

Ohio Race Walker  
3184 Summit Street  
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# OHIO RACEWALKER

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## World championships see new set of winners

Results of the World T&F Championship racewalks had little resemblance to those of the World Cup in Beijing in late April. There was a whole new set of winners and many different faces in the top ten in all three races. All of the winners took the first ever gold medal in international championship competition (Olympics, World Cup, World Championships).

In the women's 10 Km, Russia's Irina Stankina, disqualified in Beijing, redeemed herself with an impressive win in a very competitive race. Her 42:16 is a Championship record, faster than the winning time in Beijing, and the seventh best road 10 Km of all time. But she won by only 3 seconds of Italy's Elisabetta Perrone, who was only sixth in Beijing. Yelena Nilolyeva in third place was the only woman to medal in both 1995 World races, having been second in Beijing. Defending champion Sari Essayah was a close fourth, a great improvement on her 13th place finish in the World Cup. In this highly competitive race, sixth place Rossella Giordana was only 10 seconds behind the winner. Michelle Rohl had a brilliant race in 16th place, bettering her personal and American best with a 44:17. Teresa Vaill also walked very well with a 45:02.

The men's 20 had a surprise winner in Italy's Michele Didoni, who was also a surprise when he captured fifth in the World Cup race. Didoni and Mexico's Daniel Garcia broke loose from the field and were locked in a tight battle for the gold when Garcia was shown the red flag at about the 19 Km mark. Didoni then proceeded unchallenged to the finish. Defending champion Valentin Massana, who had dropped out of the World Cup race, came back strongly here to take second, but could not challenge Didoni in defense of his title. Yevgeniy Misyulya, who just missed a medal in Beijing, captured the bronze here. World Cup winner Zewen Li could manage only fifth.

Finland's Valentin Kononen, a solid third in the World Cup and with a series of good performances in international races behind him, finally hit for the gold in the 50, leaving Giovanni Perricelli a minute-and-a-half back at the finish. Perricelli had not competed in Beijing, and Beijing winner Yonsheng Zhao either did not compete here, or did not finish. (We don't yet have full results with DNFs and DQs.) Allen James, who was the lone U.S. qualifier for both races, chose to go in the 50, but had to drop out with an injury. No details on that yet.

The results that we have at this time (numbers in parenthesis indicate the athlete's finish position in the World Cup in May):

SECOND CLASS POSTAGE  
PAID AT COLUMBUS, OHIO



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**Women's 10 Km, Aug. 7--1.** Irina Stankina Russia 42:13 (DQ) 2. Elisabetta Perrone, Italy 42:16 (6) 3. Yelena Nikol'yeva, Russia 42:20 (2) 4. Sari Essayah, Finland 42:20 (13) 5. Larisa Romazanova, Russia 42:25 (-) 6. Rossella Giordana, Italy 42:26 (8) 7. Maria Urbanik, Hungary 42:34 (30) 8. Hongyu Liu, China 42:46 (3) 9. Kerry Saxby-Junna, Australia 43:06 (5) 10. Beate Gummelt, Germany 43:15. . . 15. Michelle Rohl, US 44:17 . . . Teresa Vaill, US 45:02

**Men's 20 Km, August 6--1.** Michele Didoni, Italy 1:19:59 (5) 2. Valentin Massana, Spain 1:20:23 (DNF) 3. Yevgeniy Misyulya, Belarus 1:20:48 (4) 4. Ilya Markov, Russia 1:21:28 (30) 5. Zewen Li, China 1:21:39 (1) 6. Mikhail Schennikov, Russia 1:22:16 (2) 7. Denis Langlois, France 1:22:21 (16) 8. Igor Kollar, Slovak Rep. 1:22:30 (19) 9. Mikhail Khmelnitsky, Belarus 1:23:24 (25) 10. Jean-Olivier Brousseau, France 1:23:34 11. Nick A'hern, Australia 1:23:45 12. Nichan Tsamonikian, Germany 1:24:17 13. Hector Moreno, Columbia 1:24:34 14. Robert Ihly, Germany 1:24:40 15. Enrico Lang, Italy 1:24:43 16. Martin St. Pierre, Canada 1:24:49 17. Jose Urbano, Portugal 1:26:10 18. Stefan Johansson, Sweden 1:26:20 19. Sergio Galdino, Brazil 1:26:53 20. Costica Balan, Romania 1:26:53 21. Hubert Sonnek, Czech Rep. 1:27:35 22. Byula Dudas, Hungary 1:28:08 23. Sahoguo Chen, China 1:28:13 13. Magnus Morenius, Sweden 1:28:19 25. Darrell Stone, Great Britain 1:28:48

**Men's 50 Km, Aug. 10--1.** Valentin Kononen, Finland 3:43:42 (3) 2. Giovanni Perricelli, Italy 3:45:11 (-) 3. Robert Korzeniowski, Poland 3:45:57 (9 20 Km) 4. Miguel Rodriquez, Mexico 3:46:34 (5) 5. Jesus Garcia, Spain 3:48:05 (2) 6. Aleksandr Rakovic, Yugoslavia 3:49:35 (-) 7. Arturo DiMezza, Italy 3:49:46 (-) 8. Rene Pillar, France 3:49:47 (7) 9. Sergei Korepanov, Kazakhstan (9) 3:51:55 10. Nikolay Maryukhin, Russia 3:53:25 (17) 11. Stefan Malik, Slovak Rep. 3:54:23 12. Carlos Mercenario, Mexico 3:55:24 13. Axel Noack, Germany 3:55:51 14. Tim Berrett, Canada 3:57:13 15. Aleksandr Voyevodin, Russia 3:59:23 16. Jaime Barroso, Spain 4:01:23 17. Pavol Blazek, Slovak, Rep. 4:03:45 18. Henrik Kjellgren, Sweden 4:04:38 19. Miklos Holusa, Czech Rep. 4:04:59 20. Fumio Imamura, Japan 4:06:08 21. Jose Magalhaes, Portugal 4:09:38 22. Craig Barrett, New Zealand 4:10:26 23. Andres Marin, Spain 4:12:01 24. Jean Claude Corre, France 4:12:38 15. Elroy Quispe, Bolivia 4:16:21 26. Michael Harvey, Australia 4:16:41

## Heat, altitude slow Festival athletes

Colorado Springs (From Dan Pierce)--Altitude and heat joined forces to make for slow walking races at the 1995 U.S. Olympic Festival held at the Air Force Academy with competitors hanging on to place and hydration as best they could.

In the women's 10 Km, a 3 pm start on July 28 had the walkers facing a bright, sunny temperature of 95 F coupled with the venue's 7200 foot altitude. Victoria Herazo took the lead from the start, as she usually does. Anya Ruoss followed in second, but

faded quickly and dropped out shortly after 5 Km. Deb Van Orden was next, followed by Dana Yarbrough and Cheryl Rellinger. Just before 4 Km, Cheryl put in a couple of fast laps leaving Dana behind. The other athletes followed in pretty much expected order.

At 4 Km, Victoria had her biggest lead (6 seconds) over Deb. Then Deb began making up ground and moved 16 seconds ahead by 8 Km. Just after that, Deb received the red paddle and was ushered off the track. The judges indicated she only looked worthy of a red card for a couple of laps, but it was long enough for three cards in 5 minutes. Victoria went on to a convincing win.

In the main group, MaryKirk Cunningham came on strong over the last 4 Km, Lisa Sonntag was able to move up, maintaining even splits, while Kerry Moskalik and Lynda Brubaker faded some. Obviously the heat and altitude got to several competitors. The surprise of the event was Cheryl's great performance for the silver medal.

The men's 20 Km started at 10 am on July 30 with slightly cooler temperature, which ranged from 77 to 85 F during the race. A few clouds helped. Herm Nelson moved to the lead immediately. Curt Clausen, Gary Morgan, and Mark Green came next. Making the West team coaches nervous were Andrew Hermann and Philip Dunn, who seemed content in 9th and 10th places.

During the first half of the race it became obvious that North teammates Clausen and Morgan and West teammates Hermann and Dunn were working together in their respective pairs. At 8 Km, Hermann and Dunn began moving on the field. By 12 Km, they were making up 10 meters a lap on everyone, including Nelson. Herm's biggest lead over second place up to 15 Km was 26 seconds, but he seemed in control and content with that.

At 15 Km, Nelson led Clausen by 20 seconds, with Morgan, Dunn, and Hermann within 7 seconds of Clausen. The first five places were all within about 80 yards of each other. Curt did two faster laps and began to pull away, then quickly faded to fifth. Morgan took his turn at second, and then Andrew had second. Clausen hammered the final 3 km, gaining a minute on the others to settle matters. Mark Green made up for his bad day at the Nationals, placing sixth.

As in the women's race, the red cards didn't start coming until the middle of the race as altitude and fatigue combined to take their toll on competitors.

### The Results:

**Women's 10 Km--1.** Victoria Herazo, West 49:33.93 2. Cheryl Rellinger, East 51:40 3. MaryKirk Cunningham, East 52:30 4. Kerry Moskalik, West 52:45 5. Lisa Sonntag, North 52:55 6. Lynda Brubaker, Guest 53:34 7. Gretchen Eastler, East 54:31 8. Susan Armenta, West 54:40 9. Molly Lavacek, North 55:49 10. Barbara Duplichain 57:00 DNF--Anya Ruoss, guest and Nannette Reilly, South. DQ'd Deb Van Orden, North and Dana Yarbrough, South.

**Men's 20 Km--1.** Herm Nelson, SSouth 1:33:48 2. Curt Clausen, North 1:34:00 3. Andrew Hermann, West 1:34:04 4. Gary Morgan, North 1:35:15 5. Phillip Dunn, West 1:35:18 6. Mark Green, North 7. Curtis Fisher, guest 1:37:19 8. Ian Whatley, South 1:37:40 9. Rob Cole, East 1:39:12 10. Will Van Axen, guest 1:41:51 12. Chad Eder, West 1:48:14 13. Yariv Pomeranz, South 1:48:54 DNF--Dave McGovern, East; DQ--Al Heppner, guest. IAAF judges Gary Westerfield and Martin Rudow were joined by a fine crew of Colorado judges. Dan Pierce, who provided the commentary above, organized the races, and reportedly did a great job.



## OTHER RESULTS

**3 Km, Dedham, Mass., June 24** (unjudged)--1. Hassan Kouchaoui (38) 13:43 (Recently came to Watertown, Mass. from Morocco, where he has been one of that country's top walkers) 2. Ken Mattsson 14:50 3. Lynda DeWitt 15:30 4. Michael Hoffer (56) 17:23 5. Paul Schell (57) 17:30 6. Louis Candido (66) 18:46 **10 Km, Buzzard's Bay, Mass. June 25** (unjudged)--1. Joanne Dow 56:29 2. Lynda DeWitt 56:48 3. Meg Ferguson 62:45 Men: 1. Brian Savilonis 49:20 2. Hassan Kouchaoui 52:50 3. Steve Vaitones 56:05 4. Stan Sosnowski 60:04 **10 Km, Dedham, Mass., July 4** (unjudged)--1. Steve Vaitones 56:05 2. Justin Kuo 59:27 3. Tom Knatt 61:33 **5 Miles, Boston, June 13** (unjudged)--1. Ken Mattsson 44:29 2. John Jurewicz 50:57 **Eastern Regional 20 Km, New York City, June 25**--1. Lukajz Szela 1:31:41 (45:11 at 10 Km) 2. Marc Varsano 1:33:56 (46:11) 3. Khang Vo 1:39:30 4. Wojciech Szela 1:50:34 5. Michael Korol 1:51:10 6. Danny Vogel 1:52:54 7. Taka Amano (45) 1:52:57 8. Jack Clifford (41) 1:56:33 9. Richard Harper (45) 1:58:00 10. Herbert Zydek (56) 2:01:18 11. Nick Dispinsera (41) 2:03:53 12. Jim McGrath (58) 2:04:50 13. Sherman Wilk (56) 2:05:25 14. John Shilling (59) 2:07:47 15. Cervan Robinson (66) 2:09:51 16. Nadya Dmitrov (45) 2:10:16 (1st woman) **5 Km, West Long Branch, N.J., July 24**--1. John Soucheck 24:36 2. Tony Noerpel 26:02 3. Curt Sheller 26:14 4. Jeff Davis 28:31 Women: 1. Phyllis Hansen 27:39 2. Salina Viera 29:02 3. Pat Weir 30:50 4. Donna Cetrulo 30:55 **5 Km, West Long Branch, July 31**--1. Phyllis Hansen 27:15 2. Donna Cetrulo 31:37 Men: 1. John Soucheck 24:38 2. Curt Sheller 27:10 3. Jeff Davis 27:15 4. Tom Quattrocchi 30:06 **5 Km, West Long Branch, Aug. 7**--1. Ray Funkhouser 23:27 2. John Soucheck 23:47 3. Curt Sheller 24:25 4. Dave Romansky 24:38 Women: 1. Salina Viera 31:36 **5 Km, West Long Branch, Aug. 14**--1. Pat Weir 28:33 2. Donna Cetrulo 31:06 Men: 1. Cliff Mimm 23:10 2. John Soucheck 23:50 3. Curt Sheller 25:31 4. Tony Noerpel 25:45 5. Jack Lucey 30:40 **5 Km, West Long Branch, Aug. 21**--Cliff Mimm 22:35 2. John Soucheck 24:16 3. Curt Sheller 26:41 4. Tony Noerpel 27:04 Women: 1. Phyllis Hansen 28:14 2. Donna Cetrulo 30:46 **3 Km, Alexandria, Virginia, July 20** (unjudged)--1. Will Leggett (19) 14:58.3 2. Louis Brown (16) 15:29 3. Claude Letien (48) 17:38 4. Sal Corrallo (64) 17:46 5. Victor Litwinski (51) 18:18 6. Bob Caudry (64) 18:53 **3 Km, Alexandria, August 6** (unjudged)--1. Will Leggett 18:18.1 2. Sal Corrallo 17:24 3. Bill O'Reilly (69) 20:08 4. Mil Wood (80) 26:32 **3 Km, Dearborn, Mich., July 30**--1. Sherry Watts 16:42 **10 Km, same place**--1. Julie Hecksel 58:27 2. Debbie McLaughlin 59:26 3. June-Marie Provost, Can. 62:25 Men: Gary Myers 60:11 **5 Km, Dearborn, Aug. 13**--1. Debbie McLaughlin 27:02 2. Julie Hecksel 27:55 Men: 1. Ioan Froman 21:53 2. Dan O'Brien 23:26 3. Bill Reed 26:04 4. Vance Genzlinger 27:16 5. Marino Scerpella 28:17 6. Michael Burris 28:36 7. Alonzo Taylor 28:55 8. Ken McKay 30:30 (13 finishers) **5 Km, Traverse City, Mich., July 15**--1. Terry McHoskey 27:39 2. Michael Burris 29:02 Women: 1. Julie Jenkins 29:03 **National Youth Championships, Joplin, Missouri, June 27-July 1**: Bantam Girls 1500 meters--1. Keri Leombruno 9:28.3 Bantam Boys 1500--1. Matthew Hinz 9:14 Midget Girls 1500--1. Elizabeth Paxton 7:48 2. Crystal Madrigal 8:04 3. Melissa Garza 8:29 Midget Boys 1500--1. Blaine Clancy 9:15 Youth Girls 3000--1. Alison Hartney 16:47 2. Brittinee Barrett 17:38 3. Nicole Ciomek 17:46 Youth Boys 3000--1. John McGee 16:43 2. Robert Waddle 17:13 Intermediate Girls 3000--1. Amanda Montague 16:28 Intermediate Boys 3000--1. Scott Crafton 14:58 2. Louis Cuellar 17:44 Young Women 3000--1. Laurie Starr 15:57 Young Men 3000--1. Shawn Foster 15:13 **5 Km, Lakewood, Col., July 8**--1. Scott Richards (45) 27:08 2. Sven Meyers 30:16 3. Lori

Rupoli (44) 30:24 4. Daryl Meyers (52) 30:42 **4 Mile, Denver--1**. Mike Blanchard 33:18 2. Jim Twark (47) 39:34 3. Lori Rupoli 39:48 4. Harry Burns (49) 40:02 **5 Km, Ft. Collins, Col.--1**. Lonnie Schreiner (52) 29:10 2. Ann Nelson 30:29 **5 Km, Denver--1**. Mike Blanchard 24:20 2. Bob DiCarlo (61) 27:26 3. Peggy Miller (41) 27:37 4. Sven Meyers 28:47 5. Daryl Meyers 28:52 6. Jim Twark 29:08 7. Lori Rupoli 29:54 **5 Km, Denver, July 27** (unjudged)--1. Mike Blanchard 24:38 2. Bob DiCarlo 29:12 3. Daryl Meyers 30:30 4. Klaus Timmerhaus (70) 31:30 **5 Km, Lafayette, Col., July 22**--1. Dan Pierce 26:59 2. Daryl Meyers 28:48 3. Sven Meyers 29:01 4. Breta Skinner 29:41 **5 Km, Ft. Collins, Col., Aug. 5**--1. Curt Clausen 21:23 2. Alan Yap (52) 26:10 3. Dan Pierce 26:20 4. Breta Skinner 29:27 **5 Km, Evergreen, Col., Aug. 6** (unjudged)--1. Sally Richards 25:27 2. Sven Meyers 27:43 3. Daryl Meyers 27:45 4. John Tarin (43) 27:47 5. Lori Rupoli 27:52 6. Christine Chase 28:42 7. Craig Drummond (42) 28:55 8. Christine Vanoni 29:41 9. Klaus Timmerhaus 29:44 10. Denise Moore 30:36 **10 Km, Broomfield, Col., Aug. 13**--1. John Spuhler 52:16 2. Mike Blanchard 53:12 3. Scott Richards 56:55 4. Marianne Martino (45) 57:40 5. Bob DiCarlo 60:40 **5 Km, same place**--1. Dan Pierce 26:58 2. Kevin Molick (42) 29:23 **5 Km, Denver, Aug. 12**--1. Lonnie Schreiner 28:09 2. Harry Burns 30:02 **National Junior Olympics, San Jose, July 25-30**: Bantam Girls 1500--1. Christina Aragon 8:39 2. Sarai Boyle 8:50 3. Christine Mondragon 8:58 Bantam Boys 1500--1. Ben Bean 8:21 2. Dominic Byrd 8:37 3. Matthew Hinz 8:39 Midget Girls 1500--1. Ericka Akeret 7:28 2. Melissa Garza 7:48 3. Elizabeth Paxton 7:56 Midget Boys 1500--1. Carl Lederman 7:45 2. Mark Colby 7:55 3. Eric Tonkyn 8:10 Youth Girls 3000--1. Brandy Woodley 15:06 2. Kimberlee Smith 16:02 3. Katie Mendonca 16:26 Youth Boys 3000--1. Danny Dalton 15:51 2. Nathan Williams 16:07 3. Robert Waddle 16:48 Intermediate Girls 3000--1. Lisa Kutzing 14:30 2. Sasha Devore 16:01 3. Denise Mondragon 16:41 Intermediate Boys 3000--1. Scott Crafton 14:38 2. Brian Colby 14:42 3. Louis Brown 15:07 Young Women 3000--1. Erin Taylor 15:59 2. Laurie Starr 16:01 3. Salina Cosmic 16:58 Young Men 3000--1. Shawn Foster 15:11 **3 Km, Portland, Oregon, July 8**--1. Robert Frank (40-44) 15:35 2. Jerry Ford (45-49) 17:21 Women: 1. Melanie Wilkins, Australia 17:05 2. Tessa Marino (45-49) 17:09 3. Carmen Jackinsky 17:29 **5 Km, Portland, July 8**--1. Robert Frank 26:38 2. Jerry Ford 29:52 **2.8 Km, Seattle, July 6**--1. Bev LaVeck 26:11 **1 Mile, Seattle, July 26**--1. Bev LaVeck 8:53 2. Claude Wrathall 8:58 **20 Km, Seattle, July 9**--1. Herm Nelson 1:26:47 **15 Km, same place**--1. Stan Chraminski 1:19:13 **5 Mile, Seattle, July 23**--1. Stan Chraminski 42:00 2. Bob Novak 42:44 **Lithuanian Sports Racewalking Cup, July--Men's 10 Km**--1. Valdas Kazlauskas 41:17 2. A. Valnauskas 41:25 Women's 5 Km--1. Sonata Milusauskaite 22:12 Men's Jr. 10 Km--1. D. Juzus 42:41 Women's Jr. 5 Km--1. A. Launikonis 24:03 **Irish 10 Km Championship, Dublin, July 16**--1. Michael Casey 41:30.73 2. Jimmy McDonald 42:20 3. Pierce O'Callaghan (19) 42:26 4. Bobby O'Leary 42:59 5. Jaime Costin (18) 44:29 6. Michael Lane (37) 44:57 **Irish Women's 5 Km Championship, Dublin, July 16**--1. Deirdre Gallagher 23:15 2. Gillian O'Sullivan 24:31 3. Rosaleigh Comerford 25:44 (Note: Jimmy McDonald was 6th in the Barcelona Olympics, but the Irish Federation has been unable to afford to send Irish teams to either of the last two World Cups.) **French National Women's 10 Km, Charlely, July 22**--1. Berthonnaud 45:47 2. Nadaud-levesque 46:36 3. Fortain 46:45 4. Leksir 46:57 5. Kristin Mullaney, E. Lansing, Michigan and Pegasus AC 49:57 **French 20 Km Championship, Charlely, July 22**--1. Robert Korzenowski, Poland 1:22:07 2. Thierry Toutain 1:22:09 3. Jean-Claude Corre 1:22:32 4. Martial Fesselier 1:26:30 5. Caudron 1:26:31 6. Cousin 1:27:50 7. Servanty 1:29:20 8. Terraz 1:29:32



**"JUST DO IT" IN ONE OF THESE RACEWALKING CONTESTS**

Sat. Sept. 9	5 Km, Indianapolis (V) 3, 5, and 10 Km, Dearborn, Mich. (E) 5 Km, Atlanta (D) 5 Km, Larkspur, Cal., 9:30 am (P) 5 Km, Miami, 7:30 am (Q)
Sun. Sept. 10 (A)	USATF National 40 Km Championship, Ft. Monmouth, N.J. 1 Hour, Marin, Cal., 8 am (P)
Sat. Sept. 16	U.S. 5 Km Road Championships, Kingsport, Tenn. (L) 2.5 Mile, Indianapolis (V) 1 Hour, Warren, Michigan (W)
Sun. Sept. 17	1 Hour, Oregon (O) Northeast 20 Km, Charlestown, R.I. (I) Eastern Regional 5 Km, Wilkes-Barre, Penn., 10:45 am (BB)
Sat. Sept. 23	5 Km, Atlanta (D) 5 Km, Miami, 7:30 am (Q)
Sun. Sept. 24	USATF National 15 Km Championships, Elk Grove, Illinois (S) 10 Km, Atlantic City, N.J. (A) 5 Km, Denver, 8:30 am (H)
Sat. Sept. 30	Alongi International RW Classic 3, 5, 10, and 20 Km, Dearborn Heights, Michigan (Y) 5 Miles, Coconut Grove, Florida, 8 am (Q)
Sun. Oct. 1	Southwest Regional 15 Km, El Paso, Texas (AA) Half-Marathon, Long Branch, N.J., 9 am (A) 5 Mile, Coconut Grove, FL, 8 am (Q)
Sat. Oct. 7	1 Hour, Miami, 7:30 am (Q) 5 Miles, Indianapolis (V) Lynette Atkins Memorial 8 Km, Kalamazoo, Mich., 9 am (N)
Sun. Oct. 8	USATF National 1 and 1 Hour, Cambridge, Mass. (K) 5 Km, Indianapolis (V)
Sat. Oct. 14	5 Km, Seattle (C) 5 Km, Miami, 7:30 am (Q)
Sun. Oct. 15	1 Hour, Alexandria, Virginia (J) 3 Mile, Topsfield, Mass. (I) Southern Regional 15 Km Championship, Atlanta 10 am (D) 5 Km, Atlanta, 8 am (D) 3, 5, and 10 Km, Dearborn, Mich. (E) 5 Km, Pasadena, Cal. (B) 1 Hour, Marin, Cal. (P)
Sat. Oct. 21	Henry Laskau 5 Km, Miami, 7:30 am (Q) 5 Km, Indianapolis (V)
Sun. Oct. 22	Eastern Regional 30 Km, New York City (F)
Sun. Oct. 22	New England 15 Km Championship, Boston (I) Western Regional 8 Km, Las Vegas, 7:30 am (T)
Sat. Oct. 28	5 Km, Coral Springs, FL, 8 am (Q) 5 Km, Chicago (S)

Sat. Nov. 4	Eastern Regional 50 Km Championship, Washington, DC (J) 5 Km, Picayune, Mississippi, 8:30 am (M) 5 Km, Miami, 8 am (Q)
Sun. Nov. 5	Eastern Regional 50 Km, Olympic Trials Qualifying 20 Km, and Potomac, Valley 1 Hour, Alexandria, Virginia (J) 2 Mile, Salem, Oregon (O)
Sat. Nov. 11	5 Km, Key Biscayne, FL, 7:30 am (Q)
Sun. Nov. 12	10 KM, Concord, Mass. (I) 5 Mile, Boston (I) 1 Hour, Marin, Cal. (P) New York City Marathon (U)

**Contacts**

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180
F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580)
H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
I--Steve Vaitones, c/o USATF-NE, P.O. Box 1905, Brookline, MA 02146
J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
K--Justin Kuo, 39 Oakland Road, Brookline, MA 02146
L--Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660
M--David Guizerix, P.O. Box 1152, Picayune, MS 39466
N--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
O--Jim Bean, 4658 Fuhrer St. NE, Salem, Oregon 97305
P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445
R--Sierra Racewalkers, P.O. Box 13203, Sacramento, CA 95813
S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
T--Maria Riach, 312 Davenport Lane, Las Vegas, NV 89107
U--P.O. Box 1388--GPO, New York, NY 10116
V--Indiana Racewalkers, 411 Taylor St., Pendleton, IN 46064
W--Frank Soby, 3907 Bishop, Detroit, MI 48224
Y--Ross Barranco, 3235 Musson Road, Howell, MI 48843
AA--Pat Benson 915-778-8585
BB--Deanna Sanfilippo, 220 Lasley Avenue, Silkes-Barre, PA 18706
CC--Dave Gwyn, 6502 Briar Bayou, Houston, TX 77072

**FROM HEEL TO TOE**

The 1996 Olympic Trials for the 50 Km Racewalk will be held in LaGrange, Georgia on April 20. The 20 Km and Women's 10 Km Trials will be part of the Olympic T&F Trials in Atlanta in June. The 10 Km is scheduled for Monday June 17, starting at 9 pm and the 20 Km on Wednesday, June 19 at 9:35 pm. That seems rather late at night to



be starting out on a 20 Km jaunt, although I'm sure the times were set to beat the heat. But, that doesn't always work, at least not around here. For example, in the extremely sultry summer we are having here in Columbus, typical mid-afternoon conditions have been temperatures in the low to mid 90s with the relative humidity around 50 to 55 percent. By 10 pm, the temperature will be down in the low 80s, but the relative humidity up to 70 percent or higher, which might be even more impressive. Early morning is no better with the relative humidity even higher, although the temperature might be in the low 70s. So heat indexes often go up even though the temperature goes down. Of course, if we hit a cool spell at the time of the Trials none of this will matter. . . Here are the 1995-96 National Teams: Women's 10 Km--Susan Armenta, Phillips Ranch, Cal.; Lynda Brubaker, Lancaster, Penn. (but now in LaGrange, Georgia); MaryKirk Cunningham, Arlington, Vir.; Gretchen Eastler, Farmington, Maine; Victoria Herazo, Sherman Oaks, Cal.; Debbi Lawrence, Kenosha, Wis.; Kerry Moskalik, San Jose, Cal.; Cheryl Rellinger, Carbondale, Ill.; Michelle Rohl, LaGrange, Georgia; Teresa Vaill, Brooksville, Fla.; Debora VanOrden, Colorado Springs, Col; Kim Wilkinson, Pacific Grove, Cal; Dana Yarbrough, Bryan, Tex. Men's 20 Km--Curt Clausen, Durham, N.C.; Rob Cole, LaGrange, Ga.; Philip Dunn, Portland, Ore., Al Heppner, Kenosha, Wis.; Andrew Hermann, LaGrange, Ga.; Allen James, LaGrange, Ga.; Dave McGovern, LaGrange, Ga.; Gary Morgan, Clarkston, Mich.; Herman Nelson, Seattle, Wash.; Tim Seaman, Babylon, N.Y.; William Van Axen, Kenosha, Wis; Marc Varsano, New York, N.Y. Men's 50 Km--Andrzej Chylinski, Colorado Springs, Col.; Rob Cole, LaGrange, Ga.; Marco Evoniuk, San Francisco, Cal.; Andrew Hermann, LaGrange, Ga.; Allen James, LaGrange, Ga.; Eugene Kitts, Aiea, Hawaii; Jonathan Matthews, Palo Alto, Cal.; Mike Rohl, LaGrange, Ga.; Carl Schueler, Colorado Springs, Col.; Ian Whatley, Greenville, S.C. . . Martin Rudow will conduct a racewalking clinic in Elk Grove, Illinois on September 23-24 in conjunction with the National 15 Km Championship race. Martin will provide personal technique coaching to walkers of all levels in individual sessions. A classroom session will cover competitive racewalking training and Martin will also conduct a judges' meeting and clinic. Following the race, all clinic participants will view videotape of themselves during the race and receive more technique feedback from Martin. Contact Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614 for further details. . . I have been rightly (but very politely) called to task by a relatively new subscriber for the number of typos that appear in these pages monthly. He sent me page 4 of the June issue with all of the typos marked and I was embarrassed by the ridiculous number. That was a page of results from the National 10 in Niagara Falls and results are my real bane. The reader was Jack Starr, who I called Jack Steps in the results (even I can't explain that one, except to say that it **must** have been that way in the results I received). Why all the typos? Well, I just sit down at the keyboard and hack away, trying to see what appears on the page as I go. And I try to skim through everything on the screen, but I'm not very good at seeing things on the screen. I don't do any other proofing, that is, don't look at a printed copy. Using the spell checker on results is ridiculous, since it stops on practically everything, but I should use it more on text material. So, I need to be more professional and am making a concerted effort to cut the typos, without taking too much of my valuable time. (Not a very professional attitude for one who has made his living as a writer and editor on some rather classy business publications. There, I have to take the time.) If you don't see an improvement, get on me some more. . . At age 60, I recently had a personal best--83 consecutive days of training, ending on August 12, when we started our vacation by driving to Putnam Park west of Indianapolis to watch our son race his motorcycle (leaving at 5:30 am). By the time we got

to Cowan Lake State Park, Ohio it was after 8 pm and I was drained from a very hot day. No though of a walk, but we had ridden our bikes for about 45 minutes between morning practice sessions at the track. I know some folks have gone years without missing a day, so this is rather paltry, but I have always been one to keep the sport as a part of life and not an obsession. (My wife may not agree.) There are often things more important than the days workout. On the other hand, I have been training 12 months a year, 5 or 6 days a week for 42 years, since I started the cross country season my freshman year in college. I didn't start out on this streak with any thought it, but, in a semi-retired status find fewer reasons not to train. So it just happened. During the 83 days, I covered 358 miles at an average speed of 10:40 to 10:50 per mile. My old record was 60 days, a couple of times in the dim, dark past, but I don't remember exactly when, so I can't compare mileage. However, I would guess that the mileage for those 60 day efforts was better than 300 at an average speed of not much over 8 minutes per mile. Those were in serious training days, not present putting around days. I should also set a personal record for most training days in a year, which is around 320, having missed only 11 days so far this year, and only four from March 1 through August 25. But, who cares besides me. . . This word from Lori Maynard regarding the bidding procedure for 1996 National Championship races: The deadline for bids is Saturday, September 30. Two events are not available for bid/award this year. At last year's Convention, the 1996 Master's 5 Km Road Championship was awarded. In addition, the U.S. Men's 50 Km Championship is unavailable for bid because in an Olympic year the Trials race constitutes the USATF Championship. In addition, certain events are held as part of USATF Indoor and Outdoor T&F Championship meets and are, therefore, unavailable to bid. These are: Women's Indoor 3 Km, Men's Indoor 5 Km, Master's Indoor 3 Km for both men and women, Women's Junior and Masters Men's and Women's 5 Km, Junior Men and Senior and Masters Women 10 Km, and Senior and Masters Men's 20 Km. Bids for other races must be submitted in written form on the approved USA T&F Racewalking Committee bid application. Please contact the office of P. Duffy Mahoney, USA T&F, One Hoosier Dome, Suite 140, Indianapolis, IN 46225, telephone 317-261-0500 to request an application form. For further information, contact Lori at 2821 Kensington, Redwood City, CA 94061, phone 415-369-2801. . . Ben Ottmer in New Jersey writes us to ". . . either start a new or renew an old controversy.: He continues: "Since I've been helping people with their racewalking technique, I've noticed that a high percentage of them look legal when being coached but once they get in a race, they get sloppy. When I talk to them after the race, most do not realize they weren't legal. In thinking about ways to improve racewalking form, I've come to the conclusion that coaching before and after a race is no where near as effective as coaching during a race. My thought is to have coaching during local races that are not certified. I blew this thought by racewalkers in the area, most of who have been walking for years. Everyone of them was vehemently opposed to such an idea. I was surprised by the emotion of their reaction. Most felt a race is a race--no coaching allowed. Having lost to competitors with sloppy technique, I personally would rather be beaten by a walker being coached during the race. What's the joy in winning a local race with bad form and then be DQ'd in a judged race. When I started walking in the late '60s, Don Johnson gave me many tips during a race. I still remember as if it were today, Don hollering at me to "dig that heel in." The development of my technique during the early years was based mainly on the ideas presented to me by Don during races. I was always trying to find time to train never mind finding a coach and having him/her watch my technique. Over the years, I've been told by many walkers that I have good form and I



attribute it to Don's help during races." Ben would like to see a survey of the ORW readership to see what the rest of the racewalking community thinks of the idea. You can send your opinion to Ben Ottmer, 130 Forest Drive, Lakewood, NJ 09701. Or send any particularly cogent comments to the ORW. . . ABC gave decent coverage to the 20 Km race in the World Championships. If you didn't catch it, they showed Didoni and Garcia locked in combat, but interestingly only from the waist up. Were they trying to subvert any controversy this time around? Garcia looked bad even without seeing his lower half, and worse when they did show the two briefly from behind them. They showed Garcia getting his red flag and leaving the course in disgust, followed Didoni for a while, and then showed Didoni approaching the stadium and finishing on the track. We also saw the next three or four finishers. But, that was it for racewalking in the ABC/ESPN coverage of the meet, except for ABC's closing highlights tape to wrap up the final day, which included two walkers being DQ'd, not a particularly favorable highlight. I saw no footage at all on the women's 10 or the men's 50, and apparently there was none. Stella Cashman, of the Park Racewalkers and Metropolitan Association Racewalk Chair, wrote a lengthy letter to ESPN calling them to task for their shoddy coverage of our events and sent a copy to me. She suggests others who are equally incensed join in a letter writing campaign and has provided two addresses: ESPN 1&2, ESPN Plaza, 935 Middle Street, Bristol, CT 06010, ATTN: Program Director (Internet: HTTP://ESPNET.SPORTSZONE.COM) and Capital Cities--ABC, 77 West 66th St., New York, NY 10023, ATTN: Sports Programming (Internet: SPORTS@CCABC.COM). . . Stella does commend the coverage ESPN2 had given to the World Cup earlier, which I didn't get to see because ESPN@ isn't on our local cable. However, I knew it was coming since Larry Rawson had called me a couple of days before he was to do the voice over on the program seeking a quick education on the sport. I was able to FAX him several items, which he said in a later thank you note had been useful. Does anyone have a tape of the ESPN2 coverage of the World Cup they would like to loan me?

### Status of changes to IAAF Racewalking rules

(The following report is from Bob Bowman, Chairman of the International Amateur Athletic Federation (IAAF) Walking Committee.)

At the IAAF Walking Committee meeting on April 27-28 in Beijing, China, prior to the Race Walking World Cup, members agreed to the following proposals and therefore submitted them to the IAAF Council for approval, if required. Proposals requiring amendments to IAAF Competition Rule 191 on Walking will still have to be approved by the IAAF Congress in early August. (Ed. They were approved. It is still not certain whether this makes the changes effective immediately, or perhaps at the first of the year. Domestically, we can expect the changes to be incorporated in USATF rules at this year's Convention. So, we assume these changes will be fully in effect for 1996, if not sooner.) Note that sections not mentioned below are not affected or changed.

(1) The revision of IAAF Rule 191.1 on the definition of Race Walking, which redefines the two basic requirements of contact and straight leg. The new wording is underlined as follows:

### Definition of Race Walking

Race Walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.

(2) The redefining of the Chief Judge's duties during Rule 12.1(a) competitions to be the supervising official and not a race walking judge. This rule does not affect national or area competitions. This rule change also affects the number of judges assigned to Rule 12.1(a) competitions. The new wording is underlined as follows:

### Judging

(a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously. In competitions held under Rule 12.1(a), the Chief Judge shall not act as a Race Walking Judge, but shall act as the supervising official for the competition.

(c) In road races, depending on the size of the course, there should normally be a minimum of nine judges, including the Chief Judge. In track races, there should normally be six judges, including the Chief Judge. In competitions held under IAAF Rule 12.1(a), all judges must be members of the IAAF Panel of International Judges.

(3) The revision of Rules 191.3 and 191.4, which changes back to using the original term of "caution" for the current term of "warning". The new wording is underlined as follows:

### Caution

Competitors must be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 191.1. They are not entitled to a second caution from the same judge for the same offense. Having cautioned a competitor, the judge must inform the Chief Judge of his action after the competition.

(4) The revision of Rule 191.4 to redefine "warnings" as proposals (red cards) for disqualifications. The new wording is underlined as follows:

### Warning and disqualification

(a) Each judge's proposal for disqualifications is called a warning.

(b) When in the opinion of three judges, a competitor's mode of progression fails to comply with Rule 191.1 for loss of contact or bent knee during any part of the competition, the competitor having received three warnings shall be disqualified and informed of this disqualification by the Chief Judge.

(c) A white sign with the symbol of the offense on each side must be shown to the competitor when a caution is given. A red sign symbolizes the disqualification of the competitor. The latter may only be used by the Chief Judge.

(g) A warning posting board must be used to keep competitors informed about the number of warnings that have been handed into the Chief Judge for each competitor.

### Additional major proposals

In addition to the above, the following major proposals were approved by the IAAF Council as stated:



(5) The development of a standardized race walking judging education, evaluation, and certification system. This program is to be developed jointly by the Walking Committee and the IAAF Development Department. A pilot program was developed by the Chairman of the Walking Committee and a seminar was given to the East Asian walking judges in Beijing using this material.

(6) The development of an electronic warning/recording system to replace the current card collection system for major competitions. This system has already been designed and developed by Seiko and is planned for use at this year's World Championships in Sweden.

(7) The committee supports the formation of an official IAAF outdoor Grand Prix circuit for walkers. The Walking Committee is in the process of reviewing past and current proposals regarding this concept. A sponsor now has to be found for the circuit.

The Committee also decided not to recommend any changes to the standard world championship distances. They also accepted applications of nine new IAAF judges to bring the current total number to 123, which includes 10 Americans. The 1997 IAAF Race Walking World Cup was awarded to the Czech Republic for the city of Potebrady.

### EXCURSIONS IN THE ENGLISH RACEWALKING SCENE

by Charles E. Cohn

(Ed. Received this interesting little article many months ago from Charles Cohn in Georgia and have been looking for space for it since. Here it is Charles, I didn't forget you.)

When I was attending Ian Whatley's racewalking clinic in Atlanta last spring, my wife and I were already planning for our August tour of Scotland (which was to include three days in London). I asked Ian how I could find out about racewalks during that time. He gave the address of one John Hedgethorpe of Colchester, who is the editor of the *Magazine Race Walking Record*.

I wrote to John, and he replied that "Scotland is a race walking desert" but there were two races in London and environs during the time of our visit. Fortunately, our tour schedule allowed me to enter both of them.

Many British races, both walking and running, are run on weekday evenings, and these were in that group. The first race, at 7 pm on Wednesday, August 23rd, was organized by the London Postal Region racewalking club in the Blackheath neighborhood of London, about a mile south of Greenwich. It was a 9 Km, five laps of a slightly hilly 1.1 mile loop through quiet streets. It was the 202nd running of the race, which had been done monthly since 1974.

The race was a "yacht handicap." That is, walkers started in order of their expected times, with the slower walkers starting first. (If the handicapping is correct, everybody finishes at about the same time.) I was one of the slower walkers and started near the beginning.

My time was unprepossessing, 63:09, or about 11:18 per mile. (If excuses are needed, I have them aplenty, including the fact that my belly was lined with 2 1/2 weeks of

good Scottish haggis and other high-fat delicacies too numerous to mention. Besides, I was fighting a cold. I checked my temp and had no fever, so I decided it was safe to compete.)

There were no age-group awards, only first, second, and third overall, so I didn't collect any souvenirs. There was no T-shirt either, but the entry fee was only 1 pound (about \$1.60).

There was no judging. There is a shortage of judges in England, so British rules allow one judge to disqualify a walker. (However, major championships are run under the IAAF three-call rule that we are accustomed to.) In small races like these, the timekeeper serves as a judge, watching the walkers as they complete each lap. John says he doesn't like to pull walkers in club races, as he considers that counterproductive in promoting the sport. However, he will admonish anyone that he sees "walking silly."

My second race was in Colchester, a 45-minute train ride northeast from London. Colchester is the oldest town in England, so John, who is an official town guide, offered to show us around if we came early. That was an offer we couldn't refuse. We saw Roman walls, a Norman castle and other marvelous historical sights.

John then took us to his home for tea and scones, and to meet his wife Elizabeth. Then we went to the race, which was a 3 Km on a track at an army post. It was also handicapped. My time again was not spectacular, 20:29, or 11:00 per mile.

It was interesting to chat with the other walkers. One "bloke" name "Dye" regaled us in a thick Cockney brogue about his racing exploits, including a 100-mile race, which he finished in 18 hours. (The officials made him take two extra laps to make sure he had gone the full distance.) He gave a new dimension to the possibilities of racing too much, as he claimed to have done six races in one week and 105 in one year.

We were lucky to have unusually good weather throughout our trip, and these races were no exception. It drizzled a bit on both race days, but was dry during the races.

If you are planning a trip to England and want to find out about racewalks, write to John Hedgethorpe at Bridge Farm, Halstead Road, Stanway, Colchester, Essex CO3 5JU, England. (It would be courteous, of course, to enclose an International Reply Coupon to cover the postage for John's reply.) If you would like to find a running race to walk in, look for the magazine *Today's Runner* on the newsstands. It includes a complete race schedule.

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And here is an interesting letter from Ed Vaitones in Wilton, N.H.

Dear ORW,

I just returned from a trip to Lithuania, during which I was able to meet with some Lithuanian walkers, and talked to them about their current situation and the adjustment to the post-Soviet sports system.

Just before I arrived, the "Lithuanian Sports" Racewalking Cup competition took place. I thought I'd write a few anecdotes, some results (Ed. see page 5), and a condensed translation of an article from "Lithuanian Sports," the national sports newspaper.

Some interesting notes: The parish priest in the small town of Krakes organized the event, thinking that it would be a nice activity to have in town after Sunday church and the festivities of mid-summer. Some of the judges rode around the course in horse drawn wagons. The spectators numbered a few hundred. Races covered six age groups, distances from 1 km to 10. There was also a family relay race, in which there were four teams of walkers. Amazingly, a 15-minute feature on the event was shown on TV. Most amazing



was that it was shown during halftime of one of Lithuania's games in the European Basketball Championships, which was the equivalent of, say, a Knicks playoff game.

Walking ranks far behind basketball in popularity, but it is known in Lithuania, and the best walkers are known by the general sports fan. The men's winner of this race (Valdas Kazlauskas) was even voted the most popular track athlete back in 1990, two places ahead of 1992 Olympic gold medalist Romas Ubartas. One place behind Ubartas was the best women's walker. Both walkers held a world record at the time.

Quotes from Algirdas Sakalys, Lithuanian Communications Ministry Secretary, coach, multiple national champion and national 50 Km record holder (3:45):

*I am an old Lithuanian Sports' Cup competitor. The first time I competed for the newspaper's prize was in 1961, and the last in 1983. I enjoyed this year's competition. I couldn't imagine that here in Krakes everything would be so well organized. The Krakes parish priest Romualdas Ramassuskas is an amazing person. Thanks to him, the 38th Lithuanian Sports Cup was a wonderful success.*

*The priest diligently knocked on many sponsor's doors and found people to support walking. It's really fantastic that the walkers could compete here, in a little known town.*

*It was nice that many children competed in the races. Some had good technique, others less so. It's very important that young walkers are imbued right away with good habits of technique, for it is hard to correct later. Today, it is difficult to judge if from the current youth group there will arise a sportsman of champion caliber, but their participation in Krakes gives hope.*

*I took notice that women's winner Sonata Milesauskaite has greatly improved, already she is of international caliber (17th at European Championships last year). She walks with good technique and handles the distances well. For me, as a former walker, it is great that Lithuania is finding new centers for racewalking--in Krakes, Sakai, Prienai. This means the sport is growing.*

## LOOKING BACK

**30 Years Ago** (From July 1965 ORW. Note: July, because the stuff we ran last month for 30 and 20 years ago was actually from the August issues of those years. Sorry about the confusion.)--Ron Laird won the National 20 Km in Baltimore in 1:38:38 over Jack Mortland, Dean Rassmussen, Don DeNoon, and surprising Regis Dandar. Laird led from the start and was never seriously challenged. . .The race was a big improvement for Ron when compared to his National 10 Km effort a few weeks earlier. That one was won by Mortland in 48:20 over Art Mark, DeNoon, Rassmussen, and Ron Daniel on Chicago's Stagg Field track. Laird was sixth. . .Bob Brewer beat the Ohio Track Club's Chuck Newell to win the National Junior 30 Km in Columbia, Missouri in 3:04:23 (we must keep explaining that in those ancient days "Junior" had nothing to do with age, but was for those who had never won a Junior or Senior national title.). . .Laird was also an easy winner in the National 2 Mile, leaving Daniel 27 seconds behind with his 14:02. DeNoon and Rudy Haluza followed.

**20 Years Ago** (From the July 1975 ORW)--In the Pan-Am Games 20 Km trial in Eugene, Ore., Larry Young and Todd Scully walked together all the way, well in front of everyone else, and crossed the line in 1:34:16. Officials declared Young the winner, although the intent was a tie. Jerry Brown took third in 1:38:04, with John Knifton, Bob Kitchen, and Wayne Glusker also under 1:39. . .Germany's Bernd Kannenberg won a pre-Olympic 20 Km in Montreal in 1:34:44 on a very hot day. . .Upcoming Steve Pecinovsky edged descending star Jack Blackburn in a 6 miler in Dayton, Ohio, 48:59 to 49:00. . .The Soviet 20 Km champion was Otto Bartsch, primarily a 50 Km walker, in 1:27:12, ahead of Yevgeniy Ivchenko and the grand-old man, Vladimir Golubnichiy. . .Veniamin Soldatenko won the Soviet 50 ahead of Yevgeniy Lyungin in 3:58:55. . .National Masters titles went to Roy Thorpe, visiting from England, in 23:18 and 1:46:11 (on a very long course). First Americans were John Kelly in 24:10 and Kelly and Jack Mortland in 1:53:01.

**10 Years Ago** (From the August 1985 ORW)--At the National Sports Festival, Maryanne Torrellas won the women's 10 Km in 49:13, Tim Lewis easily won the 15 Km in 1:05:45, and Carl Schueler won the 30 Km in 2:23:26. Ester Lopez finished just 20 seconds behind Torrellas and Teresa Vaill missed 50 minutes by just 1 second. Marco Evoniuk followed Lewis by more than 3 minutes and Randy Mimm was second in the 30, nearly 9 minutes behind Schueler.

Silhouettes from Sara Prince, West Allis, Wis.

