

## Ruoss, Eastler Capture Junior Titles

Delaware, Ohio, June 28--Overcoming the hot, humid conditions, Anya-Maria Ruoss and Kevin Eastler captured USATF Junior National Racewalking championships on the Ohio Wesleyan University track today. The 17-year-old Ruoss took the lead at the start of the Women's 5 Km race, quickly built a 20 meter lead, and was never challenged. She won in 25:13.26. Lisa Kutzling, 16, separated herself from the trailing pack on the second of the 12 1/2 laps and tried to go after Ruoss, but without success. However, she finished 50 seconds ahead of Smantha Cohen for an easy second.

In the men's 10 Km trailed Brian Colby for the first 3 Km, but then took command for an easy win in 47:47.82. The 18-year-old Eastler is now a student at the U.S. Air Force Academy. Colby, still only 15 and a very exciting prospect, had no trouble hanging on to second place. The results:

**Women's 5 Km:**--1. Anya-Maria Ruoss (17) 25:13.26 2. Lisa Kutzling (16) 25:35.03 3. Samantha Cohen (19) 26:25.57 4. Roselle Safran (19) 26:48.44 5. Keri Cohn (18) 27:00.02 6. Alison Zabrenski (17) 27:26.02 7. Corinne Colling (17) 27:37.68 8. K. Rulapaugh (15) 27:44.68 9. Laurie Starr (17) 27:45.61 10. Erin Taylor (18) 28:40.05 11. Loretta Schuelli (18) 28:54.17 DNF-- Sasha Devore. (16)

**Men's 10 Km:** 1. Kevin Eastler (18) 47:57.82 2. Brian Colby (15) 48:48.87 3. Josh Ginsburg (19) 50:15.32 4. Scott Crafton (17) 51:49.60 5. Brandon Perry (17) 54:08.83 6. Danny Dalton (17) 60:21.20

## Herazo Shines in World Vets Meet

Brugge, Belgium, June 29--A week after qualifying for the U.S. Olympic team at 10 Km, Victoria Herazo was an easy winner in the WAVA World Veterans 20 Km Roadwalk Championships. Herazo's 1:38:06 put her better than 9 minutes ahead of second place Elizabeth Corran, Great Britain. Victoria went through 5 Km in 23:07 and 10 in 47:05. She slowed a bit the second half, but was never in any danger from the other women.

The 30 Km was won by Italy's Fabio Ruzzier in 2:26:40, just 21 seconds ahead of Godfried De Jonckheere, Belgium, one of several well-known international walkers in the field. The first American in the 50 was James Carmines who finished third in the 50-54 category and 29th overall in 2:45:34. Bob Mimm captured the 70-74 group with his 3:23:19. Jack Starr was second in the 65-59 group.

(Results on page 2.)



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#### World Vet results:

**Women's 20 Km:** 35-39--1. Victoria Herazo, U.S. 1:38:06 2. Monique Alvernhe, France 1:53:45 3. Lili-Anne Kriegl, S. Africa 2:01:11 40-44--1. Elizabeth Corran, GB 1:47:10 2. Lioudmila Nitiagovskaya, Russia 1:51:58 3. Catherine Reader, GB 1:52:39 4. Dominique LeMetayer, France 2:02:12 45-49--1. Maria Jose Briz, Spain 1:53:16 2. Ann Lewis, GB 1:56:14 3. Pamela Phillips, GB 2:17:24 50-54--1. Heide Maeder, Switz. 1:49:17 (3rd overall) 2. Frieda DeWolf, Belgium 2:00:57 3. Ingrid Adam, Germany 2:05:56 4. Pamela



Top three 10 and 20 Km finishers at the USATF Nationals/Olympic Trials. The winners, Curt Clausen and Debbi Lawrence are in the center flanked by second place finishers Tim Seaman and Gary Morgan. On the outside are bronze medalists Gary Morgan and Victoria Herazo. (Don Lawrence photo.)

Reynolds, Ireland 2:16:30 55-59--1. Waltraud Seiler, Germany 1:53:45 2. Guiseppina Migliasso, Italy 2:05:06 3. Svetlana Balunenko, Belarus 2:09:15 4. Lindsay Hatz, S. Africa 2:10:35 5. Anne Marie Kunz, U.S. 2:17:35 60-64--1. Denise Leclerc, France 2:10:15 2. Pamela Horwill, GB 2:17:54 65-59--1. Raquel Solis, Mexico 2:22:07 70-74--1. Ursula Theune, Germany 2:28:50 80-84--1. Frida Johanna Luther, Germany 3:25:09 Other U.S. athletes--Kathy Finch 2:17:17, 6th 40-44; Maria Cox 2:20:40, 6th 50-54. (60 entries from 26 countries, 49 finishers listed)

**Men's 30 Km:** 40-44--1. Fabio Ruzzier, Italy 2:26:40 2. Godfried DeJonckheere, Belgium 2:27:01 3. Roberto Cervi, Italy 2:30:10 4. Claudio Enoolazzi, Italy 2:30:48 5. Oleg Andreev, Russia 2:31:50 6. Roland Colin, France 2:31:53 7. Jean-Pierre Bonnefou, France 2:32:30 8. Stefano Giani, Italy 2:35:33 45-49--1. Gerard Lelievre, France 2:29:02 2. Viktor Semenov, Russia 2:31:50 3. Jean Jacques Buschkewitz, France 2:32:30 4. Renzo Toscanelli, Switz. 2:33:01 5. Johann Siegele, Austria 2:41:08 6. Denis Dugast, France 2:42:39 50-54--1. Bernard Binggeli, Switz. 2:31:44 2. Allan Callow, GB 2:38:40 3. James Carmines, U.S. 2:45:34 4. Bob Dobson, GB 2:45:46 5. Peter Eisfeller, Germany 2:52:14 55-59--1. Dieter Zschiesche, Germany 2:37:44 2. Bernard Caudron, France 2:37:49 3. Edmund Shillabeer, GB 2:40:56 4. Giuliano Bordoli, Italy 2:44:28 5. Aglia Kuchmov, Russia 2:49:36 6. Gerhard Bimstock, Germany 2:51:53 60-64--1. Nico Schroten, Netherlands 2:54:22 2. Nikolai Markov, Russia 2:55:24 3. David Stevens, GB 3:01:12 4. Nikita Larionov, Russia 3:01:56 5. Mario Sciarretta, Italy 3:01:58 65-59--1. Robert Schoukens, Belgium 3:01:53 2. John Starr, U.S. 3:18:37 3. Denis Withers, GB 3:19:56 70-74--1. Bob Mimm, U.S. 3:23:19 2. Leo Cren, GB 3:31:43 75-79--1. Charles Colman, GB 3:20:38 80-84--1. James Grimwade, GB 3:24:40 (Maybe the top performance of the meet) Other U.S. athletes--Don DeNoon, the earlier leader, but DQ'd somewhere from 15 to 20 Km; Paul Johnson 3:02:18, 11th 55-59; Jan Gero 3:31:43, 19th 60-64; Bernie Finch 3:35:18, 24th 55-59; Mel Lees, 3:55:58, 4th 70-74 (245 entrants from 37 countries, 150 finishers listed)

#### OTHER RESULTS

**5 Km, Needham, Mass., May 19--1. Joe Light (48) 25:25 2. Bill Purves (52) 25:37 3. Ken Mattsson 28:45 4. John Jurewicz (46) 28:58 5. Justin Kuo (41) 30:08 6. Bill Harriman (49) 30:24 1 Mile, Boston, June 5--1. Steve Vaitones 7:23.7 2. Bill Purves 7:36.7 3. Bill Harriman 8:31.6 Mass. Sr. Olympics 1500, Springfield, June 14--1. Tom Knatt 8:03 2. Bob Beauden 9:03 (ist over 60) Women: 1. Margaret Keogh 8:43 2. Jeanne Shepardson 9:14 (ist over 60) 5 Km, same place--1. Tom Knatt 29:54 Women--1. Margaret Keogh 30:30 1500 meters, Fitchburg, Mass., June 30--1. Steve Vaitones 6:58.2 2. Bill Harriman 7:54.7 3. John Jurewicz 8:12.6 4. Michael Hoffer 8:38.9 5. Stuart Beaudette 8:39.6 6. Valio Lienes 9:01.4 Women: 1. Lynda DeWitt 7:25.2 10 Km, Dedham, Mass., July 4--1. Steve Vaitones (40) 53:29 2. Joe Light (48) 54:37 3. Bill Purves (52) 55:42 4. Stan Sosnowski (46) 59:08 5. Bill Harriman (48) 59:22 6. Justin Kuo (41) 60:08 15 Km, Boston, July 13--1. Brian Savilonis 1:19:15 (25:46, 52:21) 2. Bill Purves 1:22:40 (28:04, 55:09) 3. Richard Ruquist (58) 1:32:58 4. Charlie Mansbach (51) 1:35:57 6. Jack Boitano (63) 1:39:09 Women--1. Chris Anderson (42) 1:31:57 2. Meg Savilonis (46) 1:35:44 1600 meters, Alexandria, Virginia, May 12--1. Tim Good 8:44.20 2. John Gersh (48) 9:01 3 Km, same place--1. Jim Goldstein (47) 15:50.90 2. John Gersh 16:59 3. Claude Letien (49) 17:13 4. Steven Terry (16) 18:19 Women's 3 Km, same place--1. Alison Zabrenski 15:49.20 2. Patricia Zerfas 17:34 1600 meters, Alexandria, May 26--1. John Gersh 8:44.90**



**3 Km, same place--1.** John Gersh 16:45 **2.** Steven Terry 16:59 **Women's 5 Km, same place--1.** Samantha Cohen 26:36.40 **2.** Alison Zabrenski 26:37 **3.** Fran Carnevale (44) 30:46 **NAIA Women's 3 Km, Marietta, Georgia, May 24--1.** Anne-Marie Oswald, Simon Fraser U. 15:15.91 **2.** Jill Zenner, Cedarville 15:26 **3.** Kathy Law, Western Wash. U. 16:05 **4.** Keri Smith, SFU 16:33 **5.** Jill Green, Pacific Lutheran 16:42 **5 Km, Decatur, Georgia, June 1--1.** Victoria Herazo 23:27 **2.** Denise Jacobson 29:04 **Men--1.** Phil Gura 27:59 **2.** Bob Torstick (48) 28:33 **3.** Bill Richardson 28:49 **1 Mile, Atlanta, May 27--1.** Curt Clausen 5:48 **2.** Rob Cole 6:01 **3.** Mike Rohl 6:23 **4.** Lyn Brubaker 7:14 **5.** Bill Richardson 8:14 **6.** Bonnie Stein 9:22 **5 Km, Coconut Creek, Florida, June 23--1.** Bob Cella 28:55 **5 Km, New Orleans, June 21--1.** Jose Villalta 27:24 **2.** Tom Marhevko 29:02 (1st Master) **3.** Joe Palermo 29:10 (1st Grand Master, whatever that is. Over 50?) **Women--1.** Karren Kloiber 29:02 **2.** Sharon Lewis 29:02 (1st Master) **5 Km, Hanrahan, Louisiana, June 28--1.** Jose Villalta 27:43 **2 Mile, New Orleans, July 3--1.** Jose Villalta 17:41 **2.** Gregory Bodet 18:13 **3.** Glen Bodet 18:13 **Women: 1.** Sharon Lewis (42) 18:25 **1500 leters, Warren, Mich., July 4--1.** Max Green 7:03 **2.** Ted Robu 8:31 **3.** Carl Angevine 8:35 **Women: 1.** Mary Franklin 8:23 **3 Km, same place--1.** Dan O'Brien 13:45 **2.** Max Green 14:42 **3.** John Elwamer 14:43 **Women: 1.** Walda Tichy 17:50 **2.** Valerie Stowe 17:56 **20 Km, Dearborn, Mich., April 21--1.** Ioan Froman 1:30:10 **2.** Gary Morgan 1:36:55 **Masters--1.** Max Walker 1:57:25 **Women's 10 Km, same place--1.** Kristen Mullaney 50:29 **2.** Diane Podsiadlik 54:34 **Girl's 3 Km, Albuquerque, June 15--1.** Brandy Woodley 16:10 **Boy's--1.** Louis Cuellar 17:54 **Master's Men--1.** Mark Adams 17:03 **1500 meters, same place--1.** Mark Adams 7:53 **Masters Women 8:48 10 Km, Pasadena, Cal., June 22--1.** Warrick Yeager 48:25 (1st 40-49) **2.** David Crabb 54:11 (1st 50-59) **3.** Pedro Santi 56:19 **Women: 1.** Linda Adams 58:10 **5 Km, same place--1.** Warrick Yeager 22:45 **2.** Steve Moodie 25:55 (2nd 40-49) **3.** Mel Schulz 29:37 (1st 60-69) **Western Regional 10 Km, Palo Alto, Cal., May 19--1.** Susan Armenta 47:46 **2.** Kim Wilkinson 47:58 **3.** Maryanne Torrellas 50:17 **4.** D.A. Walker 50:53 **5.** Sally Richards (43) 51:03 **6.** Kerry Moskalik 51:12 **7.** Molly Lavacek 51:41 **8.** Fran Bustos 51:41 **9.** Chris Sakelarios 52:30 **10.** Therese Iknoian 53:16 **11.** Susan Heiser 56:58 **12.** Linda Adams 58:44 **13.** Marlene Coe 59:07 **14.** Jackie Kerby Moore 59:31 **15.** Terri Brothers 59:58 (21 finishers, 2 DQs) **Western Regional 20 Km, same place--1.** Jonathan Matthews 1:27:30 **2.** Ian Whately 1:30:38 **3.** Dave Marchese 1:30:59 **4.** Warrick Yeager (41) 1:31:25 **5.** Marco evoniuk 1:31:39 **6.** Curtis Fisher 1:33:55 **7.** Nelson Funes (guat.) 1:35:38 **8.** Mark Green (40) 1:36:58 **9.** Steve Petrakis (46) 1:55:28 **10.** Alex Woelper 2:02:41 **11.** Art Klein (43) 2:05:25 **12.** Fred Dunn (67) 2:08:41 (17 finishers) **Women's 10 Km, Palo Alto, Cal., June 2--1.** Holly Gerke, Can. 47:39 **2.** Susan Armenta 47:57 **3.** Danielle Kirk 49:54 **4.** Molly Lavacek 50:06 **5.** Maryanne Torrellas 50:07 **6.** Sally Richards (43) 51:18 **7.** Chris Sakelarios 51:41 **8.** Fran Bustos 51:43 **20 Km, same place--1.** Nelson Funes, Guatamala 1:34:13 **Rob Cole and Art Klein, DNF 50 Km, same place--Marco Evoniuk, Andrew Herman, Dave Marchese, and Ian Whately all did not finish 3 Km, June 15, San Francisco--1.** Laura Cribbins 16:55 **Men--1.** Bill Moreman 17:45 **5 Km, Kentfield, Cal., May 26--1.** Marco Evoniuk 21:58 **2.** Rezak Ghafara 24:16 **3.** Jack Bray 26:08 **4.** Shoja Torabian 27:29 **5.** John Schulz 27:30 **6.** Kamelo Rahouli 29:51 **7.** Brenda Carpino 29:51 **Second Heat--1.** Bill Penner 26:41 **California Senior Games, Sacramento, June 1: Men's 5 Km, 60-64--1.** Jack Bray 25:41 **2.** Dick Petruzzi 28:24 **3.** Mel Schultz 29:05 **65-59--1.** Bob Eisner 29:41 **Women 50-54--1.** Lani LeBlanc 30:13 **1500 meters, same place--1.** Jack Bray 7:15 **2.** Dick Petruzzi 7:48 **3.** Fred Belt (55-59) 8:04 **4.** Bob Eisner 8:24 **Women--1.** Lani LeBlanc

8:38 **5 Km, June 15--1.** Jack Bray 25:58 **2.** Joann Nedelco 27:04 **3.** Brenda Carpino 29:19 **1 Hour, June 23--1.** Jack Bray 6 mi 1584 yds **2.** Shoja Torabian 6 mi 950 **3.** Breand Carpino 6 mi 88 **1 Mile, Seattle, June 5--1.** Paul Kaald 9:02.6 **2.** Bev LaVeck 9:02.7 **Master's 3 Km, Seattle, June 8--1.** Bob Novak (47) 15:52.9 **2.** Bev LaVeck (60) 17:21.1 **3.** Paul Kaald (63) 17:59.1 **50 Km, Seattle, June 9--1.** Herm Nelson 3:59:14 (Gives an American record on the track and the Olympic qualifying standard, earning the third spot on the team.) **20 Km, same place--1.** Tim Berrett, Can. 1:22:27 (Canadian track record) **2.** Dorel Firica, Can. 1:28:07 **3.** Stan Chraminski 1:47:50 (U.S. age 45-49 track record) **1 Mile, Seattle, June 12--1.** Bob Novak 8:04.5 **2.** Bev LaVeck 9:06.7 **3.** Evan Shull 9:12.3 **Canadian Olympic Trials, Montreal, June 20--Women's 10 Km--1.** Janic McCaffrey 45:46 **2.** Tina Poitras 46:30 **3.** Holly Gerke 46:42 **4.** Alison Baker 48:00 **5.** Pascale Grand 49:07 **6.** Micheline Daneau 51:32 **7.** Sian Spacey 51:50 **8.** Martine Rainville 52:15 **Men's 20 Km--1.** Arturo Huerta 1:25:21 **2.** Dorel Firica 1:27:03 **3.** Tim Berrett 1:32:46 **4.** Pascal Pedneault 1:40:20 **5.** Jeff Cassin 1:43:40 **C.A.D.L. Invitational, Laval, Quebec, July 7: Women's 5 Km--1.** Martine Rainville 24:45.3 **2.** Micheline daneau 25:10 **3.** Joanne Fox 27:05 **Jr. Women's 5 Km--1.** Samantha Cohen, u.s. 25:48 **2.** Marina Crivello 26:18 **3.** Kari Cohn, U.S. 26:42 **Women's 10 Km--1.** Alison Baker 50:29.1 **Jr. Men's 10 Km--1.** Josh Ginsburg, U.S. 48:19.9 **2.** Brian Colby, U.S. 48:28 **Men's 10 Km--1.** Martin St. Pierre 41:33.6 **2.** Gordon Mosher 45:15 **German 20 Km Championships, Cologne, June 22--1.** Robert Ihly 1:21:40 **2.** Daimier 1:21:48 **3.** Axel Noack 1:22:18 **Women's 3 Km, Lapinlahti, Finland, June 23--1.** Sari Essayah 12:09.81 **Brazilian 20 Km Championships, June 23--1.** Sergio Galdino 1:27:20 **2.** Claudio Bertolino 1:19:39 **3.** Ademar Kammler 1:30:36 **Frecnh Championships and Olympic Trials, Evry-Bondoufle, June 23: 20 Km--1.** Thierry Toutain 1:21:58 **2.** Brousseau 1:22:20 **3.** Caudron 1:24:44 **Women's 10 Km--1.** Nadaud Leveque 44:43 **2.** Fortain 44:43 **3.** Berthonnaud 45:51 **International Match, Moscow, June 2: Men's 20 Km--1.** Ruslan Shafikov, Rus. 1:20:03 **2.** Vladimir Andreyev, Rus. 1:20:29 **3.** Andrey Makarov, Rus. 1:20:32 **4.** Artur Meleskevich, Belarus 1:21:20 **5.** Michele Didoni, Italy 1:21:47 **Men's 35 Km--1.** Arturo di Mezza, Italy 2:28:42 **2.** Oleg Ishutin, Rus. 2:30:04 **3.** Giovanni Perricelli, Italy 2:30:25 **4.** Viktor Ginko, Belarus 2:34:37 **5.** Aleksey Voyevodin, Rus. 2:34:53 **Women's 10 Km--1.** Irina Stankina, Rus. 42:13 **2.** Rossella Giordano, Italy 42:20 **3.** Olimpiada Ivanova, Rus. 42:30 **4.** Elisabetta Perrone, Italy 42:54 **5.** Tamara Kovalenko, Rus. 42:56 **6.** Annariti Sidoti, Italy 43:04 **Team Scores: Russia 134, Italy 108, Germany 79, Belarus 68, France 64, Great Britain 100** **Finnish National 20 Km Championship, Helsinki, July 5--1.** Dave McGovern, U.S. 1:29:08 **2.** Risto Nurmi 1:29:40 **3.** Juha Kinnunen 1:31:44 **DQ--Tim Seaman, U.S. innish 10 Km Championship (Track), Vantaa--1.** Valentin Kononen 39:34.92 (Finnish record) **Finnish National Women's 10 Km Championship, same place--1.** Sari Essayah 43:54 **2.** Krista Ranta-Pere 47:32 **3.** Tarja Jaskari 48:07 **4.** Anne Perttola 48:29 **Finnish Women's 20 Km, Vantaa--1.** Sari Essayah 1:32:05 **Irish 10 Km Championship, Dublin, June 16--1.** Jimmy McDonald 41:02.52 **2.** Michael Casey 42:28 **3.** Pirce O'Callaghan 43:48 **Irish Women's 5 Km Championship, same place--1.** Deirdre Gallagher 22:00.05 **Irish Under 23 10 Km Championship, June 23--1.** Pierce O'Callaghan 43:30.36 **2.** Jamie Costin 43:44 **3.** Joe Ryan 44:47 **Irish Women's Under 23 5 Km Championship, June 23--1.** Deirdre Gallagher 21:35.62 (Irish record) **German 50 Km Olympic Trial, Naumburg, April 28--1.** Victor Ginko, Russia 3:42:52 **2.** Valentin Kononen, Finland 3:45:19 **3.** Mikhail Schennikov, Russia 3:47:27 **4.** Ronald Weigel 3:51:46 **5.** Giovanni Perricelli, Italy 3:53:43 **6.** Axel Noack 3:55:19 **7.** Thomas Wallstab 3:55:50 **5 Km, Formia, Italy, May 18--1.** Robert Korzeniowski, Poland 19:04.38 **2.** Mikhail Schennikov, Russia 19:13 **3.** Arturo Di Mezza 19:36 **Women's 3 Km, same place--**



1. Yelena Nikolayeva, Russia 11:57.36 2. Beate Gummelt, Germany 12:08.58 3. Annarita Sidoti 12:14.52 4. Rossella Giordano 12:18.15 **Italian 10 Km Championship, May 24--1.** Michele Didoni 40:01.91 2. Arturo De Mezza 40:23.14 3. Alessandro Gandellini 40:36 **Italian Women's 5 Km Championship, May 24--1.** Elisabetta Perrone 20:52.79 2. Annarita Sidoti 21:13.23 3. Erika Alfridid 21:16 4. Cristina Pellino 21:30 **10 Km, Hamilton, N.Z., June 16--Gary Little 46:24 (World best for age 54. Certified course.) 20 Mile, Australia--1.** Craig Barrett, New Zealand 2:21:22 (Barrett also has recent 20 Km races of 1:25:44 and 1:24:04 in tuning up for the Olympic 50.) 2. Duane COusins 2:24:39 3. Simon Baker 2:31:10 (Nick A'Hern led at 20 Km in 1:22:40, but apparently with no thought of going the distance.)

## Challenge yourself and others at these events

Sat. Aug. 35 Km, Ft. Collins, Col. (H)  
 Sun. Aug. 45 Km, Kentfield, Cal., 8 am (P)  
 3 Km, Alexandria, Vir., 8:30 am (J)  
 Eastern Regional 10 Km Relay (2 x 5 Km), New York City, 9 am (F)  
 5 Km, Littleton, Col. (H)  
 Sat. Aug. 10 North Zone 3 Km, Indianapolis, Ind. (M)  
 5 Km, Greeley, Col. (H)  
 Sun. Aug. 11 5 and 10 Km, Dearborn, Mich. (Z)  
 Fri. Aug. 16 **USATF National Masters 5 Km, Spokane, Wash., 7:30 am (T)**  
 Sat. Aug. 17 5 Km, Valparaiso, Ind. (AA)  
 5 Km, Ft. Collins, Col. (H)  
 Sun. Aug. 18 **USATF Masters 10 and 20 Km, Spokane, Wash., 7 am (T)**  
 Early Bird Races, Pasadena, Cal., 7:30 am (B)  
 3 Km, Alexandria, Vir. (J)  
 Doc Tripp 5 and 10 Km, Broomfield, Col. (H)  
 Tue. Aug. 20 8 Km, Flint, Mich. (N)  
 Fri. Aug. 23 5 Km, Loveland, Col. (H)  
 Sat. Aug. 24 5 and 10 Km, Hastings, Mich. (N)  
 Sun. Aug. 25 **USATF National 5 Km, Wilkes-Barre, Pa. (BB)**  
 5 Km, Miami, 7 am (DD)  
 5, 10, and 15 Km, Dearborn, Mich. (Z)  
 Sat. Aug. 31 5 Km, Boulder, Col. (H)  
 5 and 10 Km, Dearborn, Mich. (O)  
 Sun. Sept. 1 Western Regional 15 Km, Albuquerque, N.M. (W)  
 Florida 3 Km Championship, Miami, 7:30 am (Q)  
 Sat. Sept. 7 5 Km, Atlanta (D)  
 5 Km, Cleveland, Ohio (FF)  
 5 and 10 Km, Lansing, Mich. (O)  
 5 Km, Kenner, Louisiana, 6:30 pm (X)  
 5 Km, Larkspur, Cal., 9:30 am (P)  
 Sun. Sept. 8 Florida State 3 Km, Miami (DD)  
 North Zone 1 and 2 Hour, Milwaukee, Minn. (EE)  
 5 Km, St. Louis, Mo. (S)  
**USATF National 40 Km, Ft. Monmouth, N.J. (A)**  
 Sat. Sept. 14 1 Hour, Kentfield, Cal., 8 am (P)

5 and 10 Km, Dearborn, Mich. (Z)  
**U.S. Masters 5 Km, Kingspot, Tenn.(CC)**  
 5 Km, New Orleans, 8 am (X)  
 Sun. Sept. 15 Cheetah Chase 5 Km, Providence, R.I. (R)  
 1 Hour, Warren, Mich. (O)  
 Early Bird Races, Pasadena, Cal., 7:30 am (B)  
 5 Km, Miami, 7:30 am (Q)  
 Sat. Sept. 21 5 Km, Morganfield, Kentucky, 8:30 am (E)  
 Sun. Sept. 22 **USATF National 15 Km Championships, Elk Grove, Ill. (AA)**  
 Eastern Regional 10 Km, West Long Branch, N.J. (A)  
 Sat. Sept. 28 Alongi International Races, Dearborn, Mich. (Z)  
 5 Km, New Orleans, 8 am (X)  
 Sun. Sept. 29 20 Km, Albuquerque (W)  
 Sat. Oct. 5 3 Mile, Atlanta (D)  
 WAVA North and Central American and USATF South Region 8 Km  
 Championship, Columbia, S.C. (I)  
 5 Km, New Orleans, 8 am (X)  
 5 Km, Kalamazoo, Mich., 9 am (N)  
 5 Mile, Indianapolis (V)  
 Sun. Oct. 6 5 Km, Coconut Grove, Fla., 8 am (Q)  
 Sat. Oct. 12 5 Km, Atlanta (D)  
 Sun. Oct. 13 5 Km, New Orleans, 8:30 am (X)  
 5 and 10 Km, Dearborn, Mich. (Z)  
**USATF National 1 and 2 hour, Cambridge, Mass. (G)**

## 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--Dr. Douglas Johnson, P.O. Box 148, Morganfield, KY 42437  
 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028  
 G--Justin Kuo, 39 Oakland Road, Brookline, MA 02146  
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
 I--W.R. Bauer, 823 Calhoun Street, Columbia, SC 29201  
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206  
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387  
 N--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009  
 O--Frank Soby, 3907 Bishop, Detroit, MI 48224  
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813  
 Q--Florida Athletic Club, 3250 Lakeview Blvd., Delray Beach, FL 33445  
 R--Meg Savilonis, 11 Gay Road, Brookfield, MA 01506  
 S--Virginia Mulanex, 11975 Gist Road, Bridgeton, MO 63044  
 T--Vernie Foxley, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204  
 V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143  
 W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197  
 X--New Orleans TC, P.O. Box 52003, New Orleans, LA 70152



Y--Jim Bean, 4658 Fuhrer Street, Salem, OR 97305  
 Z--Ross Barranco, 3235 Musson Road, Howell, MI 48843  
 AA--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614  
 BB--Jeremy Stein, 220 Lasley Ave., Hanover Ind. Estates, Wilkes-Barre, PA 18706  
 CC--Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660  
 DD--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445  
 EE--Fern Anderson, 3152 Kentucky Ave. S., St. Louis Park, MN 55426  
 FF--Keith Reichley, 23969 Frank St., North Olmstead, OH 44070

## FROM HEEL TO TOE

Full report on the Olympic walks next month. Even to hold this issue to get something in on the 20 would have held this issue up too long, let alone waiting for the other two races. . . Four-time Olympian and 65-time National Champion racewalker Ron Laird has just finished his second book on racewalking. His first book, *Competitive Racewalking*, was published in 1972 by *Track and Field News*. Now he is self-publishing *The Art of Fast Walking*, subtitled "Use the Olympic Race Walking Style to Get Fit and Lose Weight." While Ron tends to ramble a bit and is often repetitive, his book is chockful of solid information and tips from his vast experience and life-long pursuit of the sport. Ron competed at the top level of walking for nearly 20 years. Besides his four Olympic teams, he was on 16 other U.S. National teams from 1958 to 1976. He twice finished third in the World Cup 20 Km, 1967 and 1973. During his many travels, he has associated with and learned from two-decades-worth of world-class athletes and their coaches. He trained for extended periods in England, Germany, and Mexico. He was the National Racewalking Coach from 1981 to 1984. While no one will agree with all of Ron's opinions--indeed, no one yet has the final word on racewalking technique and training--anyone seeking to improve their competitive stature, or simply their general fitness, will profit from reading this book. The book's chapters, following a rather rambling--we might say stream-of-consciousness--Introduction, are: Correct Technique, General Information, Footwear, Training, More Good Technique and General Information, and Judging. It is full of his own drawings and a large collection of photos. An unfortunate aspect is that few individuals in the photos are identified. (I did find myself in four of the photos, so that is certainly a plus.) Ron is asking \$27.50 for the book, which is a lot less than you pay for a pair of shoes, and the book will last a lot longer. He will probably even autograph your copy before sending it off. The address: Ron Laird, 4706 Diane Drive, Ashtabula, OH 44004. Or, give him a call at 216-998-1371. . . I have learned from Mike Riban's daughter that Mike has been diagnosed with acute leukemia and is now in the hospital in Burlington, Iowa. Mike, through the Green and Gold AC, was one of those behind the great walking program that existed in Chicago from the mid-50's through the '70s. During that time he coached Ron Zinn, many times national titlist and sixth in the 1964 Olympic 20 Km. Ron, a West Point graduate, lost his life in Vietnam about 6 months after the Olympics. Mike has continued as an active supporter of the sport, including an annual contribution to the ORW. (Frank Alongi has been another ORW angel and our thanks to both of them.) I'm sure Mike would enjoy hearing from his many friends in the sport and from those that may not know him, but appreciate his devotion to racewalking. His address is Mike Riban, Burlington Medical Center, Room 478, 602 N. Third Street, Burlington, IA 52601. . . From John Soucheck: "Just a quick note regarding the lead story in May's issue (Ed. we didn't find room for this letter last month). Anyone familiar with my pace would hardly call it

blistering. It was Ioan Froman who went out with Gary Morgan. Ioan soon dropped off that pace and later went out at 20 Km. Dave McGovern was in Albany giving a clinic, but nursing a minor injury that caused him to drop out of the Penn Relays the previous week, and did not start the race. The Szela brothers were nowhere in sight." John goes on: "I agree with your commentary regarding the Senior Olympics. Qualified and consistent judging at the local level would go a long way to reducing disqualifications at the National level. The other half of the equation would seem to be that the competitors take the time, become students of the event so they understand the rules and technique, and practice the technique at a pace at which good technique can be maintained until it becomes familiar. Good technique takes time, patience, and effort, but is the keystone to the sport. Coaching would be ideal, but as this is not always available, good reference materials such as Martin Rudow's book and technology in the form of a cam-corder could be used. (Ed. Also Martin's video. Contact him at 4831 NE 44th St., Seattle, WA 98105 regarding book or video.) Since I seem to be on the verge of rambling, I'll finish with what my thought was when I started. No athlete would realistically take up high jumping or the hammer, for example, without studying the event's techniques and practicing them. The same should be true of racewalking." . . . Team results of the National 10 Km, which we didn't have for last month's report. Senior Men: 1. Shore AC (Curt Clausen, John Soucheck, Curt Shellar) 2:23:32. Master's Men: 1. Potomac Valley (Jim Carmine, Norm Frable, Bruce Booth) 2:33:34. 2. Niagara Walkers (Brian Savilonis, Stanley Sonsowski, Tom Knatt) 2:47:49 (Looks like New England Walkers to me. But I typed what I saw on the results sheet.) 3. Wolverine Pacers (Vance Genzlinger, Max Green, John Elwarner) 2:50:19. . . In the National 20 Km and Olympic Trial (see lead story in the June ORW), Curt Clausen, Tim Seaman, and Gary Morgan were together at 10 Km in 44:48 and, apparently, Allen James was close to them. Dave McGovern was next in 45:13, Rob Cole had 45:45, Jonathan Matthews and Ian Whately were at 45:56, and Andrzej Chyulinski and Chad Eder at 46:03. Phil Dunn was in there somewhere. . . A correction from our Trials report: In the Women's 10 Km, Kerry Moskalik was not DQ'd, but did fail to finish. . . Some opinions on the state of our sport: From Tom Knatt (who enclosed a copy of a *Wall Street Journal* report showing exercise walking as the number one sporting activity in the country, with 70.3 million participants in 1965--swimming was next with 61.5 million): "Are we missing the boat or what? There are 70.3 million people doing exercise walking and all racewalking people can do is squabble over judging. If we had one dollar from each of the exercise walkers, where would we be? I wish people would seriously consider having two or more tiers (levels) of competence with the upper levels being reserved for people who can observe the most stringent rules of racewalking. (Ed. Of course, some will tell us that the upper level consists of those who do not observe the most stringent rules of racewalking.) I participated in the Senior Games and then judged the women's race. About half of the women were not observing racewalking rules and I held an impromptu clinic after the race. Most of the women were very eager to improve. We cannot hope to improve the image of the sport by holding races, then throwing out half the field. No one was actually thrown out. The judge handled it well by suggesting that anyone who went on to the national games and had been "severely warned" in Massachusetts, might be tossed in Tucson. Bob Carlson and crew in Colorado have plenty of races where there are only monitors. Let's build a system that invites participation and builds our sport." Susan Cook, an Australian star on the international scene a few years back, wrote the following to an Aussie newsletter: "With Australia the host nation for the year 2000 Olympics, wouldn't it be good if Australian walkers could lead the way with the return to heel-toe contact walking? Numerous walkers



are concerned the sport will be taken off the T&F program due to impossibility to maintain contact at speed. The hatred towards walking by most other track and field athletes and officials seems to be ever increasing (and that is not including those outside T&F). Surely, it would be better to slow the sport down. The fittest and fastest would still win—but with credibility. It's extremely frustrating for top walkers to be labelled as 'cheats'. If video cameras were used, those who break the rules would eventually be caught. It's true that all walkers cannot be videoed for every step of the race, but their time would come. Existing records would need to be frozen, and new ones set, ratified only when viewed on video by judges. The hip action would be minimized at slower speeds (possibly eliminated) making the sport more attractive to power walkers and recreational walkers. Imagine the humbers that would participate. The sport would be enormous. Perhaps the knee rule could be changed again to 'straightened momentarily during each stride'. This also would benefit, increasing the numbers, as well as being kinder to the older veterans and younger little athletes. Something definitely needs to be done to save our sport" (Ed. But turning to power walking, which is certainly much less natural than racewalking, seems a bit radical.).

. Post-race quotes from the women who made our Olympic team in the 10 Km walk: Debbi Lawrence: "I felt really good, Comfortable. The heat wasn't much of a factor. I really enjoyed it. I lived in Kansas City, so maybe I'm used to it. I've had a couple of ups and downs in the last years. After the '92 Games, I thought I was going through post-Olympic depression, but they did a blood test and found I was anemic. Anytime a muscle contracts, you're losing iron. It's been an uphill battle trying to get back. I feel pretty much back, but haven't tapped my full potential. I'll just keep training." Michelle Rohl: "It was a pretty boring race. I just wanted to make the top three. A few people went out hard and I figured they'd come back to us and they did. It's a hard course and very hilly. I was as acclimated to the heat and humidity as anyone else. I trained at Colorado Springs before going to LaGrange to finish my preparation for the Trials. The humidity didn't bother me at all. I think I'll have a good race at the Olympics. My body's ready for a big PR, but it'll be hard to do on on this course." Victoria Herazo: "I'm very pleased with the outcome. I had planned to go out fast and stay in the lead for a while because I usually do a lot better when I go out fast. The heat wasn't a problem for me since I've been living in Norcross, Georgia the last two or three months and training in the middle of the day. The course was a little tougher than New Orleans ('92 Trials). . . a little more challenging. It's exciting that the same three women made the team again this year." . . And, from 20 Km winner Curt Clausen: "I'm training in Durham, N.C. so the heat was no problem. It could have been worse. I took water the whole time. The weather doesn't slow you down, the dehydration does. The Olympics will be easier because there's not a team spot like this on the line. . . The crowd was okay. I had a lot of great fans out there—many who traveled down from North Carolina. The guys I expected to be up front in the race were. I was a little surprised how they slowed it up in the beginning. I didn't make my move until 6 kilometers to go. It felt harder than it should have and I wanted to finish, no matter what." . . I had a thought while watching swimming events at the Olympics this evening, one I have expressed before. Why do people look at the walk as a silly, unnatural event (why have a walking race when you can run faster?) and yet readily accept the breakstroke and butterfly in swimming. Both look sillier and more unnatural when compared to freestyle swimming than does racewalking compared to regular old walking. And they are not the fastest way to get through the water. Then it also occurred to me that the butterfly evolved only because some innovative people some 40 to 50 years ago were finding ways to cheat at the breakstroke. So, they let them swim that way, but made it another event. And now one

might wonder if another split is necessary, because to me, the breakstroke looks quite a bit different than it did, say, 30 years ago. To relate all of my thinking to the comments from Tom Knatt and Sue Cook, how about the same type of split in racewalking? Maybe we can call the events contact and noncontact racewalking. (No, not straight-legged running. Even extreme loss of contact still looks more like walking than running to me.)

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The publication, *100 Stars of American Track & Field*, includes biographies of two racewalkers, Allen James and Michelle Rohl. The book is published by Shooting Star Media, Inc., 853 D'Onofrio Drive, Suite 203, Madison, WI 53719. Phone 608-827-0806. Contact their office, or Pete Cava at the USATF Press Department 317-261-0500 about obtaining a copy. With their permission, I publish the sketches on Allen and Michelle.

## Allen James

When America's top racewalker decided to finally give the 50 Km walk a try in 1994, he went after the 31-miles-plus in a big way. Speeding up over the second half of the Palo Alto, Cal. race, James clocked 3:55:39, taking more than a minute off the American Record that had been set by Marco Evoniuk 6 years earlier.

"I wanted to see if this was my best race for the future," James told Bob Bowman of *Track and Field News*. "I'm very encouraged."

With that, hopes for U.S. walking got a rise. James followed with national titles at both of the Olympic distances: 20 and 50 Km. Last year, he broke the 4-hour barrier again with his 3:59:27 for 6th at the Pan-Am Games. Calling it "a great experience," James adds, "I wasn't really trained for a 50, and doing as well as I did, that was probably the highlight of the year. It was a real tough field."

He won the national title at 20 Km but opted to represent the U.S. in the 50 at the World Championships (no other American man made the qualifying standards in the walks). Feeling he was in the best shape of his life, he still ran into problems in Sweden when U.S. officials mistakenly declared him in the 20. "I scrambled at the last minute when I found out I was entered," he says. "But I didn't actually have to start. The officials pulled me just before. These things happen and it seems like they always happen to me. I figure, expect the worst and maybe something good will happen."

James missed the birth of his second child to compete in Gothenburg, but he came home with little to show for his effort. A groin injury forced him to drop out of the big race. "To have the baby born and miss that, then drop out of the race was a real letdown," he says.

The son of an Air Force colonel and a Seattle store owner (his mother owns the Super Jock 'n Jill running store), James grew up as a self-described "track brat." Distance runner and coach Pat Tyson lived with the family while James grew up. Tyson turned James on to track, and he started running age group events as a fourth grader. Three years later he started racewalking. Much of his inspiration came from the people he met as a child: Steve Prefontaine, a roommate of Tyson's at Oregon; Olympic 20 Km walk champ Ernesto Canto, who stayed at James' house with the Mexican walk team for an event in the '70s; and coaching legend Arthur Lydiard, a Thanksgiving Day guest one year.

In high school, James skipped track to concentrate on cross country, soccer, and swimming. He graduated from Western Washington in 1987 with a degree in business



administration, and immediately became a player on the U.S. walk scene. In 1990, he broke into the top 10 rankings for the U.S. at 20 Km, and since 1992 he has held onto the No. 1 spot.

James works as an occupation data analyst for Shorewood Packaging. He and his wife, Laura, have two daughters, Teisha, age 4, and Denai, still short of 1. Strongly religious, James often wore his walking gear under his church clothes when he lived in California so he could walk the 17 miles home from the service every Sunday.

James won the 1991, '92, '93, and '95 USATF Captain Ron Zinn Awards for outstanding 20 Km walker. In 1994, he won the Zinn 50 Km Award.

Now coached by Bohdan Bulakowski, 7th in the 1980 Olympic 20 Km for Poland, James is preparing for a challenging 1996 campaign by training at altitude. "... I should be ready for the 50 at the Games. I'm training here (LaGrange) so I should be ready for heat and humidity somewhat. But I've come to the conclusion that no one can really get used to heat and humidity."

Allen was born in Sacramento, Cal. on April 14, 1964. He stands 6' 3 and weighs 175. He competes for Athletes in Action.

#### Personal records (outdoors):

20 Km	1:24:26.9, 1994 (American Record track)
2 Hours	26,661 meters (AR track)
25 Km	1:51:43.3 (AR track)
30 Km	2:14:31, 1993 (AR track)
50 Km	3:55:39, 1994 (AR track)

#### Personal records (indoors):

5 Km	20:01.88, 1994
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#### Major competitions:

1987	(11) National 20 Km	1994	(2) National Indoor 5 Km
1988	(DNF) Olympic Trials 20 Km		(1) National 20 Km
1989	(6) National 20 Km		(1) National 50 Km
1990	(50) National Indoor 5 Km		(14) Pan-Am Cup 20 Km
1991	(3) U.S. Trials 20 Km	1995	(1) National Indoor 5 Km
	(67) World Cup 20 Km		(DNF) Pan Am Games 50 Km
1992	(DNF) Pan Am 20 Km		(6) Pan Am Games 50 Km
	(1) Olympic Trials 20 Km		(1) World Cup 20 Km Trials
	(30) Olympic Games 20 Km		(40) World Cup 20 Km
1993	(1) National Indoor 5 Km		(1) National 20 Km
	(47) World Cup 20 Km		(DNF) World Championship 50 Km
	(1) National 20 Km		
	(17) World Championship 20 Km		

A sad note: A few hours after taking this issue to the printer on the afternoon of the July 24, I had a call from Jay Byers that Mike Riban had died earlier in the day. Rather than reconstructing the issue, I am adding this note. Those who wish to can write Mike's wife and family at 24 Sunnysdale Drive, Fort Madison, IA 52627.

## Michelle Rohl

Talented whether running or walking, Michelle Rohl always has had options in the sport. The former Michelle Marter competed for Wisconsin-Parkside solely as a runner, winning a double at the the NAIA indoor nationals in 1988. She didn't try walking until she had to rehabilitate an achilles tendon injury. She found success quickly, covering 10 Km in 51:16 her first year. After giving birth to daughter Molly in 1990, she returned to take 4th in the 1991 nationals. In 1992, she improved to 46:45 and made the Olympic team. After missing the next season, Rohl came back in 1994 to set the American record on the track with her 44:41.87 at the Goodwill Games. She ranked No. 2 in the U.S. that year.

Last year saw Rohl's best performances to date. She won silver at the Pan-Am Games. She followed up a 2nd at nationals with the fastest 10 Km performance ever by an American, 44:17. That netted her 15th at the World Championships, leading the best U.S. team finish ever. "I've had a hard year," she said. "The World Cup and the Pan-Am Games took a lot out of me. I went back home to recuperate. I was going to compete in Europe, but cancelled those plans."

Husband Mike Rohl is a fitness consultant; he was ranked No. 10 in the U.S. in the 20 Km walk in 1989. Of Rohl's six brothers and sisters, two have competed in the sport. Sister Nancy won All-American honors for Parkside, and her brother, John, placed 10th in the '92 Olympic Trials 20 Km walk. Rohl and her husband have two children: Molly 5 and Sebastian, 2 1/2.

Running is still a part of Rohl's program. Every fall, she runs cross country. She placed 9th in the 1994 Columbus Marathon, clocking a 2:48:56 that qualified her for the Olympic Trials race. She doubts that she'll run it though. "It's too close to the Trials for the walk," she says. "I don't think that would be good for me." She says there's more there: "Actually, I was on 2:40 pace until 21 miles. I crashed the end of that race. It was my first one and I was inexperienced. I didn't drink the way I should have. I do plan to run another one, but not this year."

For 1996, Rohl hopes to again revise the American record. "I hope to break 44:00 for 10 Km," she says. And should she make the Olympic team (she did, as we now know), "I'd like to get into the top 10, which would be kind of hard to do, but it's a goal anyway."

Michelle was born November 12, 1965 in Madison, Wisconsin. She is of gymnast size, just 4' 11 and weighing 89 pounds. She now competes for the LaGrange TC. She graduated from Beaver Dam H.S. in Wisconsin in 1983 and Wisconsin Parkside in 1987.

#### Personal records (outdoors):

5 Km	22:08.50, 1992
10 Km	44:17, 1995 (AR road)
	44:41.87, 1994 (AR record-track)

#### Personal records (indoors):

3 Km	13:04.99, 1995
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**Personal records (running):**

1500 m	4:21:09, 1988
3000 m	9:56.36, 1988
5000 m	16:49.37, 1989
Marathon	2:48:56, 1994

**Major competitions:**

1987	(2) NAIA cross country	1994	(2) National 10 Km
1988	(1) NAIA Indoor 1000 yard run	1995	(1) National Indoor 3 Km
	(1) NAIA Indoor 2 Mile run		(2) Pan-Am Games 10 Km
1989	(1) National 10 Km		(34) World Cup 10 Km
1991	(4) National 10 Km		(2) National 10 Km
1992	(4) National Indoor 3 Km		(15) World Championships 10 Km
	(3) Olympic Trials 10 Km		
	(20) Olympic 20 Km		

**LOOKING BACK**

**30 Years Ago** (From the July 1966 ORW)--Ron Daniel won the National 30 Km in Columbia, Missouri in what seems a ridiculously slow 2:57:07. However, those of us who were there know different. It was 95 degrees, sunny, humid, and there was no shade on the course. Just to keep moving for 3 hours was an accomplishment. Larry Young was about 4 minutes back in second and Jack Mortland a couple of minutes behind him in third. Early leader Ron Laird wound up 13th in over 4 hours.

**20 Years Ago** (From the July 1976 ORW)--Mexico's Daniel Bautista moved away in the final 4 Km to win the Olympic 20 Km in 1:24:41. East Germans Hans-Gerog Reiman, Peter Frenkel, and Karl-Heinz Stadtmuller took the next three spots. Ron Laird was 20th in 1:33:27, Larry Walker 22nd, and Todd Scully 29th. . Old Jack Mortland won the National Masters 10 Km at Chicago's Stagg Field, as practically no one else showed up. A blazing sun and temperatures in the 90s put him in mind of the Columbia death march of 10 years earlier as he strolled to a 55:11.

**10 Years Ago** (From the July 1986 ORW)--Canadians took four of the first seven places in the National 10 Km in Niagara Falls, with Paul Turpin winning in 42:45. Gary Morgan was second in 43:17, just ahead of Daniel Levesque. Mel McGinnis was fourth and Dave McGovern fifth. Canada's Deborah Powell was the first woman in 49:52, 11 seconds ahead of Debbi Lawrence. . Curt Clausen won the Junior National 10 Km in 47:38.44, followed by Doug Fournier and Jeff Salvage. The women's 5 Km went to Kerry Bratton in 26:13.45.

**5 Years Ago** (From the July 1991 ORW)--Dave McGovern scored an easy win in the National 10 Km at Niagara Falls, beating Gary Morgan by nearly a minute. Dave finished in 42:23, Gary in 43:18. Andrzej Cyhlinski (43:29) and Curt Clausen (43:45) followed.

Nick Bdera won the Master's title in 46:26. Canadian women took the first four places, with winner Janice McCaffrey (45:51) finishing eighth among the men.



**Olympic 20 Km Trials.** Above: Winner Curt Clausen. Below: Halfway through the race, Clausen leads Tim Seaman, Phillip Dunn, and Allen James. (Steve Vaitones photos.)