

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XXV, NUMBER 7

COLUMBUS, OHIO

SEPTEMBER 1989

Baker Comes of Age on Top of the World

by Gerard Wright

(From the Melbourne, Australia Herald, July 25, 1989 courtesy of John Allen)

Simon Baker's progress to preeminence in his chosen field has been very much like his race speed of 13 km/hr: steady and occasionally painful, but with a specific goal very firmly in mind.

Baker has been a race walker for 21 of his 31 years, accumulating victories, experience, and his own unique philosophy to life and sport along the way; an interstate Little Athletics title at the age of 12, a junior Australian title over 3000 meters at 18, Australian senior titles in his early 20s, 11th in the 20 Km at the Los Angeles Olympics in 1984, the 1986 Commonwealth Games 20 Km walk title at 28, sixth in the 50 km walk at last year's Olympics in Seoul.

Simon Baker reached his summit on Sunday, May 28 in a small town near Barcelona, Spain, winning the World Walking Cup 50 Km race, a glorious and very logical highlight in a career that has been a tribute to patience and persistence.

Race walkers, though they would warmly dispute it, are the mavericks of the athletic world. The field athletes--shotputters and discus, javelin and hammer throwers--tend to be a law unto themselves, and are of such a size that no one would think of poking at them.

But the walkers train in public with a gait that always inspires comment. The world-beating feat of Kerry Saxby and now Baker mean that the sport has a higher profile, if a no less eccentric image.

Baker returned home to Melbourne this week, an atypical but appropriate standard bearer for his sport. He is a member of the Kenja Communications Group, which his father Frank describes as a gathering whose aim is to bring the best out of themselves. Treatment for the various aches that the flesh of an elite athlete is prone, compounded in his case by the fact that Baker's right leg is eight millimeters shorter than his left, is less likely to be an electronic impulse than a form of acupuncture of "core points" where energy flows into the body--therapy he describes as "lateral and holistic".

Television footage of his victory at Barcelona has been restricted to his brief, but heartfelt salute to the 25,000 strong crowd as he crossed the finish line. To the wider world, Baker will best be remembered for his antics after finishing sixth at Seoul--the shared drink with fellow competitors, the high fives, handshakes and hugs; the sheer joy of finishing among the best in the world.

"It wasn't anything I planned, it was just sport," Baker says. "I never thought about what I was doing. It was like, 'How can you want to leave this place, the finish line?' It was so enjoyable. (Turn to page 10)

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is \$6.00 per year (\$8.00 for First Class Mail, \$9.00 for First Class to Canada, \$12.00 for Overseas Air Mail). Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

Results

World University Games, Womens 5 Km, Duisberg, WG, Aug. 29--1. Ileana Salvador, Italy 20:44 2. Vera Maklova, USSR 20:52 3. Sari Essayeh, Fin. 21:34 4. Victoria Oprea, Romania 21:42 5. Annarita Sidoti, Italy 21:44 6. Alina Ivanova, USSR 21:47 7. Allison Baker, Canada 21:52 8. Lynn Weik, USA 22:00 9. Tamara Torshina, USSR 22:05 10. Lisa Langford, GB 22:10 11. Andrea Rajtone, Hungary 22:22 12. Sara Standley, USA 22:34 13. Pascale Grand, Canada 22:37 14. Aniko Szebenczky, Hungary 22:55 15. Kaliopi Gavalacchi, Greece 23:00 (excellent races for both the Canadian and U.S. women, with what I believe are personal bests for all four) **10 KM, Exeter, NH, Aug. 26--1.** Dan Ellison, Morth Medford Club 46:00 (Correspondent Justin Kuo notes: "This was an unjudged event. I do not believe 50-year-old Dan, a newcomer to race walking, could have been completely legal, but would like his time included." Your editor would have to be a bit sceptical as well.) 2. Phil McGaw 51:33 3. Justin Kuo 54:56 4. Bob Falciola 57:28 5. Bob Ullman 59:12 6. George Lattarulo 63:17 **8 Km, Needham, Mass., Aug. 27--1.** Richard Ruquist 39:28 2. Phil McGaw 40:38 3. Justin Kuo 44:11 4. Bob Ullman 46:27 5. Charles Mansbach 50:36 6. Lou Nenefeld 52:05 **Women: 1.** Carole-Terese Naser 51:26 **New York State Empire Games, Aug. 3-5: 20 Km--1.** Dave McGovern 1:35:57 2. Dave Talcott 1:36:26 3. Rob Cole 1:40:08 4. Roberto Gottlieb 1:45:52 5. Dave Lawrence 1:48:54 6. Neil Farley 1:51:32 7. Bob Ryan 1:57:32 8. Michael Heitesman 2:02:18 **50 Km--1.** Nick Bdera 4:58:31 2. James Campoli 5:02:18 3. Marc Bagan 5:05:02 4. James Miner 5:09:31 5. Bob Ryan 5:28:21 **Women's 5 Km--1.** Teresa Vaill 23:47 2. Melody Rivera (age 16) 25:47 3. Maura Magee 25:54 4. Cheryl Rellinger 26:14 5. Christine Izzo 26:38 6. Janice Aztabnik 27:04 7. Jill Murray 27:28 8. Susan Hendrick 28:03 9. Linder Roesner 30:31 (14 finishers) **Women's 10 Km--1.** Teresa Vaill 49:06 2. Kaisa Ajaye 55:39 3. Cheryl Rellinger 56:19 4. Susan Westerfield 56:55 5. Janice Sztabnik 57:16 6. Susan Henricks 58:15 7. Jill Murray 59:43 8. Linda Daitz 62:46 (17 finishers) **Scholastic BOY's 5 Km--1.** Russell Ficke 25:59 2. Abdalla Wiggins 28:55 3. Sean Ryan 29:22 4. Quentin Cunningham 29:47 (8 finishers) **Scholastic Girl's 5 Km--1.** Roselle Sapran 27:36 2. Desiree McCauley 27:44 3. Chris Welsh 28:44 4. Jennifer Kelly 29:00 5. Rashida Wiggins 30:09 (11 finishers) **Master's 5 Km--1.** Gary Null 24:03 2. Nick Bdera 26:51 3. Bob Ryan 27:28 4. Robert Lubelski 28:41 (1st 45-49) 5. Larry Naukam 28:57 6. James Miner 29:32 7. Howard Jacobson 29:36 (1st 55-59) 8. Frank Fina 30:06 (2nd 55-59) 9. Greg Wittig 30:30 (3rd 55-59) **Master's 20 Km--1.** Nick Bdera 1:45:43 2. James Miner 1:51:24 3. Robert Lubelski 2:01:10 4. Howard Jacobson 2:02:38 5. John SHilling 2:04:17 (1st 50-54) 6. Greg Wittig 2:04:39 7. Frank Fina 2:08:13 **Master Women's 5 Km--1.** Janice Sztabnik 27:44 2. Susan Westerfield 27:46 (1st 35-39) 3. Susan Henricks 28:40 4. Karen Fina 30:14 5. Elton Richardson 30:39 (17 finishers) **10 Km, Washington, DC, Sept. 4--1.** Steve Pecinovsky 44:00 2. Alan Price 50:17 3. James Wass 36:10 4. Ned Stone 58:07 5. Michael Steadman 59:15 6. Mitch Segal 59:44 7. Jack Ozmont 61:07 8. Malcolm Posey 61:18 (20 finishers) **4 Km, same place--1.** Joe Cuy 23:23 2. Linda Walton 26:55 **1 Mile, Durham, NC, May 31--1.** Curt Clausen 6:27.2 2. Ray

McKinnis 7:25 3. Alvia Gaskill 7:57 4. Andrew Briggs 8:32 5. Andrea Ball 9:44 **3 Km, same place--1.** McKinnis 14:53 2. Gaskill 17:40 3. Ball 19:35 **1 Mile, Durham, May 17--1.** Gaskill 8:22 **3 Km, same place--1.** Gaskill 15:52 2. Andrea Ball 19:02 **Another 1 Mile, same place--1.** Gaskill 7:43 2. Andrew Briggs 8:32 3. Ken Gregory 9:16 4. Andrea Ball 9:47 **1 Mile, Durham, May 24--1.** Ray McKinnis 7:22 2. Alvia Gaskill 7:46 3. Andrew Briggs 8:26 **5 Km, same place--1.** Alvia Gaskill 28:30 **1 Mile, Durham, June 7--1.** McKinnis 7:25 2. Briggs 8:21 3. John Murphy 8:23 4. Ole Holsti 8:24 **1 Mile, Durham, June 14--1.** Gaskill 7:40 2. Murphy 7:47 3. Briggs 8:22 4. Holsti 8:23 5. Andrea Ball 10:00 **1 Mile, Durham, June 21--1.** Curt Clausen 7:23 2. Alvia Gaskill 7:45 3. Andrew Briggs 8:25 4. Ole Holsti 8:28 **1 Mile, Durham, June 28--1.** Ray McKinnis 7:48 2. Gaskill 8:00 3. Ball 9:36 **3 Km, same place--1.** McKinnis 15:41 **1 Mile, Durham, July 5--1.** Gaskill 7:59 2. Briggs 8:39 3. Holsti 8:39 4. Ball 9:31 **1 Mile, Durham, Aug. 19--1.** McKinnis 7:31 2. Gaskill 7:55 **Masters 5 Km, Thomasville, NC, May 27--1.** Ray McKinnis 24:28 2. Ian Whatley 25:12 3. John Murphy 26:17 4. Alvia Gaskill 28:00 **5 Km, Wake Forest, NC June 3--1.** McKinnis 24:47 2. Gaskill 27:11 3. Kathy Donley 29:06 4. John Byzek 30:23 **NC State Games 1500, Durham, June 25--1.** Curt Clausen 6:00 2. Alvia Gaskill 7:23 3. Andrew Briggs 7:56 4. Ken Long 8:00 5. Ole Holsti 8:10 **Masters 5 Km, Wilmington, NC, Aug. 19--1.** Alvia Gaskill 26:54 2. William Bauer 29:23 3. Ken Long 30:25 **2500 meter, Raleigh, NC, June 10--1.** Alvia Gaskill 13:03 2. John Byzek 13:28 3. Kathy Donley 13:33 4. Andrew Briggs 14:21 **5 Km, Boca Raton, Florida, Sept. 16--1.** Bill Halford 29:50 (first over 40) 2. Dan Prenott 31:32 (first over 50) (23 finishers) **Women: 1.** Sheila Cichocki 32:33 (first over 40) **5 Km, Ft. Lauderdale, Florida, Sept. 19--1.** Bob Fine 29:19 (1st over 50) 2. Bill Halford 29:30 (19 finishers) **3 Km, Libertyville, Illinois, July 8--1.** Augie Hirt 14:34 (1st in 35-39 and a good return to racing after several years) 2. Dean Easterlund 15:55 (1st 40-44) 3. Don Moowles 16:17 (1st 45-49) **Women: 1.** Joanne Gravert 17:33 2. Lyda Enriquez 17:38 3. Jane Smith 18:35 4. Diane Graham-Henry 19:18 (1st over 40) **1500 Meters, same place--1.** Augie Hirt 7:09 2. Dean Easterlund 7:31 3. Don Moowles 7:35 4. Mike McKenzie 8:58 **Women: 1.** Joane Gravert 8:35 2. Lyda Enriquez 8:51 3. Jane Smith 8:59 **5 Km, Bryan, Illinois, July 16--1.** Dean Easterlund 26:47 2. Don Moowles 27:34 3. Steve Messenger 30:15 (1st over 50) 4. Bob Jordan 30:33 **5 Km, Des Moines, Iowa, Sept. 18--1.** Tammy Vinar, Milan, Ill. 25:07 2. Dean Easterlund, East Moline, Ill 25:27 3. Franklin Brown, Des Moines 26:32 4. Jimmie Shaw, Davenport, Ia. 26:58 5. Gary O'Daniels, Creston, Iowa 27:40 6. Dean Jungman, Omaha, Neb. 27:41 7. David Hanna 29:37 8. Frank Weibel, Ankeny, Iowa 29:39 9. Gene Carrier, Newton, Ia. 29:41 10. Bob Jordan, Iowa City 29:50 **Colorado State Games 5 Km, Air Force Academy, July 29--1.** Ray Sharp 24:06 2. Bruce Ricks 28:14 (1st Master) 3. Barbara Hilger 29:16 (1st woman and first over 50) 4. Dennis Crock 29:23 5. Chris Amorosa 29:27 (1st over 55) 6. Stephanie Anderson 30:20 (27 finishers) **5 Km, Littleton, Colorado--1.** Carl Schueler 24:06 2. Dan Pierce 25:42 3. Viisha Sedlak 26:34 4. Debby VanOrden 26:51 5. Peggy Miller 28:23 6. Elaine Wiley 30:04 7. Pam Hehler 30:28 8. Stephanie Anderson 30:38 (135 finishers) **10 Km, Denver, August 6--1.** Chris Lesniak 54:59 2. Dan Dea 60:37 **Doc Tripp Memorial 10 Km, Broomfield, Colorado, August 19--1.** Bill Hutchinson 53:47 2. Peggy Miller 58:11 3. Bob DiCarlo 59:01 4. Dan Dea 62:33 (12 finishers) **5 Km, same place--1.** Dennis Crock 29:33 (23 finishers) **2 Mile, Albuquerque--1.** Andrew Smith 16:07 2. Bentley Lyon 17:46 3. Peter Armstong 18:14 4. James Spiller 19:23 **2.6 Km, same place--1.** Kathy Lovell 14:55 2. Karly Nalley 15:36 3. LouAnn Smith 16:04 4. Diana Zavitz 16:05 **2 Mile, Bethany, Oklahoma--1.** Ron Marlett 16:54 2. Cecil Kilpatrick 17:27 3. Ivan Decker 19:05 **Women--1.** Regina Goldsmith 19:04 **3 Km, Albuquerque, Aug. 26--1.** Andre Smith 15:01 2. Peter Armstrong 17:32 3. Joe

Sutton 17:49 4. Kathy Jo Lovell 18:21 **1/2 Marathon, Santa Monica, Cal., Aug. 27--1.** Ed Bouldin 1:55:02 2. Dana Marsh 2:03:06 3. Richard Oliver 2:03:37 4. Jesus Orendain 2:03:39 5. John Kelly 2:05:47 6. Wayne Wurzberger 2:06:25
Women: 1. Margaret Govea 2:05:16 **5 Km, Valley College, Cal., Sept. 17--1.** Victoria Herazo 25:56 2. Lisa Sherman 28:58 **Men:** 1. Larry Walker 22:09 2. Allen James 22:23 3. Dana Marsh 26:11 4. Richard Nester 23:29 5. Andrew Hecker 27:50 6. Dave Snyder 27:54 7. John Kelly 28:01 8. Carl Acosta 28:16 9. John Burns 30:13 **10 Km, San Diego, Aug. 19--1.** Dan March 54:39 2. Clyde Hatfield 59:53 3. Ed Ricci 59:58 **Women:** 1. Jeanne Formosa 58:37 2. Jennifer Formosa 58:42 (both age 13) 3. Kathy Blakmer 59:24 4. Jase Horowitz 61:41 **5 Km, Detroit, Oregon, Aug. 19--1.** Karla Snyder 27:38 2. Kerry Frost 33:00 **Men:** 1. Steve Renard 22:35 2. Joel Estrin 26:38 3. John Hanan 26:49 4. David McNayr 28:01 5. Bob Brewer 29:06 **5 Km, Salem, Oregon, July 16--1.** Carolyn Kortge 28:21 2. Donna Houle 30:48 **Men:** 1. Bob Korn 23:11 2. Bob Brewer 27:47 3. Jim Bean 28:57 **2 Mile, Salem, August 6--1.** Karla Snyder 17:43 2. Carolyn Kortge 19:15 3. Donna Houle 19:15 **3 Km, Salem, Aug. 12--1.** Steve Renard 13:49 2. Bob Korn 14:26 3. Joel Estrin 16:34 4. Jim Bean 17:21 5. Dave McNayr 17:58 **Triathlon, San Francisco, Aug. 13--1.** Doug Ermini 1:19:34 (28:20 for 5 Km walk, 26:26 for 6.5 mile bike, 24:48 for 5 Km run) **Canadian 20 Km Championship, Ottawa, Aug. 6--1.** Guillaume Leblanc 1:28:05 2. Tim Berrett 1:34:04 3. Daniel Levesque 1:38:02 4. J. Kilborn 1:40:06 **Canadian Women's 10 Km Championship, Ottawa, Aug. 4--1.** Janice McCaffrey 48:17 2. Allison Baker 48:52 3. Pasquale Grand 49:17 4. H. Gerke 52:55 5. Louise Aubin 53:10 6. Debbie Powell 53:55 7. Laura Rigutto 54:05 8. Michele Daneau 54:23

Looking Back

20 Years Ago (from the Sept. 1969 ORW)--The National 50 Km, held at altitude at Lake Tahoe, went to Bryan Overton in 4:56:07. In a race that drew a very small and unelite field, distance runner Bob Kuchar, in only his fifth walking race, took second in 5:06:29. He then donned his knapsack and strolled off into the woods, apparently never to be heard from again in walking circles. Race-promoter Bill Ranney captured third in 5:12:28. In the National 25 Km at Kings Point, Long Island, Ron Laird strolled home in 2:02:32, followed by John Knifton (2:06:05), Canadian Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and Ron Daniel. The 20 Km at the European Championships went to Great Britain's Paul Nihill in 1:30:41. A surprise second was Caraiioafoglu, of Romania, who beat Soviet ace Nikola Smaga with a 1:31:06. The 50 went to East German Christoph Hohne, as expected, in 4:13:32, with his teammate Peter Selzer in second. In a 24-hour affair in England, Colin Young covered 129 miles 1155 yards. H+Nihill won a 20 during a match with France and Czechoslovakia in 1:28:18.

15 Years Ago (from the Sept. 1974 ORW)--It was European Championship time again, and 38-year-old Vladimir Golubnichiy won the 20 Km in 1:29:30, upsetting West Germany's Bernd Kannenberg by 8 seconds. Hohne was back on top in the 50 in 3:59:07, 3 1/2 minutes ahead of Soviet Otto Bartsch. Not far back were Selzer and Italy's Vittorio Visini. Raul Gonzales, of Mexico, came to the fore in the sport with a 1:27:53 effort for 20 Km in a dual meet with Canada. Daniel Bautista, Olympic Champion 2 years later, was left better than 4 minutes back. In London, Roger Mills bettered the world best for 1 Mile (6:10.4 by Dave Romansky) with a 6:09. Gerard Lelievre (France) was just 2 seconds back. the Soviet 50 Km went to Sergei Bondarenko in 4:00:01, with Bartsch second in 4:00:54. And in Czechoslovakia, East Germany's Peter Frenkel recorded a then amazing 1:23:30 for 20 Km. Sue Brodock won the Women's International 5 Km

in Stockholm in 24:16 and the U.S. team finished second to Sweden.
10 Years Ago (from the Sept. 1979 ORW)--Mexico defended its Lugano Cup (World Cup) title in Frankfurt, despite the absence of one its stalwarts, Domingo Colin, and the subpar performance of Raul Gonzalez. Daniel Bautista left the field immediately in the 20 with a 19:21 for the first 5 Km. He then went through 10 Km in 39:05, and 15 in 58:52. Slowing only slightly, he finished in 1:18:49, leaving Soviet Boris Yakovlyev 57 seconds back in second place. The Soviets also the next three places, with Mexico's Ernesto Canto sixth and led Mexico by 3 points at this juncture. Jim Heiring led the U.S. effort with a 1:28:31 in 31st. Gonzalez tried the same tactics in the 50, going through 10 Km splits of 42:47, 1:25:03, and 2:07:29 (a 3:32:30 pace if he could have kept it up), with no one daring to stay within shouting distance. However, on this day, he only killed himself. But teammates Martin Bermudez and Enrique came to the fore, finishing one-two in 3:43:36 and 3:43:59. The USSR's Viktor Dobrovski was third and Gonzalez hung on for fourth (3:46:26) to put the Mexicans 5 points up on the Soviets for the two races. East Germany was third, Italy fourth, and the U.S. 13th. Vincent O'Sullivan (4:12:15) and Marco Evoniuk were 34th and 35th for the U.S. Britain's Marian Fawkes won the women's 5 km in 22:51 to lead her nation to victory over Sweden. Susan Liers was 10th (24:02) and the U.S. fourth as a team. Macro Evoniuk won the U.S. 50 Km title in 4:15:07, with Dan O'Connor, Carl Schueler, and Vincent O'Sullivan following. Jim Heiring, in his first try at the distance, stayed close to Evoniuk for 25 miles, but had to retire at that point. Czechoslovakia's Josef Pribilinec gave a hint of things to come with a victory in the European Junior 10 Km Championship (41:05)
5 Years Ago (from the Sept. 1984 ORW)--With no chance of Olympic glory (boycott), East Germany's took out his frustrations on a 50 Km course in Berlin in finished in a stunning 3:38:31, better than 2 1/2 minutes better than Raul Gonzalez' world best. Hartwig Gauder was less than 3 minutes back, just missing the Mexican's mark. A week later, Weigel did 20 Km in 1:19:56, leaving Gauder far back this time. Mexico's Carlos Mercenario, to be world Cup champion 3 years later, won the Pan-American Junior 10 Km in 48:52, with Troy Englehardt of the U.S. second in 50:49. In England, Brian Adams covered 100 miles in 17:39:28, with John Cannell also under 18 hours. There were 11 under 20 hours in the race. Sarah Brown won the women's race in a stunning 18:36:29

From Heel to Toe

The North American Masters 3 Km in Carmel, Indiana (see race schedule) will be accompanied by racewalking sessions featuring Martin Rudow. Martin is the former National Men's Coach, the author of *Advanced Racewalking*, and producer of a videotape, *Racewalking Technique*. He will give a 1 hour clinic and then will devote 4 hours to style critique and video analysis of racewalk techniques. Write the Westfield Walkers, P.O. Box 264, Arcadia, IN 46030, or call Paul Alvoord at 317-984-5687 for further information. International Houby Day in Cicero, Illinois celebrates the mushroom. Missing from our schedule is the H.Lender/Quinnipiac 5 Km and Connecticut TAC Championship in New Haven. I took the information over the phone and some way managed not to record the date. It's going to be a great race and you can contact Jim Borchin, 82 Oliver Road, New Haven, Connecticut 06515 if you want to know more. Highlights of the VIII World Veteran's Racewalking Championships are available on videotape (all formats). The price for the 45 minutes of race highlights is \$25 from Doug Ermini, P.O. Box 4405, Bellingham, WA 98227. Write him for an order form.

Doug was kind enough to send me a copy, but unfortunately, I haven't find time to check it out yet. . How much are you willing to pay to get this rag each month? I've always just tried to make it a break even proposition, since the purpose is to communicate to those who want to know what is going on in the sport, not to line my own pockets. That will continue to be my practice. Still, I wonder how many of you would pay \$50, \$100, or \$150 a year to keep up with the news. I wonder, because I keep reading about other newsletters, many on very mundane subjects, that seem to offer less at fantastic prices. The latest is described in the Wall Street Journal (September 25). A guy in Stamford, Connecticut has become a collector of and expert on junk mail. He puts out a monthly newsletter, *Who's Mailing*, that goes to 1500 subscribers (I don't know who) at \$168 a year. That's a quarter of a million dollars a year to keep people posted on something they hate. If all 600 plus of you would be willing to pay as much, I could gross about \$100,000. Wow! Well, it's not in the plans.

RACES HERE, THERE, AND EVERYWHERE

Thu. Oct. 5	2.8 Mile, Seattle (C)
Sat. Oct. 7	5 Km, Dearborn, Mich., 9 am (Y) 5 and 10 KM, Los Angeles, 8 am (B) 1 and 4 Mile, Atlanta (R)
Sun. Oct. 8	National Athletics Congress 2 hour and Women's 1 Hour, Cambridge, Mass. (H) Houby Day 5 Km, Cicero, Illinois (S) 10 Km Men, 5 Km, Women, Hanover, Penn., 1 pm (L) Sr. Olympic 10 Km, Bridgeport, Conn., 9 am (U) 5 Mile, Deal, N.J. (D) 2 Mile, Salem, Oregon (A)
Sat. Oct. 14	20 Km, Marion, SC, 3 pm (X) TAC Junior and North American Masters 5 Km, Coconut Creek, Florida (M)
Sun. Oct. 15	Coney Island 10 Mile Handicap (V) 4 Mile, Denver (F) 5 Km, Van Nuys, Cal., 8 am (B)
Sat. Oct. 21	North American Masters 5 Km, Carmel, Indiana (T) 5 Km, Dearborn, Mich., 9 am (Y) Unspecified Distance, Phoenix, AZ (Z) 5 Mile and 2 Mile, Albuquerque (J) 5 Km, St. Catherines, Ontario (O) 5 Km, Hawthorne, Cal., 8 am (B)
Sun. Oct. 22	10 Km, Atlanta (R) 25 Km, Houston, 8 am (E) 5 Km, Denver, (Tentative) (F) 1 Hour, Arlington, Virginia (N) 10 Km or 2 Mile, Salem, Oregon (A)
Sat. Oct. 28	Elite 50 Km (track), Seattle (K) 5 Km, Phoenix (Z) 3 Mile, Chattahoochee, Georgia, 4 pm (R) Ohio TAC 20 Km and 5 and 50 Km, Columbus, 8 am (G) 10 Km, Seal Beach, Cal., 8 am (B) 8 Km, Alhambra Park, Cal., 7 pm (B)
Sat. Nov. 4	15 Km, Atlanta (R)
Sun. Nov. 5	Baby Boomer Racewalk, Phoenix (Z)

	1 Mile and 5 Km, Salem, Oregon (A) 5 Km, East Los Angeles College (B) NYC Marathon (W) 10 Km, Austin, Texas (E) 11 Km and 2 Mile Walks, Albuquerque (J) 5 Km, Atlanta, 8:30 am (R) 1/2 Marathon, Long Beach (B) 5 Mile, Manalpan, NJ (D) 15 Km, Atlanta, 8:30 am (R) 4 Mile, Ft. Worth, Texas (E) 1 Hour, West Long Branch, NJ, 10 am (D) 5 Mile, Toms River, NJ (D) 35 Km, Houston (E) Western Hemisphere Marathon, Culber City, Cal. (B) 1 Hour, West Long Branch, NJ (D)
Sat. Nov. 11	
Sun. Nov. 12	
Sat. Nov. 18	
Sun. Nov. 19	
Sun. Nov. 26	
Sun. Dec. 3	
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 V--Walkers Club Of America, Box M. Livingston Manor, NY 12758
 W--Tom Eggers, P.O. Box 7494, Newark, Delaware 19714
 X--Marion Recreation Dept., P.O. Box 1190, Marion, SC 29751
 Y--Wolverine Pacers, 26530 Woodshire, Dearborn Heights, MI 48127
 Z--Arizona Walkers Club, 3126 N. 26th Place, Phoenix, AZ 85016

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The interesting notes by Ron Laird, four-time Olympian, continue in the Oregon Walking News. (The nomadic Ron has now settled for a time in Springfield, Oregon, just outside of Eugene, and is trying to nourish the roots of the sport in that track crazy town.) This essay appeared in the July issue.

Rambling Ron: RACEWALKING AND CONCENTRATION

by Ron Laird

My first few years of National Championship wins were at the longer distances of 25 to 50 kilometers. This was largely due to having developed the ability to concentrate on what I was doing once the race or workout got underway. Many miles and hours of training or racing would pass with less strain and effort, as I really got into what I was doing. Even when I physically fell apart out there, I could bear down and finish with a style and balance that kept me going at a decent speed. My desire to win was strong. I was willing to suffer more, even though I knew some of my rivals to be in better condition. You may already be good at concentrating, having practiced it in some other discipline. Fast walk workouts will also develop this necessary skill, if you work at it.

Sometimes my mind would drift off onto other thoughts as I moved along those country roads where I first trained in upstate New York. This loss of concentration would annoy me once I came back to my senses, so I'd dash off on a two to three hundred yard sprint just to make up the ground I pretended I'd lost. This game was to help discipline me against future losses of concentration. Such daydreaming could not be tolerated in a race.

I was quite serious about all of this back then. It was necessary for me to commit myself to a cause early in my life. Just letting the mind wonder and daydream is, of course, a pleasant and easier way of getting through a slowish session. This relaxed type of training certainly has its place in our often stressful lives. Easy days can be used to rest up for a hard, long effort or to recover from one. I enjoy and need to practice easy race walking at least once or twice per week, even when I'm in serious training. When not into heavy training, I'll do this three times a week. Sometimes, I just take the day off and do something completely different, like going for a swim or roller skating. I still have my old skates and do enjoy grinding out lots of laps in a good rink now and then. Other times, when I'm feeling tired, I'll go out to a favorite restaurant, see a movie, or, if I'm working, go home to eat and watch TV. Being a couch potato has its place, when it comes to your rest and relaxation program. Wearing a small radio or cassette player can be a welcome distraction and educational experience. They make a three-hour session seem like only two. My favorite listening is good Christian lectures and music. I now have a strong desire to learn about these things. This Olympic body of mine is not going to live forever.

Back in the early winter of 1980, I was living in Mexico City at the Mexican National Sports Center. While there, I got into doing three-hour sessions around the base of the 300 meter bicycle racing track with a small radio pinned to my t-shirt. I would get those laps in even when the smog was bad, which was nearly every day. That radio made it all a lot more tolerable. Perhaps this is why I can train around small loops in parking lots and on baseball diamonds for an hour or two without getting bored. (Ed. I, too, learned that discipline. For many years, the bulk of my training was on a one lane, 188-yard blacktop circuit Doc Blackburn built outside his house. I went as far as 24 miles on it, and (most people don't want to believe this) enjoyed it. A big clock

with a sweep second hand, drove us forward!) Once I got used to it, doing lots of laps in an area of little or no distraction had worked well for me. You can always find a safe place to do your daily workout if you don't mind doing small loops.

(Ron continued on concentration in the August-September issue, and also got into the harassment issue)

One must occasionally wade through verbal abuse when race walking in public. This is a sorry fact of life we all have to cope with. It's tough enough to get out and train at times. We certainly don't need any discouragement from those we'll have to face once we're out there. Bear with it, for it only last for a few moments. During such encounters, I often throw in an acceleration and quickly leave it all behind me. It helps to sing or talk out loud to yourself so you can drown out whatever dumb remarks are being said about what you're doing. Just keep moving; a friendly wave and smile is fine, if you can manage them. Some people are better at this than others. I certainly am now that I'm older and racing isn't as serious to me anymore.

I don't get upset over the statements I hear children make. They simply want to know, "Why is he walking that way?" The only full conversation I ever understood during the 15 months I lived in Germany ('73 to '74) was short and humorous. It took place in a lovely park as I swiftly moved past a mother and her young daughter. Correctly translated it went like this. "Look you, look you, mommy!" "Yes my child, a fast walker." Fully comprehending what they had just said gave me a nice sense of e=belonging. The year and a half I lived and worked there, I never did try to master their language. I simply didn't want to spend the time and effort to learn something I though I'd never really use. I'd rather do hundreds of stomach exercise and more miles in those lovely parks.

While I was training on a suburban street near Asbury Park, New Jersey in 1958, a young boy standing on his porch shouted at me as I strided by, "Hey mister, are you retarded?" The genuine concern and sincerity in his voice immediately cracked me up. At that moment, I realized this was the first time I'd actually laughed at a remark in the three years I'd been hearing them. The silly things people said had always bothered me. They gave me a strong desire to succeed. I wanted to prove to everyone that what I was doing would, in turn, do all sorts of wonderful things for me if I, in turn, would be faithful to it. Even if I never entered any sort of a race, the exercise benefits to my mind and body would always keep me healthy. Any sacrifice would be worth it. Race walking looks silly to most people. To me, being overweight and in poor health was what was silly and dangerous. (Ed. In his remarks on "remarks", Ron has probably forgotten the time he and I were going around the perimeter of Central Park on a training spin before departure for Europe. We got the best remark I ever heard. Passing a very large woman, fat if you will, perched on a park bench, cigarette in her teeth, we heard: "Hey faggot. With a swing like that I can make a whole lotta money offa you.")

After a few months of continuous development, I knew this was the activity and life style I had to pursue. Many acquaintances tried to discourage me about the amount of time and effort I was putting into my new sport. This made me work even harder. After a few racing and training highs, I was addicted. There was rebellion in me and this is how I ended up expressing it. COMMITTING oneself to an endurance activity when it was not popular was quite a bold decision back then. There are so many young men who go through rebellious years doing things harmful to themselves and others. If they must do this, they should have the common sense to take on an activity that will not destroy their minds and bodies. Better yet, find a cause that will develop what they are born with.

Years ago, there were a lot more confrontations with people while I was out training and racing. For some reason these acts of hostility usually came from young males. They simply had to say or do something, especially if they had any of their friends around. Dogs react the same way. One will only bark, but two or more will often encourage each other to attack. I learned to keep my anger and desire to retaliate to myself. If I said or did anything, they might in turn do something crazy right then or in the future. I even stopped a few times to chat over what fast walking was all about. The tactic always made friends out of potential enemies. Generally, older men, and nearly all women, would try to ignore me, though I could easily detect their strong desire to react in some way. The more affluent the neighborhood you race walk through, the safer you are. If you went into rough areas, you could expect rough treatment. Telling people of my Olympic hopes always seemed to help. That word "Olympic", has the magic to soften many a hard heart.

I often felt like a bullfighter as I trained on roads with a lot of traffic. It's a must to always keep your eyes on the oncoming bumpers nearest to you. Some nut just might swerve at you during an instant of hostility. I was also cautious of all open, passenger-side windows, because you never knew what was going to come flying out at you. This is why I always train facing traffic. At least, you have a fighting chance if you can see it coming. If you're on the other side of the road, they can nail you good. You don't have eyes in the back of your head.

Always demonstrate good style. This will cause others to look upon you and our sport with favor. Often their curiosity will persuade them to give it a try. Nothing turns off potential converts quicker than watching someone with ridiculous style going down the road or around the track. Not only will that individual probably strain something; they are sure to suffer some sort of harassment.

I must admit, things along these lines are a lot more calm nowadays than they were back in the '50s and '60s. Slow walking has always been acceptable with everyone, but not too many years ago, anyone seen out running or race walking was looked upon as a nut case. I've even been stopped by police who thought I was fleeing the scene of a crime. During the last 20 years, all of those slow runners doing their thing have gotten the public used to seeing bodies exercising all over the place. Because of this, the general public, more or less, accepts or ignores race walkers. It is getting so popular these days, classes are being offered all over the country.

Try to do your best at being a worthy ambassador of the Olympic event, whenever and wherever you perform it. Be prepared to occasionally stop and answer questions about what you are doing. Don't be shy when instructing others. You'll have to do it sooner or later, and it might as well be sooner. There are many out there looking for a new and injury-free form of endurance exercise, so please have the patience to spend a few minutes giving out information or even a short demonstration. It helps to carry a few cards with the names and phone numbers of local people who can get them started correctly. I sincerely hope that person will be you.

The older I get, the more positive I am of having made the correct decision to pursue health rather than wealth. So here I am, just over 50, and still going at it. After all these years, I've found out that my health is my wealth.

#

BAKER (cont.)

"Partly it's the 50 K itself. It creates that mentality. Everyone who finishes it won. The marathon too is a lot like that. The walk is. . . I don't know, solidarity. There's a certain feeling in the walk, everyone knowing each other.

"We'd all been through the 50 K, it was the fastest in Olympic history (3:44:07) and we were all friends. Having done that, it was important for me to wait for my friend Andrew Jachno, who finished 19th because we had both gone through a lot in the year before with training, so it was just natural for me to wait for him on the line.

If every world-class athlete, whose presence at an athletic event is dictated by the money he receives; every official, for most of who amateur sport is a publicly funded trough to wallow in; every politician, for who international sport is nothing more than another photo opportunity, shared Baker's attitude, the world would be an infinitely better and simpler place.

They don't and it's not.

Which is why his very presence is a warm glow in a chilly corporate wasteland of dealmakers, time-servers and fast-buck specialists for whom sport is just another business opportunity.

For his performances, Baker has been nominated for the Herald-Caltex Sports Star of the Year Award.

* * * * *

John Allen, now in Australia for a while, also provided an *Athletics Weekly* article on the other Australian star, Kerry Saxby. (Her comments on lifting are interesting in light of the photo we published last month.)

KERRY Saxby's first major international title was the icing on the cake of an amazing series of world records and world bests over recent years. It also successfully wiped out the memory of two years earlier at the World Championships in Indianapolis where she was disqualified with only 180m remaining.

The thought of a similar disqualification this time round in Budapest was a worry throughout. "I was really scared. That's the only thing that hit my mind, but I know I've improved my technique since then," she said afterwards.

Her own records, and the accompanying times of other race walkers, have lead many people to question the validity of race walking. But Saxby plays down the controversy.

Lifting

"That's always been the case in walking. Any time any of the men or women do a good time they always think there must be a problem of lifting.

"I believe that you have to be as safe as possible. You've got to be low on the ground, have the best technique and then it's up to the judges.

"I think in walking people are developing techniques that make you look so close to the ground, so safe. That's the sport of race walking. There's always talk that there's going to be a new

FACTS
FILE
Name: Kerry Saxby. Born: 2.6.61, Ballina, New South Wales, Australia. Height: 1.65m/5'5". Weight: 57kg/8st 13lbs. Club: Ballina and Australian Institute of Sport. Coach: Craig Hilliard. Occupation: Qualified typist, tour guide at Institute of Sport.

technique."

Of the two rules in race walking — continuous contact with the ground and a straight knee underneath the body — Saxby feels that the latter guards against lifting, even without the contact rule.

"It's almost impossible to break the contact rule if your knee's straight underneath your body."

After the World Indoor Championship Saxby returned to Australia for the national championships and trials for the World Race Walking Cup in Spain in May.

"That'll be my next aim," she said. "Then I'm going to do quite a few races in Europe after that and then I'm hopefully going to go to China to race in the Chinese national championships at the end of September."

With most of the major competition in the Northern Hemisphere, any Southern Hemisphere athlete with international aspirations has to make that conscious decision to spend much of the year away from home. But then that cuts both ways.

Beach-life

"We get to miss our winters to come over for your summers." Not bad for a self-professed fan of beach-life and surfing. Though whether many people were catching a wave in Budapest in early March is debatable.

"I've realised that to be an Australian champion is just a stepping stone. When I race in Australia I don't want it easy, I want it to be difficult. I need the competition for when I come overseas."

"So I set up races with the men. The only problem is that with track races, if I set a record I can't get it ratified."

As with many top women athletes, once a certain international level is reached, the gap between themselves and other women is found to be too great even to train with. But, again as with her fellow internationals, at least she has the opportunity to train with the men.

Saxby trains with Andrew Jachno and Simon Baker (seventh and 11th in the World Indoors 5000m walk). Her coach is Craig Hilliard who persuaded her to move to take up a job at the Institute of Sport in Canberra in 1986, away from her family in Ballina, South of Brisbane.

"It took six months for him to convince me to leave the coast and go inland. The winters are very cold there, but I get to go home in the winters."

And home life is clearly important to Saxby, the eldest of five children. It was the family that got her involved in athletics to start with.

"Mum and Dad wanted us to do a sport where everyone could get involved. Half the reason I got to the top was my Father. He knew I was determined and he convinced me I could train and I could get there. I just had to put my heart into it."

But it wasn't until Saxby was over 20 that she became involved in walking rather than running, having been state cross country champion at the age of 16. The switch was a calculated one.

"Where I lived, walking wasn't a popular sport. Nobody did it. It wasn't until I got older I realised that if I wanted to make a national team, race walking was the sport to pick."

Her first competitions abroad were in 1984, finishing 10th in the World Cup the following year and setting world road walking bests at 15km (69:33), 120km (1:33:30) and a track best of 6:03.3 in the 1500m.

Track bests

In 1986 as well as winning the Goodwill Games in Moscow that year, she also set Commonwealth track bests at 5km (21:53.36) and 10km (45:08.13) the start of an amazing series continued over the last two years, shown in the table.

Future plans are a little uncertain. After the Commonwealth Games in her own neck of the woods next year, the 1992 Olympics will be her next target. After that the world may see no more of Kerry Saxby on an international stage.

"I may retire after 1992. If I get married I'd like to have a family of my own. I don't want to leave it much longer than 32 to have children. But I might even go through to the 1996 Games."

Come what may, Saxby will be a major contender for honours in the next few major competitions. Her rivals will have to do more than hope that the disco-loving typist and tour guide, who trains to the sound of rock music on her Walkman, settles down to the family life which inspired her own career.

SAXBY'S AMAZING RECORD PROGRESSION

1987			
Jan	3000m Track — (Mixed) Seiko Int	12:20.07	Bettered Russian Alexandra Grigoryczka's world 3000m record by 10 secs
Feb	5000m Track — Victorian Champs	21:52.79	Aust and Commonwealth record
Mar	5000m Track — Aus T&F Champs	21:31.06	Broke own Aust and Commonwealth records by over 10 secs
Apr	5000m Track — E.H. Flack T&F Meet	21:16.0	Broke Chinese Guan Ping's world record by 10 secs. First world record set on Sydney Athletic Field
May	10000m Road — New York	43:33	4th place — reducing own Aust and Commonwealth record by 50 secs
Jun	5k Aust Federation Champs — Road	21:07	Broke Russian Olga Krishtop's world record by 9 secs
Jun	20k Road — Aust Titles	1:32.51	Broke own world record by 41 secs
Jul	10k Road, Aust Walking Champs	42:52	Broke Russian Krishtop's world record by 29 secs
Aug	5000m Road Int Meet, W Germany	21:01	Broke own world record by 6 secs
Aug	5000m Road Special, W.Germany	20:58	Broke own world record by 3 secs
Sept	3000m, W.Germany	12:16	Broke own world record by 4 secs
Sept	5000m, W.Germany	20:30	Broke own world record by 28 secs
1988			
Jan	5000m, Sydney	20:55.76	world record
Jan	10000m Road, Canberra	42:14	world record
Feb	3000m Track, Sydney	12:14.48	world record
Mar	5000m Track, Perth	20:45.32	world record
May	20000m Road, Swedish Champ	1:29.40	world record
Aug	Australian 10km Road, Canberra	41:30	World best time
1989			
Jan	10000m Track, NSW State Champs (mixed), Sydney	42:46.44	Unofficial world record (mixed race)
Jan	10km Track — Seiko Invitational, Canberra	43:26.12	world record

U.S. LISTS

JUNIOR ALL-TIME PERFORMANCE LIST

compiled by Steve Vaitones

MEN'S 10,000 Meters

TRACK PERFORMANCES ONLY

44:20.80	Doug Fournier	U W Parkside	Athens GRE	(17)	7/18/86
45:32.80	Tim Lewis	NY HS	Brighton, GBR	(3)	8/2/81
46:05.0	Rob Campbell	Nev HS	Bergen NOR	(1)	5/7/83
46:18.12	Lennie Becker	Park College	Columbus OH	(1)	6/10/89
46:20.2	Curtis Fisher	SUNY StonyBrook	Stony Brook NY	(3)	4/27/85
46:29	Curt Clausen	WI HS	Kenosha WI	(4)	4/5/86
46:39.1	Pat Moroney	Fordham	Phil PA (IC4A)	(1)	8/1/82
46:53	Ray Sharp	KY HS	Lubeck FRG		7/11/78
46:57.0	James Mann	Union Col	Sherbrooke CAN	(4)	7/27/83
46:58.8	Andy Kaestner	U W Parkside	Sherbrooke CAN	(5)	7/27/83
47:08.1	Jeff Salvage	Drexel U	Hull CAN	(5)	5/24/86
47:20.0	Jeff Ellis	U-W-Stevens Pt.	Stevens Pt WI	(4)	4/8/78
47:27.78	Dave Doherty	SPARC	Columbus OH	(2)	6/10/89
47:30.3	John Marter	U W Parkside	AzusaPacCol,CA	(6)	5/27/88
47:45.4	Tom McGee	USMMA	Phil PA (IC4A)	(2)	5/22/82
47:52	Reggie Davenport	Bronx Int'l	Stony Brook NY		4/26/87
47:57.31	Neil Farley	Unattached	Columbus OH	(3)	6/10/89
48:07.4	PaulSchwartzberg	Amherst Col	Elmhurst IL	(2)	6/21/85
48:09.4	Mica Comstock	NM HS	Pan Am JRs	(4)	8/1/82
48:20.2	Travis Veon	BauchetStWalkrs	Bloomington IN	(2)	6/24/79
48:25.5	Dave Petrie	NY HS	Jr Nat'l	(2)	6/25/83
48:28.56	Tom Krasnoff	U W Parkside	Columbus OH	(4)	6/10/89
48:28	Pat Flannery	SUNY StonyBrook	Rutgers Relays	()	4/21/ 83
48:30.8	Jerry Young	USA JRTeam	Ludenscheid FRG	(1)	7/7/76
48:39.8	Bill Lakis	USMMA	Phil PA (IC4A)	(3)	5/22/82
48:42	H Palamarchuk	Temple	Jr Nat'l	(1)	/ /72
48:42	Mike Morris	Marist	Donetsk USSR	(4)	7/9/78
48:44.8	Andy Liles	U Rochester	Phil PA (IC4A)	(4)	5/22/82
48:47	Steve Cassarella	USMA	Ludenscheid FRG	(2)	7/7/76

WOMEN'S 5000 Meters - Track only

24:16.2	Susan Brodock	Rialto RR	Stockholm SWE	(1)	8/24/74
24:40.14	Deirdre Collier	UWiscParkside	Sudbury CAN	(12)	7/31/88
24:59.0 i	Lynn Weik	SUNY StonyBrook	West Point NY	(1)	12/22/85
25:04.0	Chris Shea	PrtWash. NY HS	Omme, DEN	(1)	8/3/78
25:23.02	Kerry Bratton	Woodside Strdrs	Athens GRE	(17)	7/20/86
25:24.05	Cindy Perez	CA HS	Tucson AZ	(1)	6/19/87
25:30.60	Sybil Perez	CA HS	Tucson AZ	(2)	6/19/87
25:32.02	Christina Izzo	Niagara Walkers	Columbus OH	(1)	6/10/89
25:45.55	Nora Comans	NY HS	Tucson AZ	(3)	6/19/87
25:49.39	Melodie Rivera	NY HS	Columbus OH	(2)	6/10/89
25:59.83	Gretchen Eastler	ME HS	Columbus OH	(3)	6/10/89
26:01.1	Joyce Brodock	Rialto RR	Westwood CA	(3)	6/9/77
26:01.6	Chr Sakelarios	S J Cinderbel	Stockholm SWE		8/24/74
26:03.5	Linda Brodock	Rialto RR	Stockholm SWE		8/24/74
26:07.09	JenniferZalewski	Northlake TC	Columbus OH	(4)	6/10/89
26:12.0	Tracy Trisco	Blue AngelsTC	Los Angeles	(4)	6/9/77
26:27.17	Maura McGee	Sayville (NY)HS	Columbus OH	(5)	6/10/89
26:27.4	Esther Marquez	Rialto RR	Westwood CA		6/24/74
26:29.8	Sue Liers	LITC	Los Angeles		6/11/76
26:58.88	Lora Noakland	NY HS	Towson MD	(3)	6/28/86
27:01.03	Gina Impagliazzo	U W Parkside	Columbus OH	(6)	6/10/89
27:02.8	Joanne Shima	Pt Wash. NY HS	Stockholm SWE		8/24/74
27:05.91	Vera Jenkins	Desert Heat TC	Columbus OH	(7)	6/10/89
27:12.7	Mary Beth Lange	Island TC	Westwood CA		6/9/77
27:26.91	Migdalia Pagan	NY HS	Tucson AZ	(5)	6/19/87
27:41.6	Geor Sakelarios	RedwoodCtyFl	San Jose(PacAAU)	(2)	5/16/76
27:45.76	Carolyn Holguin	So Cal RR	Tucson AZ	(6)	6/19/87
27:55.1	Desiree McCauley	NY HS	Columbus OH	(8)	6/10/89
27:57	Lori Spencer	CA HS	San Jose(PacAAU)	(4)	5/16/76
27:58.6	Vickie Jenkins	Desert Heat TC	Columbus OH	(9)	6/10/89
28:02.3	Ellen Minkow	PtWash.NY HS	Boulder CO		7/21/73

WORLD RECORDS(MEN)

20-Kilometers	1:18:39.9	Ernesto Canto(Mex) Bergen,Nor	5/5/84
Two Hours	28,165m	Jose Marin(Spain) Barcelona	8/4/79
30-Kilometers	2:07:59.8	Jose Marin(Spain) Barcelona	8/4/79
50-Kilometers	3:41:38.4	Raul Gonzales(Mex) Bergen,Nor	5/25/79

WORLD RECORDS(WOMEN)

5000meters	20:45.32	Kerry Saxby(Aus) Perth	3/27/88
10,000meters	43:36.41	Yelena Nikolayeva(SU) Kiev	7/30/88
(Pending:	43:26.12	Kerry Saxby(Aus) Canberra	1/26/89)

WORLD JUNIOR RECORDS(MEN)

10,000meters	38:54.75	Ralf Kowalsky(EG) Cottbus,GDR	6/24/81
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WORLD JUNIOR RECORDS(WOMEN)

5000meters	21:30.92	Oksana Shchestrnaya(SU) Birmingham, Eng.	8/7/87
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WORLD INDOOR RECORDS(MEN)

5000meters	18:27.10	Mikhail Schennikov(SU) Budapest	3/5/89
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WORLD INDOOR RECORDS(WOMEN)

3000meters	12:01.65	Kerry Saxby(Aus) Budapest	3/4/89
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Late result from a phone call last night after I thought I had this all wrapped up. I always get the feeling that the guy who calls in these results from New York has the idea he is talking to some big publishing operation, not a guy standing in his kitchen searching for a pencil. Anyway: Metropolitan 10 Km, September 24--1. Marc Bagan 47:29 (Reportedly contested over some question of cutting the course) 2. Gary Null (age 44) 47:39 3. Alan Jacobson 51:47