

Dow, Dunn Win Pan Am Qualifiers

Kenosha, Wis., Aug. 30--Joanne Dow solidified her claim to the top spot among U.S. women at 20 Km, following up her win at the National Championship in the spring with another superlative victory in the Pan Am Cup Trials here. She wasn't quite as fast (1:35:45), but was still 2 minutes ahead of runnerup Teresa Vaill, who was also second at the Nationals. The other three spots on the Cup team went to Susan Armenta, Debbi Lawrence, and Jill Zenner. That event is in Miami on October 3 and 4.

An accompanying men's 30 Km race qualified three athletes to join Marco Evoniuk and Mark Green on the Cup 50 Km squad. With only three of six starters finishing the race, there wasn't much suspense about the three qualifiers. Philip Dunn won in 2:26:30 with New Mexico's Theron Kissinger, just breaking into the national scene this year, a very impressive second in 2:27:13. Cup veteran Steve Pecinovsky got the final slot. Not a particularly young team with Evoniuk, Green, and Pecinovsky all on the far side of 40. Marco will be 41 by race time, Mark is 42, and Steve 43. Don Lawrence, Dave McGovern, and Warrick Yeager (another master) did not finish. It seems sad that with three spots on an international team open and with some of the strong candidates committed to the 20 for the Cup competition (that's why spots were open) only six competitors would show up for the race. Such is the plight of 50 Km walking in the U.S. On the other hand, 17 showed up for the women's race at this relatively untested distance and, impressively, 11 were under 1:50, with a twelfth barely missing.

Vince Peters reports on the women's race: The start went off as expected with Dow, Victoria Herazo, Lawrence, and Vail out fastest. Jill Zenner was alone in fifth at 1 Km in just under 5 minutes, with Cheryl Rellinger, Danielle Kirk, Armenta, Margaret Ditchburn, Molly Lavacek, Lisa Sonntag, Lyn Brubaker, and Dana Yarbrough in a pack at 5:06 to 5:09.

At 2 K, it was obvious that Teresa and Joanne had upped the ante and were going to race from there till there was only one. And, if both survived, the remaining three spots would be decided by everyone else's will and fate.

By 3 km, Debbi had opened a gap on Herazo and Zenner. There was an 18 second back to the pack, led by Rellinger. Little changed between 3 and 8 km except the gap between the first two and Lawrence in third, with Zenner another 25 seconds back. At 9 km, a chase pack had formed, which included Herazo, Armenta, and Rellinger. Armenta caught Zenner by 10 Km (49:58), and they worked together through 16, narrowing the gap to Lawrence in third and widening the advantage over Rellinger, and then Herazo. Meanwhile, Margaret Ditchburn was also walking a fine race and constantly gained on positions three through six over the second 10.

Out front, Dow and Vaill continued their fast pace passing 10 in under 48. Once past 10, Joanne left Teresa behind and cruised the final 10 unchallenged. Teresa also took advantage of the big lead they had established and did not stress herself as the temperature rose into the 70s.

The race for the final three spots was more competitive. Just past 16 km, Zenner and Armenta both surged. Susan, stronger on the day, broke away and went on to catch Lawrence for third. Debbi and Jill slowed significantly over the last 2 km, but were not to be caught as Herazo finished 47 seconds back in sixth. Lyn Brubaker in ninth broke the existing age 40-44 record by 5 minutes. Teresa Vaill will be making her sixth appearance in the Pan Am Cup.

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Results:

Women's 10 Km: 1. Joane Dow 1:35:45 2. Teresa Vaill 1:37:43 3. Susan Armenta 1:40:27 4. Debbie Lawrence 1:40:51 5. Jill Zenner 1:41:30 6. Victoria Herazo 1:42:17 7. Cheryl Rellinger 1:43:02 8. Margaret Ditchburn 1:43:22 9. Lyn Brubaker 1:46:27 10. Danielle Kirk 1:47:33 11. Lisa Sonntag 1:48:23 12. Molly Lavecek 1:50:19 13. Valerie Silver 1:52:38 14. Ali Bahr 1:56:23 15. Sally Richards 2:00:12 16. Gayle Johnson 2:00:40 DNF--Dana Yarbrough
Men's 30 Km: 1. Philip Dunn 2:26:30 2. Theron Kissinger 2:27:13 2. Steve Pecinovsky 2:35:36 DNF--Don Lawrence, Dave McGovern, and Warrick Yeager.

Clausen, Vaill Do Prevail

Wilkes-Barre, Penn., Aug. 24--Curt Clausen and Teresa Vaill were easy winners in the "Sallie Mae" USATF National 5 Km races held here today. Clausen didn't need to extend himself too much, covering the distance in 21:04, about what he might do to start a 20 Km on a good day, but still had 45 seconds on Al Heppner at the finish. The old fellows--Warrick Yeager (44), Gary Morgan (38), and Steve Pecinovsky (43)--followed, all in outstanding times for their advancing years.

In the women's race, Teresa Vaill was well clear in 22:49, with Debbi Lawrence 29 seconds back. Lyn Brubaker was a solid third, leading the master's group.

Results:

Men: 1. Curt Clausen 21:04 2. Al Heppner 21:49 3. Warrick Yeager (44) 21:54 4. Gary Morgan 22:34 5. Steve Pecinovsky (43) 22:51 6. Don Lawrence 23:05 7. John Soucheck 23:29 8. Greg Dawson 23:55 9. Bruce Booth (50) 24:59 10. Stanley Sosnowski (48) 25:02 11. Dave Romansky (60) 26:30 12. Dave Lawrence (43) 26:43 13. Jim McGrath (61) 27:39 14. Curt Sheller (44) 27:45 15. Ronald Shields (55) 27:55 16. Bob Barrett (64) 28:24 17. Eric Underhill (17) 28:39 18. John Albert (51) 29:06 19. Jack Starr (70) 29:09 20. Nick Manuzzi 29:56 21. Bob Mimm (73) 30:29 22. Ed Gawinski (71) 31:52 23. Howard Rooker (44) 32:28 24. Larry Freeman (57) 32:39 25. Malcolm Hall (53) 32:50 (37 finishers)
Women: 1. Teresa Vaill 22:49 2. Debbi Lawrence 23:18 3. Lyn Brubaker (41) 23:59 4. Donna Chamberlain (41) 26:08 5. Gloria Rawls (41) 27:09 6. Janet Comi (44) 27:31 7. Lynda Dewitt 27:53 8. Jamie Montel 27:55 9. Christine Fina (16) 28:14 10. Sharon Lyns 28:56 11. Sherry Brosnahan (46) 29:12 12. Lisa Vellucci 29:18 13. Loretta Schuellein 29:35 14. Karen Fina (47) 29:42 15. Judyanne Bonafede (45) 30:01 16. Cassandra Faccioponti 30:14 17. Keri Cohn 30:56 18. Eileen Lawrence (45) 31:12 19. Lori Ann Yohe (41) 31:26 20. Allyn Evans (63) 31:27 21. Sue Hoadley 31:51 22. Nadya Dimitrov (48) 31:59 23. Eileen Druckenmiller 32:37 24. Carol Hopson (58) 34:07 25. Joan Berman (61) 34:19 (34 finishers)

Men: 1. Gary Morgan 3:21:37 2. Philip Dunn 3:22:58 3. John Soucheck 3:38:43 4. Warrick Yeager (44) 3:42:54 5. Bob Keating (51) 4:04:34 6. Chris Knotts (42) 4:07:50 7. Brian Savilonis (46) 4:09:10 8. Tom Quattrocchi (47) 4:17:42 9. Rifkhat Sultanov (53) 4:18:26 10.

Alan Price (51) 4:19:23 11. Eric Litt 4:19:26 12. Jack Lach (54) 4:24:13 13. Ed Fitch. 4:24:24 14. Max Green (66) 4:24:55 15. Pat Bivona (57) 4:35:31 16. Al Cowen (41) 4:36:18 17. John Mike Nichols 4:37:57 18. Benno Stein (60) 4:40:05 19. Curt Sheller (44) 4:45:10 20. Bob Mimm (73) 4:47:02 21. Mannie Eisner (57) 4:51:52 22. Bill Hamman (51) 4:53:59 23. Jack Lucey (62) 4:58:23 24. Malcolm Hall (53) 4:59:47 25. Larry Freeman (57) 5:01:26 26. Mike Michel (68) 5:04:16 27. Len Scheer (73) 5:04:56 28. Kevin Applegate (43) 5:07:41 29. Servin Robinson (70) 5:11:45 30. John Molendyk (56) 5:16:40 31. James Brown (64) 5:21:02 32. Niall Mandal (55) 5:22:55 33. Eliot Collins (40) 5:55:13--15 did not finish, including Steve Pecinovsky. 7 disqualified, including Dave Romansky. Teams: 1. Shore AC 2. Northeast Walkers 3. Maimi Valley TC

Women: 1. Cheryl Rellinger 3:40:38 2. Dorit Attias 4:12:41 3. Sherry Brosnahan (45) 4:20:14 4. Lee Chase (44) 4:24:00 5. Maryanne Torrellas (40) 4:24:00 6. Jeanne Dorton (42) 4:35:37 7. Jeanne Bocci (55) 4:48:37 8. Rita Bogdon (43) 4:56:01 9. Nancy Linky (51) 5:10:41 11. Sandy Rubel (51) 5:14:14 12. Donna Kilgore (45) 5:18:59--10 did not finish. Team: Shore AC
 Judges: M. Shapiro, Avram Shapiro, Robert Eisner, Gary Westerfield, and Bruce MacDonald.
 Men's Team: 1. Pootmac Valley (Heppner, Yeager, Pecinovsky) Women's Team: 1. Shore AC (Chamberlain, Rawls, Brosnahan)
 Judges: Gary Westerfield, Sharon Good, Stella Cashman, Lon Wilson, and Thomas Zdrojewsky

Herazo, Matthews Lead Masters 5 Km

Kingsport, Tenn., Sept. 12--The Food City USA 5 Km Masters Racewalk Championship was another success in its seventh straight appearance here. Ninety-two entrants toed the starting line at 7:45 am with beautiful, crisp weather; temperatures in the mid 70s. Twenty-seven states were represented, with great support from the Indiana Racewalkers, who sent 30 walkers.

It was a very fast field with many elite, former and future Olympians. Moving at an alarmingly fast pace, Jonathan Matthews and Tori Herazo took the masters overall titles, while Curt Clausen was the open non-master winner of the Food City Championship. Matthews was second overall at 21:09. The 42-year-old professor at Carrol College in Helena, Montana made his fourth appearance here and hasn't slowed down much. Matthews explained the flexibility that racewalking affords. "What you need to be a good racewalker is not a long stride, but a fast stride. Unlike running, you're usually able to race well at short distances if you've been training long. Five years ago, I set an American 3 km record and won a 50 km national championship in the same year," said Matthews, whose 1995 time of 20:20 still stands as the race record.

Tori Herazo was another elite athlete familiar with the Food City Championship. The 39-year-old finished with a time of 23:31, 16 seconds off her course record. "Since I've been working full-time, trying to squeeze in my training is harder," said Herazo, who finished strong despite an injured right hip. "I plan to take off at least 6 months to train. The key to making the Olympics in 1992 was taking time off to train. When you do that, you can really focus all your attention on what you need to do. It doesn't get diverted."

Curt Clausen, the 1996 Olympian who recently placed sixth in the Goodwill Games 20 Km, was the over-all winner with a time of 20:37. He used this race as a tuneup for the upcoming Pan Am Cup. "Nationally, I do well at most distances, but internationally, I think my real opportunity is going to be 50 km," said Clausen. "Today was a little slower than last year, but basically, I felt good. My slowest kilometer was my first lap. I cranked it up a notch after that and kept an even pace." Third overall was another elite racewalker, 32-year-old Dave McGovern of Mobile, Ala. in 22:29, while Gregory Dawson, Saint James, N.Y., was fourth in 22:57

Results: Men under 40--1. Curt Clausen (28) 20:37 2. Dave McGovern (33) 22:29 3. Gregory Dawson (36) 22:57 4. Keith Luoma (36) 23:24 5. Ric Holt (34) 23:48 6. Phillip Gura (27) 28:19
Women under 40--1. Victoria Herazo (39) 23:31 2. Teresa Aragon (37) 26:45 3. Abigail Oliver (38) 27:55 **Men 40-44--**1. Jonathan Matthews (42) 21:09 2. Damon Clements (41) 30:05 3. Wendell Lowe (44) 30:06 **Women 40-44--**1. Sandy DeNoon (43) 27:15 2. Barbara Stayton (44) 31:46 **Men 45-49--**1. Mike Renfroe (46) 27:48 2. Ross Barranco (49) 30:42 **Women 45-49--**1. Tish Roberts (49) 27:49 2. Elizabeth Main (47) 29:19 3. Judy Witt (49) 31:11 **Men 50-54--**1. Bruce Booth 25:38 2. Gene Opheim (51) 25:50 3. Max Walker (51) 26:22 **Women 50-54--**1. Jackie Reitz (50) 28:14 **Men 55-59--**1. Don DeNoon (55) 23:32 2. James Carmines (55) 24:25 3. Victor Litwinski (55) 29:42 **Women 55-59--**1. Elton Richardson (59) 29:59 2. Janet Higbie (56) 31:10 3. Dorothy Withem (56) 31:25 **Men 60-64--**1. Dave Romansky (60) 25:39 2. Paul Johnson (61) 26:49 3. Ray Everson (63) 28:36 **Women 60-64--**1. Sami Bailey (62) 31:51 **Men 65-69--**1. Dick Petrucci (65) 28:36 2. Bob Stewart (65) 30:22 **Men 70-74--**1. Jack Starr 28:43 2. Ken Long 33:27 **Women 70-74--**1. Virginia Lawrence 37:53 **Men 75-79--**1. Paul Geyer 38:02 **Women 75-79--**1. Jane Dana 35:47 **Men 80 and up--**1. Bill Tallmadge 37:50

Other Results

National Masters, Orono, Maine, July 31-Aug. 2 Women's 5 Km: 30-34--1. Loribeth Jacobs 30:21 35-39--1. Victoria Herazo 24:36.64 2. Kelley Cullenberg 30:03 40-44--1. Lyn Brubaker 23:28.15 2. Maryanne Torrellas 25:08 3. Sandra DeNoon 26:00 4. Gloria Rawls 27:57 5. Stephanie Knnsza 28:57 6. Lee Chase 29:10 7. Kathy Finch 30:56 (1 DQ) 45-49--1. Roswitha Sidelko 27:21.66 2. Tish Roberts 27:27 3. Marianne Martino 28:29 3. Sherry Brosnahan 28:37 4. Jeanette Smith 28:50 4. Debbie Topham 29:21 6. Carol Wilkinson 30:04 (7 finishers, 2 DQs) 50-54--1. Jackie Reitz 28:33.95 2. Linda Stein 28:48 3. Jolene Steigerwalt 29:53 4. Kathy Frable 30:36 55-59--1. Jo Ann Nedelco 28:26.27 2. Sperry Rademaker 29:34 3. Janet Higbie 30:59 (6 finishers, 2 DQs) 60-64--1. Sami Bailey 31:00.58 2. Barbara Grand 31:26 3. Jeanner Shepardson 31:46 4. Ruth Everson 31:47 (12 finishers) 65-59--1. Shirley Dockstader 31:12.38 2. June-Marie Provost 31:17 70-74--1. Joann Beers 37:43.23 2. Ann Rush 40:05 (2 DQs) 75-79--1. Jane Dana 35:10.20 2. Margaret Walker 36:08 85-89--1. Dorothy Roberts 45:57.64 (1 DQ)
Men's 5 Km: 35-39--1. Mike Blanchard 26:38.41 40-44--1. Rick Meyers 32:22 45-49--1. Stan Sosnowski 25:09.64 2. Brian Savilonis 26:25 3. Bob Wilkin 30:01 (6 finishers) 50-54--1. Rich Friedlander 23:27.10 2. Bob Keating 24:56 3. Richard McGuire 25:08 4. Gene Opheim 25:19 5. Norm Frable 25:55 6. Max Walker 26:58 (1 DQ) 66-69--1. Don DeNoon 23:29.51 2. Jim Carmines 24:00 3. John Elwarner 26:39 4. Tom Knatt 27:52 5. Bernie Finch 30:05 6. John Schulz 30:56 60-64--1. Dave Romansky 24:22.66 2. Paul Johnson 27:36 3. Bob Barrett 27:44 4. Ray Everson 28:50 5. George Scott 29:33 6. Ed Lane 31:18 (9 finishers, 3 DQs) 65-59--1. Jack Bray 26:01.93 2. Max Green 26:05 3. Dick Petrucci 28:31 4. Al DuBois 29:28 5. Tom White 31:11 6. Bob Beaudet 31:15 (13 finishers, 1 DQ) 70-74--1. Jack Starr 29:00.46 2. Bob Mimm 30:42 3. Bill Flick 31:25 4. Ed Gawinski 31:56 5. Marvin Goldenberg 32:36 (9 finishers) 75-79--1. Tim Dyan 35:53.16 2. Paul Geyer 36:59 3. Herm Arrow 37:44 (3 DQs) 80-84--2 DQs
Women's 10 Km: 35-39--1. Victoria Herazo 48:28.94 (1 DQ) 40-44--1. Lyn Brubaker 48:29.91 2. Debbie Benton 53:42 3. Sandra DeNoon 55:42 4. Gloria Rawls 56:28 5. Chris Anderson 58:18 6. Lee Chase 58:24 7. Stephanie Konsza 58:50 (10 finishers) 45-49--1. Roswitha Sidelko 57:23.80 2. Tish Roberts 57:38 3. Gayle Johnson 58:13 4. Sherry Brosnahan 59:10 5. Marianne Martino 59:25 6. Jeanette Smith 59:46 7. Debbie Topham 62:44 8. Carol Wilkinson 62:48 (15 finishers, 1 DQ) 50-54--1. Jackie Reitz 58:21.59 2. Linda Stein 59:50 3. Kathy Frable 60:50 4. Jolene Steigerwalt 61:34 55-59--1. Jo Ann Nedelco 58:21.59 2. Sperry Rademaker 63:21 3. Janet Higbie 63:53 60-64--Barbara Grand 63:47.55 2. Jeanne Shephardson 64:48 3. Rhoda

Green 64:54 (10 finishers, 2 DQs) 65-59--1. June-Marie Provost 64:15.81 2. Shirley Dockstader 64:46 (4 finishers) 70-74--1. Miriam Gordon 72:43 75-79--1. Jane Dana 72:14 2. Margaret Walker 74:42 **Men's 20 Km:** 35-39--1. Mike Blanchard 1:54:1 45-49--1. Brian Savilonis 1:52:07 2. John Jurewicz 2:04:23 3. Stan Sosnowski 2:06:25 4. Gary Tubb 2:08:52 (7 finishers) 50-54--1. Richard McGuire 1:49:04 2. Bob Keating 1:50:03 3. Max Walker 1:53:25 4. Joe Light 1:54:47 5. Norm Frable 1:55:12 6. Bill Harriman 2:04:06 7. Charles Mansbach 2:11:33 (1 DQ) 55-59--1. Jim Carmines 1:43:09 2. Don DeNoon 1:44:52 3. John Elwarner 2:02:23 4. David Baldwin 2:05:11 5. Tom Knatt 2:10:24 (7 finishers, 1 DQ) 60-64--1. Dave Romansky 1:48:19 2. Bob Barratt 1:58:23 3. Paul Johnson 2:04:49 4. Ray Everson 2:06:15 (7 finishers, 3 DQs) 65-59--1. Max Green 1:52:43 2. Jack Bray 1:59:03 3. Al DuBois 2:11:29 4. Louis Free 2:20:55 (6 finishers, 2 DQs) 70-74--1. Bob Mimm 2:09:45 2. Jack Starr 2:12:35 3. Bill Flick 2:20:34 4. Cervin Robinson 2:23:13 5. Masashi Noritake 2:25:06 6. Ed Gawinski 2:27:48 75-79--1. Tim Dyan 2:36:20 2. Pauyl Geyer 2:45:51 80-84--1. Bill Tallmadge 2:43:21 2. Ernie Lucken 2:50:37 (The top age-graded performances were all at 5 Km--Dave Romansky 93.5 %, Lyn Brubaker 92.8%, and Max Green 92.8%. I know that this is supposed to be an objective measurement, but, personally, I find the 20 km performances of Carmines, Romansky, and Green, and the 10 Km of Nedelco more impressive.) **3 Km, Shrewsbury, Mass., July 25--**1. Brian Savilonis 14:24 2. Steve Vaitones 14:38 3. Ken Mattsson 16:41 4. Bill Harriman 17:02 5. John Jurewicz 17:52 (9 finishers, 1 DQ) **Metropolitan 3 Km, New York City, Aug. 9--**1. Gregory Dawson 13:26 2. Viatcheslov Trochkin (49) 13:52 3. Rifkat Sultanov (50) 14:13 4. Gary Null (53) 14:36 5. Alan Sangeap 15:18 6. Loretta Schullein 15:19 7. Lloyd Dodge (17) 15:26 8. Bruce Lagan 15:35 9. Jim McGrath (61) 15:47 10. Marc Varsano 16:09 11. Missy Hill 16:39 12. Lisa Vellucci 16:42 13. Bob Barrett (64) 16:45 14. Anne Dumas (15) 16:55 15. Cass Faccioponti (16) 17:00 16. Luanne Pennesi (43) 17:10 17. Gary Tubb (48) 17:15 18. Holly Hughes (42) 17:42 19. Dora Ferrell 17:55 20. Maria Cox (54) 18:03 21. Joseph Stankaitis (53) 18:07 22. Edward Orbach (49) 18:08 (72 finishers) **Empire State Games, Brockport, N.Y., July 23-25: Masters 5 Km--**1. James McGrath 27:38 2. Bob Barrett 28:03 **Women:** 1. Judy Ann Bonafede 30:01 **Masters 10 Km--**1. Bob Barrett 57:23 **1600 meters, Alexandria, Vir., July 26--**1. Alan Price 8:00.60 **3 Km, same place--**1. Alan Price 15:50 2. Timothy Atwell (11) 18:18 **1 Mile, Alexandria, August 8--**1. Victor Litwinski 8:51.9 2. James Overby (14) 8:56 **3 Km, same place--**1. Steve Pecinovsky 12:32.6 2. Warrick Yeager 12:36.2 3. James Overby 17:34 **5 Km, same place--**1. Will Leggett 24:26.1 **Women's 3 Km, same place--**1. Jill Iacchei (16) 17:40 **3 Km, Alexandria, Aug. 23--**1. Victor Litwinski 17:33 **Potomac Valley Games, Alexandria, Sept. 5-6: 1 Mile--**1. Dick Jirousek (55) 8:45.4 2. Victor Litwinski (54) 8:51 3. John Gersh (51) 9:02 **3 Km--**1. Alan Price (51) 16:26 2. John Gersh 18:15 **5 Km--**1. Alan Price 28:59 2. Ronald Shields (55) 29:21 3. Dick Jirousek (55) 30:17 4. Victor Litwinski 30:20 5. Jack Starr (70) 30:53 **10 Km--**1. Ronald Shields 61:14 2. Jack Starr 63:50 **15 Km--**1. Steve Pecinovsky 1:14:21 2. Warrick Yeager 1:14:21 **Women:** 1. Marykirk Cunningham 1:31:21 **3 Km, Miami, Sept. 13--**1. John Fredericks (50) 15:26 2. Juan Yanes (49) 16:06 3. Rod Vargas (49) 16:15 4. Rudolo Puime 16:28 5. Bob Cella (61) 16:52 **Women:** 1. Valeris Silver 15:40 2. Tammie Corley 17:45 3. Linda Talbott 18:35 **Midwest Masters 1500, Huntington, W.Va.--**1. Ron Chase (50-54) 8:57.19 2. Cheuk Newell (55-59) 8:58.33 **Women--**1. Linda Prior (50-54) 9:32.5 **5 Km, same place--**1. Chuck Newell 32:47.3 **Doc Tripp 10 Km, Broomfield, Col., Aug. 16--**1. Mike Blanchard 54:56 2. Scott Richards (48) 55:21 3. Teresa Aragon 58:07 **5 Km, Castle Rock, Col., Aug. 30--**1. Eric Pasko (17) 25:49 2. Mike Blanchard 26:00 3. Daryl Meyers (55) 28:25 **1600 meters, Birmingham, Cal. (Best times from weekly meets during June and July)--**Susan Armenta 7:15.3, Larry Walker (55) 7:29.8, Andy Hecker (43) 8:15.7, Jesus Orendain (56) 8:33.7, Joe Hampton (40) 8:36.6, Carl Acosta (64) 8:45 **5 Km, Sacramento, Cal., Aug. 22--**1. Bill Penner (51) 27:45 2. Art Klein 28:37 3. Dick Petrucci (65) 28:41 **1 Mile, Sacramento, July 19--**1.

Roger Wellborn 7:49.16 2. Bill Penner 7:56 3. Joe Berendt 7:57 4. Dick Petruzzi 8:05 Women:
1. Teherse Iknoian 7:56.06 Youth--1. Nathan Williams 7:32.10 2. Brook Szoby 7:37 3. Saria
Boyle 9:09 **1500 meters, Santa Cruz, Cal., June 27--1.** Chris Sakelarios 7:13.9 2. Therese
Iknoian 7:27 Men--1. Kelvin Bush 7:21.2 2. Bill Penner 7:28.4 3. Dick Petruzzi 7:37 **5 Km,
Kentfield, Cal.--1.** Shojia Torabian 26:45 2. Jim Stuckey 29:02 **1500 meters, San Rafael, Cal.,
Aug. 8--1.** Jack Bray 7:41 2. Jim Stuckey 8:06 3. John Shculz 8:38 **5 Km, Kentfield, Cal., Aug.
23--1.** Shoj Torabian 26:26 2. Karen Olson 28:28 3. Jim Stuckey 28:33 4. Brenda Usher-
Carpino 30:12 5. John Schulz 30:18 6. Ed Lane 30:23 **Nike World Masters Games, Eugene,
Ore., 5 Km, Aug. 13--Men 45-49--1.** Bohdan Bulakowski 23:32.42 Men 50-54--1. Rich
Friedlander 24:30.86 Men 55-59--1. Ed Kousky 27:15.76 Men 60-64--1. Alan Poisner 30:38.85
Men 65-59--1. Jack Bray 28:31.36 Men 70-74--1. Don Whyte, Australia 32:32.55 Women 40-44--
1. Peggy Miiller 27:39.56 **Men's 10 Km--45-49--1.** Bulakowski 48:27 50-54--1. Friedlander
51:47 55-59--1. Kousky 55:32 65-59--1. Bray 62:52 Women 35-39--1. K. Murphy-Glenn 53:38
40-44--1. Miiller 58:4 **National Junior Olympics, Seattle: 3 Km--Boys 17-18--1.** Dan Dalton,
Kettering, Ohio 14:03.7 2. Jim Heys, Langley, Wash. 14:18 3. Matt DeWitt, Kenosha, Wis.
14:25 4. Nathan Williams, Stockton, Cal. 15:09 (2 DQs) **Boys 15-16--1.** Eric Tonkyn, Clemson,
S.C. 14:32.64 2. Kelvin Bush, Vacaville, Cal. 15:09.36 3. Eric Smith, Yellow Springs, Ohio
15:55 4. Javin Martin, Silver Lake, Kan. 16:48 (11 finishers, 1 DQ) **Boys 13-14 --1.** Scott
Jensen, Moon Twp., Penn. 15:57.55 2. Scot Boyle, Fairfield, Cal. 16:46 3. Michael Lee,
Lawrence, Kan. 17:03 4. Brian Davis, Batavia, Ohio 17:08 (10 finishers, 3 DQs) **Girls 13-14 --1.**
Anne Nemeth, Rosslyn Farms, Penn. 17:38.16 2. Armanda Ortega, Gallup, N.M. 17:43 3. Larisa
Benson, Salem, Ore. 18:02 (19 finishers) **Girls 15-16 --1.** Robyn Stevens, Vacaville, Cal.
15:41.76 2. Melissa Garza, Palm Desert, Cal. 16:18 3. Stephanie Bean, Salem, Ore. 16:44 4.
Rayshell Chambers, Moreno Valley, Cal. 16:52 5. Lori Williams, Clarinda, Iowa 16:52 6.
Samantha Pollinger, Mahwah, N.J. 16:55 (16 finishers) **Girls 17-18--1.** Kines Montgomery,
Issaquah, Wash. 17:09.03 2. Katie Mendonca, Riverside, Cal. 17:31 (5 finishers) **Canadian 20
Km, Montreal, Aug. 1--1.** Tim Berrett 1:27:06 2. Arturo Huerta 1:32:07 3. Gordon Mosher
1:35:38 **Canadian Womens 10 Km, same place--1.** Janice McCaffrey 47:13 2. Holly Gerke
47:59 3. Joni-Ann Bender 50:20 **Canadian Junior Mens 10 Km, Kitchener, Ontario, July
17--1.** Jean-Sebastian Beaucage 47:20.2 2. Jocelyn Ruest 48:21 **Junior Womens 5 Km, same
place--1.** Karen Foan 24:33.72 2. Marina Crivello 25:25 3. Nicole Esther 25:58

From across the seas

European Championships, Budapest: 20 Km, Aug. 18--1. Ilya Markov, Russia 1:21:10
(20:45, 41:12, 61:30) 2. Aigars Fadejevs, Latvia 1:21:25 (20:46, 41:11, 61:29) 3. F. Fernandez,
Spain 1:21:39 (20:45, 41:12, 61:29) 4. Andreas Erm, Germany 1:21:53 (20:45, 41:11, 61:30) 5.
Sandor Urbanik, Hungary 1:22:12 (20:45, 41:12, 61:30) 6. Ivan Trotskiy, Belarus 1:22:46 (20:47,
41:13, 61:36) 7. Denis Langlois, France 1:23:02 (20:45, 41:12, 61:40) 8. Y. Shmalyuk, Russia
1:23:31 (20:48, 41:13, 61:41) 9. Valentin Massana, Spain 1:23:46 (20:45, 41:13, 62:26) 10.
Giovanni, DeBenedictis, Italy 1:25:06 (20:46, 41:30, 62:58) 11. Michele Didoni, Italy 1:25:57
12. A. Gandellini, Italy 1:25:57 13. Jose Urbano, Portugal 1:26:04 14. Claus Jorgensen, Denmark
1:26:28 15. Igor Kollar, Slovakia 1:26:43 16. Antony Gillet, France 1:27:07 17. Robert Valicek,
Slovakia 1:27:25 18. Gyula Dudas, Hungary 1:27:51 19. F. Ciuracenco, Moldova 1:27:56 20.
Joao Vieira, Portugal 1:29:38 (25 finishers) DQ--Daniel Plaza, Spain (20:5, 41:33); Andrey
Makarov, Belarus (20:45, 41:15); Birger Faldt, Sweden; and A. Meleshkevich, Belarus (2:47,
41:13). DNF--Jan Staaf, Swed., Pierce O'Callaghan, Ireland; Bengt Bengtsson, Swed. **Women's
10 Km, Aug. 18--1.** Annarita Sidoti, Italy 42:49 (21:26) 2. Erica Alfridi, Italy 42:54 (21:26) 3.
Susana Feitor, Portugal 42:55 (21:27) 4. Maria Urbanik, Hungary 42:59 (21:27) 5. Maria

Vasco, Spain 43:02 (21:26) 6. Karen Radtke, Poland 43:09 (21:26) 7. Nadezhda Ryashkina,
Russia 43:37 (21:27) 8. Olga Kardapoltseva, Belarus 43:38 (21:29) 9. Kjersti Platzer, Norway
43:49 (21:52) 10. Natalya Misulya, Belarus 43:55 (21:26) 11. Elisabetta Perrone, Italy 44:04
(21:30) 12. Claudia Iovan, Romania 44:10 (21:26) 13. T. Ragozina, Ukraine 44:17 (21:30) 14.
Ildiko Ilyes, Hungary 44:52 (21:59) 15. Valentina Tsbulskaia, Belarus 45:22 16. Celia Marcen,
Spain 45:34 17. Nora Leksir, France 45:38 18. Lisa Kehler, Great Britain 45:42 19. Yolanta
Dukure, Latvia 45:51 20. D. Friedenberger, Germany 46:18 (24 finishers. DQ--Vera
Nacharkina, Russia; Kathrin Boyde, Ger., A. Szebenszky, Hung.; and Norica Cimpean, Romania.
3 DNF) **Men's 50 Km, Aug. 21--1.** Robert Korzeniowski, Poland 3:43:51 (46:14, 1:31:31,
2:15:55, 2:58:56--note the blazing 43:01 for the fourth 10. That opened up the race, which still
had eight men together after 30 Km. At 40, only Kononen was close and he couldn't mount a
challenge even though Korzeniowski slowed significantly on the final 10.) 2. Valentin Kononen,
Finland 3:44:29 (46:16, 1:31:32, 2:15:56, 2:59:04) 3. Andrey Plotnikov, Russia 3:45:53 (46:13,
1:31:31, 2:15:55, 2:59:31) 4. Mikel Odriozola, Spain 3:47:24 (46:26, 1:31:50, 2:17:39, 3:03:20--
his 44:04 on the final 10, faster than Korzeniowski, brought him through the field.) 5. Tomasz
Lipiec, Poland 3:48:05 (46:16, 1:31:35, 2:15:5, 3:00:03) 6. Santiago Perez, Spain 3:48:17 (46:13,
1:31:31, 2:15:55, 3:01:12) 7. Arturo Di Mezza, Italy 3:48:49 (46:14, 1:31:31, 2:15:56, 3:00:03)
8. Denis Trautmann, Germany 3:49:46 (46:15, 1:31:33, 2:16:01, 3:02:58) 9. Rene Piller, France
3:51:03 (46:14, 1:31:31, 2:16:30, 3:02:13) 10. Sylvain Caudron, France 3:54:43 (46:15, 1:31:33,
2:15:56, 3:05:13) 11. Robert Ihly, Germany 3:55:31 12. Peter Tichy, Slovakia 3:55:37 13.
Stefan Malik, Slovakia 3:57:35 14. S. Kastanis, Greece 3:58:28 15. Antero Lindman, Finland
3:58:45 16. Nikolai Mayukhin, Russia 3:59:23 17. Jose Magalhaes, Portugal 3:59:46 18. Milos
Holusa, Czech Rep. 4:01:38 19. Trond Nymarak, Norway 4:02:43 20.. Bengt Bengtsson,
Sweden 4:02:43 (25 finishers; 8 DQs, including Oleg Ishutkin, Russia--3:00:36 at 40, Viktor
Ginko, Belarus, Axel Noack, Germany, Jesus Garcia, Spain, and Thierry Toutain, France. 9 DNF
including Pericelli, Italy, and Rakovic, Yugoslavia.) **European Veterans Championships, Sept.
13: Men's 5 Km--40-44--1.** Alessandro Pezzatini, Italy 22:17.77 2. Claudio Penolazzi, Italy 22:35
3. Mikhail Kisselev, Russia 22:48 45-49--1. Frantisek Parys, Czech. 21:58.15 2. Roberto Cervi,
Italy 22:14 3. Udo Schaeffer, Ger. 24:33 50-54--1. Robert Care, G.B. 23:49:09 2. Antony King,
Ireland 24:28 55-59--1. Walter Sgardello, Italy 24:37.25 2. Dieter Zschiesche, Ger. 25:25 3. Ants
Palmar, Estonia 25:27 60-64--1. Viktor Korchanin, Russia 25:17.26 2. Romolo Pelliccia, Italy
25:13 65-59--1. Gerhard Weidner, Germany 25:27.42 2. Alfredo Tonnini, Italy 28:07 70-74--1.
Robert Schoukens, Belgium 29:16.23 2. Severino, Italy 30:45 75-79--1. Carlo Bomba, Italy
32:28 80 and up--1. Torsten Stale, Sweden 34:54 **Womens 5 Km--35-39--1.** Olena
Veremiyshuk, Ukraine 24:39.54 2. Saveria Sesto, Italy 27:17 40-44--1. Natali Sapunova, Russia
26:41 2. Angela Minnella, Italy 26:43 45-49--1. Maria Silva Fernandes, Portugal 26:48 2. Maria
Briz, Spain 27:06 50-54--1. Ann Lewis, G.B. 27:34 2. Jacqueline Bonnet, France 29:55 55-59--1.
Fruea DeWolf, Belgium 29:15 2. Gudrun Fleetwood, Swed. 29:19 60-64--1. Josette Sommer,
France 30:28 65-59--1. Lucia Radu, Rom 36:43 70-74--1. Anne Von Bismarck, G.B. 37:38 75-
79--1. Ursula, Ger. 36:55 80 and up--1. Margaretha Nyberg, Sweden 42:41 **Womens 10 Km,
Sept. 18: 40-44--1.** Natali Sapunova, Russia 54:24 2. Lioudmilla Nitiagovskaia, Rus. 55:41 45-
49--1. Maria Jose Briz, Spain 55:47 50-54--1. Ann Lewis, G.B. 56:28 55-59--1. Gudrun
Fleetwood, Swed. 59:31 2. Frieda DeWolf, Bel. 60:15 60-64--1. Josette Sommer, France 60:58
Men's 20 Km, Sept. 18--40-44--1. Rosario Petrungaro, Italy 1:38:15 2. Miloslav Lapka, Czech.
1:38:21 3. Stefano Giana, Italy 1:39:51 4. Sergei Lyjine, Rus. 1:40:56 5. Mikhail Kisselev, Rus.
1:41:12 45-49--1. Roberto Cervi, Italy 1:35:39 2. Jose Orriolis, Spain 1:52:17 50-54--1. Antony
King, Ireland 1:50:49 2. Ojars Parums, Lat. 1:52:56 55-59--1. Valter Sgardello, Italy 1:45:02 2.
Dieter Zschiesche, Ger. 1:47:50 3. Ants Palmar, Estonia 1:49:49 4. Giuliano Bordoli, Italy
1:51:19 5. Ed Shillabeer, G.B. 1:51:42 60-64--1. Viktor Korchagen, Rus. 1:48:53 2. Romario
Pelliccia, Italy 1:49:34 3. Colin Young, GB 1:55:25 4. Aglia Koutchoumov, Rus. 1:55:24 65-59-

-1. Gerhard Weidner, Ger. 1:48:41 2. Giancarlo Parodi, Italy 2:00:39 70-74--1. Robert Schoukens, Belgium 2:04:17 2. Severino Rossetti, Italy 2:10:56 75-79--1. Carlo Bomba, Italy 2:15:52 2. August Blixt, Swed. 2:17:34 80 and up--1. Retdar Jordell, Nor. 2:40:59 **British 10 Km Championship, Birmingham, July 25**--1. Martin Bell 41:48.81 2. Steve Partington 42:28 3. Andi Drake 42:47 **Womens 5 Km, same place**--1. Gillian O'Sullivan, Ireland 21:52.68 2. Lisa Kehler 22:02 3. Vicky Lupton 23:33 4. Catherine Charnock 23:51 **Irish 10 Km, Santry, July 25**--1. Pierce O'Callaghan 42:45.7 2. Michael Casey 43:18 3. Robert Heffernan 43:32 4. Jamie Costin 43:51 **Central American Caribbean Games: 20 Km, Aug. 15**--1. Daniel Garcia, Mexico 1:23:32 2. Bernardo Segura, Mex. 1:24:31 3. Julio Martinez, Guatemala 1:25:31 4. Francisco Gutierrez, Cuba 1:26:38 5. Jorge Luis Pino, Cuba 1:27:35 6. Orlando Diaz, Col. 1:28:02 7. Hector Moreno, Col. 1:28:36 **Women's 10 Km, Aug. 17**--1. Maria Mendoza, Mexico 46:30:16 2. Maria Del Alvarez, Mxw. 47:13 3. Oslaidys Cruz, Cuba 47:15 4. Natividad Collado, Guatemala 5. Ivis Martinez, El Salvador 48:26 6. Sandra Zapata, Col. 48:43 **Mens 50 Km, Aug. 19**--1. Ignacio Zamudio Cruz, Mex. 3:58:15 2. Hugo Lopez, Guat. 4:06:55 3. Jorge Luis Pino, Cuba 4:07:52 4. Julio Cesar Urias, Guat. 4:18:42 **African Championships 20 Km, August 20**--1. Hatem Ghoulia, Tunisia 1:31:28 2. Muossa Aouanouk, Algeria 1:32:18 3. Demise Getachew, Ethiopia 1:34:19 **Women's 5 Km, Aug. 21**--1. Ibrahim Ali Nagawa, Egypt 24:28.42 2. Dounia Kara, Algeria 25:18 3. Anne-Marie Ebena, Cameroon 25:34 **Commonwealth Games Men's 20 Km, Kuala Lumpur, Sept. 17**--1. Nicholas A'Hern, Australia 1:24:59 2. Arturo Huerta, Canada 1:25:49 3. Nathan Deakers, Aus. 1:26:06 3. Darrell Stone, England 1:26:37 5. David Rotick, Kenya 1:26:57 6. Teoh Boon Lim, Malaysia 1:27:47 7. Martin Bell, Scotland 1:29:20 8. Julius Sawe, Kenya 1:29:23 9. Nainder Singh, Mal. 1:30:13 10. Chris Maddocks, Eng. 1:3:21 11. Timothy Berrett, Can. 1:31:19 12. Andrew Drake, Eng. 1:32:04 13. Stephen Partington, Isle of Man 1:32:15 (17 finishers) **Commonwealth Women's 10 Km, Sept. 19**--1. Jane Saville, Australis 43:57 2. Kerry Saxby-Junna, Aus. 44:27 3. Lisa Kehler, eng. 45:03 4. Janice McCaffrey, Canada 46:36 5. Anastasia Raj, Malaysia 46:41 6. Carolyn Partington, Isla of Man 48:09 7. Victoria Lupton, Eng. 48:27 (11 finishers) **Commonwealth 50 Km, Sept. 21**--1. Govindasamy Saravanan, Mal. 4:10:05 2. Duane Cousins, Aus. 4:10:30 3. Dominic McGrath, Aus. 4:12:52 4. Steven Holier, Eng. 4:18:41 (10 finishers. Favorites Craig Barrett, New Zealand, Timothy Berrett, Canada, and Dion Russell all failed to finish. Both temperature and relative humidity were reported in the mid 80s. Craig Barrett led by about 5 minutes with only a kilometer to go. But he started weaving down the road with his legs turning to rubber. Collapsing with heat exhaustion, he twice staggered to his feet reeled off vaguely in the direction of the finish. He crumpled again, but rose again. This time, he simply could not move and his team called an ambulance.) **Australian 24 Hour Championship, Sept. 19-20**--1. Gerald Manderson, NZ 177.66k Km (21:37:31 at 100 miles) 2. Yiannis Kouros 168.406 Km (22:55:23 at 100) 3. Norm Morris 100 miles in 22:32:47 (walking just 5 months after a quadruple bypass operation) 4. Roger Lemoine 100 miles in 23:04:51 **Victorian Championships, Aug. 16: Mens 30 Km**--1. D. Cousins 2:09:35 2. Dominic McGrath 2:13:34 **Womens 20 Km**--1. Wendy Muldoon 1:34:35 2. S. Wolowiec 1:35:14 **Mens under 20 20 Km**--1. T. Hawkins 1:31:36
Wow! That was a lot of results.

The welcome mat is out at these races

Sat. Oct. 3 1 Mile, Frederick, Maryland (J)
2 Miles, Lake Bryan, Tex. (Y)
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)

1/2 Marathon, Long Branch, N.J. (A)
Sat. Oct. 10 1 Hour, Plantation, Florida (Q)
North Region 5 Km, Indianapolis (V)
Sun. Oct. 11 New Mexico 5 and 10 Km Championships, Albuquerque (W)
Coney Island 10 Mile, Brooklyn (A)
10 Km, Lake Tahoe, Cal. (B)
1 Hour, Aurora, Col., 9:30 am (H)
Sat. Oct. 17 15 Km, Peachtree City, Georgia (D)
Metropolitan 30 Km, New York City, 8 am (F)
10 KM, Monterey, Cal.(E)
Sun. Oct. 18 5 Km, Denver, 8:30 am (H)
Sat. Oct. 24 5 Km, Atlanta (D)
Bob Fine North American Masters Championship, Coconut Creek, Florida (Q)
1 Hour, Illinois (S)
Sun. Oct. 25 5 Mile, Freehold, N.J. (A)
5 Km, Houston, Tex. (Y)
Masters 5 Km, Long Beach, Cal. (C)
1 Hour, Kentfield, Cal. (P)
Sat. Oct. 31 North Region 100 Km Championship, Yellow Springs, Ohio (M)
5 Km, Illinois (S)
5 Km, Denver, 10 am (H)
Sun. Nov. 1 5 Km, Denver, 9 am (H)
Ontario Championships: Men's 20 Km, Women's 10 Km, Welland. 10 am (AA)
Sat. Nov. 7 South Region 1 Hour, Myrtle Beach, S.C. (X)
Sun. Nov. 8 East Region 10 Km, Ocean City, N.J., 10 am (A)
1 Hour, Kentfield, Cal. (P)
10 Km, Longmont, Col., 10 am (H)
Sat. Nov. 14 Florida State 20 Km, Cooper City (Q)
Sun. Nov. 15 5 Km (or 1 Hour), Los Altos, Cal. (P)
5 Km, Atlanta (D)
1 Hour, Fort Monmouth, N.J., 10 am (A)
Sat. Nov. 21 5 Km, Denver, 10:15 am (H)
Sun. Nov. 22 1 Hour, Fort Monmouth, N.J., 10 am (A)
5 Km, New York City, 9 am (F)
10 Km, Houston (Y)
Sat. Nov. 28 5 Km, Atlanta (D)
5 Km, Denver, 9 am (H)
Sun. Nov. 29 5 and 10 Km, San Francisco (R)
5 Km, New York City, 9 am (F)

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 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813
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 Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
 Z--Max Green, 13660 Mortenvue, Taylor, MI 48180
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From Heel To Toe

What? An ORW error? Jim Hanley writes with two comments on our July issue. "In the 30 years ago segment, you said that the 1968 One Hour National Championship was won by Larry Young with Martin Rudow second. Not true. Ron Laird won the race (7 miles 1386 yards, Rudow was second (7 miles 794) and I was third (7 miles 885) Young was not there. I remember the race very well. Laird, Martin, and I all went there together in Rudow's yellow Ford Mustang. We camped in Grand Teton National Park and had a great time touring Yellowstone. The race was equally memorable for it was not on a standard track. Just out of Miles City, Montana was a brand-new, un-opened, two-lane(!) Interstate highway. Being part of the Great Plains, the land was flat as a pancake and the road was straight as an arrow. The mileage markers were each 1/10 of a mile so the measurements as to distance covered were easy to do. Several Native Americans participated in the race, one of who had my all-time favorite racewalker's name--'Don No Runner'." (Ed. Thanks Jim for that bit of history. That is far more detail than we had when we first reported the race. Better late than never. As to how we got Larry Young into the picture, I'm not sure. We had it right in our Looking Back segments up until 1993. Then, for some reason, "Laird won the 1 Hour. . ." turned into "Larry won the..." This followed items on Young winning the 20 and 50 Km nationals, so I must have had Larry on my mind. No one called me on it that time. And surprisingly, I have never had a call from Ron in Ashtabula about robbing him of a national title. How much do you want to bet that in 2003, I look back at the '98 issue and repeat the same mistake, forgetting all about this little discussion thanks to my befogged senior mind.) Jim continues: "On a more important subject, I was very upset that you are starting to even think that the ORW might not be viable in the age of the Internet. Baloney! I subscribed to the racewalk list on the net and gave it up. After not checking my e-mail for a few days, I had something like 121 new messages! On going through them, not a short task, I found that most were absolute garbage. Many of the letters were written by self-proclaimed "experts" who obviously had no clue as to what our sport was all about. There were odd distance races reported that didn't have any judges, for example. Worse, most of the 121 letters dealt with the critical question, "what is your favorite color of racewalking shoes?" That did it for me!" Jim goes on with some sincere compliments on my efforts, which I certainly appreciate but won't boor you with. . . **Mike didn't struggle.** In our report of the National Invitational last spring, we said that 20 Km winner Michael Rohl "sturggled"

on his final 2 km lap as Steve Pecinovsky closed the gap. The fact is that Mike took advantage of his big lead to use the final lap as a cool down so he could move right from the finish line to baby sitting chores with the Rohl's latest addition. Bad assumption on my part when I saw the race splits. . . **Young for the Hall.** Larry Young is on this year's ballot for the National Track and Field Hall of Fame. We hope he will join Ron Laird and Henry Laskau in the Hall, and that it won't take as long as it did for Henry. Larry didn't win as many national titles as the other two, but 25 ain't bad. (Laird had 65 and Laskau 42). Larry won 50 Km bronze in successive Olympics (1968 and 1972), had two Pan-Am golds at that distance, and was eight for eight in 50 Km nationals. In 1972, he fell one short of Laird's record of nine national titles in a year (1969), but didn't contest his best distance, the 50, which came after the Olympics. (Laird also won eight titles in 1967.). . . **How many racewalkers.** . . From the *New England Walkers Newsletter*: A few months ago, Steve Vaitones raised this issue on the Internet: "Let's have some fun with this question, posed to me by a product development person from a major athletic shoe company. How many competitive racewalkers are there in the USA? . . . I was going to reply in the range of 1,000 to 2,000, if we're lucky. Can anyone suggest some numbers, with background on their estimate?" In response, Phil Howell of Georgia offered these thoughts: "As the compiler of the national/regional racewalking ladder, I have brought together the names of 3,100 people who have participated in competitive racewalks over the last 3 years. This includes competitors who did not qualify for the ladder in 1997. I have included 50 km participants (just for my own curiosity) but have not included participants in the non-ladder distances (1500m, 3 km, 8 km, 100 km, etc.). Most participants in these non-ladder races are the same ones who show up for 5 km, etc., but I am probably missing about 200 to 300 youths and others who only race these distances. I also suspect there 500 to 1000 racewalkers who only race locally (mostly in smaller clusters) and for whom I have no record of races. Some in my database are no longer racing, but probably just as many have recently started but have yet to show up in my database (therefore, a wash). I would, therefore, estimate the number of competitive racewalkers (i.e., those who participate in races) at 3,700 to 4,300. Another way to estimate the number of competitive racewalkers is as follows. Some 700 racewalkers qualified for the ladder in 1997, but there are far more competitive racewalkers who did not qualify for it. I am not sure of the ratio, but I would not be surprised if there were at least 5 nonqualifiers for each qualifier. (I am one of this latter category--and I do quite nicely at "local" races.) That 5+:1 ratio would carry the number to at least 3,500. I am comfortable saying there about 4,000 active, competitive racewalkers in the U.S., and at least another 10,000 who have studied the technique but do not compete at this time."

LOOKING BACK

30 Years Ago (From the September 1968 ORW)--In the U.S. Olympic Trails in Alamosa, Col., Ron Laird prevailed at 20 Km in 1:37:45 with Rudy Haluza (1:38:14), Larry Young (1:38:40), and Tom Dooley 1:41:03) following. Young was an easy winner at 50 in 4:34:10, followed by Goetz Klopfer (4:44:02), Dave Romansky 4:47:23), and Bob Kitchen (4:50:56). (The races were at high altitude, thus the modest times.) When Young chose not to double, Dooley was added to the team. . . We also reported the birth of Derek Douglas Mortland, which occurred on the day of the 50 Km Trial, September 14. . . Dooley zipped a quick 5 miler in California (35:20) leaving Bill Ranney and Klopfer well back. . . A week before the trials, Young scored a very easy win in the National 30 Km in Columbia, Missouri in 2:31:20. Jack Blackburn was second, some 24 minutes behind, as few people showed up for the race. . . A few days after the trials, a few of those competitors traveled to Atlantic City for the National 15 Km. Laird won in 1:08:03, with Romansky 39 seconds back. The next four spots went to Ron Kulik, Jack Blackburn, Ron Daniel, and Steve Hayden.

25 Years Ago (From the September 1973 ORW)--The U.S. women took the first four places to win an international dual match with Canada. Ellen Minkow was the winner in 26:32 (5 Km), followed by Esther Marquez, Cindy Arbelhide, and Sue Brodock. . . The National 35 Km went to John Knifton in 3:00:31. Bill Ranney was more than 3 minutes back, with Jim Bean and Bob Bowman next in line. . Hartwig Gauder won the European Junior title in 44:14, the first of many international wins for the 50 Km great.

20 Years Ago (From the September 1978 ORW)--In the European Championships, East Germany's Roland Weiser won at 20 and Spain's Jorge Llopert at 50. Wieser pulled away from three Soviet competitors on the final 5 km to win in 1:22:12. He had a 20:30 on that last loop. Pyotr Potschenchuk and Anatoliy Solomin finished in 1:23:43 and 1:24:12. Jose Marin was fifth and Maurizio Damilano sixth. Llopert took command after 30 Km to win in 3:53:50. Next were Soviet Veniamin Soldatenko in 3:55:12 and Pole Jan Ornoch in 3:55:16. Four others broke 4 hours. . The U.S. 50 Km Championship saw Mexicans Domingo Colin, Pedro Aroche, and Enrique Vera take the first three spots. Colin had 3:55:50. Marco Evoniuk took the U.S. title in 4:24:05 with Augie Hirt and Carl Schueler also under 4:30. . U.S. Junior titles went to Pete Timmons at 5 Km (25:31) and Mike Morris at 20 (1:47:10). Dave Cummings was second at 5 and Timmons at 20. . Sweden won the women's World meet with Britt Marie Carlsson first at 5 Km (23:05) and Elisabeth Olsson first at 10 (49:22). Sue Brodock was the top U.S. finisher in the 5 with 24:41. Liz Dufour was seventh at 10 in 52:39. The U.S. team finished third behind Norway.

15 Years Ago (From the September 1983 ORW)--Alan Price won his fourth U.S. title at 100 miles in Columbia, Missouri, covering the distance in 22:39, well of his best of 18:57:01 in 1978. The only other finisher in extremely hot conditions was Chris Custer in 23:50, her first attempt at the distance. She became the 42nd U.S. centurion and the fourth lady. . Our analysis of the T&F News rankings for the previous 12 years showed the USSR as the leading walking nation during that period, followed closely by East Germany (German Democratic Republic), and Mexico. Everyone else was far back, with the U.S. ninth.

10 Years Ago (From the September 1988 ORW)--Curt Clausen won the National 40 Km in Union, N.J. in 3:25:51, becoming the youngest man (age 20) ever to capture the title. Mark Fenton was second in 3:31:10 and Alan Jacobson third. Gary Null, in sixth place, won the Masters title in 3:48:08. The first woman was Dorit Attias in 4:12:39. . In the World Junior Games in Sudbury, Ontario, Spanish women Maria Diaz and Olga Sanchez finished one-two in the women's 5 Km, with Diaz clocking 21:51.31. Dierdre Collier was the first U.S. finisher in 12th with 24:40.14. The men's 10 km went to Cruz of Mexico in 41:16.11 with Spain's Valentin Massana, the 1993 World Champion at 20, in second, 17 seconds back. John Marter led the U.S. walkers with a 47:40 in 18th.

5 Years Ago (From the September 1993 ORW)--National 5 Km titles went to Victoria Herazo (22:55) and Andrzej Chylinski (21:06). In the Denver races, Debbie VanOrden (23:25) and Curtis Fisher (21:40) were second. . The National 40 in Fort Monmouth, N.J., went to Puerto Rico's Jose Ramirez in 3:40:10. Gary Null in second (3:44:33) won both the National title and the National Masters title. Bob Keating, also in 45-49 age group, followed him in 3:50:31. As a matter of fact, the first non-master was Herb Zydek in 10th (4:11:55). . National Junior 3 Km and 5 Km titles went to Debbie Iden in 15:13.88 and Al Heppner in 21:39:38. The races were in Orono, Maine. . Bernardo Segura, Mexico, won the Alongi 20 Km title in Dearborn in 1:21:55 with Gary Morgan the first U.S. walker in sixth (1:29:31). Italy's Annarita Sidoti won the 10 Km in 46:06, 47 seconds ahead of Debbie Van Orden.

Interview with Jonathan Matthews

Rick Williams of Newburgh, Indiana has provided the following interview he conducted with U.S. international Jonathan Matthews. Taking up the sport in his mid 30s, Jonathan has been on the last three World Cup Team, the 1993 World Championship team, and the 1995 Pan-Am team. He holds the U.S. record at 1 Hour and reportedly has 20 U.S. Masters records to his credit. Coming from other endurance sports, Jonathan is very knowledgeable about training and is a great ambassador for our sport, although quite realistic about its place in the greater scheme of things. His remarks are well worth repeating to the ORW audience.

Q. I suppose a good place to start would be to ask you what brought you to racewalking or how did you get started?

A. I became an avid runner in my early teens, but my feet were not made for intense running training. I had chronic injuries. Still, I managed a 1:57 half mile in high school. Trying to run college track, I severely injured my Achilles tendons. I turned to cycling as a non-impact alternative and eventually made the USA cycling team. Unfortunately, cycling has its own, different sort of impact problems, and I retired from cycling after rearranging my face during a crash, while racing for the National Team. For a couple of years after that, I tried running again, but this time I developed chronic plantar fasciitis. So, around about 34 years of age, I turned to racewalking as the safest, most appropriate (for me) endurance sport. My first year was very slow, by myself, walking around 11 minute miles. Within 3 years, I had progressed to the point where I could walk a mile in 5:55 and 50 Km at 7:47 per mile. I won several open National Championships and set several open American records. I've always loved to train and race hard. I finally found an activity that would allow me to do this with the fewest interruptions. Because of this, success followed.

Q. The 1998 USATF Rule Book shows you as having 21 US National and Master records. I couldn't find another individual who has so dominated an area of T&F at various distances as you have. Was your goal to go after specific records?

A. Actually, I was unaware that there were that many. In general, I have not specifically tried to get records. I was able to get several open American records in my late 30s, but only one of them remains now. The reason that I've been able to get so many Masters marks is that I have tried to continue the training and mindset of an open class competitor, even though I am now in my 43rd year. Rightly or wrongly, I still believe that if I could only get the right sort of training, I could still set outright PRs and continue to be among the top several open walkers in the country. Even with sub-par training during the past season, I managed to snag third place in the open 20 Km Nationals this past June. This is the one race that all top open U.S. racewalkers race each year, if they are able.

Q. When I mentioned that I was going to be interviewing you and asked what questions folks would like to have answered, the number one question was "What makes you so fast?" That's actually a good question. What do you attribute it to, training, genetics?

A. I honestly do **not** believe that my success is primarily genetic. At least, I don't think that I have any natural proclivity for endurance sports. Genetically, I am a speed and power type of person. I'm made for short, quick bursts of work, not racewalking-length events. If you line me up against the top U.S. walkers (and especially the top international walkers) you'll see that I look pretty bulky in comparison. At 6'1", I should weigh about 145 pounds for endurance sports. But I weigh about 180. My suitability for endurance sports is psychological. I have the mind of an endurance athlete trapped in the body of a sprinter. So this big body keeps me from doing the perfect endurance training that I would need to become one of the best open racewalkers in the world. But since the

mind can bend the flesh to its ways, within limits, I have been able to achieve some success. The one advantage of naturally being a speed/power/sprinter body is that I can maintain the high turnover necessary for fast racewalking easier than a naturally endurance body can.

Q. I'm sure folks would be interested in your training regime and how it varies from race week to non-race week, as well as off season. For example, what type of mileage do you do a week for the various distances you race? How do you break down a typical training Week?

A. The one bottom line in my training, as I mentioned above, is that I have never done the amount of training that I believe would be ideal for racing 20 Km on up. In the 6 months prior to my PR 4:01:36 50 km National Championship, I averaged under 50 miles a week. One-hundred miles a week is the normal training load for someone racewalking 50 km at this pace. Of course, I have been doing some sort of endurance training, with only occasional breaks, since I was 14 years old. The years of running and cycling prior to my walking career probably laid the cardiovascular foundation that has made it possible for me to race fast on minimal training. Of course, you should work up to this, but for me a long day is at least 2 hours, and as many as 4 hours of racewalking at a heart rate of between 120 and 145 (given my max heart rate of 193). Even if you are only racing 5 km, you need a long workout such as this at least every other week in order to achieve your potential. In general, the best speed workout is the one that has you moving near your desired race pace. Expressed another way, the most productive speed workout for racewalkers hoping to go faster is to walk at your lactate threshold point. For me, this is the pace that brings my heart rate to about 90 percent of its max. Effort intervals should be from 5 to 40 minutes long (depending on your fitness). Of course, there are other sorts of speed workouts, but this one is the most productive one, and you can do it year round to build fitness. The fitter you are, the more you can do on your "easy" days, but the general rule is that these easy days need to be easy enough to allow you to be ready for your required long and speed days. The super-fit (not me!) might be able to handle 20 miles of comfortable walking, broken into morning and evening sessions, on their easy days. The less fit might need to simply do a half-hour of regular, 3 mph strolling.

Q. A lot of views have come along in the last 10 years concerning nutrition. What are your personal preferences and thoughts?

A. I maintain a low-fat, high-carbohydrate, moderate-protein diet. I rarely eat any animal flesh (perhaps once a week). I get most of my protein from non-fat milk and derivatives. I eat as many fruits, vegetables, and grains as I can. The best distance athletes in the world are the Kenyan runners. The overwhelming majority of their diet is a tasteless corn mush.

Q. Our local group has a fairly large contingent of walkers who are banging their heads against the 30 minute 5 km barrier. Any words of wisdom?

A. See my above training advice. Other tips: Even on your easy days, try to walk with as rapid a cadence as possible, given the speed you are travelling. In other words, put at the forefront of your mind that racewalking is a game in which the ones with the fastest turnover prevail and flourish. Once you get your technique problems under control (a big condition), a great workout is to sprint the straights and take it easy on the curves for a couple of miles on the track. This will teach you to handle a higher cadence and it will increase your endurance.

Q. At your level of performance, the mental aspects must play a significant role. How do you focus during a race or does it start well before a race?

A. I feel that this may be my biggest advantage competitively. I used to get very nervous and anxious before races when I was a teen. But after a number of years of hard training and racing, I came to the realization that there was nothing to get bent out of shape about. I now see racing as a very straight-forward enterprise in which I discover how much my body can give me on the

appointed day. In other words, I feel that I am always able to give my best effort, though this effort often falls short of my race goal due to body-involved factors. A few minutes before a race, I will focus on the task at hand, reminding myself that it is now time to give everything I have in me while keeping relaxed. My basic approach is to go as hard as I can, given the distance to be covered. For this reason, some of my PRs have come against tough competition, and others have come when no one has been within many minutes of me. Racing is a self-motivating activity for me more than an other-monitoring one. I am constantly monitoring what my body is doing, reminding myself that, for instance, "I push at least this hard during my speed training." "I should be able to endure a little more discomfort," "relax all tension while maintaining maximum turnover, etc." I don't do any formal visualization training, but I sometimes fantasize about racing success without any attempt to do so.

Q. What was your best or most memorable race and why?

A. The most memorable was winning the USATF 50 km title in 1993. It was unexpected. I won by a large margin, had a huge PR, negative splitted by nearly 3 minutes, and qualified for the World Championships. It was the fastest time by an American since 1988. It was by far the easiest 50 km I have ever done. It actually felt easy until the last half hour. Shin problems had caused me to do no racewalking during all of December. I basically had a month of hard racewalking training during January before the mid-February race. So, with 2 1/2 months to go before an important race, should you take a whole month off? Probably not, but it worked for me, somehow.

Q. This interview came about as the result of a posting about how you personally caused two runners to quit a race when they realized they had just been passed (with authority) by a walker who started 15 minutes behind them. Is blowing by runners one of the perks of being an elite racewalker or do you even notice?

A. Yeah, it is plenty of fun, because even the slower runners at the back of a road race tend to automatically assume, unconsciously, that what they are doing is inherently superior to walking. "I might not be one of the fastest runners out here," they may feel but not articulate, "but at least I'm not walking; I'm running and I'm going to run the whole 5 km!" They are usually very tired and trying their best. When you walk past them, you convince them--at least for that shocking instant--that racewalking is not something to ridicule, that it is a powerful and worthy athletic form.

Some of Jonathan's impressions of various aspects of our sport in next month's conclusion of this interview.