

Dow Sets 20 Km Record: Morgan Wins 30

Albany, N.Y., May 3--Joanne Dow won the USATF National Women's 20 Km race today and took nearly a minute off Victoria Herazo's American record in the process. Dow covered the distance in an outstanding 1:34:46, leaving Theresa Vaill 1:40 behind. Herazo, whose old record was 1:35:40, was well back in third. Michelle Rohl, the pre-race favorite, was DQ'd, but we have no details on where she was in the race when tossed.

Commenting on the race, Dow noted: "I have not really been training for the 20. I have just been training. I think I have a little cumulative effect from last year. It was really my first solid year of being healthy and I think I'm reaping rewards of strength from that. I certainly did not expect to do the time I did." At 34, Dow was the youngest of the five finishers. Rohl is 32.

In the accompanying men's National 30 Km, Gary Morgan held off Mike Rohl for the win in 2:25:37. Rohl was just 44 seconds back at the finish. As in the women's race, there were only six starters, with one DQ and one DNF.

The accompanying master's races were much better attended. Janet Comi edged Gayle Johnson in the women's race with a 2:01:11. Johnson had 2:01:35. Here, there were nine starters and seven finishers. In the men's 30, Bob Keating upset Jim Carmines, finishing 45 seconds ahead in 2:47:57. Dave Romasny, now 60, was not far back in third. There were 18 starters with two DQs. The results:

Women's 20 Km--1. Joanne Dow (34) Bedford, N.H. 1:34:46 2. Theresa Vaill (35), Pine Plains, N.Y. 1:36:26 3. Victoria Herazo (38) Las Vegas 1:41:16 4. Dorit Attias (36), Lakewood, N.J. 1:56:46 5. Marcia Gutsche (36), Newton, Mass. 2:01:32 DQ--Michelle Rohl (32)

Women's Masters 20 Km--1. Janet Comi (44) Erie, Penn. 2:01:11 2. Gayle Johnson (49), Columbia, Mo. 2:01:35 3. Gloria Rawls (41), Mountaintop, Penn. 2:03:08 4. Lee Chase (44), S. Glastonbury, Conn. 2:05:08 5. Jeanne Bocci (55), Grosse Pointe, Mich. 2:23:46 6. Nadya Dimitrov (47), Smithtown, N.Y. 2:24:28 7. Donna Kilgore (44), Lancaster, Penn. 2:35:23 DNF--Debbie Benton (40), Dearborn, Mich. DQ--Elton Richardson (59), New York City

Men's 30 Km--1. Gary Morgan (38), Clarkson, Mich. 2:25:37 2. Mike Rohl (33), Wisconsin 3. John Soucheck (32), Little Silver, N.J. 2:38:10 4. Ed Fitch (37), Mechanisburg, Ohio 2:57:49 DNF--Rob Cole (28), Croton, N.Y. DQ--Gregory Dawson (31), St. James, N.Y.

Men's Masters 30 Km--1. Robert Keating (51), Nashua, N.H. 2:47:57 2. Jim Carmines (54), Cumberland, Penn. 2:48:42 3. Dave Romasny (60), Pennsville, N.Y. 2:50:32 4. Max Green (66), Taylor, Mich. 2:59:12 5. Joe Light (50), Westerly, R.I. 3:01:52 6. Bob Barrett (64), Yonkers, N.Y. 3:06:47 7. Norm Frable (52), McKinney, Ken. 3:07:32 8. Lon Wilson (51), Bronx, N.Y. 3:12:48 9. John Jurewicz (47), Boston 3:17:44 10. Bob Minn (73), Willingboro, N.J. 3:19:44 11. James McGrath (61), Medford, N.Y. 3:23:03 12. Ronald Shields (55), Bain, Penn. 3:23:46 13. Benno Stein (60), Brooklyn, N.Y. 3:30:56 14. Larry Freeman (56) Newport, Penn. 3:39:52 15. Tim Dyas (77), Ridgewood, N.J. 3:54:14 16. George Solis (66), Los Angeles 3:54:59 DQ--Pat Bivona (57), New York and James Win, Jr. (62), Prattsville, N.Y. Judges: Gary Westerfield (chief), Stella Cashman, Bill Hogan, Marcia Shapiro, Maryanne Torrellas, Derek Burhans, and Avram Shapiro.

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. No FAX number or E mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

Lawrence, Seaman Lead Way In 15 Km

Elk Grove Village, Ill., May 24--After a race long dual, Tim Seaman proved too strong and swift for Curt Clausen at the end as he won the USATF National 15 Km racewalk today. In the women's race, Debbi Lawrence dominated from the start and added to her long list of national titles with Victoria Herazo a distant second.

The men dawdled through the first 5 Km with Seaman and Clausen leading in 23:06. Andrew Hermann and Michael Rohl went through in 23:07, a second ahead of Jonathan Matthews, competing in the master's division. The two leaders stepped up the pace considerably over the next 5 Km, passing 10 Km in 44:13 (21:07 split). This left Hermann 44 seconds back, but 22 seconds ahead of Matthews, who led Rohl by 8 seconds. When Seaman accelerated further on the final 5 Km, the favored Clausen didn't have the answer. Tim's 20:33 split carried to him a 1:04:46 clocking, 9 seconds clear of Curt. Hermann finished in 1:07:19 and Matthews in 1:07:41, a New U.S. 40-44 record.

Lawrence slowed gradually through the race, but pulled steadily away from Herazo to win by 2 1/2 minutes in 1:13:24. Her first 5 of 23:45 was close to the leading men.

In the master's race, national coach Bohdan Bulakowski and Jim Carmines were hardly up to Matthews pace, but were impressive nonetheless. Bohdan won the 45-49 group in 1:14:38, but finished just three seconds ahead of Carmines, who won in 50:54. Then there was Max Green, still blistering the pavement at 66, as he won the 65-59 group in 1:24:26, accelerating throughout the race. Sandra DeNoon won the women's master's race with an impressive 1:23:23. The results: **Senior Men:** 1. Tim Seaman (26) 1:04:46 (23:06, 44:13) 2. Curt Clausen (30) 1:04:55 (same splits) 3. Andrew Hermann (27) 1:07:19 (23:07, 44:57) 4. Michael Rohl (33) 1:09:09 (23:07, 45:27) 5. Douglas Johnson (38) 1:21:50

Senior Women: 1. Debbi Lawrence (36) 1:13:24 (23:45, 48:04) 2. Victoria Herazo (38) 1:15:54 (24:29, 49:48) 3. Cheryl Rellinger (32) 1:17:16 (26:02, 51:43) 4. Danielle Kirk (24) 1:18:15 (25:02, 51:04) 5. Lisa Sonntag (34) 1:21:35 6. Margaret Ditchburn (24) 1:25:38 7. Kathy McCary (33) 1:34:05

Masters Men: 40-44--1. Jonathan Matthews (41) 1:07:41 (23:08, 45:19) 2. Damon Clements (41) 1:33:43 3. Donald Peterson (40) 1:38:20 4. Rick Meyers (43) 1:38:20 45-49--1. Bohdan Bulakowski (48) 1:14:38 (24:55, 49:52) 2. Mike DeWitt (47) 1:19:12 3. Art Klein (45) 1:31:39 4. Mark O'Donnell (46) 1:37:34 50-54--1. Jim Carmines (54) 1:14:41 (24:27, 49:29) 2. Rich Friedlander (54) 1:20:28 3. Richard McGuire (50) 1:22:37 4. Max Walker (51) 1:24:15 5. Norm Frable (52) 1:25:11 6. Eric Hedges (51) 1:49:39 55-59--1. Don Mowles (55) 1:29:49 2. Ronald Shields (55) 1:31:45 3. Larry Freeman (56) 1:40:34 4. Bernie Finch (58) 1:42:44 60-64--1. Paul Johnson (60) 1:27:42 2. Cedric Hustace (64) 1:44:38 65-59--1. Max Green (66) 1:24:26 (28:58, 57:00) 2. Matt Rutyna (66) 1:32:04 3. Bob Stewart (65) 1:38:48 DQ--Jack Starr (69) 75-79--1. Paul Geyer (78) 2:04:00

Masters Women: 40-44--1. Sandra DeNoon (42) 1:23:23 (26:29, 54:53) DQ--Kathy Finch 45-49--1. Gayle Johnson (49) 1:29:55 2. Debbie McLaughlin-Tophan (45) 1:31:13 3. Jackie Reitz

(49) 1:31:16 4. Sheryl Sunman (47) 1:43:05 50-54--1. Kathleen Frable (52) 1:39:28 2. Pat Walker (50) 1:58:29 55-59--1. Janet Higbie (56) 1:39:00 2. Dorothy Withem (56) 1:46:59 60-64--1. Sami Bailey (61) 1:38:47 65-59--Jo Presser (69) 2:08:01

10 Km, same place--1. Michael Burris (51) 59:07 2. Lynn Tracy (1st woman) (45) 59:11 **5 Km, same place--**1. Matthew DeWitt (18) 23:59 2. Danny Vogel (37) 25:43 3. Bill Reed (45) 25:52 4. Teresa Aragon (37) 28:03 5. Alfred DuBois (66) 29:13 6. Jonathan Udesky (42) and Ron Winkler (47) 29:57 8. Paul Regul (9) 30:16

Mortland Racewalks, Yellow Springs, Ohio

May 10 (by Vince Peters)--The USAT&F North Region and Ohio 20 Km Championships were decided today at the 11th Annual Jack Mortland Racewalks. For the men, the winner was veteran Jonathan Matthews, 41, who covered the first of ten 2 Km loops in 8:55 to establish a comfortable lead over Dan O'Brien, a three-time winner of the event in the early '90s. Matthews held the pace for three laps, before succumbing to a surprisingly hot and sunny Mother's Day morning, but still finished in 1:33:23. O'Brien yielded the runner-up spot to Chris Knotts after 6 Km and eventually dropped out after 16 Km.

For the women, it was first-time 20 Km walker, Jill Zenner (23), now a graduate student at Purdue, who captured the gold. Zenner, a graduate of nearby Cedarville College and now competing for the host Miami Valley TC, broke one of the four racewalk records set on the day with her 1:43:07 victory, after a race-long dual with men's runnerup Knotts. Runner-up Cheryl Rellinger also broke Sami Bailey's old record with a solid 1:48:41.

Zenner also lost a record, as Kansas City's Emma Carter won the 5 Km race in 23:59, a personal record. Emma, representing the Merriam TC, but still a citizen of New Zealand, qualified to represent that nation in this summer's World T&F Championships. Runnerup was 14-year-old Liz Paxton of the Policettes TC in 27:48. The 5 Km record also fell for men as Ed Fitch won in 26:53. At 10 Km, Samantha Cohen, University of New York-Albany, won the women's race in 52:13 and Scott Crafton led the men in 50:49. The 20-Km team title and \$150 went to the Indy Walkers who led the Miami Valley TC by 4 minutes. Results:

Women's 20 Km: 1. Jill Zenner 1:43:07 2. Cheryl Rellinger 1:48:41 3. Abigail Oliver 2:10:49 4. Sami Bailey 2:17:48 5. Janet Higbie 2:17:51 6. Cheryl Sunman 2:21:38 **Men's 20:** 1. Jonathan Matthews 1:33:23 (45:47 at 10) 2. Chris Knotts 1:43:04 (51:33) 3. Jerry Muskal 1:52:52 4. Al Cowen 1:59:10 5. Ray Everson 2:07:56 6. Rick Meyers 2:13:40 7. Bob Stewart 2:21:33

Women's 10 Km: 1. Samantha Cohen 52:13 2. Carrie Thompson 1:04:00 3. Sara Coil 1:14:52 **Men's 10 Km:** 1. Scott Crafton 50:49 2. Dan Dalton 54:00 3. Jack Blackburn 60:57 4. William Flick 64:54 5. Jim Murphy 67:58 6. Donald Mackey 68:47 **Women's 5 Km:** 1. Emma Carter 23:59 2. Elizabeth Paxton 27:48 3. Christina Moore 32:27 4. Gail Brandenburg 33:10 5. Ruth Everson 33:14 6. Margaret Walker 36:31 7. Tina Peters 39:02 **Men's 5 Km:** 1. Ed Fitch 26:53 2. Eric Smith 29:00 3. Jack Mortland 32:19 4. Gunter Sprockhoff 38:46

1997 National Postal 1 Hour Racewalk

The Shore AC once again sponsored a National Postal 1 Hour in 1997 and is doing so again this year. For this year, you can have your races any time through Dec. 31. Races must be on a certified 400 meter or 440 yard track with a minimum of three judges on hand. Every walker in the world is invited to take part. Entry forms are available from Elliott Denman, 28 North Locust Avenue, West Long Branch, NJ 07764.

The 1997 compilation of all results saw three new individual records. Ruth Eberle added 13 meters to her 1996 record in women's 65-69 going 9,473 meters. Dave Roamnsky was most impressive with his 12,027 meters in men's 55-59, adding 492 meters to his 1995 record (and this in his last year in the class). And in 65-59, Jack Bray added 27 meters to Bob Mimm's 1990 mark. Celebrating his birthday in mid-year, Jack also won the 60-64 class with a mark made before his birthday. Jack's Marin Racewalkers won the over-all team crown with 41 walkers, 9 more than the Potomac Valley Walkers put on the track.

In all, 122 men walked 1,137,263 meters and 101 women 842,823 meters, for a total of 223 athletes walking 1,980,086 meters.

So, here are the 1997 results by class:

Girl's 11-14--1. Stephanie Bean, Salem (Ore.) TC 9776 meters 2. Annanda Bergerron, West Maine Walkers 8,865 (6 finishers) **Girl's 15-19**--1. Nicole Lewin, Chicago Walkers 8,493 2. Richelle Beard, Potomac Valley TC 8,124 (6 finishers) **Women's Open**--1. Victoria Herazo, Cal. Walkers 11,934 2. Gretchen Eastler-Fishman, W. Maine Walkers 11,804 3. Mary Kirk Cunningham, Pot. Valley TC 4. Ann Gerhardt, Sierra RW 10,258 5. Elton Richardson, Walk USA 10,186 6. Christine Vanoni, Front Range Walkers 10,005 7. Stephanie Bean, Salem TC 9,776 8. Jolene Steigerwalt, Cal. Walkers 9,772 9. Diane Graham-Henry, Chicago Walkers 9,707 10. Anne Gonella, Shore AC 9,700 11. Nancy Goldman, Chi. Walkers 9,600 12. Sue Laks, Racewalkers NW 9,535 13. Karen Olson, Marin RW 9,439 14. Wals Tichy, Pegasus Walkers 9,385 15. Monica Rief, Worcester, Mass. 9,012 16. Lisa White, Northeast Walkers 8,896 (25 finishers) **Women 40-44**--1. Virginia Fong, Marin RW 9,387 2. Maureen Robinson, NE Walkers 8,928 **Women 45-49**--1. Gerhardt 2. Vanoni 3. Goldman 4. Laks 5. Ann Lee, Marin RW 9,005 6. Donna Green, Chi. Walkers 8,934 7. Christi Elniff, Marin RW 8,673 8. Posie Carrol, Marin RW 8,665 9. Sheila Danahey, NE Walkers 8,561 (17 finishers) **Women 50-54**--1. Steigerwalt 2. Graham-Henry 3. Kathy Frable, Pot. Val. TC 8,245 4. Patricia Pulley, Marin RW 8,982 5. Annie Montgomery, NE Walkers 8,567 6. Kathy Smart Shenendoah Val. Walkers (Vir.) 8,516 7. Dixie James, Marin RW 8,256 8. Carolyn Rose, Marin RW 8,189 9. Nancy Mackola, Chi. Walkers 8,123 10. Darlene Backlund, Connel TC (Mass.) 8,029 (14 finishers) **Women 55-59**--1. Richardson 2. Lois Dicker, Pot. Val. TC 9,376 3. Doris Cassels, Marin RW 9,202 4. Donna Andrews, Marin RW 9,117 5. Patricia Morgan, Racewalkers NW 9,002 6. Phyllis Abbate, Marin RW 8,753 7. Marjorie Garner, Marin RW 8,603 8. Eva Dubnoff, Cal. Walkers 8,300 9. Marcia Shapiro, Shore AC 8,230 10. Norma Hadnutt, Marin RW 8,053 (16 finishers) **Women 60-64**--1. Maurine Lia, RW Club of St. Louis 9,451 2. Shirley Dockstader, Marin RW 9,337 3. Katie McIntyre, Cal. Walkers 8,838 4. Jeanne Shepardson, NE Walkers 8,833 5. Shirley Capps, S. Cal. Walkers 8,630 6. Anne Whittaker, Racewalkers NW 8,077 7. Rachel Beaudet, NE Walkers 8,012 8. Linda Burnett, Marin RW 8,012 (11 finishers) **Women 65-59**--1. Ruth Eberle, RWCSL 9,473 2. Bonnie Vaughan, Silver Striders 7,900 3. Grace Moreman, Golden Gate RW 7,572 4. Lorelei Ruben, Mass. 7,449 (9 finishers) **Women 75-59**--1. Louise Stutsman, Marin RW 6,834 **Women 80-84**--1. Mary Latham, Pot. Val. TC 6,483 **Women 85 and up**--1. Dorothy Roberts, Marin RW 6,638 **Boy's 11-14**--1. Joe Rehling, RWCSL 8,889 **Boy's 15-19**--1. Peter Brown, W. Maine Walkers 9,876 **Men's Open**--1. Curt Clausen, Shore AC 13,457 2. Tim Seaman, NYAC 13,405 3. Gary Morgan, NYAC 13,190 4. Warrick Yeager, Vir. 12,567 5. James Carmines, Pot. Val. TC 12,164 6. Steve Pecinovsky, PVTC 12,086 7. Keith Luoma, PVTC 12,077 8. Dan O'Brien, Pegasus Walkers 12,033 9. Dave Romansky, Shore AC 12,027 10. Curt Sheller, Shore AC 11,716 11. Gharfara Abderrezak, Marin RW 11,640 12. Ioan Froman, Wolverine Pacers 11,585 13. Richard McGuire, Chicago Walkers 11,493 14. Rob Frank, Racewalkers NW 11,441 15. Robert Keating, Northeast Walkers 11,305 16. Brian Savilonis, NE Walkers 11,305 17. Jack Lach, Shore AC 11,231 18. Norm Frable, PVTC 11,168 19. Jack Bray, Marin RW 10,941 20. John Hunyadi, Pegasus 10,880 21. Alan Price PVTC 10,841 22. Shoja Torabian, Marin RW 10,826 23. Joe Light, Shore AC 10,813 24. Doug Vermeer, Racewalkers NW 10,612 25. Mike

Blanchard, Front Range Walkers 10,323 26. Timothy Good, PVTC 10,236 27. Erik Litt, Shore AC 9,859 28. Kevin Olson, Marin RW 8,992 29. Carl Angevine, Pegasus 8,810 **Men 40-44**--1. Yeager 2. Pecinovsky 3. Sheller 4. Vermeer 5. James Cohen, Racewalkers NW 10,345 6. Steve Lipe RWCSL 10,141 7. Paul Cajka, PVTC 10,055 8. Art Klein, Santa Cruz TC 9,917 9. John Costello, NE Walkers 9,835 10. Bryan Winter, Marin RW 9,828 (12 finishers) **Men 45-49**--1. Frank 2. Savilonis 3. Torabian 4. Tom Quattrocchi, Shore AC 10,350 5. Robert Ullman, NE Walkers 10,222 6. Scott Richards, Front Range 10,097 7. Larry Titus, Conn. RW 9,673 8. Tim Staats, Cal Walkers 9,658 9. Stanley Sosnowski, NE Walkers 9,655 10. Steve Smeisner, Racewalkers NW 9,343 11. James Wass, PVTC 9,190 (14 finishers) **Men 50-54**--1. Carmines 2. McGuire 3. Keating 4. Lach 5. Frable 6. Price 7. Light 8. Ron Shields, PVTC 10,400 9. George Fenigsohn, PVTC 10,140 10. Malcolm Hall, Shore AC 9,841 11. Ed Dunphy, Shore AC 9,789 12. Richard Jirousek, PVTC 9,684 13. Victor Litwinski, PVTC 9,663 14. Eric Hedges, RWCSL 9,568 15. John Gersh, PVTC 9,447 16. John Doane, Santa Cruz TC 9,256 (23 finishers) **Men 55-59**--1. Romansky 2. Jim Stuckey, Marin RW 10,228 3. Gordon Pitx, RWCSL 9,983 4. John Schulz, Marin RW 9,909 5. Thomas Knatt, NE Walkers 9,813 6. Bernie Finch, Wolverine Pacers 9,515 7. Larry Freeman, PVTC 9,393 (15 finishers) **Men 60-64**--1. Bray 2. Bob Barrett, Park RW 10,380 3. Carl Acosta, Walkers Club of LA 10,210 4. Paul Johnson, Ft. Smith Road 10,100 5. Lee Duffner, Florida AC 10,093 6. Ben Ottmer, Shore AC 9,729 7. Jonathon Johnson, Cal Walkers 9,256 8. Leon Glazman, Cal Walkers 9,179 (12 finishers) **Men 65-69**--1. Bray 10,694 2. Jack Starr, Philly Area Striders 10,147 3. John Kelly, Cal Walkers 9,769 4. Mike Michel, Polk Co. Striders 9,731 5. Sal Corrallo, PVTC 9,333 6. William Moremen, Golden Gate RW 9,187 8. Louis Free, Conn. Walkers 8,940 (14 finishers) **Men 70-74**--1. Bob Mimm, Shore AC 9,713 2. Albert Goldman, Chi. Walkers 8,406 (6 finishers) **Men 75-79**--1. Howard Channell, Front Range 8,800 2. Tim Dyas, Shore AC 8,468 3. John Levinson, Marin RW 8,073 4. Herman Arrow, Marin RW 7,821 (9 finishers) **Men 80 and up**--1. Harry Drazin, Shore AC 6,981 **Women's Open Teams**: 1. California Walkers 30,516 (Herazo, Steigerwalt, Halford) 2. Potomac Valley A 29,341 (Cunningham, Dicker, Frable) 3. Western Main 28,487 (Eastler-Fishman, Berggrom, Elman) 4. Chicago Walkers 28,241 5. Marin RW A 28,163 (25 teams) **Men's Open Teams**--1. Shore AC A 37,200 (Clausen, Romansky, Sheller) 2. Potomac Valley TC A 36,327 (Carmines, Luoma, Pecinovsky) 3. Marin RW A 33,407 (Charfara, Bray, Torabian) 4. New England Walkers 33,358 (Keating, Savilonis, Light) 5. Potomac Valley B 32,409 (Frable, Price, Shields) 6. Racewalkers NW 32,398 (Frank, Vermeer, Cohen) (32 teams)

Other results:

8 Km, Westerly, R.I., April 26--1. Brian Savilonis (47) 42:17 2. Stan Sosnowski (48) 43:47 3. Larry Titus (48) 46:07 4. Robert Ullman (49) 46:24 5. Lee Chase (44) 46:28 6. Bill Harriman (51) 46:36 7. John Jurewicz (47) 57:50 8. Jeanne Shepardson (64) 51:41 (20 finishers) **Boston Marathon, April 20** (Unofficial racewalking division)--1. Bob Keating 4:27:31 2. Benno Stein 5:03:34 3. Ken Mattsson 5:07:26 4. Patrick Bivona 5:09:51 (11 reported finishers) **Metropolitan 10 Km, New York City, April 19**--1. Gary Morgan 46:26 2. Glenn Osten Anderson (18) 49:07 3. Patrick Ryan (16) 49:16 4. Rob Cole 50:11 5. Paul Schwartzburg 52:17 6. Marykirk Cunningham 52:51 7. Gary Null (53) 53:13 8. Michael Korol 53:32 9. Robert Finn (17) 55:03 10. Loretta Schuellin 55:04 11. Bruce Logan 56:51 12. Richard Harper (48) 56:55 13. Byacheslav Troshkin (49) 57:25 14. Bob Barrett (65) 57:28 15. Sherwin Wilk (59) 58:38 17. Elton Richardson (59) 58:44 18. Lon Wilson (50) 59:05 19. Gary Tubb (47) 61:13 20. Rifkhat Sultanov (53) 63:16 (37 finishers, 2 DQs) **Penn Relays, Philadelphia, April 25: Men's 10 Km** 1. Jeff Salvage 47:18.56 2. Will Leggett 47:19.50 3. John Soucheck 47:25.89 4. Greg

Dawson 47:44.55 5. Hector Olmeda 47:57.89 6. Dave Michielli 49:20.39 7. Will Navarro 49:25.78 8. Josh Ginsburg 50:00.67 9. Matthew Perry 51:00.71 **Master's 10 Km--1.** Jim Carmine (54) 49:37.68 2. Dave Romansky (60) 49:41.48 (Happened to be looking back in an old ORW for something and came across my account of the 1967 National 15 Km in Berwick, Penn. This was one of Dave's early races and he matched strides with Ron Laird for the first 2 miles before dropping back to fifth at the finish in 1:13:36. (Laird won in 1:08:13.) In my comments on the race, I noted: "Romansky has only been at it for about 6 months, but did have a good career in distance running preceding his conversion. He showed a lot of guts in this race and judging from a conversation after the race has a very strong-willed and confident attitude." Not to brag, but that was one of the more insightful comments I ever made.) **Junior Men's 10 Km--1.** Chris Brooks 46:23.54 (This 18-year-old from Illinois is now a freshman at that breeding school for champions, University of Wisconsin--Parkside.) 2. Glenn Osten Anderson 46:34.97 3. Scott Crafton 48:56.51 4. Brian Colby 49:02.94 5. Ruest Jocilyn 50:18.20 6. Danny Dalton 51:09.52 7. Robert Finn 51:59.52 **Women's 5 Km--1.** Jill Zenner 23:09.91 2. Samantha Cohen 23:19.88 3. Cheryl Rellinger 24:10.31 4. Debbie Iden 25:24.05 5. Jessie Nethery 25:37.89 6. Loretta Schuellenn 26:01.34 7. Lorrie Starr 26:31.75 8. Tara Shea 27:13.15 9. Nicole Certosimo 27:17.01 10. Donna Cunningham 27:39.00 11. Vanessa McLoughlin 28:00.62 **Master's Women's 5 Km--1.** Gloria Rawls 17:04.54 2. Sherry Brosnahan 30:53.06 **Junior Women's 5 Km--1.** Lisa Kutzing 24:30.16 2. Katherine Rulapaugh 26:12.15 3. Esther Nicole 26:25.57 4. Alison Zabinski 26:31.77 5. Dana Giancaspro 26:40.78 6. Elizabeth Paxton 27:13.17 7. Shermette Dunn 27:51.01 8. Missy Hill 28:02.80 9. Christine Highland 28:05.68 10. Julie Metzger 28:48.15 11. Katalina Arboieba 29:49.62 **5 Km, Washington, D.C., April 11--1.** Victor Litwinski 30:21 **10 Km, same place--1.** Alan Price 58:47 **5 Km, Atlanta, April 18--1.** Yariv Pomeranz 24:14 **Women:** 1. Dena Sossaman 30:04 **3 Km, Alexandria, Vir., April 19--1.** Alan Price 16:45 2. Eric Maney (15) 17:20 3. James Overby (14) 18:43 **1600 meters, same place--1.** Price 8:09 **3 Km, Alexandria, May 3--1.** Alan Price 15:33 2. Eric Maney 17:58 **5 Km, Coconut Grove, Fla., April 15--1.** Rod Vargas (48) 26:09 **Women:** 1. Roswitha Sidelko (44) 27:45 **5 Km, Tropical Park, Fla., April 25--1.** Rod Vargas 27:01 2. Juan Mora (45) 27:49 3. Jose Ballester (43) 29:07 4. Philip Valentino (52) 29:26 5. Ray Goodpasture (49) 30:26 **Women:** 1. Tammie Corley 29:33 **NAIA Women's 3 Km, Tulsa, Okla.--1.** Jessie Nethery, U. of Wis.-Parkside 14:56.35 2. Deb Iden UWP 15:00.14 3. Laurie Starr, Hastings (Neb.) 15:42.42 4. Nicole Certosimo, UWP 16:03.87 5. Angie Nieth, UWP 16:05.17 6. Naomi Labrereque, Central Washington 16:22.39 7. Kathleen Stuper, UWP 17:15.69 8. Tesia Cole, Rio Grande (Ohio) 18:09.50 (Meet record 13:16.16, Jill Zenner, Cedarville, 1997) **NAIA Men's 10 Km, Tulsa--1.** Dan Casmier, Pacific Lutheran 23:41.45 2. Will Leggett, UPW 24:27.62 3. Brad Hawkins, Cen. Wash. 24:30.05 4. Beau Dowden, Huntington (Ind) 26:24.92 5. Matt Reneker, Walsh (Ohio) 27:35.89 6. Omar Nash, Lindsay Wilson (Ken.) 27:42.16 (Meet record 20:07.38, Al Heppner, USP 1997) **1500 meters, Houston, April 4--1.** Dominic Byrd (11) 8:27 **5 Km, Houston, April 5--1.** John Knifton (59) 29:45 2. John Cook (60) 30:48 **1500 meters, same place--1.** John Knifton 8:21 **7 Km, Lodo, Col., March 15--1.** Dan Pierce (41) 37:32 2. Mike Blanchard 37:34 3. Scott Richards (47) 39:31 4. Daryl Meyers (55) 41:06 5. Patty Gehrke 41:22 6. Christine Vanoni (46) 43:06 **5 Km, Littleton, Col., March 22 (Unjudged)--1.** Mike Blanchard 27:41 2. Daryl Meyers 28:31 3. Lori Rupoli (46) 29:59 **5 Km, Denver, April 8 (unjudged)--1.** Daryl Meyers 27:58 2. Christopher Lesniak (43) 28:34 3. Lori Rupoli 29:15 4. Peggy Muller (43) 31:10 (I wonder why Bob Carlson in his *Front Range Walkers News* can never get this name of one of his club members right. Peggy let me know several years ago with a renewal that there are two "i"s in her last name, and so it shows on her checks. So come on Carlson! Let's get it right. Actually, I'm just doing this because readers probably think I have been constantly repeating a typo all these years. Not that there aren't plenty of those.) **5 Km, Denver, April 11--1.** Kevin Eastler 23:10 2. Alay Yap (55) 26:27 3. Scott Richards (48) 26:43 4. Mike Blanchard 26:48 5. Lon

Schreiner (54) 28:11 6. Chris Lesniak (53) 28:37 7. Patty Gehrke 28:38 8. Marianne Martino (47) 29:57 9. Peggy Muller 29:58 10. Christine Vanoni 31:07 **4 Miles, Denver, April 26--1.** Kevin Eastler 28:37 2. Mike Rohl 28:43 3. Michelle Rohl 29:20 4. Theron Kissinger 29:33 5. Gretchen Eastler-Fishman 33:23 6. Mike Blanchard 34:48 7. Teresa Aragon 36:23 8. Daryl Meyers 37:21 9. Sally Richards (44) 37:40 10. Patty Gehrke 38:28 11. Christine Vanoni 39:40 **5 Km, Denver, April 30--1.** Mike Blanchard 26:51 2. Daryl Meyers 28:16 3. Lori Rupoli 29:40 **5 Km, Denver, May 3--1.** Daryl Meyers 28:15 2. Lori Rupoli 29:31 3. Bob Newman (54) 29:57 **5 Km, Albuquerque, April 19--1.** Mike Rohl 22:02 2. Michelle Rohl 22:39 3. Theron Kissinger 22:44 4. Art Ortega 26:44 5. Mark Adams (59) 27:01 6. Teresa Aragon 27:46 7. Alex Woelper (40) 28:47 8. Don Towner (51) 29:42 (22 finishers) **5 Km, Las Vegas, April 18--1.** Margaret Govea 27:33 2. Yuelan Chen 28:40 3. Karen Bartolo 29:55 (12 finishers) **Men--1.** Mark Green 21:56 2. Mike Stauch 24:27 3. Dave Crabb (50+) 26:59 4. Carl Acosta (60+) 29:27 (8 finishers) **Women's 5 Km, same place--1.** Yuelan Chen 27:30 2. Karen Bartolo (50+) 30:03 **15 Km, Riverside, Cal., May 17--1.** Pedro Santoni 1:28:07 2. Carl Acosta 1:31:18 3. Bob Mimm 1:32:46 (National 70-74 record) 4. Ed Bouldin 1:34:36 **Women:** 1. Margaret Govea 1:27:50 **Pacific Association 10 Km, Palo Alto, Cal., May 3--1.** Bill Penner (51) 56:17 2. Therese Iknioian (41) 58:58 3. Laura Cribbins (40) 59:10 4. Art Klein (45) 59:29 5. Dick Petruzzi (65) 60:17 6. John Doane (55) 61:27 7. Loribeth Jacobs 61:54 8. Hansi Rigney (56) 62:35 (21 finishers, 1 DQ) **5 Km, same place--1.** Robyn Stevens (15) 26:53 **25 Km, Sacramento, Cal., April 5--1.** Mike Rohl 2:05:44 2. Stan Charminski (50) 2:28:59 3. Bob Novak (48) 2:31:09 4. Jo Ann Nedelco (54) 2:36:42 4. Art Klein (44) 2:40:40 6. Bev LaVeck (61) 2:43:43 7. Hansi Rigney (56) 2:48:55 8. Jim Fisher (62) 2:53:18 **5 Km, Auburn, Cal., April 19--1.** Chris Sakelarios 25:56 2. Lani Leblanc 30:34 3. Karen Stoyanowski 30:46 **Men:** 1. Nathan Williams 26:43 2. Jack Bray 26:51 3. Bill Penner 27:36 4. Nick Sakelarios 30:53 **5 Km, Kentfield, Cal., April 26--1.** Jack Bray 27:10 2. John Schulz 31:24 **20 Km, Etobicoke, Ontario, April 12--1.** Arturo Huerta 1:22:14 **Women--1.** Joni Bender 1:41:02 **Eisenhuettenstadt, Germany Grand Prix, May 9 Women's 10 Km--1.** Olg Kardapoltseva, Belarus 43:05 2. Graciela Mendoza, Mexico 43:15 3. Yu Fang Yuan, Malaysia 43:25 4. Kerry Saxby-Junna, Australia 43:37 5. Jane Saville, Aus. 43:38 6. Aniko Szebenszky, Hungary 43:57 7. Reivana Racoizina, Ukraine 44:06 8. Rosario Sanchez, Mexico 44:06 9. Valentina Tsybulskaya, Belarus 45:12 10. Ildiko Ilyes, Hung. 45:18 11. Annastasia Karen Raj, Malaysia 45:53 12. Beata Ornoch, Poland 46:02...20. Victoria Herazo, USA 48:41 (26 finishers, 1 DQ. A great leap from nowhere for the Malaysian girl. Great race for Mendoza, who must have improved her personal best by quite a bit.) **Men's 20 Km--1.** Daniel Garcia, Mex. 1:20:50 2. Nick A'Hern, Australia 1:21:12 3. Bernardo Segura, Mex. 1:21:23 4. Mikhail Khmelniitski, Belarus 1:22:17 5. Jacek Muller, Poland 1:22:52 6. Andreas Erm, Germ. 1:22:59 7. Rogelio Sanchez, Mex. 1:23:11 8. Sergei Korepanov, Kazakhstan 1:23:14 9. Jose Urbano, Port. 1:23:43 10. Artour Meleshekevich, Belarus 1:24:14 (25 finishers, 2 DQs) (Temperature exceeded 90 F, with high humidity for both races.) **Indoor Men's 5 Km Championships: Sweden--1.** Jan Staaf 19:53.62 2. Bengt Bengtsson 20:22 **Italy--1.** Giovanni Di Benedictis 18:55.32 2. Didoni 18:59 3. Candellini 19:19.16 **Germany--1.** Andreas Erm 19:15.31 2. Denis Trautmann 19:28 3. Mike Trautmann 20:05 **Poland--1.** Robert Korzienowski 18:55.66 2. Sudol 19:41 3. Magdziarczyk 19:48 **Indoor Women's 3 Km Championships: Sweden--1.** Linda Tenggren 14:11.70 2. Monica Svensson 14:21 **Italy--1.** Elisabetta Perrone 12:16.31 2. Compagnoni 17:18 3. Ennemoser 12:53 **Germany--1.** Gabriele Herold 13:03.25 2. Denise Friedenberger 13:10 3. Annett Amberg 13:18 **Spanish 50 Km Championship--1.** Santiago Perez 3:45:55 2. Jesus Garcia 3:48:51 3. Mikel Dominquez 3:49:11 **Spanish Women's 20 Km--1.** Maria Vasco Gallardo 1:34:11 2. Encarna Granados 1:36:32 3. Celia Marcen Munio 1:36:33 **Portuguese 50 Km--1.** Pedro Martins 4:04:24 2. Jose Urbano 4:10:30 3. Soares 4:11:47 **20 Km, Toluca, Mex., March 29--1.** Daniel Garcia

1:24:51...3. Jefferson Perez, Ecuador 1:26:34...Curt Clausen 1:35:15...Andrew Hermann 1:38:12...Al Heppner 1:41:15 **1 Hour, Monterrey, Mex., April 1--1.** Bernardo Segura 15,405 meters (just 70 meters short of his own world best)...Curt Clausen 14,134 meters (American record, old record 14,058 by Jonathan Matthews, 1993. No other detail on these races.)

Past Mortland Invitational Winners

John White, president of the Wolfpack Track Club, started this race in Columbus, in 1988. When John gave up much of his involvement in athletics endeavors, Ohio Racewalk Chairman Vince Peters picked up the race and moved it to Yellow Springs, where it has remained. Unfortunately, the first year was the best, boosted by many walkers seeking Olympic Trials qualification times. That year, there were 34 starters in the 20 Km, with 7th place at 1:35:02 and 12 starters in the women's 10, with a ding-dong race amongst Maryanne Torrellas, Debbi Lawrence, and Canada's Pascale Grand. Gary Morgan's 20 Km and Maryanne's 10 from that year still stand as meet records. The size and the quality of the fields have dwindled since, but we generally get a respectable winning time, at least. Since the move to Yellow Springs, the 20 and 10 Km races have both been open to men and women (boys and girls), but we continue to list men's 20 and women's 10 winners. Anyway, here is the history of the race.

1988	Men's 20 Km:	1. Gary Morgan 1:27:30 2. Steve pecinovsky 1:30:54 3. Dave McGovern 1:32:15 4. Richard Quinn 1:33:18 5. Daniel Levesque, Can. 1:34:00 6. Don Lawrence 1:34:20 7. Dan O'Brien 1:35:02
	Women's 10:	1. Maryanne Torrellas 48:03 2. Debbi Lawrence 48:23 3. Pascal Grand 48:25
1989	Men's 10 Km	1. Gary Morgan 44:57 (29 walkers) 2. Dan O'Brien 47:23
	Women's 10	1. Gayle Johnson 54:33 (11 walkers)
1990	Men's 20 Km	1. Gary Morgan 1:32:07 (25 walkers) 2. Steve Pecinovsky 1:34:12 3. Dan O'Brien 1:37:30 (Max Green walked 1:43:41 at age 58)
	No women's 10	
1991	Men's 20 Km	1. Dan O'Brien 1:40:09 (9 walkers)
	Women's 10	1. Gayle Johnson 52:59 (9 walkers)
1992	Men's 20 Km	1. Dan O'Brien 1:37:53 (6 walkers)
	Women's 10	1. Sara Standley 49:58 2. Gayle Johnson 51:21 (6 walkers)
1993	Men's 20 Km	1. Dan O'Brien 1:36:49 (5 walkers)
	Women's 10	1. Lenore Norris 63:57 (2 walkers)
1994	Men's 20 Km	1. Gary Morgan 1:36:24 (10 walkers)
	Women's 10	1. Lisa Sonntag 51:41
1995	Men's 20 Km	1. Ioan Froman 1:36:47 (7 walkers)

	Women's 10	1. Gayle Johnson 56:48
1996	Men's 20 Km	1. Chad Eder 1:29:56 (5 walkers)
	Women's 10	1. Kristen Mullaney 51:51
1997	Men's 20 Km	1. Ioan Froman 1:35:14 (7 walkers)
	Women's 10	1. Jill Zenner 49:15 (1 walker)

Get Up and Go, Let's Heel and Toe

Fri. June 5	1 Mile, Houston, 5:45 pm (Y)
Sat. June 6	3, 10, and 20 Km, Racine, Wis.(S) 4 Mile, Indianapolis (V) 5 Km, New Jersey (A) 5 Km, New Castle, Pa., 9 am (EE)
Sun. June 7	8 Km, Atlanta (D) Ohio 3 and 10 Km, 8:30 am, Yellow Springs (M) 8 Km, Indianapolis (V) 3 Km, Racine, Wis.(S) 5 Km, Denver, 8:30 am (H)
Mon. June 8	5 Km, Long Branch, N.J., 6:35 pm (A) (and each Monday to end of August)
Fri. June 12	1 Mile, Houston, 5:45 pm (Y)
Sat. June 13	Southeast Region Masters, Atlanta (Q) 3 Km, Fort Monmouth, N.J. (A) 5 Km, Hebron, Ind. (S) 5 Km, Miami (Q) 5 Km, Atlanta (D) Cal. Senior Games 1500 m and 5 Km, Pasadena (B) 5 Km, Lafayette, Col., (H)
Sun. June 14	3 Km, Alexandria, Vir., 8:30 am (J)
Mon. June 15	5 Km, Long Branch, N.J., 6:35 pm (A)
Fri. June 19	1 Mile, Houston, 5:45 pm (Y)
Sat. June 20	National USATF Men's 20 Women's 10 Km, New Orleans (G) 1500 and 3000 meters, Dayton, Ohio (M) 5 Km, Denver, 9 am (H)
Sun. June 21	5 Km, Denver (H)
Mon. June 22	5 Km, Long Branch, N.J., 6:35 pm (A)
Fri. June 26	1 Mile, Houston, 5:45 pm (Y)
Sat. June 27	USATF National Jr. Women's 5 and Men's 10 Km, Edwardsville, IL (G) 5 and 10 Km, Pasadena, Cal., 5:30 pm (B) North Region 8 Km, Kalamazoo, Mich. (S) 5, 10, and 20 Km, (track), Boulder, Col. (H)
Sun. June 28	1 Hour, Kentfield, Cal., 7:30 am (P) Metropolitan 15 Km, New York City, 8:30 am (F) 3 Km, Alexandria, Vir., 8:30 am (J) 5 Km, Miami, Fla., 9 am (Q)
Mon. June 29	5 Km, Long Branch, N.J., 6:35 pm (A)
Fri. July 3	1500 meters, Yellow Springs, Ohio (M)
Sat. July 4	10 Km, Dedham, Mass. (N) 8 Km, Alexandria, Vir., 7:30 am (J) 1500, 2000, and 3000 meters, Warren, Mich. (O)

- 5 Km, Miami, 7:30 am (Q)
 5 Km, Evergreen, Col. (H)
USATF National Youth 1500 and 3000, Spokane, Wash. (G)
 Sun. July 5 5 Km, Kentfield, Cal. (P)
 Mon. July 6 5 Km, Long Branch, N.J., 6:35 pm (A)
 Fri. July 10 1 Mile, Houston 5:45 pm (Y)
 Sat. July 11 **USATF Men's 10 Km, Niagara Falls, N.Y. (I)**
 5 Km, Denver, 8am (H)
 Sun. July 12 3 Km, Alexandria, Vir., 8:30 am (J)
 1 Mile, Maimi, 7:30 am (Q)
 Mon. July 13 5 Km, Long Branch, N.J., 6:35 pm (A)
 Wed. July 15 3 Km, Hammond, Ind. (S)
 Thu. July 16 1500 meters, Cedarville, Ohio (M)
 Fri. July 17 1 Mile, Houston, 5:45 pm (Y)
 Sat. July 18 1500 meters and 3 Km, Lisle, Ill. (S)
 Sun. July 19 5 Km, Kentfield, Cal. (P)
 1 Mile, Sacramento, Cal. (E)
 Mon. July 20 5 Km, Long Branch, N.J., 6:35 pm (A)
 Fri. July 24 1 Mile, Houston, 5:45 pm (Y)
 Sun. July 26 3 Km, Alexandria, Vir., 8:30 am (J)
 Bay State Games 3 Km (N)
 Mon. July 27 5 Km, Long Branch, N.J., 6:35 pm (A)
 Fri. July 31 **National USATF Masters 5 Km, Orono, Maine (X)**
 Sun. Aug. 2 **National USATF Masters Men's 20, Women's 10Km, Orono, Maine (X)**
 Mon. Aug. 3 5 Km, Long Branch, N.J., 6:35 pm (A)
 Tue. Aug. 4 5 Km, Miami, 6:30 pm (Q)
 Sun. Aug. 9 3 Km, Alexandria, Vir., 8:30 am (J)

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From Heel To Toe

T-shirts. In the February issue we ran a notice about some nice t-shirts available from veteran racewalker Carl Acosta in North Hollywood. Carl has informed us that as a neophyte to the Internet, he lost some orders. So, I am rerunning the note for those who may have got lost in the shuffle, those who missed it the first time, those who have recently subscribed, and those who may want to reconsider an earlier decision. These are very nice t-shirts and would be good to have for competitors in your races or just for yourself. So, here is what I said before: Carl Acosta has come up with a way to give our sport more identity by offering an exciting new "Racewalkers United" t-shirt, which is available now. He says, "I feel that by joining forces with other clubs in one's area and walking collectively at run/walks, we would have more visibility and yet still be able to walk competitively; in addition, we would be creating a great recruiting opportunity." You can view the shirt on the Easy Striders Home Page (<http://home.cyberannex.com/mallen/rwunited.htm>). Or, contact Carl Acosta at 6246 Denny Avenue, North Hollywood, CA 91606, 818-763-3208. . . **USA in Europe.** A note from the ARCO Training Center Team as they left Europe for Illinois and the National 15 Km. "In Norway, Susan Armenta and Danielle Kirk led the way with personal records while achieving the Olympic B Standard with 10 Km times of 46:51 and 47:47 respectively. In LaCoruna, Spain, Curt Clausen just missed making the Olympic A standard with an impressive 1:23:58, while Andrew Hermann walked a seasonal best of 1:26:52." We should have complete results of these races next month. . . **More shoe commentary.** Last month, we carried comments by Jim Mann on the future of racewalking shoes. Jim, who is now Director of ACG and court shoes for Nike, located in Pusan, Korea, offers the following update on those comments: "I do agree with you that some people do not want their shoe models changed every 1 to 2 years as I stated, **but**, using some general figures only (random, August numbers): minimum order 3 to 5,000; 50 percent (generously, around 30 percent more real) "love shoe"--2,500; 2 pairs per year--5,000; 50 percent "want more" or "different" or "new", 5,000 over 2 years. Looking at these numbers, you can see that the cost of amortizing molds as well as manufacturing would be too high to carry one model. Plus, some people do not like NIKE, some people do not rebuy, etc., etc. I, as a walker, hate the situation, and if it was my decision, I would eat the cost and do it anyway. Alas, it is not my call. Please note, I am not making excuses, only trying to help people understand fully the situation. Hope this helps a little." If you want to communicate with Jim on this, you can reach him at jim.mann@nike.com. . . **Whence the Scandinavians?** The Danish publication *Gangsport* carries the Danish top five in each event for 1997. We note only three women broke 30:00 in the 5 Km, with the leading time at 27:50.4. This inspires some reflection on the days when women's racewalking was gaining a foothold 20 to 25 years ago. The Scandinavians were at the forefront, primarily Sweden and Norway, but the Danes did well too. The British and Australians were not far behind and as involvement in this country grew, we began to compete on fairly even terms with these powers. But as quickly as some other countries decided to get seriously involved, primarily those with strong men's programs, the power structure changed. It seems now that only Australia remains competitive at the top from among the early leaders, and that due largely to the prowess of Kerry Saxby-Junna. The Eastern Europeans, Chinese, Italians, and Spaniards have swept past and left the former Scandinavian powers in the dust. Why have Sweden and Norway, once so dominant, not only failed to keep pace with the emerging powers,

but seemingly regressed? Well, I don't know. I'm just reflecting some thoughts that crossed my mind when I saw those lists. . . Dave McGovern will conduct a clinic in the Boston area June 27-28. The program costs \$95 and includes individual videotaped analysis and lectures on technique, preparation, strategy, and training. The fee includes a copy of Dave's book, *Precision Walking*. Call Ken Mattsson at 617-576-9331 for further details. . . From the *New England Walkers Newsletter*: Josef DellaGrotte, Ph.D, trainer, and therapist, offers this analysis of the biomechanics and biodynamics of racewalking. The human body moves best when all parts are in synch and the motions are friction-free, smooth, coordinated, and in good resonant motion flow. Finding the zone of what in physics is called "resonant frequency" can be elusive. The price we pay for forced, stressful movement is hip pain. The principles of effective walking to power walking and the to racewalking involve these fundamentals: (1) Full mobility for rotation and excursion through the hip girdle. (2) This then makes possible the rotation and elevation of the spine, which then coordinates with (3) the excursion of the shoulder girdle, leading to (4) the gait pattern, which I call the cantilever. These are best learned by practice of movement awareness, and by accessing instructions from within your very experienced body-nervous system (much in the same way you learned to ride a bike). . . **Beware.** A lot of people walk while listening to music on their Walkmans, though I'm not sure this includes many competitive walkers. In any case, take heed of this note from Phil Howell of the Georgia Walkers: "About 8 years ago, I used earphones for a few months to listen to TV while using an Airedyne exercise bike. Even though the volume was not set very high, I developed tinnitus (a sensation of ringing in the ears) due to auditory nerve damage from the sound. That ringing has been with me ever since, and will probably be there until I die. I am aware of the ringing every day and have a harder time hearing conversation (and especially soft music) because of it. I would urge everyone to be very wary of using earphones. If you must use them, use the kind that are not placed directly over, or inside, the ear canal. Look for earphones with speakers that sit in front of the ear (pointed toward the back of the head) or that can transmit the sound through the bones in front or back of the ear. And do keep the volume down. My experience is that if the earphone sound is really "great", it is way too loud. That said, I must also mention that I regularly use one earphone placed directly over the ear canal. It is connected to a digital metronome that helps me set and maintain my walking pace during selected training sessions. The sound coming from the metronome earphone is relatively soft, and I have further reduced it by using "Shoe-Goo"--type glue to block part of the 1/16-inch sound opening in the earphone. (I use the metronome on very long walks to more easily maintain a certain step rate/pace and during speed training sessions to incrementally increase step rate/pace during intervals." Your editor might add that studies have shown that high decibel sound is also fatiguing, which isn't going to help your workouts a lot. I recall having discussed such studies in these pages many years ago, specifically following a U.S.-Canada meet at the Expo Center in Toronto. Both the 20 and 35 Km races were walked on the track, and during the 20, huge speakers set up for a concert later, were blaring out loud, raucous music. I found it very distracting and perhaps fatiguing (although I didn't blame my demise in the second half of the race on it). However, I recall differing opinions from some or all of my teammates (Ron Laird, Ron Daniel, and John Knifton), who thought it was stimulating. I guess they were rock fans and not old fuddy-duddies as I (I was then all of 35). My taste has always been for jazz, and since there is no longer a jazz station in Columbus, I keep the car radio tuned to the 24-hour classical station, or the PBS station for commentary. Anyway, beware of what you have in your ear as you walk. . . **Racewalker?** A note in the May/June *New Mexico Racewalker* states: "By the way, what we do is race walk, two words. Not racewalk. Some of us have been careless about that." Well, yes. Just look at the name of their publication. Or their schedule of events--"May 9--Club Handicap Racewalk". Or a note "Club racewalkers have decided to. . ." Or a note on Racewalking Instruction. Or an ad for Dave McGovern's book, *The Complete Guide to Racewalking Technique and Training*. I think "racewalk" is a pretty well established term by now. Perhaps the ORW was a pioneer in

establishing the term as a single word. We began life in March 1965 as the Ohio Race Walker. In the spring of 1971, Bob Smith, an Ohio Track Club walker and commercial artist in Dayton, had one of his compatriots design the masthead that we still use for us. Simply because it fit better, they made racewalker one word. The debut issue for the new look was May 1971. I had no trouble accepting "racewalker" since I know that a long-standing trend in the English is to combine such terms into single words and usage would eventually establish racewalk as a single word. I think this has pretty much happened by now, though there are still pockets of resistance out there. Actually, as I recall, it was a while before we started using the term as a single word within the text of the publication.

Increasing Training Distances

by John Robertson
Seattle Sportsmedicine MD and running coach
(From NW Runner)

When it comes to increasing training distances, one of the problems with typical training programs that add 2 or 3 miles of running each week is that they never allow an athlete's fitness, or adaptation, to catch up--they're always behind the training curve forcing their bodies to try to adapt quicker than they can. This is because fitness improves about 50 percent the first week. After the first week of increased training load, they're 50 percent adapted; after the second week, 75 percent adapted; after the third week, 87.5 percent. After 3 to 4 weeks, the improvement in fitness tapers off and they are adapted to that training load. Then they can add miles again or intervals, or be satisfied with the new level. For a 20 to 30 miles per week runner (or walker), increasing weekly volume by 5 miles is recommended--**but only every month.** If you're doing 25 miles/week in February, you bump it up to 30 for March, 35 for April, etc. But, a rest week is recommended after 3 weeks at the new level with a 10 mile/week reduction. For example, do 30 miles/week the first 3 weeks in March and drop it down to 20 miles the last week, before increasing to 35 in April. Limit your long workouts to no more than 1/3 of weekly volume. You can then race a distance that is roughly 1/3 of your weekly volume. (Ed. Runner Ken Young espoused a theory several years ago that you can race effectively at three times your daily average mileage for the previous 6 weeks, which is about 43 percent of weekly mileage.)

Another point is that bones adapt to increased training loads slower than muscles, including your cardiovascular system. That explains why runners frequently get stress fractures when coming off a prolonged injury or illness-caused layoff if they've been swimming, biking, etc. a lot with little or no weight-bearing exercise. Their engine is ready for hard running, but their chassis is not. That explains why walking or race walking, if possible, is very helpful for runners during an absence of running training.

Racewalking--Techniques for Faster Feet

by Bonnie Stein
(Reprinted from *Front Range Walkers News*)

Important to you may be how your feet look in your racewalking shoes. What's more important to your racewalking is what your feet are doing in your shoes. Here are two "feet" techniques guaranteed to improve your racewalking form and speed.

Rocking feet. Many exercise walkers land with a flat-footed step. They let the whole foot make contact with the ground as one unit. Plop, plop, plop. A flat-footed step is a braking action. Stepping that way sends your energy right into the ground; it's a slow way to walk.

According to Dave McGovern, a member of the 1997 U.S. World Cup Racewalking Team, walking flat-footed is like riding a bike with flat tires. Think about how much energy goes into pedaling and you don't get very far for your effort.

Instead, a racewalker needs rocking feet. Pretend that on the bottom your shoes (instead of soles) you have rockers—like on a rocking chair. Plant your heel and roll to your toes. As you rock your foot, feel every part of your foot make contact with the ground. First your heel, then your mid-foot, then the ball of your foot, finally your toe.

As you start your "rocking foot" by planting your heel, try to elevate the ankle joint, not at the toes. By rocking your feet instead of plopping them down, you have a more propulsive device from which to push off. It's like pumping up your tires. You're doing it right when you can't hear your feet.

Walk on the balance beam. Typically, people walk with a shoulder-width stance. That's too wide apart for racewalkers. A mid stance causes some upper body lateral sway, which takes away from forward motion. To exaggerate: think about a one-year-old who's learning to walk. These toddlers spread their little feet apart and toddle back and forth. I guess that's why we call them toddlers. Their wide-apart stance gives them more balance and stability, however, it compromises forward motion.

A racewalker doesn't need to worry about balance and stability. Remember, we've got one foot on the ground at all times, right? Pretend you are walking on a 4- to 6-inch balance beam. Keep in mind that a balance beam is not a tight rope. You shouldn't be putting one foot directly in front of the other. That's an old style of racewalking. It led to the feet crossing over and way too much sideways hip and arm action. Crossing over with your feet is just as inefficient as too wide of a stance. (Ed. Although it carried Ken Matthews to Olympic gold in 1964 with a sub 1:30 effort.) Rather, plant one heel about half-way into the path of the other foot. (Ed. Get on a track and walk on one of the lane lines with the inside of each foot touching the outside of the line.) Of course, you're still using your rocking feet on the balance beam. So grab your balance beam, pump up your tires, and you're ready for a walk. You never knew how much we had in common with gymnasts and cyclists, did you?

LOOKING BACK

35 Years Ago (From Chris McCarthy's May 1963 *Race Walker*)—Ron Zinn won the National 10 Km on the track in Chicago with an American record 46:35.4. The other famous Ron—Laird—was a distant second in 47:46. However, he led the NYAC to a one-point victory over the Ohio Track Club who had Jack Blackburn (48:00) and Jack Mortland (48:07) in third and fourth. Mortland was more concerned about his marriage just a few weeks hence. . . Zinn also won the National 2 Mile in St. Louis with a 14:03.2 ahead of Akos Szekely and a honeymooning Mortland. (This was a very late May issue, since that race took place on June 22. And, yes, your editor and wife Marty have a 35th anniversary around the corner.) Laird edged Matt Rutyna for fourth. . . The British 50 Km went to Ray Middleton in 4:16:43.

30 Years Ago (From the May 1968 ORW)—Larry Young captured the National 35 Km title in Pittsburgh with a 2:53:15, ahead of Canadian Karl Merschenz and Dave Romansky, who were about 4 minutes back. . . Bob Kitchen turned in a good track 50 Km on Long Island with 4:26:56, just 2 minutes ahead of Ron Daniel. . . In New York, Romansky recorded a 1:30:04 for 20 Km, just 1:21 ahead of newcomer Ray Somers. (Dave was a relative newcomer himself, having started about 12 months earlier.) John Knifton had 1:32:46 and Daniel 1:33:08. . . The Zinn Memorial 10 Km in Chicago went to Gerry Bocci in 48:38. . . Your editor captured the Ohio 20 Km on a track in Ashland in 1:42:00. . . Jack Blackburn was an easy winner in the Ohio 2 mile in Dayton in 14:59 with Mortland trailing in 15:13.

25 Years Ago (From the May 1973 ORW)—Mr. Consistency we called him. Bill Weigle won the National 50 Km in Des Moines with a 4:22:37. That marked his fourth 50 Km in 11 months with times ranging from 4:20:09 to 4:22:53. John Knifton was second in 4:30:21 and Ron Laird third in 4:37:21. . . England's Roger Mills captured our 1 Hour title, covering 8 miles 252 yards, some 72 yards ahead of John Knifton. Todd Scully and Ron Daniel followed, with the first seven bettering 7 1/2 miles.

20 Years Ago (From the May 1978 ORW)—Marcel Jobin (Canada) moved away from Todd Scully in the second half of the race to win the National 15 Km at Nassau, N.Y. in 1:06:49. Scully (1:08:09) finished well ahead of Dave Romansky (1:11:29). . . The NAIA 10 Km (track) went to Parkside's Chris Hansen in 46:20. John VanDenBrandt (Parkside) and Carl Schueler (Frostbrug) followed. . . Susan Liers had a world best for 1 Mile with 7:00.6 and 4 days later broke the American record for 5 Km with 23:41.3. . . The Zinn Memorial 10 Km went to Jim Heiring 46:59, with an 18-year-old newcomer, Ray Sharp, finishing fifth in 51:58. Much more was to be heard from him. . . In Mexico, Raul Gonzales did 50 Km in 3:45:52, nearly 7 minutes better than the previous best on record. He needed only 1:28:20 for the first 20 Km, and then accelerated for the next 10, before slowing to 1:33:35 over the final 20.

15 Years Ago (From the May 1983 ORW)—Mexico invaded the U.S. and Martin Bermudez led the field home in the National 50 Km in Monterey, Cal. His 3:50:43 was nearly 10 minutes ahead of countryman Felix Gomez. Marco Evoniuk won the U.S. title in 4:01:43, with Jim Heiring second in 4:07:28, just behind a third Mexican, Marcelino Colin. Dan O'Connor and Tom Edwards followed, with 8 U.S. walkers under 4:30. . . Two weeks earlier, Colin came home first in the National 15 Km in Santa Monica, Cal., his 1:02:58 edging Canada's Marcel Jobin (1:03:07). Heiring was the National champion in 1:03:26, a minute ahead of Sam Shick. Larry Walker, Pete Timmons, and Dave Cummings followed. . . Also at Santa Monica, Susan Liers-Westerfield won the women's national 15 Km in 1:17:17, 50 seconds ahead of Teresa Vaill. Carol Brown and Vicki Jones were third and fourth.

10 Years Ago (From the May 1988 ORW)—Defying heavy rains, Teresa Vaill blitzed the first mile in 6:50 to take a substantial lead that she continually built on as she won the National 5 Km at Overland Park, Kan. in 22:31.71. Debbi Lawrence was a minute behind in second with Wendy Sharp third in 24:05. . . Mike Stauch of Wisconsin-Parkside shattered his own meet record in winning his third straight NAIA 10 Km title in 41:56.4. His old record was 43:22.2. Dave Cummings just missed the old record with his 43:24.4 in second, 10 seconds ahead of Doug Fournier. . . Ray Sharp did 41:45 for 10 Km in San Francisco, beating Marco Evoniuk (42:21). Wendy Sharp (Mrs. Ray) was fourth in 49:30, her second race ever.