

Ohio Race Walker
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Russians sweep world indoor titles

Toronto--Russia's Mikhail Schennikov continues to make the World Indoor 5 Km Racewalk title his exclusive property. The IAAF has held the Indoor Championships four times, starting in Indianapolis in 1987, and four times, Mikhail's long legs have propelled him into the winner's circle for the 5 Km racewalk. In this year's race, he had his slowest winning time yet, but was still a clear winner over Poland's Robert Korzenowski. No one else was close. Canada's Tim Berrett had a brilliant race in fourth place, but could not chase down Russian Mikhail Orlov for the third medal.

Elena Nikolaeva ruled the women's 3 Km, winning in 11:49.73, the second fastest time ever. (Her countrywoman Alina Ivanova walked 11:44.00 last year.) She left Australian veteran, Kerry Junna-Saxby some 4 seconds back at the finish. Ileana Salvador, who had the year's fastest time (11:58.36) coming into the race, had to settle for the bronze medal. For the U.S., Debbi Lawrence broke her own American record in the heats, but was disqualified in the final. Victoria Herazo did not qualify for the final. To add to her miseries, she got bumped while trying to negotiate snow and ice on the way to dinner before attending the final, fell, and returned home to Las Vegas with the help of a wheelchair and crutches. Diagnosis--a major spiral fracture of the fibula. She hopes to be back in training in 3 to 4 months. The Canadians had a tough time as well, taking the 11th and 12th spots in the heats with ten qualifying for the final.

Men's 5 Km, March 14: 1. Mikhail Schennikov, Russia 18:32.10 2. Robert Korzenowski, Poland 18:35.91 3. Mikhail Orlov, Russia 18:43.48 4. Tim Berrett, Canada 18:53.02 5. Ron Weigel, Germany 19:02.93 6. Jean-Claude Corre, France 19:10.92 7. Costica Bolan, Romania 19:12.93 8. Stefan Johansson, Sweden 20:32.32 DQ--Sergio Galdeno, Brazil and Frantz Kostyukevich, Belarus

Women's 3 Km, March 13: 1. Elena Nikoleyava, Russia 11:49.73 2. Kerry Junna-Saxby, Australia 11:53.82 3. Ileana Salvador, Italy 11:55.35 4. Beate Anders, Germany 11:57.14 5. Elena Arshintseva, Russia 12:01.22 4. Annarita Sidoti, Italy 12:04.16 7. Sari Essayah, Finland 12:06.10 8. Madeleine Svensson, Sweden 12:18.10 9. Sada Buksniene, Lithuania 12:40.18 DQ--Debbi Lawrence, US

Qualifying Heats, March 12: Heat 1: 1. Salvador 12:20.24 2. Arshintseva 12:20.42 3. Lawrence 12:20.79 4. Svensson 12:21.53 5. Buksniene 12:30.56 6. Alison Baker, Can. 12:33.62 7. Simone Thrust, Germany 13:06.6 8. Zuzana Zemkova, Slovak Rep. 13:43.89 Heat 2: 1. Nikolaeva 12:15.43 2. Junna-Saxby 12:16.90 3. Anders 12:22.57 4. Sidoti 12:26.12 5. Essayah 12:27.38 6. Janice McCaffrey, Can. 12:56.71 7. Victoria Herazo, US 13:08.74 8. Julie Drake, Great Britain 13:12.01 9. Hilde Gustavssen, Norway 13:20.95

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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All-Time Top 10, Women's Indoor 3 Km

- 11:44.00 Alina Ivanova, Russia 1992
- 11:49.73 Elena Nikolaeva, Russia 1993
- 11:50.90 Beate Anders, Germany 1991
- 11:52.23 Ileana Salvador, Italy 1992
- 11:53.82 Kerry Junna-Saxby, Australia 1993
- 12:01.22 Elina Arshintseva, Russia 1993
- 12:04.16 Annarita Sidoti, Italy 1993
- 12:05.49 Olga Kirshtop, Russia 1987
- 12:06.10 Sari Essayah, Finland 1993
- 12:07.70 Olga Kardopoltseva, Russia

US Indoor titles to Lawrence and James

New York, Feb. 26--Debbi Lawrence walked smoothly away from the rest of the field and scored an easy win in the National Indoor 3 Km racewalk in Madison Square, missing her own American record by less than 4 seconds. Likewise, Victoria Herazo was also by herself in second and Sara Standley was unchallenged for third in a very uncompetitive race. As a matter of fact, the closest race was for fifth and sixth, with an 8 second gap. The men's race was a bit closer, but Allen James was an easy winner in 20:24.37, better than a minute behind Tim Lewis' American record of 19:18:40 (Set way back in 1987 in the first World Indoors in Indianapolis). Doug Fournier and Marc Varsano copped the silver and bronze medals. The results:

Women's 3 Km: 1. Debbi Lawrence, Natural Sport 12:35.79 2. Victoria Herazo, California Walkers 13:08.73 3. Sara Standley, un. 13:48.24 4. Gretchen Eastler, Simmons College 14:06.28 5. Roselle Safran, Gazelles 14:43.20 6. Melissa Baker, un. 14:53.14 7. Debbie Iden, un. 15:47.99 8. Jennifer Pralgo, un. 15:06.62 (That's what it say, but, obviously, something is amiss) DQ--Gayle Johnson, Columbia TC and Janice McCaffrey, Canada
Men's 5 Km: 1. Allen James, Athletes in Action 20:24.37 2. Doug Fournier, un. 20:34.71 3. Marc Varsano, Park Racewalkers 20:41:01 4. Don Lawrence, Natural Sport 21:02.55 5. Dave McGovern, NYAC 21:11.01 6. Vance Godfrey, Athletes in Action 21:18.31 7. Sean Albert, St. Peters College 22:12.89 8. Ray Funkhouser, Shore AC 22:55.35 DQ--Dave Marchese, Athletes in Action

Other Results

1992 National Postal 1 Hour (Sponsored by Shore AC): Girls 10 and under: 1. Kimberly Smith, Oregon 7,718 meters 2. Crystal Madrigal, Missouri 7,369 Girls 11-14: 1. Allison Zabrenski, Potomac Val. 9,949 2. Adrienne Corker, Kansas City Walkers 9,916 3. Malissa Williams, Durham, NC 9,845 4. Erin Taylor, Ore. 9,442 5. Corrine Colling, Pot. RW 9,307 (8 finishers) Women's Open: 1. Victoria Herazo, Cal. Walkers 13,194 2. Cindy

March, Golden Gate RW 12,162 3. Sue Klappa, Minnesota 11,440 4. Debbie Iden, un. 11,279 5. Therese Ikonian, GGRW 10,746 6. Phyllis Hansen, Shore AC 10,739 7. Kathy Finch, Minn. 10,632 8. Donna Cunningham, S. Cal. Walkers 10,622 9. Ellen Marshall, Phast 10,599 10. Jeanette Smith, Indiana 10,585 11. Sally Fucacci, Sierra RW 10,469 12. Pat Weir, Shore AC 10,352 13. Elton Richardson, WUSA 10,151 14. Valerie Meyer, Pot. RW 10,124 15. Pauline Stickels, Pot. RW 10,120 16. Jeanne Bocci, Michigan 10,105 17. Judy Heller, RWNW 10,080 (52 finishers) Women 40-44: 1. Phyllis Hansen, Shore AC 10,739 2. Jeanette Smith, Indian 10,585 3. Sally Fucacci, Sierra 10,469 4. Pat Weir, Shore AC 10,352 5. Donna Cetrulo, Shore AC 9,768 6. Shelley Cantor, New England Walkers 9,503 (15 finishers) Women 45-49: 1. Donna Cunningham, S. Cal. Walkers 10,622 2. Jeanne Bocci, Michigan 10,105 3. Judy Heller, RWNW 10,080 4. Beth Alvarez, Pot. RW 9,520 5. Margie Alexander, Indiana 9,505 (18 finishers) Women 50-54: 1. Elton Richardson, WUSA 10,151 2. Rachel Norton, CBlt 9,453 3. Joan Schindel, Pot. RW 9,368 4. Marcia Shapiro, Shore AC 9,361 (16 finishers) Women 55-59: 1. Bev LaVeck, Pac. Pacers 9,808 2. Joyce Decker, UWP 9,765 3. Nancy Whitney, Pot. RW 9,678 4. Beth Young-Grady, Indiana 9,436 (8 finishers) Women 60-64: 1. Ruth Eberle, St. Louis 9,701 2. Patricia Nesley, Pot. RW 9,201 3. Bonnie Vaughan, Florida 8,632 (7 finishers) Women 65-59: 1. Chlotte Walker, Sierra RW 7,862 (4 finishers) Women 70-74: 1. Simone McGrath, North Medford Club 6,779 2. Rose Ehmstrom, Shore AC 5,670 Women 75-79: 1. Velma Jacobs, Front Range Walkers 7,801 2. Mary Lathram, Pot. RW 7,328 Women 80 and up: 1. Berniece Springer, Kansas City Walkers 6,491 2. Dorothy Roberts, un. 5,475 BOys 10 and under: 1. Craig Haugaard, Minn. 8,537 2. Mick Hutton, St. Louis 8,200 3. Ryan Haugaard, Minn. 7,154 Boys 11-14: 1. Jonathan Snowden, Oregon 8,758 2. David Hutton, St. Louis 8,729 3. Damon Sanders, St. Louis 8,412 Boys 15-19: 1. Kevin Eastler, Maine 11,835 2. Eliot Taub, un. 11,685 3. William-Jesse Leggett, Pot. RW 11,048 4. Michael Hersey, Maine 10,495 5. Caleb Simpson, Maine 10,169 Men's Open: 1. Jonathan Mathhews, GGRW 13,879 2. Dave Marchese, GGRW 13,262 3. Ray Funkhouser, Shore AC 13,165 4. Ian Whatley, Pot. RW 12,804 5. Robert Keating, New England Walkers 12,771 6. Dan O'Brien, Pegasus 12,742 7. Curt Clausen, Shore AC 12,638 8. Cliff Mimm, Shore AC 12,607 9. Jeff Salvage, Phast 12,155 10. Danny Fink, Pot. RW 11,931 11. Brian Savilonis, NEW 11,869 12. Kevin Eastler, WMRW 11,835 13. Joe Light, NEW 11,804 14. David Cauts, St. LRW 11,801 15. Steve Renard, Oregon 11,726 16. Eliot Taub, Mass. 11,685 17. John Hunyady, Pegasus 11,632 18. Max Green Wolverine TC 11,451 19. Stan Chraminski, Pac. Pacers 11,336 20. Tony Noerpel, SAC 11,296 21. Bernie Finch, Minn. 11,296 22. Stan Camines, un. 11,266 23. Jack Bray, Marlin 11,265 24. Lenny Becker, un. 11,236 25. Bob Novak, Pac. Pacers 11,228 26. Bob Briggs, Pot. RW 11,187 27. Paul Johnson, FtSm 11,181 28. Dean Easterlund, C.Blt. 11,128 29. Richard Letsinger, Austin, Tex. 11,104 30. Danny Vogel, un. 11,097 31. Mike Blanchard, FRW 11,082 32. William-Jesse Leggett, Pot. WR 11,048 33. John Elwarner, Wolv. 11,037 Men 40-44: 1. Funkhouser 13,165 2. Savilonis 11,869 3. Hunyady 11,632 4. Noerpel 11,96 5. Novak 11,228 6. Easterlund 11,128 7. Jerry Parrish, un. 10,469 8. Alan Robinson, Phast 10,181 9. Martin Smith, un. 10,133 10. Bob Falcicola, un. 9,495 (17 finishers) Men 45-49: 1. Keating 12,771 2. Light 11,804 3. Chraminski 11,336 4. Charmines 11,266 5. Letsinger 11,104 6. Alan Price, Pot. RW 10,955 7. Kirk DeFord, GGRW 10,802 8. Don Mowles, UWP 10,657 9. Ronald Clarke, Pot. RW 9,981 10. Victor Litwinski, Pot. RW 9,530 Men 50-54: 1. Finch 11,296 2. Elwarner 11,037 3. Alan Yap, FRW 10,715 4. Thomas Zdrojewski, Phast 1,654 5. Al Fisher, CHI.W. 10,488 6. Gerald Bocci, Michigan 10,399 7. Patrick Blvona, SAC 10,291

8. Bob Brewew, RWNW 10,266 9. Ralph Edwards, SAC 10,129 10. Manny Eisner, SAC 10,036 11. Wally Lubzik, WOLV. 9,403 (24 finishers) Men 55-59: 1. Bray 11,260 2. Paul Johnson, FtSm 11,181 3. Richard Oliver, WCLA 10,699 4. Carl Acosta, WCLA 10,569 5. Bob Dicarlo, FRW 10,538 6. Ben Ottmer, SAC 10,197 7. Lee Dulfner, Fla.TC 10,146 8. Ralph Garfield, SAC 9,959 9. Claude Wrathall, Pac. Pacers 9,949 10. Edward Merrill, Phast 9,899 11. Arthur Noll, Phast 9,846 12. John Lyle, FRW 9,768 13. Jim Fisher GGRW 9,570 14. Vilmaris Stratuins, FRW 9,487 (23 finishers) Men 60-64: 1. Green 11,451 2. Tom White, Fla.TC 9,848 3. Robert Fine, FAC 9,770 4. Andrew Briggs, Car.Godiva 9,660 5. Mike Michel, un. 9,582 6. William Woodburn, Pot.RW 9,436 7. Steve Storle, FRW 9,306 8. Howard Ziegenhorn, KCW 9,147 (19 finishers) Men 65-59: 1. Bob Mimm, SAC 10,435 2. Edward Gawinski, Phast 9,772 3. John Nervetti, SAC 9,715 4. Bill O'Reilly, Pot.RW 9,259 5. Klaus Timmerhaus, FRW 9,252 6. Richard Bennett, Pac.Pacers 9,218 (12 finishers) Men 70-74: 1. Tom Kirley, C.Blt. 9,369 2. John L. Levinsohn, Marin 8,362 3. Herm Arrow, Marin 8,331 4. Joseph Mallon, ORRC 8,226 5. John Kilpatrick, SAC 8,220 (11 finishers) Men 75-59: 1. Edward Seeger, Pot. RW 8,700 2. Harry Drazin, SAC 7,776 3. Don Johnson, SAC 7,620 4. Sol Tannenbaum, Met. 7,325 5. Mil Wood, Pot. 7,259 Men 80 and up: 1. Clarence Larson, Pot.RW 6,731 Teams: Women's Open: 1. Golden Gate 32,260 meters 2. Shore AC 30,859 3. Phast Walkers 30,193 4. Indiana RW 30,010 (28 teams) Men's Open: 1. Shore AC 38,410 2. Golden Gate RW 37,943 3. New England Walkers 36,444 4. Potamac Valley 35,922 (36 teams) **National Masters Indoors 3 Km, Bozeman, Montana, March 19:** Men 30--1. John Kerfoot, Idaho 13:53.1 Men 35--1. Steve Gardner, Wy. 18:03.2 Men 40--1. Donald Anderson, Ind. 16:30.41 2. Larry Ryan, Penn. 16:57 Men 50--1. John Elwarner, Mich. 15:45.6 2. Ed Kousky, Ore. 16:19.3 3. Lewis Savik, Mont. 17:15.9 4. David Bickel, N. Dak. 18:00.2 Men 55--1. Paul Johnson, Ariz. 15:58.3 Men 60--1. Vance Genzlinger, Mich. 17:47 2. Bill McClaren, Mont. 20:37 3. Ken CHomo, Mont. 20:58 Men 65--1. Bob Mimm, N.J. 17:18.7 2. Richard Bennett, Wash. 19:15.3 3. Art Clevenger, Wash. 22:46.6 Men 70--1. Don Cotner, Cal. 20:33.4 2. Paul Geyer, Fla. 20:39.5 3. Ed Anacker, Mont. 22:49.3 Men 75--1. DOn Johnson, N.J. 21:58 Women 30--1. Jackie Moore, NM 17:50.4 2. Marjory McClaren, Mont. 18:46.3 Women 40--1. BViisha Sedlak, Col. 15:12.1 2. Phyllis Hansen, N.J. 16:24.5 3. Kay Jennings, Mont. 20:24.2 Women 45--1. Jeanne Boccl, Mich. 17:35.1 Women 50--1. Jean MacInness, Mont. 19:30.8 Women 55--1. Sami Bailey, Ind. 18:21.47 2. Martha Yale, Mont. 23:13 Women 60--1. Phyllis Goodlad, Can. 22:32.63 2. Lois McClaren, Mont. 23:33 Women 65--1. Joan Rowland, NY 21:56.49 2. Mary Norckauer, Louis. 22:47.52 Women 70--1. Queenie Thompson, NY 23:45 **3.7 miles or so, Brockton, Mass., Feb. 15--1.** Phil McGaw 31:00 2. Justin Kuo 31:23 3. Bob Ullman 31:43 4. Dick Ruquist 32:06 5. Ken Mattsson 32:09 6. Paul Schell 33:26 3 Km, Providence, Feb. 7--1. Kevin Eastler 13:46.5 2. Mike Hersey 14:59.1 3. Bob Ullman 15:42.6 4. Ken Mattsson 15:46.3 5. Wayne Nicoll 16:29.2 Women: 1. Gretchen Eastler 14:37.6 2. Lisa Mills 16:20.6 3. Meg Ferguson 18:12.8 **3 Km, Cambridge, Mass., Jan. 31--1.** Steve Vaitones 13:17 2. Kevin Eastler 13:19.1 3. Mike Hersey 15:33.3 4. Justin Kuo 15:36.9 Women: 1. Gretchen Eastler 14:13.2 2. Meg Ferguson 16:34.7 3. Lisa Mills 17:35.1 **1 Mile, Providence, Jan. 16--1.** Joe Light 7:10 2. Brian Savilonis 7:10 3. Jim Brochin 8:03.6 4. Justin Kuo 8:04 **5 Mile, Winchester, Mass., Jan. 1--1.** Steve Vaitones 40:23 2. Justin Kuo 46:23 3. Bill Murphy 46:24 **1500 meters, Brooklyn, N.Y., Feb. 28--1.** Roselle Safran 7:20.6 2. Tara Shea 7:44.2 3. Lisa Kutzing 8:05.2 4. Erika Hanami 8:09.7 5. Jennifer Noll 8:11.5 **Metropolitan Indoor 1 Mile Championship, West Point,**

N.Y., Feb. 20--1. Gary Null 7:00.8 2. Kaisa Ajaye 7:43.6 3. Rupert Raufas, 8:00.7 4. Phyllis Hansen 8:00.7 5. Kayode Dobosu 8:29.5 6. Rich Incremona 8:30.1 7. Robert Barrett 8:32.66 8. Pat Weir 8:34.5 9. Erika Hanami 8:42.2 10. Yolonda Kent 9:09.6 **3 Km, same place--1.** Michael Korol 13:58.9 **1 Mile, Brooklyn, Feb. 14--1.** Debra Scott 7:34.3 2. Jennifer Grego 7:45.9 3. Jennifer Pralgo 7:47.0 4. Kim Landa 8:14.8 5. Robert Barrett 8:29.5 6. Bhajna Bhambree 8:42.2 **5 Km, New York City, March 20--1.** Michael Korol 23:48 2. Nick Bdera (44) 24:33 3. Bob Gottlieb 24:56 4. Kaisa Ajaye 26:44 (1st woman) 5. Paul Butkovich (49) 29:34 6. Elaine Perry 30:25 (26 finishers) **3 Km, Schnectady, N.Y., Jan. 23--1.** Dave Talcott 14:59 2. Rich Incremona (46) 17:00 3. Brett Dixon 17:35 4. Gus Davis (50) 17:45 **5 Km, Freehold, N.J., Jan. 17--1.** Ralph Edwards 27:52 2. Ben Ottmer 28:42 Women: 1. Marcia Shapiro 30:59 **5.2 miles, Long Branch, N.J., Jan. 23--1.** Cliff Mimm 40:04 2. John Soucheck 44:58 3. Bob Mimm 48:18 4. Ralph Edwards 50:28 Women: 1. Phyllis Hansen 45:39 2. Donna Cetrulo 53:22 **5 Miles, Freehold, N.J., Jan. 31--1.** Ralph Edwards 47:03 Women: 1. Phyllis Hansen 44:45 2. Pat Weir 47:05 **2 Miles, Arlington, Vir., Jan. 24--1.** William-Jesse Leggett 16:31 2. Tim Good 16:48 3. Alan Price 17:38 4. Jim Goldstein 19:15 5. Valerie Meyer 19:16 6. Nancy Whitney 19:35 **2 Mile, Arlington, Jan. 31--1.** Tim Good 16:31.2 2. Alan Price 16:49 3. Dan Kornhauser 17:57 4. Valerie Meyer 19:27 5. Victor Litwinski 19:43 6. Nancy Whitney 19:58 **10 Km, Washington, DC, Feb. 20--1.** Danny Fink 44:53 2. James Moreland 56:08 **5 Km, same place--1.** Jim Lemert 28:48 2. Jim Goldstein 29:43 3. Regis Harkins 30:23 **8 KM, Winter Springs, Florida, Feb. 20--1.** Burns Hovey 43:31 2. Jim Malone 44:10 3. Steve Christlieb 44:10 4. Chuck McLaughlin 44:29 5. John Alers 48:13 6. J. M. Provost (59) 48:50 **5 Km, Ocala, Florida, March 6--1.** Chuck McLaughlin 27:02 2. Steve Christlieb 28:38 **4 Mile, Miami, March 6--1.** Eric Schmook 30:26 2. Bob Cella 37:26 3. Gerald Gomez (60) 37:59 4. Jim Burkhart 40:28 Women: 1. June Marie Provost (59) 38:18 2. Sara O'Bannon 38:26 **10 Km, Winter Haven, Florida, March 20--1.** Burns Hovey 56:05 2. Edgardo Rodriquez 56:43 3. Steve Christlieb 57:55 **1500 meters, Berea, Ohio--1.** Keith Reichley 8:24 2. Tim Bailey 8:42 3. Jim Janos 9:58 Women: 1. Jennifer Jones 9:30 2. Doreen Horn 9:32 3. Joyce Prohaska 9:34 **2 Mile, Warren, Michigan, Feb. 27--1.** Dan O'Brien 14:29 2. John Hunyady 14:56 3. John Elwarner 15:41 4. Terry McHoskey 16:15 5. Bob Campbell 17:12 6. Gerald Boccl 18:06 Women: 1. Jeanne Boccl 17:35 **10 Km, Houston, Feb. 21--1.** Dana Yarbrough 50:36 2. Amy Colwell 51:24 3. Bogdan Bulakowski 51:24 4. Pat Perry 59:58 **Gulf 20 Km Championship, Houston, March 14--1.** Ian Whatley 1:28:04 2. Adam Pawlik 1:43:37 3. Cheryl Rellinger 1:55:31 **10 Km, same place--1.** Bogdan Bulakowski 47:21 Wayne Meeks 58:40 **5 Km, same place--1.** Lisa Chumbley 28:40 **5 Km, Denver, Jan. 16--1.** Mike Blanchard 27:14 2. Bob Dicarlo (58) 28:33 **5 Km, Denver, Jan. 31--1.** Sally Richards-Kerr 26:16 2. Megan Garner-Holman 26:35 3. Peggy Miller 27:16 4. Mike Blanchard 27:41 5. Christine Chase 29:13 6. Marianne Martino 29:41 7. Daryl Meyers 29:46 8. Sheri Young 29:53 **5 Km, Albuquerque, Feb. 20--1.** Theron Kissinger 26:32 2. Steve Petrakis 27:03 3. Robert Reedy (50) 27:52 4. Andres Smith 28:34 (19 finishers) Women: 1. Ellen Roche 29:17 2. Jackie Kerby Moore 30:39 (20 finishers) **5 Km, Pasadena, Cal., Jan. 24--1.** Adam Mendonca (17) 27:00 2. Donna Cunningham 27:43 3. Steve Leitner 27:43 4. Steve Avellana 29:34 **Rose Bowl 10 Mile Handicap, same place--1.** Richard Ahston 1:19:46 2. Lorraine Miller (44) 1:38:20 . . . 6. Chris Dreher 1:26:22 (Note: actual times shown here, not the finishing time). . . 12. Carl Acosta (58) 1:34:58 17. Fran Bustos 1:26:06 (fast time women) . . 22. Ray Kraus (41) 1:38:09 **5 Km, Los Angeles, Feb. 21--1.** Dave Marchese

21:09 2. Adam Mendonca 25:47 3. Wayne Wurzbarger 27:25 4. Jesus Orendain 27:31
 Women: 1. Megan Garner-Holman 25:24 2. Margie Alexander 29:38 3. Danielle Kirk
 30:05 **Long Beach Marathon, Feb. 7--1.** Richard Ashton 4:33:09 2. Ronald Baers 4:45:59
 3. Charles Cutting 4:51:45 4. Robert Alt 4:56:43 Women: 1. Laurie Kahn 4:51:11 2.
 Kanani Wolf 4:53:26 3. Sharon Ostmann 4:56:25 4. Lorraine Miller 5:46:25 5. Helen
 Hoover 4:58:00 **20 Km, Palo Alto, Cal., Jan. 20--1.** Jim Lenschau 1:39:19 2. Cindy
 March 1:43:10 3. Therese Ikonian 1:57:31 4. Sally Focacci 1:57:32 **1500 meters,**
Portland, Ore., Feb. 19--1. Vance Godfrey 5:38.6 2. John Kerfoot 6:12.6 3. Steve
 RFenard 6:30.5 4. Bob Brewer 7:27.1 5. John SNowden 8:30.3 **WOMen:** 1. Erin Taylor
 8:20.4 **5 Km, Seattle, Jan. 30--1.** Stan Chraminski 25:23 2. Ann McCulley 28:25 3. Bev
 LaVeck 29:50 **3 Mile, Seattle, Feb. 6--1.** Stan Chraminski 24:44 2. Bob Novak 25:34 3.
 Bev LaVeck 28:28 4. Claude Wrathall 28:30 **3 Km, Seattle, Feb. 13--1.** Allen James
 11:54.7 2. Stan Chraminski 14:38.1 3. Bob Novak 15:11.9 4. Bev LaVeck 16:55.2 5.
 Sarah Klautdt 17:10.6 6. Claude Wrathall 17:24.3
5 Km, Adelaide, Australia--1. Nick A'Hern 19:38.76 **5 Km, Brisbane, Australia--1.** Frants
 Kostyukovich, Belarus 18:28.50 2. Robert Korenowski, Pol. 18:36.98 3. Y. Misyula,
 Belarus 18:51.94 **Women's 5 Km, Brisbane--1.** Kerry Junna-Saxby 20:30 2. Jane Seville
 21:47.590 3. Anne Manning 21:55.50 **5 Km, Melbourne--1.** Nick A'Hern 19:19.76 2.
 Steven Beecroft 19:55.56 **Women's 3 Km, same place--1.** Kerry Junna-Saxby 11:52.71 2.
 Jane Saville 12:27.74 3. Jenny Jones 12:49.14

SPRING IS HERE! WHY NOT SPRING INTO SOME OF THESE RACES. (But don't spring
 too high. The contact rule has not yet been repealed, despite the flight-phase advocates.)

Sat. April 10 10 Km, Plainview, N.Y. (C)
 5 Km, Flushing, Michigan, 10 am ((F)
 1 Mile, Albuquerque, N.M. (L)
 5 and 10 Km, Washington, DC, 8:30 am (J)
 Sat. April 17 5 Km, Brookings, S.Dak. (BB)
 5 Km, Benton Harbor, Michigan, 10 am (F)
 7 Mile, Miami, 7:30 am (Q)
 Master's 5 Km, Naples, Florida, 8:30 am (Q)
 5 Km, New Orleans, 8 am (M)
 Gulf 10 Km CHampionship, Houston (O)
 Julie Partridge 10 Km, San Francisco (N)
 Sun. April 18 10 Km, Kenosha, Wis. (P)
 10 Km, Ashland, Virginia, 1:15 (S)
 5 Km, New Orleans, 8 am (M)
 2 Mile and 10 Km, Houston (O)
 Mt. SAC Relays, 5 and 10 Km, Walnut, Cal. (B)
 10 Km, Seattle, 8:55 am (C)
 Sat. April 24 Women's 5 and Men's 10 Km, Penn Relays (R)
 5 Km, Kalamazoo, Michigan (F)
 5 and 10 Km, Miami, 7:30 am (Q)
 5 and 10 Km, Albuquerque, 8 am (L)
 10 Km, Columbia, Missouri, 8 am (U)
 Sun. April 25 5 Mile, Westerly, R.I., 11 am (K)

10 Km, Orlando, Florida, 8 am (Q)
 5 Miles, Westerly, RI (K)
 Wed. April 28 5 Km, Howard Wood Dakota Relays, Sioux Falls, N.Dak. (CC)
 Sat. May 1 5 Km, Decatur, Georgia (DD)
 5 Km, Miami, 7:30 am (Q)
 5 Km, Columbia, Missouri (U)
 1500 meters, Houston (O)
 Sun. May 2 5 Km, Worcester, Mass. (I)
 5 Km, Newport News, Virginia, 10 am (T)
 5 Km, Studio City, Cal., 8 am (B)
 2.8 Miles, Seattle, 6 pm (C)
 Thu. May 6 Women's 5 Km, Austin, Texas (W)
 Sat. May 8 5 Km, Davenport, Iowa (Z)
 5 Km, New Orleans, 8 am (M)
 Sun. May 9 5 Km, San Francisco (N)
 Sat. May 15 5 Km, Hammond, Indiana (AA)
 2.8 Miles, Seattle, 6 pm (C)
 Thu. June 3 5 Km, Metairie, Louisiana, 6 pm (M)
 Sat. May 15 5 Km, Needham, Mass., 2:20 pm (I)
 Sun. May 16 US Masters 50 Km Championship, Long Branch, NJ (A)
 5 Km, Atlanta (DD)
 Sun. May 17 5 Km, Somerset, Penn. (X)
 5 Km, New Orleans, 6 pm (M)
 Fri. May 21 Masters 5 Km, Winter Park, Florida (Q)
 Sat. May 22 15 Km, Riverside, Cal. (B)
 Sun. May 23 10 and 20 Km, Washington, DC (J)
 5, 10, and 20 Km, Liverpool, NY (V)
 Sat. June 5 5 Miles, Crafton, Mass. (I)
 Sat. May 29 National Youth Road Racewalk Championships, Overland Park,
 Kansas (Y)
 15 Km, Columbia, Missouri (U)
 Sun. May 30 Metropolitan 20 Km Champ., New York City, 9 am (C)
 Mon. May 31 5 Km, Stone Mountain, Georgia (DD)
 Sat. June 5 5 Km, Fontana, Cal., (B)
 5 Km, Los Angeles (B)
 5 Km, Kenosha, Wisconsin (P)
 Sun. June 6 10 Km, Van Nuys, Cal. (B)
 Senior Olympic 5 Km, Pasadena (B)
 Track Racewalks, Pasadena, Texas (O)
 Metropolitan 10 Km, Queens, NY, 10 am (G)
 Masters 5 Km, Monmouth, N.J., 10 am (A)
 5, 10, and 20 Km, Schenectady, NY (V)

Contacts

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 EE--Tracy Jo Wilson, 3883 Turtle Creek Blvd. #2005, Dallas, TX 75219

Comments on the greata contact rule controversy continue to pour in:

Art Atkins, Philadelphia: "Retain the contact rule." (Simple and straightforward.)

Charles Rattoballi, Valley Stream, N.Y.: "Let's stop this garbage about relaxing rules on racewalking. If these people don't like the rules, tell them to do something else. Racewalking is greaat the way it is. That space that you give to them can serve better purposes."

Jonathan Matthews, Palo Alto, Cal.: "Thanks for fitting my whole letter into the last ORW. . . I hope you'll help me now to do some damage control by publishing this apology to Casey Meyers." And here is the apology:

Dear Casey,

As Elaine Ward has pointed out to me, I may have gone a bit overboard in rebutting your two letters on the contact rule. Perhaps I can blame any lack of sensitivity on my part to a flash of my competitive instinct. While it serves me well on the race

course, I fear that it may have caused me to present my arguments in a way that may have been unduly personally painful for you. If I have caused this undue pain, I am sorry. If, in the process, I have convinced you of the necessity of the contact rule for the survival of racewalking, then the pain has not come without some compensating benefit. The contact rule and the knee straightening rule are the defining parameters of the racewalking gait. The existence of these two rules cause the racewalking gait to be what it is. It is a nonsense phrase to say that scientific studies need to be done to prove the validity of the contact rule. By way of analogy: The rule states that you stop when the light turns red. How do you scientifically prove the validity of this rule? To talk of validity or nonvalidity makes no sense. It's simply one of the rules of the game.

Again, Casey, I am sorry if the way I originally presented my ideas caused unnecessary pain. I hope to work with you in the future to advance the status of walking.

Jonathan Matthews.

From Ian Whatley, Greenville, S.C.:

In an attempt to conclude the discussion of racewalking's rules, here are my final thoughts (at least for this year):

1. We can't change the rules in the U.S. unless they are changed on a global level. Otherwise, it would be like having an American triple jump with 2 steps or running U.S. hurdles over 2-foot barriers.

2. The present rules apply equally to all competitors and yield a constant pass/fail judgment on walking technique. Most top U.S. walkers are happy with the fairness of the present system.

3. Walkers don't know if they are lifting. After a few kilometers, it's hard to tell where your feet hurt most, let alone if they are touching the ground. Suggestions that a flight phase represents a conscious attempt to gain an unfair advantage are wrong.

4. The whole discussion of the lifting rule stems from people not reading the rules! Rule 39.1.a state judging decisions to be made ". . . as seen by the human eye." Rule 150.1 a and b offer the definition of racewalking. Taken together, we have an accurate description of how the lifting rule is applied. Note that there is no mention of video tapes of photos.

To try to draw the discussion to a conclusion, I will ask for Bob Bowman's support at the USTAF convention in altering the wording of Rule 150.1 by adding the rule 39.1 wording concerning judging being by the human eye. THis will clarify the rules without taking U.S. racewalking out of agreement with the rest of the world's rules.."

From Edward Carlin, Clark, N.J.:

"I would like to say I see no reason to change any rules in racewalking. Like Casey Meyers, I came to learn about racewalking as a result of seeking an aerobic exercise. I have competed in one event and helped post times during the national 40 Km at Fort Monmouth, N.J. I like the sport because it allows me to get a great heart rate during a training session without any injuries during the 2 years I've been doing it. My knees really don't like jogging or running.

I learned about Casey for a book called Cardiac Rehabilitation, from Casey's book I learned about race walking and the Ohio Racewalker, and I am grateful to all of you. My fitness is due entirely to racewalking. No one, including school children, has ridiculed me

because of the "funny look", if they had, I simply would say, join me and keep up if you can.

The double contact rule may be difficult for observers not trained well enough, which really say we need to have judges trained a bit better. Even other areas of form cause judging problems. Martin Rudow in his Advanced Race Walking states that the "soft knee" draws varying opinions of legality.

In closing, I just feel we must not let varying opinions make a mountain out of a molehill. Practice of form really is what matters most. Judging will be better as participants improve and remember that the unaided eye does offer a two-way margin of error."

Paul Cajka, Virginia Beach, Virginia

"I have been reading all of the debate on the enforcement of lifting in racewalks. I think we should keep and enforce both creeping and lifting. If we can't keep, enforce, and explain these two rules, walking will not retain its unique character. Educating the sports fans of the country is the way we will get our sport accepted. We should also find a few experienced walkers who can communicate effectively with the broadcasters of track and field meets. Our sport is unique enough to require color announcers as much as the field events require ex-athletes like Dwight Stones." (Ed. But, can anyone convince the networks and the sponsors of that.)

FROM HEEL TO TOE

We also have a lengthy follow up letter from Ron Daniel, which isn't as easy on Casey as Mr. Matthews, but there is not room for it this time around. Perhaps next month. . . The Shore AC is again sponsoring the National 1 Hour postal walk for 1993. Races can be held locally anytime between Jan. 1 and Dec. 31. Races must be on certified tracks of 400 meters or 440 yards with a minimum of three judges present. There are Open, Masters, and Junior Divisions. (See the 1992 results earlier in this issue.) To submit results or obtain further information, contact Elliott Denman, 28 N. Locust Avenue, West Long Branch, NJ 07764, (908)222-9080. . . A note from reader Gary Bower: "Jonathan Matthew's half paragraph description (in his letter on Casey Meyers' book in the Feb. '93 ORW) of how racewalking captures a person is perhaps the most exquisite prose describing a human activity that I have ever read. Like Jonathan, in my youth I never considered taking up the silly sport. Then, a year ago, as I was driving, I briefly saw a man flow along beside the road with incredible speed, dynamism, and grace. I knew immediately that he was a world class racewalker in training. That brief image returned to my thoughts again and again until somehow without even really making a conscious decision, I took up racewalking 6 months later with only the help of a book (by Casey Meyers!). A month ago, I found and joined the local racewalking club and discovered the man that inspired me that day along the road was a club member . . . none other than Jonathan Matthews himself! . . . With the idea of getting useful training and racing information to as many U.S. walkers as possible, Ian Whatley has passed along the following Sports Science Bulletin, which he prepared. He suggests that "if we could fill the pages of our journals with as much coaching data as we have letters about lifting, we would all be able to train more effectively."

Heart Rate Monitors - USTAF rules now specifically permit the wearing of heart rate monitors during races. With improved technology, the devices are accurate and reliable. Simple models can be obtained by mail order for about \$110. (Look in the back of Runners World for suppliers)

If you intend to wear a monitor during a race, be aware that there are some potential problems:

- * The chest strap can slip down and may require periodic adjustment
- * The chest strap may constrict breathing
- * The chest strap may chaff the armpits or chest
- * Many devices transmit heart rates at the same radio frequency which may cause confusion if you are racing along side another athlete with a monitor
- * If worn too high, a monitor will pick up the electric output from contracting chest muscles and will give step rate instead of heart rate (A useful trick when working on stride rate training)
- * Sweat seeping into the monitor or wrist receiver can cause bogus readings
- * The monitor may distract you from full concentration on the race or your technique.

To reduce these problems, I recommend:

- * Only wear a heart rate monitor if you have a specific plan to use your pulse as a guide to race pace/effort
- * Just as with drinking during competition or wearing racing shoes, use your monitor often in training so that you have it adjusted for fit and understand the relationship between the pulse reading and background interference
- * Experiment with wearing the monitor over or under your singlet to stop excess sweat entering the transmitter. Try pinning the strap to your singlet to prevent it slipping.

KEYS: If you race with a monitor, have a plan - practice using it in training - minimise the physical distractions.

Hydration - Dr. C. Harmon Brown was US team physician at the Tokyo 1991 World Championships. He successfully applied recent findings on hydration under the severe heat/humidity conditions by offering a drink containing 30ml glycerol per 100 pounds of body weight, 250ml of an electrolyte solution (such as Gatorade) and 250ml of water. This was consumed 90 minutes prior to race time. 4 US runners used the solution and finished their marathons (including a bronze medal for Steve Spence) while the 2 who decided not to use the solution failed to finish.

The weather in Atlanta for the Olympics is likely to be as bad as Tokyo. I recommend that walkers try this super hydrating solution before long training sessions or unimportant races during periods of high heat/humidity.

Ian Whatley is the racewalking representative on the USTAF Sport Science Committee and a Bioengineer. Racewalk Sport Science Bulletin may be copied by non-profit organisations providing that authorial credit is given.

SHOULD WE HAVE A NATIONAL RACEWALKING COACH?

An opinion paper by Paul A. Cajka

At the recent USA Track & Field Convention in Louisville the racewalking community discussed many issues affecting the sport. The main problem this pointed up is that we have ongoing issues which require an ongoing forum. Discussing everything once a year leads to abrupt, short-tempered arguments which do not lend to the development of the sport. This is the first of several articles discussing aspects of racewalking which should be discussed completely and thoroughly rather than tossed out and then set aside every year at the convention. The Federalist Papers set out a position that shaped the government of the United States. I would like to think of this series as the Federalist Papers of Race Walking.

The first topic to be covered is the need for a National Race Walking Team Coach. The showings of our race walkers in the Barcelona Olympic Games is just another chapter in the less than illustrious history of American Race Walkers in International Competition. Our best placing in Barcelona was 20th (Michelle Rohl, 10K). That's not much of a showing for a track & field power like the US. Everyone had good reasons for their finishes in the Games, but excuses do not make you a world walking power. Our country should be a leader in all track & field events for all of the resources we can bring to bear.

Before we go on, let's take a look at three sport programs, their coaching setup and the results. The first program I want to look at is the US Gymnastics Program. This program is run in most aspects by one coach, Bela Karolyi. He has gathered the best talents of American gymnastics in one location and trained them to his exacting standards to compete at the international level. His control and leadership has paid off in the US becoming a world class country in gymnastics. In his pursuit of excellence he has made both friends and enemies, but he has produced a gymnastics team the country can be proud of.

My second example is a program where there is both a coach and a coordinator. This program is the US Junior Race Walking Team. Through the coaching efforts of Bob Ryan and the coordinating of Steve Vaitones, the Juniors have been steadily improving over the years to become a good National Team despite a lack of a large pool of Junior walkers. From my rankings I have found a total of 48 (22 male, 26 female) walkers who can go faster than 7:26/kilometer (or 12:00/mile) in their events. This represents about 1% of the USA T & F registered race walkers (approximately 4200). Coach Ryan works with his athletes in seasonal camps throughout the year, and the athletes work with their own coaches the rest of the time. Steve Vaitones has devoted some time in arranging international events for the Juniors and kept up with Junior developments from all over the world. By working together to cover all areas, they are developing the future members of the US National Race Walking Team. Although they don't have a record like the gymnasts, they are beginning to develop internationally.

The third example is the US National Race Walking Team. Here is a team of individual adult athletes who basically set their own goals and programs with the help of two Team Coordinators. These coordinators are basically there to "facilitate" (Rich Torrellas' own term) the development and competitive efforts of the team members and any coaches they may have. There is no National Team Coach to provide advice and leadership to the team. In fact, the last two coaches who held this position have been driven out by the athletes. Is this the way to run a National Team? This sounds more like the inmates running a correctional facility. What kind of results do you get with this kind of leadership? We can field teams for the Olympics and other international events, but the results are less than stellar. There's no consistent leadership presence when the coaches' position is largely honorary and chosen by elections. As far as I can see, there is no tracking of athletes and their progress. The athletes basically do what they want and train however they want. Without a system or a plan, you get the same unorganized results. Our walking teams go to the international events because the powers to be want American walkers at these events. Our walkers are like the UNLV football team. They're there and no one expects any more than participation from them.

What would a National Race Walking Team Coach provide? A National Coach would provide unbiased leadership to the National Team, especially if the coach is from outside the US. A good example of this is cycling's Eddie Borsewycz. Mr. Borsewycz was the coach of the World Champion Polish cycling team in the mid 70's. He came to this country and cleared out those cyclists who were unwilling to do things HIS way. He knew what had to be done to develop a world class team, and he did it. The United States Cycling Federation supported Eddie Borsewycz in all of his efforts and they paid off. Our cyclists are a threat to do well internationally and they are competing successfully on the professional cycling circuit.

A good national coach would also develop solid networking contacts with other national coaches which could benefit our international walkers. Although I am sure that Richard Torrellas keeps in touch with various people on race walking overseas, it would help our stature in race walking if we had a National Team Coach. Most successful programs have one central authority figure, and this is what our program is lacking. I'm sure the Mexicans would not have dominated racewalking as much as they have without the leadership of Jerzy Hausleber.

Another advantage of a national coach would be the management of the progress of the team members. With the Team Coordinator to handle all of the travel and logistics, the National Coach could concentrate on athlete development and readiness. Through personal experience, the coach should know who is and is not ready to compete in a major international race. Many of these athletes have coaches, and these coaches can be utilized to monitor and adjust the athlete's compliance with the National Coach's prescribed training program. The athletes who do not have coaches

would be coached by the National Team Coach or a designated assistant. In all cases, the National Team Coach would know the training activities of the National Team athletes through constant communications with them. Athletes could file a standard training log form with information on mileage, workout length, intensity and other data important to the coach. If any walkers are not willing to go along with the coach's program, the athlete could deal directly with the coach. This coach to athlete interface is important to the overall success of the program, and it should not be broken by the Chairman, Team Coordinator or other USA T & F officials. The National Chairman should be willing to back the National Coach fully as long as the coach's actions are consistent with the improvement of the National Team. To do any less would be a slide back down to the present level of disorganization.

How will we pay for a National Race Walking Team Coach? We could use the present funding allotted to race walking if the leadership was willing to shoulder a greater share of their travel and administrative costs. One really good way would be corporate backing (financial and material) for the job search, salary and relocation of a top International Coach. Another possible funding source could be the USOC or the USA T & F National Office. Our last sponsor (Best Foods/Mazola) put about \$400,000 into TAC, video tape production and the athletes themselves. Let's go out to find another sponsor to support the hiring and resettlement of a good coach from overseas or within the US. The National Coach could also help to develop the whole sport through developing general training schedules for walkers aspiring to National Team status. This will make up for the lack of race walking coaches in comparison to the multitude of track and field coaches in high schools and colleges. Training modules for the Level I and II Courses in Race Walking could also be developed by the National Coach. This will expand the ranks of racewalk literature coaches and bring up the overall coaching level of race walking. Including modules on race walking will encourage most of the uncertified walking coaches to be certified as Level I or II Coaches.

In summary, let me restate briefly my overriding opinion. This country needs a strong, knowledgeable National Race Walking Team Coach if we want to improve to the World Class level and stay there. The present system will not develop an outstanding program because there is no constant leadership inherent in a system of independent athletes coached by coaches elected for individual events. We need a National Race Walking Coach and finding one should be a National Goal for 1993 or 1994.

LOOKING BACK (Covering two months since lengthy discussions of "to contact, or not to contact" usurped space for this feature last month)

30 Years Ago (From the Feb. and March, 1963 Race Walker, Chris McCarthy's old publication)--The National Indoor 1 Mile title went to Ron Zinn in 6:42.6, 4.5 seconds ahead of Ron Laird. Bill Omeltchenko, Alan Blakeslee, Ron Daniel, and Akos Szekely were close behind. . . Zinn also won the New York K of C Meet in 6:36.3. . . Mickey Brodie won the Golden West Invitational in San Francisco with a 6:38. . . At the end of

March, Laird won the National 20 Km in Chicago in 1:34:52, some 70 seconds ahead of Zinn. Canadian Alex Oakley was third in 1:36:36, just 5 seconds ahead of Akos Szekely. Jack Mortland beat John Allen for fifth with a 1:38:34. . . A week earlier, Laird beat Mortland on a hilly course in Akron with a 37:02 for 6 miles. Mortland had 48:27.

15 Years Ago (From the Feb. and March 1978 ORWs)--Sue Brodock won the Women's National Indoor 1 Mile in 7:01.7, better than a half-minute ahead of Susan Liers. . . The men's 2 Mile title went to Todd Scully in 13:07.6, with Dan O'Connor (13:20.3) edging Jim Heiring (13:21.2) for second. Ron Daniel and Dave Romansky were about 14 seconds further back in fourth and fifth. . . Neal Pyke walked an American record 6:04 mile in San Francisco and Scully set an American record at 1500 meters with 5:47.9 in New York. . . Italy's Vittorio Visini set a World Indoor record at 2 Miles with 11:57.6 in Genoa. . . Karl-Heinz Stadtmuller, GDR, did an Indoor 20 Km in 1:27:19. . . Carl Schueler won the NAA collegiate 2 mile in 13:53.6 and Pete Timmons won the IC4A collegiate 1 mile in 6:49.2

10 Years Ago (From the Feb. and March 1983 ORWs)--The National Indoor 2 Mile went to Ray Sharp in 12:13.33, 2 seconds ahead of Jim Heiring. Dan O'Connor and Todd Scully also went under 13 minutes. . . Sue Brodock again won the Women's 1 Mile in 7:14.67. Teresa Vaill was less than 3 seconds back, with Susan Liers and Vicki Jones following. . . Heiring set an American record of 11:32.14 for 3 Km in Chicago and Sharp had a 5:47.98 1 Mile in Albuquerque, beating Heiring by 7 seconds. . . In the National 30 Km, Marco Evonluk left Heiring nearly 3 minutes back as he recorded a quick 2:16:41. Tim Lewis was third in 2:23:50. . . European 20 Km champion Jose Marin won the Spanish 50 Km in a blistering 3:40:47, 7 minutes ahead of Jorge Llopart. Dan O'Connor was seventh in the race with a 4:21:27. . . A week later, O'Connor won a 20 Km in Long Beach with a 1:28:38. . . Tom Edwards made an impressive debut at 50 Km, winning the Eastern Regional in 4:23:22.

5 Years Ago (From the Feb. and March 1988 ORWs)--Carl Schueler was a very impressive winner on the National 50 Km, held in North Carolina, breezing home in 4:02:55. Andy Kaestner (4:11:10, Jim Heiring (4:12:37), and Dan Pierce (4:18:00) followed. Fourteen walkers went under 4:30 in the hotly contested race. . . In the women's Indoor 3 Km title race, Maryanne Torrellas set an American record while winning in 12:45.38, just 2 seconds ahead of Teresa Vaill. Lynn Welk was third. . . The men's 5 Km went to Canada's Guillaume Leblanc in 18:53.25 with Tim Lewis second in 19:56.05. Gary Morgan had 20:02.50 and Paul Wick 20:11.42. . . Sapin's Reyes Sobrino won the European Indoor 3 Km in 12:48.99 ahead of Dana Vavracova, Czech., Maria Cruz Diaz, Spain; and Ildiko Ilyes, Hungary. The men's 5 Km went to Czech Josef Pribilinic in 18:44.40, with his countryman Roman Mrazek second in 18:44.93. Five others were under 19 minutes. Mikhail Schennikov was DQ'd.

Flash! National Invitational and World Cup Trials, Washington, DC, March 28: Men's 20 Km--1. Tim Berrett, Canada 1:22:47 2. Mikhail Khmeinitsky, Belarus 1:23:07 3. Allen James 1:26:42 4. Jonathan Matthews 1:27:12 5. Martin St. Pierre, Canada 1:27:31 Women's 10 Km: 1. Theresa Vaill 45:27 2. Janice McCaffrey, Canada 46:16 3. Pascale Grand, Canada 47:06 4. Kalsa Ajaye 47:15 5. Lisa Sonntag 47:28 (Full results and details in April issue along with World Cup results. The World Cup is April 24-25 in Monterrey, Mexico.)