

Mexicans Sweep 20s At Pan Am Games

Winnipeg, July 26--Taking one-two in both the men's and women's 20 km races, Mexico continued its domination of Pan American Games racewalk events. Starting in 1975 with Daniel Bautista's 20 km win, the Mexicans have captured 14 of the last 16 gold medals in these Western Hemisphere games held every 4 years.

In the women's race today, Graciela Mendoza won her third Pan Am gold, beating countrywoman Rosario Sanchez by 27 seconds in 1:34:19. Mendoza, who had won titles in both 1991 and 1995 at 10 km, had no trouble defending at the longer distance. Michelle Rohl took the bronze for the U.S., but could not match the Mexican pair on this day. Joanne Dow was fifth, as eight of the nine competitors went under 1:40 in a display of depth for the Americas unseen in earlier Pan Am Games. Surprisingly, Canada's strong vet Janice McCaffrey was the only straggler in the field.

An equally strong men's field, with all nine competitors under 1:28:30, saw World Record holder Bernardo Segura lift the gold from defender and 1996 Olympic gold medalist Jefferson Perez with a superb 1:20:17 performance. Perez also succumbed to Daniel Garcia who lost to Segura only in the final 500 meters. Segura also took the Pan Am Games record from Perez, who won with a 1:22:53 in 1995. It was his second major title of the year, following up on his World Cup win.

Actually, the first five bettered the old mark. Guatemala's Julio Martinez, who is now a threat in any race among the world's elite, finished in fourth, just 12 seconds behind Perez. Canada's Arturo Huerta continues to impress, walking a strong fifth, walking 1:22:02, a 26 second improvement on his great 10th place finish in the World Cup. He seems to have replaced Tim Berrett, left well back in today's race, as Canada's hero. For the U.S., Curt Clausen was only 5 seconds off his winning time in Eugene, but could manage only sixth in this strong field of world-class walkers. And Tim Seaman had the misfortune of walking faster than all but one previous U.S. athlete in these Games (Tim Lewis had 1:25:50 in 1987) only to finish dead last.

After the race, Segura said, "This gives me great motivation for Seville," referring to next month's World Championships in Spain. "I thought the other guys would be stronger over the last two kilometers. I knew the last kilometer I was going to win" said Segura, who figures that any of the top four could win both in Seville and next year in Sydney.

Segura was sure enough of his win that he extended his arms in mock airplane flight and began to celebrate 30 meters before he hit the finish line. At the line, he pulled off a shoe, stuck it to his left ear, and pretended to call home.

After forcing the pace early and establishing an 8 second lead at the 5 km mark, Segura was forced to change tactics by a strong wind. So he dropped back with the other three top contenders before making his strong finishing move.

Our report on the 50 km race, which comes too late for our deadline will come next month.

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Results:

Men's 20 Km: 1. Bernardo Segura, Mexico 1:20:17 2. Daniel Garcia, Mexico 1:20:28 3. Jefferson Perez, Ecuador 1:20:46 4. Julio Martinez, Guatemala 1:20:58 5. Arturo Huerta, Canada 1:22:02 6. Curt Clausen, USA 1:23:39 6. L. Garcia, Guatemala 1:26:24 8. Tim Barrett, Canada 1:27:04 9. Tim Seaman, USA 1:28:28

Women's 20 Km: 1. Graciela Mendoza, Mexico 1:34:19 2. Rosario Sanchez, Mexico 1:34:46 3. Michelle Rohl, USA 1:35:22 4. Jovanna Irusta, Bolivia 1:35:56 5. Joanne Dow, USA 1:36:33 6. Ivis Martinez, El Salvador 1:37:28 7. Teresita Collado, Guatemala 1:38:41 8. Oslaidys Cruz, Cuba 1:39:23 9. Janice McCaffrey, Canada 1:47:05

Iovan, Lopez Win At World University Games; Judges Take US Walkers Out

Palma de Mallorca, Spain, July 10-11 (Report from Al Heppner)--Romania's Claudia Iovan and Mexico's Alejandro Lopez claimed racewalking titles at the World University Games held here. But U.S. fortunes took a turn downward as three of our four walkers were disqualified.

Iovan pulled away from Rossella Giordano of Italy to win the women's 10 Km in 44:22. Giordano trailed by 17 seconds with Ukraine's Valentina Savchur third in 45:23.

It was a rough outing for the U.S. women. Jill Zenner and Danielle Kirk both got off to good starts, but Zenner had two red cards by 4 km. "I just shut down a little at that point," Zenner said. But, she was gone by 6 Km.

"I haven't received even one card this year (prior to this race) and I felt as if I was walking the exact same way," Zenner said. Her 5 km split was 23:19.

Kirk passed through 5 in 23:14, but picked up her second red card at 6 km. She entered the stadium just 5 seconds out of 10th place and, looking for a top-10 finish, had been pushing the last kilometer. Then she saw the head judge approaching. "I was like, no way! That can't be me," said a surprised Kirk. "At first I thought it was the girl ahead of me because she had two calls." It was the first time in her 15 years of racewalking that Kirk had been pulled.

In all, there were five DQs and two DNFs in a 20-person field. There were no personal bests on the rolly course and only one season best, which went to Gillian O'Sullivan in 46:45. Still, it was more than a minute off her lifetime best.

In a race also marred by red cards, Lopez won the men's 20 km in 1:25:12, beating Italy's Lorenzo Civallero by 11 seconds. Perhaps anticipating what was to come, the competitors crawled through the first kilometer in 4:40. All the walkers stayed together going through the next 4 kilometers in 4:30, 4:25, 4:23, and 4:18 (22:16 for 5 km) before there was any separation.

As soon as the pack broke up, red cards were flying everywhere. Of the 18 starters, 15 received at least one red card, including five disqualifications. The USA's Al Heppner was one of the victims, getting his third red card just before the 9 km mark.

Kevin Eastler went through 10 km in 44:20, less than 1 minute behind the leaders. But a second red card was waiting for him there. "When I found out I had two cards, I just slowed down," Eastler said.

With his teammates and coaches urging him to just finish, Kevin eased to the line in 1:32:20 for 11th place.

Spain, traditionally known as having some of the strictest racewalking judges in the world, did nothing to live down that reputation. Normally, an international event would have a multinational judging panel, but for some unknown reason, all the judges were Spanish. Spanish officials had no comment. The results:

Women's 10 Km, July 10: 1. Claudia Iovan, Romania 44:22 2. Rossella Giordano, Italy 44:39 3. Valentina Savchur, Ukraine 45:23 4. Rocio Florido, Spain 45:51 5. Olga Poliakova, Russia 45:57 6. Qiamei Zhu, China 46:22 7. Maria Sanchez, Mexico 46:37 8. Gillian O'Sullivan, Ireland 46:45 9. Eva Perez Trujillo, Spain 47:24 10. Mara Ibanex, Mex. 48:04 11. Sofia Avoila, Portugal 48:23 10. Annett Amberg, Germany 48:47 13. Ilhem Kierchouni, Algeria 56:34

Men's 20 Km, July 11: 1. Alejandro Lopez, Mexico 1:25:12 2. Lorenzo Civallero, Italy 1:25:23 3. Daisuke Ikeshima, Japan 1:26:01 4. Feodosii Ciurmacenco, Madagascar? (MDA is given as the country designation, but the old code list I have has no MDA; MAD is Madagascar) 5. Francesco Galdenzi, Italy 1:26:52 6. Il-Yong Shin, Korea 1:27:03 7. Juan Antonio Porras, Spain 1:27:43 8. Chuang Pei, China 1:28:02 9. Guoqing Li, China 1:29:12 10. Silviu Casandra, Romania 1:30:59 11. Kevin Eastler, USA 1:32:20 12. Peter Barto, Slovak Rep. 1:32:31 13. Sten Reichel, Germany 1:33:32

Other Results

Junior Pan Am Games Men's 10 Km, July 10: 1. David Berdeja, Mex. 44:30.65 2. Roman Criollo, Ecuador 44:50 3. Tristan Ruoss, USA 46:35 4. Cristian Munoz, Chile 46:52 5. Justin Easter, USA 48:25 **Junior Pan Am Games Women's 5 Km, July 11--**1. Robyn Stevens, USA 24:42.96 2. Mabel Oncebay, Peru 24:43.03 (You don't get much closer than that in a walking race) 3. Zoila Reyes, Guat. 25:14 4. Emma Carter, USA 26:17 5. Esther Nicole, Can. 26:44 6. Johanna Barrera, Chile 26:44 7. Yediza Arroya, Puerto Rico 27:06 8. Leydi Paolomino, Peru 27:13 (Catherine Sousa-Neves, Can. DNF; Vianey Pedraza, Mex. DQ) **1 Mile, Cambridge, Mass., June 15--**1. Steve Vaitones 7:49.25 2. Marcia Gutsche 8:03 3. Ken Mattsson 8:26 4. Holly Wenninger 8:59 **5 Mile, Dedham, Mass., July 4--**1. Bill Harriman (50) 49:45 2. Louis Free (69) 55:28 3. Justin Kuo (44) 56:07 **5 KM, Cambridge, Mass., July 11--**1. Brian Savilonis 26:06 2. Steve Vaitones 27:02 3. Bob Ullman 28:14 4. Bill Harriman 28:23 5. John Costello 30:15 **Eastern Regional 3 Km, New Haven, Conn., July 11:** Women--1. Maryanne Torrellas 14:22.92 2. Donna Chamberlain 14:30 3. Loretta Schuellein 14:59 4. Lee Chase 16:28 5. Lisa Velluci 17:15 6. Amy Percival, 17:23 7. Donna Cetrulo 17:23 8. Jean Tenan 17:54 (11 finishers) Men--1. Greg Dawson 12:56.30 2. Rob Cole 12:59 3. John Soucheck, 13:35 4. Larry Titus 14:45 (a personal record by 30 sec. on 50th birthday) 5. Nick Manuzzi 14:45 6. David Bladwin 15:57 7. Michael Korol 16:06 8. James Brochin 17:49 (12 finishers, 3 DQs, including Jim Carmines and Joe Light) **Bay State Games 3 Km, July 24--**1. Brian Savilonis 14:47.34 2. Dennis Slatter 16:23 3. Tom Knatt 16:44 4. Fred Anderson 18:16 Women: 1. Meg Savilonis 19:40 **Metropolitan 15 Km, New York City, June 27--**1. John Soucheck 1:18:29 2. Greg Dawson 1:20:03 3. Loretta Schuellein 1:27:56 4. Gary Null (54) 1:29:44 5. Nick Manuzzi 1:29:53 6. Richard Harper (49) 1:30:38 7. Bruce Logan 1:31:24 8. Bob Barrett (65) 1:22:00 9. Dorit Attias 1:34:34 10. Jerry Givner (54) 1:35:10 11. James McGrath (62) 1:36:04 (67 finishers, 4 DQs, 4 DNF) **Empire State Games:** Men's 10 Km, July 22--1. Rob Cole 47:51.5 2. Dave Lawrence 51:49 3. Heber Ramos 54:25 Age 40-44--1. Michael Korol 57:01 50-54--1. Gary Null 54:30 60-64--1. James McGrath 58:38 70-74--1. Marvin Eisenstein 69:32 Women's

10 Km--1. Karen Fina 58:58.2 2. Laura Feller 61:31 3. Missy Hill 63:18 5 Km, July 23--1. Greg Dawson 23:11.5 2. Dave Lawrence 23:55 3. Heber Ramos 26:35 Age 35-39--1. Alan Sangeap 26:56 40-44--1. Michael Korol 27:10 2. Larry Beckerle 28:42 45-49--1. Joseph Folks 29:28 55-59--1. Bob Lubelski 31:59 60-64--1. James McGrath 27:58 65-59--1. Bob Barrett 28:46 70-74--1. Marvin Eisenstein 34:08 2. Walter Hawrys 34:57 20 Km, July 24--1. Greg Dawson 1:51:30 2. Dave Lawrence 1:53:31 3. James Miner 2:02:14 4. Bruce Logan 2:05:53 5. Lon Wilson 2:19:37 55-59--1. Bob Lubelski 2:13:10 60-64--1. James McGrath 2:15:13 Women' 5 Km--1. Loretta Schuellein 27:23 2. Jamie Yedowitz 28:08 3. Crystal Cammarano 29:07 4. Laura Feller 29:57 5. Lisa Vellucci 30:40 6. Eileen Lawrence 30:49 (12 finishers) Women's Scholastic 5 Km--1. Andrea Albero 27:04 2. Chrissy Fina 27:38 3. Alina Zeleznova 29:22 4. Anne Dumas 29:30 5. Kirsten Jordan 30:36 (9 finishers) 3 Km, Alexandria, Vir., May 16--1. Tracy Walters 17:37 Men--1. Victor Litwinski (55) 17:15 2. James Overby (15) 18:14 3 Km, Alexandria, May 30--1. Lois Dicker (57) 18:18 Men--1. Victor Litwinski 17:37 2. John Gersh (51) 18:15 8 Km, Atlanta, June 6--1. Keith Luoma 39:07 2. Steve Hubbard 47:10 3. Randy Miller 47:37 1 Mile, Miami, July 11--1. Sonia Mora (47) 9:25 2. Linda Talbott 9:42 Men--1. Rodolfo Puime 7:13 2. Juan Mora (47) 8:06 3. Bob Cella (62) and Napoleon Brown 8:46 5. Janos Szalas (43) 8:55 1500 meters, Yellow Springs, Ohio, July 2--1. Dan Dalton (17) 6:31 2. Bill McCray (40+) 6:40 3. Eric Smith (17) 7:00 4. Paul Hammer (57) 7:34 5. Ed Fitch (38) 7:50 6. Bill Whipp (55) 8:38 7. Tina Petrs (11) 9:30 8. Barb Whipp (54) 9:32 9. Jack Shuter (69) 9:42 10. Sheri Mount (14) 9:52 (14 finishers) Indian Hoosier Games 1500 meters, July 24--1. Abigail Oliver 7:47.76 2. Tish Roberts (50) 7:48 3. Sami Bailey (63) 8:53 Men--1. Drew Swonder 6:43.14 2. Max Walker (52) 7:20 3. Damon Clements (41) 8:20 4. David Keith (62) 8:52 5. Jim Lawrie (57) 8:53 5 Km, Kalamazoo, Mich., June 19--1. David Dunn 25:12 2. Hank Meyer 26:57 5 Km, Charlevoix, Mich., June 19--1. Rod Craig 25:03 2. Bill Reed 25:49 Women: 1. Debbie Benton 26:02 8 Km, Kalamazoo, June 26--1. Rod Craig 41:25 2. Richard McGuire 41:29 3. Debbie Benton 44:10 4. Ross Barranco 46:01 5. Max Green 46:27 6. Mike Close 48:07 7. Debbie Topham 48:09 8. Stephanie Konsza 48:24 (19 finishers) 3 Km, Kenosha, Wis., June 6--1. Mike DeWitt (48) 14:22.48 2. Mike Rose 15:49 3. Angie Nieth 17:02 4. Joe Knox (12) 17:09 5. Paul Regul (10) 17:09 (9 finishers) 5 Km, same place--1. Mike Rohl 23:41 2. Maatt DeWitt (19) 23:42 3. Paul Malek (43) 23:42 4. Will Leggett 23:50 (actually, all were on their way to as longer distance--race was billed as 5, 10, 15, and 20 Km--but a storm stopped all activity 30 minutes and 15 seconds in, so it became a 5 Km race off the splits at that point.) Women--1. Michelle Rohl 23:42 2. Katie Rulapaugh (18) 24:59 3. Gayl Johnson (50) 28:33 5 Km, Denver, June 12--1. Mike Blanchard 27:37 2. Marianne Martino (48) 29:01 3. Lorie Rupoli (48) 29:39 4. Mike Heymans (51) 30:12 5 Km, Evergreen, Col., July 4--1. Eric Pasko (17) 24:44 2. Sally Richards (46) 26:52 3. Mike Blanchard 27:20 4. Patty Gehrke 29:24 5. Lorie Rupoli 29:54 6. Daryl Meyers (56) 30:10 1500 meters, Los Angeles, June 6--1. Jesus Orendain (55) 7:34.3 2. Ed Bouldin (52) 7:55 3. Carl Acosta (65) 8:36 4. Robert Mimm (74) 8:50 5. Leon Glazman (65) 8:56 6. Arvid Rolle (65) 9:13 7. George Solis (67) 9:33 8. Noritake Masashi (75) 9:40 Women--1. Carol Ferris (63) 9:32 5 Km, same place--1. Ed Bouldin 30:23 2. bob Mimm 31:10 3. Arvid Rolle 31:15 5 Km, Van Nuys, Cal., June 19--1. Daniel Thompson (45) 28:50 2. Mel Schultz (66) 30:17 10 Km, same place--1. Larry Walker (56) 54:28 2. David Crabb (54) 56:56 3. Richard Lenhart (40) 56:12 4. Joseph Nieroski 57:21 5. Bob Mimm 63:49 6. Robert Eisner (70) 66:14 Women--1. Victoria Herazo (40) 53:09 1600 meters, Birmingham, Cal., June 30--1. Chris Smith 8:48.3 1600 Birmingham, July 2--1. Chris Smith 8:44.9 2. Tommy Kubler (16) 9:44 5 Km, LaPalma, Cal., July 3--1. Daniel Thompson 27:12 2. Ed Bouldin 27:46 3. Steve Avellaneda 28:57 Women--1. Francine Avellaneda 30:05 5 Mile, Sacramento, July 4 (unjudged)--1. Joe Berendt 43:33 2. Jim Currier 46:09 3. Dick Petruzzzi 49:38 Women--1. Karen Stoyanowski 46:09 2. Terri Brothers 49:46 5 Km, Sacramento, June 6--1. Jack Bray 27:59 1

Mile, Kentfield, Cal., June 27--1. Rezak Gharfara 7:09.76 2. Norm Frable 7:46 3. Shoja Torabian 8:06 4. Kathy Frable 8:49 5. Virginia Fong 9:24 1 Hour, Kentfield, Cal., June 13--1. Rezak Gharfara 11,642 meters 2. Norm Frable 11,240 3. Jack Bray 10,400 5 Km, Union City, Cal., July 3--1. Shoja Torabian 27:02 2. Jack Bray 27:04 1 Mile, Davis, Cal., June 26--1. Karaen Stoyanowski 8:39 2. Joe Berendt 8:40 5 KM, Eugene, Ore., June 19--1. Rob Frank (45-49) 26:13 2. Bob Novak (50-54) 26:28 3. Doug VerMeer (45-49) 27:39 4. Ed Kousky (55-59) 28:12 Women--1. Kim Miller 29:14 1 Mile, Eugene, June 20--1. Rob Frank 7:37 2. Teresa Aragon 7:56 3. Ed Kousky 8:12 4. Doug Ver Meer 8:13 5. J. Backlund 9:17 6. D. Backlund (female) 9:39 Oregon State Games 5 Km, July 10--1. Carmen Jacinsky 28:15 2. Kim Miller 30:34 Men--1. Rob Frank 26:09 2. Doug Vermeer 28:03 Oregon State Games 3 Km, July 11--1. Carmen Jacinsky 16:23 2. Lida Smith 18:14 Men--1. Rob Franks 15:25 2. Ronald Babcock 16:19 5 Km, Seattle, June 5--1. Dan Casmier 24:17 2. Bob Novak 26:28 3. Stan Chraminski 26:47 2.8 Miles, Seattle, June 12 (unjudged)--1. Stan Chraminski 23:45 2. Bob Novak 23:53 3. Ann Tuberg 27:24 4. Bev LaVeck 27:39 Northwest Regional 5 Km, Seattle, July 17--1. Stan Chraminski (50+) 26:05.9 2. Bob Novak and Doug VerMeer 27:44 4. Terry Buchanan 30:13 Women--1. Kim Miller 29:19.7 2. Joslyn Slaughter 30:08 3. Bev LaVeck (60+) 30:25 Canadian 20 Km Championship, Winnipeg, June 27--1. Arturo Huerta 1:23:13 2. Tim Berrett 1:25:40 3. Gordon Mosher 1:29:18 4. Blair Miller 1:37:42 Women--1. Janice McCaffrey 1:38:33 2. Joni-Ann Bender 1:42:13 3. Karen Foan 1:44:52 4. Susan Hornung 1:48:52 5. Micheline Daneau 1:51:54 6. Isabelle Clermont 1:52:40 7. Alison Baker 1:57:54 World Youth Championships, Bydgoszcz, Poland: Women's 5 Km, July 18--1. Tatyian Kozlova, Russia 22:31.93 2. Maryna Tsikhanava, Belarus 22:38 3. Ekaterina Dergounova, Russia 22:55 4. Luisa Paltin, Ecuador 23:25 5. Maria Chatziapnagiotidou, Greece 23:44 6. Michelle French, Australia 23:53 7. Zuzana Malakova, Slovak Rep. 24:04 8. Violetta Spychalska, Poland 24:20 9. Ikaterina Suzanschaia, Moldova 24:21 10. Melissa Rodriguez, France 24:31 11. Beatriz Pascual, Spain 24:33 12. Barbora Dibekova, Czech Rep. 24:44 (24 finishers, 3 DQs) Men's 10 Km, July 18--1. Devgueni Demkov, Russia 42:26.07 2. Aleksandr Stokov, Russia 42:37 3. Takayuki Tanii, Japan 42:41 4. Benjamin Kuckinski, Poland 44:25 5. Horacio Nava, Mexico 44:42 6. Andrei Talashko, Belarus 45:30 7. Colin Griffin, Ireland 46:15 8. Matej Toth, Slov. 46:50 9. Andre Katzinski, Germany 47:01 10. Sandris Bisenieks, Latvia 47:25 11. Rafal Dys, Poland 47:38 12. Paul Gassebner, Italy 47:43 (17 finishers, 4 DQs) Polish 20 Km Championship, Krakow, July 3--1. Robert Korzeniowski 1:20:48 2. Tomasz Lipiec 1:22:58 3. Grzegorz Muller 1:24:37 4. Stanislaw Stosik 1:26:27 5. Jan Holender 1:28:16 6. Roman Magdziarczyk 1:29:35 Women's 10 Km, same place--1. Katarzyna Radtke 45:00 2. Bozena Gorecka 47:35 3. Angieszka Bator 49:11 Russian Women's 20 Km Championship--1. Irina Stankina 1:29:00 (9 months after birth of a daughter) 2. Nadia Ryashkina 1:29:14 3. Tamara Kovalenko 1:29:21 20 Km, Coventry, England, June 27--1. Chris Maddocks 1:26:20 2. Pierce O'Callaghan, Ireland 1:26:27 3. Jamie Costin, Ireland 1:26:35 4. Robert Heffernan, Ireland 1:26:45 5. Chris Cheeseman 1:31:46 6. Matthew Hales 1:32:23 Women: 1. Vicky Lupton 1:37:44 2. Monica Pesti, Hungary 1:38:45 3. Illes Ilylo, Ung. 1:42:15 British Junior and Under 23 10 Km Championships, Bedford, July 4--1. Robert Heffernan, Ireland 43:49.80 2. Jamie Costin, Ireland 44:02 3. Matthew Hales 45:39 4. Lloyd Finch 45:53 Irish Under 23 10 Km Championships, Tullamore, July 11--1. Jamie Costin 42:02.20 2. Robert Heffernan 42:28 3. William Coolahan 47:47 3 Km, Dublin, Ireland, July 18--1. Pierce O'Callaghan 11:39.01 2. Jeff Cassin 13:14 Irish 10 Km Championship, Santry, July 24--1. Pierce O'Callaghan 41:47.50 2. Robert Heffernan 41:59 3. Jamie Costin 42:55 4. Colin Griffin 45:18 5. Bill Coolahan 47:17 Irish Women's 5 Km Championship, Santry, July 24--1. Olive Loughnane 22:58.27 2. Sewrena O'keefe 25:07 Women's 10 Km, Molfetta, Italy, June 13--1. Santa Compagnoni 45:55 2. Gisella Orsini 46:13 3. Emanuela Perilli 46:45 4. Annarita Fianza 46:51 Junior 10

Km, same place--1. Elisa Rigauda 48:00 **European Veterans 30 Km Championship, Brugge, June 26--1.** Robert Cervi (46), Italy 2:31:38 2. Jean-Pierre Bonnefoux (44), France 2:35:37 3. Frantisek Parys, Czech. (45) 2:40:16 4. Walter Sgardello (56), Italy 2:40:53 5. Leo Frere (41), France 2:41:36 6. Karl Degener (56), Germany 2:41:43 7. Gerard Perez (47), France 2:45:02 8. Dieter Zschiesche (59), Germany 2:45:57... 16. Gerhard Weidner (66), Germany 2:52:11... 39. Colin Young (65=4), GB 3:05:58 (90 finishers) **Women's 20 Km, same place--1.** Heidi Maeder, Switz. (55) 1:56:49 2. Cath Reader (44), GB 2:00:51 3. Ann Lewis (51), GB 2:02:20... 11. Josette Sommier (63), France 2:11:18... 31. Ursula Theune (77), Germany 2:43:18 (36 finishers) **100 Miles, Auckland, N.Z., July 10-11--1.** Sandra Brown, England 19:00:47--Sandra is a long-time survivor of the ultra-distance races and is a centurion many times over, plus many races at longer distances. I believe her best is somewhere in the 18 hour range. Now 50, she was stunning in this race, bettering women's age 50 world bests from 25 Km on, as follows: 25 Km--2:43:09, marathon 4:38:03, 50 km 5:28:59, 50 miles 9:12:29, 100 km 11:34:32, 150 km 17:42:29, and of course 100 miles. **20 Km, Auckland, July 25 (track)--1.** Craig Barrett 1:26:58 2. Tony Fenk 1:30:59 3. Gary Little (59) 1:44:31

Perambulation Across the Nation

Sat. Aug. 7 5 Km, Ft. Collins, Col. 7:30 am (H)
5 Km, Albuquerque, N.M. (W)
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)
5 Km, Cambridge, Mass., 9:30 am (G)
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 10 Km, Evansville (V)
5 Miles, Denver, 8 am (H)
1/2 Marathon, Parkersburg, W.V. (BB)
5 Km, Atlanta (D)
Sun. Aug. 22 1 Mile and 3 Km, Alexandria, Vir. (J)
5 Km, Littleton, Col. 8 am (H)
Fri. Aug. 27 5 Km, Littleton, 7 pm, Col. (H)
Sat. Aug. 28 Indiana 5 Km, Shelbyville (V)
8 Km, Flint, Mich. (I)
Sun. Aug. 29 5 KM, Cincinnati, Ohio (M)
5 Km, Castle Rock, Col., 8 am (H)
Aug. 26-29 **National USATF Masters Championships, Orlando, Florida (Z)**
Sat., Sept. 4 5 Km, Ft. Collins, Col. (H)
Sun. Sept. 5 5 and 20 Km, Albuquerque (W)
Florida State 3 Km, Miami (Q)
5 Km, Denver, 8 am (H)
Mon. Sept. 6 10 Km, Kentfield, Cal. (P)
5 Km, Denver, 8 am (H)
Sat. Sept. 11 2.8 Miles, Seattle, 9 am (C)
5 Km, Los Angeles, 8 am (B)
Sun. Sept. 12 5 Km, JHollywood, Fla., 7:30 am (Q)
Ohio 8 Km, Bexley (CC)

Sat. Sept. 18 Canadian National 50 Km and Women's 20 Km, Edmonton
4 Mile, Larkspur, Cal., 8:30 am (E)
5 Km, Morganfield, Ky., 8:30 am (N)
Sun. Sept. 19 5 Km, Denver, 8:30 am (H)
National USATF 40 Km, Ft. Monmouth, N.J. (A)
National USATF Masters 5 Km, Kingsport, Tenn.
Sat. Sept. 25 5 Km, Chicago (S)
Sun. Sept. 26 5 Km, Denver, 8 am (H)
Sat. Oct. 2 Michigan 10 Km Championship, Flushing (I)
Sun. Oct. 3 **National USATF 1 and 2 Hour, Worcester, Mass. (G)**
Portland (Oregon) Marathon and 5 miles (Z)
5 Km, Miami, 7:30 am (Q)
1 Hour, Alexandria, Vir. (J)
1/2 Marathon, Sacramento, Cal. (P)
Sat. Oct. 9 5 and 10 Km, Los Angeles (B)
1 Hour, Planation, Fla., 7:30 am (Q)
North Region 5 Km, Lawrence, Ind. (V)

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T--Columbia, TC P.O. Box 1872, Columbia, MO 65205
V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
X--Jim Wolfe, 717-821-0504
Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
Z--Judy Heller 503-282-1677
AA--Bobby Baker, 423-349-6406
BB--Norma Phillips 304-424-2786
CC--Melissa Ungerleider, 1315 Great Hunter Court, Grove City, OH 43123 (614-277-0336)

From Heel to Toe

Youth development. John Soucheck writes: Your comments following last month's results of the Maine state HS championships 1600 meters got me thinking. While some of the times were impressive, the results point to the limited depth in a state with the population the size of Maine. For comparison, my 7:24 did not put me into the seeded section of the 1983 Suffolk County (N.Y.) championships and though I finished that race in 7:21, I was not close to advancing to the N.Y. state championships. I believe this ties into Allen James' comments. The championship field is dwindling because not enough new walkers are fed into the open ranks. There are more entertainment alternatives available, not just sports, plus we have lost the N.Y. state program that helped add some numbers during the late '70s through the '80s. Certainly, Maine alone will not match these numbers. Consequently, since the base of the pyramid has shrunk, it is no surprise that the top does the same, in spite of some great individual performances. I hope Maine can enjoy a long period of having the walk in their high school program without too much of a fight. It seemed in New York that the officials did not really want to judge the event and that it took a good deal of politicking every year to keep the walk on the program. And another thought: What do the following have in common--Chris Brooks, Scott Crafton, Glenn Osten Anderson, John Nunn, Brian Colby, Brandon Perry, Justin Marujo, David Rose, Shawn Foster, Will Van Axen, Dararen Paruolo, David Michielli, Ralph D'Amato, Jr., Mike Hersey, Giaccamo Meeks, Chad Eder, Joseph Sheppard, and Adam Mendonca? They were all competitors at the National Juniors from 1993 to 1998 who aren't competing today from a glance at this year's results. Chad Eder and Will Van Axen did spend some time walking on the senior national level. For whatever reasons in their lives, they've moved away from walking. I think it points up why the senior national field size is down when this developmental program loses so many athletes. On the positive side, there are still a few who are active--Al Heppner, Kevin Eastler, Sean Albert, Yariv Pomeranz, Will Leggett, Josh Ginsberg, and Matt DeWitt and a few others who haven't graduated from the junior ranks yet. Let's hope some of them stick around. I'm sure if you went back and reviewed the women's results, you'd come up with similar findings. And now that the women are walking 20 km internationally, shouldn't the junior women start walking 10 instead of 5? (Ed. An interesting list John has compiled. While I often put "What happened to him or her" comments in the Looking Back feature, I've never tried to compile so complete a "what happened" list. It might be interesting too, for John to go back to all those who were ahead of him on the New York high school list for 1983 and see how many are still competing, as is he, or ever did compete beyond the high school level.) . . . **Duck.** One of the legends in our sport in Ohio is Clair Duckham from Dayton. So imagine my surprise when, as part of the introduction of elite riders at a national class bicycle race in Dayton a few weeks back, the final rider down the ramp was special honoree and long-time Dayton Cycle Club member Clair Duckham, now 93 years old. I happened to be at the races because our son, Derek, was trying hand-pedaled racing for the first time. He continues to pursue whatever is available in wheelchair activities.) The only time I have gone to the National Masters T&F meet was in 1975, the year I turned 40, and my traveling companion for the three days in White Plains, N.Y. was Clair. He was then 69, and, as I recall, won either the 5 or 20 in the 65-69 age group. He hasn't competed too much since, but that doesn't mean he hasn't been active. He has a lifetime of participation in running, walking, and cycling. He was in his late 40s before he found racewalking, but still managed a few national top six finishes at the longer distances. I know he was well over 50 when he rode his motorcycle to Boston on a Sunday, ran the BAA Marathon on Monday, and hopped back on his motorcycle for the ride back to Dayton (around 800 miles). He was riding 50 mile tours on his ancient high-wheeler bike well into his 80s. He still racewalks, rides, or both almost daily and looks very fit and alert. When I asked him

if he was still riding the high wheeler, he replied, "Oh no. I haven't been on that for 2 or 3 years." Clair has always been an inspiration to me and others as a model for lifetime health and fitness. . .

Dale. Another of Ohio's early walkers was Dale Arnold who traveled to many races with us through the '60s. He hosted many of our races in Dayton and even devised a course in Cambridge, Ohio for a race after he had moved there. Then he left to go west. I received a call from his wife Tamiko a couple of weeks ago. With typical oriental politeness, she inquired about me and my family and only then reported that Dale had died of lymphatic cancer about a year ago. He would have been in his mid-60s. She just wanted to know if I might want his collection of Ohio Racewalkers (he had dropped his subscription a few years ago, but saved all the back issues). Dale had contributed much to our program and we had missed him since he had moved. Now, we are saddened to learn of Tamiko's much greater loss. . . **What is it?** Long-time subscriber Don Jacobs in Tigard, Oregon asks, "Did you know the Ohio Racewalker has been called an 'underground publication', but very informative?" Well, no. I didn't know we had earned that accolade, but call it what you want. I always thought of it as a "kitchen newsletter" since I first ran across that term. It has, through most of its existence, been assembled and addressed at the kitchen table, so it seems to meet an important criterion for that designation. . . **Young for the Hall.** Larry Young is again on the ballot for the Track and Field Hall of Fame. With his two Olympic bronze medals and total of 25 national titles (only Ron Laird and Henry Laskau, already in the Hall have more), he is most deserving. I'm sure any of you who have a ballot will cast a vote for Larry. For others, if you know anyone with a vote, make sure they are well aware of Larry's credentials. Perhaps a subtle threat, say on their life, will help. **Walkers in the news.** I learn from my U.S. Olympian newsletter that Gary Morgan (20 km team in 1988) was selected as the 1988 Athlete of the Year by the New York Athletic Club and that Tom Dooley (20 Km team in 1968 and 1972) was married to Ellyn in June 1998. Tom has served as the national walking coach for the Leukemia Society of America and his more than 1000 Team in Training walkers have raised about 8 million dollars for the Society. . . **Denman trophy.** I wasn't aware of the award, but learn that the Elliott Denman for 1998 went to Gary Morgan. The trophy is awarded to the walker who compiles the most points in National Title races other than the 20 and 50 (5, 10, 15, 30, and 40 km, and 2 Hour). Based on scoring of 10-8-6-4-2-1 for the first six places, Gary amassed 24 points. Tim Seaman and John Soucheck both had 20, Curt Clausen 18, Bob Keating 12, and Herm Nelson, Mike Rohl, and Warrick Yeager 10 apiece. On the women's side (5, 15, and 20 km, and 1 Hour) Theresa Vaill and Debbi Lawrence shared the trophy with 18 points. Victoria Herazo had 14, Joanne Dow and Gretchen Eastler-Fishman 10 each, and Marcia Gutsche 9. I'm not sure when this award came into existence, but it appears to be designed to encourage greater participation in the various national title races beyond those that qualify for international teams. **National Masters 5 Km.** For the past few years this race has been held in Kingsport, Tenn. as part of the Eastman Road Races. It is still in Kingsport this year, but is not affiliated with the Eastman event. If you got a flyer about the Eastman road races on September 11, which went to everyone who participated last year, please note that there is no walk. The Masters 5 km is scheduled for September 25. Contact Bobby Baker (see race schedule) for further information. You can reach him by e-mail at bbaker@preferred.com. . . **Clinics.** Two more World Class clinics in the offing featuring the indomitable Dave McGovern. Dave will be in Denver the weekend of August 20-22 and in Sacramento, Cal. on September 10-12. Participants in Dave's well-received clinics learn techniques utilized at the U.S. Olympic Training Centers to help elite athletes walk faster and more efficiently with fewer injuries. These techniques can also help those who don't race in looking, getting fit, and feeling great. For information on the Denver clinic, contact Dan Pierce at 303-247-1732. Your Sacramento contact is Paul Smith at 916-722-5039. Or visit Dave's World Class Racewalking website at: <http://www.surf.to/worldclass>. In addition, Shapewalk, Inc. is hosting a fall Racewalk Retreat on Sept. 24-25 in Leesburg, Virginia. Philip Dunn of the national team and the ARCO Olympic Training Center will be guest coach. The weekend retreat will also feature a

yoga instructor, personal trainer, reflexologist, and guest speakers from the medical profession. You can contact Cheri Korstvedt at 703-716-2533, e-mail Cheriwalk@aol.com. . . **Liste Italiene.** The 1998 Italian lists show 17 men under 1:30 and 35 under 1:35 for the 20 km; 7 under 4:00, 12 under 4:10, and 20th place at 4:23:52 for the 50; and 10 women at 46:50 or better and 17 under 50 minutes for the 10.

Commentary

The super performance of Lance Armstrong in the Tour de France should certainly be inspirational to any endurance athlete. Unfortunately, it had to be clouded by allegations from some sources of drug use, though there is no evidence other than a super performance by an athlete recovering from cancer. This seems to be a pattern these days and it has happened in our sport, as well. Following Jonathan Matthews 1:24:50 for third in the National 20 at near age 43, someone suggested that an old man like that had to be using drugs to achieve such a performance--some people always jump to the conclusion that one has to be doing something wrong to achieve an elite performance, not that they just might be doing everything right, something most of us find difficult. In any case, trying to put such rumors to rest--unfortunately, rumors seem to have a long life, no matter how untrue--Jonathan has outlined just how he has arrived at his present level of fitness. This is not done boastfully, but it shows us just how much our bodies and minds can achieve when we do the right things. Regardless of drug rumors, or whatever, I think what Jonathan has said is very worth the consideration of anyone seeking the competitive edge, or just a more healthy lifestyle. Under the title, "He must be doping! I'll take that as a compliment!" Jonathan writes:

Several day before turning 43, I walked a 1:24:50 20 km in Eugene. The U.S. masters record before this year was just under 1:30. So, that's about 5 minutes of improvement, but, for perspective, if you'll check the records you'll see that I'm still far short of the Masters World Record.

Mike Rohl, who dropped out of the race early due to twisting his leg in a pothole, told me after the race that not only did I have the best racewalking form in the race (I was the only competitor to receive no cautions or warnings), but that I looked more impressively fit than everyone else, that you could see my muscular and vascular definition, that I "looked like one of the Russians." Hmmmm...does it make you wonder?

As you may not know, I started racewalking at age 34. (Ed. Note that this was not the start of endurance training for Jonathan, however, He had earlier successful careers as a runner and as a national team road cyclist.) For the first few years, I had a very hard time with anterior tibial tendonitis (achy lower shins). This severely limited my training. My typical weekly mileage was below 50. I could never sustain more than 70 miles a week for few weeks at a time. Even still, I was able to walk PRs of 1:24:56 for 20 and 4:01:36 for 50 in 1993, after 3 years of this somewhat limited training. Unfortunately, the shin problems intensified and I was unable to make improvements.

Then in January of 1995, I walked a hard 50 in a driving rainstorm on a slick course and injured my groin. Stupidly, I took my first (and last) speed ice skating lesson several days after this and my frequent slips on the ice really cemented the groin problem. I had to take 9 months completely off from racewalking. In early 1996, though I wasn't fully healed, I desperately returned to training. I was able to get down to 1:27:30 for 20 in the spring, but the lack of an endurance base meant that my season was effectively over with that hard race. I had a very poor Olympic Trials race and my groin problem was still not healed (osteitis pubis--the same injury that Simon Baker and Tim Seaman have also suffered).

It is only this year that my groin has healed to the point that it is no longer interfering with my training. I spent winter on the treadmill and since March I have been on the roads and track doing the best training in my whole life. My average mileage is still under 75 per week, but I'm gradually increasing both quantity and quality. Given that I have had the first nearly pain-free training period ever in my 9 years of racewalking, I am not surprised that I am walking PRs. If I can keep from getting injured and keep up the gradual increase in quantity and quality, I expect to walk a lot faster over the next couple of years.

I have heard Allen James state that it takes 10 years of racewalking to reach one's peak performance capability. Since I started at 34, that means that next year, according to Allen, should be my best. I asked Dave Romansky (another super master) when he thought that advancing age would make absolute PRs impossible to achieve. He thought 45 might be the spot. Though I am just an "experiment of one", I will do my best to push hard against that wall and see how much "give" it has.

If anyone has ever seen me in training, they will tell you that I wear full tights, a huge hat, and two long-sleeved, turtle-neck shirts with my hands pulled under the sleeves. I wear this outfit even when it is hot and humid. I do this because I'm trying to be good to my body and I've heard that UV exposure is harmful. Friends will also tell you that I don't drink alcohol. I'm trying to be good to my body and I've heard that the aldehydes from alcohol metabolism are harmful. Since 1980, I've taken relatively large doses of anti-oxidant vitamins several times a day. Also since 1980, I have deliberately eaten a low-fat, high-oxidant-foods diet. I have suffered a lot of ridicule for my anti-UV way of dressing, and I have forgone many easy pleasures because of my high-health ingestion regimen.

Given what some might call my "fanaticism" about doing what is right for my health, does anyone who knows me really believe that I would take steroids or growth hormone or testosterone or whatever else someone appears to be imagining that I am taking? I have never taken any of that stuff, and I never will. I am someone who thinks in the long term (why else would I go to such pains to cover up from UV, etc.). I try to do what is best. Taking steroids or growth hormone or testosterone or other anabolic agents is long-term stupid both physically and morally. I don't do it and I feel anger and contempt for the cheaters who do.

Though I'm not really going that fast (the world record for 20 km is 1:17) the good news is that I am not taking drugs to achieve these performances at age 43. As U.S. Racewalking Chair Rich Torellas said to me after the race, the question isn't really why I am going "so fast" at age 43. The question is why aren't our fastest, young, full-time racewalkers going a lot faster than they are? Rich said, "We have four people under the A standard at 50 km (4:00); we should have a similar number under the A standard at 20 km (1:23)." (Ed. I still think part of this is a disparity in the standards, as I have stated before. A very simplistic way of comparing them is to look at the 50 km A standard being 22+ minutes over the world record (road). The 20 km distance is 40 percent of 50, so shouldn't the A standard be about 9 minutes--40 percent of 22--over the 20 km world record, i.e. a:26 to 1:26:30? Just an a thought irrelevant to the topic at hand.) Think about the absurdity of people imaging that drugs must be necessary in order to walk 8 minutes slower than world record pace! I don't think that Olympic champion Jefferson Perez is taking drugs; do you? Then why would you imaging that some pathetically slower guy must be taking them?

Stay away from drugs. Before everything you do, ask, is this good for my health? Train smart and hard (including resting when necessary). Be very focused and consistent. Avoid injury! (Difficult for me to do!) Be brave and fierce when racing. (I'm good at this.) If you do all of this over many years, then when you get to be my age, maybe you'll be as fast as I am.

As a further clarification, Jonathan has added these thoughts:

Thinking about these matters during a 3-hour Rocky Mountain trail hike, (my favorite workout on the day following a hard speed-endurance session), I realized that I needed to try to state my reaction to this apparent invasion of sports culture by medical culture. This is that statement:

If there weren't medical people out there providing some athletes with anabolic hormones, drugs, and banned procedures, then even someone with a confirmed antipathy toward me would not think of spreading a doping rumor against me in reaction to my athletic best effort. We must believe that some athletes must be cheating with doping in order for such a rumor to have any plausibility. In fact, we know that some athletes have been caught red-handed cheating with drugs: Ben Johnson in the 100 meters at the Olympics was caught for using anabolic steroids, and whole teams of Chinese swimmers and Tour de France cyclists have been busted in the possession of Human Growth Hormone (to supposedly aid muscle growth and recovery) and EPO (to cause an increase in the blood's oxygen-carrying red cells).

These busted cheaters create a climate of suspicion that can taint all superior performances. In my opinion, however, human variability is so great, and the power that comes from personal integrity is so large, that I believe that non-cheating individuals regularly trounce their cheating competitors.

Anyone familiar with distance running knows that the men's world records from 800 meters to the marathon have fallen precipitously in the last 5 years. Those with just a superficial acquaintance with distance running might suppose that such improvements are a result of doping abuses. But look closely and you'll see that all of these record breakers are from high-altitude, non-industrial parts of Africa and have lived lives of incredible physical exertion.

The great Haile Gebrselassie of Ethiopia (the greatest distance of this or any other age) ran the proverbial 6 miles each way to school every day, at high altitude, and then had to run while tending the family's livestock when he got home. Couple this background with an intense desire to emulate previous National Hero distance runners and his extraordinary performances become understandable. On a recent visit home, Tegla Larupe of Kenya, the women's marathon world record holder, ran 25 miles each way with her mother to visit relatives. Tegla laughed and said that she had trouble keeping up with her mom, since most of the run was at a much higher altitude than she was acclimated for, since she had been training recently in Germany.

There are literally dozens of 18-year-olds in Kenya running sub 4:10 miles on dirt tracks, barefoot, at high altitude. Popped into the U.S., any one of these kids would be hailed as the future savior of American distance running.

Anecdotes prove nothing, but they help us understand how extraordinary performances might have a natural foundation, and they also help us to understand some reasons why other individuals' natural best might be far superior to our own. Kids who were raised on junk food, daily hours in front of the TV, and being driven everywhere in a car are frustrated and suspicious when they have trouble competing with those who've had much healthier diets and led far more active lives.

Check this out: here are some natural advantages that I enjoy, at age 43, in comparison to my younger friends and competitors. When I was a kid, there was no cable TV or computers. My parents were very anti-TV. We Matthews kids were allowed one show a week. The Wonderful World Of Color (watched on a small black and white set) between 7 and 8 pm Sunday evenings. (After Walt Disney's death, this show became The Wonderful World of Disney.) I attended school at the height of the progressive movement's impact on the classroom. As a result, I had no homework. My mom's father was a professional baseball player and she was a former professional ballerina who was very concerned with physical fitness and a healthy diet. Since my dad was struggling to make a living as an actor, we never had any money for sedentary lessons of any sort. I was always the fastest runner in my neighborhood and in my school. Also, I grew up in the non-stop mildness of Southern California. Combine all of these factors and you have a kid who ate

healthily and ran practically non-stop from 3 pm to 9 pm virtually every school day and from sun-up to deep dusk on days without school.

At age 12, I read *The Jim Ryan Story* in my Junior High library and became inspired to be the next world record holder in the mile. From that point until today, I've been seriously trying to do some sort of high-caliber endurance athletics training every single day, aside from injury time-outs (which have been frustratingly frequent). It is a story that doesn't rival Haile's or Tegla's (that's why I'm no world record holder), but I'd bet that it is a life-story of better diet and more physical activity than probably all of my younger U.S. racewalking friends and competitors.

My final point is that I think that medical intervention should play virtually no role in the athletic life. The athletic life should be a life of high health, naturally achieved. Doctors should be banned from the enterprise, aside from their necessary assistance in the event of serious injury. The only time I see any medical professional each year is in the doping control room for post-race urination. Thinking, walking, stretching, eating and drinking, resting: that's the whole program. No personal physician, no chiropractor, no blood testing lab technicians, no gym-slime pushing performance drugs. Just good nutrition, high motivation, smart training, an athletic and durable body, and fearless racing: that, in my opinion, is the sum total of highest performance in endurance athletics. I would be extremely shocked if any of the great champions have ever tainted this winning formula with the cheating pollution of doping.

And, here is what we might call Jonathan's bottom line:

I remember when I was in my 20s I saw a picture of Jane Fonda in her workout clothes at age 40, and I thought, "Look at how extraordinarily fit and healthy she looks at the ancient age of 40!" Well, the joke's on me, because here I am at 43 and I am fitter now than I have ever been in my life even though I have been doing some sort of athletic training since my teens. Also, in my mid 30s, I remember seeing a picture of Larry Walker somewhere walking a 1:31 20 km at age 41 or something and thinking, "Wow, that is pretty impressive!" Now I don't think it's so impressive. Before this year, I was wondering if nagging injuries and age would keep me from ever again walking fast. The very happy result is that, at least for me (and therefore probably for many other people), elite-level, absolute PRs are still possible at least a few years into your 40s. Beyond the happy personal benefits that I am enjoying from this discovery, it seems like very good news for everyone else, as well. The older folks can realize that they may be able to be fitter and go faster than they had imagined possible, and the younger folks can realize that they can extend their elite-open careers longer than before. Did you miss making that last Olympic team? No problem, just make the next one! At age 44! Before this year, I wouldn't have thought it possible. Now I don't see why it shouldn't happen.

Watch your cliches

Nothing to do with walking, but something on the lighter side. I have a collection of what Theodore Bernstein, in his book *The Careful Writer*, calls "curdled cliches". For example, from that book: "That hits it right on the nutshell." "She blew the rug out from under my sails." As Bernstein says, "A few writers are in trouble from the minute they take pen in foot." The interesting thing is trying to figure out the cliches the writers have mixed up. Anyway, I won't steal too much from Bernstein, though he has a most interesting collection. I have collected my own set through the years, reading and listening to colleagues. Here are some:

It gives me a pit in my stomach to think about what goes on elsewhere.

That hits the nose on the head.

It will throw a monkey in the wrench.

It scares the pants out of them.

From now on, I'm watching everything I do with a fine-toothed comb.

They came home with their head between their tail.

He's not trying to set the house on fire.
A virgin field, pregnant with possibilities.
We'll burn that bridge when we get to it.
A worldwide bottleneck.

Looking Back

35 Years Ago (From the July 1964 issue of Chris McCarthy's newsletter)--In the National 2 Mile, Ron Zinn was an easy victor in 13:48.6 with Ron Laird 15 seconds back. . . A week later in Pittsburgh, Laird had his game face on for the 20 km Olympic Trials race as he walked away to a 1:34:45 victory on a tough out-and-back course in hot, muggy conditions. Zinn came second in 1:36:37, with your editor, the Mortland guy, third in 1:37:05. The finish was just as the sage McCarthy had predicted a month earlier, with these three on the plane to Tokyo. An unlucky fourth in 1:38:39 was young Don DeNoon, a time he might duplicate today. Rudy Haluza and Akos Szekely took the next two spots. . . McCarthy took the National 35 km in Long Branch, NJ in 2:50:53, 2 minutes ahead of Szekely, with Dean Rassmussen third and Bruce MacDonald fourth in 3:56:19. Mortland led at 15 miles and then decided there were better things to do on a hot day than walk another 10 km. The course was somewhat short, but McCarthy was walking at well under a 3-hour pace.

30 Years Ago (From the July 1969 ORW)--In a 6-week period, Ron Laird won three national titles and set two American records. His titles were at 2 miles, 20 Km, and 35 Km. In his 20, he walked 1:33:41 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27). The 2 mile was an easy win in 13:31.4 with Jim Hanley a distant second. The 35 was held on an infamous shopping center course at McKeesport, Penn., and Ron overcame 90 degree heat to beat Canada's Karl Merschenz by nearly 10 minutes in 2:55:57. Mexican Pascal Ramirez was third. Laird's records came in races at 3 Km (12:23) and 1 Hour (8 miles 746 yards). . . Ron topped this all off with an excellent third place (1:32:27) behind Paul Nihill (1:31:50) and Vladimir Golubnichiy in the US-USSR-British Commonwealth 20, beating Nikolai Smaga. . . In Ohio, Mortland turned in a 48:41 10 Km on the track in Cincinnati to beat Paul Reback by a minute and later beat Jack Blackburn on the Van Wert, Ohio track in a 1:22:35 10 miler in brutal heat. . . John Markon won the 3 and 6 miles races in the National Masters meet with 24:24 and 50:37, respectively.

25 Years Ago (From the July 1974 ORW)--Nikolay Smaga and Yevgeniy Ivchenko went one-two against the U.S. in a dual meet held in sweltering Durham, N.C. The two were given the same time of 1:37:25. Jerry Brown stayed with them for 12 1/2 Km, but then faded and Floyd Godwin, his Colorado TC teammate took third in 1:38:32. Brown finished in 1:40:31. . . The Soviets swept a Junior meet earlier with Ivan Llika covering 10 Km in 49:28, a couple of strides ahead of Nikolai Matveen. Jim Murchie had 50:59 and Steve Herrman 52:55 for the U.S. . . Ester Marquez won the women's National 5 Km in 26:28, with Ellen Minkow and Susan Brodock also under 27 minutes.

20 Years Ago (From the July 1979 ORW)--Mexico's Daniel Bautista and Raul Gonzalez won Pan-American Games titles. Bautista took the 20 in 1:28:15, 2 minutes ahead of Neal Pyke, with Todd Scully third in 1:32:30. Gonzales had a 4:05:17 in the 50, beating Martin Bermudez by 6 minutes. Marco Evoniuk was third in 4:24:23 and Vincent O'Sullivan fifth. . . Pyke finished 13th in 1:25:34 in the Spartakiad in Moscow, won by Nikolai Vinneschenko in 1:22:29. Reima Salonen, Finland, was the first non-Soviet with a 1:23:22, and Maruzio Damilano, soon to be Olympic champion at the same site, was sixth. Scully was 41st in 1:33:31. . . Chris Hansen covered 8 miles

611 yards to take second to Sweden's Bo Gustafsson in a 1 Hour race in France. . . Bautista did 1:21:04, a world's best, in Sweden, and Gonzales had a 3:48:56 for 50 at the same site. Bermudez was second in 3:51:15.

15 Years Ago (From the July 1984 ORW)--Tim Lewis finished eighth in the National 10 Km at Niagara Falls, but won the title. Australia's Dave Smith was first in 40:56, and two Canadians (Guillaume Leblanc and Francois Lapointe) and four more Aussies followed. Peter Timmons and Mel McGinnis were second and third among American walkers. . . Mexico's Ernesto Canto set a world 20 Km record on the track in Bergen, Norway with a 1:18:40. Norway's Erling Andersen was nearly 2 minutes back. Czech Pavol Blazek (1:21:14) and Gonzales (1:21:49) followed. Marco Evoniuk was 11th in 1:26:43.

10 Years Ago (From the July 1989 ORW)--Tim Lewis and Debbi Lawrence were winners at the National 10 Km in Niagara Falls. Covering the first half in 20:15, Lewis strode home in 41:28, 48 seconds ahead of Gary Morgan. Dave McGovern was third in 44:50. Lawrence had a 48:44 to lead the women, with Canada's Holly Gerke second in 50:01. . . Lennie Becker won the National Junior 10 km in Columbus with a 46:18.12, beating Dave Doherty's 47:27.78. In the women's 5, Christy Izzo won in 25:32.02 with Melody Rivera second. (And where are they today when they should be nearing their prime?). . . In a U.S., England, USSR meet in Birmingham, England, Mikhail Schennikov won the 10 Km walk in 40:10.97, with Tim Lewis fourth in 42:25.50.

5 Years Ago (From the July 1994 ORW)--The National 10 at Niagara Falls again, and this time Dave McGovern came out on top in 42:56, surprising Allen James (44:30). Canada's Arturo Huerta was third and Don DeNoon (see 35 years ago) was fourth with a world record for those over 50--44:59! Lyn Brubaker beat Canada's Rachel Robichaux in the women's race with a 48:07. . . In the U.S. Olympic Festival, Michelle Rohl and Jonathan Matthews came away with wins. Rohl's 45:51.22 left Debby Van Orden more than a minute back in the women's 10, with Dana Yarbrough and Lyn Brubaker following. Matthews did 1:27:53 in the 20, with Dave McGovern second in 1:29:57. Andrzej Chylinski, Rob Cole, Al Heppner, and DeNoon (1:33:28) followed. . . The Junior National 10 went to Justin Marrujo in 46:50.31 with Will Vanaxen (47:28) and Kevin Eastler (48:24) second and third. Anya-Maria Ruoss (24:17.75) beat Deb Iden (25:39.31 in the Women's 5.