandr Voyevodin, Russia	1:20:57 Andreas Erm, Germany
1:19:36 Robert Korseniowski, Poland	1:20:58 Valentin Kononen, Finland
1:19:41 Daniel Garcia, Mexico	1:20:59 Mikhail Orlov, Russia
1:19:42 Julio Martinez, Guatemala	1:21:04 Aleksandr Nadeshdin, Russia
1:19:43 Yevgeniy Misyulya, Belarus	1:21:08 Aleksey Kronin, Russia
1:19:44 Aigars Fadejevs, Latvia	1:21:12 Nick A'Hern, Australia
1:19:45 Joel Sanchez, Mexico	1:21:20 Igor Kollar, Slovakia
1:19:46 Ilya Markov, Russia	1:21:21 Valentina Massana, Spain
1:19:46 Bernardo Segura, Mexico	1:21:25 Ruslan Shafikov, Russia
1:19:48 Ivan Trotskiy, Belarus	1:21:31 Modris Liepins, Latvia
1:19:50 Daisuke Ikeshima, Japan	1:21:36 Arturo DiMezza, Italy
1:19:52 Alejandro Lopez, Mexico	1:21:47 Sandor Urbanik, Hungary
1:19:57 Artur Meleshkevich, Belarus	1:21:49 Vitaliy Gordey, Belarus
1:20:04 Andrey Makarov, Belarus	1:21:49 Satoshi Yanagisawa, Japan
1:20:12 Nikolay Matyukhin, Russia	1:21:54 Julius Sawe, Kenya

1:21:56 Vasily Ivanov, Russia	1:22:05 Roberto Oscal, Guatemala
1:21:56 Denis Langlois, France	1:22:06 Vladimir Stankin, Russia
1:22:01 Alessandro Gandelini, Italy	1:22:09 Michele Didoni, Italy
1:21:02 Costica Balan, Romania	1:22:14 Arturo Huerta, Canada
1:22:03 Andrey Stadnichuk, Russia	1:22:16 Robert Ihly, Germany

**Men's 50 Km**

3:41:14 Andrey Plotnikov, Russia	3:50:36 Milos Holusa, Czech Rep.
3:42:57 Tomasz Lipiec, Poland	3:51:53 Michele Didoni, Italy
3:43:15 Miguel Rodriguez, Mexico	3:51:55 Ignacio Zamudio, Mexico
3:43:17 Jesus Garcia, Spain	3:52:07 Craig Barrett, New Zealand
3:43:18 Aigars Fedejevs, Latvia	3:52:39 Robert Ihly, Germany
3:43:51 Robert Korzeniowski, Poland	3:53:07 Alessandro Mistretta, Italy
3:44:17 Giovanni Perricelli, Italy	3:53:19 Axel Noack, Germany
3:44:29, Valentin Kononen, Finland	3:54:26 Omar Zepada, Mexico
3:45:15 Sergey Korepanov, Kazakhstan	3:54:43 Sylvain Caudron, France
3:45:29 Nikolay Matyukhin, Russia	3:55:08 Tim Berrett, Canada
3:45:55 Santiago Perez, Spain	3:55:10 Daugvinas Zujus, Lithuania
3:46:25 Thierry Toutain, France	3:55:16 Stanslaw Stosik, Poland
3:46:31 Aleksandr Voyevodin, Russia	3:55:31 Akihiko Koike, Japan
3:47:24 Miekł Odriozola, Spain	3:55:37 Peter Tichy, Slovakia
3:47:28 Basilio Lavbrador, Spain	3:55:39 Aleksandr Rakovic, Yugoslavia
3:47:41 Rene Piller, France	3:55:45 Fanis Shaykhtudinov, Russia
3:47:44 German Skurygin, Russia	3:55:54 Peter Zanner, Germany
3:47:48 Modris Liepins, Latvia	3:55:57 Reuben Gonzalez, Mexico
3:47:51 Pavel Nikolayev, Russia	3:56:09 Mario Avellanded, Spain
3:48:24 Dmitriy Dolnikov, Russia	3:56:16 Denis Langlois, France
3:48:27 Viktor Ginko, Belarus	3:56:38 Hiromu Sakai, Japan
3:48:49 Arturo DiMezza, Italy	3:56:45 Massimo Fizialetti, Italy
3:49:38 Fumio Imamura, Japan	3:56:57 Soltan Czukur, Hungary
3:49:40 Stefan Malik, Slovakia	3:57:01 Denis Franke, Germany
3:49:46 Denis Trautmann, Germany	3:57:03 Antero Lindman, Finland

**Results (from page 1)**

Stoyanowski 30:48 (13 finishers) **Honolulu Marathon, Dec. 13**--1. Colin Peters 4:20:16 2. Heidi Hauch 5:01:59 **2.8 miles, Seattle, Dec. 12** (unjudged)--1. Bob Novak 26:46 2. Stan Chraminski 26:46 3. Ann Tuberg 27:04 3. Bev LaVeck 27:17 5. Joslyn Slaughter 27:20 **2.8 Miles, Seattle, Jan. 9**--1. Stan Chraminski 24:45 2. Bob Novak 24:45 3. Ann Tuberg 26:48 3. Joslyn Slaughter 27:18 5. Bev LaVeck 27:24 **3 Km, Sydney, Australia, Jan. 16**--1. Sundstrom 11:42 2. Gawley 11:47.2 3. Connolly 12:35.5 **Women:** 1. French 13:57.5 **50 Km, Laucha, Germany Oct. 3**--1. Lohse 3:59:11 2. Hontsch 3:59:23 3. Reichel 4:03:27 **Polis Indoor Junior Nationals, Jan. 23: Women's 3 Km**--1. Barbara Kopec 14:27.58 **Men's 5 Km**--1. Fabian Deuter 22:05.25 **Women's 10 Km, Adelaide, Australia, Jan. 26**--1. Kerry Saxby-Junna 44:43 2. Jane Saville 45:19 3. Wendy Muldoon 47:36 4. Simone Wolowiec 48:40 5. Michelle French 48:48 **Men's 20 Km, same place**--1. Nathan Deakes 1:20:15 2. Nick A'Hern 1:20:59 3. Scott Nelson,

NZ 1:27:49 4. Darren Brown 1:28:11 5. Troy Sundstrom 1:28:36 6. Dominic McGrath 1:30:06  
7. Duane Cousins 1:31:52 8. Jon Gawley 1:32:36

### Put on your walking shoes and mosey on down to these locales:

(You may also mosey up or over, if that is what is demanded.)

- Fri. Feb. 5 Portland, Ore. Indoor (1 Mile, 3Km?) (C)  
Millrose Games 1 Mile, New York City
- Sat. Feb. 6 5 Km, Miami, 8 am (Q)
- Sun. Feb. 7 Las Vegas 1/2 Marathon (P)  
Indoor 3 Km, Arlington, Vir., 8 am (J)  
Indoor 3 Km, Providence, R.I., 10 am (N)
- Sat. Feb. 13 2.8 Miles, Seattle, 9 am (C)  
Indoor 3 Km, Carbondale, Ill. (Z)
- Sun. Feb. 14 N.J. Masters 1500 meters, Hackensack, N.J., 10 am (A)  
Mall 3 Km, Milford, Conn. (I)  
5 Km, Miami, 7:30 am (Q)  
**USATF National 50Km (and Women's 20 Km), Sacramento (R)**  
5 Km, Denver, 10 am (H)  
Masters Indoor 3 Km, Reno, Nev. (E)
- Sun. Feb. 15 3.7 miles, Brockton, Mass., 2 pm (N)
- Sun. Feb. 21 5 Km, Denver, 10 am (H)  
30 Km and 2 Mile, Houston (Y)  
5 Km, Kentfield, Cal., 8:30 am (P)  
Ontario Indoor 3 and 5 Km, Toronto (John Craig 416-426-7214)
- Fri. Feb. 26 5 Km, Miami, 7 pm (Q)  
National USA TF Indoor Women's 3 Km and Men's 5 Km, Atlanta
- Sat. Feb. 27 5 and 10 Km, Miami, 8 am (Q)
- Sun. Feb. 28 Indoor 1500 meters, Hackensack, N.J. (A)  
5 and 10 Km, Washington, D.C. (J)  
5 Km, Denver, 10 am (H)  
5 and 10 Km, Victoria, B.C., 10 am (C)
- Sat. March 6 1/2 Marathon, Chico, Cal. (E)  
Florida 5 Km, Palm Beach (Q)  
5 Km, College Station, Texas (Y)
- Sun. March 7 5 Km, Miami, 7:15 am (Q)
- Sat. March 13 2.8 Miles, Seattle, 9 am (C)  
5 Km, Alamo, Texas (Y)
- Sun. March 14 5 Km, Cooper City, Fla., 7:30 am (Q)  
Eastern Regional Masters Indoor 3 Km, New York City (F)  
20 Km and 2 Mile, Houston (Y)  
5 and 10 Km, Nanaimo, B.C., 10 am (C)
- Fri. March 19 1 Mile, Houston (Y)
- Sat. March 20 National Invitational 20 Km, Men and Women (World Cup Qualifying),  
Manassas, Vir. (Also 5 and 10 Km races) (X)  
Eastern Regional Youth Walks, Manassas, Vir. (X)  
5 Km, Miami, 7:30 am (Q)  
15 Km, Columbia, Missouri, 8:30 am (T)
- Sun. March 21 5 Km, Denver, 8:30 am (H)

- 5 and 50 Km, Palo Alto, Cal. (R)
- Sat. March 27 **National USATF Masters Indoor 3 Km, Boston (N)**  
3 and 5 Km (track), Cedarville, Ohio (M)
- Sun. March 28 5 Km, Weston, Fla. 7:30 am (Q)  
50 Km, 5 Km, and 5 x 10 Km, Farmington, N.M. (W)  
5 Km, Denver, 8:30 am (H)
- Sat. April 3 5 and 10 Km, Washington, D.C. (J)
- Sat. April 10 2.8 Miles, Seattle, 9 am (C)
- Sun. April 11 10 Km, Kenosha, Wis., 1 pm (S)

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## From Heel to Toe

**High school racewalk.** The Nike Indoor Classic, administered by the National Scholastic Foundation, is scheduled for the French Fieldhouse at Ohio State, here in Columbus, on March 13 and 14. The high school includes a 1 mile walk for both males and females. Vince Peters reports that a racewalking clinic will be part of the program activities. Entry blanks from NSSF, PO Box 16702, Chapel Hill, NC 27516 or contact Mike Byrnes at 540-829-6718 (before 10 PM EST); FAX 540-829-0271. **Correction.** In our U.S. rankings we showed Andrew Hermann as having a 1:38:12 for 22nd place at the Mexican Walk Week in Toluca. Actually, he was disqualified in that race. But despite his DQs in two of his four races, we leave him second in the rankings. It's difficult to move Tim Seaman ahead of him, as Tim had a DNF and a DQ in his four races and Andrew beat him decisively in both European races with impressive times. Tim has the consolation of a second place ranking in Bob Bowman's *T&F News* rankings, which get a little bit

wider circulation than the ORW. Bob dropped Hermann all the way to sixth. Generally, we don't disagree that much, but a little controversy is a healthy part of life. . . **Rohl report.** Mike Rohl reports that he and Michelle were in New Orleans for the "Wall 30 Km" (primarily a running event, I take it), where he, concentrating on maintaining what he hopes will be his 50 Km pace, did a 2:32:11. Michelle had planned to do the 15 Km race, but when that was changed to just 10 Km, she decided to do the 30. Finished not far behind hubby in 2:32:45, which suggests she will certainly be strong in the 20. . . **Vaill qualifies.** (From Steve Vaitones) Teresa Vaill, many time US racewalking champion, is an early qualifier for the 2000 Olympic Trials, but not where you might think. Vaill finished third in the Dec. 19 Jacksonville Marathon, running 2:49:52 and earning a \$200 bonus as a Trials qualifier. Twin sister Lisa, also a past competitor in the Racewalking World Cup, was second in 2:45:49. She had earlier qualified for the Trials in Hartford in October. (Michelle Rohl is another racewalker of note who has also been a Marathon Trials qualifier.) . . . **5 Km Challenge.** The Florida Athletic Club is once again issuing their 5 Km Team Challenge. This a fun event and an opportunity to encourage the participation of club and Association members. There are no entry fees, just bragging rights. Races can be held anytime in the year on a track or certified course, but must be properly judged. A team may either be members of one club or members of the same USATF Association. There are two categories of competition: top ten and scoring based on the total number of participants with one point added for every participant over 15. The WAVA age grading tables are used and then averaged per number of participants. Participation from all over the world is welcomed. For more details you can contact Bob Fine at 3250 Lakeview Blvd., Delray Beach, FL 33445, phone 561-499-3370, FAX 561-495-5054, E-mail BobFine@AOL.com. . . **Chandross.** Ron Chandross, a racewalker and great friend of the sport, died in Charlottesville, Virginia on Dec. 21. He had two repairs of his mitral valve without success and died peacefully without intervention, according to wife Carol. His last wish if he had done well in surgery was to do the Washington Marathon. . . **The Heiring Funnel.** Mike Rohl recently mentioned going out to do the "Heiring Funnel" in a message to the Racewalk List on the internet. He then had to answer questions as to what this is. His reply: It is a workout invented by former World and current American record holder Jim Heiring. Jim was known for being able to do the most brutal workouts and this was one. It is a 12 times repeat. The repeat can be done 200 to 1600 meters in length. For indoor work, Jim would do 400s with 1 minute rest. I goes like this- three repeats at 2 mile pace (1:30 to 1:32 for Jim) then one rep all out (80 to 84 seconds). Two at pace, two all out, one at pace, three all out. Each of the last **three** must be faster than the preceding one. Heiring and Ray Sharp once did this workout together. The result: Jim finished the last one in 72 seconds and Ray finished blowing chunks on his knees. Only three people have ever finished the Funnel with miles, which is done at a 30K/20K pace. Heiring, Mike DeWitt, and Andy Kaestner. Besides being mentally taxing, it teaches the body to change paces and to control effort after a surge. (Ed. I'd say this constitutes a tough workout, whatever distance chosen. Yes, very tough. But two comments. What's the penalty if you don't go faster on each of the last three? Return to the start and try again. And, if you are truly going all out, how can you twice go faster after just a minutes rest. This would suggest that when Jim Heiring did his best mile (then a World's Indoor record) of 5:41.6, he could have come back a minute later and done at least 5:41.5, and then at least 5:41.4 another minute later. And do it easily since he hadn't done those other 9 miles previously, just a nice warmup. Come on, Mike. He must be holding a little something in reserve.

## A Walk On The Wild Side

Adam Bookspan

*(This article appeared in the Nov/Dec 1998 issue of Big Kick, the newsletter of the Miami Runners. Adam Bookspan, 32, is a classical musician who plays with the Florida Philharmonic Orchestra. When not performing on his trumpet or competing in road and trail races, he trains a limited clientele specifically for endurance events. Interestingly, we have a musician in the Columbus Symphony who runs the Boston Marathon every year [close to 3 hours]; carries a large bag of toys and wears a Santa Claus outfit while running in the annual Jingle Bells charity run [I help sponsor him]; and also does an annual charity stair climbing thing in a very tall building [yes, there are several very tall buildings in Columbus, Ohio--though not by Sears Tower standards], for which, I think, he holds some sort of record for the number of trips up and down. And then I could mention the associate concertmaster for the Columbus Symphony who is a regular player at the tennis club at which Marty (my wife) is night manager. Which all suggests that classical musicians have a well-rounded life, but has nothing to do with the following story, which you would have been reading a minute ago had I not digressed.)*

The Hi-Tec Badwater Ultramarathon is considered to be the most extreme ultra in the world. In 1998, this most unusual of races took place on July 16th in Death Valley, California. It begins in Badwater, a pool of saltwater located at the lowest place in the Western Hemisphere (283 feet below sea-level). The course is 135 miles in length, all on-road, with roughly 20,000 feet elevation gain and 12,000 feet elevation loss through three mountain ranges. Temperatures can exceed 130 F in the Valley (with the pavement reaching the 200 degree mark) and can drop below 40 F at the Mt. Whitney Portals finish line (the highest point in the contiguous U.S). There are no aid stations; competitors must provide their own crews and support vehicles. There is a 60-hour cutoff to complete the course; typically, about half the field will finish. Participation is by invitation only; there are 40 spots.

Given the unique nature and elite status of this event, I felt compelled to accept Hi-Tec's invitation. The immediate plan last March: establish a team, coordinate, logistics, secure sponsorship, and design a specialty training program; four months is not a lot of time. Even though almost all of the runners end up walking about 60 to 80 percent of the course, my goal was to racewalk the entire distance.

Team Bookspan included Bob Cook and Nikki Nedbor as my crew. Being a crew member entails considerably more than "carrying food and water". In order for any competitor to succeed in this type of event, the crew takes over the responsibility for his or her physical and mental survival. I trusted my crew with my life. On the evening of July 14, Team Bookspan joined together at the Las Vegas airport for the 3-hour drive to Stove Pipe Wells in Death Valley. By 3 am on the 15th, we were checked into our rooms, unpacked, and ready to get some sleep. When we awoke about 4 hours later, we were greeted by the rising temperature. By 7:30 am, in clear blue skies with 0 percent relative humidity, the heat was well in the 90s and climbing fast! Later that day, the prerace meeting was held and the competitors were introduced. In one room were all of the amazing athletes that I have been reading about for quite some time (including Marshall Ulrich, Bill Menard, Scott Weber, and Lisa Smith). Many were returning to Badwater; I was among the handful of "first-timers" trying to pry every bit of information from the veterans. Stove Pipe Wells is actually at the 42-mile point on the course; so at about 4 am on the 16th, a long caravan of vehicles traveled about an hour to the start: Badwater.

Logistically, our team used two vehicles: a large SUV and a small, cheap car. Having two vehicles allowed additional storage, increased safety margins, and a way for each crew member to

get back to the towns for rest and additional supplies (more food!). Other teams either used two vehicles, campers, truck and trailer rigs, or varying combinations.

Originally, there were 31 athletes scheduled to compete this year. At 6 am on July 16, following a rather informal countdown from 10 to the yell of "Go!", 29 of us began our adventure.

Day 1 would be the most brutal experience of my life. Such heat! The course temperature records were broken this year when the thermometer hit 131 in Furnace Creek (an aptly named oasis at mile 17). The first 42 miles were considered the "flat" miles to Stove Pipe Wells. Well, training in South Florida left me with a different concept of flat. All of the bridge work that I had done only prepared by for the "flat" miles!

The typical relationship with crew is a continuous leap-frog. Crew goes ahead a mile, waits, meets runner to exchange water bottles, give food, and tend to any and all needs. This was our plan as well. I had traveled the first marathon distance in 6 1/4 hours, my slowest ever. All things being equal, I was thrilled with our progress. I reached Stove Pipe Wells (mile 42) in 10 1/2 hours, where we dropped my flag and left the course. (Note: Badwater is the only ultra where this is allowed. Due to the extreme conditions, it is considered an important safety factor. You return to the course at your flag and proceed. The clock just keeps ticking away.) We went into our room where we took 1 1/2 hours to do the following: cool down in a tub, retape my feet, eat, rest, and plan for the upcoming night miles. By this point, I had already earned my nickname of "Smilin' Man" because I always had a smile for other competitors and their crews. By the end of the race, it was probably more a demented grin, but it works for me!

Upon leaving, we began an 18-mile hill climb to Townes Pass. Seven miles into the climb (mile 49), I had come to a halt. Confused and somewhat disoriented, I did not understand what was happening. My muscles felt good and my feet were holding up, I just could not go forward. Nikii flagged my position on the course, put me in the truck and drove me back to our room in Stove Pipe. At that point (after waking him up!), Bob took over. The day, miles and especially heat, had taken its toll. My kidneys had shut down, my weight was dropping, and I had no energy. After going through our logs for the day, Bob noticed that my fluids had gone to just water (no electrolyte replacement) and my food intake had halted. The combination of dehydration with a classic "bonk" was amazing! I was given about a liter of diluted Gatorade, then another, then some sleep was allowed. I awoke to two cups of turkey-noodle soup (the best!) and plenty of Coke. I began to feel better. In hindsight, this proved to be the main crisis of our adventure. Had kidney function not returned while at that stop, my race would have ended with a trip to the hospital. My "crash" at mile 49 cost me 3 1/2 hours, but I was feeling strong and glad to be back on the course.

It being nighttime, I had stripped out of my full solar suit down to just a pair of shorts and my sneakers. (Ed. Makes me think of the cartoon you will see on page 15--but, don't peak.) It was so incredibly beautiful that night and the miles seemed to fly. I did the descent from Townes Pass in sneakers with the toe-box cut out in an effort to protect my toes from miles of hard impact. That strategy proved priceless! The next major stop was in Panamint Springs (mile 72). It was there that I had some major blister work performed on me by Denise Jones. This was all captured by Fox Network's Real TV. Grisly, but necessary; taking care of blisters is a very important part of surviving this race. After 1 1/2 hours in Panamint Springs, off I went to climb the next 10 miles to Father Crowley's Turnout. This was followed by another long descent (in my second pair of sneakers with no toe-box) into Owen's Valley.

At each marathon point, there are the leader boards. We must sign in and log our time and condition. It is a good way of finding out where other runners are on the course and seeing who dropped from the race, as well as being constantly amused at how long it takes to write under these conditions. I had reached the 100-mile point in 39 1/2 hours, but I was feeling the drag of sleep deprivation as the second night trudged on. By the 104.8 mile leader board, I was getting delirious and having problems maintaining my focus. In an event where your mind must power your body, this was a critical time. I took a 20 minute air-conditioned break in the truck to regroup. After

getting myself up and moving, I decided it was time for the big push. At mile 105, I strapped on my headphones, cranked my tapes, and set my sights on Lone Pine. I had a great routine developed with my crew for that night; half-mile intervals, plenty of varied beverages, lots of deli-meats, endless Pop-Tarts and Coke. What a night!

At around 6 am on the 18th, I arrived in the town of Lone Pine (mile 122) where I flagged off the course to change clothes and sneakers, rest, and eat. By 7:30 am, I began the final assault: the 13-mile, very steep climb up to the Mt. Whitney Portals. This last, grueling effort took just under 6 hours. I crossed the finish line in just under 55 1/2 hours, 4 1/2 hours ahead of the cutoff time.

I was told by Badwater Mayor, Ben Jones, that Badwater changes lives. I did not fully understand his meaning until afterward. There is no way for me to describe the intensity and range of emotions experienced on this journey. It has changed my life in many ways, almost all internally. I try to carry the best of Badwater with me always and not a day goes by that I don't think about some aspect of my adventure. The combination of an amazing course with some truly wonderful people (both in and around the race) makes this event a singular high-point in the lives of those few willing and able to cross the threshold. As a friend of mine, Badwater two-time champion Bill Menard told me: "If your body holds up, the race is 100 percent mental." So how does it feel to survive the world's most extreme ultramarathon? It feels like Heaven and Hell combined and Smilin' Man is set to return to Death Valley in 1999. Enjoy the Journey!

#### Badwater Trivia

1. Six pairs of sneakers: 2 size 13, 2 size 13 with toe-box cut out, 1 size 14, and 1 size 15.
2. During peak heat, I drank more than 1 gallon of liquid per hour.
3. Upon returning home, took four full days off before getting back on the road.

*(A few days after I received this article, in late November, the Kellys were in town. That's John and his recent bride Kati (formerly McIntire). They were in town as Kati visited friends--she, then Kati Rhoads, and I were classmates at suburban Upper Arlington H.S., class of '53. We had a nice walk in the morning and an enjoyable lunch. Anyway, John preceded Smilin' Man in race walking across Death Valley by some 25 years, although John didn't go up Mt. Whitney at the end. I gave John a copy of the above article, knowing he would find it interesting. With all that said, let's backup the fascinating article above with a look back at John's solo trek across the Valley in 1973.*

From the September 1973 *Ohio Racewalker*:

#### Kelly Survives Oven For Record

I have been remiss in not covering this before and my apologies to John Kelly, who certainly deserves some recognition for the feat. What feat you ask? Well, back in July, John trekked across Death Valley, all 120 miles of it, in 34 hours, breaking Bill Emmerton's record by some 28 hours. In doing so, he survived temperatures that reached 156 in the sun and 120 in the shade. Temperature off the blacktop rose to around 190. As one reward for his efforts, he made an appearance on the Johnny Carson Show in early September and came off quite well. He proved such an able instructor in the technique that Doc Severinson was able to take off in quite acceptable style. My thanks to Paul Chelson for a long-distance call alerting me to this appearance as I normally catch the Carson show for maybe 10 minutes once every three years. Past my bedtime, you know.

For more on John's performance, we quote from the *Evening Outlook*, a paper from some city out that way.

"There were other notable statistics outside of the temperature. Kelly's entourage (Bill Armstrong, Steve Goff, Brian Blake, Dr. Paul McKenna, Michele Grumet, Pat Trobias, Robert Carlson, Richard Mackson) took along 64 bottle of beer. They returned home with none. One gentleman driving a luxury car with one hand and holding a Coors in the other slowed down to ask Kelly what he was doing. He claimed he held the record and inquired how fast Kelly was walking. Upon being told 5 miles per hour, the genetlman said 'impossible' and drove on.

"Kelly's average speed, including stops was around 4 mph. He drank 20 gallons of water and slept only 2 hours along the way. He started at 5 am Saturday and finished at 2 pm Sunday. The Olympic walker from Ireland, who now is a U.S. citizen, collapsed 'only three times' according to his followers. He also had the dry heaves when he tried to pick up the pace.

"Another gentleman, who said he spends his summers driving over the desert, was a key factor in the record. He showed the Kelly party the correct route to take. Armstrong, the cook, brought along some cooked meat to keep up Kelly's strength. The trouble was, he forgot to remove the garlic cloves and some of the desert folks must have felt they were going to be served an Italian dinner instead of their rabbit stew.

"P.S. Kelly dedicated the walk to Ireland's battle to boot English rule out of the country. Irishmen all over the world should name a brew after their new hero. Perhaps, 'Kelly's Suds, its the kick.'"

\* \* \* \* \*

#### Chef de Mission Saves Stricken Kiwi Walker

*(September's Commonwealth Games 50 Km was walked in intense heat, as reported in these pages at the time, leading to the collapse of New Zealand's Criag Barrett wehn he had a huge lead near the finish. Bob Steadman has sent the following article from an Aussie newspaper, written by a Peter Jenkins, that describes the events surroundning the event. Bob asks the question; "Why build a six-minute lead in the heat?", and referring to a picture accomanying the article notes that the cap Barrett was wearing adds to heaat load.)*

"I'm the greatest person in the world and I won't die. I won't die." That chilling cry from an athlete in meltdown, and a world of delirium, rang out from an army camp bed yesterday in one of the closing scenes to an appalling finale of the men's 50 Km road walk.

New Zealander Craig Barrett was ranting. There were intravenous drips in both arms as a team of doctors and support staff buzzed above him, working frantically, bathing his body in ice.

Thirty minutes earlier, Barrett had been on the last of 19 laps around the course at Lake Titiwangsa, was just 1 kilometer from the finish, and leading the field by 6 minutes. Another 5 minutes more and the gold would be his--in arguably the most brutal event at the Games.

And then the thin man collapsed. Despite suffocating heat and humidity, with temperatures nudging 40 degrees (Ed. that's degrees C, or about 104 F), there had been no warning that Barrett would hit the wall and short circuit both body and brain. He was maintaining good pace and showing only the usual signs of distress that walkers do after more than 4 hours on the road.

But rounding a bend, Barrett buckled. What followed was a danse macabre. In pathetic scenes reminiscent of the 1984 Olympic Games when women's marathoner Gabrielle Andersson Scheiss, of Switzerland, her limbs askew, lurched and staggered in the final straight, Barrett's auto pilot went haywire.

His left leg refused to follow the right. As if paralyzed, it flapped and sagged and dragged behind him. He attempted to keep going, then stopped. He sat on the curbside, then tried again. But there was, for him, to be no restart, no finish and no gold medal. After four aborted efforts to resume, his struggle captured vividly by television cameras, he shuffled backwards in the final throes of consciousness.

New Zealand's chef de mission, Les Mills, having just arrived at the walk venue, and well away from the finish line, was the only Kiwi official to witness the collapse. Marshalls had not wanted to intervene knowing Barrett was leading.

But Mills, a former Commonwealth Games discus gold medalist, ordered the ambulance in, admitting he feared the walker's life could be at risk if he stayed out on the course much longer.

"He was incapable of going any further, he certainly couldn't walk forward, " said Mills, as medic sworked on Barrett in an open-air, on-site medical cneter, before sending him off to hospital. He's a very sick boy. When I got to him, he was lying on the ground virtually unconscious." *(Ed. That's it; ends a bit abruptly doesn't it. But I'm reminded of watching the US-USSR dual meet in Philadelphia in 1959 when temperatures were in the mid-90s for the 10 Km run. US runner Bob Soth went through a similar experience 3 or 4 laps from the finish. He started to slow markedly about the middle of the backstretch. After going another 30 or 40 meters he came to a complete stop, though still going through the motions of running, and then started moving backwards, still making the effort to move forward. Danse macabre is a good descrription. Grotesque and frightening were words that came to my mind as I watched. That was the end of Bob's race. Then, the second Soviet runner began weaving uncontrollably as he came down the homestretch to the finish and was soon into the same "danse macabre" we had witnessed a few minutes earlier. He did manage to reach the finish line, however, before collapsing. In the meantime, Max Truex, still seeming relatively fresh, sprinted to the finish, passing the Russian a few meters before the line, and having gained at least 150 minutes from the time his opponent started to stagger. Second place for Max, or so it seemed, until the judges told him he had another lap to go, which was incorrect. But, as is often the case, the officials could not be convinced of their error, and Truex, who did his extra lap, had to settle for third. The other part of the story is that earlier in the afternoon, in the same heat, Vladimir Golubnichiy, destined to win Olympic gold in both 1960 and 1968, had easily won the 20 Km walk, looking fresh and strong at the finish. The heat slowed him, but not as it did everyone else.)*

## Looking Back

**30 Years Ago** (From the January 1969 ORW)--We boldly predicted that some time before the year 2000, race walking would get more play during actual sports programming time than in the commercials. I guess that has happened a time or two. During 1968, we had seen a lot more walking during the Winter Olympics (on various commercials) than we did in coverage of the Summer Olympics, where Larry Young copped a bronze medal and Rudy Haluza missed by one spot. . . Young won an indoor 1 Mile in LA with a 6:41. Jim Hanley took a San Francisco race in 6:53, and Dave Romansky turned in times of 6:31 and 6:28 in separate East Coast races.

**25 Years Ago** (From the January 1974 ORW)--John Knifton edged Ron Daniel with a 13:59.6 in the Met AAU 2 Mile and Ron Kulik won a 1 Mile race from Dan O'Connor in 6:46.

**20 Years Ago** (From the January 1979 ORW)--The 1978 National 1 Hour Postal Race was won by Neal Pyke with an American record performance of 8 miles 1021 yards. Todd Scully was not

far back, covering 8 miles 807. Larry Walker went beyond 8 1/4 miles in third, and Wayne Glusker, Tom Dooley, John Knifton, Dave Romansky, Dan O'Connor, and Bob Henderson also passed 8 miles in the hour. . . Scully broke the American record at 1500 meters while winning the Olympic Invitational in 5:40, the third year in a row he had bettered the record.

**15 Years Ago** (From the December 1983 ORW)—Canada's Guillaume Leblanc, ranked number 10 in the world in 1983, got the new year off to a fast start with a 1:26:12 20 Km effort in Santa Monica, Cal. Dan O'Connor was just a second behind at the finish, and Marco Evoniuk did 1:26:59. Vincent O'Sullivan was fourth in 1:31:43.

**5 Years Ago** (From the January 1994 ORW)—The Annual ORW World Rankings saw Finland's Sari Essayah on top at 10 Km, Spain's Valentin Massana at 20, and Spain's Jesus Garcia at 50. At 10, Ileana Salvador, Italy and Yan Wang, China were second and third; at 20 it was Daniel Garcia, Mexico and Giovanni deBenedictis, Italy; and at 50 Valentin Kononen, Finland and Carlos Mercenario, Mexico. . . The U.S. rankings were as follows: 10 Km--Teresa Vaill, Debbi Lawrence, and Debbie Van Orden. 20 Km--Allen James, Jonathan Matthews, and Doug Fournier. 50 Km--Jonathan Matthews, Herman Nelson, and Andrzej Chyulinski. . . Indoor 3 Km races in New York City went to Curtis Fisher in 12:16.58, with Sean Albert less than 2 seconds back, and Tim Seaman in 12:02 followed by Al Heppner in 12:21.2.



Dal manifesto della "STAFFETTA KRONOS"  
prima gara di marcia femminile nel Lazio - 1978

Excuse me for lifting that somewhat sexist caricature from an Italian booklet Trofeo Lazio di Marcia 1999. But, of course, I can't resist saying that this young lady has a certain advantage in a close finish.

We conclude this issue with a cartoon, which may be in questionable taste, but isn't sexist because it gives equal space to naked persons of both sexes. It comes from Ron Laird. He had seen it about three years ago showing runners, saved it, and decided to use his own artistic talent to adapt it to walkers. You can use it whenever you are extolling the economies of our sport.

