



OHIO RACEWALKER

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Seaman the Record Man

Following up on his impressive race in the National Invitational 20 Km, Tim Seaman has shown a great turn of speed to topple two American records in the past month. A week after the Virginia race, Tim was in Carlsbad, New Mexico where he cruised over a 5 Km road course in 19:47 to better his own U.S. road best of 1959 set in 1996. In the process, he beat Olympic champion Jefferson Perez, reportedly using the race only as a workout, and Al Heppner. Danielle Kirk was also impressive at Carlsbad, winning the lady's race in 22:48.

Four weeks later, Seaman buried Tim Lewis' 1985 track record for 10 Km as he blistered Philadelphia's Franklin Field track to win the Penn Relays in 39:43.85. The old record was 40:20.57. In winning, Tim left Curt Clausen more than a minute behind and Al Heppner more than two minutes back. After hitting the 5 Km mark in 19:54, Seaman was able to maintain his pace, and then some, needing just 19:49 for the second half. Clausen had splits of 20:20 and 20:30.

After the race, Seaman said: I wanted to give the American Record my best shot today. It's a great feeling after coming back from surgery." Tim still holds the US Junior record for 10, which he set at 43:03 in 1991.

Jill Zenner took the measure of Kirk, defending her lady's 5 Km title in 22:35.22. The two were close at the halfway point, but Zenner pulled away from there. Since this is the *Ohio Racewalker*, we probably should note two wins (Zenner and Dan Dalton in the Junior 10) and a third (Vince Peters in the masters 10) for the Miami Valley Track Club. Results:

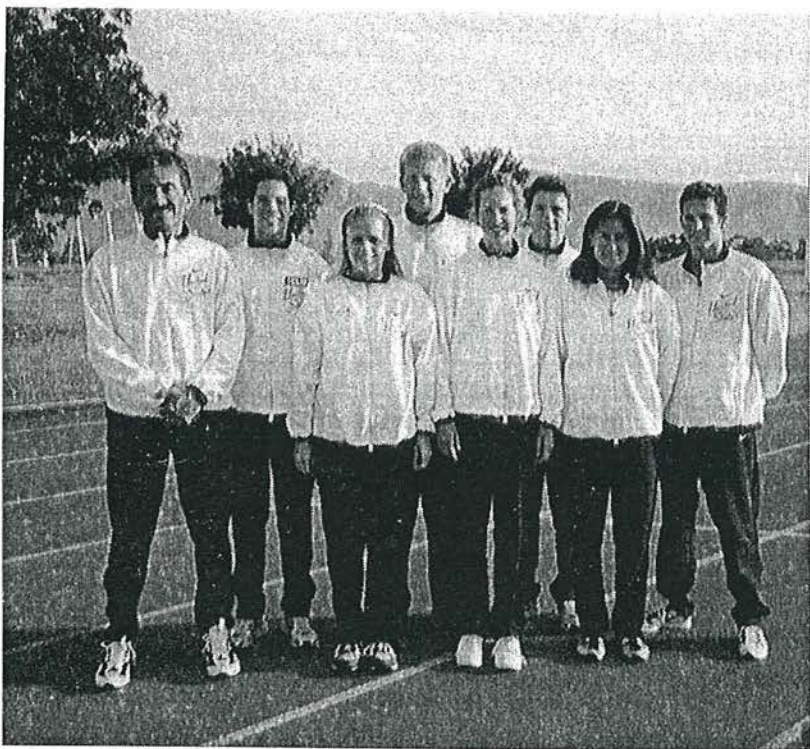
5 Km, Carlsbad, March 28--1. Tim Seaman 19:47 2. Jefferson Perez, Ecuador 20:43 3. Al Heppner 20:49 **Women's 5 Km, same place--**1. Danielle Kirk 22:48 2. Sara Standley 23:23 3. Margaret Ditchburn 23:37

Penn Relays, April 24: Men's 10 Km--1. Tim Seaman 39:43.85 2. Curt Clausen 40:50.56 3. Al Heppner 41:54.43 4. Sean Albert 42:16.46 5. Philip Dunn 41:18.65 6. Greg Dawson 46:30.26 7. Josh Ginsburg 50:34.94 **Women's 5 Km--**1. Jill Zenner 22:35.22 2. Danielle Kirk 22:54.38 3. Margaret Ditchburn 22:58.36 4. Susan Armenta 23:36.18 5. Loretta Schuellein 24:20.67 6. Debbie Iden 25:24.11 7. Vanessa Ryan 26:58.29 8. Tara Shea 27:03.63 **Masters 10 Km--**1. Jim Carmines 49:52.89 2. Stan Sosnowski 51:24.83 3. Vince Peters 56:15.65 4. George Fenigsohn 56:22.04 **Junior 10 Km--**1. Dan Dalton 47:40.12 2. Justin eastler 48:29.51 3. Pat Ryan 49:25.01 4. Eric Pasko 54:28.61 **Masters 5 Km--**1. Lyn Brubaker 24:19.46 2. Donna Chamberlin 25:18.21 3. Sherry Brosnahan 27:39.85 4. Sherry Watts 28:08.11 5. Rita Bogan 30:43.04 **Junior 5 Km--**1. Lisa Kitzing 24:20.58 2. Katie Rulapaugh 25:07.12 3. Dana Giancaspro 26:08 4. Christina Fina 26:15.63 5. Elizabeth Paxton 26:21.18 6. Annie Dumas 27:47 7. Lorraine Horgan 28:17.46 8. Katalina Arboleda 28:22.38 9. Jenny Woodbury 28:29.31

National USATF Masters Indoors, Boston, March 29: Women 35--1. Marcia Gutsche (37), Mass. 15:06 2. Abigail (38), Ind. 16:13 3. Jean Tenan (35), Conn. 17:43 Women 40--1.

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Maryanne Torrellas (4), Conn. 13:46.73 2. Lyn Brubaker (42), Penn. 13:48.49 (both shatter the World 40 best of 14:23.33 set by Viisha Sedlak) 3. Donna Chamberlain (42), Penn. 15:09 4. Sandy DeNoon (43), Ill. 15:59 Women 45--1. Janet Comi (45), Penn. 15:22.71 2. Tish Roberts (49), Ind. 15:27.06 (both well under former world's best of 15:52.71 by Great Britain's Ann Lewis. Note that when we show world or US bests, they are for indoor performances.) 3. Debbie Topham (46), Mich. 16:14.15 4. Sherry Brosnahan (47), N.J. 16:19 5. Lee Chase (45), Conn.



Chula Vista Crew. The walkers in training at the ARCO Olympic Training Center in Chula Vista, Cal. pose with coach Enrique Pena. From left to right: Pena, Philip Dunn, Danielle Kirk, Curt Clausen, Margaret Ditchburn, Tim Seaman, Susan Armenta, and Al Heppner.

16:20 Women 50--1. Jackie Reitz (50), Ind. 16:47.70 (American record) 2. Yoko Eichel (51), Cal. 18:08 Women 55--1. Ann Marie Rosenitsch (58), Can. 17:30.58 2. Janet Higbie (57), Ind. 17:39 3. Hansi Rigney (57), Cal. 18:07 Women 60--1. Sami Bailey (62), Ind. 18:09.20 Women 65--1. Jean Shepardson (65), Mass. 20:36 Women 70--1. Kate Marrs (70), Wis. 20:39 2. Joan Rowland (72), N.Y. 21:52 Women 75--1. Margaret Walker (77), Penn. 23:07 Men 35--1. Nick Manuzzi (39), Conn. 15:07.75 Men 45--1. Stan Sosnowski (48), R.I. 14:38.83 2. Brian Savilonis (48), Mass. 15:13 3. Larry Titus (49), Conn. 15:15 4. Ross Barranco (49), Mich. 16:58 5. Doug VerMeer (45), Ore. 17:00 6. Fred Anderson (46), N.H. 18:17 Men 50--1. Bob Keating (52), N.H. 13:36.62 2. Gene Opheim (52), Fla. 14:39 3. Max Walker (52), Ind. 15:06 4. Bill Penner (52), Cal. 15:16 6. James Miner (500, N.Y. 15:55 Men 55- 1. Jim Carmines (55), Penn. 13:51.46 (World best, bettering 14:22.20 by Ed Kousky) 2. John Elwarner (59), Mich. 15:28 3. Tom Knatt (58), Mass. 16:23 4. Bernie Finch (59), Wis. 18:07 Men 60--1. Dave Romansky (60), N.J. 14:34.28 (Bettors Max Green's world best of 14:44.51) 2. Paul Johnson (61), Ark. 16:18 Men 65--1. Bob Barrett (65), N.Y. 16:17.64 2. Al DuBois (67), Wis. 16:43 3. Bob Beaudet (66), Mass. 18:30 Men 70--1. Jack Starr (70), Del. 17:03.33 (bettors world best of 17:31.6 by Finland's Pauli Makinen) 2. William Flick (73), Penn. 17:55 3. John Nervetti (74), N.J. 19:07 4. Louis Dandido (70), Mass. 19:49 Men 75--1. Tim Dyas (78), N.J. 22:08.5 2. Paul Geyer (79), Minn. 22:12 Men 80--1. Bill Tallmadge (82), Ken. 24:20.75

Other Results

5 Km, Cambridge, Mass., April 11--1. Bob Ullman 28:42 **Boston Marathon racewalkers, April 19--1.** Andrea Schiavon, Padova 4:08:45 2. Bob Keating 4:50:10 3. Jack Starr (70) 4:59:12 4. Anne Marie Kunz (57) 5:15:53 5. Bill Harriman (52) 5:18:45 6. Patrick Bivone (58) 5:18:46 **Clamdigger 8 Km, Westerly, R.I., April 25--1.** Brian Savilonis 42:15 2. Joe Light 43:11 3. Nick Manuzzi 43:49 4. Stanley Sosnowski 47:08 5. Fred Anderson 49:41 6. Charles Mansback 50:26 (14 finishers, 2 DQs) Women: 1. Lee Chase 44:40 2. Mary Flanagan 49:32 3. Jean Tenan 49:35 4. Jeanne Shepardson 53:45 (13 finishers) **Metropolitan 10 Km, New York City, April 18--1.** Greg Dawson 48:05 2. Anatoly Gorshov (40) 48:28 3. Rob Cole 48:56 4. Vyacheslav (51) 50:40 5. Sultanov Rifkhat (54) 52:44 6. Loretta Schuelein 52:47 7. Samantha Cohen 53:05 8. Richard Harper (49) 57:10 9. Maryanne Torrellas (40) 57:27 10. Lee Chase (45) 57:27 11. Bob Barrett (65) 59:23 12. Lisa Marie Vellucci 59:24 13. Sherwin Wilk (60) 59:29 14. David Wolf 60:19 15. David Lee (44) 60:39 16. Jim McGrath (62) 61:11 17. Loretta Imperiale 62:12 18. Louanne Pennesi (44) 62:20 19. Thomas Turner (48) 62:41 20. Anne Dumas (16) 63:30 (50 finishers, 3 DQs, 2 DNF) **8 Km, Buffalo, N.Y., March 20--1.** Dave Lawrence (43) 38:40 2. Eileen Lawrence (45) 50:04 **5 Km, Buffalo, March 27--1.** Dave Lawrence 23:17 2. Jerry Hulett 30:03 3. Lori Yohe (41) 30:24 4. Eileen Lawrence 30:30 5. Sue Hoadley 30:55 6. Dan Chase (52) 30:59 **3 Km, Albany, N.Y., April 10--1.** Samantha Cohen 14:57 2. Dana Giancaspro 15:26 Men--1. Anonymous J. Walker 14:58 (common sense suggests that this is Allen James, who listed the results, but who am I to uncloak anonymity) **3 Km, Albany, April 17--1.** Dana Giancaspro 15:26 (A.J. Walker again led the men with an unreported time) **10 Km, Winter Haven, Fla., March 6--1.** Lisa Sonntag 53:49 2. Ray Jenkins 62:57 **5 Km, Orlando, Fla., March 20--1.** Sperry Rademaker 30:09 2. Paul Alvord 30:21 3. Beverly Burijon 30:31 **10 Km, Winter Park, Fla., March 27--1.** Lisa Sonntag 54:02 2. Lynn Tracy (40-49) 58:46 3. C.S. Monte Carlo 60:48 4. Mario Feinstein (50-59) 62:54 **5 Km, Hulover Park, Fla., March 29--1.** Rod Vargas (49) 26:49 2. Juan Mora (46) 28:36 3. Bob Cella (61) 29:01 4. Daniel Koch (55) 29:39 Women: 1. Tammie Corley 30:11 2. Marilyn Whipple (49) 31:05 **5 Km., Miami, April 17--1.** Lisa Sonntag 25:54 2. Bob Fine 21:20 **8 Km, Orlando, Fla., April 18--1.** Rod Vargas (45-49) 42:54 2. John Fredericks (50-54) 43:00 3. Ray Jenkins 50:06 4. Bob Fine (65-59) 51:16

Women: 1. Roswitha Sidelko (45-49) 49:21 2. Sperry Rademacher (55-59) 49:55 **3 Km, Cedarville, Ohio, March 27--1.** Jill Zenner 13:04 (better her own American record of 13:16.6) 2. Tessia Cole 17:23 3. Christina Moore (41) 19:01 Men--1. Dan Dalton (17) 24:19 2. Chris Knotts (43) 24:32 3. Eric Smith (16) 25:52 4. Jerry Muscal (40-44) 26:14 5. Al Cowen (40-44) 27:07 6. Vince Peters (45-49) 27:13 7. Paul Hammer (50-54) 27:15 8. Mike Sandelin 28:27 9. Daryll Davis (50) 29:29 10. Jack Blackburn (63) 29:33 11. Bill Whipp (50-54) 31:01 **Ohio 15 Km, Middletown, April 18--1.** Chris Knotts (43) 1:16:59 (25:52, 51:27) 2. Jill Zenner (24) 1:18:05 (25:52, 51:23) 3. Cheryl Rellinger (32) 1:19:42 4. Eric Smith (16) 1:26:38 5. Daryll Davis (50) 1:33:38 6. Jack Blackburn (63) 1:34:44 7. Bill Whipp (55) 1:38:22 8. Christina Moore (41) 1:43:20 **3 Km, same place--1.** Vince Peters 15:52 2. Ed Fitch 16:30 3. Tessia Cole 18:11 **Indiana 1 Hour, Franklin, April 11--1.** Abigail Oliver 10,364 meters 2. Jackie Reits (50-54) 10,357 3. Sandy DeNoon (40-44) 10,315 4. Tish Roberts (45-49) 10,106 5. Jeanette Smith (45-49) 9650 6. Sami Bailey (60-64) 9284 Men--1. Don DeNoon (55-59) 11,784 2. Max Walker (50-54) 10,788 3. Mike Bird (50-54) 10,211 4. Ray Everson (60-64) 9904 **5 KM, somewhere in southern Indiana, April 11--1.** Randy Stiles (53) 28:29 2. Bob Christmas (69) 31:13 Women--1. Londa Swonder 29:29 2. Suzanne Wells (44) 31:41 **5 Km, Waukesha, Wis., March 27--1.** Michael Rose 29:08 2. Ron Winkler (48) 29:28 **North Region 10 Km, Kenosha, Wis., April 11--1.** Lachlan McDonald 46:45 2. Matt DeWitt (19) 46:46 3. Will Leggett 47:39 3. Will Prieschel 51:33 5. Mike Rose 59:47 Women: 1. Jamie Roberts 54:39 Masters--1. Al Dubois (68) 59:23 2. Ron Winkler (48) 63:38 Women Masters--1. Lynn Tracy (46) 57:08 2. Judy Stock (46) 66:42 **Bearcat Invitational 5 Km, somewhere in Wisconsin, April 17--1.** Matt DeWitt 22:26.53 2. Will Leggett 22:39.14 3. Lachlan McDonald 22:46.15 **Bearcat Invitational Women's 3 Km--1.** Jaimie Roberts 15:24.22 2. Laurie Starr 16:08 3. Kathleen Stuper 16:32 **1 Mile, Houston, March 20--1.** Lojza Vosta (64) 8:21 2. Dominic Byrd (12) 8:33 3. Dave Gwyn (47) 9:00 4. Mike Kleinhenz (47) 9:00 **1500 meters, Houston, March 28--1.** John Knifton (59) 8:18 **1500 meters, Friendswood, Tex., April 3--1.** Dominic Byrd 8:19 **7 Km, Lodo, Col., March 14--1.** Dan Pierce (42) 37:43 2. Mike Blanchard 40:17 3. Peggy Müller (44) 40:29 4. Daryl Meyers (56) 41:00 5. Lorie Rupoli (47) 41:25 6. Ann Horsky 41:57 **5 Km, Littleton, Col., March 21--1.** Mike Blanchard 27:40 2. Peggy Müller 27:51 3. Lorie Rupoli 28:27 4. Daryl Meyers 28:36 5. John Tarin (46) 29:21 6. Terese Green 29:54 7. Mike Heymans (51) 30:21 **5 Km, Denver, March 28--1.** Eric Pasko (17) 26:32 2. Daryl Meyers 29:29 **5 Km Denver, April 3--1.** Eric Pasko 27:44 **5 Km, Kentfield, Cal., March 14--1.** Shoja Torabian 27:09 2. Jack Bray 27:26 **1/2 Marathon, Chico, Cal., March 6--1.** Joe Berendt 2:06:14 2. Jim Currier 2:23:19 3. Ron Walters 2:24:04 **5 KM, Auburn, Cal., April 24--1.** Gharfara Aberresak 26:23 2. Jack Bray (66) 27:11 3. Joe Berendt (43) 27:14 4. Bill Penner (52) 27:24 5. Nick Sakelarios 29:31 6. Jim Currier (50) 30:05 (18 finishers) Women--1. Chris Sakelarios 27:54 2. Brenda Carpino (52) 29:36 3. Karen Stoyanowski (44) 30:24 (19 finishers) **10 Km, Seattle, April 24--1.** Blair Miller, Can. 47:13 2. Gerry Dragomir, Can. (47) 53:21 3. Bob Novak (49) 55:46 4. Kelly Murphy-Glenn 57:02 5. Carmen Jacinsky 57:41 6. Joslyn Slaughter (40) 60:24 **5 Km, same place--1.** Merima Kostecki (18), Can. 28:10 2. Brianna Bruce (18), Can. 28:40 3. Joanne Fox, Can. 29:03 4. Ann Tuberg 29:41

20 Km, Italy March 13--1. Giovanni De Benedictis 1:22:34 2. Massimo Fizialetti 1:22:51 3. Alessandro Ganellini 1:24:36 4. Francesco Galdenzi 1:24:46 5. Vittorino Mucci 1:25:05 6. Marco Giungi 1:25:13 7. Sebastiano Catania 1:25:25 8. Denny Galanello 1:25:31 9. Alfio Alfredo Corsaro 1:25:35 10. Andrea Manfredini 1:25:40 11. Ivano Brugnetti 1:25:44 12. Vittoria Colombini 1:25:46 13. Enrico Lang 1:26:04 14. Michele Didoni 1:26:25 (Number 1 in the World in 1995. One can't afford a little bit of an off day in Italy.) 15. Maruo Spinadin 1:26:36 (23 under 1:30) **Women's 20 Km, same place--1.** Erica Alfridi 1:31:52 2. Elisabetta Perrone 1:32:28 3.

Rossella Giordano 1:32:46 4. Bisella Orsini 1:35:09 5. Lisa Barbieri 1:36:31 6. Cristiana Pellino 1:41:57 **Irish 20 Km, Cork City, April 11** (Rain and gale force winds did not encourage fast times)--1. Pierce O'Callaghan 1:29:51 2. Jamie Costin 1:30:38 3. Robert Heffernon 1:31:22 4. Jeff Cassin 1:37:48 Women: 1. Gillian O'Sullivan 1:43:41 2. Olive Loughnare (sp? Pierce's handwriting was a bit difficult to decipher on this one) 3. Deirdre Gallagher 1:49:48 **Australian Junior Championships, March 25-28: Under 18 Women's 3 Km--1.** Kate Connolly 14:06.55 2. Sara Tomlin 14:34 3. Bianca Sait 14:43 4. Lisa McIlvenie 15:15 5. Nyssa Cobby 15:17 6. Erin Adamcewicz 15:20 **Men's Under 18 3 Km--1.** Douglas Connolly 12:19.37 2. Scott Hollaway 12:31 3. Shane Willson 12:59 4. Daniel Vellis 12:59 5. Troy Upward 13:37 (But, he will probably move up the next race) 6. Clay Foster 14:15 **Women's Under 14 1500 meters--1.** Gemma Christie 7:03.40 2. Shana Cobby 7:21 3. Genevra Cross 7:25 4. Peta Gough 7:32 **Men's Under 14 1500 meters--1.** Stuart Walker 7:30.34 2. Michael McCagh 7:36

Don't Wait, Come Test Your Gait

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) 10 Km, New York City, 9 am (F)
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) 5 and 15 Km, Riverside, Cal. (B) 5 Km, Denver, 8 am (H)
Tue. May 18	1500 meters, Atlanta (D) (And all Tuesdays through June 22)
Sat. May 22	Niagara 20 Km, Owego, NY, 8 am (AA) 5 Km, Denver, 8 am (H)
Sun. May 23	National USATF and North Region 15 Km, Elk Grove, Ill. (S) 5 Km, Denver, 9 am (H) 10 and 10 Km, Palo Alto, Cal. (R)
Fri. May 28	1 Mile, Houston (and each Friday through June 25) (Y)
Sat. May 29	5 Km, Coral Gables, Fla., 7:30 am (Q) 5 Km, Ann Arbor, Mich. (O) 10 and 20 Km, Broomfield, Col. (H)
Sun. May 30	1600 meters and 3 Km, Alexandria, Vir. (J) Ohio USATF 5 Km, Columbus (M) 3, 5, and 10 Km, Houston (Y) Alongi 5 Km, Kentfield, Cal., 9:30 am (P)
Mon. May 31	10 Km, Boulder, Colo., 7:30 am (H)
Sat. June 5	5 Km, Decatur, Georgia (D) 5 Km, New Castle, Penn. (Z) 10 Km, Eisenhower Park, Long Island, 8 am (F)
Sun. June 6	3 and 10 Km, Kenosha, 6 pm (S) 10 Km, Yellow Springs, Ohio (M) 8 Km, Atlanta (D) Weinacker Cup (Ontario vs Michigan), Port Huron, Mich. 5 Km, Denver, 8:30 am (H)
Sat. June 12	5 Km, Atlanta (D) 5 Km, Hebron, Ind. (S) 5 Km and 20 Km Relay, Denver (H)

- Sun. June 13 1600 meters and 3 Km, Alexandria, Vir. (J)
10 KM, Albuquerque, N.M. (W)
- Sat. June 19 3, 5, and 10 Km, Birmingham, Cal. (B)
Michigan 5 KM, Charlevoix (I)
- Sun. June 20 8 Km, Atlanta (D)
5 Km, New York City, 9 am (F)
- Sat. June 26 North Region 8 Km, Kalamazoo, Mich. (I)
National USATF 20 Km, Men and Women, Eugene, Ore. (317-261-0500)
- Sun. June 27 1600 meters and 3 Km, Alexandria, Vir. (J)
Metropolitan 15 Km, New York City, 9 am (F)
- Fri. July 2 1500 meters, Yellow Springs, Ohio (M)
- Sun. July 4 8 Km, Alexandria, Vir. (J)
- Sat. July 10 15 Km, Eisenhower Park, Long Island, 9:30 am (F)

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From Heel to Toe

Penn Relays. An interesting addendum to the report on the walks at the Penn Relays: Lightning at the meet on Friday had forced postponement of some relay heats on Friday. In order to get back on schedule, meet directors wanted to combine the men's and women's walks at 7 am on Saturday morning, the scheduled time for the men. This would have allowed the postponed relays to be run at 8 and the rest of the meet to resume on schedule at 9. The 22 women entered, supported by Jeff Salvage who was managing the walks, refused to go along with this. The feeling was that with the different distances (10 km for men, 5 for women) the process would have been unmanageable.

They won their point, and the women raced separately at 8 am. I assume they managed to get the rest of the meet back on schedule at some point. In any case, good to see racewalkers taking a valid stand and winning their point. . . **National Invitational 20 Km.** Last month's ORW report on this event showed only the first 20 finishers. Here is the rest of the field: 21. Greg Dawson 1:43:05 22. Jim Carmines (55) 1:47:41 23. Dave Romansky (60) 1:51:13 24. Joe Light (51) 1:53:51 25. Ron Shields (55) 2:00:15 26. Will Navarro 2:02:14 27. Victor Litwinski (55) 2:09:17 28. James McGrath (62) 2:10:23 29. Larry Yates (47) 2:11:48 30. Bernie Finch (59) 2:19:15 DNF--Alejandro Cano, Howard Jacobson, and Steve Pecinovsky. DQ--Ken Mattsson. . .

Great 20s. In commenting on the above race, I noted the great depth of performance and suggested that only the 1991 San Jose World Cup Trials and 1995 Nationals could compare. Ron Daniel reminds us of a non-championship 20 Km held in Palo Alto in 1992 with four under 1:30 (fourth was Dave Marchese in 1:28:07) and twelfth place in 1:33:07. That comes close. . .

Identification. In the results of the Boston scholastic mile last month, we showed three finishers whose state affiliation we did not have. Norm Brand tells us that all three are from New York. . .

Racewalk technique revisited. Two months ago we ran a Roger Burrows article on the "Dynamic Sterotype" method of technique analysis. Homework was the question "Do the arms drive a walker forward?" Roger has now published in his bulletin for Canadian racewalkers the response of Canadian National Team member Gordon Mosher, who has formally studied racewalk technique in a physics course: "Homework, eh? Well, the question's easier than some of the stuff I'm doing at the moment! Do the arms drive you forward? Theoretically, no--it's completely illogical. It is the legs and the legs only that provide the forward motion. Sure, the hips are important to keep the motion fluid and the arms have a use--balance. This is their function in street walking, and racewalking, after all, is a natural extension of street walking. The problem is that this is not an exact science. It is still useful to describe racewalking as a matter of personal moves rather than biomechanics. It is my experience that if an athlete moves the arms faster or slower than the natural legspeed, that walker will slow down to move at the same rhythm to preserve balance. Arms provide a catalyst (using the term loosely) for legspeed. This can be exploited by the athlete to provide the desired lean. (*Ed. I have to note that many now question that a lean is desirable.*) Think about it, if you move your arms so fast that your legs can't catch up, you're going to have the tendency to fall on your face. Do it in a controlled way and you'll get a great lean. But you'd better be doing some serious upper body weight workouts at least every three days, otherwise you'll get tired too fast in a long race. Also notice that 50 Km walkers walk more upright than their 20 Km counterparts. Energy conservation is more important than legspeed, so powerful, inefficient upper body movement is of limited use. These are just my personal experiences. But personal experiences are all we have to rely on at this point. Serious biomechanical studies would have to use a large sample size (at least 20 racewalkers) doing the same workouts for the same period of time, and with the same controls like food. It's not going to get done any time soon." Roger comments: *Good marks for Gordon. Biomechanically, the arms do not drive us forward. As Dave McGovern says in his book "unless you're using ski poles, the arms do not propel you forward." However, in the right circumstances, the arm drive is a very useful cue--catalyst, to use Gordon's word--for what may be possible from the legs. As Gord says, the arms will tend to move with the natural legspeed. I'm sure that we can all remember times when 'using the arms' actually snaps us out of a slow speed into which we may have lapsed in a race. The 'equal and opposite reaction' to a strong arm stroke is in the hips. The forward motion of the hip lengthens the stride, which gets us going faster. So, if we are able to continue the effort, the arms have definitely helped us 'change gear'. But, the drive over the ground comes from the lower body. We must also emphasize that 'any old arm action' won't do. The most effective drive actually comes from the upper chest and back. The arm should move basically backwards and forwards. Under fatigue, it is pretty easy for the elbows to stick out, causing a cross-body swing, which is not going in the same direction as we want to go! Nor is a flailing forearm, which either flaps*

uselessly from the elbow or punches dangerously upwards. This 'uppercut' action looks exactly like a high jumper at take-off, a movement that does not exactly impress our judges! (Ed. The bit on the arms seems a little confusing, and it would seem to me would be particularly so to a beginning walker who has been instructed to let the hands swing to the center of the chest. I guess we should emphasize the word 'basically' in the above reference to arm action. But, if you think of this as meaning the hands are going to be moving parallel to the direction of travel, you have it wrong. The important point is to not let the elbows stick out--known as chicken-winging--which makes the arm action practically perpendicular to the direction of travel, which is, of course, useless. So, did I clarify, or confuse further.) . . . **Clinics.** a series of racewalking clinics is scheduled for Ann Arbor, Michigan in May. The first session on Sunday, May 16 will be taught by Cheryl Rellinger, a member of the National Team who holds an advanced degree in fitness and exercise science. Dr. Al Rice will teach the second session on Saturday, May 23. He holds a Level 1 Coaching certificate from USAT&F, and is both a racewalker and a certified USATF racewalk judge. Mary Jannausch, a national-level judge and long-time racewalker, will conduct the final session on Wednesday, May 26. Contact Mary at 3484 Burbank, Ann Arbor, MI 48105 for further information. You can call her at 734-663-0187 or e-mail her at mjanna@umich.edu. And here are a couple of chances to attend one of Dave McGovern's well-respected World Class Racewalking Clinics. Dave will be in Yellow Springs, Ohio on July 24 and 25. His two-day workshop will cover the psychological principles behind fast racewalking, racing strategy, putting together a periodized year-round training program, and injury prevention. He will also perform lactate threshold tests using Polar Heart Rate Monitors and conduct individual video-taped technique analyses. The clinic fee is \$95. There is limited space available. Contact Vince Peters at 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424 for more information or to see if you can still get in. If not, maybe you would like to travel to Sacramento in September, or maybe that is more convenient anyway. Dave will be there for a similar clinic September 10-12 for the same fee. Contact the Sierra Race Walkers at P.O. Box 13202, Sacramento, CA 95813 for further information on this one. . . **Nationals Qualifiers.** Qualifiers for the National 20 Km races in Eugene in June, reported as of April 16 are (Qualifying Standard of 1:50:30 for women and 1:34:00 for men): Women--Susan Armenta, Lyn Brubaker, Margaret Ditchburn, Joanne Dow, Victoria Herazo, Deb Iden, Danielle Kirk, Molly Lavececk, Debbi Lawrence, Cheryl Rellinger, Michelle Rohl, Lisa Sonntag, Teresa Vaill, and Jill Zenner. Men--Sean Albert, Curt Clausen, Philip Dunn, Kevin Eastler, Mark Green, Al Heppner, Andrew Hermann, Theron Kissinger, Jonathan Matthews, Dave McGovern, Gary Morgan, Mike Rohl, and Tim Seaman.

Opinion

Comparing Racewalking and Running

by Bob Carlson

Since racewalking uses more muscles than most other sports, walkers can get into the same excellent condition as runners who use primarily just the leg muscles in their sport. Their cardiovascular systems are comparable. However, runners do not get the same overall body capillary enlargement that a racewalker does, the racewalker using many more muscles while walking. If the most superbly trained marathoner in the world tried to compete successfully in racewalking without training for several months in the specific exercise, that person would find it an almost impossible task to avoid disqualification by judges unless walking slowly. Certainly, the runner would have the same or a bit better cardiovascular capacity and leg strength, but would lack the necessary capillary enlargement in the hips, arms, and shoulders to allow the legal movements of racewalking for very long without extreme fatigue setting in. The runner might be star in illegal walking, but, if the rules were enforced, would be completely lost.

Conversely, the world's leading racewalkers could, with a small amount of running training, compete fairly well in running because they would have the necessary capillary build up in the legs and cardiovascular endurance similar to the top runners. Some world class racewalkers have run some decent times (in the 2:30s) and walked the distance in 3 hours. The top racewalkers try to make walking as close as possible to running, while still maintaining legal walking technique. Many elite racewalkers do incorporate running training into some of their workouts--especially the Europeans. Wouldn't it be fun if we could promote a duathlon endurance event between elite athletes in each sport in which the combined times count in the scoring in which all the rules needed to be followed? The problem is that no elite runner would dare enter such an event. Perhaps a fairer event, from the runner's standpoint, would be an event using comparable world record times for the marathon distance, and use the ratio of times--about 0.7--as a factor to select the winners. Such an event would give us some favorable exposure. (Ed. I'm not sure about that last statement. The event would just demonstrate what the factor already tells us--that walkers take nearly half again as long to cover the same distance. And we already have elite walkers competing in marathons occasionally, certainly impressing--or angering--the middle-markers who they beat, but maybe no one else in particular.)

Interviews: Dow and McCaffrey

Two of the top North American women in the racewalking game are Joanne Dow and Janice McCaffrey. Both are mature women--35 and 39 years old, respectively. The interesting contrast though is that Dow is a relative newcomer to the sport, while McCaffrey has been at it since 1981. Following are interviews with the two. Dow was interviewed by Eileen Ward in January at the ARCO Olympic Training Center. Since then, she has broken her own American record at 20 Km with a 1:33:27 at the National Invitational. She is coached by Mark Fenton. The McCaffrey interview, by Ray Sequin, appeared in the February/March 1999 issue of *Athletics*, Canada's track and field publication. First, Eileen's interview with Joanne Dow, which I have condensed some. Joanne began walking in 1994 with a best of 54:08 for 10 Km. She learned fast and placed seventh in the World Cup Trials early in 1995 and then improved to 47:43 at the National Invitational. She missed the rest of that year with injury and didn't really get back until the Alongi race in September 1996, when she matched that 47:43, after struggling to 10th in the Olympic Trials early in the year. From there it has been all improvement.

Tha last time we talked together, you were on the other side of a series of injuries that had sidelined you off and on for a year. You felt you had finally learned what to do and what not to do to stay injury free.

JD: I think Mark and I learned a lot from that year. We know how to combine different forms of training better. Since then, I have had almost two good years. It's been a long enough period of time to really go through true periodization in my training.

Does your training include using weights?

JD: One of the things I hope to take home from here is a better weight lifting program. What I have been doing is mostly upper body. I have found that when I try to do my legs, it is almost an overload. It is hard for me to judge how much to do because I think I can do more than I should be doing. I have a hard time saying, "This is enough. This is all I need right here and right now."

What is Mark emphasizing in your training?

JD: He does not want me to change any of the conditioning stuff I have been doing. He said to me, "The only thing you are to change is your walking. Your walking needs to get more intense, but everything else should stay the same. If you are doing one set of lunges, do not add more. If

you are swimming 2000 yards on an easy day, don't try swimming 3000. Keep it at two because that is where you are at right now."

After the Pan Am Cup, I took the rest of October and November off to give my body a good rest. During that time, I tried some swimming and yoga, things that I don't normally have time to do. I wanted to keep them up when I started training again. Now I use swimming as an easy day or second workout maybe once a week, possibly twice. I do yoga on a more regular basis. *Why do you like yoga?*

JD: I like yoga because it takes more strength than regular stretching. I have been using some very good tapes at home. Even now, when I stretch, I use yoga moves. When you do a yoga pose, you need strength, flexibility, and balance. You don't necessarily get that with a static stretch. I just like the way I feel after I do yoga. It feels really good.

Can you give a couple of examples?

JD: Take a hip flexor, a typical lunge. In a yoga pose, you would have your front leg in a right angle and only the toes of the leg extended in back on the ground. In a regular lunge, you might rest your knee on the ground to get the stretch. By having your leg off the ground in back, it intensifies the stretch and requires more balance.

Another good one is a "Downward Dog." It's a calf stretch. Rather than just extending your leg in back to stretch the calf and hamstring muscles, you put your hands on the ground and make a V of your body. You can modify the intensity of this stretch by keeping your heels off the ground in the beginning of the stretch and gradually lowering them.

Would you do stretches that combine strength moves prior to racing?

JD: After racing. You pretty much keep to plain stretching before. I'll use yoga as a substitute workout. Mark still has me doing one day of alternate activity. Of course, all this week is walking, but when I go home, I'll do an alternate day.

Are there other activities besides swimming and yoga that you do?

JD: Nordic Track is convenient because it is right in my home. It is nice to be able to go up in my spare bedroom and do my Nordic Track and my yoga particularly if there is a lot of snow on the ground. It really gives me a good workout. I did swimming in college, but someone pointed out to me that swimming was work for me. I was having a hard time enjoying swimming and so I really spent the off season this fall trying to get back into swimming so that I felt it was fun again. I feel as though I finally got there. Now I almost miss it and really wish there was pool close. Swimming is so kind to your body. It is nice for recovery.

You mentioned that you have been training with a periodization plan. Are you planning to do anything different this year or just more of the same?

JD: I think one of the big things--and it is almost scary, but I have to trust my coach and I know it is probably what they are doing here, too--I have to train through some of the Trials races coming up and not peak for them. Mark and I sat down in October and he said, "The World Cup and the World Games are the dates for racing. This is where we want you to be peaking." This means that we are not working for me to peak at the Women's World Cup Trials March 20. I will not be tapering for the race, but treating it as a 20 km workout.

In the very little time that I have been involved in racewalking, I think we Americans have worked hard for the Trials race to make the team, and then we haven't been able to break through at the main event. So it's bold and a little bit scary for me to think of the World Cup Trials as a workout, but I have to trust Mark. I think this is how we should all be doing it.

Will you be trying to hold a specific pace for the Trials?

JD: No, I'll be trying for place, racing to get into the top five even if it fifth place--that's okay.

The problem is that the ego perks up, and the ego wants to be in the front.

JD: That's right. Though I am thinking of the Trials as a workout, I have to be rested enough that I can do okay. I have to be ahead of a certain number of people. But I only have control over what I

do. I have no control over how anyone else is training or what their circumstances are. They may be training to race full out at the Trials.

How do you feel about peaking twice this year?

JD: The World Cup and World Games are far enough apart to peak for both. And, of course, we also have the Pan Am Championships in July. I have to do well in our National Championships in June to qualify for those meets.

It is going to be a very challenging year.

JD: It is going to be an exciting year because prior to this year, I have never felt that I had a chance of being a big international race. My husband says to me, and I think it in my head, too, "1998 is past. You are starting fresh with a clean slate." All of us women are in the same place right now. I was number one in '98, but that doesn't matter now. What is that saying, "You are only as good as your next race."

How fast do you think you can go?

JD: I hope I can do 1:33. A lot depends on the race conditions. That's a final factor. Physiologically, I think that 1:33 is within me. I did 1:34:36 last year.

In any case, there are going to be enough 20 km's this year to let you discover more about your potential.

JD: I really like the 20 km distance. I like training for it. I like doing more mileage. I feel better when I do more mileage. There were so many people with so much race experience at 10 km. It's totally different with the 20. We are all figuring it out together. It will be exciting finding out where we can go as women.

I haven't noticed too many 20 km races going on in Europe. The very best times I have seen are in the lows 1:30s, perhaps one at 1:29 something. It would seem the American women are in a very good position.

JD: The 20 involves a different kind of training program. It is going to attract a different set of athletes. In the 10, you need quick speed; in the 20 you need greater strength and endurance as well as speed. As I am 34 going on 35 and will be 36 next year for the Olympics, the 20 has advantages for my age.

Let's say you did very well in the Olympics, would you want to make the 2004 team?

JD: No. I will stop because my kids are getting to the age where they need me more. They are eight and ten and I want to give them the same opportunities that my parents gave me. My daughter has a laundry list of all the things she wants to me do. Every day it is something different. But right now, the priority is my training and it's okay with everyone.

In a *Boston Globe* interview, the reporter asked if I wished I had found racewalking earlier, and I answered, "Absolutely not." Racewalking came at the right time in my life. This is the first year that both of my children are in school from 8 in the morning to 2 in the afternoon. It is the first time that I have a block of 6 hours when I can get things done.

With very young children, it is very hard because your sleep cycle and all that gets interrupted. When I first started racewalking, my children were two and four. They weren't even in preschool. I wouldn't have felt I could leave them with my husband to train in San Diego, for instance. But now that they are in school, he can handle things more easily. So the sport absolutely came at the right time in my life. I tell everyone that I truly believe it is God's plan that this happened at this time in my life. I am truly appreciative and thankful. I don't know too many women my age who are so happy and contented in their life. I thank God every day that I can be out training. I do not take any day for granted. (Conclusion of the interview next month.)

Our second interviewee, Janice McCaffrey calls herself an average Olympian. She holds Canadian records at 10 and 20 km, and after two Olympics, four world championships, and three Commonwealth Games, the Calgary walker isn't slowing down and still goes out there for the love

of the sport. With a career, a family, and sights on Sydney in 2000, she still loves to compete and is anything but 'average', according to her interviewer. And here is how that interview went.

Start us off by giving me some background information on yourself.

Well, I was born in Etobicoke and moved out to Alberta after grade 4, and the west has been my home ever since. I have two great children, Scott, 12, and Jamie, 10. And I've been married to Bill for 17 years. I've had the same coach since I was 16 years old, and that's Roger Burrows. He has been such a wonderful mentor and friend over the years and someone who's been able to help me stay focused through all sorts of turmoil and times of uncertainty.

What do you do for a living outside of racing?

I'm a psychologist and a workshop facilitator. That is, I have a masters degree in psychology and I give corporate seminars on how executives can use sports psychology to achieve greater things in business and even in their own personal health.

How did you first get involved in racewalking?

It was back in 1981. That year, the Canada Games were being held in Thunder Bay and I wanted to compete there in a middle-distance event. When the schedule came out 8 months before, I saw there was no way I could compete because my sister was getting married on the same day as my event. I asked my coach, Roger, what could be done. The only option was to do the 5 km racewalk. I didn't want to do it, but Roger thought I would be good at it somehow. The first time I tried in practice, I went about 100 meters and had to stop! But we worked at it and I went on to the Canada Games and won the bronze medal. And I never looked back.

Tell me, what is it like being an Olympic-level racewalker in Canada? To me, track and field as a whole is misunderstood in this country, and your event must be even more so. It's like racewalkers are the synchronized swimmers of the track world.

Yes, we are definitely the most misunderstood group in all of track. I know that, we all know that. People stand there and say, "Why are you trying to go as fast as you can, with the most inefficient technique?" I don't think you can be a successful racer if you really care what people are saying and thinking. I certainly don't. To me, the racewalk is a lot like the butterfly stroke in swimming. The butterfly isn't nearly the most efficient technique, like racewalking, but it's still very hard and demands lots of discipline and training. But that's the mentality in Canada and North America.

I have been in Europe, out on a training walk, and as I go past people they say to me, "Hey, great technique!" That's because the Europeans are so much more educated on the sport and understand the training behind it and how hard it really is. Roger used to say, "Racewalking is a fast event, like the 800 meters, that goes on for a long, long time."

You say you describe yourself as a "middle-of-the-pack Olympian" to people who ask.

Yes, because I finished 25th at both Olympics--Barcelona and Atlanta. I know that's not as high as I wanted to place.

Even though someone like myself would give up their right arm to go to two Olympics and finish 25th?

Yeah, I know. I know in looking at the big picture it's good. The funny thing is my time from Atlanta would have won in Barcelona.

How so? Was Barcelona a very tactical race?

Well, there was a huge hill in Barcelona, so there was that to deal with. But you would not have wanted to be around me in Barcelona after that race. I was beating myself up for that for days afterward. I hated feeling that I hadn't given my all, but I held back to save some energy for the hill because I thought it would help me near the end. Anyway, just goes to show that you can't let those things bother you. I've mellowed out over the years. Now, I really look forward to having my family present at big events, cheering me on. That has also made racing so much more fun over the years, having them there.

Your work situation sounds perfect for your training.

It really is. I am very busy with my seminars, but the schedule is still very good for training. I've done lots of work with athletes in sports psychology, and I must say having a career has helped me with racing. I don't see how some people train full-time. Friends often ask me if I think I would have achieved more if I'd put in more training time, and the answer is 'no'. I think if I trained more, I would have fallen apart and gotten injured and not attained what I did. I hate seeing people complain about having to work and want to just train all the time. It's too much self-absorption.

I guess having a family has helped you also?

Like I said, I've mellowed out over the years. When I was younger, I would throw up before a race, walk my heart out, then throw up again after the race. Purely nerves. There was way too much focus on the sport. Your typical love/hate relationship with a sport. I think having a family, and having them at my big races, has definitely helped me go on this long. I'm sure some people look at me and say, "When is that old lady going to stop?" My answer is, "I'm just trying to out live my competition!"

My trademark question in these interviews as a way of drawing on the experiences of our top athletes, is this: what key issue would you like to see changed or improved in this country to make track more appealing to the public at large?

Number one has to be a greater participation at the grass roots level. That's public schools and national programs. I would love to see every kid get the chance to learn how to sprint, jump, walk, throw--all the events--and let them discover how much fun the sport is. And a lot less elitism, too. There's so much focus on hockey and now soccer in this country, and making it to the professional level, the kids don't seem to be just having fun. If we can introduce the sport to everyone at a young age, then they can identify with it later in life, and we can create a larger base of track athletes in Canada.

Also we have to open up the standards for international events. Like the Pan Am Games in Winnipeg. I think it's ridiculous that we are only sending a handful of athletes to that event, when it's right here in our country! We have to take advantage of these opportunities to develop our athletes. Otherwise, how can we create more role models for kids. They can say, "I want to be a pole vaulter or a shot putter like, oh, yeah, I don't know any Canadians who are good at that." That's because we can't market them if they're not on national teams.

You seem to be very well-balanced and level-headed for someone who's achieved what you have. When will you retire?

I want to compete at a high level as long as I can. I started running marathons and I really love it! My best time is 2:45 and I'm ranked in the top ten in Canada. Plus, I really love the people. Running is my real passion, whereas racewalking is my vocation. The people I admire are those who just run for the love of it. They're so full of energy and love for the sport. I can see myself going on with this for a long, long time.

Looking Back

35 Years Ago (From the Spring 1964 issue of the Midwest Race Walker, published by Chris McCarthy)--In a stirring 1 Hour National, Ron Laird led three others beyond the national record, covering 8 miles 179 yards on Chicago's Rockne Stadium cinder track. Laird pulled away from Ron Zinn after 4 1/2 miles, with Zinn missing the 8 mile mark by just 28 yards. Art Mark, with 7 miles 1649 yards finished just 9 yards clear of your editor. Actually, the later two probably missed Rudy Haluza's record of 7 miles 1614 as the finishing gun misfired. McCarthy's article says it was finally fired an estimated 8 seconds late, which would be worth at least 30 yards, but my

recollection says it may have been a bit more than that. I recall passing 7 3/4 miles in a second or two under 59 minutes. Finishing strongly after struggling mid-race, I had a 7:20 for my last mile and was still walking strongly. So, I figured I would have 7 or 8 seconds left after another half-lap at that pace. Perhaps get to 1570 yards. As I neared the end of the back straight, I knew something was amiss and actually backed off because Mark was at a crawl and I didn't want to take away a place in what I knew was "overtime". I figured we had perhaps an extra 12 seconds. Whatever, it was an outstanding race for that era with 9 walkers over 7 1/2 miles). . . McCarthy himself won the Ohio 50 Km a few weeks earlier in 4:43:44, 3 minutes ahead of Jack Blackburn. Phil MacDonald was another 2 minutes back. Mortland called it a day at 24 miles while leading McCarthy by about 5 minutes. . . Laird went on a record rampage in San Diego, doing a track 20 in 1:35:26, an American record at the time. He broke records at 8, 9, and 10 miles, and at 15 Km on the way. (Records were recognized at about any distance one cared to contest in those days.) In another race, he knocked down records at 4 (17:51.2) and 5 (22:14.4) km.

30 Years Ago (From the April 1969 ORW)--Mr. Laird won his fifth consecutive National 15 Km title in the Columbus suburb of Worthington as he edged away from Dave Romansky in the final 5 Km. Ron finished in 1:06:45 with Dave just 12 seconds back. Tom Dooley, Goetz Klopfer, Ron Daniel, and Gary Westerfield rounded out the top six, with Westerfield at 1:12:09. . . In Point Pleasant, N.J., Bob Kitchen did a track 50 km in 4:19:41. . . Romansky beat Kitchen by 2 minutes in a New Jersey 10 miler, finishing in 1:13:31. . . On the West Coast, Laird set American records at 3 miles (20:51.8) and 5 Km (21:34.2). . . Dooley best Klopfer by about a half-minute in a quick 7 miler (50:32). . . The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36.7 average) and Klopfer (1:37:72) in 64:49.8. Klopfer also teamed with Bill Ranney (obviously not on the same day) to take second with a 67:07.2, followed by Gary Westerfield-Gerry Bocci (69:07) and Jack Blackburn-Jack Mortland (69:33).

25 Years Ago (From the April 1974 ORW)--Within a 3-week period, Shaul Ladany won both the National 75 and 100 Km titles. The 100 came in Des Moines, Iowa, where he had a 10:12.53, leaving Augie Hirt 38 minutes back. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes in second, with Tom Knatt third and Alan Price fourth. . . Jerry Brown beat Colorado TC teammate Floyd Godwin in the National 1 Hour in Boulder's altitude, covering 7 miles 1671 yards, with Godwin just 34 yards back. Bob Henderson and Augie Hirt followed.

20 Years Ago (From the April 1979 ORW)--Jim Heiring broke Larry Young's American 20 record by 6 seconds with a 1:30:04 on the Grosse Pointe, Mich. track. Chris Hansen stayed with him for 5 miles and then slowly drifted away to finish in 1:31:45. Martin Kraft had 1:32:35 and Steve Pecinovsky 1:32:45. . . Paul Hendricks took second in a 200 Km race in France with 23:08:18. Luxembourg's Josey Simon won in 22:55:48 (5:44 per 50). . . The Spanish 50 km went to Jorge Llopert in a swift 3:50:03 ahead of France's Gerard Lelievre (3:56:49). . . In England, Marian Fawkes set a women's world 10 km record of 48:37.6.

15 Years Ago (From the April 1984 ORW)--Carl Schueler walked an impressive 4:07:23 in very muggy conditions to win the National 50 Km in Cleveland. Vincent O'Sullivan had a 4:10:00 in second and Tom Edwards 4:14:39 in third. . . Teresa Vaill was an easy winner in the women's National 20 Km in Seattle in 1:45:20. Gwen Robertson was second in 1:51:46 and Carol Brown third in 1:52:52. . . At the same site, Tim Lewis pulled away from Jim Heiring in the last 10 to win the National 25 Km in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:54:57, Carl Schueler 1:55:40, Dave Cummings 1:58:38, and Tom Edwards 1:59:01.

10 Years Ago (From the April 1989 ORW)--In U.S. World Cup Trials, Debbi Lawrence prevailed in the women's 10 Km and Tim Lewis in the men's 20. In Tampa, Lawrence got away from Lynn Weik in the final 3 Km to win 47:46. Weik had 48:10 and Teresa Vaill 48:35 in third. Wendy Sharp, Maryanne Torrellas, and Susan Liers rounded out the top six. In Washington, D.C., Lewis dominated the race to win in 1:26:52. The next five spots were hotly contested throughout the race, with Doug Fournier finally pulling away to capture second in 1:29:06, followed by Mark

Manning 1:29:22, Gary Morgan 1:29:25, Steve Pecinovsky 1:29:42, and Curtis Fisher 1:29:47. . . Morgan won the Mortland Invitational 10 Km in Columbus with 44:57.

5 Years Ago (From the April 1994 ORW)--Tim Seaman prevailed in the Easter Bunny 20 Km in Racine, Wis. in 1:29:47 ahead of Don Lawrence and Will Van Axen. . . Gary Morgan won the Mortland Invitational 20 in 1:36:24 and Lisa Sonntag the women's 10 in 51:41



National Invitational 20 Km. Left: Joanne Dow moves smoothly towards her impressive win in the women's race. Right: Jefferson Perez (27) begins to draw away from Tim Seaman in the men's race.