

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME XXVIII, NUMBER 3

COLUMBUS, OHIO

MAY 1992

Lawrence and James Win at Penn Relays

Philadelphia, April 25—Debbi Lawrence broke her own American record for 5 Km while easily winning the race at the Penn Relays on the Franklin Field track. In the men's 10 Km, Allan James also scored a decisive victory. The results:

Women's 5 km—1. Debbi Lawrence, PMWC 21:32.9 2. Michelle Rohl, PSAC 22:08.5 3. Teresa Vaill, un. 22:26 4. Lynda Brubaker, un. 22:43 5. Sara Standley, un. 22:52 6. Maryanne Torrellas, un. 23:11 7. Tracey Briggs, PVW 24:22 8. Jan Zelenski, WPS 24:24 9. Kaisa Ajaye, un. 25:06 10. Gina Inagliavo, WPS 25:07 11. Chris Sakelarios, WPS 25:20 12. Ali DeWitt, WPS 25:35 13. Karen Rezach, SAC 26:07 14. Ellen Marshall, PHAST 27:46 15. Pauleen Stickle, PVW 28:34 Jr. Women: 1. Susan Armenta, WPS 23:45.1 2. Jan Ann Grego, NY 24:58 3. Debbi Iden, NY 25:39 4. Melissa Baker, NY 26:17 5. Sarah Gordon, NY 26:36 6. Debbie Scott, un. 27:14 7. Alison Zabrenski, un. 28:39 8. Annette Spahr, NY 28:39 Masters: 1. Linda Stein, MW 27:10 2. Lois Dicker, PVW 28:54 3. Elton Richardson, un. 28:59 4. Donna Trillo, SAC 9:29 5. Pat Weir, SAC 29:30 6. Beth Beste, PHAST 30:00 7. Nadya Dimitrov 30:10 10. Beth Alvarez, PVW 30:39

Men's 10 Km: 1. Allen James, AIA 41:21.5 2. Dave McGovern, NL 42:07 3. Ray Funkhouser, SAC 43:26 4. Jose Torres, PR 43:43 5. Marc Varsano, ESTC 43:47 6. Dave Dougherty, WI 44:17 7. Richard Quinn, PVW 44:35 8. Danny Fink, PVW 46:57 9. Tom Krasnoff, WPS 59:50 10. Ken Fox, Tufts 50:56 22. Mark Barber, NY 52:38 12. Ruston Edwards, NMA 58:34 Jr.: 1. James Spahr, WUSA 46:15.3 2. Sean Albert, un. 47:16 3. Sean Linehin, WPS 48:51 4. Yariv Pomeranz, MW 50:19 5. Brian Rossi, NBTC 51:32 6. Steve Harvey, WPS 52:00 Masters 5 Km: 1. Ray Funkhouser 21:14 2. John Fredericks, MW 23:15 3. Franco Pantoni, NL 24:35 4. Larry Simmons, PHAST 26:03 5. Ron Moore, PHAST 28:01 6. Tom Zdrojewski, PHAST 28:21 7. Ed Gawinski (65) PHAST 28:23 8. Ed Marrow (60), PHAST 28:59 9. Joel Rubo 119:01 (AIA—Athletes in Action; ESTC—Eastside Track Club; MW—Miami Walkers; NMA—National Maritime Academy; NL—Natural Living; NY—New York state; NBTC—North Babylon TC; PSAC—Parkside AC; PHASAT—Philadelphia Area Striders; PVW—Potomac Valley Walkers; PMWC—Prevention Magazine WC; PR—Puerto Rico; SAC—Shore AC; WUSA—Walk USA; WI—Wisconsin state; WPS—Wisconsin Parkside; un—unattached. Judges: Elliott Denman, Don Henry, Sharon Good, Stella Cashman, Bob Ryan, Ron Willson, Bill Eisenring. Armenta and Funkhouser also broke American records, junior and masters, respectively.

OTHER RESULTS

5 Mile, Westerly, R.I., April 26—1. Joe Light 41:15 2. Louis Free 47:59 3. Bill Banks 52:52 (9 finishers) Boston Marathon RW Division, April 20—1. Phil McGaw 4:24:22

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.) Editor and Publisher: John E. (Jack) Mortland. 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.

(1st 40-44) 2. Justin Kuo 4:38:05 3. Bob Ullman (2nd 40-44) 4:50:19 4. Christie Kuo 5:07:30 5. Emily Hewitt (1st woman 45-49) 5:09:16 (8 finishers) **Youth 1 Mile, New York City, May 2**—1. Erika Hanami 9:21.43 2. Albert Jordan 9:30. **Open and High School 3 Km same place**—1. Debra Scott 16:05.39 2. Kayode Dobosu 17:19.10 3. Patti Ditzel 17:23.75 4. Zakia Feracho 17:38.03 (1st HS girl) 5. Frank LaMorte (1st over 70) 18:05.47 (9 finishers) **20 Km, New York City, May 10**—1. Dan O'Connor 1:29:57 2. Marc Varsano 1:32:37 3. Rob Cole 1:33:16 4. Michael Korol 1:38:01 5. Shabar Khemdallah 1:42:30 6. Jacinto Mogena 2:06:30 **5 Km, Queens, N.Y., May 17**—1. Michael Korol 22:54 2. Nick Bdera 23:42 (1st 40-49) 3. Bob Gottlieb 24:17 4. Danny Vogel 24:45 5. Eliot Taub 25:21 6. Alan Sangeap 27:13 7. Howard Jacobson 27:20 (1st 60-69) 8. Melissa Baker 27:37 9. Paul Butkovich 28:10 (2nd 40-49) 10. Elton Richardson 28:13 (1st female 50-59) 11. Thomas Marhevko 28:53 (3rd 40-49) 12. Melissa Jacobson 28:54 13. Holly Coryell 28:56 14. Tom Roeder 30:35 (1st 50-59) 15. Helen Adelson 31:33 16. Frank Lamorte 31:38 (1st 70-79) (44 finishers) **Zinn Memorial 10 Mile, Asbury Park, N.J., April 12**—1. Ray Funkhouser 1:11:52 2. Bill Smith 1:26:58 3. Alan Price 1:28:19 4. Curt Sheller 1:34:25 (8 finishers) Women: 1. Karen Rezach 1:30:58 2. Phyllis Hansen 1:32:26 3. Pat Weir 1:42:42 4. Donna Cetrulo 1:46:12 **10 Km, Ft. Monmouth, N.J., May 9**—1. Frank Dardsen 61:45 2. Manny Eisner 62:00 Women: 1. Gery-Lynn Buckholz 53:26 2. Karen Rezach 57:22 3. Donna Cetrulo 63:42 **8 Km, Lakewood, N.J., May 10**—1. Ray Funkhouser 38:35 2. Frank Darden 51:34 **Niagara TAC 5 Km, Grand Island, N.Y., May 9**—1. Dave Lawrence 25:48 2. Bob Lubelski (49) 27:38 3. Doug Harty (42) 28:18 4. Eileen Lawrence 29:03 (9 finishers) **1/2 Marathon, Lancaster, Penn., April 12**—1. Scott Widdall 1:44:32 2. Cliff Mimm 1:49:28 3. Jamers Miner (43) 1:54:47 4. Bob Mimm (67) 2:07:10 5. Dr. Pat Bivona (51) 2:10:56 6. James Napolio (59) 2:13:22 (12 finishers) Women: 1. Lynda Brubaker 1:51:38 2. Marcia Shapiro (53) 2:28:16 (5 finishers) **10 Km, Ashland, Virginia, April 12**—1. Frank Miner 60:53 2. Cokey Daman 64:20 3. Maria Smith 65:56 (33 finishers) **Youth 2 Mile, Xenia, Ohio, April 30**—1. Jessie Mullenit (16) 22:46 2. Charlie Weidinger (17) 23:30 3. Bridget LaGory (13) 23:43 ((finishers) **Weinacker Cup Race Walks, Port Huron, Mich., May 17 (track)**—Men's 10 Km: 1. Gary Morgan 43:06 2. Dan O'Brien 48:23 3. Roman Olszewski, Can. 51:48 4. Terry McHoskey 52:33 5. Max Green 53:33 6. John Hunyady 54:36 7. Stuart Summerhayes, Can. 57:44 8. Gerald Bocci 58:49 9. Paul Guimond, Can. 59:58 10. Marino Scerpella 60:10 Women's 5 Km: 1. Joanna Irvine, Can. 26:06 2. Debbie Benton 28:06 3. Nanci Sweazy, Can. 28:21 4. Valerie Stowe 28:42 5. Louise Mitchell 28:51 6. Diane Podsiadlik 29:01 7. Sue Burnett, Can. 29:31 8. June-Marie Provost, Can. 30:02. Team Score: Men—Michigan 2:24:02 Ontario 2:48:39 Women: Ontario 1:23:58 Michigan 1:25:37 **5 Km, Warren, Michigan, April**

25—1. Dan O'Brien 23:02 2. John Hunyady 23:29 **3 Km, same place**—1. Frank Soby (52) 16:49 2. Greg Near 19:13 **5 Km, Dearborn, Michigan, April 25**—1. Max Green 25:20 2. Marino Scerpella 27:55 3. Frank Soby 28:31 4. Wally Lubzik 29:52 **Women's 3 Km, same place**—1. Louise Mitchell 16:36 2. Diane Podsiadlik 16:50 **Women's 10 Km, Augusta, Georgia, April 5**—1. Yvonne Clark 59:57 2. Cheryl Rellinger 62:38 **5 Km, same place**—1. Jeff Savage 22:50 2. Dave Waddle 23:17 3. Leo Overman 30:56 **5 Mile, Miami**—1. John Fredericks (43) 39:53 2. Dale Nelson (47) 44:13 3. Darryl Morrison 45:59 4. Peter Black (49) 47:43 5. Ron Storm (69) 49:18 6. Stanford Blake (43) 49:44 (32 finishers) Women: 1. Linda Stein (44) 45:37 2. Sondra Vladem 49:00 3. Louise Tolson (41) 49:28 4. Donna Pape 50:44 5. Monica Boyd 50:45 (58 finishers) **5 Km, Lake May, Florida, April 25**—1. Steve Christleib 29:27 **5 Km, Lake Buena Vista, Florida, May 2**—1. Steve Christleib 27:22 2. Chuck McLaughlin 27:26 3. Paul Alvord 28:40 4. Robert Carver 30:18 Women: 1. Alba Campbell 30:19 **5 Km, Denver, March 22**—1. Sally Richards-Kerr 26:12 2. Alan Yap (49) 27:14 3. Mike Blanchard 27:23 4. Daryl Meyers (49) 27:50 5. Kevin Molick 28:14 (35 plus finishers) **5 Km, Denver, April 11**—1. Mike Blanchard 27:05 **10 Km, Colorado, May 12 (track)**—1. Dan Pierce 50:51 2. Alan Yap 56:52 3. Bob DiCarlo (58) 58:06 4. Dee Walker 60:20 **5 Km, Albuquerque, April 25**—1. Michael Korol 24:04 **5 Km, Albuquerque, April 26** (actually a little less than 3 miles) 1. Theron Kissinger 23:06 2. Steve Petrakis 25:47 3. Michael Clough 26:16 3. Mike Ahlers 26:25 4. Peter Armstrong 26:32 5. Don Towner 26:37 6. Arnold Levick 27:49 (1st over 50) Women: 1. Ellen Roche 26:23 2. Rose Rowan 28:35 **5 Km, Redlands, Cal., April 26**—1. Adam Mendonca 26:18 2. Andrea Johnson 28:16 3. Robert Meador 28:20 4. Dave Snyder 28:23 5. Ernest Ramos 28:47 6. Donna Cunningham 28:49 **Julie Partridge Memorial 10 Km, San Francisco, May 2**—1. Mark Fenton 45:24 2. Jim Lenschau 45:30 3. Dave Marchese 46:02 4. Todd Scully 46:17 5. Jim Coots 58:24 6. Bill Moremen 61:24 (9 finishers) Women: 1. Cindy March 47:07 2. Francine Bustos 48:31 3. Kim Wilkinson 49:26 4. Liz Kemp-Salvato 51:05 5. Lisa Sonntag 51:06 6. Karen Stoyanowski 51:22 7. Cindy Paffumi 52:28 8. Margaret Govea 54:27 9. Kerry Bratton 55:13 10. Therese Iknoian 58:02 (15 finishers) **10 Km, San Francisco, March 29**—1. Cindy March 48:01 2. Kim Wilkinson 50:19 3. Peggy Miller 52:06 4. Monica Rutledge 59:01 (age 16) **3 Km, same place**—1. Terese Iknoian 16:36 2. Eugenia Ortiz 17:48 **10 Km, San Mateo, Cal., April 18**—1. Cindy March 47:27 2. Cindy Paffumi 53:13 3. Kerry Bratton 56:55 4. Terese Iknoian 59:27 **3 Km, same place**—1. Sandy Womack 17:07 2. Laura Cribbins 17:18 **5 Km, Marin, Cal.**—1. Jim Lenschau 22:53 2. Jack Bray (59) 26:25 3. Kirk deFord (49) 27:44 **4 Mile, Seattle, April 18**—1. Stan Chraminski (44) 31:29 2. Bruce Harland 32:07 3. Glenn Tachiyama 32:37 4. Bob Novak (42) 33:31 5. Lew Jones (46) 36:47 6. Dave Snyder (40) 37:40 Women: 1. Joanne Fox (17) 36:52 2. Bev LaVeck (55) 37:21 3. Tracey Ross (16) 38:01 4. Sarah Klaudt 38:39 5. Jana Brumbaugh 39:05 **2.8 Mile, Seattle, May 7**—1. Stan Chraminski 22:46 2. Bev LaVeck 26:48

OVERSEAS

10 Km, Sydney, Melbourne, Australia, Jan. 5—1. Stefan Johansson, Swed. 40:05 2. S. Beercroft 40:47 **10 Km, Canberra, Aus., Jan. 27**—1. Johansson 39:48 2. Simon Baker 41:05 **Women's 10 Km, Sydney, Jan. 11**—1. Karry Saxby 43:50 **50 Km, Melbourne, Jan. 26**—1. D. Wojcic 3:58:30 2. C. Brill 4:00:21 **20 Km, Adelaide, Aust., March 4**—1. Simon Baker 1:22:16 2. A. Hern 1:23:13 3. Andrew Jachno 1:25:36

Women's 10 Km, same place—1. Kerry Junna-Saxby 43:03 2. Judkins, NZ 46:36 3. Lorraine Jachno 46:56 **Indoor 5 Km, Karlsruhe, Ger., Feb. 9**—1. Ronald Weigel 18:57.0 2. Axel Noack 19:09.2 3. Robert Ihly 19:32 4. Ralf Wiese 19:54 **Czech. Indoor 5 Km, Champ., Prague, Feb. 15**—1. Miroslav Bosbo 18:45.5 2. Karol Reparsky 18:45.5 3. Igor Kollar 18:51 4. Tomas Kratochvil 19:07 5. Pavol Blazek 19:08 6. Jan Zahoncik 19:10 **Indoor 5 Km, Jarna, Swed., March 7**—1. Stefan Johansson 19:11.25 **Italian 50 Km, Champ., Molfetta, March 15**—1. Giovanni Perricelli 3:55:01 2. Massimo Quirivoni 3:55:42 3. Guiseppe DeGaetano 3:58:39 4. Arturo DiMezza 4:00:47 5. Bruno Penocchio 4:03:36 **French Indoor 5 Km, Champ., Bordeux, Feb. 16**—1. Claude Corre 19:12.89 2. Denis Langlois 19:19.6 3. J. Oliver Brousseau 19:36 **Hungarian Indoor 5 Km, Champ., Budapest, Feb. 11**—1. Sandor Urbanik 19:03.28 2. Dudas 19:45 **Hungarian Women's 3 Km Indoor Champ., Feb. 12**—1. Ivanova, Russia 12:16.79 2. Lina, Rom. 12:34.33 3. Szebenszky 12:41 4. Ilyes 12:44 **Italian Indoor 5 Km Champ., Genova, Feb. 15**—1. Giovanni DeBenedictis 19:07.68 2. Florini 19:26 3. DiMezza 19:45 **20 Km, Beurne, Ger., March 14**—1. Robert Ihly 1:25:17 **30 Km, Viladecans, Spain, Feb. 23**—1. Massana 2:10:58 2. Baroso 2:11.30 3. Jose Marin 2:12:10 4. Labrador 2:13:02 4. A. Marin 2:17:06 **Women's 10 Km, same place**—1. Encama Granadas 45:48 2. Mari Curz Diaz 46:09 **Indoor 5 Km, Moscow, Feb. 1**—1. Korniyev 18:23.10 2. Kostyukovich 18:31 3. Orlov 18:33 4. Plotnikov 18:42 5. Koslov 18:53 6. Drutschik 18:55 7. Sokolowski 19:01 8. Ossipov 19:14 **Women's 3 Km, same place**—1. Ivanova 11:57.11 2. Saiko 12:08.5 3. Mkanova 12:22 4. Kardopolzewa 12:27 5. Yuknewitsch 12:26 6. Serbinenko 12:34 **50 Km, Monterrey, Mex., April 5**—1. Carlos Mercenario 3:50:09 2. Miguel Rodriquez 3:50:55 3. German Sanchez 3:51:02 4. Guillaume Leblanc, Can. 3:56:46 5. Daniel Garcia 3:57:38 6. Andrei Perlov, Russia 3:59:21 7. Tadahiro Kosaka, Japan 4:01:40 8. Ronald Weigel, Ger. 4:02:00

THE CALENDAR

Fri. June 12 2 Mile, Lakewood, Col. (H)
 Sat. June 13 Masters 5 Km, Los Gatos, Cal. (N)
 10 km, Long Island, 5 pm (W)
 New Jersey 5 Km, Trenton (A)
 Sun. June 14 7.1 Mile, Mill Valley, Cal. (N)
 Met. AC 10 Km, New York City, 8 am (G)
 7 Mile, Litchfield, Conn. (F)
 10 Km, Women's 5 Km, Dearborn, Michigan, 9 am (E)
 1 Mile, Alexandria, Virginia (J)
 Wed. June 17 1 Mile Seattle, 6:15 pm (C) (And every Wed. through 8/5)
 5 Km, Denver, 7 pm (H)
 Sat. June 20 8 Km, Sunnyvale, Cal. (N)
 10 Km, Oak Grove, Missouri (R)
 5 Km, Virginia Beach, Virginia (AA)
 1500 m, Manchester, Conn. (F)
 5 Km, Denver (H)
 Masters 5 Km, Los Angeles (B)

Sun. June 21 San Francisco Marathon (N)
 5 Km, Chicago (V)
 Empire State Games 5 Km Qualifier, New York City (G)
 U.S. Olympic Trials, Women's 10 Km, New Orleans, 9 pm
 Mon. June 22
 Wed. June 24 U.S. Olympic Trials, Men's 20 Km, New Orleans, 8:35 pm
 Sat. June 27 13.7 Miles, Stinson Beach, Cal. (N)
 5 Km, Rock Island, Illinois (DD)
 2 Mile, Littleton, Col. (H)
 5 Km, Bellingham, Washo. (C)
 Sun. June 28 10 Km, Women's 5 Km, Dearborn, Michigan, 9 am (E)
 1 Mile, Alexandria, Virginia (J)
 3000 meters, Lisle, Illinois (EE)
 5 Km, Seattle, 10 am (C)
 Thu. July 2 2.8 Miles, Seattle, Wash., 6 pm (C)
 Sat. July 4 10 Km, Milipitas, Cal. (N)
 Women's 5 Km, Bethpage, Long Island, 9 am (S)
 5 Km, Orange, Conn., 10 am (F)
 5 Mile, Wall Township, NJ (A)
 5 Mile, Lakewood, N.J. (A)
 1500 and 3 Km, Detroit (O)
 5 Km, Evergreen, Col. (H)
 Sun. July 5 Junior National 5 and 10 Km, Columbus, Ohio (X)
 1500 meters, Fitchburg, Mass., 11 am (I)
 4.6 Mile, San Francisco (N)
 Sat. July 11 Masters 1500 and 3000 m, Libertyville, Ill. (M)
 5 and 10 Km, Dearborn, Michigan, 9 am (E)
 5 Km (Track), Dedham, Mass., 4 pm (I)
 15 Km, Aokland, Cal. (N)
 5 Km, Elk Grove, Cal. (Y)
 5 Km, Lakewood, Col. (H)
 Sun. July 12 NATIONAL TAC 10 KM, NIAGARA FALLS, 8 AM (P)
 3 Km, New Haven, Conn., 1 pm (F)
 Masters 5 Km, Los Angeles, 7 am (B)
 1 Mile, Alexandria, Virginia, 9:30 am (J)
 1 Mile, Houston, 5:45 pm (BB)
 Fri. July 17 5 and 10 Km, Dearborn, Mich., 9 am (E)
 Sat. July 18 5 Km, Virginia Beach, Va., 9:30 am (AA)
 Washington State Games 3 Km, Sammamish (C)
 5 Km, Denver (H)
 Sun. July 19 Eastern Regional Masters 5 Km, New York City, 9 am (G)
 Fri. July 1 1 Mile, Houston, 5:45 pm (BB)
 Sat. July 25 TAC Western Regional Masters 5 Km, Hayward, Cal. (U)
 3 Mile, Harborcreek, Penn. (T)
 Sun. July 26 1 Mile, Alexandria, Virginia (J)
 Western Regional Masters 10 Km, Hayward, Cal. (U)
 Mon. July 27 4 Mile, Seattle (C)
 Tue. July 28 Start of National Jr. Olympics, Walnut, Cal. (B)

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| Fri. July 31 | 1 Mile, Houston, 5:45 pm (BB) |
| Sat, Aug. 1 | 5 Km, Dearborn, Michigan, 9 am (E) Niagara TAC 10 Km, Grand Island, 8 am (P) 10 Km, Houston, 8:15 am; 5 Km 7:30 pm (BB) |
| Sun. Aug. 2 | 5 Km, Evergreen, Col. (H) |
| Thur., Aug. 6 | 2.8 Mile, Seattle, 6 pm (C) |
| Sun. Aug. 9 | Metropolitan 3 Km, New York City, 9 am (G) 1 Mile, Alexandria, Virginia (J) 5 Km, Denver (H) |

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FROM HEEL TO TOE

Just realized that the editor and publisher (also circulation manager, business manager, and all else) has gone unidentified for about a year-and-a-half—since the December 1990 issue. I was in Somerset, Pennsylvania as the "guest celebrity" at a race talking to someone who was interested in the ORW. I handed him a copy and after glancing it he asked, "So where is your name and address." I said, "Right here at the top of page 2," looked in that block that gives all the info, and, curses, my name was not there. On getting home, I checked back and found I had somehow dropped the "Editor and Publisher" line after that Dec. 1990 issue. No doubt the computer's fault. With this issue, your anonymous editor returns in all his glory, willing once again to take full credit for all the typos and flubs. . . The race in Somerset was a 5 Km run and walk to raise money for the Boy Scouts. This was the second annual affair, with Race Director Fouad El Bayly doing an excellent job. Last year, at my suggestion, Fouad had four-time Olympian Ron Laird as his guest. With Ron back in California for a spell he had to settle for a one-time Olympian this time around. There were as many or more walkers as runners for the race (around 150 I believe), with 90 percent of those being recreation walkers. Interesting that they can turn out as many for a walk in the mountains of rural Pennsylvania as they do for most charity funwalks here in a metropolitan area of more than a million people. Anyway, it was a good race, thoroughly enjoyed by both the runners and walkers, with a nice festivities following, and generally very well organized. Unfortunately, I didn't bring back the results, but can report that Mr. El Bayly won his own race in 26:59. He is a 40-year-old who started waling less than 2 years ago, but had a strong background in sports in Egypt, including a lot of soccer and a 1:55 800. He has walked faster than his time here, looks very strong, and could be a factor in future master's races, if he finds time to do the work and his ailing knees don't collapse. . . From Stella Cashman in New York City: Each March, the Met. Athletics Congress organizes the National Scholastics Indoor Championship. The program for this event includes the indoor high school records for each event on the schedule, including racewalking. However, while other events show the records by class (freshman, sophomore, junior, senior), walking shows only the senior record. We would like to adjust this situation before the 1993 meet. Anyone with information that would help can contact Stella at 320 East 83rd Street, 2C, New York, NY 10028. She needs: a. the actual registered time set; b. the date this record was set; c. the place that the record was set; and d. the name of the athlete who set the record, plus, of course, the class rank of the athlete. It would also be helpful to have the name of the racewalk officials who judged the race. . . Rich Torrellas will be an assistant manager on the women's team for this summer's Olympics, so racewalkers will at least have a voice on the staff. . . The Walkers Club of America has announced their Ninth Annual Summer Camps to be held in the Pocono Mountains June 20 to 27 and August 29 to September 5. The camps focus on walking, fitness, and nutrition with programs offered on healthwalking/wellness, competitive racewalking, and weight-loss simplified. Cost of the camp, under direction of Howard Jacobson, is \$450. The camp is located near Honesdale, Pennsylvania. For more information, contact WCA Summer Camps, 510 East 86th St., 1C, New York, NY 10028. . . The East End Racewalkers weekly programs mentioned in this column last month is held on the east end of Long

Island at 707 Pleasure Drive, Flanders. The area code, which we didn't have last month, is 516; so call 516-369-WALK for more information. . So, you ask, where are results of the National Indoor Masters, Mr. Editor? The event was right there in your fair city, nearly 2 months ago. Well, local results seem to be the hardest to get (plus I haven't tried to hard) and I didn't get to the meet again. Just as the last time it was here, we were celebrating my wife's birthday, which this time wasn't right on the date, but we had theater tickets with another couple (he shares my wife's birthday, same year and all). But I do, at least, have the winners in each age group. Men 35-39—L. Ryan 16:29; 40-44—Ray Funkhouser 12:43 (under listed U.S. record, but he has a 12:35 earlier); 45-49—Gary Null 13:44; 50-54—P. Johnson 14:59; 55-59—R. Everson 16:46; 60-64—Max Green 14:45 (U.S. and World best); 65-69—Bob Mimm 16:57 (U.S. and World best); Women 30-35—Jackie Kirby 16:10; 35-39—Mataji Graham 16:19; 40-44—Viisha Sedlak 14:24 (U.S. and World best); 45-49—Jeanne Bocci 16:30 (U.S. best); 50-54—Elton Richardson 17:29 (U.S. best); 55-59—Joyce Decker 18:36; 60-64—J. Presser; 65-69—Ruth Leff 19:07 (U.S. record). . Books: Casey Meyers, who 5 years ago published *Aerobic Walking*, has a new book that hit the streets a month ago. *Walking: A Complete Guide to the Complete Exercise* was published by Random House and is a book-of-the-month selection. Casey has two of the gurus of the exercise world involved—an introduction by Dr. George Sheehan and a cover quote "This book is a giant step for improving the health of mankind" from Dr. Kenneth Cooper. The book is on walking as an exercise, but as in his first book, he devotes a chapter to racewalking and also has a chapter entitled "High-intensity Walking: The Undiscovered Cross-Training Exercise." I haven't yet had the chance to read the book, so I can't do any kind of a review, but his first book proved very popular (I still get requests for \$5.00 subscriptions—he didn't list a subscription rate this time) and this one should be worth your \$12.00. Perhaps I will have more to say later after I have at least perused more thoroughly. A second book that has come our way is *Race Walking Australia: An 80 Year History* by Peter Waddell. This one I mentioned a couple of months ago, but now I have a copy. Besides a very detailed history of the sport down under, the book includes a brief chapter on training and nutrition by Simon Baker (1989 World Cup winner) and Andrew Jachno, and many excellent photos. A third book is the 1992 edition of the U.S. Race Walking Handbook, edited by Bob Bowman and published by The Athletics Congress. Chock full of the usual records, lists, and statistics. I'm not sure how many copies of this were printed or whether they are offering it for sale (it's handed out to the press, including, of course, the ORW), but you can write Press Information Department, The Athletics Congress/USA, P.O. Box 120, Indianapolis, IN 46206, or call 317-261-0500, and ask. . From *The Sports Report*: "A U-shaped rocking device, intended to stretch calf muscles and help prevent injuries, is finding its way into gym bags all across the country. It's small and lightweight, but best of all, it works. Designed by Chris Smith, a former hockey player, the device has elicited reports of increased flexibility and range of motion from professional teams in basketball, baseball, hockey, and football." Smith has told us that it should be as useful to racewalkers as to other athletes, and, indeed, Don and Debbi Lawrence have reported benefits of using ProStretch. Smith also rates it as more effective than any other lower leg stretching method. If you would like more information write ProStretch, 82 Birch Avenue, Little Silver, NJ 07739 or call toll-free at 1-800-535-3629. . Henry Laskau is again a candidate for the Track and Field Hall of Fame, an honor

he richly deserves but the voters have not chosen to grant him in the past. Henry was on three Olympic teams (1948, 1952, and 1956, won 42 National titles, and held the World Indoor Record at 1 Mile (6:19.2) for 10 years. And, he has remained closely involved in judging and administration since retiring from competition. If you want to boost Henry for this long-deserved honor, you can send a letter of recommendation to Mr. Frank E. Greenberg, Jenkins Ct., Suite 200, 610 Old York Road, Jenkintown, PA 19046. If you want more detailed information on Henry and his career, write the Boca Raton Road Runners, Inc., P.O. Box 810820, Boca Raton, FL 33481-0820. . Martin Rudow comments on the "mileage quantity" question (see other recent issues): "Any program should have a goal and a rationale, based on sound scientific training principles. High mileage for its own sake is not a good idea, neither is scorning it for the same reason. This is a subject that bears considerable discussion, you probably don't have the space for it and I don't have the time to go into it here. My objection to the letter criticizing the lack of mileage by certain walkers is that it takes nothing into account: the walker's goals, priorities, physiology, mental makeup, training opportunities, training and injury history, etc. Simply knee-jerking and calling for more mileage without knowing these factors is counterproductive to establishing sound training principles."

50 KM TRIALS

Here's some more on the 50 Km Olympic Trials reported last month. Carl Schueler's splits on his way to his 4:02:10 win were: 23:59, 47:42, 1:11:14, 1:34:09, 1:56:57, 2:20:09, 2:43:34 (Qmerican road record for 35 Km bettering Dan O'Connor's 2:44:59), 3:08:04, 3:34:16. Herm Nelson was with him for 12.5 km, and then Carl was on his own.

Post-race quotes from the first three:

Carl Schueler: "I really lost it at the end there. I went really fast in the middle part. I was a little mixed up with strategy. The concrete was hard, much harder than asphalt. Other than that, it was a perfect course. I just felt good. I would have liked to have done about 4 hours flat. It's not going to be this nice in Barcelona. Hopefully, I'll be in better shape. I'll probably take 3 to 4 weeks off."

Herm Nelson: "I'm really happy. This has been a four-year project. It's been a lifelong dream. Since I was about 12 years old, I've dreamed of running the marathon in the Olympics."

"It started to get away from me about 30 Km. I figured I'd try not to give away too much time."

"On the last lap, I thought, forget fatigue, just keep the form legal. I blocked it out mentally. On the last lap, you just go on adrenalin. I was trying to save something without giving away too much time. I thought I would have an easier time making the time. I'll rest for about a month."

Marco Evoniuk: "I'm just fatigued. I think the wind affected us more than anything. It seems like a San Francisco wind. It was a fairly quick course. Essentially, it's the Olympic Trials. TO finish fourth is to finish 100th. It's extra special this time. I know I'm going to have my best race ever in the Olympic Games. Just to get through the Olympic Trials is so intense."

Martin Rudow offers the following commentary from the judge/coach/author/expert/fan view:

"I was very concerned going in about the weather (heat and humidity) and some reports I had heard about the course—that it was rough, hard, and generally unsuited for a long race. Adding to my concerns was the uncertainty over just how the team was going to be chosen. Final word had been issued, but it made for an extra level of tension among the walkers, with the Trials winner not being sure of being on the team unless he had walked 4:05, and those who had already walked 4:05 having to finish—sometimes a challenge at this distance.

"As a result of the uncertainty over the outcome, the race had the possibility of being a big chess match instead of the type of pure winners-take-all event that has provided with so many thrills over the years.

"All my fears proved groundless."

"The weather was incredible, certainly the best I have seen for an Olympic Trials race since Niagara Falls in 1980. Low 60s and low humidity throughout. The course had been reconfigured slightly and resurfaced. As a result, most of it was excellent.

"The people of the New Orleans' walking community did a great job of organization. In short, it was just about an ideal situation.

"Carl led most of the way, really had no opposition after he burst away from the pack at about 5000 meters. Even though Carl has a propensity to fade dramatically after 40 Km, we all assumed that he would win fairly easily. So the drama turned to second and third.

"Marco was walking very intelligently, since he had walked under 4:05, all he had to do was maintain third place. He stayed near the leaders without extending himself. The drama came from two men: Dave Marchese and Herm Nelson.

"Herm was the pre-race favorite to take the third spot. In fact, it just seemed to be a matter of him going under 4:05, since it seemed no one else in the country could challenge him at this distance.

"Before the race, Herm was confident that he could go well under 4:05, especially on a good day. Well, he got his 'good day', but he had to work like hell to break the 4:05 mark.

"He started out fast, but did not look comfortable and soon was barely over the pace that he needed, hitting 25 Km in 2:00 and looking strained. He steadily slowed after that, and finally at 45 Km was in real trouble, with 3:39 plus. At that point, his pace per 2500 meter lap was too slow to make the 4:05.

"Herm really charged and got great support from the crowd. Even Carl started cheering for him as soon as he finished. It was a great scene for those of us who love the sport, especially since Herm, as you know, did make it.

"Marco took third and saved a lot for the Games. A smart race."

"Dave Marchese also made it interesting. It seems that someone always makes a big-break through in the 50 Km Olympic Trials, and for a long time it looked like Dave would be this year's surprise. His unusual style drew two dq calls, but he was finally stopped while close to Herm at 40 Km by sheer fatigue. I certainly hope that his race was a sign that we have a new 50 Km contender coming up; we desperately need new blood in this event.

"I was Chief Judge, and there was only one dq. As usual in these major trials races, the quality of walking was good."

Al Bundy to Sell Racewalk Shoes

(Special to the ORW from D.Q. Bentney, a.k.a. Harry ("ol' Featherleg") Siitonen) It's rumored that Al Bundy, the much ridiculed women's shoe salesman of the television sitcom "Married-With Children", will switch to selling racewalk shoes starting next fall season. By this modified career change, Al hopes to break out of the minimum wage mold for the first time ever. For those buying racewalking shoes, Al's advice is: "Make sure there's plenty of toe room, good heel support, and a flexible midsole. But don't tell Peggy I told you." (Ed. Al gives good advice. At least that's what I look for in a walking shoe.)

LOOKING BACK

30 Years Ago (From the May 1962 American Race Walker—a Chris McCarthy publication)—Your editor, a spry 27-year-old at that time, journeyed west to capture the National 30 Km in Los Angeles in 2:36:02, with John Allen 3 minutes back and Ron Laird 6 minutes behind. Bob Bowman was fourth. . . Bowman won the Mt. SAC Relays 2 mile in 16:27. . . Pedestrian of the Month was Corrin Blackburn, mommy of ORW Publisher Emeritus, Jack Blackburn, who as one of the pioneers in women's walkign had best times of 56:45 for 5 miles and 68:10 for 6.

25 Years Ago (From the May 1967 ORW)—Ignoring the relentless sun and boiling blacktop of the McKeesport, Pa. Eastland Shopping Plaza, Ron Laird scored an easy National 20 Km win in 1:38:41. Fast-improving Larry Young was a distant second in 1:42:10, but still 3 minutes ahead of Tom Dooley and Larry Walker, and 6 ahead of one Jack Mortland, who edged Steve Hayden for fifth. . . Three days later, Laird found cooler weather in Chicago and captured the Zinn Memorial 10 Km, a track race, in 44:49. Dooley (47:32) and Mortland (47:50) followed. . . Laird also picked up the National title at 35 Km, making a very productive month. . . Shaul Ladany set his annual American record at 50 miles with an 8:11.41 in New Jersey. Race director Elliott Denman was second in 9:11:05. . . Jack Blackburn toyed with Jack Mortland for 3 laps of the Ohio AAU 2 mile, and then scored an easy win, 14:26 to 14:47.

20 Years Ago (From the May 1972 ORW)—Larry Young topped the news with an American record 20 Km on the track in Columbia, Mo. and a win in the Western Hemisphere 20 Km in Sharon, Pa. Larry had 1:30:10 in the Columbia race. At Sharon, 6 days later, he had no trouble winning in 1:31:59 on a tough, and maybe slightly long course. Ron Daniel was second in 1:37:18, followed by Floyd Godwin, Marcel Jobin, and Pat Farrelly. Steve Hayden covered the same course in 1:41:22 to win a preliminary race from Karl Merschenz, Jack Mortland, and Alex Oakley. . . Daniel won the Seaside Heights 10 miler in 1:14:15, nearly 3 minutes ahead of Dave Romansky, but Dave turned the tables in the Martin Luther King Games 1 Mile to win in 6:20.5. . . Tom Dooley did 1:29:24 for 30 Km on the track and Todd Scully had a 4:32:25 for 50 Km. . . Dooley and Bob Kitchen finished together in 1:31:52 for a track 20 Km and Goetz Klopfer had 4:27:28 for 50 on the track.

15 Years Ago (From the May 1977 ORW)—Augie Hirt won the National 100 Km in a record 10:23:32, with Paul Lightsey second more than 50 minutes behind. . Jim Heiring won the USTFF 10 Km over U-W Parkside teammate Chris Hansen, 45:36 to 45:48. . The National 10 Km went to Steve Pecinovsky in 49:46, just 6 seconds ahead of Martin Kraft, as few people showed up. Bill Walker moved away from Jack Mortland over the last mile to take the master's title in 51:53.

10 Years Ago (From the May 1982 ORW)—Jim Heiring and Marco Evoniuk finished fourth and fifth in an International 20 Km in Bergen, Norway, just inches apart, and were given the same time, an American record 1:25:59. Soviet Yevgeniy Hevsiyukov won the track race in 1:22:30. . Dan O'Connor won the National 50 Km in 4:22:22, with Vincent O'Sullivan second and the Ohio Track Club's Chris Knott third in 4:35. . Sue Cook walked a World record 5 Km of 22:45.6 in Australia and also had a world best for 10 Km—47:13, but that was not acceptable, since it was done in a men's race.

5 Years Ago (From the May 1987 ORW)—The World Cup of walking came to the U.S. for the first time and the Soviets dominated in the Central Park, New York races, taking both the men's and women's titles. At 50 Km, East Germany's Ronald Weigel blitzed the final 5 Km in 20:56 to drop teammate Hartwig Gauder and win 3:42:26. Gauder was 26 seconds back, and the third German, Dietmar Meisch, just 22 seconds behind him. The Soviets took the next four spots, not far behind, to stay in contention for the team title. Mexico's Carlos Mercenario, just 20 years old, was a surprise at 20 in 1:19:24, coming from 17 seconds back of teammate Ernesto Canto on the final 5. Canto faded to fifth, and a 2-3-9 finish by the Soviets, with no Germans in sight, sewed up the team title, with Italy taking second. The U.S. was ninth, led by Tim Lewis' 13th place in the 20 with a 1:22:27. The Soviet women took 1-2-5 for an easy team title at 10 Km, but only with the help of three DQs on the Chinese team. Olga Krishtop was the winner in 43:22, 13 seconds ahead of Irina Strakhova. Maryanne Torrellas finished 16th in 46:28 and Teresa Vaill 20th in 46:50 as the U.S. women came in sixth in the team race.

More results

Immediately after deciding I could now number pages, I found some results I had neglected. Now, I can quite easily page up and put them in place among the other results, but that would mean I would have to relocate all the subsequent page headings (I'm in word perfect, not some fancy desktop system, like VP, which I do use for one of our publications at work, but only because our computer expert has set up all the parameters for that publication), and I'm too lazy to do that. So here are the further results.

1 Mile, Texas Southern Relays, Houston, March 21—1. Roger Boak 7:20.6 2. Richard Letsinger 7:30.8 3. Mike Kleinhenz 7:54.6 4. Dana Yarborough 7:55 (1st Texas woman under 8 minutes) 5. Pat Perry 8:13.3 **Gulf 1 Hour, Houston, April 1**—1. Pat Perry 10,523 meters (this is a lady Pat) **Gulf 10 Km, Houston, April 18**—1. Dan Yarborough 52:00 **Women's 10 Km (track), Houston, May 9**—1. Dan Yarborough 49:48.5 **Gulf 5 Km, Houston, April 10**—1. Charles Bedard (121) 28:38 2. Bob Mimm (67) 28:50 3. Dave Gwyn (40) 28:53 4. Zachary Bedard (9) 30:46

10 and 20 Km Trials

We still have the Men's 20 and Women's 10 Km Olympic Trials to go at the end of June (see schedule). The men's race looks very much like a winner take all affair at this point to this observer. Tim Lewis remains the only U.S. walker to ever have bettered the 1:24 standard, and he last did it in 1989. Allen James is fastest this year with his 1:25:01 and at this point appears the only other U.S. walker with a legitimate shot at 1:24. Anyone else is going to need a tremendous breakthrough. Ray Sharp is next among active walkers on the all-time list at 1:24:58, but that was six years ago and he has been plagued by injuries since. Carl Schueler and Marco Evoniuk have both gone close to 1:25, but they aren't walking that fast these days and are probably quite content with their 50 Km slots. Gary Morgan is next in line with 1:26:57 last year, but that means he has to find a 3 minute improvement somewhere. Anyone else needs an even greater improvement. I hope I can be proved wrong, but it is just hard to see three U.S. walkers suddenly at 1:24. But with the weather a probable factor and a whole host of walkers in the 1:28-1:29 range, the Trials race could be a very interesting and competitive race. And on a hot day, no one, including Lewis and James has the top spot sewed up.

The women's race (10 Km) might be even more competitive, and there we will have a three-woman team with several already under the qualifying standard of 48 minutes. Debbi Lawrence has to be a strong favorite for a spot and off past records, Teresa Vaill and Lynn Weik might be expected to take the other two. But Victoria Herazo, Michelle Rohl, Debora Van Orden, and Lynda Brubaker were all too close last year for any of the three to rest on their laurels. The fast-improving Cindy March could be an even greater threat. And what about Maryanne Torrellas, once top dog until laid low by a series of injuries? Where is she in her comeback? Well, by this time next month, we will have all the answers. Well, not all, unless three men do 1:24 in the Trials, since they will still have post-trial opportunities to meet the standard.

ALL-TIME U.S. LISTS FROM THE 1992 U.S. RACE WALKING HANDBOOK

20-Kilometers

| | | |
|----------|--|---------|
| 1:21:48 | Tim Lewis(NYAC) St. Leonard | 10/5/86 |
| 1:22:17 | Lewis, Dearborn, MI | 9/24/89 |
| 1:22:27 | Lewis, New York | 5/3/87 |
| 1:23:25 | Lewis, Seattle | 9/13/86 |
| 1:23:58t | Lewis, Laval, Canada | 5/22/86 |
| 1:24:12 | Lewis, San Jose | 6/27/87 |
| 1:24:50t | Lewis, Seattle | 5/6/88 |
| 1:24:51 | Jim Heiring(AA) Bergen, Norway | 9/24/83 |
| 1:24:58 | Ray Sharp(unatt.) St. Leonard | 10/5/86 |
| 1:25:04 | Carl Schueler(RERT) St. Leonard | 10/5/86 |
| 1:25:22 | Lewis, Eugene | 6/21/86 |
| 1:25:23 | Marco Evoniuk(Bud Light TC) Copenhagen | 5/12/84 |
| 1:25:30t | Evoniuk, Bergen, Norway | 5/15/82 |
| 1:25:30t | Heiring, Bergen, Norway | 5/15/82 |
| 1:25:32 | Heiring, Bielefeld, WG | 7/18/82 |
| 1:25:38 | Schueler, Seattle | 9/13/86 |
| 1:25:42 | Evoniuk, Los Angeles | 8/3/84 |
| 1:25:43 | Lewis, Washington, DC | 3/23/86 |
| 1:25:45 | Schueler, Eugene | 6/21/86 |
| 1:25:50 | Lewis, Indianapolis | 8/10/87 |

----- Top 20 Performances

| | | |
|----------|--|----------|
| 1:25:56 | Dan O'Connor(SSTC) Long Beach | 3/10/84 |
| 1:26:24t | Allen James(AIA) Los Angeles | 7/19/91 |
| 1:26:34 | Neal Pyke(Sequoia SC) Moscow | 7/21/79 |
| 1:26:39 | Paul Schwartzberg(ESTC) Washington, DC | 3/26/88 |
| 1:26:57t | Gary Morgan(NYAC) Los Angeles | 7/19/91 |
| 1:27:09t | Steve Pecinovsky(Roos) Dearborn | 4/14/84 |
| 1:27:26t | Mike Stauch(Wis/Parkside) Kenosha | 4/9/88 |
| 1:27:29 | Todd Scully(Shore AC) Bergen | 9/24/83 |
| 1:27:34t | Andrzej Chylinski(NYAC) Los Angeles | 7/19/91 |
| 1:27:39 | Doug Fournier(Parkside AC) San Jose | 4/21/91 |
| 1:28:12 | Curtis Fisher(NYAC) San Jose | 4/21/91 |
| 1:28:37t | Dave McGovern(Nat. Liv.) New Orleans | 1/19/92 |
| 1:28:40 | Ray Funkhouser(Shore AC) Eugene | 8/18/84 |
| 1:28:41 | Jonathan Matthews(GGRW) Dearborn, MI | 9/28/91 |
| 1:28:52 | Paul Wick(NYAC) Long Beach | 5/24/87 |
| 1:28:53 | Don Lawrence(Propet) San Jose | 4/21/91 |
| 1:29:02 | Bob Briggs(PVS) Dearborn, MI | 9/28/91 |
| 1:29:07 | Chris Hansen(UCTC) Niagara Falls | 8/11/79 |
| 1:29:14 | Ron Laird(NYAC) Bad Saarow, EG | 10/15/67 |
| 1:29:17 | Dave Cummings(NRW) Seattle | 4/5/84 |
| 1:29:17 | John Marter(Parkside AC) San Jose | 4/21/91 |
| 1:29:22 | Mark Manning(Reebok RT) Washington DC | 4/16/89 |
| 1:29:27t | Tom McMillan(UCTC) Quebec | 5/12/84 |
| 1:29:38 | Mike Rohl(Parkside AC) Kenosha | 3/10/90 |
| 1:29:39 | Herm Nelson(CNW) Dearborn, MI | 9/24/89 |
| 1:29:47 | Richard Quinn(PVSTC) Washington DC | 3/18/90 |
| 1:29:50 | Dave Romansky(Del T&F) Leningrad | 7/23/70 |
| 1:29:53 | Tom Edwards(ITC) New York, NY | 2/12/84 |
| 1:29:58 | Sam Shick(AIA) Seattle | 4/5/84 |
| 1:29:59t | Andy Kaestner(Parkside AC) Kenosha | 6/4/88 |
| 1:30:03t | Ian Whatley(PVS) New Orleans | 1/19/92 |
| 1:30:10t | Larry Young(Col College) Columbia, MO | 5/7/72 |
| 1:30:17 | Curt Clausen(Duke) Washington DC | 3/18/90 |
| 1:30:39t | Tom Dooley(Athens AC) San Francisco | 5/9/71 |
| 1:30:42 | Peter Timmons(ESTC) Santa Monica | 5/13/84 |
| 1:30:44t | Mike DeWitt(Parkside AC) Kenosha | 6/4/88 |
| 1:30:47t | Rob Cole(Wis/Parkside) Los Angeles | 7/19/91 |
| 1:31:06 | Larry Walker(Striders) Eugene | 6/21/80 |
| 1:31:07 | Paul Malek(Parkside AC) Kenosha | 3/10/90 |
| 1:31:12 | Ed O'Rourke(NYAC) Seattle | 4/5/84 |
| 1:31:22 | Reggie Davenport(Unat.) Norwalk, CA | 6/16/90 |
| 1:31:22 | Thomas Nutter(Valpariso) Dearborn, MI | 9/30/90 |
| 1:31:31t | John Knifton(NYAC) Pine Plains, NY | 9/29/74 |
| 1:31:32 | Marc Bagan(Shore AC) Washington, DC | 3/26/88 |
| 1:31:34 | Vince O'Sullivan(ESTC) Long Beach | 3/10/84 |

----- Top 50 Performers

50-Kilometers

| | | |
|---------|-------------------------------------|---------|
| 3:56:55 | Marco Evoniuk(Unat.) Seoul | 9/30/88 |
| 3:56:57 | Evoniuk, Helsinki | 8/12/83 |
| 3:57:09 | Carl Schueler(Reebok RT) Rome | 9/5/87 |
| 3:57:43 | Evoniuk, Rome | 9/5/87 |
| 3:57:44 | Schueler, Seoul | 9/30/88 |
| 3:57:48 | Schueler, Indianapolis | 4/24/88 |
| 3:59:33 | Schueler, Niagara Falls, NY | 5/10/80 |
| 3:59:46 | Schueler, Los Angeles | 8/11/84 |
| 4:00:19 | Schueler, Carmel Valley | 2/22/87 |
| 4:00:30 | Evoniuk, Niagara Falls | 5/10/80 |
| 4:00:46 | Larry Young(Col College) Munich, WG | 9/3/72 |
| 4:01:43 | Evoniuk, Monterey | 5/21/83 |

| | | |
|---------------------------|--|----------|
| 4:01:51 | Schueler, Palo Alto | 2/23/92 |
| 4:02:25 | Evoniuk, Los Angeles | 6/23/84 |
| 4:02:55 | Schueler, Raleigh, NC | 2/21/88 |
| 4:02:55 | Schueler, Durham | 2/21/88 |
| 4:03:02 | Schueler, New York | 5/2/87 |
| 4:03:13 | Evoniuk, Bielefeld, WG | 7/18/82 |
| 4:03:33 | Evoniuk, Indianapolis | 4/24/88 |
| 4:03:34 | Jim Heiring(UCTC) Rome | 9/5/87 |
| ----- Top 20 Performances | | |
| 4:04:23t | Herm Nelson(CNW) Seattle | 10/29/89 |
| 4:05:07 | Andy Kaestner(Parkside AC) Indianapolis | 4/24/88 |
| 4:06:35 | Paul Wick(Unat.) Leningrad | 8/5/89 |
| 4:09:29 | Dan O'Connor(SSTC) Monterey | 5/21/83 |
| 4:10:00 | Vince O'Sullivan(ESTC) Cleveland | 4/29/84 |
| 4:10:46 | Tim Lewis(Reebok RT) Atlanta | 4/8/90 |
| 4:13:30 | Tom Edwards(ITC) Bergen | 9/25/83 |
| 4:13:36t | Bob Kitchen(Athens AC) San Francisco | 5/27/72 |
| 4:13:40 | Randy Mimm(Shore AC) Carmel Valley | 2/22/87 |
| 4:15:13 | Eugene Kitts(Team Hawaii) Long Beach | 3/17/91 |
| 4:15:24t | Dave Romansky(Del T&F) Point Pleasant, NJ | 4/19/70 |
| 4:16:49 | John Knifton(NYAC) Lugano, Switz. | 10/13/73 |
| 4:17:03 | Sam Shick(AIA) Monterey | 5/21/83 |
| 4:17:39 | Andrzej Chylinski(NYAC) Palo Alto | 12/15/91 |
| 4:18:00 | Dan Pierce(Unat.) Raleigh, NC | 2/21/88 |
| 4:18:07 | Mark Manning(Reebok RT) Atlanta | 4/8/90 |
| 4:18:11 | Troy Engle(Roos) Cleveland | 4/29/84 |
| 4:18:47 | Mark Green(GGRW) Raleigh, NC | 2/21/88 |
| 4:19:04 | Augie Hirt(Col TC) Columbia, MO | 8/15/76 |
| 4:19:24 | Paul Malek(Parkside AC) Arras, Fr. | 9/10/89 |
| 4:19:24 | Bob Briggs(PVS) Los Angeles | 7/20/91 |
| 4:19:57 | Mark Fenton(Reebok RT) Atlanta | 4/8/90 |
| 4:20:10 | Bill Weigle(Colo TC) Eugene | 7/4/72 |
| 4:21:05 | Gary Westerfield(US Army) Nutley, NJ | 6/1/71 |
| 4:21:06 | Ray Sharp(AA) Seattle | 6/7/81 |
| 4:21:31 | Goetz Klopfer(Athens AC) Nutley, NJ | 6/1/71 |
| 4:21:32 | Mel McGinnis(AIA) Liverpool, NY | 8/3/87 |
| 4:22:04 | John Slavonic(Reebok ESTC) New York | 11/29/86 |
| 4:22:23 | Mike DeWitt(Parkside AC) L'Hospitalet, Sp. | 5/28/89 |
| 4:22:30 | Wayne Glusker(WVTC) Monterey | 5/21/83 |
| 4:22:33 | Neal Pyke(Sequoia SC) San Mateo, CA | 2/10/80 |
| 4:23:23 | Steve Hayden(LIAC) Eugene | 7/4/72 |
| 4:23:35 | Jonathan Matthews(GGRW) Atlanta | 11/2/91 |
| 4:23:49 | Floyd Godwin(Colo TC) Lugano, Switz. | 10/13/73 |

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| 4:24:49 | Martin Kraft(WP) Oshawa, Ontario, Canada | 3/23/80 |
| 4:25:24 | Chris Knotts(unat.) Bielefeld, WG | 7/18/82 |
| 4:26:15 | Tom Dooley(WVTC) Niagara Falls | 5/10/80 |
| 4:26:43 | Nick Bdera(ESRT) Liverpool, NY | 8/3/87 |
| 4:27:05 | Cliff Mimm(Shore AC) Raleigh, NC | 2/21/88 |
| 4:27:13 | Ray Somers(NYAC) Cupertino, CA | 8/26/79 |
| 4:27:20 | Marc Bagan(Shore AC) Raleigh, NC | 2/21/88 |
| 4:27:24 | Fabian Knizacky(Shore AC) Monterey | 5/21/83 |
| 4:27:25 | Curt Clausen(ESTC) Raleigh, NC | 2/21/88 |
| 4:27:28 | Steve Vaitones(Waltham TC) Raleigh, NC | 2/21/88 |
| 4:28:25 | Ron Kulik(NYAC) Nutley, NJ | 6/12/71 |
| 4:29:04t | Ron Daniel(NYAC) New York | 6/2/68 |

----- Top 50 Performers