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Dow (Record), Perez Prevail; Seaman Leads U.S. Men

Manassas, Virginia, March 20—Walking virtually unchallenged, Joanne Dow easily won the Women's 20 Km at the National Invitational Racewalks today, bettering her own American record in the process. On the day after her 35th birthday, New Hampshire's pride finished in 1:33:27, 3 minutes ahead of Michelle Rohl and 1:19 under the record she set last summer. In the process, she led Rohl, Danielle Kirk, Jill Zenner, and Margaret Ditchburn onto the U.S. team for the World Cup in Mezidon, France May 1-2.

In the men's race, Ecuador's Olympic champion, Jefferson Perez, was content to let Tim Seaman stay with him through 15 Km before opening up to win easily in 1:22:02. But Seaman finished well, moving to second on the all-time U.S. list with a 1:23:50, 24 seconds under his personal best. (Tim Lewis walked faster than that four times, with a best of 1:21:58 in 1986). Curt Clausen, previously number two the list with his 1:23:58 last year, was not far back in 1:24:49 and ancient Jonathan Matthews (42) was only 31 seconds back of his own personal record (set when he was an infant of 36) with his 1:25:27. Following these three, was one of the best mass finishes in U.S. 20 Km history, with 8 under 1:30 and 13 under 1:35 (not counting Perez).

In the women's race, Dow took the lead from the gun and went through the first 10 Km in 46 minutes. She cruised in with something in reserve, the race well in hand. Teresa Vaill couldn't match Dow's pace, but built a substantial lead over the rest of the field by the 10 km mark. However, the 36-year-old veteran of five World Cups started to crumble and she was passed first by Rohl, who was then unchallenged for second, finishing in 1:36:27, 26 seconds ahead of Canadian veteran, Janice McCaffrey. (Who at 39 has seen two Olympics, four World Championships, and several World Cups herself.)

Behind these three, the race for the final three World Cup spots was really on, as Vaill fought to stave off the challenge of three relative newcomers. First she was passed by Jill Zenner and Danielle Kirk, who were in a real race of their own. The 25-year-old Kirk finally prevailed by 3 seconds over Zenner (24) in 1:37:16. Not far behind them, Margaret Ditchburn still trailed Vaill with 100 meters to go, but in a final surge left a weary Teresa 3 seconds back at the finish as she did 1:37:35. All five qualifiers had personal bests, and Vaill was only 72 seconds off her best.

Dow and Rohl are both on their second World Cup team (Dow in '97, Rohl in '95). The other three are there for the first time. From the '97 World Cup team, only Dow and Sara Standley (9th today) competed today. Others on the '97 team were Victoria Harazo, Gretchen Eastler, and Dana Yarbrough.

While Gretchen was absent, brother Kevin was not, and with a nearly 6 minute improvement in his personal best, he captured sixth place (fifth U.S.) behind Andrew Hermann and a spot on the World Cup squad. The 21-year-old U.S. Air Force Academy student, now training under Olympian Carl Schueler, finished in 1:27:17, just 27 seconds back of Hermann.

As the race evolved, Perez and Seaman were just under 21 minutes for the first 5 km, with Clausen about 30 meters back and about 30 meters ahead of Matthews. Two tight packs followed,

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the first including Al Heppner, Hermann, and Eastler, the second defending champion Mike Rohl, Philip Dunn, Dave McGovern, and Gary Morgan. The groups broke apart the second half of the race and the field spread with Heppner (1:29:02) finally prevailing over Dunn (1:29:13) and Rohl (1:29:49). The 24-year-old Heppner was 41 seconds under his personal best and Rohl (33) missed his, dating from 1990, by just 11 seconds.

For the women, the top five in this race (Dow, Rohl, Kirk, Zenner, and Ditchburn) comprise the U.S. team for the World Cup in Mezidon. The last three will be newcomers to competition at this level, but this looks like a strong squad well prepared for the introduction of the 20 km to women's international championships.

For the men, potential qualifiers from this race Clausen, Hermann, and Dunn have reportedly all opted for the 50 in the World Cup, for which they had qualified in February. So the men's team as of Feb. 25 lines up as follows: 20 Km--Tim Seaman, Jonathan Matthews, Kevin Eastler, Al Heppner, and Michael Rohl; 50 Km--Curt Clausen, Andrew Hermann, Philip Dunn, Andrzej Chylinski, and Gary Morgan. A nice mix of seasoned and youthful walkers, of vets and newcomers. Congratulations to newcomers to competition at the international championship level, Kevin Eastler, Al Heppner, and Michael Rohl and to the veterans. Dunn and Morgan, though veterans of World Cup competition will debut at the longer distance. From this view, it certainly looks like one of the strongest teams overall the U.S. has ever sent to compete with the world. Go USA!

Results:

Women's 20 Km: 1. Joanne Dow 1:33:27 2. Michelle Rohl 1:36:27 3. Janice McCaffrey, Canada 1:36:53 4. Danielle Kirk 1:37:16 5. Jill Zenner 1:37:19 6. Margaret Ditchburn 1:37:35 7. Teresa Vaill 1:37:38 8. Susan Armenta 1:41:53 9. Sara Standley 1:42:07 10. Cheryl Rellinger 1:44:20 11. Susan Hornung, Canada 1:45:26 12. Isabelle Clermont 1:50:50 12. Martine Rainville, Can. 1:53:06 14. Anne Lankowicz 1:53:09 15. Loretta Scheullein 1:58:47 16. Deborah Iden 2:00:25 17. Tara Shea 2:03:46 18. Carmen Jackinsky 2:07:17 19. Monetta Roberts 2:09:32 20. Nadya Dimitrov 2:20:42

Men's 20 Km: 1. Jefferson Perez, Ecuador 1:22:02 2. Tim Seaman 1:23:50 3. Curt Clausen 1:24:49 5. Jonathan Matthews 1:25:27 5. Andrew Hermann 1:26:50 6. Kevin Eastler 1:27:17 7. Al Heppner 1:29:02 8. Philip Dunn 1:29:13 9. Michael Rohl 1:29:49 10. Sean Albert 1:31:30 11. Dave McGovern 1:32:52 12. Gary Morgan 1:33:00 13. Mark Green (43) 1:34:14 14. Warrick Yeager (44) 1:34:36 15. Theron Kissinger 1:37:21 16. Matt DeWitt 1:37:43 17. Lachlan McDonald 1:37:56 18. Wil Leggett 1:39:27 19. John Soucheck 1:39:28 20. Marc Ladouceur, Canada 1:41:20 (The only other races that I find that compare to this for depth of performance by U.S. walkers are the 1995 National Championships in Sacramento and the 1991 World Cup Trial in San Jose. At Sacramento, the first three were slower (1:24:46, 1:27:15, and 1:28:41, but there were also eight under 1:30. From there, that race was even deeper, with two more under 1:31, two more under 1:32, three more under 1:34, and a total of 16 under 1:35 (all of

the finishers). At San Jose, there were just 7 under 1:30, but six more under 1:33, a total of 15 under 1:35, and 21 under 1:40. You make the pick as to which of the three is the greatest race.)
Junior Men's 10 Km: 1. Patrick Ryan 49:28 2. Justin Eastler 49:32 3. Jocelyn Ruest 49:44 4. Eric Tonkyn 53:08
Junior Women's 5 Km: 1. Lisa Kutzing 25:39 (Went on to complete 10 Km in 51:52) 2. Esther Nicole 26:00 3. Helene Bryson 27:09 4. EWElizabeth Paxton 27:32 5. Catherine Sousa-Neves 27:55 6. Amanda Bergeron 28:27 7. Julia Metzger 29:21
Youth 3 Km: 1. Tina Peters (11) 20:10

Seaman and Dow Indoors Too

Atlanta, Feb. 27 (Reported by Al Heppner and Phil Howell)--Tim Seaman surprised himself as he walked negative splits to win his second consecutive USATF National Indoor 5 Km title in 19:45.04. New York AC teammate Curt Clausen was second in 19:54.50 as the duo, now training at the ARCO Olympic Training Center, became the second and third fastest U.S. walkers in history behind Tim Lewis' 19:18.40, which he did in the World Indoor Championships in Indianapolis in 1987. Mikhail Schennikov holds the world record at 18:07.08.

In the women's 3 Km, Pan American Cup Gold Medalist Joanne Dow continued her dominance by pulling away from up-and-coming 24-year-old Jill Zenner to win in 12:44.9. Zenner was just over 4 seconds back at the finish. Margaret Ditchburn and Danielle Kirk were third and fourth. Dow was 24 seconds off Debbi Lawrence's American record set in 1993. Alina Ivanova holds the world record at 11:44.00.

Seaman, who is coming off major surgery, was hoping he could nab the silver. "I thought Curt was going to break the record. I just wanted to go for a respectable second place finish and break 20 minutes," Seaman said. But, the 26-year-old was a lot better than he hoped. From the start, it was obvious Clausen was going for the American Record as he established a sizeable lead over Seaman. Clausen walked 3:51 and 3:53 for the first two kilometers (a 19:20 pace), before slowing considerably. Meanwhile, Seaman walked negative 1 km splits of 3:59, 3:56, 3:55, and 3:54, before finishing up in 4:00. Seaman passed Clausen just before the 3 Km mark and never looked back. "I'm happy to come back this well off the amount of training I've done," Seaman said.

Seaman's win continued his dominance of the shorter distances. In addition to his indoor title last year, Seaman also won national titles at 10, 15, and 20 Km in 1998.

The fiery Clausen was fairly pleased with his performance. "I gave the American record a shot. The race didn't go exactly the way I had hoped, but I did get a personal best time," he said. The indoor race may have been just too soon for Clausen. Just two weeks earlier, he had broken the American Record enroute to winning his second consecutive 50 Km title. "The 50 definitely took a gear away. I was a little flat and my range of motion was limited. I definitely felt a lot more fluid (during his victory) at the San Diego Indoor Games," Clausen added. Phil Dunn clung to third place before the Air Force Academy's Kevin Eastler blew by him with 3 km to go to beat him by 25 seconds.

Zenner shadowed Dow the whole way until Dow managed to open a gap near the finish. Dow noted, "I was surprised she was so close to me. At 2 km, I made a conscious effort to pull away. I put in a surge and concentrated on a faster turnover." Zenner said, "Late in the race, I still thought I had a chance. But with two laps to go I couldn't catch her. Still, it was a 15-second PR for me."

Unfortunately, there were fewer spectators than athletes cheering on the racewalkers during both races. The men's race popped up in the middle of a high school meet and the women's race was put in the middle of prelims. On the brighter side, the high school and other athletes around the track seemed to know about racewalking and, while not cheering, were watching the

action and not making snide comments. They seemed to realize they were seeing some outstanding performances. Results:

Men's 5 Km--1. Tim Seaman, NYAC 19:45.04 2. Curt Clausen, NYAC 19:54.40 3. Kevin Easter, Air Force Academy 20:26.63 4. Philip Dunn, adidas 20:51.66 5. Gary Morgan, NYAC 21:30.26 6. Steve Pecinovsky, Potomac Valley TC and US Air Force 21:58.70
Women's 3 Km--1. Joanne Dow, adidas 12:44.90 2. Jill Zenner, Miami Valley TC 12:49.06 3. Margaret Ditchburn, un. 13:32.64 4. Daniell Kirk, So. Cal. Walkers 13:45.30 5. Cheryl Rellinger, un. 18:18.95 6. Samantah Cohen, Albany 14:39.41 7. Loretta Schuellein, un. 14:41.99 8. Rosell Safran, un. 14:52.04 DQ--Victoria Herazo, Cal. Walkers (while in third at about 2 km)

Other Results

Clausen, Seaman break records. In a March 7 race at the Olympic Training Center in Chula Vista, Cal., Tim Seaman broke the American record for 3 Km, then used the rest of the 5 Km race as a cool down, while Training Center mate Curt Clausen went on to better the American record for the 5 Km distance (outdoors). Seaman's 3 Km time was 11:19.20, bettering Jonathan Matthew's previous mark by 7.5 seconds. Clausen shattered Al Heppner's record of 20:07 with his 19:35.20. Training Center coach Enrique Pena said that both Seaman and Clausen "could have gone for the 5 Km record, but this race was for promoting racewalking in the U.S. I thought we could do that more effectively by setting two records." Seaman, however, had to finish the 5 Km distance to be eligible for the 3 Km record. In a women's 3 Km, Danielle Kirk blistered the final 200 meters in 50 seconds to come within a second of Jill Zenner's American record of 13:16.16. (Note, however, that Debbi Lawrence's indoor record for the distance is nearly a minute faster and that Dow and Zenner went much faster indoors a week earlier.)

Men's 5 Km--1. Curt Clausen 19:35.20 2. Al Heppner 20:41.07 3. Philip Dunn 20:48.76 4. Sean Albert 21:30.31 5. Tim Seaman 24:10.76 (American record 11:19.2 at 3 Km) **Women's 3 Km**--1. Danielle Kirk 13:17.55 2. Margaret Ditchburn 13:20.48 3. Susan Armenta 13:57.21 4. Elizabeth Paxton 16:12.20

Another Women's 5 Km, same place--1. Marcia Gutsche, New England Walkers 26:31.41 2. Suzanne Griffen (58) 29:47.24 3. Jolene Sterigewalt (55) 30:11.24 4. Karen Bartolo (55) 30:15.07 **National Scholastic Girl's Indoor 1 Mile, Boston, March 13**--1. Jamie Yedowitz, Yonkers, N.Y. 7:23.09 2. Christine Fina, Lancaster, N.Y. 7:40.31 3. Crystal Cammarano, Franklin Square (sorry, no state is given) 7:43.03 4. Cheryl Kalman, Bay Shore, N.Y. 78:49.31 5. Michelle Kenny, Lake Ronkonkoma (sorry) 7:49.63 6. Lindsay Sestanovich, Washingtonville (ditto) 7:52.49 (16 finishers, 4 DQs) **National Scholastic BOY's Indoor 1 Mile, Boston, Feb. 13**--1. Jean-Sebastian Beaucage, Quebec 6:41.95 2. Patrick Ryan, Centereach, N.Y. 6:58.88 3. Lloyd Dodge, Brightwaters, N.Y. 7:00.05 4. Paul-Oliver Bernier, Quebec 7:13.74 5. Stephen Quirke, Brookhaven, N.Y. 7:15.20 **Nike Indoor High School Classic Girl's 1 Mile, Columbus, Ohio, March 14** (No. I don't know what kind of competitive-bureaucracy stupidity put two national high school indoor T&F meets on the same weekend)--1. Robyn Stevens, Vacarillo, Cal. 7:36.96 2. Andrea Albergo, Penfield, N.Y. 7:46.13 3. Elizabeth Paxton, Cypress, Cal. 8:03.44 4. Amanda Bergeron, Poland, Maine 8:09.55 5. Jennifer Woodbury, Morrill, Maine 8:25.11 6. Maria Lochner, Webster, N.Y. 8:32.26 **Boys--1. Danny Dalton, Dayton, Ohio 6:53.31 2. Eric Smith, Yellow Springs, Ohio 7:43.95 Indoor 3 Km, Waterville, Maine, March 6**--1. Caitlin Bonney 15:42.3 2. Amanda Bergeron 14:45.8 3. David Baldwin 15:45.9 **Metropolitan Indoor 3 Km, New York City, Feb. 19**--1. Loretta Schuellein 14:36 2. Anne Lankowicz 15:07 3. Lisa Marie Vellucci 16:30 4. Annie Dumas 16:46 **Men--1. Gregory Dawson 13:00.14 2. Josh Ginsburg 13:14.91 3. Patrick Ryan 14:10 4. Willaim Navarro 15:00 New Jersey Indoor 3 Km, Lehigh Univ., Jan. 17**--1. John Soucheck 14:36.1 2. Jack Lach 15:57.3 3. Manny Eisner 15:49.7 4. Ed Dunphy 17:06.3 **Women: 1. Roselle Safran 14:36.1 2. Donna Chamberlain**

15:28.7 **Mid-Atlantic Men's Indoor 3 Km, same place**--1. John Albert 14:18.9 2. Lindsay Bellias 16:38.8 **Women--1. Lisa Kutzing 14:18.9 2. Lindsay Bellias 16:38.8** (Well, this is the way the results read. Lindsay--man or woman or both? Did he/she walk twice in the exact same time?) **Metropolitan Masters Indoors (1500 or 1 Mile, it doesn't say), New York City, Feb. 28**--1. Gary Null (54) 7:33.18 2. Bob Barrett (65) 8:30.41 **5 Km, New York City, March 7**--1. Bob Barrett (65) 29:41 2. David Lee (44) 30:23 3. Sherwin Wilk (60) 31:24 (24 finishers) **New York State H.S. Girl's Indoor 1500 meters, Syracuse, Feb. 27**--1. Jamie Yedowitz 6:56.15 2. Andrea Albergo 7:06.26 3. Crissy Fina 7:16.20 4. Lindsay Sestanovich 7:20.43 5. Lorraine Horgan 7:24.34 6. Crystal Cammarano 7:25.37 (21 finishers, 13 under 8:00, 3 DQs) **Indoor 3 Km, Arlington, Virginia, Feb. 7**--1. Steve Pecinovsky (44) 12:27 2. Warrick Yeager (44) 12:46 3. Jim Carmine (55) 14:42 4. Donna Chamberlain (42) 15:28 5. Vanessa Ryan 16:00 6. Christina Farrell (10) 16:26 7. Ron Shields (55) 17:10 8. Victor Litwinski (55) 17:42 (14 finishers) **20 Km, Coconut Creek, Florida, Feb. 20**--1. Rod Vargas 1:57:22 (49) 2. Bob Fine 2:13:30 3. Mike Felling 2:14:07 4. Juan Mora 2:15:36 (8 finishers) **Women: 1. Roswitha Sidelko 2:10:58 2. Tammie Corley 2:14:07 3. Linda Talbott 2:18:45 (6 finishers) 5 Km, Miami, Feb. 14**--1. Rod Vargas 25:24 2. Daniel Koch (55) 28:49 3. Tammie Corley 29:38 (40 finishers) **12 Km, Orlando, Fla., Feb. 20**--1. Lisa Sonntag 65:41 **Men--1. Mario Feinstein 10 Km same place**--1. Donna Pape 60:26 2. Lee Duffner 61:55 3. June-Marie Provost 64:39 (13 finishers) **5 Km, Lakewood, Fla., March 6**--1. John Fredericks 26:50 2. Juan Yanes 27:31 3. Rod Vargas 28:43 4. Bob Cella (60+) 29:18 5. Bob Fine (65+) 30:31 **Women: 1. Donna Pape 29:51 2. Tammie Corley 30:59 3. June Marie Provost (65+) 31:24 (16 finishers) 10 Km, Orlando, March 6**--1. Lisa Sonntag 53:49 2. Ray Jenkins 62:57 3. Karl Barsch 63:13 (11 finishers) **5 Km, Daytona Beach, March 21**--1. Sperry Rademaker 30:09 2. Beverly Burijon 30:31 **Men: 1. Paul Alvord 30:21 2. Ray Jenkins 30:47 Illinois Masters Indoor 1500 meters, Romeoville, March 20**--1. Michael Rose (37) 7:43.40 2. Ron Winkler (48) 7:57.72 3. Alice Winkley (48) 9:32.35 **Indoor 3 Km, Milwaukee, Wis. March 7**--1. Mike Rose 15:53.7 2. Al Du Bois (67) 16:40.7 2. Ron Winkler (48) 16:41.8 4. John Miller (50) 18:03.8 **Women: 1. Lynn Tracy (46) 15:45.6 2. Alice Winkler 19:34.4 5 Km, Denver, Feb. 14**--1. Darrell Meyers (56) 28:50 2. Lori Rupoli (47) 29:32 **5 Km, Denver, Feb. 21**--1. Sally Richards (46) 26:03 2. Mike Blanchard 27:05 3. Alan Yap (56) 27:36 4. Daryl Meyers 29:10 5. Lori Rupoli 29:21 **Colorado Indoor 3 Km, Boulder, Feb. 21**--1. Kevin Eastler 12:53 2. Scott Richards 15:27 **5 Km, Denver, March 6**--1. Daryl Meyers 29:02 **5 Km, Denver, March 7**--1. Mike Blanchard 27:47 2. Daryl Meyers 28:49 3. Lori Rupoli 29:01 **5 Km Kentfield, Cal., Feb. 21**--1. Jack Bray 28:40 2. Brenda-Usher Carpino 29:24 **Indoor 1500 meters, Portland, Ore. Feb. 7**--1. Fob Frank 7:31.4 2. Susan Heiser 8:31.2 3. Bev LaVeck 8:31.9 **2.8 Miles, Seattle, Feb. 13**--1. Stan Chraminski 24:23 2. Bob Novak 24:42 3. Ann Tuberg 26:58 4. Jocelyn Slaughter 27:20 **2.8 Miles, Seattle, March 13**--1. Stan Chraminski 24:49 2. Jocelyn Slaughter 27:29 **3 Km, Seattle, March 6**--1. Dan Casmier 13:30 2. Stan Chraminski 15:35 3. Bob Novak 15:36 **20 Km, Victoria, B.C., Feb. 28**--1. Blair Miller 1:40:12 2. Ron Ens 1:48:36 **Women--1. Holly Gerke 1:43:12 2. Sue Hornung 1:52:24 10 Km, same place**--1. Karen Foan 51:06 2. Joanne Fox 60:18 **Men--1. Dan Casmier, U.S. 52:18 2. Gerald Dragomir 53:36**

New Zealand 5 Km, Hamilton, Feb. 27--1. Craig Barrett 20:21.95 2. Graeme Jones 23:02.60 3. Gary Little (57) 23:52.06 **New Zealand Women's 3 Km, same place**--1. Jenny Jones-Billington 13:48.30 2. Carma Watasoni 14:37.28 **New Zealand 20 Km, Hamilton, Feb. 28**--1. Craig Barrett 1:25:01 2. Jamie Costin, Ireland 1:28:48 3. Pierce O'Callaghan, Ireland 1:29:55 4. Tony Sargisson 1:31:32 5. Graeme Jones 1:31:34 6. Gary Little (57) 1:37:27 **New Zealand Women's 10 Km, same place**--1. Anne Judkins 48:09 (went on to 20 in 1:36:44) 2. Jenny Jones Billington 48:14 **5 Km, Auckland, N.Z., March 3**--1. Scott Nelson 20:53.41 2. Gary Little

23:08.22 **Australian 20 Km, Melbourne, March 19--1.** Dion Russell 1:20:49 2. Nick A'Hern 1:21:18 3. Luke Adams 1:23:52 4. Denis Langlois, France 1:23:57 5. Duane Cousins 1:24:20 5. Darren Bown 1:24:57 7. Troy Sundstrom 1:25:02 8. Scott Nelson, NZ 1:26:49 9. Liam Murphy 1:26:58 10. Dominic McGrath 1:27:19 11. Boon Lim Teoh, Malaysia 1:29:20 12. Sylvain Caudron, France 1:29:43 (21 finishers, 4 DNF, 3 DQs) **Australian Women's 10 Km, same place--1.** Kerry Saxby-Junna 43:09 2. Jane Saville 44:24 3. Wendy Muldoon 46:24 4. Simone Wolowicz 46:27 5. Tracy Rosengrave 48:36 6. Jenny Jones-Billington, NZ 49:20 **Australian Men's Under 20 10 Km, same place--1.** Jon Gawley 42:11.83 2. Christopher Erickson 47:32.07 **Australian Women's Under 20 5 Km, same place--1.** Kellie Wapshott 23:12.28 **Russian Women's Winter 20 Km, late March--1.** Nadia Ryashkina 1:27:30 2. Elena Nikolayeva 3. Tamara Kovalenko (perhaps more detail next month) **Danish Indoor 3 Km, Copenhagen, Feb. 27--1.** Klaus David Jensen 20:27 2. Claus Jorgensen 20:39 3. Jacob Sorensen 21:01 4. Karsten Gotfredsen 22:19 **Swedish Indoor 3 Km, Stockholm, Feb. 27--1.** Linda Tenggren 13:56.7 2. Monic Svensson 14:00.8 **Swedish Indoor 5 Km, same place--1.** Jan Staaf 20:28.4 2. Bengt Bengtsson 20:37 3. Birger Fail 21:15.3 **Polish Indoor Women's 3 Km, Spala, Feb. 21--1.** Bozena Gorecka 13:45.780 2. Agnieszka Olesz 13:45.70 **Polish Indoor 5 Km, same place--1.** Robert Korseniowski 18:42.59 (actually second to Ilya Markov, Russia, who did not count in the competition) 2. Tomasz Lipiec 19:52.56 3. Roman Magdziarczyk 19:56.50 4. Grzegors Muller 20:01.75 5. Jacek Muller 20:32.09 **20 KM, Isle of Man, Feb. 28--1.** Andi Drake 1:26:59 (21:13, 42:56, 65:06) (Martin Bell led through 13 km, but dropped out at 15, reportedly wearing a purple lycra skinsuit, whatever the significance of that intelligence might be.) 2. Chris Maddocks 1:27:43 3. Steve Hollier 1:32:17 4. Alan King 1:33:26 **German Indoor 5 Km, Karlsruhe, Feb. 21--1.** Andreas Erm 19:32.86 2. Axel Noack 19:51:51 3. Mike Trautmann 20:06.12 4. Michael Lohse 20:17.62 5. Andreas Hontsch 20:29.55 6. Sven Albrecht 20:33.46 7. Peter Zanner 20:52.79 8. Steffen Borsch 20:56.39 **German Indoor Women's 3 Km, same place--1.** Melanie Seeger 12:43.65 2. Annett Amberg 12:44.11 3. Gabriele Herold 12:52.52 4. Nicole Best 13:43.67 **British 20 Km, Leamington Spa, March 21--1.** Gillian O'Sullivan, Ireland 1:36:44 2. Naobi Menendez, Ireland 1:40:12 3. Diedre Gallagher, Ireland 1:41:16 4. Kim Braznell 1:44:29 5. Lisa Crump 1:47:47 6. Vicky Lupton 1:47:57 7. Elaine Callinan 1:48:50 (20 finishers.) **Men, same place--1.** Chris Maddocks (41, but only a week from 42)) 1:26:22 2. Chris Cheeseman 1:26:53 3. Andi Drake 1:27:42 4. Mark Easton 1:28:28 5. Jamie O'Rawe 1:28:46 6. Matthew Hales 1:30:38 7. Alan King 1:31:45 8. Steve Hollier 1:33:11 9. Karl Atton 1:33:41 (45 finishers)

Perambulation around the nation

Sat. April 10 2.8 Miles, Seattle, 9 am (C)
North American Masters 10 Km, Miami, 7:30 am (Q)
5 Km, Augusta, Mich. (O)
Sun. April 11 North Region 10 Km, Kenosha, Wis., 1 pm (S)
1 Hour, Indianapolis (V)
4 Miles, Denver, 8 am (H)
5 Km, Albuquerque, N.M. (W)
Sat. April 17 5 Km, Atlanta (D)
Sun. April 18 Metropolitan 10 Km, New York City, 9 am (F)
1600 meters and 3 Km, Alexandria, Vir. (J)
Florida State 8 Km, Orlando, 8 am (Z)
5 and 10 Km, Miami, 7:30 am (Q)
5 Km, Auburn, Ca. (E)
SW 5 Km, Lancaster, Tex (Y)

Sat. April 24 Florida State 5 Km, U. of Central Florida (Q)
10 Km, Seattle, 10 am (C)
Sun. April 25 5 Km, Las Vegas (O)
5 Mile, Westerley, R.I. (N)
5 Km, Ft. Hollywood Beach, Fla., 8 am (Q)
Sat. May 1 5 Km, Atlanta (D)
5 Km, Roswell, N.M. (W)
Sun. May 2 5 Km, Kenosha, Wis. (S)
1600 meters and 3 Km, Alexandria, Vir. (J)
1/2 Marathon and 10 Km, Eugene, Ore. (C)
Thu. May 6 5 Km, Miami, 6:46 pm (Q)
Sat. May 8 2.8 Miles, Seattle, 9 am (C)
Sun. May 9 North Region 20 Km and Jack Mortland Walks, Yellow Springs, Ohio (M)
10 Km, London, Ontario (519-672-5105)
Sun. May 16 Metropolitan 20 Km, New York City, 8:30 am (F)
Art Keay Memorial 10 Km, 11 am, Toronto (X)
1600 meters and 3 Km, Alexandria, Vir. (J)
Tue. May 18 1500 meters, Atlanta (D) (And all Tuesdays through June 22)
Sat. May 22 Niagara 20 Km, Owego, NY, 8 am (AA)
Sun. May 23 **National USATF and North Region 15 Km, Elk Grove, Ill. (S)**
Sat. May 29 5 Km, Coral Gables, Fla., 7:30 am (Q)
5 Km, Ann Arbor, Mich. (O)
Sun. May 30 1600 meters and 3 Km, Alexandria, Vir. (J)
Alongi 5 Km, Kentfield, Cal., 9:30 am (P)
Sat. June 5 5 Km, Decatur, Georgia (D)
5 Km, New Castle, Penn. (Z)
Sun. June 6 3 and 10 Km, Kenosha, 6 pm (S)

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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-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066
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--Ontario Racewalkers, 676 Balliol Street, Toronto, Ontario M4S 1E7, Canada

Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
 Z--Peggy Plonka, 1000 S. Mercer Street, New Castle, PA 16101
 AA--Dan Talcott, 566 McLean Valley Road, Owego, NY 13827 (607-687-7599)

From Heel to Toe

Endurance musicians. Our January issue carried an article about Adam Bookspan's experiences in the race across Death Valley, noting that he is also a professional musician. I mentioned, while digressing a bit in the introduction to that article, a couple of local classical musicians with devoted interest in athletic pursuits. Those remarks elicited response from Hal Canfield in Knoxville, a long-time subscriber, former competitor, and great contributor to our sport. He notes: "In addition to doing some racewalking before developing a rather severe arrhythmia, I had completed a total of 36 full marathons, 18 consecutive bostons. I also spend a great deal of my time as a member of both the Knoxville Symphony and the Oak Ridge Symphonic Orchestras. I play in the first violin sections of each of these organizations and have enjoyed a lifetime of both music and athletics and can confirm your statement that this combination of activities makes for a well-rounded lifestyle." As to myself, my musical talent is as an avid listener, primarily to jazz, but also to much chamber and symphony music. In the early days of this publication, I carried reviews of jazz concerts from time to time, but most readers are probably happy I slipped away from that.

T-shirts. The SW Indiana Racewalkers are offering their annual Bogan Classic Probably Illegal & Jungle Rules Racewalk t-shirts. They carry a striking graphic on the front and the following text on the back: "You Don't Have to Run When You Can Walk Really Really Fast" The 100 percent cotton shirts are available in sizes S-XL for \$12.00 plus \$3.00 shipping and handling from SW Indiana Racewalkers, c/o Ann Williams, 515 Jennings, Newburgh, IN 47630-1440, e-mail at <http://www.evansville.net/~mmd/racewalker.gif> If you are on-line and want to view the graphic, try: <http://www.evansville.net/~mmd/racewalker.gif>

Missing racewalker. Does anyone out there know the whereabouts of former racewalker and *Guano Press* co-editor Gerry Willwerth? Our last address was 3535 Western Avenue, Apt. 11, San Pedro, CA 90732, but that doesn't work anymore. The *Guano Press* was racewalking's first underground paper, irreverent but entertaining, even when they trashed the ORW, published for several issues in the early '70s.

Collegiate racewalking. Unlike the NCAA, the NAIA (National Association of Intercollegiate Athletics), a small college organization, has long supported racewalking, including a 2-mile race in the indoor T&F Championships and a 10 Km outdoors. (Many years ago, the IC4A--eastern universities--included a 1 Mile racewalk in its indoor championships.) This support has been in jeopardy, with the indoor event dropped. The good news is that it is reinstated starting next year and I guess that means the outdoor walk is no longer in jeopardy. This from U. of Wisconsin-Parkside and Parkside AC coach Mike DeWitt on the situation: "The biggest push for the addition of the walk came from Scott Simons, the U. of Mobile track coach. He worked together with National Racewalk Committee Chairman Rich Torrellas, who attended the NAIA Coach's meeting. Rich gave a great motivational speech to the coaches about the important role that NAIA plays in U.S. racewalking, and closed out the talk with a "grant" to the NAIA to host two "NAIA Invitational" racewalks this spring, to help get all of the walkers in one place a couple of times. Those events are on April 17 at McKendree College (near St.Louis) and May 1 at Life University in Marietta, Georgia. The NAIA Events Committee made the motion to add the event and the discussion was very positive, with only a couple of dissenting opinions, but nothing to deter the motions passing by a 50 or 60 to 10 or 15 margin. The key point to remember here is that the NAIA coaches are not anti-racewalking. The biggest point of discussion has been that it has not been a "true" National Championship, when only one walker shows up (1996 outdoors). To keep it healthy and strong, of which there is more than just a passing interest, we need to get more schools and athletes

walking. The big help last year came when the NAIA declared that any athlete in any event ranked in the top 16 performances two weeks before nationals is considered automatically qualified. It got coaches to get a few kids to try it for the first time and make it to nationals. NAIA schools that had walkers last year, and who have shown real interest in having them this year are: Hastings in Nebraska; Walsh, Rio Grande, and Cedarville in Ohio; Lindsay Wilson in Kentucky; Mobile in Alabama; Olivet Nazarene and McKendree in Illinois; Mary in North Dakota; and UW Parkside in Wisconsin.

More on the Pan Am Cup scoring. IAAF Racewalk Chairman Bob Bowman writes: "Regarding Roger Burrow's comments about the Pan Am Cup scoring, I'd like to point out that regardless of his explanation, an incorrect scoring system was used. The Pan Am Cup scoring system is specified to be and has always been the same as the World Race Walking Cup scoring system. (The European RW Cup uses it also.) This system for the first time since devised in 1961 was changed last year, at the request of the IAAF Council, to be used starting with this year's Cup. The new system is the same as used for all IAAF road and cross country events. The Pan Am Cup, therefore, could have used either of these two choices. In both cases, Canada wins the Junior Women's race. For some reason, the USATF cross country scoring system was used in which non-scoring members of complete teams displace other finishers. The international systems never do this. Using the USATF system, the team score is tied as Roger noted with the tie breaker (the team with the highest placed last scoring member) giving the win to the U.S. The international system tie breaker (highest placed team finisher) gives the nod to Canada. Of course, the USATF rules should not have been used. The international rules should have been used as they had always been. Negotiating team scoring methods at the competition is unnecessary and should be avoided. It places people in a difficult position before and after the competition, and I fully appreciate and respect Roger's position now. A member of the IAAF Walking Committee who is also the Chair of the Pan Am Walking Committee was at the competition and should have been responsible for seeing that the correct scoring system was used. Tie breakers should not be discarded in a team competition. They are in the rules. However, in this case, the two team leaders did avoid a larger mistake, which would have seen the correct finishing positions completely reversed." Bob also notes that Yueling Chen is 29, not 26 as reported in the Cecil Smith article last month. She was born in December 1969.

Colorado walkers camp. Viisha Sedlak and the American Walking Association announce the organization's 11th Annual Colorado Walkers Camp at Louisville, Colorado, May 28-30. The experience is designed for walkers of any ability who want to lose weight or get fit with better walking technique, or learn to walk Olympic-style for speed and endurance, or be certified as an AWA coach to teach others. The \$385 fee includes all coaching, videotaping, and workbooks, but not the hotel. Contact American Walking Association, PO Box 20491, Boulder, CO 80308-3491, Phone 303-938-9531, FAX 303-938-9536.

Olympic training. Stella Cashman offers the following advice from the ancient Greek Olympic Games: "You say, 'I want to win at Olympia'. If you do you will have to obey instructions, eat according to regulations, keep away from desserts, exercise on a fixed schedule at definite hours, in both heat and cold, you must not drink cold water nor can you have a drink of wine whenever you want. You must hand yourself over to your coach exactly as you would to a doctor. Then in the contest itself, you must gouge and be gouged, there will be times when you will sprain a wrist, turn your ankle, swallow mouthfuls of sand, and be flogged. And after all that there are times when you lose." Epictetus. Discourses 14.2-5 (1st century AD). Translated by W.E. Sweet.

Nice people. From *Front Range Walkers News*, where editor Bob Carlson received the following letter from Steve Gardiner, a world class mountaineer club member in Billings Montana: "It's the nice people you meet that make racewalking one of the greatest sports on earth. A short time ago, I was in Denver and entered a 5 Km racewalk. At the awards ceremony, my name wasn't read, so I talked to the judge to see if I had been disqualified. I hadn't. But I didn't have an orange sticker so I was never officially in the race. Daryl Meyers and Scott Richards were standing there, and we had all seen each other during the race. Daryl took me over to the awards table and explained the

situation. Then he gave his trophy to Scott and Scott gave his trophy to me. They didn't have to do this, but it speaks volumes about them as people and about our sport in general that they wanted to take care of the situation right then and there. Those are the moments you remember long after the trophies have collected dust. My thanks to Scott and Daryl and I only wish I could get to Denver to race with them more often. They're the kind of people who make competitions worthwhile."

The Country's Oldest Living T&F Olympian

by Martin Rudow

(One of the many hats Martin Rudow wears in the sports world is that of Editor/Publisher of the Northwest Runner. He wrote the following article for the March 1999 issue and we repeat it here with his kind permission.)

The now-familiar music swells, and a group of runners comes into view. Obviously from a different era; they are young, male, athletic, and white. . . all the more so for their running togs. As they run is slow motion along a beach, the wonderful music and the titles introduce us to a different time and places so foreign it might as well be a different universe. . . it is 1924 and the music and big-screen images introduce us to a now-classic film: *Chariots of Fire*.

And how different they do look, and act, through the whole 2-hour movie. Watching *Chariots of Fire* now as well as when it first was released, it seems to portray a world now gone beyond modern recall. Gone, yes, but beyond recall. . . ?

From out of the blue I get a lot of phone calls from runners with story ideas, and from public relations people pitching their product or services. "Just one more of those phone calls," I thought last November when I answered a ring and was told that Susan Chase from the Willows Retirement Community in Bellingham had an article suggestion. She had a resident that might make a good subject for an article. I was somewhat interested. A former Olympic Team member. I was more interested. His name is Harry Hinkel. I nearly fell off my chair.

I can't expect most readers of this magazine to have a similar reaction when they read that name. But to a young racewalker in the '60s, with a perhaps overly-developed sense of his sport's tradition, Harry Hinkel was one of the giants of our sport, a true legendary figure from a past that already seemed long ago in the '60s. . . and here in the late '90s seems like another era.

I knew that Harry had been on at least one Olympic Team, had won multiple national titles, and, as late as the mid-'60s, still held national records. When Susan told me that he been on the 1924 Olympic Team, the *Chariots of Fire* year, it was one more reason that I had to meet him.

Harry Hinkel today

The Willows is one of the nicer retirement communities throughout the northwest, communities that you are not really aware of until you have a parent who needs their services. It is an attractive large building in north central Bellingham with 146 apartments, housing residents mostly in their 70s and 80s. As someone who has had parents in retirement homes, I appreciated the place, both from the outside and in, and anticipated meeting Harry. I've interacted with a lot of senior citizens in retirement homes, and have found them to be in varying levels of health, both mental and physical, so wasn't sure what to expect. PR people like Susan, of course, always put

the best spin on their subjects, so despite her assurance that Harry was alert and healthy, I was ready for anything. Harry, after all, is 95.

You'd never guess it though, from our first meeting through final good-byes. Limited somewhat by macular degeneration that has him wearing shaded-lens eyeglasses, Harry is certainly alert and obviously very healthy. He is an old man. . . but could easily pass for someone in his 70s physically, and even younger mentally.

He lives in a small, but comfortable apartment, one displaying a few low-key souvenirs of his days of athletic glory. Like many of his era, Harry was not as aware at the time of the long-lasting recognition his athletic feats would bring him, and he remains less awed by being a two-time Olympian than are those meeting him.

A few important mementos, especially two well-filled scrapbooks, helped illustrate his story as we talked first in his unit and then over lunch. One of the things that strike a well-informed observer is how well track and field events were covered in his day. Harry's scrapbooks are crammed with stories from the newspapers of the day. Track and field meets made regular major headlines, with long accompanying articles, including deep results from all the events. Even the *New York Times* of the '20s regularly filled several columns with news from the bigger indoor and outdoor meets. (Ed. Not so surprising. When I first started thirsting for track results in the early '50s, I would search a copy of the *NY Times* for the best coverage.) As someone who appreciates the past of our sport, I could have spent hours pouring over these results. But, as an aside, one name did catch my eye: Norm Bright, a top runner of the '20s who spent his last years running in our area. No doubt other recognizable names would surface from a longer reading of Harry's scrapbook, if they were decent runners in his day, they made it into the papers.

Harry's story

Harry Hinkel was born of a working class parents in 1904 in turn-of-the-century Harlem. His family may have been athletic, but it was all-work-and-little-play in those days, although his parents both did some walking during the pedestrian crazes of the 1890s. Harry went to work fulltime at 16, but "loved athletics" and found he was good at running. . . good enough to turn in a two-minute-flat 880, quite an excellent time for a 16-year old in those days.

Racewalking was a bigger sport then, and a local hero was Willie Plant, several-time national champion. So Harry tried racewalking in 1919, as did many of his Harlem Evening High School teammates. After all, it was just another track event.

But Harry was better than most, so he kept walking and running after he graduated and went to work at a clerical job at Babcock & Wilcox, as well as going to CPA school nights.

"Training was mostly on the track in those days" he remembers. "Training may not be hard by today's standards, but we did fast and hard sessions. Hardest training was by racing. . . and there were a lot of races. I also did a lot of hiking with a local hiking club."

A couple of early races that stand out were the indoor meets at Madison Square Garden, where 15,000 people would routinely turn out to watch; and the City Hall-Coney Island walk, which regularly drew 300-400 competitors and major newspaper coverage. This is an event that was held as late as the mid-'70s when it just got too dangerous. When asked about City-Hall-Coney Island traffic in those days, Harry recalls that traffic was sparse in the early '20s. "Trolley cars were the biggest danger. I also was out in those streets on foot as a package delivery boy--now that was tough work."

Harry rose to the top of local walking circles pretty quickly, always behind the ubiquitous Willie Plant. With newspaper coverage and encouragement of teammates, plus the fun of club-sponsored rail trips to other cities for competitions, it was pretty heady for a young man from a humble background.

"Even as I was getting more serious, training was still pretty much catch-as-catch can. I used to find railbirds, guys who hung around the track--and get them to time or train with me." Besides the bigger outdoor and indoor track meets, most races, running and walking, in those days were handicaps, with nice awards; good sized engraved medals or loving cups. "We all wore special Spalding walking shoes. Made of real kangaroo leather, for \$20 a pair."

The first Olympics

"In 1924, I was hoping to make the Olympic Team, but I was pretty naive. Communications were inadequate in those days and I did not really know who my domestic competition would be, or what good times were internationally. I was just 20 years old."

The 1924 Trials were at Cambridge Stadium in Harvard. The USOC did pay the way of most competitors, who arrived mostly by train from all over the country. "I won the Trials fairly easily." Willie Plant had retired. Being a member of the Olympic Team meant a 3-month commitment. "I had to miss the final CPA exam after 2 years of night school, which basically meant that I would not graduate. No exceptions. The teacher ridiculed my decision in front of the whole class."

The first leg of the trip was a 9-day steamship voyage to Cherbourg, France. Johnny Weissmuller and Buster Crabbe were among his fellow American Olympians on that voyage.

"That first Olympics was an amazing experience for me. The food was great and the first time in my life I ever had too much to drink was at a party the French threw for the American Olympians. I loved French champagne, and food for that matter. We lived in basic plywood cabins, built for the Olympics. Dean Cromwell was our coach, and I remember him catching me in downtown Versailles with a beer in my hand. He snatched it away from me and poured it on the ground."

Despite carrying around 12 newly gained pounds, courtesy of French cooking, Harry still managed a respectable ninth in the final. (*Ed. At 10 Km. Harry had been third in his heat. The final was won by Italy's Ugo Frigerio in 47:49.*) "My race was my focus. I really can't even remember the 100-meter final. We were mainly following our own teammates. My only reaction to the 100-meter final was feeling bad that an American did not win."

Upon arriving back in New York, the team was treated to something for which the New York City of the '20s was famous--a fireboat welcome in the harbor and ticker-tape parade through city streets.

No post-Olympic blues, no no-Olympics let down

After the excitement and glamor of the Olympic experience, and still only 20 years old, Harry was in no mood to slow down. He joined the New York Athletic Club, which paid his way to many meets, and started a string of outdoor National championships, which was to reach ten straight. (*Ed. That was at 3miles/5Km, with a best time of 21:35.2 for 3 miles in 1926. He won a total of 18 national titles.*) "We still travelled by train, and it was a lot of fun, but slow--for instance, four days each way to St. Louis for the Nationals."

They did not pay his way out to Los Angeles for one national, so he hitchhiked out and met his future wife at a dance. Even without the Olympics (no walks in 1928) and newly married with an immediate family of four kids (including future movie star Bill Farnsworth), Harry kept walking. "I was lucky in that I never got injured. Not once."

Even a move to Hawaii in 1929 could not keep him away, as the Los Angeles Athletic Club recruited him away from a new job to join them in L.A. The upcoming 1932 Games had gripped the L.A. Basin with Olympic fever and top U.S. walker Harry was great addition to the LAAC.

The 1932 Olympics and a new distance

Working as a bank auditor and training in L.A., Harry was faced with an unusual situation in the 1932 Trials. Money being tight and travel limited, the USOC decreed that two athletes in each event would qualify from the East Coast, and one from the West. One walker, Bill Chisholm, moved from L.A. to New York, where he lived for a year to qualify as an "East Coast" athlete (and he made the team by so doing).

A sprint walker, Harry had to become a 50 Km man to make the 1932 team, since judging controversies had forced out the shorter distances. Not knowing how to train for a long distance walk, Harry simply added a long stroll to his regular regime, walking from downtown Los Angeles to the Beach and back each Sunday--a round trip of 40 miles.

The Trials and the Olympic final were brutal experiences. Aid, even water, was non-existent, and the heat was in the 90s. "Even though I was brought in to train for the Games, my employer was not real happy about my being gone, so I lived in the Village and took a bus to work every day, and did not see much of the competitions as a result."

The broiling heat proved too much for Harry in the '32 final, he was a dnf. "I never really recovered from the heat in the Trials."

Life after the Olympics

"I was divorced after the 1932 Games, and kept living in L.A. and training. I won more national titles, and hoped to make the 1936 Games, but my employer would not let me take the time off if I had made the team. Jobs were still tight in those days, and I was moving up in my professional career, so I decided to retire from competition."

Nothing much was made of ex-Olympians, or retired champion athletes from any sport, for that matter, until the last few years. Retired from competition, Harry made little of his past feats, starting and raising another family and continuing to work in banking positions until his retirement while a bank Vice President in 1958. Although still living in the L.A. area, his failing eyesight kept him from watching the 1984 Games.

Today, Harry lives near his children and grandchildren in Bellingham, a choice made by his enjoyment of vacations in the Pacific Northwest over the years. Without participating in formal fitness programs or particularly thinking about it, he kept fit by other activities over the years, particularly horseback riding, hiking, and biking. "I joined the Sierra Club and my wife and I went on several tough hiking trips each year. That kept me pretty fit."

Nowadays, Harry does not walk for fitness, but spends much of his time actively following the stock market, and after a few minutes with him it was obvious that I could learn quite a bit from him about investing, as well as about walking. . .and attitude: "I eat everything and anything I want, even now. . .and I always did."

"I benefited in a lot of ways from my Olympic experiences, as well as my other competitions, but always as an amateur. I hate to see professionals in the Olympics. That's my only complaint." And that was the only negative word I heard from 95-year-old Harry Hinkel during my visit. And why not? Few have had as exciting and rewarding a life.

New Balance Racewalking Team

(From Jonathan Matthews) As the only American athletic-shoe company currently making a shoe specifically designed for racewalking (the MRW100W), New Balance is proud to announce the formation of its American racewalking team: Michael Rohl, Dave McGovern, and Jonathan Matthews. In keeping with the company's "Achieve New Balance" theme, none of these

men are full time athletes. They lead diverse lives in which their racewalking serves as a balancing, centering source of fulfillment and well-being.

Jonathan Matthews arrived on the national racewalking scene in 1992 at the age of 36 after earlier running and National Team bicycle racing careers. In each of the last seven years (aside from an injury-hampered 1996 season), Jonathan has placed in the top three in the U.S. National Championships in at least one (and often both) of the two Olympic-distance walks for men, 20 and 50 Km. During this period, he has set four open American records and 18 masters American records. Representing the USA in international competition, Jonathan has been the top American finisher in his event in the Pan Am Racewalk Cup (twice), the World Cup of Racewalking, and the World Athletics Championships. Jonathan is also a two-time Olympic Festival champion. At the athletically advanced age of 42, he continues to be competitive in the open ranks. His wife of 10 years (Stephanie) and he have two young sons, Kyle 4 and Connor, almost 1. Since receiving his Ph.D. from Stanford University in 1994, Jonathan has worked as a college professor. He is currently a professor of education and student teaching at Carroll College in western Montana.

Dave McGovern has been a member of the U.S. National Racewalk Team since 1986. He has won 11 National Championships at distances from 10 to 40 Km and has walked 20 Km in 1:24:49, making him the fifth fastest American ever at that distance. He has made four World Cup 20 Km teams in addition to numerous Pan Am Cup, World University Games, and other international track and field teams. Dave is a coach, a writer for *Walking* magazine, and the author of the *Complete Guide to Racewalking Technique and Training*. He is also the leading provider of racewalking clinics in North America.

Since earning All-American status in each of his four seasons at the University of Wisconsin-Parkside in the 1980s, Michael Rohl has been a strong competitor on the U.S. racewalking scene. Aside from an injury-hobbled three-year period in the beginning of the '90s, Michael has been ranked in the top 10 in the walks throughout the decade. Among Michael's recent competitive successes have been second place finishes in the National 15 Km (1997), the Chase Manhattan Millrose Games (1998), and the National 30 Km (1988), and a first place finish at the National Invitational (1988). In addition to his own competitive career, Michael is a track and field coach. Under his guidance, West Georgia College made its first two appearances at NCAA Division II Cross Country Nationals and produced its first-ever cross country All American. He is now the Assistant Women's Distance Coach at University of Wisconsin-Eau Claire and is pursuing head coaching positions of his own. Michael is the father of three and is married to U.S. women's record holder and two-time Olympian Michelle Rohl (who also will be provided with training shoes from New Balance, a challenge for the company considering her size 4 feet!) (*Ed. Note that we mentioned the MRW100W last month, its endorsement by many racewalkers, and some places you can get it. Having ordered my own pair, not yet received, a ringing endorsement or a resounding rap could be forthcoming at some future time, for whatever that might be worth. I imagine New Balance will be waiting nervously in the meantime.*)

Looking Back

30 Years Ago (From the March 1969 ORW)--In the National Indoor meet in Philadelphia, local hero Dave Romansky zipped by Ron Laird during the final half lap to win in 6:21.9. Laird finished in 6:24.4, with Italy's 1964 Olympic 50 Km gold medalist, Abdon Pamich, third in 6:28.8. Following were Ron Kulik, Dan Tothoroh, and Jim Hanley. . . Bob Kitchen won the IC4A mile in 6:41.1, with Greg Diebold also under 7 minutes. . . Pamich won a mile in Albany, N.Y. over Ron Daniel and Kulik in 6:32.9. . . Out west, Goetz Klopfer edged Tom Dooley in a quick 10 Km with a 45:10 performance.

25 Years Ago (From the March 1974 ORW)--The IC4A mile title went to Ellen Minkow in 7:36.1, probably making her the first woman to win a title in a major intercollegiate for men (primarily). Bill Hamlin actually finished about 15 yards ahead of Ellen, but was DQ'd, and Howie Palamarchuk left the track with a commanding lead when he mistakenly thought he had been DQ'd. . . Floyd Godwin beat a strong field to win the National 35 Km title in Huntington Beach, Cal. in 2:55:29. He left pursuer John Knifton after 20 Km and won by more than 4 minutes. Bill Ranney, Carl Swift, Jerry Brown, and Bryan Snazelle took the next four spots. . . Todd Scully put up a good performance in the US-USSR indoor dual in Moscow, finishing third, but only 20 seconds back, with a 21:04 for 5 Km.

20 Years Ago (From the March 1979 ORW)--The US-USSR Indoor 3 Mile walk went to Yevgeniy Yesyukov in 19:03.3. Todd Scully was second in 20:02.2 with Jim Heiring third in 20:36.4. The Soviets put just one man in the race. . . Neal Pyke won the Pacific AAU 20 mile in 2:35:53, with Bill Ranney less than a minute behind. Pyke also set an American record for 5 Km with 20:41.6 and turned in a 1:28:06 20 Km. . . The National Master's 2 Mile went to Ron Kulik in an American record 14:13.7.

15 Years Ago (From the March 1984 ORW)--Carl Schueler, edging away after the first 10 Km, held on to beat Jim Heiring for The National 35 Km title in 2:41:26, Heiring, 48 seconds back at 30 Km, had cut the margin to 20 seconds at the finish. . . Dan O'Connor walked his second fast 20 Km of the young year with a 1:25:56 in Long Beach. Vincent O'Sullivan (1:31:34) was second and Larry Walker (1:33:52) third. . . Ray Sharp and Tom Edwards both went under 1:30 in New York, with Sharp winning in 1:29:20.

10 Years Ago (From the March 1989 ORW)--In the National 50 Km in Atlanta, Paul Wick led Herm Nelson from the 10 Km mark on, but never by much, and took the title in 4:17:07, just 19 seconds ahead of Nelson. Dan O'Connor was third in 4:24:00, with Mike DeWitt just 42 seconds behind him. Eugene Kitts, Paul Malek, Dan Pierce, and Mark Green also bettered the 4:30 mark. . . National Indoor titles went to Tim Lewis at 5 Km in 20:00.46 and Teresa Vaill at 3 Km in 13:12.34. Gary Morgan was just 9 seconds in back of Lewis, with Ray Sharp third in 20:30. Lynn Weik and Susan Liers followed Vaill.

5 Years Ago (From the March 1994 ORW)--Three National title races early in the year. Allen James won the National 15 in New Orleans on Feb. 19, finishing in 1:06:03, better than 3 minutes ahead of Paul Wick (1:09:20) and Ian Whatley (1:09:51). The women's title went to Victoria Herazo in 1:11:40 with Lyn Brubaker second in 1:14:32. . . Two weeks later (March 5), Jonathan Matthews upset James, this time undercover, winning the National Indoor 5 Km in 20:01.30. Allen was just 0.58 second behind, with Vance Godfrey (20:17.2) third and Rob Cole (20:48.97) fourth. The women's 3 Km went to Debbi Lawrence in 13:13.20, 2 1/2 seconds ahead of Victoria Herazo. Susan Armenta (13:49.86) was third, two seconds ahead of Gretchen Eastler, who just edged Cheryl Rellinger. . . Another week later (March 13), there was a gathering in Palo Alto for 50 Km, and James turned the tables in his debut at the distance. Whata a debut! An American record of 3:55:39, leaving the favored Matthews 7 minutes and 20 seconds behind. Herm Nelson (4:04:23), Andrzej Chylinski (4:07:48), Paul Wick (4:08:15), and Rob Cole (4:14:15) followed. . . At the National Invitational Walks, Canada's Martin St. Pierre won the men's 20 in 1:29:51 and Teresa Vaill captured the women's 10 in 45:14. Philip Dunn (1:30:37), Dave Marchese (1:30:49), and Dave McGovern (1:32:05) followed St. Pierre, and Lyn Brubaker (48:15), Dana Yarbrough (49:10), and Cheryl Rellinger (50:06) took the next three women's spots.