



OHIO RACEWALKER

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Just Rohling Along

Eugene, Oregon, June 26 (Adapted from a report from Al Heppner)--Staking her claim as the best female walker in U.S. history, Michelle Rohl cruised to a new American Record at the U.S. Track and Field Championships this morning. In the process, she beat defending champion and national record holder Joanne Dow and also bettered Dow's record by 11 seconds with her 1:33:16. Joanne finished in 1:35:01. Susan Armenta was third in a personal record 1:37:03 to fill out the U.S. squad for the World Championships in August.

It was Rohl's second win over Dow since Dow beat her at the National Invitational in March, putting Michelle back on top of the national scene, at least until they meet again.

I thought I was ready for the record", Rohl said. Rohl was more than ready. The Hixton, Wis. resident pulled away from Dow at 10 Km and never looked back. She was actually on much faster pace, going through 15 Km in a U.S. record 1:09:07. But red cards plagued the two-time Olympian. A second card at 16 Km forced Michelle to walk conservatively the rest of the way. She avoided a third.

"I'm looking forward to walking under 1:32. That would put me up where I belong," Rohl said.

Dow was hindered by abdominal cramps that slowed her in the second half. "I wanted to go slower and come back strong," she said.

The third place finish by Armenta is a huge breakthrough for the 25-year-old. Hampered all year by numerous ailments, the talented walker turned her season around by qualifying for the World Championships. "That's the best I've ever felt," Armenta said. She was better than 3 minutes under her personal best.

Earlier in the season Rohl said that she had lost some of her competitiveness. But today, she had so much that it rolled over into the drug test after the race. "I usually takes me forever to get out of drug testing, but today I was first," Rohl added. Next year, she'll be looking to become the first female walker to make three U.S. Olympic teams.

Danielle Kirk, Jill Zenner, and Sara Standley filled out the top six, all in the 1:39 range. The veteran Standley dropped her personal record by better than 2 minutes, but couldn't quite match the two youngsters, who were both better than two minutes slower than earlier this season.

Interesting to note that *Track & Field News*, which apparently doesn't consult with their racewalking correspondent Bob Bowman on this, had pegged Rohl for eighth in their meet predictions. Maybe someone slipped them some bad insider information. In any case, Michelle not only won the race decisively, but was named the "Female Athlete of the Day", an award presented by Xerox. Here are the results:

1. Michelle Rohl, Moving Comfort (Wis.) 1:33:16 2. Joanne Dow, adidas (N. H.) 1:35:01 3. Susan Armenta, S.C. Walkers (Cal.) 1:37:03 4. Danielle Kirk, S.C. Walkers (Cal.) 1:39:08 5. Jill Zenner, Miami Valley TC (Ohio) 6. Sara Standley, un. (Cal.) 1:39:54 7. Margaret Ditchburn, Walk USA (N.Y.) 1:41:22 8. Cheryl Rellinger, un. (Mich.) 1:42:52 9. Lyn Brubaker, Shore AC (Fla.) 1:48:57 10. Lisa Sonntag, un., (Ind.) 1:51:44 DNF--Teresa Vaill, un. (Fla.) and Victoria Herazo, Cal. Walkers (Nev.). Dana Yarbrough was entered but did not start.

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Clausen Finish Too Much For Seaman

Eugene, Ore., June 27 (Adapted from a report from Al Heppner)--After a seesaw battle with defending champ Tim Seaman, Curt Clausen blazed a final kilometer in 3:55 to regain the U.S. 20 Km racewalking title he had won in 1996 and 1997. Curt's 1:23:34 bettered Tim Lewis' 1987 meet record by 38 seconds, but beat the determined Seaman by only 8. However, Lewis still has the four fastest times ever by a U.S. athlete and his 1:21:48 from 1986 still leaves this pair something to shoot for.

And who was in third but the amazing 43-year-old Jonathan Matthews who was also under his personal record (1:24:56 back in 1993) with a 1:24:50. As a matter of fact, the first six finishers had personal bests in a very high-level competition.

Clausen tried to drop Seaman early, hammering out a punishing 4:02 for the second kilometer. He built a 7 second cushion at that point, but Seaman caught him by 8 km and they worked together through 16. Then Seaman put on a surge of his own to open up an 8-second gap.

"At that point, I tried not to give up," Clausen said. "I still had a little room on my heart rate (to go faster)."

With 2 Km to go, Clausen surged back to overtake Seaman, before punishing the last kilometer to win his third title in four years. "I didn't want to take any extra risks with the judges today," Seaman said. "But I also surged one lap too early."

Meanwhile, a second pack formed right from the gun, including Matthews, Andrew Hermann, Kevin Eastler, and Sean Albert. At 10 km, Matthews made a move and along the way co-authored the new master's record book. The Montana resident and professor set new American Master's records at 10 (42:43) and 15 Km (1:04:00), along with his 20 km mark. Hermann put together a surge to pull within 4 seconds of Matthews at 15, but then Jonathan poured it on.

"During training, I do 3-mile intervals, so when I got to 15, I said to myself, 'OK, only one rep left, let's go do it,'" Matthews explained. He nearly matched Clausen with his final kilometer of 3:58 to pull well clear of Hermann. Eastler and Albert followed, both under 1:27.

The race will leave Clausen with the choice of walking 20, 50, or both at the World Championships in August. If he chooses to walk just 20, the U.S. would still be represented by three walkers at 50, Al Heppner, Andrew Hermann, and Phil Dunn who have all bettered the A standard of 4 hours. (For a country to enter more than one athlete in the Worlds, they must all have met the A standard.) If Curt chooses to walk 50, which I think he regards as his best distance at this time, Dunn would be left off since he was fourth in the Nationals (and also has the fourth best time). As to the 20, no one has met the A standard of 1:23. So, if Curt decides to walk the 20, he will be it for the U.S. as things now stand. Seaman can go if Clausen opts out of the 20. If either Seaman or Matthews could hit a 1:23 or better between now and the World Championships in late August, he would be eligible. By next month, we may know better where things stand.

Finally, lest I be accused of singing the same song about lack of depth in our program, let me quote Olympian Allen James. Allen very capably filled the gap between Tim Lewis and Curt

Clausen in the mid '90s with four consecutive 20 km titles, three consecutive 50 km titles, two Olympic and World Championships teams, and three World Cup teams, not to mention the national record at 50, now taken over by Clausen, and the second fastest U.S. track 20 ever. First, on the positive side: "I would estimate that the men's 20 just had it's finest championships ever. To my knowledge, there has never been a year where six U.S. men have walked under 1:27, let alone in the same race. Coupled with the four sub-4 hour 50 km men and the ever-improving women, I would have to say that this is the year of the walk." But then, "There is one major disappointment in this whole weekend. The size of the both field was down again. Though possibly the best results ever, we continue to see dwindling numbers at the championships and time standards aren't the reason. I don't foresee any change in this trend."

Results:

1. Curt Clausen, New York AC, Stevens Point, Wis. 1:23:34 (New Meet Record bettering 1:24:12 by Tim Lewis in 1987) 2. Tim Seaman, NYAC, North Babylon, N.Y. 1:23:42 3. Jonathan Matthews, New Balance, Helena, Mont. 1:24:50 4. Andrew Hermann, adidas, Portland, Ore. 1:25:52 5. Kevin Eastler, US Air Force, Bangor, Maine 1:26:41 6. Sean Albert, New Jersey Striders, Paramus, N.J. 1:26:54 7. Al Heppner, Potomac Valley TC, Colombia, Md. 1:29:34 8. Philip Dunn, adidas, Portland, Ore. 1:32:12 9. Gary Morgan, NYAC, Detroit, Mich. 1:33:36 10. Theron Kissinger, New Mexico Racewalkers, Albuquerque, N.M. 1:33:56 11. Dave McGovern, New Balance, Mobile, Ala. 1:28:00 DNF--Mike Rohl, New Balance, Hixton, Wis.. Mark Green, Las Vegas Walkers, was entered, but did not start.

Other results

NAIA Championships, May 24: Women's 3 Km--1. Jaimie Roberts, Univ. of Wis. Parkside 15:02 2. Sara Stevenson, Olivet Nazarene, Ill. 16:03 3. Laurie Starr, Hastings, Neb. 16:15 4. Angie Nieth, UWP 16:21 5. Tesia Cole, Rio Grande, Ohio 16:24 6. Kathleen Stuper, UWP 16:49 (13 starters, 2 DQs) **Men's 5 Km**--1. Lachlan McDonald, UWP 24:03 2. Matt DeWitt, UWP 25:46 3. Matt Reneker, Walsh, Ohio 27:14 4. Jeremy Eye, McKendree, Ill. 28:55 5. Mike Sandelin, Taylor, Ind. 28:55 6. Jason Kirkland, Walsh 29:01 (12 starters, 3 DQs including Will Leggett, UWP) **USATF Junior National Championships, June 19: Women's 5 Km**--1. Robyn Stevens, Westwind Flyers 25:43.55 2. Emma Carter, Merriam 26:57 3. Caitlin Bonney, Western Maine 27:53 4. Elizabeth Paxton, Policettes 28:20 5. Annie Dumas, WALK USA 28:36 6. Katherine Rulapaugh, un. 28:43 7. Amanda Bergeron, Western Maine 28:53 8. Jennifer Woodbury, Belfast Area 31:10 DQ--Lisa Kitzing and Dana Gianscaspro **Men's 10 Km**--1. Tristan Ruoss, un. 47:06.26 2. Justin Easter, Jay, Maine 48:43 3. Dan Dalton, Miami Valley TC 51:50 4. Eric Tonkyn, S.C. 52:14 5. Patrick Ryan, Walk USA 53:32 6. Eric Smith, Miami Valley 54:16 7. Eric Pasko, un. 57:13 8. Jonathan Chasse, MCS 57:35 **Maine State H.S. Championships: Girl's Class A 1600 meters**--1. Amanda Bergeron 7:47.55 (State record) 2. Caitlin Bonney 7:51.83 3. Jessica Compton 8:40 4. Caitlin Smith 8:44 5. Liz Elman 8:57 **Girl's Class B**--1. Jen Woodbury 8:25.30 2. Megan Benson 9:00 **Girl's Class C**--1. Hilary Easter 8:15.78 2. Amber Standish 8:30.86 3. Anne Favolise 8:35 4. Sara Juba 8:54 **Boy's Class A**--1. Pete Brown 6:43.64 (State record) 2. Nate Westleigh 6:56 3. Jake Morrill 7:10.31 4. Terry Jackson 7:12.96 5. Dan Pendergrast 7:16 6. Hans Hassell 7:19 **Boys's Class B**--1. Jon Chasse 7:13.20 2. Adam Begin 7:16 3. Ben Shorey 7:21 4. Ben Crocker 7:34 5. Jake Worth 7:53 **Boy's Class C**--1. Justin Easter 7:32.67 (A walk in the park for Justin who holds the State All-Class record at 6:35. His time here is justified by the fact that he also won state titles in the 1600 and 3200 meters runs with 4:19.03 and 9:55.37, a commendable double in itself) 2. Brian Ouelett 7:45 (This is a very impressive set of times and shows what can be done when a program is in place. What would we see in track-rich states like California or Texas if they would adopt

racewalking into their program? The question now is what will happen to all of these kids as regards racewalking after high school? And what path will a kid like Justin Easter, who is obviously a talented runner as well, choose?) **5 Km, Cambridge, Mass., June 6--1.** Steve Vaitones 27:07 2. Bob Ullman 27:48 3. Richard Yannopoulos-Ruquist 30:26 **1 Mile, Boston, June 16--1.** Steve Vaitones 7:49.25 2. Marcia Gutsche 8:03 3. Ken Mattsson 8:26 4. Holly Wenniger 8:59 **New England 3 Km Championship, Dedham, Mass., June 19: Women--1.** Marcia Gutsche 15:30.62 2. Holly Wenniger 18:19 **Men--1.** Brian Savilonis 14:53 2. Joe Light 15:16 3. Tom Knatt 16:30 3. Bill Harriman 16:39 5. John Costello 16:39 6. Fred Anderson 17:40 7. Charles Mansbach 18:03 **New York City Public Schools Athletic League 1500 meters Championships, May 29--1.** Alina Zeleznova 7:38.07 2. Cassie Facciponti 7:42 34. ALice Tan 7:43 4. Ellen Chiu 8:02 5. Cindy Barrett 8:04 6. Roberta DeSantis 8:07 (12 finishers) **10 Km, Albany, N.Y., June 7--1.** Anonimus J. Walker ("name is to further confuse Jack's typing skills" according to reporter Allen James, who many suspect of being Mr. A.J. Walker himself. This character may come to rival the Grim Reaper, who appeared in results in years past) 46:50 2. Reynaldo Cararezena 52:31 3. Brett Dixon 66:23 **Sanford Kalb 9 Mile, Lakewood, N.J., May 30** (Held since 1969, this was a handicap race until 1978. The distance is actually 14 Km, or about 8.7 miles, but I guess they have always called it 9 miles so continue to do so. It is named in honor of Sanford Kalb, who operated a soda distributing business and, although he walked some races, had his main claim to fame in providing free soda to race contestants from 1969 to 1977.) 1. Cliff Mimm (40) 1:13:14 2. Dave Romansky (61) 1:20:38 3. Dorit Attias 1:21:00 4. Jack Lach (55) 1:21:32 6. Venessa Ryan 1:23:55 6. John Albert (52) 1:26:47 7. Manny Eisner (58) 1:31:25 8. Donna Cetrulo (51) 1:31:41 9. Bob Ryan (51) 1:32:28 10. Eileen Druckemiller (37) 1:32:44 (24 finishers. 85-year-old Harry Drazin completed one of the two laps.) **1600 meters, Alexandria, Vir., April 18--1.** Bruce Booth (51) 8:23.70 2. Victor Litwinski (55) 9:16 **3 Km, same place--1.** Bob Briggs (41) 15:06.50 2. Bruce Booth 16:29 3. Victor Litwinski 18:22 **Women--1.** Janice Adams (46) 18:22 **Foot Locker High School T&F Championships, Raleigh, N.C., June 12: Girl's 3 Km--1.** Lorraine Horgan, Holbrook, N.Y. 15:24.06 2. Anne Dumas, Huntington, N.Y. 15:43 3. Jennifer Woodbury, Morrill, Maine 16:40 4. Hillaray Easter, Jay, Maine 16:43 5. Rebecca Seaman, poughkeepsie, N.Y. 17:05 6. Heide McGuire, Huntington Station, N.Y. 17:12 **Boy's 3 Km--1.** Eric Tonkyn, Clemson, S.C. 14:41.57 2. Robert Williams, Hauppauge, N.Y. 14:56.08 3. Jonathan Chasse, Readfield, Maine 14:56.89 4. Daniel Pendergrast, New Sweden, Maine 15:39 5. Adam Begin, Winslow, Maine 15:52 6. Nathaniel Bickford, Oakland, Maine 18:02 **Ohio Open and Masters 5 Km, Columbus, May 31--1.** Eric Smith (17) 27:41 2. Ed Fitch (38) 28:09 3. Vince Peters (45) 29:14 4. Jack Shuter (65) 32:53 **1500 meters, same place--1.** Tina Peters (11) 9:34 **Ohio 10 Km, Yellow Springs, June 6--1.** Chris Knotts (43) 52:48 2. Omar Nash 57:25 3. Al Cowan 57:34 4. Eric Smith 59:32 5. Jerry Muskal (41) 59:35 6. Geoff Robbins (42) 62:35 7. Jack Blackburn (63) 66:19 **5 Km, Ann Arbor, Mich., May 29--1.** Gary Morgan 21:07 2. Ioan Froman 22:24 3. Bill (46) 25:23 4. Ross Barranco (49) 26:51 5. Chris LaReau (48) 27:52 **Women: 1.** Cheryl Rellinger 23:45 2. Debbie Topham (46) 28:21 3. Stephanie Konsza (43) 28:49 4. Sydney Hager (45) 30:10 **Weinacker Cup, Ontario vs. Michigan, Royal Oak, Mich., June 6: Men's 10 Km--1.** Gary Morgan 42:25 2. Gordon Mosher, Ont. 45:53 3. John Klos 52:00 4. Rod Craig 54:21 5. Bill Reed 56:16 6. John Hunyadi 58:27 7. Max Green 59:56 **Women's 5 Km--1.** Cheryl Rellinger 23:43 2. Jone Bender, Ont. 24:06 3. Ann-Marie Oswald, Ont. 26:25 4. Debbie Benton 26:50 5. Sherry Watts, Ont. 29:34 6. Stephanie Konsza 30:15 7. June-Marie Provost, Ont. 30:53 8. Wanda Tichy 31:09 **Men's Scoring: Michigan 1300, Ontario 667 Women: Ontario 1489 Michigan 1466 Combined: Michigan 2766 Ontario 2156** (Their scoring system has never been explained to me, but the big numbers look impressive.) **Michigan 5 Km, June 19--1.** Debbie Benton 26:02 2. Debbie Topham 28:18 3. Stephanie Konsza 28:28 **Men--1.** Rod Craig 15:03 2. Bill Reed 25:49 3. Jack

Elwarner (55+) 25:52 4. Ross Barranco 27:45 **USATF North Region 8 Km Championship, Kalamazoo, Mich., June 26--1.** Rod Craig 41:24.45 2. Richard McGuire 41:28.46 3. Debbie Benton 44:41 (1st woman and 1st woman 40-44) 4. Ross Barranco 46:01 (1st man 45-49) 5. Max Green 46:27 (1st man 65-59) 6. Michael Close 48:07 7. Debbie Topham 48:09 (1st woman 45-49) 8. Stephanie Konsza 48:24 (2nd woman 40-44) (19 finishers) **Indiana State 3 Km, Terre Haute, June 13 1.** Drew Swonder 15:03 **Women--1.** Tish Roberts 16:19 2. Janet Higbie (1st 55-59) 17:55 3. Sami Bailey (60-64) 18:31 **National Masters Men's 15 Km, Elk Grove, Ill., May 23** (Senior results men and women reported last month. Correction there is that sixth place was Reynaldo Carrenza, not Ronald Corozona, as the results we were given earlier showed) 40-44--1. Reynaldo Carrezana, N.Y. (41) 1:16:47 2. Chris Knotts, Ohio (43) 1:18:03 3. Rod Craig (41), Mich. 1:20:10 4. Damon Clements, Ind. (42) 1:32:48 45-49--1. Bill Reed, Mich. (46) 1:23:10 2. Vince Peters, Ohio (45) 1:29:31 50-54--1. Richard McGuire, Ill. (51) 1:20:29 2. Bill Penner, Cal. (52) 1:23:12 3. Norm Frable, Tex. (53) 1:23:13 4. Max Walker, Ind. (52) 1:23:49 55-59--1. Don DeNoon, Ill. (56) 1:14:44 2. Jim Carmines, Penn. (55) 1:16:13 3. Ron Shields, Penn. (56) 1:30:19 60-64--1. Ray Everson, Ind. (64) 1:30:13 2. Paul Johnson, Ark. (61) 1:31:21 DQ--Dave Romansky, N.J. (61) 65-59--1. Al DuBois, Wis. (67) 1:31:45 75-79--1. Paul Geyer, Minn. (79) 2:05:31 **Mid-America 10 Km, Oak Grove, May 23--1.** Deb Iden 56:54 **Mid-America 5 Km, same place--1.** Pablo Gomez, Ill. 27:44 2. Paul Regul, Ill. (10) 29:48 **Women--1.** Emma Carter, Kan. (17) 25:43 2. Keelin Yenne, Ill. (12) 32:12 3. Tina Peters, Ohio (11) 32:54 **Wisconsin State 3 Km, June 19--1.** Michelle Rohl 12:47:13 (Breaks Jill Zenner's American record by nearly 30 seconds and also Jill's pending recording of 13:04, but about 27 seconds shy of Debbi Lawrence's indoor record for the distance) **Men--1.** Mike Rohl 12:23.22 2. Matt DeWitt 13:53 3. Mike DeWitt 14:40 4. Al Dubois (65+) 16:35 5. Ron Winkler (45+) 17:07 **Badger State Games 3 Km, June 26--1.** Matt DeWitt 13:52.71 (An amazingly display of consistency from week to week as his time the week before which we have rounded to 13:53 was actually 13:52.21) 2. Alfred DuBois 16:53 3. Ron Winkler 17:20 **5 Km, Littleton, Col., May 16--1.** Mike Blanchard 28:00 2. Daryl Meyers (56) 28:31 3. Lorie Rupoli (47) 28:52 4. Marianne Martino (48) 28:55 5. Mike Heymans (51) 30:12 **5 Km, Thornton, Cal., May 22--1.** Mike Blanchard 27:05 2. Alan Yap (56) 27:10 3. Peggy Mueller (45) 28:19 4. Daryl Meyers 29:07 5. Lorie Rupoli 29:37 6. Roger Rybicka (51) 30:37 **5 Km, Denver, May 23--1.** Mike Blanchard 36:25 **20 Km, Broomfield, Col., May 29--1.** Dan Pierce (42) 1:58:48 2. Patty Gehrke 1:59:20 3. Peggy Mueller 2:05:59 **10 Km, same place--1.** Eric Pasko (17) 55:41 2. Mike Blanchard 57:36 3. Scott Richards (49) 58:24 **5 Km, Denver, June 6--1.** Lorie Rupoli 29:32 2. Nicki Miller 30:30 **5 Km, Albuquerque, N.M., May 2--1.** Theron Kissinger 23:18 2. Vince Sheehan (40) 25:34 3. Mark Adams (60) 28:36 4. Sam Rogers (47) 28:36 5. Louis Jaramillo (43) 29:59 6. Arnie Levick (63) 30:33 **Women: 1.** Teresa Aragon 27:08 2. Dirce Grauke (43) 28:32 3. Karen Jeffrey (40) 30:59 (At least 146 finishers in the two races) **USATF Pacific Championships 5 Km, Modesto, Cal., May 29--1.** Rik Hold 24:24.3 2. Robyn Stevens (16) 24:48 3. Therese Iknoian (42) 30:37 **Alongi in Marin 5 Km, Marin, Cal., May 30--1.** Rezak Ghafara 24:16 2. Joselp Berendt 26:29 3. Shoja Torabian 26:43 4. Bill Penner 26:48 5. Jack Bray 26:54 6. Brenda Usher-Carpino 29:14 (43 finishers in two races, 1 DQ) **5 Km, Los Gatos, Cal., June 12--1.** Jo Ann Nedelco (56) 28:05 **Men--1.** Bill Penner (52) 27:09 2. Stu Kinney (59) 31:21 **20 Km, McMinnville, Ore., June 6--1.** Kelly Murphy-Glenn 1:52:46 2. Carmen Jacknsky 2:00:59 3. Kim Miller 2:05:55 **Men--1.** Mark Coutts 1:42:32 **5 Km, same place--1.** Rob Frank 26:27 2. Doug Vermeer 27:30 **2.8 Miles, Seattle, May 8--1.** Stan Chraminski 24:28 2. Ann Tuberg 27:06 3. Bob Novak 27:09 4. Joslyn Slaughter 27:38 5. Mike Loran 27:38 6. Gregg Whitcomb 28:19 **10 Km, Seattle, May 9--1.** Bob Novak 56:17 2. Joslyn Slaughter 59:48 **Art Keay Memorial Races, London, Ontario, May 16: Women's 10 Km--1.** Joni Bender 49:28 2. Anne-Marie Oswald 54:59 3. Sherry Watts 60:39 4. Lori Ann Yohe 60:39 5. June-Marie Provost 63:30 **Men's 10 Km--1.**

Arturo Huerta 40:35 2. Gordon Mosher 42:55 3. Dave Lawrence, US 49:36 4. Thom Jenkins 55:00 5. Ross Barranco, US 58:18 6. Michael Freeman 59:29 7. Don Ramsden 60:06 8. Bill Flick, US 64:00 **5 Km--1. Jen Henry 29:09 2. Mira Kil 29:35 3. Lily Whalen 30:38 Ontario Masters 5 Km, Toronto, June 12--50-54--1. Don Ramsden 28:46 55-59--1. Mike Freeman 29:34 65-69--1. Stuart Summerhayes 29:10 70-74--1. Bill Flick, US 31:41 Women 35-39--1. Jone Bender 23:32 Women 45-49--1. Sherry Watts 29:42 2. Lily Whalen 30:38 Women 65-59--1. June-Marie Provost 30:33**

Overseas: Hermann Under 4 hours

20 Km, Turku, Finland, May 22--1. Robert Korseniowski, Poland 1:18:39 (National record) 2. Ilya Markov, Russia 1:18:50 3. Aigars Fadejevs 1:21:01 4. Valentin Kononen, Finland 1:23:15 5. Jesus Angel Garcia, Spain 1:24:56 6. Jan Staaf, Sweden 1:28:53 50 Km, Naumburg, Germany, June 6--1. Viktor Ginko, Belarus 3:48:55 2. Robert Ihly, Germany 3:51:06 3. Stefan Malik, Slovakia 3:54:54 4. Yoshimi Hara, Japan 3:55:17 5. David Sanchez, Spain 3:56:00 6. Gyula Dudas, Hungary 3:57:37 7. Denis Franke, Germany 3:57:56 8. Daugvinas Zujus, Lithuania 3:58:06 9. Andrew Hermann, USA 3:58:57 (the fourth U.S. walker under 4 hours for the year) 10. David Jensen, Denmark 3:59:14 11. Jacob Sorensen, Denmark 3:59:18 12. M. Avellandeda, Spain 4:00:43 13. Jose Magalhass, Portugal 4:00:45 14. Bengt Bengtsson, Swed. 4:01:15 15. Peter Zanner, Germany 4:01:24 16. Peter Ferrari, Sweden 4:02:44 17. Kazmir Verkin, Slovakia 4:04:36 18. Michael Lohse, Germany 4:05:33 19. Hugo Ruiz, Spain 4:05:35 **20 Km, Naumburg, June 6--1. Andreas Erm, Germany 1:22:05 2. Sergei Korepanov, Kazakhstan 1:22:19 3. Denis Langlois, France 1:22:25 4. Mikel Odrizola, Spain 1:22:32 5. Jose Urbano, Portugal 1:22:53 6. Daniel Plaza, Spain 1:22:57 7. Jiri Malysa, Czech Rep. 1:23:58 8. Birger Falt, Sweden 1:24:22 9. Andre Hohn, Germany 1:24:22 10. Kristian Lyssand, Norway 1:25:32 11. Nichan Daimer, Germany 1:25:51 Women's 20 Km, Naumburg, June 6--1. Kjersti Platzer, Norway 1:28:44 2. Rossella Giordano, Italy 1:31:02 3. Svetlana Tolstaja, Kaz. 1:32:20 4. S. Milusauskaite, Lith. 1:33:29 5. Monika Pesti, Hungary 1:34:00 6. Beate Gummelt, Germany 1:34:28 7. Nora Leksir, France 1:34:25 8. Fatiha Ouali, France 1:34:25 9. Gabriele Herold, Germany 1:36:17 10. A.-C. Berthonnaud, France 1:36:54 11. D. Friedenberger, Ger. 1:38:03 12. Ildilo Ilyes, Hung. 1:39:30 **British National 35 Km, June 6--1. Daraell Stone 2:48:45 2. Chris Cheeseman 2:53:59 3. Tim Watt 2:54:39 4. Steve Hollier 2:56:21 British Women's National 5 Km, same place--1. Cataherine Charnock Barrow 23:09 2. Vicky Lupton 23:23 3. Niobe Menendez 23:41 4. Lisa Crump 24:28 20 Miles, Canberra, Australia, June 13--1. Craig Barrett, N.Z. 2:25:27 2. Tony Sargisson, N.Z. 2:32:47 3. Darren Bown 2:41:14 **Junior 10 Km, Mannheim, Germany, June 18--1. Berger 41:24:28 Junior Women's 5 Km, same place--1. Turawa, Belarus 22:13:17 Women's 3 Km, Milan, Italy, June 9--1. Elena Nikolayeva, Russia 11:58:9 2. Claudia Iovan, Romania 12:00:55 3. Elisabetta Perrone, Italy 12:05:77 10 Km, Denmark, April 24--1. Birger Falt, Sweden 40:49 2. Claus Jorgensen 41:00 3. Klaus David Jensen 41:28******

Perambulate At A Racing Gait

Sat. July 10 15 Km, Eisenhower Park, Long Island, 9:30 am (F)
5 Km, Atlanta (D)
5 Km, Denver, 8 am (H)
2.8 Miles, Seattle, 9am (C)
Sun. July 11 1 Mile and 3 Km, Alexandria, Vir. (J)
1 Mile, Miami (Q)
5 Km, Denver, 8 am (H)
5 Km, Kentfield, Cal., 8 am (P)

Wed. July 14 3 Km, Hammond, Ind. (S)
Sat. July 17 Northwest Masters 5 Km, Seattle (C)
Sun. July 18 5 Km, Albuquerque, NM (W)
July 21-24 Empire State Games 5, 10, and 20 Km, Uniondale, NY (F)
Thur. July 22 5 Km, Denver (H)
Sat. July 24 National Youth 3 and 5 Km and Open 5 Road Walks, Yellow Springs, Ohio (M)
Sun. July 25 1 Mile and 3 Km, Alexandria, Vir. (J)
Georgia Games 5 Km, (D)
5 Km, Aruora, Col., 8 am (H)
Sat. July 31 5 Km, Denver, 8 am (H)
Sat. Aug. 7 5 Km, Ft. Collins, Col. 7:30 am (H)
Sun. Aug. 8 **National USATF 10 Km, Wilkes Barre, Pa. (X)**
Sun. Aug. 8 1 Mile and 3 Km, Alexandria, Vir. (J)
Metropolitan 3 Km, New York City, 9 am (F)
Sat. Aug. 14 2.8 Miles, Seattle, 9 am (C)
5 Km, Greeley, Col., 7:30 am (H)
Sun. Aug. 15 Doc Tripp 5 and 10 Km, Broomfield, Col., 8 am (H)
Sat. Aug. 21 Indiana 5 Km, Evansville (V)
5 Miles, Denver, 8 am (H)
Sun. Aug. 22 1 Mile and 3 Km, Alexandria, Vir. (J)
5 Km, Littleton, Col. 8 am (H)
Sat. Aug. 28 Indiana 5 Km, Shelbyville (V)
Sun. Aug. 29 5 Km, Cincinnati, Ohio (M)
5 Km, Little Rock, Col., 8 am (H)
Aug. 26-29 **National USATF Masters Championships, Orlando, Florida (Z)**
Sun. Sept. 5 5 and 20 Km, Albuquerque (W)
Florida State 3 Km, Miami (Q)
Mon. Sept. 6 10 Km, Kentfield, Cal. (P)

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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
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From Heel to Toe

Ohio Walk Week. Vince Peters announces that the Youth Road Racewalk Nationals will be the featured event of Ohio Walk Week in July in Yellow Springs. The Nationals include a 3 Km for Bantam and Midgets and a 5 km for Youth, Intermediate, and Young Men and Women's divisions. Dave McGovern will host a free clinic on Friday, July 23. Mike Rohl and Jill Zenner have planned on attending to help out and encourage the young people on race day. So there will be a good mixture of elite athletes on hand to meet with, encourage, and support the young walkers. The schedule of events is: July 22--1500 meter and 10 Km walks in the Miami Valley Open T&F meet (\$3 entry fee per race--meet starts at 6 pm with 10 km under the lights). July 23--Dave's World Class Clinic for Youth (Free with entry for Youth Road Walk Nationals) July 24--USATF National Road Walk Championship for Youth (\$25 entry includes race, Awards luncheon, T-shirt, clinic) July 25--Ohio Walk Week 5 km (\$5 entry fee) July 24-25--Dave's World Class Clinic for Adults (Registration is closed). For further information contact Vince Peters at 607 Omar Circle, Yellow Springs, Ohio 45387, 937-767-7424. . **Race times.** The time schedule for the walks at the Pan American Games in Winnipeg are: July 26--Men's 20 at 8 am, Women's 20 at 10 am. For the World Championships in Seville, Spain it will be: Men's 20--Sat. Aug. 21, 6:45 pm; Men's 50--Wed. Aug. 25, 11:25 am; Women's 20--Fri., Aug. 27, 6:50 pm. . **Qualifying standards.** Qualifying standards for the 2000 Olympics in Sydney are: Men's 20--A-1:23:00, B-1:25:00; Women's 20--A-1:36:00, B-1:40:00; Men's 50--A-4:00:00, B-4:10:00. All performances must be achieved during the period Jan. 1, 1999 to Sept. 11, 2000. So the U.S. now has four men under the 50 Km A standard and two women under the 20 km A standard, but no men under the 20 km A standard. The A standard must be met in order for more than one athlete from a country to compete; the B standard must be met by a single athlete wishing to compete. . **adidas.** Noted in the Walking Club of Georgia newsletter: "One of the first things I learned was that the word adidas is **not** capitalized--really!" Well, that's not big news, but some may be surprised to know that the word has been constantly mispronounced for so long that at some point the company gave up the battle. This came to mind because Ron Laird had been discussing the history of shoes, including the adidas name, just a few days before I saw the above reference. The name was supposed to be pronounced with the accent on the first syllable--ah'-dee-dahs--with both a's having a broad sound. The name comes from that of the company's founder--Adi Dassler. But when they started to import to the U.S. in the early to mid '50s, Americans immediately started referring to a-dee'-das shoes. They were a real item--you could get them in red with the white stripes as opposed to the standard black shoes of domestic companies. They were originally available only through Clifford Severn Sporting Goods in Los Angeles, from where I ordered my first pair while at Bowling Green in the mid '50s. Then a sporting goods store in East Lansing got the midwest franchise as the shoe started to take off, and I could get them more easily, even in Columbus by the time I had graduated from BG. (I was still a runner at this point.) The pronunciation issue first came to my attention when I met the company's athlete's representative Dick Bank (who I had already known through the mails as a fellow Track and Field News "Track Nut"--I still have my official card.) Dick was insistent that everyone he came in contact with knew how to properly pronounce the name. And, certainly, when I visited the company factory in Germany in 1965 while in Europe with a U.S. national team, they were using the "proper" pronunciation. But his campaign never succeeded, as

we can here in the company's TV commercials today. One other note: when Adi Dassler turned the company over to his two sons, they soon find themselves in violent disagreement and one of them left, opening a new factory on the other side of the small village housing adidas. That was the Puma factory and until Nike, Asics, etc. etc came along these were the two world giants in sports shoes. . **Ultrawalks.** If you want a different experience, add to you schedule the 250 mile group walk scheduled for Fort Collins, Colorado Sept. 21-24, 2000. This is not a race, but an effort to get the whole group through. Likewise, on Sept. 18 of this year there is a half-marathon/marathon/50 mile group walk in Fort Collins. If you are interest, contact Ulrich and Traudl Kamm, P.O. Box 433, Golden, CO 80402, 303-216-0541; email: ulwalker@aol.com.

Dow Interview Completed

(In the April issue we ran the first part of an Eileen Ward interview with Joanne Dow conducted in January at the ARCO Olympic Training Center. We ran out of room to complete in last month as promised, so here it is belatedly.)

Seville (site of World Championships) will be hot in August. How do you train for heat in New Hampshire?

JD: I will do what I did for New Orleans. I will wear extra clothes during my workouts keeping my body as hot as I can. Before New Orleans, I would go out in a warmup suit on a 90 degree day. Even when I wasn't training, I was wearing hot clothes. I would have pants and a long sleeved shirt on and sit in my car with the windows rolled up--so it was all the time. Everyone else would be in shorts and short sleeved shirts (Ed. Reminds me of Goetz Klopfer, Tom Dooley, Bill Ranney, and Jim Lopes stopping by here on a summer walking trip in the late '60s, which was to include a race on the sultry East Coast. San Francisco doesn't prepare you for races in this part of the country. So they had come across country wearing their sweats and with the heater in the car turned up. I don't recall now how much good it did them.)

I started wearing a hat, too, to keep my head warmer. I was never a hat person, but found that when the sun was really hot, it would reflect off the hat. I had never experienced that before. I also found that I could wear a hat in a race and be comfortable. When I went into the race in New Orleans, I felt that I was in the best shape that I had ever been in. I thought, "I have done all I can do in New Hampshire to get ready for a race in New Orleans. If I am supposed to have a good one, it will happen."

Do you think anyone can acclimate to the heat by putting on extra clothes?

JD: It worked for me. I was not a hot weather person until I did this sort of acclimatizing, and then it took me a while to come back to being used to the cold. I was very, very cold this fall because my body was used to heat and being hot. (Ed. Superior fitness is the biggest factor. High temperature and humidity is going to slow one down regardless, but the higher the level of fitness, the less effect the heat is going to have, even without acclimatization. At least that is my observation having walked for 40 years in a place where summer temperatures in the 80s and 90s are often nearly matched by the relative humidity numbers.)

Let's go back a bit. How did you start training after two months off?

JD: I started walking three days the first week for 30 minutes doing alternate workouts on the non-walking days. The next week was four days at 30 minutes with one at 40 minutes. After that, I went up to five days between 30 and 45 minutes, maybe getting up to five miles. I still did an alternate activity on the non-walking days. By my fifth week, I had my days in and was beginning to lengthen the workouts and increase the intensity. Before coming here, I had walked 8 miles, but this week I am hoping to do 18 Km on Saturday morning here.

None of the miles I do now are at a 9 minute pace. Mark says, "Okay, do 5 miles, 6 miles, 7 miles, and then 8 miles, but you are to stay at an 8:30 to 8:40 pace, no slower than that. As long as you can hold that pace with good technique, you can up your mileage." We learned this pacing when we went to the camp in Colorado and Mark keeps reminding me of it. The exercise physiologist there spoke of the muscle memory. It does no good if you are walking too slow. The runner's theory is that you go 1 1/2 minutes to 2 minutes slower in the long slow run. But I don't think running is as technique oriented as we are in racewalking. If I do not hold this pace, I am not using the muscles that I really use when I am racing.

When will you add speed workouts?

JD: I have been doing some economy stuff. An economy workout is where you are reminding your muscles of fast technique. It's short fast 600s, 400s, and 200s. 600 meters is as high as you get. And you are going full speed. I like economy workouts. They are short, fast, and fun.

One of my days, I do a mile warmup. Then I alternate a 400 with a series of drills, do another 400 and another of drills and another 400. The drills are for flexibility and strength. A couple of them are quite ballistic and they keep the heart rate up. I have two sets of drills. Each set has seven or eight drills that I rotate doing each drill for 30 seconds. That way, I am getting a little bit of speed in, but still getting the drills in.

A lot of masters are afraid of speed work?

JD: They get intimidated by the track. I just love the track. I love threshold stuff--the 2 and 3 km distances. I love nothing more than having Mark standing on the track screaming at me to push myself to my limit. I also love timing myself and knowing that last month when I did the same workout, I was going this much slower. I like to see the progress. When you are on the road, you have a car coming, you have to hop up on the curb, or there is a dog that's running after you. On a track, there aren't those variables.

When you are up to max, do you do two or three speed workouts a week?

JD: I do two--one track workout and one fartlek on the road.

Do you usually train alone?

JD: One day a week I go out with my running partner. Sometimes I train with the running club, but that's in the summer mostly. The club has a coach and if the track workout he sets is within what I can do for that day, I will walk with a group of runners. There are maybe four of us together with a group ahead of us and a group behind us. We are all doing the same workout, and I like the camaraderie. But it is more fun down here at ARCO because here I can workout with racewalkers doing the same thing.

One of the first time I really did workout with racewalkers was at the Convention in December. I went out with Dave McGovern and Gary Morgan. It was fun to walk with them. It's good to have someone in front of you to try to catch. Everyone feels different on different days. Since I've been here, I've walked with Tim, Al on Tuesday, and the girls yesterday. It's been nice.

What is the testing you are doing here?

JD: Blood lactate. I think the testing will reinforce what Mark knows. Mark actually developed the protocol in Colorado that they still use. So he knows what he is doing, but this is just to confirm things.

What do you think of heart rate monitors?

JD: I think they are valuable. I don't train with them right now, but I think that is something I want to start again. Mark told me to come home with all sorts of ideas. He said, "Don't try anything that you haven't done and don't get hurt. Come back and we will go over everything and we will find out what we think will work into your program" So I am going to go back and say, "Let's try the heart rate thing."

I notice how they are using them here. It makes so much sense because if I am on an icy road and my heart rate is 160, I am working just as hard as I am here at 160. I am not going as fast on the ice as I would here, but I am working just as hard. So I think using a heart rate monitor would be a valuable tool to use again. It will help me validate what I am doing. I will be able to say, "Hey, I had a good workout today even though I was only able to do 8:45 because of road conditions. I'm still working."

How do you feel about monitoring yourself by perceived exertion?

JD: Perceived exertion is one of the tests you do here. They give you a scale beginning at 7 or 8 that goes all the way up to 20. Eight would be very light; 20 would be extremely hard. After I have done a certain distance and my heart rate is checked, the tester holds the cart up and asks, "Where are you?"

I'm usually pretty close. That comes from knowing your body and knowing what it feels like at various efforts. I'll say, "It felt harder this time than last time," and give a higher number. Even when I work personal training clients, I will tell them, "You are not getting anything unless you feel that you are working somewhat hard."

With all this training, I bet you are getting anxious to start racing again"

JD: I am chomping at the bit. I have always been very competitive. I love to race. I love the competition.

* * * * *

(Curt Clausen has certainly set the U.S. racewalking world on its ear lately with his record-shattering 50 at the World Cup and his swift finish and meet record at the National 20. Here is a little behind the scenes report on his bumpy ride to fame--a relative term in the world of racewalking.)

Clausen Shatters U.S. Record, Expectations

by Al Heppner

Just 2 weeks before his World Cup 50 km race on May 2, Curt Clausen was not ready to race. His training had not gone well since the World Cup Trials in March, he couldn't really breathe through his nose, and he was running out of time.

"More Than anything, I was frustrated," said the 31-year-old ARCO Olympic Training Center resident. "I was trying so hard, but I was having a difficult time. Training with our group simply magnified how horrible some of my training days were."

A look at his training log tells the story. Between the National 50 on February 14 and the World Cup, Clausen completed only one workout of at least 30 km. Normally, he would have done five or six. His coach, Enrique Pena, consistently reduced his training sessions until he was doing less mileage than his teammates who were training for 20. A lowered sense of confidence had Clausen doubting whether he could compete at a decent level or even finish the grueling 50 km distance.

"In January or February, I really believed I could walk around 3:45 for 50. In April, I couldn't even walk 15 km at that pace, so I definitely had my doubts," Clausen said. He searched for help and got it from Bernie Finch, a racewalking chiropractor from Clausen's native state of Wisconsin. Finch analyzed Clausen's blood work and provided a vitamin supplement plan to correct some noted deficiencies.

Initially, Clausen's struggles appeared to be over. He put together a decent week of training in the second week of April, including a 25 km workout in an impressive sub-1:54. Unfortunately for Clausen, his training success was short lived. After that week, he struggled in every single workout until he left for the World Cup on April 22. Desperate for answers, he contacted the ARCO OTC's sports scientist, Mike Shannon. Shannon told him to do nothing. Nothing for training, that is. So Clausen took three days off just over a week before the spring season's biggest race.

Apparently, all Clausen needed was some rest and relaxation. While standing in his sister's kitchen before a workout, he noticed his heart rate read a staggeringly low 37 beats per minute. "I hadn't seen anything lower than 50 for months. I felt relaxed and at that point I knew that taking the days off was a smart move," Clausen said.

Heading into the World Cup race in Mezidon, France, Clausen's confidence had returned. Still, no race brings out training gaps and weaknesses like the grueling 50 km.

Clausen broke all the rules and the American record. Stunning himself, his teammates, and the rest of the U.S. racewalking community, he destroyed the national record that he had set just 3 months earlier by more than 6 minutes. He finished 11th in 3:48:04, which was the highest finish ever by an American in a World Cup 50. (Larry Young, who won two Olympic bronze medals, and Marco Evoniuk had 13th place finishes in 1977 and 1981, respectively.) Clausen was also the first finisher from the Western Hemisphere, which of course includes Mexico, traditionally a world racewalking power. In the process, he completely overshadowed two other outstanding performances by his teammates.

In the same race, Philp Dunn came up with the best performance of his life, placing 45th and squeaking in under the magical 4-hour barrier in 3:59:53. A day earlier, Tim Seaman led the U.S. 20 km team with his 35th place finish (1:27:20). This was the best by a U.S. 20 km walker since 1987.

But Clausen's performance raised the bar for U.S. racewalking. And for the first time in many years, the U.S. truly has an Olympic medal hopeful. Clausen, who finished 55th in the 1996 Olympics, is now setting his sights much higher.

"My goal when I entered full-time training in 1997 was to be competitive in Sydney. I wanted to be able to walk with the lead pack," Clausen explained. "But now, I think a medal is possible. Believing is the first step and prior to this season, I did not see the possibility of a medal."

And about that breathing problem. Finch also informed Clausen that 90 percent of the airway in his nose was blocked. As a result, just two weeks after the World Cup, Clausen had surgery on his nose. That's an intriguing occurrence when you take an American record holder and suddenly give him the ability to breathe.

Looking Back

35 Years Ago (From the Early Summer 1964 issue of the *Midwest Race Walker*, published by Chris McCarthy)--Ron Zinn snapped Ron Laird's National championship winning streak at four straight and extended his own winning streak in the National 10 to the same number. With reckless disdain for the blazing sun and temperature in the low 90s, Zinn covered the first lap of the Stagg Field track in 1:41 and went through the first mile in 7:01. Laird was at 7:16 with Jack Mortland also ahead of him. McCarthy reported Mortland came into the race expecting to finish second to Laird (Mortland's memory doesn't recall if that is correct) and moved up behind Zinn for a repeat of their 1961 race at the Schenley Oval track in Pittsburgh. Mortland continuously challenged but Zinn would always accelerate, refusing to be passed, while the overall pace faded in the heat. Final result: Zinn 48:08.6, Mortland 48:20, Laird 49:49, Don DeNoon 50:39, Jack Blackburn 50:42. Mortland and Blackburn led the Ohio TC to the team title. . . A week earlier, Zinn won a "20 Km" in Taunton, Mass. in 1:33:21, on a course well known to be short (something less than 12 miles). Rahmo Ahti was second in 1:36:27. . . Also a week earlier, Mortland beat Blackburn in a Columbus 5 miler, 37:54 to 39:07. . . Alex Oakley won the Canadian 50 Km in 4:45, 10 minutes ahead of Felix Cappella. . . Two weeks after the 10 Km, Zinn scored another win over Laird in the National 2 Mile with his 13:48.6 leaving Laird 15 seconds back. . . The British 50 went to Paul Nihill in 4:17:10 with Ray Middleton 4 minutes back and 1960 Olympic gold medalist Don Thompson less than a minute further back. Bob Bowman journeyed to England for this one and finished 15th in 4:44:39.

25 Years Ago (From the June 1974 ORW)--The Colorado Track Club duo of Jerry Brown and Floyd Godwin took one-two in the National 20 Km on Long Island. Brown's 1:33:34 left him 24 seconds ahead of Dave Romansky at the finish, but Dave had been DQ'd before 15 km, though never properly notified. Godwin finished in 1:35:01, followed by John Knifton, Ron Daniel, and Bob Henderson. . . Three weeks later, Knifton won the 5 Km title in Los Angeles, finishing 8 seconds ahead of Larry Walker in 22:23. Bill Ranney, Tom Dooley, Daniel, and Ed Bouldin followed, all under 23 minutes. . . Carl Swift won the NAIA 10 Km in 49:18.6 from Paul Ide and Jim Bean. . . The National Junior 10 Km went to Steve Herman in 49:08 with Jim Murchie second. . . In Italy, Karl-Heinz Stadtmuller, of East Germany, walked 1:20:58 for 20, but the course turned out to be only 19,164 meters in length. East Germany's Winfried Skotnick won the supposed 50 Km (47.91 Km) during this botched international meet in 3:52:12.

20 Years Ago (From the June 1979 ORW)--In trials for the Pan Am Games, Marco Evoniuk won the 50 Km and Neal Pyke the 20. Evoniuk's 4:10:33 was nearly 10 minutes ahead of Vincent O'Sullivan, with Karl Johansen third. Pyke took command at the start and led all the way to win the 20 in 1:27:11, but Todd Scully was only 44 seconds back at the finish. Chris Hansen also

bettered 1:30. Larry Walker was fourth, and Evoniuk, with only one day off after the 50, beat Jim Heiring for fifth. The races were held in Walnut, Cal. . Sue Brodock won both the 5 and 10 Km races at the Women's Nationals, doing 24:07 on Friday and 50:33 on Sunday, both American records. Paula Kash, Chiris Sakelarios, and Sue Liers followed in the 5, and Liers, Salelarios, and Esther Lopez in the 10. . In Norway's annual Grand Prix, records fell to Mexicans in both the 20 and 50. Domingo Colin did 1:20:59 in the 20, leaving former world record holder Daniel Bautista some 80 seconds back. Anatoliy Solomin, Boris Yakloyev, and Felix Gomez also broke the old record of 1:23:32. (A 1:22:30 by France's Gerard Lelievre was pending approval.) Raul Ganzalez did 3:41:39 in the 50, leaving Lelievre better than 16 minutes behind in second. . Colin also had a fast 50, 3:47:18, as Mexico won an international meet from West Germany, Sweden, Hungary, and Spain. Bautista won the 20 in 1:22:15.

15 Years Ago (From the June 1984 ORW)--Walking races a week apart, Marco Evoniuk won the U.S. Olympic Trials at both 20 and 50 in Los Angeles. The 20 came first, and Marco did 1:26:17, leaving Jim Heiring a minute behind. Dan O'Connor captured third in 1:29:12, with Sam Shick fourth in 1:30:25. Evoniuk completely dominated the 50, winning in 4:02:25, nearly 12 minutes ahead of Vincent O'Sullivan. Carl Schueler was another minute back, but 1 1/2 minutes ahead of Tom Edwards. Randy Mimm and Troy Engle followed. . The National 20, held just a week ahead of the Trials didn't attract a very strong field, but Ray Funkhouser turned in a good performance to win in 1:31:48, 2 minutes ahead of Gary Morgan. They were 7th and 16th the next week when the big guns showed up. . Debbi Lawrence won the women's 10 Km national in 51:01, beating Esther Lopez by 15 seconds. Susan Liers was third. Lopez did a 50:42 a couple of weeks later ahead of Teresa Vaill.

10 Years Ago (From the June 1989 ORW)--Soviet walkers were dominant in the World Cup held in Barcelona, winning both men's and women's team titles decisively. China and Italy followed in the women's race, with the U.S. 9th, and Italy and France were second and third in the men's race with the U.S. in 12th. The 10 Km winner was East Germany's Beate Anders in 43:08 with Australia's Kerry Saxby second and Italy's Ileana Salvador third. But the Soviets came fourth, sixth, and ninth to take the title. Lynn Weik and Teresa Vaill finished 21st and 23rd for the U.S., Lynn with a 46:38. The USSR was 1-2-3 in the men's 20, with Frantz Kostyukevitch first in 1:20:21. Tim Lewis was 45th for the U.S.. Australia's Simon Baker won the 50 in 3:43:13, but with 2nd, 3rd, and 5th, the Soviets sewed up the team title. Paul Wick led the U.S. with a 4:12:24 in 24th. . Tim Lewis won his fifth straight U.S. 20 km title in 1:27:19, 47 seconds ahead of Gary Morgan. Mark Manning was third. In the women's 10, Lynn Weik set a national record on the track with her 46:44.1, leaving Teresa Vaill nearly 40 seconds back. Maryanne Torrellas beat Debbi Lawrence for third.

5 Years Ago (From the June 1994 ORW)--In Norway, Mexico's Bernardo Segura walked a startling world record of 1:17:25.5 in the 20. Finishing fourth in the race, Allen James nailed the American record (track) with a 1:24:26.9. . James also won the U.S. title overcoming the Knoxville heat and Jonathan Matthews to prevail in 1:28:36. Jonathan was just 26 seconds back, with Andrzej Chylinski third in 1:30:05. Philip Dunn (1:31:05), Andrew Herman, Dave McGovern, Tim Seaman, Gary Morgan, Herm Nelson, and Rob Cole (1:32:05) rounded out the top 10 in a very deep field. . Lisa Sonntag won the Women's National 20 Km in 1:48:15 with Canada's Micheline Daneau second in 1:49:34. At the same site, Albany, N.Y., Philip Dunn beat Ian Whitley for the men's 25 Km title, 1:58:05 to 2:00:39. Marc Varsano, Andrew Hermann, and Mike Rohl followed.

IAAF World Records

(as of May 1, 1999)

Women's 5 Km	20:13.26	Kerry Saxby-Junna, Australia, Hobart, Feb. 25, 1996
Women's 10 Km	41:56.23	Nadezhda Ryashkina, URS, Seattle, July 24, 1990
Men's 20 Km	1:17:25.6	Bernardo Segura, Mexico, Bergen, May 7, 1994
Men's 2 Hours	29,572 m	Maurizio Damilano, Italy, Cuneo, Oct. 3, 1992
Men's 30 Km	2:01:44.1	Maurizio Damilano, Italy, Cuneo, Oct. 3, 1992
Men's 50 Km	3:40:57.9	Thierry Toutain, France, Hericourt, Sept. 29, 1996
Indoors		
Women's 3 Km	11:40.33	Claudia Iovan, Romania, Bucharest, Jan. 30, 1999
Men's 5 Km	18:07.08	Mikhail Schennikov, Russia, Moscow, Feb. 14, 1995