



# OHIO RACEWALKER

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## Clausen, Others Do Well in Post-Cup Races

Following the World Cup races on April 19-20 in Prague, U.S. walkers Curt Clausen, Tim Seaman, Philip Dunn, and Dana Yarbrough, moved on to Warsaw with their coach, Bohdan Bulakowski. They stayed there for training until the Grand Prix race in Eisenhüttenstadt, Germany on May 10. While in Poland, they competed in a 10 Km race, and were even able to spend a training day in Spata, Poland with some members of the Mexican team a few days before that race.

Curt Clausen, who led U.S. walkers with his 1:24:41 in the World Cup 20 Km, continued to do well. He won the 10 Km race in a personal best 40:47, with Tim Seaman second in 41:14, also a personal best, perhaps soothing some of his disappointment with an off-day at the World Cup. The Polish walker in fourth had been seven places and 40 seconds ahead of Curt in the World Cup race and asked why the U.S. walkers were so much faster on this day. Curt says, "Excellent training no doubt is to blame." The Pole in third has a 20 Km best of 1:23+, although he did not compete in Prague, so it was a good win for the U.S. duo. Dana Yarbrough won the women's race with her fastest 10 Km time of the year.

In the Grand Prix 20 Km, Clausen again led the U.S. contingent with a 1:25:32 for 16th place, completing a fine three weeks of training and competing in Europe. The warm, humid weather didn't help the walkers, but nonetheless, Mexico's World Cup silver medalist, Daniel Garcia, won in a swift 1:18:59. Revelation of the race was Tunisia's Hatem Ghoulia in second, just 3 seconds behind and challenging Garcia all the way. He pulled easily away from Yevgeniy Misyula, sixth in the World Cup, in the final 5 Km. World Cup bronze medalist, Ilya Markov, could manage only fifth in this race. Ghoulia had a best of 1:21:45 last year. For the U.S., Dunn had a 1:28:22 and Seaman, suffering from a flu bug, had to call it a day at 15 Km (1:05:44).

It was cooler for the women's 10 Km, conducted earlier, but raining heavily for the first 15 minutes of the race, creating a lot of puddles on the course. Victoria Herazo joined Yarbrough for this race, and the pair had a race-long duel with Canada's Tina Poitras, who finally pulled away from the other two at the end, as they finished 17th, 18th, and 19th, all under 46 minutes. The race was won by Larisa Khmel'nitskaya who improved her seventh place World Cup performance by 50 seconds with a 41:56.

Victoria returned to Europe for a third time in just over a month to compete in the Naumburg, Germany 10 Km on May 25. Between the two German races, she flew from Atlanta to Elk Grove, Illinois for the National 15 Km (see below). Lots of frequent flyer miles for Victoria. In Naumburg, on another warm, humid day, she finished 27th in a very strong field with a 46:37. Results of races at the three sites.

**10 Km, Tarnobrzeg, Poland, May 2--1.** Curt Clausen, U.S. 40:47 2. Tim Seaman, U.S. 41:14 3. Janusz Golowski 41:29 3. Roman Magdziarczyk 42:00 5. Philip Dunn, U.S. 42:39 6. Bohdan Bulakowski, U.S. and Poland 46:13

**Women's 10 Km, same place--1.** Dana Yarbrough, U.S. 46:24 2. Andula Agnieszka 49:10

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**Women's 10 Km, Eisenhuttenstadt, Germany, May 10--1.** Larisa Kmelnitskaya, Belarus 41:56 (20:50) 2. Elena Grouzinova, Russia 42:15 3. Valentina Tsiybyskaya, Belarus 42:21 (20:40) 4. Olga Kardopoltseva, Belarus 42:29 5. Beate Gummelt, Germany 42:34 6. Yan Wang, China 42:42 7. Graziela Mendoza, Mexico 42:45 8. Tatiana Ragozina, Ukraine 42:59 9. Olga Panferova, Russia 43:07 10. Natalia Misyula, Belarus 43:16 11. Aniko Szebenzski, Hungary 43:30 12. Yan Gu, China 43:59 13. Maria Rosza Urbanikne, Hungary 44:03 14. Kathrin Boyde, Germany 44:13 15. Ilyes Ildiko, Hungary 44:19 16. Nadya Losinskaya, Ukraine 45:10 17. Tina Poitras, Canada 45:32 (22:26) 18. Victoria Herazo, U.S. 45:47 (22:34) 19. Dana Yarbrough, U.S. 45:52 (22:35) 20. Annett Amberg, Germany 46:06 (35 finishers)

**20 Km, Eisenhuttenstadt, May 10--1.** Daniel Garcia, Mexico 1:18:59 (19:49, 39:27, 59:06) 2. Hatem Ghoulia, Tunisia 1:19:02 (19:48, 39:26, 59:07) 3. Yevgeniy Misyula, Belarus 1:19:27 (19:48, 39:26, 59:10) 4. Aigars Fadeyevs, Latvia 1:20:18 (39:29, 59:39) 5. Ilya Markov, Russia 1:20:39 6. Jacek Muller, Poland 1:20:59 (19:49, 39:30, 60:01) 7. Jiri Malysa, Czech Rep. 1:21:11 8. Francisco Pantoja, Mexico 1:21:26 9. Igor Kollar, Slovak Rep. 1:21:27 10. Giovanni Pericelli, Italy 1:21:47 11. Gyala Dudas, Hungary 1:21:59 12. Axel Noack, Germany 1:22:02 13. Robert Valicek, Slovak Rep. 1:23:01 14. Valeriy Borisov, Kazakhstan 1:25:06 15. Nick A'Hern, Australia 1:25:28 16. Curt Clausen, U.S. 1:25:32 (20:48, 41:52, 1:03:12) 17. Jan Holender, Poland 1:25:51 18. Stang Huigiana, China 1:26:24 19. Philip Dunn, U.S. 1:28:22 (21:29, 43:22, 1:04:05) DNF: Tim Seaman, U.S. (20:56, 42:36, 1:05:44) (33 finishers, 3 DQs, 11 DNFs)

**Jr. Men's 10 Km, same place--1.** Gregorz Sudol, Poland 41:29 2. Andre Hohne, Germany 41:46

**Jr. Women's 5 Km, Same place--1.** Gabriele Herold 22:15 2. Sabine Zimmer 22:49

**Women's 10 Km, Naumburg, Ger., May 25--1.** Rossella Giordano, Italy 41:38 2. Yelena Nikolayeva, Russia 41:41 3. Tamara Kovalenko, Russia 42:02 4. Yelena Gruzina, Russia 42:14 5. Erica Alfredi, Italy 42:15 6. Larisa Khmelnskaya, Belarus 42:24 7. Olga Kardopolskaya, Russia 42:35 8. Elisabetta Perrone, Italy 42:39 9. Natalya Misyula, Belarus 42:40 10. Annarita Sidoti, Italy 42:40 11. Graciela Mendoza, Mexico 42:42 12. Vera Macharkina, Russia 42:50 13. Ludmila Dolgoplova, Belarus 42:55 14. Yelena Saiko, Russia 43:11 15. Beate Gummelt, Germany 43:11 16. Valentian Tsybulskaya, Belarus 43:48 17. Victoria Herazo, U.S. 46:37 (42 finishers)

## Heppner, Herazo Win 15 Km Titles

Elk Grove, Illinois, May 18--At 8 on this Sunday morning at Northwest Point Park, a group of senior, and master's walkers, both male and female, toed the line for the start of the 1997 USAT&F National 15 Km Championships. A shrill blast of a whistle sent the large contingent "off and walking." Gary Morgan, Mike Rohl, Al Heppner, and Victoria Herazo broke out to dominate the first mile and form the leading pack. During the first 2 kilometer loop, on a paved course with slight hills, complete with ponds, fountains, and geese, the lead changed from Rohl to

Heppner to Morgan more than once, with Herazo dropping off the pace. The race was contested with a slight cross wind and a temperature in the high 70s. After Rohl dropped back, an exciting finish saw Heppner winning in 1:08:07 with Morgan just 5 seconds back. Morgan, however, was DQ'd and Rohl moved up to second in 1:09:58. The rest of the field was primarily masters, with Mike DeWitt winning that division in 1:17:27, not far ahead of Jim Carmines, 7 years his senior. Most impressive was 65-year-old Max Green in 1:25:38, sixth overall in the master's division.

Herazo had an easy time winning the women's race in 1:15:51, as her only competitor in the senior race failed to finish. Again, most of the women were in the Master's division with Sandra DeNoon leading the way in 1:31:29, just a minute ahead of 58-year-old Elton Richardson, who was impressive as always.

Heppner captured his second title at the distance, having won in 1995 with a 1:12:07 effort. Herazo was winning her fifth 15 Km title and holds the American road record at 1:11:13. Results:

Senior Men: 1. Al Heppner 1:08:07 2. Michael Rohl 1:09:58 3. Douglas Johnson 1:20:03 4. Donald Pererson 1:45:25 Gary Morgan DQ

Senior Women: 1. Victoria Herazo 1:15:51 Anne Lankowicz DNF

Master's Women: 40-44--1. Sandra DeNoon (41) 1:31:29 2. Kathy Finch (42) 1:44:32 3. Connie Wininger (42) 1:57:12 45-49--1. Jackie Jessup (48) 1:33:37 50-54--1. Kathleen Frable (51) 1:44:05 55-59--1. Elton Richardson (58) 1:32:28 2. Ruth Everson (59) 1:50:10 60-64--1. Sami Bailey (60) 1:42:39

Masters's Men: 40-44--1. Bill Reed (44) 1:23:28 2. Jonathan Udesky (41) 1:37:00 3. Damon Clements (40) 1:37:45 45-49--1. Mike DeWitt (46) 1:17:21 2. Richard McGuire (49) 1:24:29 3. Michael Bird (49) 1:35:27 50-54--1. Jim Carmines (53) 1:18:48 2. Norm Frable (54) 1:30:53 3. Max Walker (50) 1:25:34 4. Don Mowles (54) 1:30:30 5. Ronald Shields (54) 1:30:53 55-59--1. Bernie Finch (57) 1:43:42 60-64--1. Ray Everson (62) 1:32:18 2. Bob Stewart (64) 1:42:40 65-69--1. Max Green (65) 1:25:38 2. Jack Starr (68) 1:37:02 3. Mike Michel (66) 1:39:52 70-74--1. Frank Cheseck (70) 1:56:39

## Other Results

**5 Km, New York City, March 16--1.** Sean Albert 22:12 2. Elliott Taub 23:32 3. Gary Null (52) 25:24 4. Nick Bdera (48) 25:25 5. Gregory Dawson 25:47 6. Tara Shea (18) 26:25 7. Josh Ginsburg 26:40 7. Shernette Dunn (17) 28:30 9. William Leyrer 28:48 10. Loretta Schuellein (19) 28:53 11. Dana Giancaspro (17) 29:01 (48 finishers) **10 Km, New York City, April 20--1.** Rifkhat (52) 52:54 2. Michael Korol 53:36 3. Gary Null (52) 53:39 4. Gregory Dawson 53:58 5. Robert Penafiel 54:28 6. Tara Shea 55:02 7. Sherwin Wilk (58) 58:13 8. Elton Richardson (58) 59:05 9. Jim McGrath (60) 59:34 10. Denise Cummings 60:16 11. William Leyrer 61:31 12. Daniela DeOteyza 61:35 (37 finishers) **Penn Relays 10 Km, Philadelphia, April 19--1.** Al Heppner, U.W. Parkside 42:13.05 2. Will Van Axen, un. 42:14.32 3. Pascal Pedneault, Quebec 44:47.53 4. Dave Michelli, UW Parkside 46:08.80 5. Sewan Albert, N.J. Striders 46:09.24 6. John SOuchek, Shore AC 48:15.28 7. Matt Perry, SUNY Albany 51:25.28 8. William Navarro, un. 52:18.54. After a race-long, stride-for-stride duel, with the lead changing several times, Heppner finally pulled a couple of strides clear on the final straight. **Penn Relays Master's 10 Km--1.** James Carmines 49:23.24 2. Steve Vaitones 51:33.84 **Penn Relays Jr. Men's 10 Km--1.** John Nunn, US Parkside 46:11.97 2. Scott Crafton, Indiana RW 48:06.15 3. Brian Colby, Movin' Shoes 48:30.30 **Penn Relays Women's 5 Km--1.** Victoria Herazo, Walking Club of Georgia 22:49.79 2. Danielle Kirk, UW Parkside 23:18.28 (personal record by 30 seconds) 3. Jill Zenner, Cedarville College 23:24.35 (PR) 4. Margaret Ditchburn, UW Parkside 24:00.75 (PR by nearly a minute) 5. Samantha Cohen, SUNY Albany 24:55.36 6. Melissa Baker, Valparaiso U.



25:53.06 7. Loretta Schuellein, C.W. Post College 26:56.65 8. Kathleen Stupor, UW Parkside 27:54.39 9. Pat Zerfas, Potomac Valley TC 28:42.55 10. Jeanie Nethery, UW Parkside 29:01.85  
**Penn Relays Masters 5 Km--1.** Gloria Rawls, Shore AC 26:11.89 2. Ann Gerhardt, un. 29:23.20  
 3. Nancy Linky, Shore AC 32:38 **Penn Relays Junior 5 Km--1.** Marina Crivello, Quebec 24:54.06 2. Lisa Kutzing, Suffolk Express TC 25:23.86 3. Tara Shea, un. 25:53.38 4. Allison Zabrenski, PVTC 26:24.48 5. Sara Villa, Nanuet 26:37.50 6. Christine Hyland, Connetquot H.S. 27:18.10 7. Shernette Dunn, un. 27:21.46 8. Katie Rulapaugh, un. 28:03.64 9. Dana Giancaspro, un. 28:28.48 10. Angie Neith, UW Parkside 29:02.96 **5 Km, Washington, DC, April 5--1.** Jim Goldstein (48) 28:55 2. Pat Zerfas 29:13 3. Victor Litwinski (53) 30:13  
**Southeastern Masters 5 Km, Raleigh, N.C., May 2:** Men 35--1. Tom Flora 24:49 Men 40--1. Andy Jackson 30:51 Men 50--1. David Wade (50) 30:23 Men 55--1. Paul Mailman (59) and Heinrich Looser (58) 33:02 Men 60--1. Cedric Hustace (63) 31:48 2. Al Clowser (64) 35:03 Men 65--1. Ken Long (69) 34:35 2. Andrew Briggs (65) 34:39 Men 70--1. Bob Mimm (72) 30:44 2. Eldridge Lloyd (74) 36:32 Men 80--1. Bill Tallmadge (81) 37:41 Women 45--1. Judith Witt (47) 30:50 **Southeastern Masters 20 Km, Raleigh, N.C., May 4:** Men 35--1. Keith Luoma 1:43:19 Men 45--1. Juan Yanes (45) 1:56:57 2. Rod Vargas (47) 2:10:28 Men 50--1. John Harmer (50) 1:57:39 Men 55--1. Paul Mailman (59) 2:19:25 2. Bob Robertson (58) 2:24:33 Men 60--1. Cedric Hustace (63) 2:16:58 2. Al Clowser (64) 2:30:42 Men 65--1. Andrew Briggs (65) 2:33:32 2. George Solis (65) 2:34:00 Men 70--1. Bob Mimm (72) 2:10:07 2. Eldridge Lloyd (74) 2:37:53 Men 80--1. Bill Tallmadge (81) 2:33:14 **Southeast Masters 1500 meters, Orlando, Florida, May 10:** Women 35--1. Christine Alt 7:43 Women 40--1. Roswitha Sidelko (43) 7:35 Women 45--1. Elizabeth Nelson (49) 8:23 2. Martitia Beach (47) 8:33 Women 50--1. Pamela Betz (52) 8:33 2. Linda Binge (50) 9:55 Women 60--1. Mindy Beinert (61) 9:58 Women 65--1. Ruth Perrand (68) 10:25 Women 70--1. Miriam Gordon (71) 9:49 Men 45--1. John Fredericks (49) 7:08 2. Phil Brown (46) 8:29 Men 50--1. Dale Nelson (52) 7:50 Men 55--1. Arthur Hansen (58) 9:53 Men 60--1. Perry Whitehurst (60) 9:54 Men 65--1. Bob Fine (65) 8:17 Men 70--1. Sumner Shafmaster (73) 9:35 **Southeast Masters 5 Km, Orlando, May 10:** Women 35--1. Christine Alt 28:46 Women 40--1. Roswitha Sidelko 28:45 Women 50--1. Linda Stein (49) 29:08 2. Elizabeth Nelson (41) 30:06 3. Martitia Beach (47) 30:22 Women 55--1. Judith Altman (50) 29:55 2. Pamela Betz (52) 30:08 3. Linda Binge (50) 31:29 Women 55--1. Sperry Rademaker (57) 29:43 Women 60--1. Joy Clingman (62) 35:29 Women 65--1. Ruth Perrand (68) 35:23 Men 45--1. John Fredericks 25:58 Men--1. C.S. Monte Carlo (52) 27:52 Men 55--1. Bob Cella (59) 29:47 Men 60--1. Perry Whitehurst (60) 29:24 Men 65--1. Bob Fine 29:46 2. John MacLachlan 34:37 Men 70--1. Sumner Shafmaster 31:04 **5 Km, Winter Park, Florida, April 25--1.** John Fredericks 26:33 2. Ray Jenkins and Mario Feinstein 30:00 4. Jack Rademaker (60 and over) 30:54 Women--1. Sperry Rademaker 29:37 2. Pam Betz 30:30 **5 Km, Orlando, Florida, May 4--1.** Edgardo Rodriguez 25:23 2. C.S. Monte Carlo 27:40 3. Ray Jenkins 29:21 4. Steve Christlieb 29:32 **5 Km, Orlando, May 10--1.** Steve Christlieb 28:18 2. Ray Jenkins 30:02 **5 Km, Coconut Grove, Florida, April 20--1.** Rod Vargas (47) 29:15 2. Juan Mora (44) 29:35 **5 Km, Miami, April 26--1.** Rod Vargas 28:21 2. Ray Goodpasture (48) 30:42 3. Jay Dash (54) 30:53 Women: 1. Lisa Epstein (41) 30:13 **5 Km, Atlanta--1.** Phil Gura 28:39 2. Jim Norvill (53) 30:10 3. Bob Torstrick (49) 30:34 Women: 1. Denise Jacobson 30:19 **Ohio 100 Km, Yellow Springs, April 19--1.** Chris Knotts (41) 12:51:11 2. Jack Blackburn (61) 14:23:20 3. Mike Michel (67) 15:20:17 4. Al Cowen (40) 15:25:33...Knotts led from the start, averaging about 11:15 per mile through the first 10 and 11:25 through 20 miles. He passed the 50 Km mark in 6:06:11 on the way to a 10:17:13 for 50 miles and cruised home unchallenged. The next three places were in doubt until after the 50 Km mark, when Al was grinding into a conveniently placed tent and some blankets for a 50 minute nap. Jack and Mike were still locked in a fairly tight race (for 100 Km), with Jack about 1600 meters in front. By 50 miles, Jack had about 2 1/2 miles on Mike and Al was another 2 3/4 miles back. Al found some energy over the

last 5 miles and averaged 12 minute mile pace with a 10:10 final mile to come with in 600 meters of catching Mike. **North Region 10 Km, Kenosha, Wis. April 13--1.** Jill Zenner 49:20 2. Margaret Ditchburn 49:41 3. Ann Lankowicz 51:50 4. Al Dubois (65) 59:57 5. Ron Winkler (46) 60:20 6. Steve Frey (47) 60:45 (19 finishers) **North Region 20 Km, same place--1.** Al Heppner 1:38:11 2. John Nunn 1:39:32 3. Dave Michelli 1:39:34 4. Danielle Kirk 1:51:15 5. Bernie Finch (57) 2:26:03 **Open 10 Km, same place--1.** Mike DeWitt (46) 48:54 2. Chris Brooks 51:44 3. Don Mowles (54) 54:08 4. Vince Peters (43) 58:18 **5 Km, Denver, April 20--1.** Daryl Meyers (54) 27:30 2. Christine Vanoni (45) 27:37 **4 Mile, Denver, April 27--1.** Carl Schueler (40) 29:05 2. Kevin Eastler (19) 31:05 3. Debby Van Orden 32:33 4. Scott Richards (46) 34:38 5. Alan Yap (54) 35:13 6. Sally Richards (44) 36:26 7. Peggy Müller (42) 36:45 8. Patty Gehrke 36:51 9. Christine Vanoni (45) 37:29 10. Teresa Aragon 37:46 11. Marianne Martino (46) 37:53 12. Lori Rupoli (45) 38:26 **5 Km, Denver, May 4--1.** Daryl Meyers 28:23 2. Lori Rupoli 29:35 3. Margaret Hennessey (42) 30:00 4. Jan Laitos (50) 30:40 **1500 meters, Albuquerque, N.M., April 20--1.** Mark Adams (58) 7:18 2. Don Towner (50) 7:56 3. Jackie Kerby-Moore 8:11 4. Joe Armbruster (65) 8:59 **3 Km, same place--1.** Arnie Levick (61) 16:01 2. Jackie Kerby-Moore 16:57 3. Sal Waquie 17:20 4. Don Towner 17:31 **Senior Olympics 5 Km, Albuquerque, May 3--1.** Mark Adams 26:32 2. Winston Crandall (56) 28:20 3. Arnie Levick 28:39 4. Don Towner 29:34 **3 Km, Albuquerque, April 27--1.** Art Ortega 14:44 2. Mark Adams 15:36 3. Peter Armstrong 16:47 **1500 meters, same place--1.** Art Ortega 7:19 **10 Km, Walnut, Cal., April 20--1.** Susan Armenta 50:52 2. Fran Bustos 51:47 3. Margaret Govea 56:01 4. Tracy Ross 56:27 5. Joann Fox 60:12 Men: 1. Philip Dunn 43:13 2. Tim Seaman 43:47 3. Will Van Aken 43:38 4. Bohdan Bulakowski (47) 47:48 5. Enrique Camarena (46) 52:37 6. Chris Dreher 53:11 7. David Crabb (51) 54:37 8. Pedro Santoni 55:46 9. Shoja Torabian (45) 57:35 10. Peter Armstrong (51) 58:32 11. Carl Acosta (63) 58:58 12. Richard Oliver (60) 62:59 **5 Km, same place--1.** Karen Davis (48) 28:56 2. Susan Harris 29:47 3. Elizabeth Paxton (13) 30:18 Men--1. Jay Byers (40) 26:41 2. Mel Schultz (64) 29:59 **1500 meters, Kalispell, Mont., April 5--1.** Marjory McClaren 8:18 2. Sonya Ryan-Graham 8:39 Men--1. Lew Savik (55) 8:09 2. Barry Clark (55) 9:19 **3 Km, same place--1.** Marjory McClaren 17:37 2. Sonya Ryan-Graham 18:23 Men--1. Lew Savik 18:17 **5 Km, Auburn, Cal., April 20--1.** Chris Sakelarios 25:46 2. Marlene Coe 29:04 3. Brenda Carpino 29:31 4. Karen Olson 29:54 Men: 1. Kamelo Rahouli 23:54 2. Jack Bray 26:02 3. Shoja Torabian 26:24 4. Nathan Williams 26:54 5. Ed Lane 30:20 **Sr. Olympics 1500 meters, Los Angeles, May 4--1.** Jesus Orendain (55) 8:13.4 2. Carl Acosta (63) 8:17.8 3. Lloyd McGuire (65) 9:03.2 4. George Willmore (61) 9:18.5 5. Arvid Rolle (63) 9:27 **5 Km same place--1.** Carl Acosta 29:10.4 2. Mel Schultz (64) 29:44 3. Jolene Steigerwalt (53) 30:11 4. Robert Eisner (68) 30:30 **5 Km, Stanford, Cal., April 5 (For 50 and over)--1.** JoAnn Nedeleo 28:15 2. Ed Lane 29:16 3. John Doane 30:12 4. Bill Moreman 30:56 **Alongi In Marin 5 Km, Marin, Cal. May 25--1.** Marco Evoniuk 22:52 2. Ed Kousky (56) 25:49 3. Jack Bray (64) 25:50 4. Shoja Torabian (49) 26:24 5. Jim Stuckey (58) 27:51 6. John Schulz (58) 28:08 7. Fred Dunn (68) 31:09 Women: 1. Ann Gerhardt (45) 28:19 2. Brenda Carpino (50) 28:55 3. Virginia Fong (41) 31:05 **10 Km, Palo Alto, April 27--1.** Kim Wilkinson 51:17 2. Chris Sakelarios 53:11 3. JoAnn Nedeleo (53) 58:53 4. Mrlene Coe 59:30 5. Terri Brothers (40) 60:35 Men: 1. Ian Whatley 49:48 2. Roger Welborn (45) 56:15 3. Dick Petruzzi (64) 59:29 4. Quang Than (41) 59:59 **Junior Women: 1.** Brooke Szody (17) 28:33 2. Erica Ackert (13) 29:31 **3 Km, Seattle, March 29--1.** Stan Chraminski 14:58 2. Joanne Fox 16:06 3. Tracy Ross 16:13 4. Bev LaVeck 17:07 5. Claude Wrathall 18:04 **10 Km, Seattle, April 30--1.** Stan Chraminski 53:40 2. Terie-Lee Taylor-Smith 59:52 3. Bev LaVeck 61:25 **3 Km, Bellingham, Wash., April 5--1.** Stan Chraminski 14:50 2. Ian Heatherington 15:07 3. Dan Casmier 15:09 4. Bob Novak 15:19 5. Jill Green 15:21 6. Valerie Wawrzycki 15:56 7. Joanne Fox 15:57 8. Tracy Ross 16:20 9. Erin Taylor 16:21 10. Joy Russel 17:47 **5 Km, Tacoma, Wash.--1.** Dan Casmier 24:42 2.

Stan Chraminski 25:07 3. Bob Novak 25:48 **3 Km, same place--1. Valerie Vawrzycki 15:37 2. Jill Green 16:06 3. Joy Russell 17:53 10 Km, Seattle, April 26--1. Ryan Chamberlin 48:44 2. Stan Chraminski (49) 52:49 3. Ed Kousky (56) 53:39 4. Bob Novak (47) 54:42 5. Terie-Lee Taylor-Smith 59:57 6. Bev LaVeck (61) 62:15 7. Paul Kaald (63) 62:45 8. Judy Heller (51) 64:48 NAIA District 3 Km, Seattle, May 10--1. Jill Green, Pacific Lutheran U. 14:54 2. Val Vawrzycki, PLU 15:30 3. Joanne Fox, Simon Fraser U. 15:42 4. Erin Taylor Central Washington U. 16:07 5. Joy Russell, PLU 17:00 NAIA 5 Km, same place--1. Brad Hawkins, Central Wash. 25:13 2. Dan Casmier, PLU 25:30 Australian National 20 Km, Feb. 27--1. Nick A'Hern 1:21:22 2. Dion Russell 1:23:16 3. Duane Cousins 1:25:17 4. Brent Vallance 1:26:14 5. Paul Copeland 1:27:26 6. Mark Donahoo 1:27:32 7. Dominic McGrath 1:27:39 8. Shane Pearson 1:28:29 9. Luke Adams 1:28:50 10. Travis Harbour 1:29:40 Under 20 10 Km, same place--1. Troy Sundstrom 42:55 2. Christian Bone 44:56 Women's National 10 Km, same place--1. Jane Saville 42:59 2. Natalie Saville 45:10 3. Jill Maybir-Barrett 45:18 4. Simone Wolowicz 45:42 5. Wendy Muldoon 46:18 6. Linda Coffee 47:10 7. Teresa Letherby 47:25 8. Tracy Rosengrave 48:14 European Veterans Indoor 3 Km, Birmingham, Eng., March 1: Men 40--1. Noel Carmody, GB 13:11.90 2. Sylvestre Marclay, Switz. 15:05 Men 45--1. Robert Care, GB 13:13.07 2. Brian Adams, GB 13:15 3. David Henley, GB 14:19 Men 50--1. Peter Hannell, GB 14:37.4 2. Eduard Straka, Slovak Rep. 15:26 3. Bernie O'Callaghan, Ireland 16:18 Men 55--1. Jaroslav Fiala, Czech. Rep. 14:59 Men 60--1. Zigurds Irbe, Latvia 15:21.87 2. Francisco Gonzalez Martin, Spain 15:43 3. Dave Stevens, GB 16:11 Men 65--1. George Chaplin, GB 16:14.30 2. Douglas Fotheringham, GB 16:40 Men 70--1. Terry Simons, GB 17:52.07 Men 75--1. Charles Coleman, GB 18:57 Men 80--1. James Grimwade, GB 19:51 Women 35--1. Sylvia Black, GB 13:52.12 Women 40--1. Cath Reader, GB 16:3;7.02 2. Monika Schwantzer, Austria 17:15 Women 45--1. Ann Lewis, GB 16:16.47 2. Lynne Newton, GB 16:53 Women 50--1. Michele Steiner, Switz. 16:44.57 Women 55--1. Waltraud Seiler, Germany 15:58.47 Women 60--1. Josette Sommier, France 17:22.44 Women 65--1. Beryl Randle, GB 18:13.26 Women 80--1. Nora Wedemo, Sweden 24:28**

### Competition in the ancient sport of heel-and-toe walking is available at these sites:

Mon. June 9 1500 meters, St. Louis (CC)  
5 Km, Long Branch, N.J. (A)  
Fri. June 13 5 Km, Fremont, Wash., 7 pm (C)  
Sat. June 14 **USATF National Women's 10 Km, Indianapolis, 8 am (DD)**  
5 Km, Hebron, Ill. (S)  
5 Km, Atlanta (D)  
5 Km, Denver, 8:30 am (H)  
10 Km, Longmont, Col., 8 am (H)  
Masters 5 Km, Los Gatos, Cal. (R)  
Sun. June 15 **USATF National Men's 20 KM, Indianapolis, 7:30 am (DD)**  
5 and 10 Km, Dearborn, Mich. (Z)  
New Mexico 5 Km Champ., Albuquerque (W)  
Mon. June 16 5 Km, Long Branch, N.J. (A)  
3 Km, St. Louis (CC)  
Wed. June 18 Women's 1 Mile, Holmden, N.J. (A)  
Sat. June 21 **USATF National Junior 5 Km and 10 Km, Dayton, Ohio (DD)**  
Empire Games 5 and 10 Km Qualifiers, Kings Point, Long Island (F)  
10 Km, Chicago (S)  
5 and 10 Km, Pasadena, 5:30 pm (B)  
1 Hour, Marin, Cal., 7:30 am (P)

Ontario Men's 10 Km, Women's 5 Km Champ., Toronto (FF)  
Sun. June 22 **USATF National Junior and Women's 20 Km, Men's 30 Km, Albany, N.Y. (EE)**  
Colorado State Games 5 Km, Denver, 7:30 am (H)  
1 Hour, Marin, Cal., 7:30 am (P)  
Mon. June 23 5 Km, Long Branch, N.J. (A)  
5 Km, St. Louis (CC)  
Sat. June 28 Michigan 5 Km Championship, Charlevoix (Z)  
3 Km, Medford, Mass., 5 pm (N)  
5 Km, Eugene, Ore. (C)  
5 Km, Lakewood, Col., 8 am (H)  
Sun. June 29 5 Km, Chicago (S)  
5 and 10 Km, Dearborn, Mich. (Z)  
West Regional Master's 1 Mile Champ., Sacramento, Cal. (E)  
Mon. June 30 5 Km, Long Branch, N.J. (A)  
3 Km, St. Louis (S)  
July 2-6 USATF National Youth Championships, Orlando, Fla. (DD)  
Fri. July 4 5 Km, Champaign, Ill. (S)  
3 Mile, Redwood City, Cal. (AA)  
5 Km, Evergreen, Col., 8 am (H)  
8 Km, Denver, Col., 8:30 am (H)  
Sun. July 6 5 Km, Marin, Cal., 8 am (P)  
1500 Meters, Fitchburg, Mass., 11 am (N)  
Mon. July 7 5 Km, Long Branch, N.J. (A)  
1600 Meters, St. Louis (CC)  
Sat. July 12 Eastern Regional Masters 5 Km, Orono, Maine (N)  
**USATF National 10 Km (Road), Niagara Falls, N.Y. (G)**  
3.3 Miles, Seattle, 8:15 am (C)  
5 Km, Denver, 8 am (H)  
Sun. July 13 8 Km, Shakamak State Park, Indiana (V)  
5 and 10 Km, Dearborn, Michigan (Z)  
Mon. July 14 5 Km, Long Branch, N.J. (A)  
1500 meters, St. Louis (CC)  
Wed. July 16 3 Km, Hammond Highland, Indiana (V)  
Thu. July 17 1500 meters, Cedarville, Ohio (M)  
Sat. July 19 5 Km, Seattle (C)  
3 Km, Cambridge, Mass., 9 am (N)  
5 Km, Denver (H)  
Sun. July 20 5 Km, Marin, Cal. (P)  
5 Km, Ft. Collins, Col., 8 am (H)  
Mon. July 21 5 Km, Long Branch, N.J. (A)  
Thu. July 24 5 Km, Denver, 6 pm (H)  
Sat. July 26 5 Km, Atlanta (D)  
5 Km, Indianapolis, Indiana (V)  
15 Mile Endurance Walk, 5 mile fitness walk, 50 Mile Walk Relay, Portland, Ore. (C)  
Sun. July 27 5 and 10 Km, Dearborn, Mich. (Z)  
Doc Trip 5 and 10 Km, Broomfield, Col., 8 am (H)  
Mon. July 28 5 Km, Long Branch, N.J. (A)



Sat. Aug. 2 5 Km, Potato Creek State Park, Indiana (V)  
 Mon. Aug. 4 5 Km, Long Branch, N.J. (A)  
 Aug. 7-10 USATF National Masters 5, 10 and 20 Km, San Jose, Cal. (I)

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#### FROM HEEL TO TOE

Harry Siitonen translated the following from the April 30, 1997 issue of the Finnish-American weekly newspaper *Raivaaja* (Pioneer): "Leo Sjogren was born in Helsinki, Finland on April 3, 1914. He died in Los Angeles on February 21, 1997. Sjogren was a merchant seaman with many interests, with athletics above anything else. Many Finnish track and field athletes remember Sjogren fondly. His home in California was always open to Finnish athletes, Jaska Tuominen, who was one of Sjogren's admirers, informs us. War and fate made this Helsinki boy an American. As a seaman on a Finnish merchant ship, he was interred in New York. (Finland was a World War II military ally of Germany.--HS) But, because of his work skills, he was released and thus became an American. Leo Sjogren was also a famous racewalker. He kept in touch with Paavo Saira in Finland, also a racewalker and an artist who created colorful paintings. (The late Paavo Saira of Helsinki was Finland's top mid-twentieth racewalker, a predecessor to Reima Salonen, and, now, Valentin Kononen.--HS) Paavo Nurmi was also a good friend. On two

occasions, Leo A Sjogren represented the USA in the Olympics at 50 Km--at Helsinki in 1952 and at Melbourne in 1956. (Ed. Leo won nine national titles during his career--all at an age when he should have passed his peak. He won the 50 for four years in a row, starting in 1952 when he was 38. He also won three titles at 35 Km (1954, 1955, and 1958) and two at 30 (1954 and 1957). His final 50 Km title in 1955 was in 4:30:57, a time not exceeded in a national until Larry Young did 4:12:12 in 1968, but the course was suspect and that time was never accepted for inclusion on all-time lists. Leo opened his home not only to Finnish athletes, but to U.S. racewalkers. I journeyed to L.A. in 1962 for the National 30 Km and accepted Leo's gracious hospitality, as did Ron Laird and John Allen, who had thumbed across the country, all of us looking for an easy National. That was my first exposure to a sauna, naturally a part of Leo's dwelling. I hadn't heard anything of Leo for some time until this notice of his death and don't know if he still had any contact with the racewalking community in Los Angeles. If not, it was their loss, for here was a fine man.) . . . Speaking of 50 Km titlists, a distinct honor has come to 1970 winner John Knifton. John was voted the 1998 Paul Rylander Award of the Organic Reaction Catalysis Society for his "many contributions in synthesis gas chemistry as well as in the synthesis of organic chemicals via both homogeneous and heterogeneous catalysis" (with) "many scientific publications, patents, and commercialized processes." The official presentation is in March, 1998 in New Orleans. John who competed for the New York AC, has lived in Austin, Texas for many years and still competes successfully in local races on occasion. He was on U.S. World Cup teams in 1970, 1973, and 1975 (the latter at 20 Km), finishing 14th in 1973 with his best-ever 50 of 4:16:49. He won a total of 14 national titles at distances from 10 to 50 Km. . . A note from IAAF Chairman Bob Bowman informs us that the team scores for the World Cup races have been further corrected. Bob explains: "The scorers neglected to ignore those finishers whose team did not start three walkers. They gave them points (e.g., Perez of Ecuador), but then ignored them as a team. That is why I originally totaled the missing teams' points. However, we now feel that, according to the World Cup Regulations, only teams that start at least three in a race can count in the team results. This is the first time individuals were allowed to enter and the computer system wasn't fully adjusted accordingly. It didn't affect the final standings much--only the points per team." With that in mind, we won't bother to print the latest and official team standings. We will just tell that what you have in last month's issue is somewhat short of correct. . . Here is a nice kudo for our parent sport, track and field, from the May 12 edition of *Soccer America*. If you are familiar with soccer, you will know the name Johan Cruyff, legendary Dutch star of the '70s and early '80s, now a highly respected coach. In describing how a player must show something special beyond being just good to raise his goosebumps, Cruyff notes: "Edwin Moses is a great example. To win more than a hundred consecutive races is a real achievement. Because when you win that many, it probably becomes a bit of a habit. What made Moses special, though, was not just winning, but setting a world record on a Wednesday and then breaking it the following Sunday." It's always nice to see the superstars of one sport recognizing, and even more, truly respecting, the accomplishments of athletes in other sports. Do you suppose Edwin Moses knows who Johann Cruyff is? Maybe I should ask how many of our readers know who Edwin Moses is. I guess walkers aren't always attuned to other athletes either. . . In his New Chairman's Report USATF Racewalk Committee Chairman Rich Torrellas Noted in his concluding remarks: "It will be the philosophy of this administration to raise the level of knowledge of the personal coach of the athlete as that athlete rises in ability. It is a proven philosophy that may generate the coaches we need to expand the event throughout the nation. . . It is time to put our best foot forward and send our best teams and not just "the next in line." Our past qualifying system was a holdover from a time when nations sent full teams regardless of the quality of the competitor. We had been one of the few nations without qualifying standards. Time has proven to be a motivator in the past and will be so once again if a full team is to be fielded. With international competitions a continued interest among our athletes, I will continue in the role of meet contact. It not only follows proper protocol but also

facilitates athlete entry, pick-up and housing of our athletes. Both the meet director and athlete have found this process successful and, thus, will be the one followed. Any elite athletes who intend to compete abroad should contact me at least four to eight weeks prior to the competition. The more time the meet director has, the better." . . . From a report by Tom Eastler, updating a Maine high school racewalk demonstration program: "In the first two years of this program, the 1600 meter racewalk was contested only at the local and regional levels as a demonstration event; in this, the final year of the demonstration, the event will be contested at all levels, including the state meets. During the first two years of the non-scoring event, videotapes of racewalk officiating supplied by the National Committee, and Martin Rudow's new text on *Advanced Race Walking* were delivered or mailed to nearly all of the high schools in the state. Clinics were held around the state to demonstrate how to coach the event, and how to officiate. It was found that combining both boys and girls in the same race, and contesting that event as the first event of the meet (while hurdles were being set up) added almost no time to the meet, thereby bypassing the common complaint that new events add more time to an already overloaded schedule of events. The judges for each race were taken from the finish line timers, who, in general, appreciated the additional responsibility, and who turned out to be excellent judges. The timers, who usually represent each of the schools competing, looked for blatant infractions, and gave the benefit of any doubt as to legality to the athlete. In March, Michelle and Mike Rohl were brought to Maine, with assistance from both the National and State Racewalk committees, to address the annual meeting of the Maine Track and Cross-Country Coaches Association. The three-day meeting centered around clinics in running, jumping, throwing, and racewalking. Michelle and Mike met informally with the coaches on Friday night, and presented a fabulous clinic on Saturday afternoon. About 45 coaches attended the clinic and were captivated for an hour while the two traded speaking and demonstrating back and forth in a most effective way. They had prepared themselves with knowledge of the Maine high school track and field program, related what they were doing to running and to field events, explained what type of athlete makes a great walker, and generally wowed the audience in a most favorable way. What a team!!! I was deeply moved by how well they did, and how well they were received. Compliments still keep coming in about that clinic, as well as requests for mini-clinics to be held in several parts of the state. An additional 40 videotapes and books were given out at the clinic." Tom reports that a subsequent poll of coaches regard addition of the walk to the program got about 100 replies from 380 letters sent out, with a 72 percent yes vote. An actual vote of the association is to be held in June. . . Apologies for being a few days late with this, but you were warned. Also note that I am four pages short of the usual size, that to prevent another day delay (and because I am lazy after getting back from vacation). Marty and I had a fabulous two weeks in New Hampshire, despite some cool, rainy weather. Lots of solid hiking in the White Mountains, including a few treks through snow. Actually, we had to abandon one trail because there was too much ice and snow. We may have made it up, but would have risked broken necks getting back down in our aged, decrepit condition. Anyway, it was primarily a hiking vacation, and it was great.

## LOOKING BACK

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

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

**25 Years Ago** (From the May 1972 ORW)--Larry Young topped the news with an American record 20 Km on the track in Columbia, Missouri and a win in the Western Hemisphere 20 Km in Sharon, Pa. Larry had 1:30:10 in the Columbia race. At Sharon six days later, he had no trouble winning in 1:31:59 on a tough, and maybe slightly long course. Ron Daniel was second in 1:37:18, followed by Floyd Godwin, and Canadians Marcel Jobin and Pat Farrelly. Steve Hayden covered the same course in 1:41:22 to win a preliminary race from Karl Merschensch (Can.), Jack Mortland, and Alex Oakely (Can.). . . Daniel won the Seaside Heights 10 miler in 1:14:15, nearly 3 minutes ahead of Dave Romansky, but Dave turned the tables in the Martin Luther King Games 1 mile to win in 6:20.5. . . Tom Dooley did 2:29:34 for 30 Km on the track and Todd Scully had a 4:32:25 for 50 Km. . . Dooley and Bob Kitchen finished together in 1:31:52 for a track 20 Km and Goetz Klopfer had 4:27:28 for 50 Km on the track.

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

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