



# OHIO RACEWALKER

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COLUMBUS, OHIO

OCTOBER 1991

## James leads six U.S. walkers under 1:30 at Alongi Memorial

Dearborn, Michigan, Sept. 28--Although he couldn't match the pace of Mexico's Bernardo Segura, Allen James busted his personal best with a 1:26:33 and beat the rest of a strong field in today's annual Alongi Memorial 20 Km race. Segura was out on his own and won easily in 1:22:01. Gary Morgan, in his best race of the year, couldn't stay with the determined James, who now sets his sights on an Olympic qualifying mark of 1:24, but slipped under 1:28 to beat the second Mexican, Juan Sanchez. Not far behind Sanchez, Jonathan Matthews and Bobby Briggs both got personal records and Carl Schueler and Doug Fournier also slipped under 1:30.

In the women's 10 Km, Teresa Vaill walked the fastest time of her long career 45:51, second only to Debbie Lawrence on the U.S. all-time list, and easily beat Mexico's Evan Machuca. Debora Van Orden also had a personal best to take Canada's Pascale Grand for the third spot. Maryanne Torrellas showed a return to form as she continues to come back from injury to take sixth place, just one second behind Mexico's Francisca Martinez. And, seven other U.S. women went under 50 minutes, several of them for the first time.

Canada's Martin St. Pierre was an easy winner of the Junior 10 Km in 43:01, but Tim Seaman continued to be impressive with his second place finish. Gretchen Eastler scored another impressive in the Junior Women's 5 Km, beating Canada's Mylene Dupere in 24:44. John Kerfoot won an open 10 Km race and Diane Podzialik a women's 5 Km. Results:

**International 20 Km:** 1. Bernardo Segura, Mexico 1:22:01 2. Allen James 1:26:33 3. Gary Morgan 1:27:52 4. Juan Sanchez, Mex. 1:28:25 5. Jonathan Matthews 1:28:41 6. Bobby Briggs 1:29:02 7. Carl Schueler 1:29:33 8. Doug Fournier 1:29:47 9. Curtis Fisher 1:30:30 10. Jose Sanchez, Mexico 1:31:24 11. Robert Cole 1:32:36 12. Daniel Levesque, Canada 1:32:44 13. Dan O'Brien 1:36:45 14. Andrzej Chylinski 1:37:38 15. John Marten 1:37:45 16. Scott Widdall 1:38:13

**Women's International 10 Km:** 1. Teresa Vaill 45:51 2. Eva Machuca, Mexico 46:44 3. Debora VanOrden 47:11 4. Pascale Grand, Canada 47:21 5. Francisca Martinez, Mex. 47:38 6. Maryanne Torrellas 47:39 7. Corinne Whissell, Can. 47:49 8. Holly Gerke, Can. 48:34 9. Lora Rigutto, Can. 48:48 10. Rosaria Silva, Mex. 48:54 11. Lynda Brubaker 48:56 12. Cindy March 48:59 13. Elvia Jimenez, Mex. 49:04 14. Elizabeth Galasso 49:31 15. Kim Wilkinson 49:37 16. Francene Bustos 49:49 17. Tracey Wong-Briggs 49:49 18. Lizzy Kemp-Salvato 49:58 19. Janice McAffrey, Can. 50:22 20. Cheryl Rellinger 50:41 21. Kaisa Ajaye 50:53 22. Holly Wick 51:16 23. Gayle Johnson 51:17 (first master, celebrating a month of marriage to Ohio Track Club coach, Wayne Armbrust) 24. Claudia Leonard 51:51 25. Dorit Attias 51:52 26. Margaret Govea 52:02 27. Sue Hornung, Can. 52:05 28. Susan Liers 52:14 29. Lisa Sonntag 53:42

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



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**Junior Men's 10 Km:** 1. Martin St. Pierre, Canada 43:01 2. Tim Seaman 44:25 3. James Spahr 46:14 4. Sean Albert 47:04 5. Pascale Ledneault, Can. 47:22 6. Dominic Chartier, Can. 48:48 7. Yariv Pomeranz 48:58 8. Michael Tomasulo 50:02  
**Junior Women's 5 Km:** 1. Gretchen Eastler 24:44 2. Mylene Dupere, Can. 24:55 3. Melissa Baker 25:00 4. Lisa Chumbley 25:17 5. Jennifer Grego 25:42 6. Debbie Iden 26:10 7. Janne Fox, Can. 26:26 8. Sylvie Turnbull, Can. 27:36

**Open Men's 10 Km:** 1. John Kerfoot 46:22 2. Paul Martino 47:49 3. Steven Vaitones 48:45 4. Dave Lawrence 50:58 Masters (40-49): 1. Nicholas Bdera (43) 2. William McCray (42) 49:31 3. Andrew Smith (42) 51:01 4. Roman Olszewski, Can. (40) 51:02 5. Terry McHoskey (49) 52:43 6. Robert Campbell (46) 53:52 7. Robert Lubelski (48) 55:03 8. Douglas Harty (42) 56:21 9. Ross Barranco (42) 59:52 9. John Pantaleo (49) 61:59 10. Paul Perry (45) 62:54 Masters 50 and up: 1. Jaan Roos, Can. (54) 50:08 2. Max Green (59) 50:26 3. Ron Daniel (50) 51:40 4. Johe Elwarner (52) 52:08 5. Jack Bray (58) 53:09 6. Jim Coots (50) 53:36 7. Stuart Summerhayes, Can. (57) 54:07 8. Jack Boitano (58) 55:21 9. Howard Jacobson (60) 55:52 10. Larry Green (56) 55:56 11. Gerald Bocci (53) 56:10 12. John Thurston, Can. (52) 57:45 13. Walter Lubzik (52) 57:54 14. Frank Fina (61) 58:26 15. Bernie Finch (51) 59:07 16. Jim Spitzer (60) 59:14 17. Greg Wittig (57) 60:45 18. Gary Gray (50) 62:08 19. Ray Everson (56) 62:21 20. Norman Thompson (51) 62:45 (25 finishers)

**Open Women's 5 Km:** 1. Diane Podsiadlik 28:01 2. Susan Perkins, Can. 28:17 3. Eileen Lawrence 28:18 4. Kathy Finch 28:25 5. Pauline Stickels 28:43 6. Lynnette Atkins 30:09 7. Susan Hoadley 30:39 8. Titiana Majer 30:44 (14 finishers) Age 40-49: 1. Jeanette Smith (42) 26:51 2. Karen Fina (40) 27:53 3. Jeanne Bocci (47) 28:15 4. Marilyn Chute, Can. (46) 28:59 5. Valerie Stowe (49) 29:51 6. Ellen Willard (40) 30:34 7. Beth Alvarez (46) 30:51 8. Melody Melchi (41) 30:57 9. Cathi Gerson (42) 31:07 10. Nadia Katz (41) 31:13 (16 finishers)

**Open 2 Km:** 1. Marino Scerpella 11:41 2. James Long 12:36 (60 finishers)

**Open Women's 3 Km:** 1. Maureen Leskiewich, Can. 18:04 2. Susan Morgan 19:08 (8 finishers)

**Open Men's 3 Km:** 1. Steve Atkins 16:55 2. Kenneth Cyr 16:59 3. Greg Wittig 17:07 4. Richard Peskey 17:08 5. William Hall 17:36 6. Jack Hedde 17:40 7. Jack Shuter 17:52 8. John Mulligan 18:08 (22 finishers)

## 5 Km titles to Morgan and Herazo

Research Triangle Park, N.C., Sept. 21--Gary Morgan, of Clarkston, Michigan, won the 1991 Athletics Congress 5 Km racewalking championship today after a close duel with local walkerr Curt Clausen and Dave McGovern. Morgan's winning time of 20:33 bettered the listed American record of 20:57 by Ray Sharp in 1986. Unfortunately for Gary, he was 2 weeks too late, Doug Fournier having done in

Connecticut on September 8. Halfway through the race, just 4 seconds separated the three walkers, but Morgan was able to open a commanding lead over the second half. Clausen dropped well back of McGovern by 4 Km but finished very strongly to pull well clear by the finish, gaining considerable ground on Morgan, as well.

The women's National 5 Km was won by Victoria Herazo of Sherman Oaks, California in 22:42. Only Teresa Vaill has gone faster in the Championship race (22:32 in 1988). Cheryl Rellinger was better than 2 minutes back in second. The results on page 4.

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Men: 1. Gary Morgan, Clarkston, Mich. 20:33 (3:58, 8:02, 12:0-9, 16:19) 2. Curt Clausen, Cary, N.C. 20:43 (3:59, 8:06, 12:19, 16:40) 3. Dave McGovern, Alexandria, Virginia 20:56 (4:03, 8:06, 12:11, 16:26) 4. Ian Whatley, Greenville, S.C. 22:30 5. Dave Waddle, Norcross, Georgia 22:55 6. Norm Frable, Midland, Texas 25:34 7. Eric Bigham, Chapel Hill, N.C. 26:33 8. Geroge Fenigsohn, Poquoson, Va. 26:42 9. Alvia Gaskill, Durham, N.C. 27:36 10. Bill Chelf, Greenville, S.C. 27:46 11. Jesse Booth 28:10 12. Gene Opheim (1st over 40) 28:25 13. Rod Anderson (1st over 50) 28:27 14. Andy Jackson 28:32 15. TONY Wilcox 29:09 16. Andy Briggs (1st over 60) 29:11 17. Allyn Evans 29:22 18. Mike Michel 29:57 19. Bob Falcicola 30:21 20. Bhag Sidhu 21. Bill Patterson (1st over 70) 32:24 31:57 (28 finishers)

Women: 1. Victoria Herazo, Sherman Oaks, Cal. 22:43 (4:29, 9:04, 13:389, 18:14) 2. Cheryl Rellinger, Greer, S.C. 25:01 3. Dorit Attias, Lakewood, N.J. 25:32 4. Kathy Donley, Raleigh, N.C. 27:55 5. Kathy Frable, Midland, Tex. 29:06 6. Donna Zembrod, Raleigh 29:23 7. Malissa Williams, Durham, N.C. 31:32 8. Holly Farmer, Owings Mills, Md. 31:36 (17 finishers)

### Fournier betters US 5 Km record; Lawrence takes Natural Sport race

Hampden, Conn., Sept. 8--A national caliber field from 10 states and Canada pushed Doug Fournier to a new U.S. record and the gold bagel in the Lander's Bagels 5 Km racewalk at Quinnipiac College. His time of 20:14 has only been bettered in indoor track competitions by U.S. athletes.

The event is reported to be the largest and best racewalk ever held in the New England states with eight of the top nine finishers having represented the U.S. in international competitions. The other of the top nine represented Canada in the World Cup.

The field for the NaturalSport Women's Invitational 5 Km held at the same time included all three U.S. representatives at the recent World Championships in Tokyo, as well as three former national champions. Debbi Lawrence, of Kenosha, Wisconsin, U.S. record holder at 10 Km, missed the 5 Km mark by 2 seconds as she led from the gun. Lawrence earned \$1000 in winning the third of the NaturalSport Grand Prix Series events.

More than 300 individuals competed in the day's events, which included a fitness walk and corporate relay walk, with bagel baron and sponsor, Murray Lender, striding a strong leg for his team. Results:

**Lender Bagel 5 Km:** 1. Doug Fournier, Parkside AC 20:14 2. Andrzej Chylinski, NYAC 20:26 3. Gary Morgan, NYAC 20:39 4. Dave McGovern, NYAC 21:13 5. Curt Clausen, Shore AC 21:24 6. Don Lawrence, Propet 21:26 7. Dan Levesque, Can. 22:33 8. John Marter, Parkside AC 22:52 9. Mark Fenton 23:16 10. Michael Korol 23:45 11. John Johnson (1st over 40) 26:07 12. Sharon Lyons 26:51 13. Bob Ullman (2nd over 40) 27:11 14. Jack Boitano (1st over 50) 27:17 15. Marcus Kantz (over 40) 27:46 16. Justin Kuo 27:49 17. James Brochin 28:04 18. Howard Jacobson (1st over 60) 28:04 19. Cynthia Rapp (17) 28:54 20. Tom Luddecke (over 40) 29:05 21. Krys Furman (over 40) 30:32 22. Gustave Davis (over 50) 30:36 (41 finishers)

**NaturalSport 5 Km:** 1. Debbi Lawrence 22:15 2. Victoria Herazo 22:40 3. Teresa Vaill 22:51 4. Pascale Grand, Can. 23:00 5. Maryanne Torrellas 23:49 6. Susan Liers

25:29 7. Dorit Attias 25:25 8. Kaisa Ajaye 25:58 9. Melissa Baker 26:59 DNF--Lynn Weik

### McGovern betters 1 hour record

Arlington, Virginia, October 20--Walking in the second of two Potomac Valley 1 hour races, Dave McGovern, now living in Alexandria, Virginia, covered 8 miles 1147 yards, 27 yards over the U.S. record set by Neil Pyke in 1978. It was a solo effort by Dave, with second place Alan Price better than a mile and a quarter behind. In the other race, a month ago, Bob Elliott had won with a distance of 6 miles 1505 yards. He improved by more than a quarter mile today to take third. Tracey Briggs led the women with a 7 mile 970 yard effort, placing her second overall. Results of the two races:

Sept. 22--1. Bob Elliott 6 miles 1505 yds 2. Sal Corrallo 6 miles 1067 (1st master and 1st over 60) 3. Jim Lemmert 6 mi 967 4. Malcolm Posey 6 mi 812 5. Dan Kornhauser 6 mi 287 6. Ron Clarke 6 mi 463 7. Victor Litwinski 6 mi 358 8. Mitch Segal 6 mi 297 Women: 1. Valerie Meyer 6 mi 671 2. Pauline Stickels 6 mi 193

Oct. 20--1. Dave McGovern 8 mi 1147 2. Alan Price 7 miles 650 3. Bob Elliott 7 mi 217 4. Paul Cajka 7 mi 51 5. Danny Fink 6 mi 1584 6. Sal Corrallo 6 mi 1211 7. William Leggett 6 mi 1209 8. Jim Lemmert 6 mi 1078 9. Dan Kornhauser 6 mi 791 10. Ron Clarke 6 mi 558 11. Victor Litwinski 6 mi 402 12. Joe Guy 6 mi 386 13. Mitch Segal 6 mi 313 14. William Woodburn 5 mi 1203 Women: 1. Tracey Briggs 7 mi 970 2. Debbie McLaughlin 6 mi 617 3. Pauline Stickels 6 mi 423 4. Alison Zabrenski 6 mi 37 5. Beth Alvarez 5 mi 1474 6. Pat Nesley 5 mi 1205

### And Herazo shines at 1 hour

Cambridge, Mass., Oct. 20--Victoria Herazo won her third 1991 National TAC Racewalk Championship today as she took the 1 Hour title by covering a U.S. record 12,771 meters. It was also a world's best for women, Italy's Giulian Salce having 12,664 meters in 1986. (But, it is only fair to note that the event has seldom been contested and several women have gone further in an hour on the way to 20 Km.) Herazo broke her own American record of 12,346, which she did last year.

Victoria broke away immediately with a 1:45 first lap, went through the first mile in 7:20, hit 5 Km in 23:20, and passed 10 Km in 47:07. Her earlier 1991 titles were at 15 Km in Portland, Oregon in May and at 5 Km in North Carolina in September. Dorit Attias was second today, more than a kilometer behind.

In another race, Gary Morgan won the National 2 Hour title for the second time in three years, covering 25,683 meters (16 miles 122 yards). Jonathan Matthews, 35, was second at 25, 418 meters (15 miles 1395 yards and Steve Vaitones (36) third with 22,979 meters. The men's masters 1 Hour title went to Bob Keating, 44, of Nashua, New Hampshire, who went 12,571 meters beating 41-year-old Brian Savilonis (11,692 meters) by nearly a kilometer. John Johnson, 46, of Coventry, Connecticut, was third with 11,526 meters. The results of the women's 1 Hour (we only have the first three in the other races at this time):

1. Victoria Herazo (32), Cal. Walkers 12,777 meters 2. Dorit Attias (23) Shore AC 11,675 3. Peggy Miller (37), Front Range Walkers 11,595 4. Gretchen Eastler (19), Simmons College 11,490 (betters own U.S. Junior record) 5. Sharon Lyons (30), Un.,



Seymour, Conn. 11,049 6. Jeanette Smith (42, master's winner), Indiana Walkers 10,809 7. Debbie Ider (16), Mercury L.I.A.C. 10,198 8. Donna Cetrulo (43), Shore AC 10,038 9. Stephanie Matthews (28), Golden Gate RW 9,995 10. Carolyn Best-Hall (37), un. Walk, Ill., N.Y. 9,929 11. Emily Hewitt (47), New England Walkers 9,757 12. Christie Kuo (35), N.E. Walkers 9,479 13. Myrna Finn (45), North Medford Club 9,468 14. Margie Alexander (49), Indian Walkers 9,446 15. Carol Lee Davis (34), N.E. Walkers 9,408 16. Beth Young-Grady (54), Indiana Walkers 9,394 17. Shelly Cantor (42), N.E. Walkers 9,336 18. Sandra Carpenter (51), Fast Womens RW 9,019 19. Joan Rowland (65), NAatural Living 9,015 20. Helen Adleson (46), Un. Roslyn, N.Y. 8,902 (37 finishers, 3 DQs)

Team winners: Women's 1 Hour: New England Walkers 27,104 meters 2. North Medford Club 25,955 Women's Masters 1 Hour: 1. Indian Walkers 29,649 2. New England Walkers 27,961 Men's Masters 1 Hour: 1. New England Walkers 35,201 2. New Walkers B 27,857 3. North Medford 27,589 Men's 2 Hour: 1. North Medford 62,867 2. New England Walkers 57,739.

#### Other results (of which there are a few)

**U.S.-Canada Junior Match, Brockville, Ontario, Sept. 15:** Women's 5 Km--1. Gretchen Eastler, US 24:56 2. Mylene Dupere, Can. 25:13 3. Jennifer Grego, US 25:14 4. ALi DeWitt, US 25:49 5. Melissa Baker, US 26:06 6. Debbie Iden, US 26:34 7. Leslee Kerwin, Can. 26:41 8. Joanne Fox, Can. 27:06. U.S.--14 Canada--8 Men's 10 Km--1. Martin St. Pierre, Can. 44:46 2. James Spahr, US 47:44 3. Sean Albert, Can. 47:59 4. DOminic Chartier, Can. 49:49 5. Pascale Pedneault, Can. 49:50 6. Yariv Pomeranz, US 49:59 7. Steve Harvey, US 51:08. Canada--12 U.S.--10. Combined score: U.S.--24 Canada--20 **TAC Junior Championships, Blaine, Minn., June 22:** Men's 10 Km--1. Tim Seaman, UW Parkside 44:46 2. Paul Tavares, UW Parkside 46:38 3. Sean Albert, NJ Striders 48:55 4. Kris Hilsabeck, SC Roadrunners 49:39 5. James Spahr, Walk USA 50:05 6. Michael Tomasulo, SC RR 51:14 7. David Thomas, UW Parkside 51:34 8. Yariv Pomeranz, Sunshine Striders 53:57 9. Steve Harvey, un. 56:07 10. Chris Braudis, Columbia TC 56:39 **TAC National Youth Championships, Lafayette, La, July:** Bantam Boys 1500--1. Zachary Bedard, Sugarland, Tex. 8:19.32 2. Tristan Ruoss, Fayetteville, Ark. 8:40 3. Roger Coker, LaMarque, Tex. 9:11 Bantam Girls 1500--1. Tiffany Mouton, Texas City, Tex. 8:32.50 2. Allison Hartney, Sugarland, Tex. 9:01 3. Melinda Kutzing, Port Jefferson, NY 9:17 Midget Boys 1500--1. Jason Lee, Bentonville, Ark. 8:17.17 2. Matthew Foley, Sugarland, tex. 8:40 3. Keenan Wormald, Albuquerque, NM 8:48 Midget Girls 1500--1. Renee Castelo, Santa Barbara, Cal. 7:56.29 2. Lisa Kutzing, Port Jefferson, NY 8:15 3. Carr Ruoss, Fayetteville, Ark. 8:34 Youth Boys 3000--1. Scott Brammer, Loveland, Col. 17:17.91 2. Wayne Meeks, Houston, Tex. 17:22 3. Matthew Focht, Atlanta 17:35 Youth Girls 3000--1. Roselle Safran, Brentwood, NY 15:26.58 2. Danielle Safran, Brentwood 15:46 3. Sylvia Garza, Highland, Cal. 15:52 Intermediate Boys 3000--1. Chris Braudis, Columbia, Mo. 14:58.67 2. David Stewart, Loveland, Col. 17:15 Intermediate Girls 3000--1. Lisa CHumbley, Houston 15:33.43 2. Mya Rosa 16:37 Young Men 3000--1. Scott Stewart, Loveland, Col. 15:39.15 8 Km, Needham, Mass., Oct. 6--1. Phil McGaw 43:27 2. Bob Ullman 45:43 3. Ken Mattsson 46:29 4. Justin Kuo 46:40 5. Charlie Mansbach 50:23 3 Mile, Topsfield, Mass., Sept. 29--1. Ken Mattsson 27:04 2. SShelley Cantor 29:08 3. Linda Santin 31:25 Metropolitan 5 Km Championship, New York City, Sept. 22--1. Mark

Varsano 22:08 2. Nick Bdera (41) 22:48 3. Mike Korol 22:53 4. Gary Null (46) 23:23 5. Marc Bagan 24:08 6. Franco Pantoni (45) 24:40 7. Roberto Gottlieb 24:59 8. Danny Vogel 25:12 9. Mark Barber 25:48 10. Bruce Logan 25:50 11. Richard Harper (41) 26:09 12. Mike Roth 26:36 13. Tim McCarthy 26:49 14. Howard Jacobson (60) 27:27 15. Matt Barber (14) 27:56 16. Paul Butkovich (48) 28:04 17. Herbest Zydek (52) 28:19 18. Richard Lann (57) 30:26 19. Bruno Galeotti (56) 30:46 Women: 1. Elizabeth Galasso (39) 23:41 2. Faisa Ajaye 24:51 3. Elton Richardson (52) 29:28 4. Lucanne Dougherty 29:40 5. Melissa Bohetz 29:43 6. Pat Salussolia (45) 31:02. .8. Joan Rowland (65) 32:04 (207 total finishers, 4 DQs) **Metropolitan 15 Km Championship, New York City, Oct. 6--1.** Marc Bagan 1:15:44 2. Michael Korol 1:18:58 3. Michael Nixon (1st 40-49) 1:27:30 4. Richard Harper (2nd 40-49) 1:28:17 5. Paul Butkovich (3rd 40-49) 1:30:54 6. Stanley Schechter (1st 50-59) 1:33:47 7. Elton Richardson (1st woman 50-59) 1:34:39 (28 finishers) **NY Empire State Games, Albany, July 27** (Results of other events in August issue. Those results were reported as short courses, and I assume these were, as well.): Women's 10 Km--1. Susan Liers 49:57 2. Kaisa Ajaye 52:07 3. Melissa Baker 55:34 4. Melissa Boher 57:39 5. Cynthia Rapp 58:05 6. Karen Fina 59:05 50Km--1. Marc Bagan 4:57:53 2. Michael Korol 5:01:16 3. James Miner 5:22:15 Master's 20 Km (July 25)--1. Michael Korol 1:34:33 2. Bob Lubelski 1:49:43 3. Frank Fina 1:53:17 Masters 5 Km--1. Nick Bdera 24:42 2. Frank Masterson 27:44 3. Bob Lubelski 28:05 4. Frank Fina 28:32 5 Km, Buffalo, Aug. 30--1. Dave Lawrence 22:41 2. Neal Farley 23:33 3. Bob Lubelski 27:39 4. Dick Bales 28:08 5. Doug Harty 28:58 6. Leon Stein 29:33 7. Karen Fina 29:35 8. John Thurston 29:57 9. Greg Wittig 30:37 (27 finishers) 5 Km, Buffalo, Sept. 7--1. Neal Farley 23:11 2. Dave Lawrence 23:59 3. Bob Lubelski 27:03 4. Dick Bales 27:44 5. Leo Stein 27:56 6. Frank Fina 28:36 7. Karen Fina 29:29 8. John Thurston 29:52 9. Carol Harty 31:07 10. Doug Harty 31:07 5 Km, Buffalo, Aug. 17--1. Dave Lawrence 24:01 2. Bob Lubelski 26:27 3. Dick Bales 27:55 4. Eileen Lawrence 28:58 6. Karen Fina 29:44 5 Km, Buffalo, Aug. 22--1. Dave Lawrence 23:44 2. Bob Lubelski 26:03 3. Doug Harty 28:47 4. Bernie Satkowski 30:34 10 Km, Toronto, Aug. 24--1. Dave Lawrence 48:04 2. Lora Rigutto 50:03 3. Roman Olszewski 51:40 4. Paul Tucknott 57:35 6. Eileen Lawrence 57:37 7. Frank Fina 58:23 8. Karen Fina 58:54 9. John Thurston 59:52 10. Sal Brancaccid 59:59 11. Harold Balesic 60:04 12. Susan Perkins 60:05 13. M.T. Kelly 60:12 14. Marilyn Chute 60:22 5 Km, Niagara Falls, Sept. 14--1. Dave Lawrence 23:03 2. Bob lubelski 27:36 3. Frank Fina 28:56 5 Km, Hanover, Penn.--1. Lynda Brubaker 23:49 2. Valerie Meyer 27:45 3. Mary Will 27:57 4. Alison Zabrenski 29:20 5. Dina Mishey 29:20 6. Barb Jenkins 29:30 (1st over 40) 10 Km, same place--1. Scott Widdall 46:53 2. Alan Price 52:33 3. Malcolm Posey 56:10 4. Curt Sheller 56:46 5. Kennard Thompson 60:22 Potomac Valley 15 Km Championship, Washington, DC, Sept. 2--1. Curt Clausen 1:07:52 2. Bob Briggs 1:14:22 3. Alan Price (44) 1:25:22 4. Bob Elliott (42) 1:26:27 5. Jim Lemert (56) 1:34:23 6. Paul Cajka 1:36:16 Natural Sport 10 Km, Alexandria, Virginia, Sept. 15--1. Lynn Weik 46:40 (23:06 at 5) 2. Victoria Herazo 46:55 (23:12) 3. Pascale Grand, Can. 47:55 (23:17) 4. Corinne Whissel, Can. 49:36 5. Tracey Briggs 49:46 6. Lynda Brubaker 51:08 7. Susan Liers 51:49 8. Gayle Johnson (42) 52:24 9. Cheryl Rellinger 55:10 10. Mataji Graham 58:10 11. Valerie Meyer 58:41 12. Jackie Kerby 58:42 13. Pauline Stickles 59:47 14. Gwen Appleton 60:02 DNF--Teresa Vaill (32 finishers) Men's 10 Km, same place--1. Bob Briggs 44:06 (21:51) 2. Dave McGovern 44:35 (21:55) 3. Scott Widdall 47:46 4. Norman



Frale (46) 53:49 5. Robert Elliott (42) 54:55 6. Malcolm Posey 58:05 7. James Lemert (56) 58:19 8. Dennis Hughes 58:27 9. Mitch Segal (40) 60:27 10. Ned Stone (51) 61:14 (14 finishers) **3.5 Mile, Waynesboro, Virginia, Oct. 12--1.** David Priddy (50) 30:38 2. Kurt Gottschalk (44) 32:46 3. Graham Zollman (43) 35:56 Women: 1. Deborah McLaughlin 31:57 (Dave McGovern walked in the accompanying 10 Km run and did 42:58) **20 Km, Darlington, SC., Oct. 12--1.** Ian Whatley 1:33:25 2. Dave Waddle 1:37:40 3. Bill Chelf (50) 1:58:31 4. David Hale (42) 1:59:30 **Women's 5 Km, same place--1.** Cheryl Rellinger 52:02 **5 Km, Ft. Lauderdale, Florida, Sept. 28--1.** John Fredericks (43) 26:49 2. Eric Schmook 27:41 3. Dave Clarke 28:43 4. Bob Fine (60) 28:52 5. Buck Jordan (50) 29:59 Women: 1. Sondra Vladem 28:44 2. Linda Stein (43) 29:30 3. Louise Tolson (40) 30:17 4. Susan Johansen 30:27 **5 Km, Ft. Lauderdale, Aug. 24--1.** John Fredericks 25:21 2. Darryl Morrison 29:42 3. Brian Mair (50) 30:58 Women: 1. Sperry Rademaker (51) 27:40 2. Daysi Platero 29:59 **5 Km, Maitland, Florida, Sept. 14--1.** Ken Cutler 28:30 2. Charles McLaughlin 28:38 **3 Km, Miami, Sept. 7--1.** John Fredericks 14:25 2. Dave Clarke 16:01 3. Linda Stein 16:10 4. Eric Schmook 16:11 5. Sondra Vladem 16:27 6. Bob Fine 16:51 (50 finishers) **5 Km, New Orleans, Sept. 7--1.** Mike Adams (50-59) 30:23 2. Oliver Dailey (40-49) 31:07 **5 Km, New Orleans--1.** Mary Howell 27:30 2. Stephen Casebonne and Sidney Holmes 30:51 4. Oliver Dailey 31:01 **5 Km, New Orleans, Sept. 22--1.** Ross Barranco 27:53 2. Don Lee (50-59) 28:42 3. Mary Meyer 30:31 4. Joe Ory 30:56 **2 Mile, New Orleans, Sept. 21--1.** Don Lee 17:04 2. Joe Ory 19:03 3. Mike Adams 19:25 4. Mary Meyer 19:45 **Detroit Free Press Marathon RW Division, Oct. 20--1.** John Elwarner (52) 4:14:24 2. Terry McHoskey (49) 4:14:33 3. Gerald Bocci (53) 4:23:24 4. Frank Soby (52) 4:29:18 5. Victor Sipes (48) 4:29:41 6. Valerie Stowe (49) 4:35:54 7. Valentine Honrpoth, Can. 4:39:34 8. Jill Latham (55) 4:39:34 9. Walter Lubzik (52) 4:48:12 10. Maureen Hayden (47), Can. 4:50:21 (39 finishers) **10 Km, Dearborn, Mich., Sept. 14--1.** Gary Morgan 47:00 2. Norm Browne 54:03 3. Robert Campbell 55:15 4. Walter Lubzik 61:24 **5 Km, same place--1.** Max Green 25:00 2. Bil Hall 30:49 Women: 1. Louise Mitchell 27:44 2. Debbi Benton 28:30 3. Valerie Stowe 29:23 **5 Km, Indianapolis, Oct. 14--1.** Gary Morgan 20:38 2. Ray Sharp 21:53 3. Mike Rohl 24:19 4. David Thomas (19) 24:45 5. Tim Saiter 25:54 6. Donald Anderson (41) 27:06 7. Bob Gensheimer (55) 27:07 8. Donald Valez 27:28 9. Ron Wallace (48) 27:33 10. Mike Bird (44) 27:39 Women: 1. Michelle Rohl 23:27 2. Wendy Sharp 23:43 3. Lisa Sonntag 25:46 4. Jeanette Smith (42) 25:56 5. Terri Charpnel 27:28 6. Lucy McCracken 27:34 7. Margie Alexander (48) 29:33 8. Judi Risner-Gradner (48) 29:44 9. Bonnie Schlueter 30:02 **8 Km, Clinton, Iowa, Aug. 31--1.** Don Mowles (45-49) 42:18 2. Dean Easterlund (40-44) 44:48 3. Ron Sandberg (50-59) 46:51 4. Jim Shaw (45-49) 47:25 5. Bill Youngerg 48:24 6. Arden Zentic (45-49) 49:14 (18 finishers) Women: 1. Diane Graham-Henry (45-49) 50:04 (21 finishers) **5 Km, Libertyville, Ill., Sept. 21--1.** Rob Cole 22:55 2. Don Mowles 23:11 3. Tim Seaman 24:49 (probably among the many who got a late start. The starter decided to send them off a few minutes early and many were not at the line) 4. Mike DeWitt 24:54 5. Brian Schultz 25:04 6. Steve Harvey 27:18 7. Al Fisher 29:03 8. Arden Zentic 29:30 9. Daniel Patt 29:33 10. Denny Litwin 29:56 (28 finishers) Women: 1. Dee Collier 26:22 2. Joyce Decker 30:44 3. Diane Graham-Henry 31:00 (37 finishers) **3 Km, Naperville, Ill., Oct. 5--1.** Don Mowles (48) 14:33 2. Al Fisher (52) 15:55 3. Ron Sandberg (50) 16:12 4. Daniel Patt (51) 17:46 (12 finishers) Women: 1. Joyce Decker (57) 17:48 2. Renee Weatherford (53) 18:48 3.

Patricia Rumley (52) 18:55 (16 finishers) **100 Mile (track), Columbia, Missouri, Sept. 21-22--Alan Price** scored his 11th consecutive victory in this event covering the distance in 20:41:31. Niall Mandal achieved Centurion status and was the only other competitor to cover the full distance in the 24-hour limit. 1. Alan Price (44), Washington, DC 20:41:31 2. Niall Mandal (48), Holmdel, N.J. 23:16:55 3. Chuck Hunter (54), Longmont, Col. 90.25 miles in 21:32:17 4. Bruce Etherton (51), Independence, Missouri 80 miles in 23:15:20 5. Robert Dolphin (61), Yakima, Wash. 75 miles in 23:44:34 6. Robert Chapin (59), Independence, Missouri 66 miles in 22:31:26 (14 starters). Price had 10 miles splits of 1:40:30, 3:23:28, 5:12:54, 7:07:09, 9:04:48, 11:11:47, 13:51:19, 16:02:28, and 18:22:23. **North American Masters 20 Km, Midland, Texas, Oct. 5--1.** Ed Whiteman (52), Covington, Louisiana 1:49:31 2. Richard Letsinger (46), Austin, Texas 1:52:16 3. Norm Frable (46), Midland 1:55:15 4. Andres Smith (42), Crown Point, N.M. 1:57:43 5. Eliza Walbridge (41), Zuni, N.M. 1:59:15 6. Paul Johnson (54) Ft. Smith, Ark. 1:59:45 7. Bob Mimm (66), Willingboro, N.J. 2:04:01 8. Matiji Graham (38), Albuquerque 2:05:16 9. John Knifton (52), Austin, Tex. 2:09:05 10. Ross Barranco (42), Clinton, Mississippi 2:09:34 11. Kathy Frable (46), Midland 2:14:52 12. Don Johnson (74), Little Silver, N.J. 2:22:43 13. Robert Dodson (60), El Paso 2:23:04 14. Troy Grove (72), Lafayette, Cal. 2:33:22 **Open 20 Km, same place--1.** Ray Sharp 1:39:51 2. Wendy Sharp 1:46:50 3. Adam Pawlick 1:52:31 **5 Km, same place--1.** Bill Penner (45), Stockton, Cal. 26:01 2. Jackie Kerby (31), Albuquerque 27:50 3. Michael Clough (44), Albuquerque 28:03 4. Noel Kedzierski (38), Phoenix 29:29 **5 Km, Brighton, Col., Aug. 18--1.** Viisha Sedlak 26:04 2. Daryl Meyers (48) 28:04 3. Dennis Velasquez 28:45 4. Ned Stone (51) 29:21 5. Vilmaris Strautins (57) 30:31 **Masters 5 IKm (track), Boulder, Col., Aug. 31--1.** Viisha Sedlak 25:38 2. Peggy Miller 26:02 3. Alan Yap 28:59 4. Sally Richards-Kerr 29:08 5. John Lyle (58) 29:38 6. Vilmaris Strautins 30:13 **5 Km, Thornton, Col., Sept. 7--1.** Peggy Miller 26:08 2. Bob DiCarlo 27:09 3. Dennis Velasquez 28:07 4. Patricia Cooper 28:50 5. Daryl Meyers 29:12 6. Larry Marchant 29:28 7. Gerald Storie (59) 30:22 (50 finishers) **5 Km, Albuquerque, Aug. 24--1.** Theron Kissinger 26:27 2. Mark Golda 27:59 3. Peter Armstrong (46) 28:06 4. Donald Towner (45) 28:19 5. Daryl Reckaway 28:55 Women: 1. Jackie Kerby 28:01 2. Anna Marie Wormald 28:38 **Santa Monica, Cal., Half-Marathon, Aug. 25--1.** Richard Ashton 1:51:44 2. Jim Coots (51) 2:02:18 3. Richard Oliver (54) 2:04:12 4. Carl Acosta (57) 2:05:10 5. Ernest Ramos 2:06:38 6. Bill Neder (52) 2:08:33 **3 Km, Cal Tech, Sept. 21--1.** Richard Lenhart 15:05 2. Daniel Thompson 15:36 3. Steve Leitner 16:44 4. Carl Acosta 18:20 Women: 1. Fran Bustos 14:26 2. Margaret Govea 15:16 **5 Km, same place--1.** Allen James 20:36 2. Larry Walker 22:10 3. Dana Marsh 24:47 3. Richard Lenhart 25:50 4. Daniel Thompson 27:03 5. Bill Neder 27:31 6. Chris Dreher 27:46 7. Carl Acosta 28:04 Women: 1. Donna Cunningham 28:23 **10 Km, same place--1.** Richard Ashton 49:36 2. Richard Oliver 55:42 3. Carl Acosta 58:13 **10 Km, San Francisco, Sept. 22--1.** Jonathan Matthews 43:34 (21:30) 2. Dave Marchese 46:45 (22:55) 3. Skip Bockoven 50:25 4. Alva Svoboda 60:57 **5 Km, same place--1.** Ron Daniel 26:12 **Women's 10 Km, Same place--1.** Cindy March 50:44 (24:43) 2. Stephanie Matthews 59:47 3. Lorrie Keller 60:40 **10 KM, Seaside, Cal., Oct. 19--1.** Cindy March 49:32 2. Kim Wilkinson 49:51 3. Skip Bockoven 50:21 4. Ron Daniel (50) 59:04 5. Dick Petruzzi (58) 59:42 6. Karl Krueger (60) 60:52 7. Karen Stoyanowski 61:12 8. Joel Johnson 61:55 (30 finishers) **5 Km, Seattle, Sept. 28--1.** Glenn Tachiyama 24:50 2. Stan Chraminski 25:06 3. Bob Novak 26:16 4. Ann



McCulley 28:48 2.8 Mile, Seattle, Oct. 2--1. Stan Chramisnki 22:28 2. Steve DiBernardo 23:15 3. Ann McCulley 25:30 1 Hour, Seattle, October 12--1. Glenn Tachiyama 11,525 meters 2. Stan Chramisnki (43) 11,395 3. Bob Novak (42) 11,366 4. Lew Jones (45) 10,301 5. Bev LaVeck (55) 10,059 Ontario 20 Km Championship, Brockville, Oct. 14--1. Dan O'Brien, U.S. 1:39:02 2. Jaan Roos 1:51:58 3. Roman Olszewski 1:54:14 Women's 5 Km, same place--1. Lora Rigutto 24:14 2. Alison Baker 24:23 3. Joanna Irvine 25:57 Art Keay Memorial 10 Km, North York, Ont., Aug. 24--1. Lora Rigutto 50:03 2. Eileen Lawrence, US 57:37 3. Karen Fina, US 58:34 4. Susan Perkins 60:05 5. Marilyn Chute 60:22 Men: 1. Dave Lawrence, US 48:04 2. Roman Olszewski 51:40 3. Paul Tucknott 57:36 4. Frank Fina, US 58:23 5. John Thurston 59:52 6. Sal Brancaccio (64) 59:59 Ontario 10 Km Championship, Etobicoke, Aug. 3--1. Gary Morgan, US 43:22.38 (21:26) 2. Dan O'Brien, US 47:43 3. Paul Guimond 49:07 4. Roman Olszewski 49:48 Women's 3 Km, same place--1. Alison Baker 14:25.26 2. Joanna Irvine 14:36 3. Louise Aubin 15:25

### PUT YOUR BEST FOOT FORWARD IN THESE CONTESTS

Sat. Nov. 9	5 Km, Lawrence, Kan. (D)
Sun. Nov. 10	5 Km, Clarksburg, Cal. (EE)
	Coney Island 10 Mile Handicap, 9 am (U)
	5 Mile, Manalapan, NJ (A)
	Long Beach Half-Marathon (B)
Sat. Nov. 16	5 Km, Seattle (C)
Sun. Nov. 17	10 KM, Phoenix, Arizona (E)
	1 Hour, West Long Branch, NJ, 10 am (A)
	5 Km, New York City, 10 am (Z)
	5 Km, Miami (Q)
	Half-Marathon, New Orleans (V)
	20 Km, San Francisco (EE)
Sat. Nov. 23	8 Km, Sedalia (D)
	25 Km, New Orleans (V)
Sun. Nov. 24	5 KM, Beaver Island, N.Y. (I)
	5 Km, New York City, 10 am (Z)
	10 and 35 Km, Houston (W)
Thu. Nov. 28	Turkey Trot, Detroit (P)
	5 Km, Parkville, Kan. (D)
Fri. Nov. 29	5 Mile, Freehold, NJ (A)
	50 Km, Houston (W)
Sat. Nov. 30	5 Km, Phoenix, Arizona (E)
	5 Km, Buffalo (I)
Sun. Dec. 1	5 Km, Miami, 8 am (Q)
	5 Km, New York City, 10 am (Z)
Sat. Dec. 7	5 Km, Buffalo (I)
	1 Hour, Los Angeles (B)
	1500 m, 3 Km, and 5 Km, Toronto (K)
Sun. Dec. 8	Todd Scully 10 Km, Long Branch, NJ (A)
	5 and 10 Km, New Orleans (V)
Sat. Dec. 14	5 Km, Salem, Oregon, 12 noon (S)

	5 Km, Seattle (C)
	10 Mile, Columbia, Missouri (M)
Sun. Dec. 15	5 Km, Folsom, Cal. (EE)
	Holiday Walks, Los Angeles area (B)
Sat. Dec. 21	5 Km, Miami (Q)
Sat. Dec. 28	5 Km, Coconut Grove, Florida (Q)
Sun. Dec. 29	10 Mile, Asbury Park, N.J. (A)
	50 Km, Houston
(W)Mon. Dec. 31	4 Mile, Detroit (P)
Sun. Jan. 5	Half-Marathon, Miami (Q)
	9 Km, New Orleans (V)

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 U--Walkers Club of America, P.O. Box 210, Commack, NY 11725  
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 X--Walk USA, 350 Old Willets Path, Smithtown, NY 11787  
 Y--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609  
 Z--Park Walkers Club, 320 East 83rd St., Box 18, New York, NY 10028

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### FROM HEEL TO TOE

Dave Gwyn who has raced on 10 different 50 Km courses says the certified course in Houston, which is fast and flat, is the best. Anyway looking for an Olympic qualifying time 4:05 might find it worth their while to get down to Houston on December 29. . . Sincere apologies to those of you who got September issues with the pages out of order. I was halfway through collating and stapling them when I realized one stack was upside down so the pages were folded in in the wrong order. The polite thing to do would have been to unstaple them and turn the sheet over. But, that would also have been a very time-consuming thing to do. Lazy

person that I am, I figured that all the astute subscribers out there would be able to figure out the puzzle and set things right. . . With one race to go (Houston, Oct. 26), Debbi Lawrence led the NaturalSport 10 Km Grand Prix standings with 40 points. She had won four races (San Jose, St. Louis, Los Angeles, and New Haven, and didn't compete in Alexandria. Victoria Herazo with two seconds, a third, and a fourth was second with 33 points, and Lynn Weik (a first, second, and third) was third with 27. . . Viisha Sedlak's American Racewalk Association now has a 900 number to help you learn technique, give training tips, give information on upcoming camps and clinics, as well as ARWA memberships, provide shoe information, and give some motivational words. The charge is 99 cents per minute when you call 1-900-847-WALK. Viisha also has a video available, *Racewalking: A Lifetime Sport*, which stresses technique, training plans, stretches and drills, and motivation. Send \$29.95, plus \$4.00 for shipping and handling, to American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323. . . Ken Mattsson in Marlborough, Mass. asks a couple of questions I can't answer for sure; maybe some astute reader can: "I have recently noticed more and more walking shoes targeted towards men. In the fall "Masseys for Men" footwear catalog, they list the CComfort Plus by Reebok, Lifewalker by Propet, and the MK606WN by New Balance as shoes for athletic walking. My question is, are these shoes meant for racewalking or are they for strolling? I've heard that some companies are planning on coming out with racewalking shoes, but how does one know which ones are which? Also, in this same catalog, they use olympic-like stick figures to designate what activities the shoes are used for and one of the figures is for walking. Is there an official international symbol for racewalking, and if so, is this it? (Ed. There is an official symbol for athletics, and racewalking comes under that umbrella. I am not aware of an official figure for walking, but that doesn't mean there is none.). . . Maybe the answer can be supplied by Bob Bowman who was recently named to replace Denmark's Palle Lassen as Chairman of the IAAF Racewalking Committee, an appointment well deserved. Bob Bowman has been associated with the sport for about 30 years as a competitor, official, international judge, and long-time U.S. representative to the IAAF Committee. He was responsible for bringing the 1991 World Cup to San Jose and headed the effort that made it such a great success. . . Ken Mattsson, on another matter, tells me: "I noticed in the ORW issue where you described the World Cup races in San Jose, when you referred to a Chinese racewalker, such as Chen Yueling, you used Yueling as the family name. In Chinese, the family name goes first, with the given name after that. So for the above example, one would say "Chen disqualified at 17 Km, not Yueling DQd at 17 Km." I went through all of this a few years back, even consulted a Chinese friend on how to be sure about which name is which (since you don't know if a given report is giving the name in the Chinese order or Western order) and was really making an effort to get them right for a while. For instance, from what he told me, I know that Yueling Chen is proper. But, I decided to quit bucking the tide. If the IAAF, AP, Reuters, and various and sundry others can't get it right, why should I always look like I am the one doing it wrong (except to astute people like Ken). So, anymore, I just take the names the way they are reported in official results. The other place where names are a real problem is in the transliteration of Soviet names. You'll see the same name spelled all sorts of different ways, especially when you

have other foreign sources. So, I just try to go with my own very passing knowledge of the Russian alphabet and how it should be transliterated (on which there seems to be no single authority). . . When we reported Herm Nelson's 2:21:39.4 30 Km effort on the track in last month's issue, we forget to note that it bettered the U.S. record, set way back in 1971 by Goetz Klopfer. Goetz did 2:23:14. . . The first Junior National Racewalk team has been named and its activities are being coordinated by Susan Liers and Steve Vaitones. Members for 1991-92 are Gretchen Eastler, Ali DeWitt, Melissa Baker, Jennifer Grego, Lisa Chumbley, Debbie Iden, Tim Seaman, Paul Tavares, Sean Albert, Kris Hilsabeck, James Spahr, and Michael Tomasulo.

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Here is the latest Olympic trials information:

### 1991 Olympic Trials Information

The 1992 US Olympic Track and Field Trials Official Entry Form and Entry Information are now available from:

New Orleans Organizing Committee  
US Olympic Track and Field Trials  
601 Loyola Ave Suite 214  
Poydras Plaza Mall  
New Orleans, LA 70113  
(504) 484-1992

The Athletics Congress / USA  
US Olympic Track and Field Trials  
Special Events Department  
PO Box 6060  
Indianapolis, IN 46206-6060  
(317) 261-0500

The International Competition Committee, meeting in New York, June 13, approved the criteria for US Olympic Track and Field Trials qualifying race walks. In keeping with the format in the US Olympic Trials brochure, the Qualifying Regulations pertaining to the women's 10 kilometer race walk and the men's 20 kilometer race walks are as follows:

### Qualifying Rules

A qualifying mark for the 1992 US Olympic Track and Field Trials must be made in a race or meet sanctioned by The Athletics Congress / USA and conducted under conditions required for recognition of national and world records by TAC and the International Amateur Athletic Federation. Proof of qualifying mark and conduct of race may be required. In addition, these rules must be followed:

### Race Size

Any women's 10K and men's 20K must have a minimum of five bona fide competitors. A men's 50K must have a minimum of four bona fide competitors.

### Courses

In order for qualifying times to be accepted, besides being TAC/USA sanctioned, the race must be conducted on a track or on a road course certified by TAC/USA methods (certification number may be requested).



### Judging

Each such race must have a minimum of FOUR TAC/USA certified judges (TAC Official registration numbers may be requested) and should be listed on the results sheet.

### Results

All race results with provisional or automatic qualifying times should be sent to 1992 US Olympic Track and Field Trials, 601 Loyola Ave, Suite 214, Poydras Plaza Mall, New Orleans, LA 70113. A copy of the results must also be sent as soon as possible to Steve Vaitones, 90 Summit St, Waltham, MA 02154.

Eligibility, Qualifying Periods and other Qualifying Regulations are contained in the Trials brochure.

ICC is urging all athletes intending to compete in the Trials to submit their entry forms as soon as possible. DO NOT WAIT to submit the entry form for the purpose of updating a performance mark or attaining the automatic qualifying standard. (Automatic qualifying marks are 50:00, 1:30:00 and 4:25:00.)

The Olympic Trials 50K is the weekend of the Jazz Festival in New Orleans, April 26th so all of you who plan on attending had better make arrangements as soon as possible!

A recent running column in the Detroit Free Press featured former walking great, Adolph Weinacker:

It's Sunday morning.

He gets out of his car, just off Michigan Avenue near Livernois in Detroit, and strolls into the Michigan Veterinary Clinic, as he has for 20 years. The next three hours bring a stream of cats, dogs and worried pet owners.

To his clients he's Dr. Adolf Weinacker, but to the world of racewalking he was once *the* dominant racer in the United States, competing in the 50K (31¼ miles) walk at three Olympics and holding AAU records at several distances.

By October 1950, he had won national AAU titles at six distances (15, 20, 25, 30, 35 and 40 kilometers) — while he was working his way through veterinary school at Michigan State.

Weinacker talked about his accomplishments between patients.

Just after the aging German shepherd with a badly swollen front leg limped out of the office, Weinacker explained how he — a 1946 graduate of Detroit Eastern High and all-city miler — became a racewalker.

"I lived near Belle Isle so I kept working out after high

school because I not only wanted to be a vet, I also planned to run track and cross-country at MSU," he said. "One day I noticed this group of guys doing a heel-toe and I tried it. They invited me to walk in a short-distance state championship race on Belle Isle. To my surprise, I came in third."

Three weeks later he won a national 30K title in Pittsburgh.

Weinacker was 16th (5:30:14) in the 1948 Olympics in London and 22nd (5:01:00) in Helsinki in 1952. He was seventh in 1956 in Melbourne in 5:00:16, then an American Olympic record.

"It was a once-in-a-lifetime experience to walk around the track to a packed Wembley Stadium crowd in London, picked to represent my country," Weinacker said. "... And each time the exhilaration and thrill was not diminished."

While in Helsinki, Weinacker witnessed one of the great accomplishments in sports. After winning the 5,000 and 10,000 meters, Emil Zatopek of Czechoslovakia ran his first marathon and won by a wide margin, circling the stadium alone to the thunderous chant of *Za-to-pek, Za-to-pek*.

"I still get goose bumps thinking about it," Weinacker said. "He had it all to himself as he sprinted around to the tape."

When runners talk, the subject of shoes invariably sneaks into the conversation. Weinacker wore canvas Keds in the 1948 Olympics in London.

"The athletes who had money would send their foot measurement to a company in Boston that would custom-make your shoe with kangaroo leather for \$30," Weinacker said. "At Helsinki I had the chance to meet Jesse Owens and the shoemaker Adolf Dassler, the founder of Adidas. Dassler wanted to ask Owens his advice on Dassler's newest design and because I spoke German, I acted as the interpreter."

A very furry dog, with a history of seizures was next. Weinacker explained the dangers of seizures to the owner and changed the medication.

Why stay in this neighborhood?

"I've never had any trouble here and I know my clientele," Weinacker said. "They are happy with the way I practice; many bring their pets back to me after they've moved away. This neighborhood has been good to me."

Weinacker, 63, who runs four miles three to four times a week, has run the Free Press Marathon three times. He lives in Detroit with Irene, his wife of 25 years, and a dog and a cat.

Look to the right as you pass the 19-mile mark in the Detroit Free Press/Mazda International Marathon. You might see Weinacker in front of his clinic holding a puppy.