

Canadians lead way at Niagara Falls

Niagara Falls, July 11 (From Dave Lawrence)--With near ideal weather conditions for July (62 F at the start), the USAT&F National 10 Km championships saw domination by Canadians. At the front, the races were not very competitive as Arturo Huerta and Joni Bender led from gun to finish to win the men's and women's divisions. Huerta, walking very smoothly, treated the spectators to an excellent performance, breaking the meet record with his 40:48. Australia's David Smith had walked 40:56 in 1984 when the his country's Olympic Team came early for the Los Angeles Olyppics. Huerta, however, was 20 seconds short of the course record set by Poland's Robert Korzeniowski at the World University Games. Tim Seaman broke away from the other U.S. walkers on the first 32 Km loop. But with the Goodwill Games just 9 days away, he slowed while staying comfortably in the lead to take the U.S. Championship in 46:59.

Joni Bender was also unchallenged in the women's race as she won in 48:31. Cheryl Rellinger and Lyn Brubaker battled for second, but Cheryl, coming off a fine performance in New Orleans, pulled away over the final two laps to prevail in 49:58. Lyn set the master's course record with 50:29 in third.

The race featured many other excellent master's performances with Jim Carmines (55-59), Dave Romansky (60-64), Max Green (65-59), and Margaret Walker (75-79) bettering American bests.

This was the final year for this event in Niagara Falls. It has been held here since 1978. I've been involved with the event from the start and served as Meet Director the past 13 years. Lack of sponsorship and uncertainty about the future of other aspects of the race have led to this decision. It's been harder and harder over the past few years to keep the quality of the race intact. I wanted it to end while it was still a quality event. I'd like to thank all who have supported the race over the years and also those involved with the presentations at the awards ceremony. I was overwhelmed and, believe me, it was a total surprise. I will miss seeing everyone in Niagara Falls each July, but sincerely hope that everyone support the race in it's new location next year.

Results:

Senior Men: 1. Arturo Heurta, Canada 40:48 (7:57, 16:03, 24:10, 32:34) 2. Tim Seaman 46:59 (8:28, 17:50, 27:26, 37:05) 3. Rob Cole 47:51 4. Dan O'Brien 48:29 5. Wil Preischel 50:03 6. Allen James 50:48 (Just a stroll in his retirement? Or the start of a comeback?) 6. Robert Penafiel 52:18 7. Tom Jenkins 53:56 8. Ed Fitch 54:39 (Ed, one of our Ohio athletes, continues to improve) 9. Edgardo Rodriquez 56:35 10. Ken Mattsson 57:31

Senior Women: 1. Joni Bender, Can. 48:31 (9:22, 19:02, 28:44, 38:37) 2. Cheryl Rellinger 49:58 (9:43, 19:52, 29:59, 40:04) 3. Lyn Brubaker 50:59 4. Marcia Gutsche 55:20 5. Loretta Schuellein 58:34 6. Jeannette Wineland 62:17 7. Kelly Ykema, Can. 71:29

Junior Men: 1. Eric Pasko 49:58 2. Yuri Kuo 69:57

Junior Women: 1. Christine Fina 58:58 2. Elizabeth Paxton 60:50

Men 40-44: 1. Chris Knotts (The old Ohio warhorse in an impressive performance) 2. Glen Sweazey, Can. 54:14 3. Al Cowen (Wow! Ohio shines) 55:10 4. Don Wilkins 61:50 5. Justin Kuo 66:03

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Women 40-44: 1. Sandy DeNoon 53:42 2. Debbie Benton 54:01 3. Donna Chamberlain 54:07 4. Janet Comi 55:18 5. Gloria Rawls 55:37 6. Laurie Smith 64:29 7. Lori Ann Yohe 66:01 8. Kerry Weaver, Can. 68:31 9. Connie Winger 74:03

Men 45-49: 1. Brian Savilonis 51:13 2. Johy Nunyady 52:14 3. Stan Sosnowski 52:42 4. Mark O'Donnell 63:28 5. Ross Barranco 64:55

Women 45-49: 1. Jeanette Smith 57:56 2. Tish Roberts 59:32 3. Sherry Watts 60:54 4. Judyanne Bonafede 63:51 5. Mike Welch 66:17 6. Karen Reynolds 67:20 7. Cheryl Sunman 67:37 8. Kathy Collins 68:21 9. Cathy Mayfield 74:10

Men 50-54: 1. Norm Frable 52:49 2. Alan Price 53:24 3. Max Walker 55:03 4. John Albert 60:15 5. Rich Markiewicz 62:00 6. Michael Bird 63:06 7. Danny Wineland 64:49 8. Don Ramsden, Can. 66:28

Women: 50-54: 1. Jackie Reitz 57:46 2. Marilyn Chute, Can. 64:55 3. Carol Kuo 73:47 4. Pat Walker 74:44

Men 55-59: 1. Jim Carmines 49:27 2. John Elwarner 55:31 3. Victor Sipes 57:14 4. Tom Knatt 57:37 5. Ronald Childs 58:56 6. Mike Freeman, Can. 59:33 7. Bob Lubelski 60:16 8. Bernie Finch 62:52 9. Tom Masterson 63:49 10. Larry Freeman 64:44 11. Chuck Newell 65:38 (our old OTC teammate comes back after 30 years)

Women 55-59: 1. Dorothy Withen 67:21 2. Valerie Stown 69:02

Men 60-64: 1. Dave Romansky 50:04 2. Jim McGrath 56:58 3. Bob Barrett 57:20 4. Paul Johnson 57:26 5. Stuart Summerhayes, Can. 59:05 6. Jack Blackburn 61:24 (The ORW Publisher Emeritus in a sterling performance) 7. Richard Huie 70:12 8. Ron Laird 70:44 (Blackburn psyched him out again)

Women 60-64: 1. Jeanne Shepardson 65:57

Men 65-69: 1. Max Green 54:03 2. Jack Starr 59:20 3. Sal Corrallo 63:37 4. Bob Stewart 64:37 5. Louis Free 67:22 6. Marv Eisenstein 71:38 7. Vance Genzlinger 73:01 8. George Solis 73:12

Women 65-69: 1. June-Marie Provost, Can. 63:55

Men 70-74: 1. Bob Mumm 60:53 2. Ed Gawinski 68:24 3. Petter Fellows, Can. 69:58 4. Bill Snaden 89:33

Men 75-79: 1. Paul Geyer Women 75-79: 1. Margaret Walker 74:19 Men 80-84--1. Richard Fargo 74:15 2. Bill Tallmadge 79:10 (102 finishers in total; 5 DQs)

Men's Teams: 1. Park Racewalkers (Cole, James, Penafiel) 2:30:57 2. New England Walkers 2:41:08 Women's Teams: 1. Niagara Walkers (Comi, Fina, Bonafede) 2:52:17 Master's Men: 1. Potomac Valley TC (Carmines, Frable, Price) 2:35:40 2. Miami Valley TC (Knotts, Blackburn, Cowen) 2:46:31 3. Wolverine Pacers 2:54:02 Masters Women: 1. Indiana Racewalkers (Smith, Reitz, DeNoon) 2:49:20 2. Wolverine Pacers 3:09:20

Judges: Stella Cashman (Chief), Bruce MacDonald, Bob Stowe, Lillian Snaden, Glen Shupe, Doug Stroud, Roman Olszewski, and Frank Fina.

And at Goodwill, It's the Russians

New York City, July 20-21--At the Goodwill Games, the Russians swept the titles. As at the Nationals in New Orleans, heat was a factor, but it wasn't quite so bad. In the men's 20 on Monday night, Ilya Markov overcame Mexico's Daniel Garcia in the final 5 Km to record a 1:23:29.7 victory on the track. Garcia finished nearly 2 1/2 minutes back, but was well clear of Ecuadorian Jefferson Perez, who couldn't handle the conditions. The Olympic champion, so impressive in Europe in the spring, retched several times on his final lap and just held off Mikhail Schennikov for third. Schennikov was also well off his best, also suffering in the heat. Some people handle heat and humidity better than others for whatever reasons. (I was one who did, which was always to my advantage in many of the nationals held in steamy, midwest summers. Training in the same conditions didn't hurt.) Anyway, Markov is quite competitive with Perez and Garcia, but generally loses out to them. Here he had no trouble at all with them and was only 3 to 4 minutes off his usual time. Everyone else in the race, except Garcia, was losing 10 minutes and more.

Veteran Gary Morgan, who also handles the heat better than most, led the U.S. contingent, improving slightly on his New Orleans time. He was more than a minute ahead of Curt Clausen, who beat Jonathan Matthews by 18 seconds, both well off their New Orleans times, where the heat was more stifling. Tim Seaman was DQ'd along with Mexico's Bernardo Segura.

In the women's 10 km on Tuesday evening, Yelena Nikolayeva and Nadezhda Ryashkina were an easy one-two, as expected. But, though she couldn't quite match the Russians, Joanne Dow continued to improve. She had set a personal best in winning the Nationals despite the heat, and overcame steamy conditions once again to lower that best by another 1 1/2 minutes. And, she was just 1:35 behind the winner. Perhaps the best race ever by a U.S. woman? Michelle Rohl also improved considerably on her New Orleans performance, but was still about the same distance behind Dow and 2 1/2 minutes off her recent American record. (So, maybe that was the greatest performance ever, but not from a competitive standpoint.) And the results:

Men's 20 Km--1. Ilya Markov, Russia 1:23:29.7 2. Daniel Garcia, Mexico 1:25:52.3 3. Jefferson Perez, Ecuador 1:29:18.4 4. Mikhail Schennikov, Russia 1:29:35.8 5. Gary Morgan 1:36:48.1 6. Curt Clausen 1:37:55.8 7. Jonathan Matthews 1:38:13.4 DQ--Bernardo Segura, Mexico and Timothy Seaman, U.S. Judges: Gary Westerfield, chief, Frank Alongi, Stella Cashman, Elliott Denman, Bruce MacDonald, and Lon Wilson

Women's 10 Km--1. Yelena Nikolayeva, Russia 43:51.97 2. Nadezhda Ryashkina, Russia 44:25.99 3. Joanne Dow 45:36.92 4. Michelle Rohl 46:04.15 5. Debbi Lawrence 47:36.97 DQ--Graciela Mendoza, Mex. and Victoria Herazo. Judges--same as for men except substitute Helene Britton for Cashman.

Other results

National Junior Championships, Edwardsville, Ill. June 27: Women's 5 Km--1. Lisa Kutzing, Suffolk Express 24:42.97 2. Emma Carter (16), Merriam TC 25:24.58 3. Brooke Szody (18), Golden Gate RW 26:43.71 4. Katherine Rulapaugh (17), Sheffield-Chapin 27:04.26 5. Robyn Stevens (15), Vacaville H.S. 27:50.82 6. Elizabeth Pasxton (14), Policettes 28:13.30 7. Virginia Jones (17), Houston Rising Stars 28:39.97 8. Alison Zabrenski (19), Potomac Valley TC 29:16.15 9. Lindsay Bellias (17) 30:29.03 **Men's 10 Km**--1. Christopher Brooks (19), U.W.-Parkside 48:43.17 2. Scott Crafton (19), Indiana RW 50:34.67 3. Patrick Ryan (16), Walk USA 52:51.16 4. Eric Pasko (16), Colorado Springs Striders 53:04.03 5. Matthew DeWitt (18), Parkside AC 54:51.16 6. Eric Tonkyn (15), Walking Club of Georgia 56:19.12 DQ--Daniel Dalton, Miami Valley TC and Glenn Osten Anderson, New York high school **National Scholastic**

Championships, Raleigh, N.C., June 19: Girl's 3 Km--1. Brenda Genoino, Farmington, N.Y. 16:06.85 2. Alison Petretti, Bayport, N.Y. 16:13.51 3. Lorraine Horgan, Holbrook, N.Y. 16:21.28 4. Christine Hyland, Oakdale, N.Y. 16:32.44 5. Anne Dumas, Huntington, N.Y. 17:08.17 6. Lindsay Bellias, Southhampton, N.J. 17:15.62 7. Amanda Bergeron, Poland, Maine 17:33.10 8. Jenny Woodbury, Morrill, Maine 17:52.35 **Boy's 3 Km--1.** Glenn Anderson, Northport, N.Y. 13:15.25 2. Justin Easter, Jay, Maine 13:20.02 3. Patrick Ryan, Centerreach, n.Y. 14:10.45 4. Robert Finn, Centerreach 14:56.64 5. Clifford Mele, Melford, N.Y. 15:34.52 6. Eric Tonkyn, Clemson, S.C. 15:54.31 7. Michael Annibale, Melville, N.Y. 16:06.23 8. Eric Underhill, Huntington, N.Y. 17:31.8 **USATF National Youth Championships, Spokane, Wash., July 2:** Bantam Girl's 1500 meters--1. Valerie Garza, Cal. 8:56.2 2. Sara Crossfield, Wash. 10:27.9 3. Christina Riggs-Homer, Ore. 10:51 (7 finishers) Bantam Boys 1500--1. Michael Royer, Okla. 10:57.5 (2 finishers) Midget Girls 1500--1. Sarai Boyl, Cal. 7:58.6 2. Shawnee Putman, Cal. 8:27.6 3. Bekka Marrs, Cal. 8:46 4. Audrey Squires, Ore. 9:46.2 (11 finishers) Midget Boys 1500--1. Nathan Benson, Ore. 10:03.6 2. Evan Wells, Cal. 10:34.2 (4 finishers) Youth Girls 3 Km--1. Armanda Ortega, N.M. 18:16.45 2. Larisa Benson, Ore. 19:15.50 (6 finishers) Youth Boys 3 Km--1. Crhis Snider, Ariz. 17:48.89 (3 finishers) **10 Km, Cape Cod, June 21--1.** Brian Savilonis (48) 50:10 2. Stan Sosnowski (48) 54:21 3. Jeanne Shepardson (64) 64:51 **Metropolitan 20 Km, New York City, May 24--1.** Yaches Troshkin, Moscow (49) 1:40:12 (49:37 at 10) 2. M.A. Ladouceur, Can. 1:41:05 (48:32) 3. Robert Cole 1:44:07 (49:49) 4. Greg Dawson 1:47:13 (50:10) 5. Gary Null (53) 1:57:48 6. Alan Sangeap 1:59:27 7. Tara Shea (19) 2:00:25 8. Sherwin Wilk (59) 2:00:42 9. Lon Wilson (50) 2:01:40 10. Bob Barrett (65) 2:02:34 (60:00) 11. James McGrath (61) 2:03:28 12. Gary Tubb (47) 2:06:15 13. Timothy Staats (50) 2:09:57 14. Pat Bivona (57) 2:10:05. . 27. Joan Rowland (72) 2:38:48 (30 finishers) **Metropolitan 15 Km, New York City, June 28--1.** Marykirk Cunningham 1:25:17 2. Lisamarie Vellucci (19) 1:34:28. . 9. Joan Rowland (72) 1:54:14 (14 finishers) Men: 1. Bruce Logan 1:23:59 2. Gary Null (53) 1:24:38 3. Pat Bivona (56) 1:34:18 3. Gary Tubb (48) 1:36:31 (28 finishers) **3 Km, Alexandria, Vir., May 17--1.** Lindsay Bellias (17) 16:43.0 Men: 1. Alan Price (51) 15:49 2. James Overby III (14) 16:42 3. Victor Litwinski (54) 17:50 **3 Km, Alexandria, May 31--1.** Steve Pecinovsky (43) 12:39.90 2. Alan Price 14:59.40 **5 Km, Miami, June 28--1.** Rod Vargas (48) 27:14 2. Daniel Koch (55) 27:18 (13 finishers) Women: 1. Nicole Swift 27:18 (24 finishers) **1 Mile, Miami, July 12--1.** Juan Mora (46) 7:59 2. Rod Vargas (48) 8:02 (8 finishers) Women: 1. Tammie Corley (33) 8:56 2. Roswitha Sidelko (44) 9:06 3. Linda Talbott (35) 9:22 (15 finishers) **Ohio 5 Km, Columbus, May 31--1.** Jill Zenner 24:18 2. Danny Dalton 24:30 3. Emma Carter (16) 25:11 4. Eric Smith (16) 28:27 5. Christina Moore 31:39 **Ohio 10 Km, Yellow Springs, June 7--1.** Gayle Johnson (49) 56:37 Men--1. Chris Knotts (42) 49:18 2. Danny Dalton (16) 50:45 3. Jerry Muskal (40) 53:19 4. Ed Fitch 55:17 5. Al Cowen (41) 55:48 6. Omar Nash 59:10 7. Eric Smith (16) 61:23 8. Jack Blackburn (62) 61:41 **5 Km, Ann Arbor, Mich., May 23--1.** Gary Morgan 21:22 2. Ioan Froman 22:25 3. Debbie Benton 26:41 3. Stephanie Konzsa (42) 28:54 5. Robin McIntosh 29:48 (15 finishers) **10 Km, Cedarville, Ohio, July 16 (track)--1.** Jill Zenner 48:21.3 2. Dan Dalton (16) 49:47.7 3. Eric Smith (16) 56:51.9 **1500 meters, Royal Oak, Mich., July 4--1.** Max Green 7:24 2. Vance Genzlinger 8:48 3. Bob Davis 8:52 Women: 1. Miki Welch 9:57 2. Valerie Stowe 9:01 **3 Km, same place--1.** John Klos 12:58 2. Max Green 15:34 Women--1. Mary Franklin 19:14 **10 Km, Kenosha, Wis., May 3--1.** Chris Brooks (18) 46:24 2. Debbi Lawrence 46:41 3. Don Lawrence 48:50 4. Davie Michielli 49:48 5. Debbi Iden 50:33 **20 Km, same place--1.** Will Leggett 1:39:53 **Women's 5 Km, same place--1.** Nicole Certosimo 15:44 2. Angela Nieth 15:50 3. Kathleen Stuper 17:17 4. Allison Mann 17:24 **5 Km same place--1.** Matt DeWitt (18) 24:23 2. Daniel Vogel 25:15 3. Beau Dowden 26:54 4. Lynn Tracy (45) 28:17 5. Paul Regul (9) 29:44 6. Ron Winklen (47) 30:03 (13 finishers) **Another 5 Km, same place--1.**

Josh Ginsburg 24:18 2. Jessie Nethery 25:24 **5 Km, Denver, June 13 (unjudged)--1.** Mike Blanchard 25:23 2. Brad Bearshart 26:31 3. Sally Richards (45) 27:57 4. Marianne Martino (47) 29:17 **5 Km Denver, June 20--1.** Peggy Müller (44) 29:52 **Colorado State Games, Boulder, June 28:** 5 Km--1. Alan Yap (55) 26:45 2. Marianne Martino 29:36 10 Km--1. Sally Richards 58:21 2. Peggy Müller 61:07 20 Km--1. Elton Richardson (59), New York 2:10:04 **5 Km, Aurora City, Col. (unjudged)--1.** Lorie Rupoli (47) 29:31 **5 Km, Evergreen, Col., July 4--1.** Eric Pasko (16) 25:34 2. Mike Blanchard 25:36 3. Scott Richards (48) 26:15 4. Alan Yap 27:06 5. Patty Gehrke 27:30 6. Sally Richards 27:50 7. Lorie Rupoli 29:23 8. Margaret Hennessey (45) 30:06 **5 Km, Albuquerque, May 3--1.** Dave McGovern 22:51 2. Theron Kissinger 22:52 3. Art Ortega 26:21 4. Alex Woelper (40) 26:39 5. Mark Adams (59) 26:56 6. Sam Rogers 28:55 7. Don Townner 29:01 8. Cliff Ho 30:04 9. Louis Jaramillo 30:06 10. Arnie Levick 30:14 Women: 1. Teresa Aragon 27:25 2. Alix Ohlin 27:58 3. Dirce Grauke 29:38 **1500 meters, Albuquerque, June 6--1.** Art Ortega 7:12.87 2. Mark Adams 7:27.43 3. Armanda Ortega (13) 8:56 **2 miles, Albuquerque, June 7--1.** Mark Adams 16:16 **10 Km, Albuquerque, June 9--1.** Dave McGovern 46:18 2. Michelle Rohl 46:19 3. Theron Kissinger 47:26 4. Steve Moodie 55:23 5. Mark Adams 55:36 6. Teresa Aragon 58:51 **Cal. Senior Olympics 5 Km, Eagle Rock, June 13--1.** Jack Bray (65) 26:41.2 2. Carl Acosta (64) 29:18 3. Dick Petruzzzi (65) 29:20 4. Bob Mimm (73) 29:38 5. Timothy Staats (50) 29:48 6. Mel Schultz (65) 30:02 (21 finishers) Women: 1. Jolene Steigerwalt (54) 30:47 (16 finishers) **1500 meters, same place--1.** Jack Bray 7:28 2. Dick Petruzzzi 7:43.8 3. Carl Acosta 8:12.3 4. Tim Staats 8:12.6 5. Bob Mimm 8:20.4 6. Mel Achultz 8:21.6 (DQ--Larry Walker; 17 finishers) Women--1. Doris Cassels (56) 9:08.7 (12 finishers) **5 Km, Pasadena, June 27--1.** Pedro Santoni (41) 28:22 2. Mel Schultz (66) 30:07 Women--1. Karen Bartolo (55) 30:13 **10 Km, same place--1.** Larry Walker (55) 52:48 2. David Crabb (53) 56:20 **5 Km, LaPalma, Cal., July 4--1.** Margaret Govea 27:42 2. Ken Takeda 28:09 3. Daniel Thompson 28:44 4. Carl Acosta 29:14 5. Steve Alvellaneda 29:19 6. Ed Bouldin 29:34 7. Rob McMillon 29:36 8. Francine Avellaneda 30:17 (252 participants) **Pac. Assn Masters 5 Km, Los Gatos, Cal., June 13--1.** Chris Sakelarios (38) 26:01.50 2. Jo Ann Nedelco (55) 27:53 3. Art Klein (45) 28:25 4. Johe Doane (55) 30:07 5. Hansi Rigney (56) 30:22 (13 finishers) **1500 meters, Soquel, Cal., June 27--1.** Chris Sakelarios 7:13.9 2. Therese Iknoian 7:26.4 3. Bekka Marrs (11) 8:25.4 Men: 1. Kelvin Bush (15) 7:21.2 2. Bill Penner 7:28.4 3. Dick Petruzzzi 7:36.9 **1 Hour, Kentfield, Cal., June 28--1.** Norm Fable 11,211 meters 2. Jack Bray 11,003 3. Shoja Torabian 10,999 4. Shirley Dockstader 9307 (20 finishers) **1 Mile, Sacramento, July 19--1.** Roger Wellborn (46) 7:49.16 2. Bill Penner (51) 7:55.47 3. Joseph Berendt (42) 7:56.06 4. Dick Petruzzzi (65) 8:04.35 5. Ron Daniel (57) 9:22.30 Women: 1. Therese Iknoian (41) 7:56.06 Girls: 1. Brooke Szody (18) 7:36.32 2. Sarai Boyle (12) 9:08.98 Boys: 1. Nathan Williams (17) 7:32.10 **1500 meters, Eugene, Ore., June 28--1.** Robert Frank (45) 7:35.45 2. Edgar Kousky (57) 7:53.92 3. Mark Adams (59) 7:54.62 4. Teresa Aragon 7:59.97 5. Doug VerMeer (44) 8:15.98 **5 Km, Eugene, June 27--1.** Robert Frank 25:53.18 2. Mark Adams 26:28 3. Teresa Aragon 26:41 4. Bob Brewer (57) 29:27 **Oregon State Games, Gresham, July 11:** 3 Km--1. Carmen Jacinsky 16:13 2. Lida Smith 17:24 (8 finishers) Men--1. Robert Frank 15:07 2. Ronald Babcock 16:55 3. Steven Smelser 17:17 (6 finishers) **5 Km, same place--1.** Carmen Jackinsky 28:40 2. Kim Miller 29:59 (8 finishers) Men--1. Robert Frank 25:42 2. Doug Vermeer 27:55 3. Ronald Babcock 28:46 (finishers) **British Columbia vs Washington, Bellingham, Wash., July 11:** Men's 20 Km--1. Blair Miller, BC 1:38:49 2. Colin Peters, Wash. 1:42:23 3. Stan Chraminski (50), Wash. 1:49:42 4. Gerry Dragomir, BC 1:51:56 **Women's 5 Km--1.** Jennifer Brown, BC 26:45 2. Meriam Kosteki (17), BC 26:56 3. Joanne Fox, BC 27:03 4. Gwen Robertson (42), Wash. 27:44 5. Brione Bruce (17), BC 28:06 6. Joslyn Slaughter, Wash. 30:00 7. Bev LaVeck (62), Wash. 30:00 8. Ruth Eberle (66), Missouri 30:33--scored on an age-graded basis, Washington won overall, with BC's men edging Washington, but

Washington's old ladies (with Ruth Eberle, Gwen Robertson's mother, I believe, as a ringer from Missouri) beating the more youthful BC team. **1 Mile, Etobicoke, Ontario, June 16--1.** Arturo Huerta 5:58.45 2. Bill Purves 7:39.98 3. Tom Jenkins 7:42.58 4. Nanci Sweazey 8:22.82 5. Stuart Summerhayes 8:29.00

Overseas

5 Km, Gdynia, Poland, June 28--1. Robert Korzenowski 18:56.74 2. Artur Meleshkevich, Belarus 19:06.39 3. Jacek Muller 19:22.27 **20 Km, Senigallia, Italy, May 31--1.** Di Mezza 1:21:36 2. Urbanik, Hung. 1:22:16 3. Stadnichuk, Russia 1:22:25 4. Schennikov, Russia 1:22:46 5. Riva, France 1:24:10 6. Servanty, France 1:24:32 **2 Km, Milan, June 5--1.** Olga Panforova, Russia 7:56.58 2. Elisabetta Perone 7:57.14 3. Erika Alfredi 7:59.67 4. Yelena Nikolayeva, Russia 8:01.57 5. Annarit Sidoti 8:08.37 **Balkan Games 20 Km, Belgrade, Yug., June 6--1.** Siliviu, Romania 1:22:20 2. ?, Moldavia 1:24:07 3. Rocovic, Yug. 1:25:12 4. Spyros Kastanis, Greece 1:25:54 **Asian Championships, July 21: Men's 20 Km--1.** Li Zewin, China 1:27:58 2. Yoshima Hara, Japan 1:28:16 3. V. Borissov, Kazakhstan 1:29:05 5. Wang Yinhang, China 1:29:34 6. Satoshi Yamagisawa, Japan 1:30:31 **Women's 10 Km--1.** Li Yuxin, China 46:41 2. Rie Mitsumori, Japan 46:52 3. Yuka Mitsumori, Japan 47:01 4. Y.Y. Yuan, Malaysia 47:06 5. Wang Yan, China 47:12 6. Ryoko Sakakura, Japan 47:59 **Women's 10 Km, Szeged, Hung., July 4--1.** Pesti 44:24 2. Puskas 47:12 **Men's 20 Km, same place--1.** Dudas 1:27:28 2. Bell, GB 1:27:30 **World Youth Games, Moscow, July 16--1.** Lyudmila Yefimkina (1981 birthdate) 12:57.97 2. Alvarez Morales, Mexico (1982) 13:13.29 3. Irina Klepikova, Russia ('81) 13:16.27 4. Maryna Tsikhanava, Belarus ('83) 13:35.47 5. Rossane Manigrasso ('81), Italy 13:46.58 6. Yekaterina Uzsanskaya, Moldova ('83) 14:01.85 (23 finishers) **Polish Championships, Wroclaw, June 26--1.** Robert Korzenowski 1:24:52 2. Tomasz Lipiec 1:25:39 3. Jacek Muller 1:27:16 4. Stanislaw Stosik 1:27:44 5. Grzegorz Muller 1:28:27 6. Mariusz Ornock 1:29:35 **Women's 10 Km--1.** Katarzyna Radtke 45:48 2. Beata Ornock 47:15 3. Agnieszka Andula 48:01 Jr. 10 Km--1. Fabian Deuter 43:29.12 Jr. Women's 5 Km--1. Joanna Baj 23:39.29 2. Agnieszka Chrzest 23:41.52

Be there when the gun goes off

Sun. Aug. 9 3 Km, Alexandria, Vir., 8:30 am (J)
Metropolitan 3 Km, New York City, 9 am (F)
Mon. Aug. 10 5 Km, Long Branch, N.J., 6:35 pm (A)
Sun. Aug. 16 Doc Tripp 5 and 10 Km, Broomfield, Col., 8 am (H)
USATF National Youth Road Championships, Houston (Y)
20 Km, Palo Alto, Cal. (R)
Mon. Aug. 17 5 Km, Long Branch, N.J., 6:35 pm (A)
Fri. Aug. 21 5 Km, Loveland, Col., 7 pm (H)
Sat. Aug. 22 2 Mile, San Mateo, Cal. (R)
Sun. Aug. 23 5 Km, Denver, 8 am (H)
1 Hour, Kentfield, Cal. (P)
USATF 5 Km Championships, Wilkes-Barre, Penn., 9:45 am (AA)
Mon. Aug. 24 5 Km, Long Branch, N.J., 6:35 pm (A)
Sat. Aug. 29 Canadian National Men's 30 Km and Women's 20 Km (X)
Sun. Aug. 30 5 Km, Denver, 8:30 am (H)
New England 10 Km (N)
10 Km, Carson City, Nevada (P)
Regional 5 and 15 Km, Albuquerque, N.M. (W)
Sun. Sept. 5 5.2 Mile, Interlaken, N.J. (A)

Potomac Valley 15 Km, Washington, D.C. (J)
Mon. Sept. 7 Pacific Sun 10 Km, Calif. (P)
5 Km, Denver (H)
Sat. Sept. 12 **USATF Masters 5 Km Road, Kingsport, Tenn. (BB)**
5 Km, Chicago (S)
4 Miles, Larkspur, Cal. (P)
Sun. Sept. 13 **USATF National 40 Km, Ft. Monmouth, NJ (A)**
1 Hour, Warren, Mich. (O)
10 Km, Oakland, Cal. (R)
Sat. Sept. 19 5 Km, Morganfield, Ken., 8:30 am (CC)
Sun. Sept. 20 5 Km, Denver, 8:40 am (H)
15 Km and 2 miles, Houston (Y)
Sun. Sept. 27 5 Km, Denver, 8 am (H)
Eastern Regional 10 Km, Atlantic City (A)
Sat. Oct. 3 1 Mile, Frederick, Maryland (J)
5 Km, Los Angeles, 7:30 am (B)
Sun. Oct. 4 Sacramento 1/2 Marathon (E)
USATF National 1 and 2 Hour, Worcester, Mass. (G)
Sun. Oct. 11 New Mexico 5 and 10 Km Championships, Albuquerque (W)

Contacts:

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✓ B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
C--Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115
✓ D--Walking Club of Georgia, 4920 Roswell Rd., Box 118, Atlanta, GA 30342
✓ E--Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813
✓ F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
✓ G--Justin Kuo, 30 Oakland Road, Brookline, MA 02146; 617-566-7600
✓ H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
I--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217 (716-875-6361)
✓ J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151
✓ M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
N--Steve Vaitones, USATF-NE, P.O. Box 1905, Brookline, MA 02146
✓ 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--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
✓ S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
T--Columbia, TC P.O. Box 1872, Columbia, MO 65205
✓ V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
✓ W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
✓ X--Holly Gerke, 403-469-5539; hgerke@telusplanet.net
✓ Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
✓ Z--Max Green, 13660 Mortenvue, Taylor, MI 48180
AA--Jim Wolfe, c/o Sallie Mae, 220 Lasley Ave., Wilkes-Barre, PA 18706 (717-821-6558)
✓ BB--Bobby Baker, 318 Twinhill Drive, Kingsport, TN 37660 (423-349-6406)
✓ CC--Douglas Johnson, Trover Clinic, P.O. Box 148, Morganfield, KY 42437 (502-289-2323)

From Heel To Toe

National 10 and 20. More on these two national races reported last month. First, the results originally issued, which is all we had for our report, showed Gretchen (Eastler-Fishman sixth and Cheryl Rellinger seventh. This was wrong. Their order was reversed; Rellinger sixth in 51:19.60 and Eastler-Fishman seventh in 52:44.10. The temperature at the start of the men's race was 96 F with high humidity. Tim Seaman and Curt Clausen moved away from the rest early in the race and were 14 seconds ahead by 2 1/2 Km. They were together at 5 in 23:23 followed by Gary Morgan (23:51, Phil Dunn 23:53, Andrew Hermann 23:58, and Jonathan Matthews 24:08. Clausen started to drop away after 7 1/2 Km. Seaman motored on by himself, slowing a bit on each 5 Km (46:55, 1:10:42, 1:35:08). Clausen gained a little on him the final 5, but never threatened the lead, cutting the lead from 47 to 34 seconds on the final 2 1/2. Matthews caught Morgan just after 10 Km and walked the most sensible race of anyone with near even splits (24:08, 47:58, 1:11:56, and 1:35:59). Following the race, Seaman said: "I felt great all through the race. I have finally won a national title after being so close so many times. In the women's race, Sara Stanley was listed as not starting, but she did, failing to finish. Joanne Dow's post-race comments: "I felt great. I stayed with the lead pace for the beginning of the race, and I felt so comfortable that I just surged ahead." . . . **High school walking.** From Tom Eastler: I'm very pleased to announce that yesterday (June 22) the Maine Principal's Association T&F Sub-Committee voted unanimously to continue the 1600 meter racewalk for men and women in the high school outdoor track and field schedule as a scoring event on a permanent basis. Maine now becomes only the second state in the U.S. to have racewalking as a scoring track and field event in high school, and the only state to have both men and women contesting the racewalk statewide. Where there was one, now there are two!! Only 48 more to go. Many thanks to the USAT&F National Racewalk committee, and to all those who contributed both time and money to helping Maine's high school racewalking future become a reality. . . **An internet discussion.** Well, I still have never hooked up the modem on my computer, so obviously I'm not a surfer nor can you send me E-mail. However, Chuck Newell (see below) is now sending me hard copies of all sorts of stuff off the net and I see exactly why I am not involved. Because I don't want to spend all that time tied to a screen and keyboard. Particular case in point is a huge stack of material, mostly from one day of banter back and forth among those on the RW list. The discussion centered about more judicious scheduling of national races, primarily to better serve the elite walkers. I don't have space to go into all that was said. . . many of you probably saw it. However, one point of discussion regarded scheduling of 20 and 50 km trials for international competitions. If an athlete misses out in the 20 but then manages to qualify in the 50 off his 20 Km training, will he be ready to compete in a second 50 a month or two later, or will he just be a loss to the team in that competition? And other variations on that theme. And stuff about buildup and tapering in training. And travel was a concern. Has anyone ever heard of such athletes as Raul Gonzales, Jose Marin, Ronald Weigel, and more recently Robert Korzeniowski. These guys seemed to be ready to compete at either distance against the world's elite at any time. Gonzalez won gold at 50 and silver at 20 in the L.A. Olympics and, without looking it up, I believe Marin won gold and silver at the same European Championships. But mostly, I thought of our own Larry Young. He competed quite effectively in both races at the Munich Olympics just four days apart, primarily because the 20 provided the perfect depletion workout in his carbo-loading diet. Less than 2 months earlier, he had done the same double in our Trials, but then just 3 days apart. And it all led to an Olympic bronze medal (his second) in personal record time. In looking back, I see there was a lot of racing those events, an amazing odyssey, really. Here is what I find for his competitive schedule from March on, which is necessarily complete (note the frequency, variety, and quality of races, and the amount of travel, leading to a most positive end result): March 4--30 Km run in Columbia, Missouri (where he lived)

1:55:16. March 17--National 35 Km, Hollywood, Cal., 1st in 2:56:41 (second place Bob Bowman 3:00:02). March 25--10 Km, Independence, Mo. 1st in 44:34. April 9--National 25 Km, Seattle, 1st in 1:57:28 (Bill Ranney second in 2:03:13). April 20--National 20 Km, Long Island--1st in 1:32:44 (Ron Daniel second in 1:34:10). April 29--Run-Walk Pentathlon, Columbia, 1st with 14:22 2 Mile walk, 2:27.2 880 yd run, 7:18 Mile walk, 11:00 2 mile run, and 32.4 220 yd. run. May 7--20 Km (track), Columbia 1st in 1:30:10 (American record at that time). May 13--Western Hemisphere 20 Km, Sharon, Pa., 1st in 1:31:59 (Daniel second in 1:37:10). May 27--National 10 Km, Chicago, 1st in 44:51. May 28--Zinn Memorial 10 Km, Chicago, 1st in 44:47. June 17--National 5 Km, Seattle, 1st in 21:39.8. July 1--20 Km, Olympic Trial, Eugene, Ore., 1st in 1:35:57 (Goetz Klopfer second in 1:38:03) (hot day). July 4--50 Km, Olympic Trial, Eugene 1st in 4:13:05 (Bill Weigle second in 4:20:10). July 15--National 15 Km, Northglenn, Col., 1st in 1:10:22 (Jerry brown second in 1:12:26). July 23--National 40 Km, Long Branch, N.J., 1st in 3:39:59 (93 F, humid). Aug. 3--10 Km, Oslo, Norway, 1st in 44:03. August 31--Olympic 20 Km, Munich, 10th in 1:32:54. September 3--Olympic 50 Km, Munich, 3rd in 4:00:46. Then, on Oct. 1 he added the National 30 Km title to his list with a 2:28:09. Well, I just throw that out for what it's worth. It jumped to mind on seeing the discussion about the difficulty, or impossibility, of being prepared for both distances. . . **About the ORW.** I am beginning to have thoughts about the viability of the ORW, especially in light of web pages on the internet. Jack Blackburn and I started this in 1965 to provide an information network for the serious racewalker. I hope it has done that through the years. I have always operated it strictly on a service basis, pricing it only to cover costs. Circulation for our first issue was perhaps 20 or 30, just a list of friends in the racewalking world. We let word of mouth be our advertising and people responded with their dollars (two dollars, I believe, at the start), so that circulation soon rose into three digits, and continued a slow climb through the years. The peak was 688 in May 1991. Since then it has slowly declined to 431 for the June 1998 issue. I'm not at all worried about the number from an economic standpoint, and the fewer the subscribers, the less the work in getting it into the mail. But since I keep seeing a net loss of five or six subscribers each month, I have to wonder if I am still meeting a need. Many notes on subscription renewals tell me I most definitely am, and I always appreciate the sentiments. (Thanks to all. You know who you are.) But, with the internet, I wonder if I am really bringing news to people. Maybe I should become the *Racewalking Digest*. Well, I have no immediate thoughts of giving it up, although such thoughts have been in the background for a long time and I know that some day the time will come. I always think I should at least carry on through the next Olympics. And after each of those, there is another to come. So, I can't get out that way. . . **More on shoes.** (Yes, we have some commentary on this subject from time to time.) This bit, also from the internet, has Jim Fields asking Columbia TC coach (and former Ohio TC coach, but not of walkers), Wayne Armbrust about shoes. Fields: I just wanted to ask for your ideas or suggestions about shoes for the racewalker. My impression is that most of the athletic shoes available for purchase have a heel that is too high for a good forward swing and hell plant of the leading foot. Armbrust: I would agree with you here. Fields: U.S. Olympian Ron Laird, one of my California roommates from 1969 to 1972, used to take new shoes to a motor-driven sander wheel for tapering the back edge of the heels. Armbrust: I have done this for my wife, Gayle Johnson, formerly the top masters walker in the U.S. and a former world age group record holder. Fields: Neither I nor the your walkers that I now judge have such power tools, let alone the know-how to use them properly for modifying heels. Last winter, I served as a test subject for one manufacturer's walking shoe and, at its conclusion, suggested a lower heel, but have so far gotten no response. So a question arises; can you advise me if there are some shoes for sale with lower or tapered heels? Manufacturer and model names will be welcomed. Thank you for any information that you can provide. Armbrust: In general, you want a low heel that is firm enough not to break down from repeated heels strikes. Also the mid sole should be flexible. It is a constant struggle to find a pair of suitable shoes for racewalking. As soon as Gayle finds a pair she likes, it is discontinued. I

know that the shoe she is now wearing is discontinued. (Ed. Not really much more help than other things we have run. You just have to search for what suits best. . . **Walkers' Health Study.** The Walkers' Health Survey is part of a study undertaken in 1997 and currently includes 6000 walkers and hikers. The study has been reported in more than 200 magazines and newspapers nationwide, including *Health*, *Walking* magazine, the *LA Times*, and the *Washington Post*. Walking and hiking have received strong endorsement by the Surgeon General's Report on Physical Activity and warrants further study. The study will be continuing through at least 2010. The Survey will test how much walking is beneficial, whether walking faster or further is better, and injury rates. Walkers and hikers who enter their data will receive an automatic on-the-spot analysis of their diet, physical activity, and weight. There is no obligation to join the survey to take advantage of the features the web site has to offer. Dr. Paul Williams, the director, is especially interested in any feedback on the survey. His E-mail address in health@ibl.gov and his phone number is 510-486-5630. The survey web site is <http://www.walkersurvey.org>. . . **60th Anniversary.** Those toeing the starting line at the National 40 Km in Ft. Monmouth, N.J. on September 13 will be part of a 60th anniversary celebration. This will be the 60th edition of the National 40 and host Shore AC and its many active walkers will commemorate the event in style. The Shore AC hasn't hosted them all, but they must have done more than half of them. The race has been in New Jersey since sometime in the early to mid '60s. Race Director Elliott Denman is inviting all past National 40 Km participants to come back. For those not ready to go the full distance, he is offering awards to past participants completing 10 and 20 Km of the race. Those not really wishing to suit up and don a number can come and cheer their friends. Special events before the race include a gathering and reminiscing at the Monmouth U. football game on Saturday, followed by the traditional Pasta Dinner. The race starts at 8:30 Sunday morning and will follow a fast, flat 2 Km loop on the grounds of Ft. Monmouth with aid and lap times provided each time around. In addition to the usual array of prizes there is a \$1,000 cash purse in effect for the race and a post-race random drawing for two tickets to any Delta Airlines destination in the contiguous U.S. Elliott wants at least 100 walkers on the starting line and will have the organization to treat them all as they want to be treated. You can call Elliott at 732-222-9080 or 732-222-1348. . . **Many news bulletins from Mr. Denman.** News Bulletin #1. Seen on the roads this winter, after a competitive absence of more than two decades, was former National AAU champion John Humcke (Ed. With a quick count, I see five titles--two at 1 mile indoors, one at 2 Miles, and two at 15 Km), who now resides in Marlboro, N.J. John hopes to get back into the swing of things. Alas, he also reports the death--a few years ago--of Gene Chichura, his famed former teammate on the Polish Falcons Club of Elizabeth, N.J. and later the NYAC. Chichura, too, was a National AAU champion. . . NB #2. We are now seeing a rash of writing and publicity relating to the East German--and Eastern Bloc--era of dominance in all areas of Olympic sport and their suspected use of performance enhancing drugs.. Several of these items take the line that "I shoulda had a medal" or even "I shoulda had a better medal." Personal opinion: Let the history books remain as they are. Did not the East Germans, et al, pass all the drug testing procedures in place at the time of their success? And that's all we can ask of anyone. And weren't Americans, and everyone else, subject to the same brand of testing??? And, beyond all that, do we not have some kind of statute of limitations??? . . NB ##. To Mr. Morland: Earlier this year, you kindly mentioned my being fortunate enough to have won the National 3 Km and 50 Km within a two-week stretch of the 1959 season. Believe me, it was good fortune, and certainly cannot ever be remotely compared to the great performances being turned in by the walkers of 1998. (Ed. Probably true. But, on the other hand, there is really no way to compare performances between eras. Would Paavo Nurmi to his best really finish nearly a mile behind today's 10 Km runners, or would Emil Zatopek be lapped nearly three times? I doubt it. Anyone who excels among their peers has a deserved place in the annals of sport and so be it with the modest Elliott Denman. I remember when I first started to do well at this sport I would look in the record books and see one Price King making the 1952 Olympic team at 10 Km with a

time around 52 minutes. Then after a bad workout, I would tell myself that at least I did well enough to make the 1952 Olympic team. With some perspective, I soon learned how unfair that was. I'm sure athletes today play the same sort of games looking back at performances from the era that Elliott and I represent.) . . NB #4. I'd also like to report--sadly--the death of my Mom, Theresa Denman, at 90, earlier this year. Mom was my biggest fan and earliest coach. She was a true fan of our sport and attended so many of the events. Many was the time she opened the portals of the Denman abode to the walking clan, who were happy to have a good feed of Mom's particular specialties. And many was the time that clan camped out at the Denmans'. . . NB #5. The Takanassee Lake races in Long Branch are going strong, now in their 35th year! They really should be a model for other events throughout the land. The concept is so straightforward: A race a week throughout the summer, at the same site, same day (every Monday, June to August, same time (6:45 pm), same format, 5 Km run at 6:45, 5 Km racewalk at 6:47, easy entry fees (a few bucks), nice medals. And most importantly, no advance entry requirements. . . NB #6. In place now at Lake Takanassee in Long Branch is the Don Johnson Memorial Bench, put there by his many friends and admirers. Don did it all in our sport--great walker, modest champion, supreme stylist, and marvelous ambassador of his sport, his club, and essential good stuff in walking, to all the rest of the world. Don walked in every edition of the World Masters Championships until he could no longer. And Masters walkers the world over grew to know and admire this marvelous citizen of Little Silver and the world. The Don Johnson Memorial Bench, by the way, is adjacent to the Dr. George Sheehan Memorial. Doc Sheehan the famed "Running Doc" and guru to distance athletes of all kinds the world over, wrote many kind things on the values of walking in his many books and articles. . . NB #7. Dr. Shaul Ladany's biography (see mention in ORW about a year ago) has now been translated into English from the original Hebrew and is chock full of the greatest distance walker's many adventures around the planet. Shaul would like to have it published in the U.S. and asks that if anyone has a publisher who'd like to do it, to please get in touch with him. His Address is Prof. Shaul Ladany, P.O. Box 112, Omer 84965, Israel. . . NB#8. The annual Louis Drazin Memorial Race will be held on Sunday, Sept. 6, as our annual tribute to both Louis Drazin and his terrific and beloved brother, Harry Drazin. Harry will mark his 85th birthday on Aug. 15 and will be the official host of the race, which will be 5.2 miles (4 laps of a 1.3 mile course) in Interlaken, N.J. Handicap start, giving all walkers an equal opportunity to win it all. Harry, too, wants to see at least 100 walkers on the starting line. . . **More T-shirts.** Finally, this from Elliott, who, without being asked, has filled much of this issue. Captain Ronald Zinn Memorial Races, Asbury Park Commemorative t-shirts are now on sale by mail order. Price is \$8.00, which includes postage and handling. Send orders to : Elliott Denman, 28 North Locust Avenue, West Long Branch, NJ 07764. Available in XL, L, and Med. sizes. . . **10 Km record.** Michelle Rohl's 43:30.4 for 10 Km on the track in Kenosha, Wis. reported last month apparently is not being submitted for American record consideration because of conditions under which the race was conducted. Not sure what the conditions were, however. And I don't think this detracts from the significance of her performance.

View From the Back

by Chuck Newell

(Charles "Chuck", "Charlie" Newell was a venerable racewalker for the Ohio Track Club in the mid '60s. Glancing back, I see a 1:44 20 Km in Sharon, Pa., a 1:20:41 for 15 Km in the 1967 National, a 5:08 for 50, and a 7:23 mile among his accomplishments. Good solid performances for those days and a good third man for our team. At that time, he was Ashland,

Ohio's racewalking mailman. Too bad he didn't have the opportunity to journey to England and get in their official mailman's 15 Km, an annual event back then and perhaps still going (contestants had to carry their mail bag), dominated by Olympian Ray Middleton. Anyway, Chuck left the competitive scene in 1968, I believe, and has just returned. Here is his report on that return.)

Feeling somewhat like the cad who deserted his wife and wandered in 30 years later with a "Hi, honey, I'm home. Hey, what did you do with my favorite chair?", I ventured back to the racewalking scene with a trip to Niagara Falls for the National 10 Km. To say that things have changed would be an understatement. With 117 entries, it is evident that a great number of people have discovered the valued hidden in this sport.

It is not that I have been totally inactive for the past 30 years. I have kept fairly busy with jogging (even a race or two along the way), officiating high school baseball, softball, basketball, and riding a few centuries and double centuries on my bike. But, the interest in racewalking has remained with me.

Indeed, I have continued to watch for reports of the events during the Olympics, many times to no avail (Ed. but did not continue to keep up his ORW subscription, we say in a huff). When they did decide to give attention to the sport, it was with the usual juvenile and asinine approach that "this isn't really a sport folks, they are out there just trying to look goofy." With that attitude so prevalent in the media, those within the walking fraternity still had high hopes that racewalking would someday be received at the level of the other track events. If I remember correctly, the highly regarded editor of the ORW took a more realistic view of racewalking. I remember well the tirades leveled at the esteemed editor for a realistic approach to the sport when others were dreaming of racewalking equaling the World Series. Even the wish expressed once that they hoped you got beat and put in your place. Ah well, such is life in the media. (Editor. Well, I certainly got beat, but I don't know if I ever got put in my place, not being sure just where that is.)

Two things have impressed me since I have resumed walking and receiving the ORW after so many years. One: the extremely fast times being achieved by the world class walkers. It is hard to imagine the times since it was once expressed that one mile close to 6:30 was probably illegal, let alone six put together in a 10 Km. Two: The rise of women in racewalking, both in numbers and performance. They have certainly made their presence known and deservedly so. My wife and I were greatly impressed by the women at the 10 Km national, especially Ms. Bender. I wish that one writer in the *American Race Walker* a number of years ago could have been there. He wrote, "I love to see women racewalk; I like to watch them waddle down the road."

One very noticeable aspect was a difference in judging since my last race 30 years ago. I hardly ever saw a judge back then, but at Niagara Falls, every time I got going pretty good, someone with a judge's hat on would run up and push a paddle with stupid lines on it right in my face. It took me about three laps to realize I might be in trouble. After the race, I had a lengthy talk with Bruce MacDonald who explained the nuances of the rules to me and how they have changed.

From my vantage point in the race, I had the opportunity to ponder the finer things of life and to examine the form of everyone lapping me. From that view, and also seeing them coming down the other side of the road, I was impressed with the clean style by almost every walker. The one walker that I had serious questions about (and who shall remain nameless, lest he pound the tar out of me) would have received the ol' DQ back when. I was told by one judge, who again shall remain nameless, that they did give a warning, but that was the only warning given. But, *que sera, sera*, it was still a great day.

The Niagara Walkers are to be commended for a first class race. I was saddened to hear that this would probably be the last time they would host the race. Everyone concerned, especially the ladies handing out the packets, was very helpful, even to shouting words of encouragement to me during the race.

Will there be other races in my future? I can only hope so. Of course after turning to the ministry and preaching for the church of Christ, it is kind of difficult getting Sundays off to take a stroll. I will continue to scour the countryside for Saturday dates and perhaps keep going with the training bit. And, if there is anyone who would like to stop off in Newcomerstown, Ohio, I have a hill that I would be glad to show you up close and personal

LOOKING BACK

30 Years Ago (From the July 1968 ORW)--Ron Laird captured the National 20 Km title in 1:33:00, with Larry Young, Don DeNoon, and Tom Dooley taking the next three spots. Dooley, in fourth, was only 39 seconds behind Laird in a tight finish. . . The 50 wasn't so close as Young won easily in 4:12:12 (the course was found to be about a half-mile short). There were only eight under 4:30, with Goetz Klopfer, Bob Bowman, and Dave Romasny following Larry. . . Young covered 7 mi 1386 yards in an hour to beat Martin Rudow for the National title in Montana.

25 Years Ago (From the July 1973 ORW)--The National 25 Km was contested in Taunton, Mass., and John Knifton came away with the title in 2:05:50, nearly 2 minutes ahead of Ron Laird. Gary Westerfield was a distant third. Knifton was slowed by a dog attack during training 2 weeks earlier that had resulted in 28 stitches and 5 days in the hospital. To add to his woes, he left his gear at home and had to walk in borrowed things, including a half-size-too-large pair of bowling shoes. He survived without a blister. (Interestingly, bowling shoes were not unusual footwear in races when I came into the sport in the late '50s.) . . Sue Brodock won the National 5 Km, the first time the women had competed at this distance at the National Meet (previously 1 Mile). Her 27:40 led Ellen Minkow and Ester Marquez. . . On the local scene, your then 38-year-old editor blasted a 31:56 for 4 miles, only a bit more than 2 minutes over what he might have done in glory years, and immediately announced that he was about to start challenging those near the "bottom of the top". A hollow challenge as it turned out. . . Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59.4 and this turned out to be the start of a much more serious challenge to those at the "top of the top". . . Jerry Brown and Bill Ranney competed in Europe with the U.S. track team and, despite some good times (walking that is, not boisterous revelry), didn't come off too well competitively. In Germany, Jerry had 44:56 and Bill 45:36 for 10 Km, but Bernd Kannenberg did 43:48 and Gerhard Weidner was second. In Italy, they had 45:36 and 46:06, respectively, but Visini and Zambaldo were wall ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeniy Ivchenko won in 1:35:14, and this time, Bill beat Jerry with 1:36:37 to 1:37:41.

20 Years Ago (From the July 1978 ORW)--Todd Scully led from the gun to win the National 10 Km in Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Doyle and Martin Kraft followed him. . . The Junior 10 went to Ray Sharp in 50:55 with Mike Morris second. . . Scully took second in the US-USSR dual when Vinichenko was disqualified after finishing in 1:31:16. Polozov won in 1:30:04 as Todd did 1:32:13 and Larry Walker 1:34:15. . . In two Junior duals against the Soviets, Sharp did 48:40 and 47:20, but finished third both times. Morris had 48:43 in the second dual. . . Mexico's Raul Gonzales zipped a 3:41:20 for 50 Km in the Prague-to-Podebrady race. . . Paul Hendricks became the first American to compete in the Paris-To-Strasbourg race (see April '98 issue) and covered 214 Km in 31 1/2 hours before dropping out. Josey Simon of Luxembourg won the race in 66:10:47 (for 500 plus Km).

15 Years Ago (From the July 1983 ORW)--Italy's Maruzio Damilano won an international 20 Km in Los Angeles in 1:25:53. Marco Evoniuk captured fourth in 1:27:07, behind the GDR duo of Hartwig Gauder and Ronald Weigel. Dan O'Connor (1:27:49) was sixth and Jim Heiring (1:28:12) seventh. . . A month later, Heiring bettered the national record for 10 Km with 41:07.91

on the track in Stockholm, finishing behind Sweden's Bo Gustavsson and Finland's Reina Salonen. Evoniuk was fourth in 41:27.63. . . Todd Scully won the National 10 at Niagara Falls again, this time doing 44:50, but finished behind Canadian guest Marcel Jobin. Steve Pecinovsky was just 22 seconds behind Scully and only 1 second ahead of Tom Edwards. . . Heiring won the National 5 Km in Racine, Wis. with 20:33.3, better than 1 minute ahead of Mike Morris. . . At the National Sports Festival, Scully won a very hot 20 km in 1:39:14 and Randy Mimm walked away with the 50 in a very impressive 4:20:20. . . James Mann won the Junior National 10 Km in 47:25.

10 Years Ago (From the July 1988 ORW)--Conditions for the Olympic Trails in Indianapolis were much like this year's Nationals in New Orleans. At the 9 am start, the temperature had already risen above 90 F and the humidity was high. Gary Morgan took command of the race just after 5 Km and walked unchallenged (other than by the conditions) the rest of the way to win in 1:34:12. Tim Lewis caught Paul Schwartzburg in the final 200 meters to take second in 1:36:31. Carl Schueler also caught Schwartzburg, but already on the team at 50, he paused before the finish to give the third place to Paul. Unfortunately, it turned out Paul had gotten a third red card just before entering the stadium, so Jim Heiring (1:37:09 in fourth) moved onto his third Olympic team. In the conditions, Morgan was 6:41 off his qualifying time, but that was closer than anyone else in the race and that is why he won. . . There was also a women's 10 Km at the Trials, but it was essentially an exhibition since the race wasn't added to the Olympic agenda until 1992. This race was postponed from 4:55 pm until 9:45 to get the heat-humidity down to acceptable levels. Debbi Lawrence walked masterfully in the steamy conditions to win by more than a minute in 47:52. Teresa Vaill was second in 48:57 and Sarah Standley third in 50:05. . . In the National 10 at Niagara Falls Dave McGovern won in 44:04, a minute ahead of Mel McGinnis. Curt Clausen was third in 45:41. . . Junior National Titles went to John Marter (47:43) and Deirdre Collier (25:30).

5 Years Ago (From the July 1993 ORW)--Another Canadian year at the National 10 in Niagara Falls as Tim Berrett (42:19) and Arturo Huerta (43:15) finished one-three in the men's race and Janice McCaffrey and Alison Baker one-two in the women's. In the men's race, Andrzej Chylinski (42:41) and Gary Morgan (43:57) led the U.S. walkers. In the women's race, it was Michelle Rohl (50:01) and Lyn Brubaker (51:04). . . Wil Van Axen (47:14) and Lisa Chumbley (25:01) won Junior National titles in Spokane. . . In the Pan-Am Junior meet, Ecuador's Jefferson Perez flashed the brilliance that led to Olympic gold in Atlanta with a 39:50.73 win. VanAxen was second in 44:26. . . Australia's Nick A'Hern did 1:20:13 for 20 Km on the track in Bergen, Norway.

