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Hot Times In Europe

World Best For Spitsyn; American Record For Clausen; Russian Women (Five of Them) Under 20 Km Best

Beginning with the Naumburg Grand Prix in Germany on the final weekend of April, the past month has seen a series of fast competitive European races featuring some of the world's best men and women.

Topping off the spectacular month were the Russian championships on May 21, where Valeriy Spitsyn covered 50 Km in 3:37:26, 15 seconds under Andrei Perlov's world road best set in 1989. Even more amazing was the annihilation of Hongyu Liu's world best 20 km of 1:27:30. Tatyana Gudkova won in 1:25:18 and fifth place Olimpiada Ivanova was just 50 seconds back, still 82 seconds under the previous best.

U.S. walkers were involved in many of the other European races with Curt Clausen's American record of 1:23:55.77 on the track in Bergen, Norway topping those efforts. The old record was Tim Seaman's 1:24:24.4 in Sacramento in February. Seaman had just snuck under Allen James' record of 1:24:26.9 set on the Bergen track in 1994. Only Tim Lewis (four times with a best of 1:21:48), Clausen (1:23:24) and Seaman (1:23:42) have gone faster on the road.

Here's a rundown of these and the other outstanding races.

Naumburg, Germany, April 30--This long-standing annual event saw three fast competitive races highlighted by the women's 20 km where Hongyu Liu, then holder of the world's best for the distance, was strongly challenged by Aussie veteran Kerry Saxby-Junna. Liu won in 1:29:20, with the 38-year-old Saxby just 16 seconds back. Saxby was 4 seconds under her personal best set way back in 1988, before many women were walking 20 km races. The pair were together for 15 km from where the Chinese lady eased ahead. Saxby's teammate, Jane Saville, was a strong third in 1:30:12, 46 seconds under her previous best. Danielle Kirk had a personal best with a strong 1:36:46 in 21st, as she fought hard to get the Olympic "A" standard of 1:36. Susan Armenta was two spots back in 1:38:14, three spots ahead of Gretchen Eastler-Fishman. Sara Standley and Victoria Herazo finished 29th and 30th.

In the men's 20 Km, Germany's Andreas Erm, a steady, if not spectacular, performer through the years (World ranked number 8 in 1998), outpaced a strong field to win in 1:20:30. Mexico's Daniel Garcia, world number one in 1997 and ranked third last year, was shuffled back to eighth place, just three spots of Andrew Hermann, who walked a strong 1:26:30. Curt Clausen was 15th in 1:28:43, with Sean Albert in 17th, Philip Dunn in 18th, Kevin Eastler in 20th, and Tim Seaman in 23rd.

Viktor Ginko, Belarus, fifth in the '96 Olympics, outclassed the 50 Km field in 3:47:53, while last year's number 3 ranked walker, Sergei Korepanov could manage only fifth place. The Germans were strong with five under 4 hours. Results of the Naumburg races:
Women's 20 Km--1. Liu Hongyu, China 1:29:20 2. Kerry Saxby-Junna, Australia 1:29:36 3. Jane

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Saville, Aust. 1:30:12 4. Katrin Boyde, Germany 1:30:42 5. Rosario Sanchez, Mex. 1:31:38 6. Beate Gummelt, Germany 1:31:45 7. Maria Urbanik-Rosza, Hung. 1:32:19 8. Graciela Mendoza, Mex. 1:32:22 9. R. M. Sanchez, Mex. 1:32:34 10. Kjersti Platzer, Nor. 1:32:52 11. Mara Ibanez, 1:32:54 12. Li Hong, China 1:32:55 13. Tolstaja, Kazakhstan 1:32:56 14. Seeger, Germany 1:32:58 15. Saltanovic, Lith. 1:32:58. . .21. Danielle Kirk 1:36:46. . .23. Susan Armenta, USA 1:38:14. . .16. Mex. 1:32:54 Gretchen Eastler-Fishman, USA 1:40:24. . .29. Sara Standley, USA 1:42:38 30. Victoria Herazo, USA 1:44:38 Janice McCaffrey, Can. DQ

Men's 20 Km--1. Andreas Erm, Germany 1:20:30 2. Yunfeng Liu, China 1:20:42 3. Nick A'Hern, Aust. 1:20:53 4. Alejandro Lopez, Mex. 1:21:02 5. Malysa, Czech. Rep. 1:21:07 6. Ikeshima, Japan 1:23:53 7. Julio Martinez, Guat. 1:23:58 8. Daniel Garcia, Mex. 1:24:12 9. Aigars Fadeyevs, Latvia 1:24:23 10. Holusa, Czech 1:24:42 11. Andrew Hermann, USA 1:26:30. . .15. Curt Clausen, USA 1:28:43. . .17. Sean Albert, USA 1:31:12 18. Philip Dunn, USA 1:31:58. . .20. Kevin Eastler, USA 1:33:41 21. Gordon Mosher, Canada 1:33:50. . .23. Tim Seaman, USA 1:37:13 Jefferson Perez, Ecuador DQ

Men's 50 Km--1. Viktor Ginko, Belarus 3:47:53 2. Denis Trautmann, Germany 3:52:06 3. Robert Ihly, Germany 3:52:38 4. Mike Trautmann, Germany 3:52:41 5. Sergei Korepanov, Kaz. 3:53:05 6. Wallstab, Germany 3:57:06 7. Borissow, Kaz 3:57:19 8. Malik, Slovakia 3:57:56 9. Axel Noack, Germany 3:58:52. Among DQs was Carlos Mercenario of Mexico and Rene Piller of France.

Jr. Men's 20 Km--1. Hohne, Germany 1:26:50 Jr. Women's 10 Km--1. Zimmer, Germany 48:49. . . Elizabeth Paxton, USA 54:31

Bergen, Norway, May 7--On a track in which this annual walk fest has yielded 17 World Records since 1978, warmer than usual temperatures nixed any thought of Jefferson Perez joining that list, but didn't prevent Curt Clausen from taking the U.S. record. Curt seems to thrive on warm weather. Perez was content to win and was the only walker in the race to do negative splits (second half faster than the first). He easily dropped Guatemala's Julio Martinez, who has the all-time road best for 20 km, and won by more than a minute in 1:22:28.08. He was 20:53 at 5 km and 41:37 at 10, putting him at 40:51 for the second half, as he closed with a 20:19 for the final 5 Km. Martinez did hold off Clausen, who was on U.S. record pace from the start. The two were together at 10 in 41:51. Clausen dropped back on the third 5, passing 15 km in 1:02:58, 38 seconds behind Martinez. But Curt managed to pick up the pace a bit on the final 5 as the Guatemalan struggled through. Curt was closing at the finish.

Clausen took just under 30 seconds off Seaman's record and just over 30 seconds off Allen James previous record on this track in 1994. On the way, he took out the record for 1 hour, covering 14,292 meters. Andrew Hermann had another strong race in sixth, missing his Naumburg time by just 5 seconds and Kevin Eastler had a tremendous race, taking 5 1/2 minutes of his time in Naumburg. He was leading Hermann at 15 Km, but Andrew was able to accelerate to the finish, showing his 50 km strength, as Kevin faded. Armenta, Kirk, and Paxton walked in a women's 10 Km (track) and finished third, fifth, and ninth, respectively. Results:

Men's 20 Km--1. Jefferson Perez, Ecuador 1:22:28.08 2. Julio Martinez, Guatemala 1:23:37.41 3. Curt Clausen, USA 1:23:55.77 (20:53, 41:37, 1:02:20) 4. Birges Falt, Sweden 1:25:23.04 5. Luis Garcia, Guatemala 1:26:25.92 6. Andrew Hermann, USA 1:26:34.71 (21:17, 42:38, 1:04:42) . . .9. Kevin Eastler, USA 1:28:04.43 (21:18, 42:36, 1:04:42) . . .12. Sean Albert, USA 1:30:41.6 (22:30, 44:44, 1:07:38) 13. Philip Dunn, USA 1:30:54.21 (22:30, 44:44, 1:07:56) DQ--Tim Seaman (21:59, 42:59)

Women's 10 Km--1. Anne Simonsen, Norway 45:42.21. . .3. Susan Armenta, USA 48:08.52 . . .5. Danielle Kirk, USA 49:06.86. . .9. Elizabeth Paxton, USA 54:33.97

Russian Championships, May 21--Valeriy Spitsyn set a new world best of 3:37:26 in the Men's 50 Km on the last day of an incredible Russian championships in which five women also crushed the previous world's best for 20 Km. Spitsyn's 3:37:26 was 15 seconds better than Andrei Perlov's 1989 performance in Leningrad.

Spitsyn has been among the world's best for several years, but never at this level. He was ranked number one in the world in 1994, when he won the European championships. He was fourth in the 1992 Olympics, third in the 1993 World Championships, and fourth in the 1995 World Cup, but has not been ranked in the top 10 since. He missed the '96 Olympics because he was the victim of a vicious assault 21 days before he was due to depart for Atlanta.

Following today's race, he said, "I needed to show world record in the battle for a place on the team. In Sydney, the walk will be slower. Now I am going to have a rest and then I'll begin preparation for the third peak performance this year--the first in February for the winter Russian championships being not very high. I am 34-years old," he continued, "and want to finish my sports life with a gold medal. I am not afraid of the judges because my style is near perfect and I don't know what more to do to improve it."

In the women's race on Friday, Tatyana Gudkova's 1:25:18 was 2:12 under the previous world best and beat Olga Polyakova by just 2 seconds, with the better-known Irina Stankina another 9 seconds. back. Tamara Kovalenko and Olimpiada Ivanova were also well under the old record. In the men's 20, Aleksandr Rasskazov won in 1:17:46, bettering the world road best of Guatemala's Julio Martinez by 2 seconds. Rasskazov's time was reported as a world record, but that record, which must be on a track, is held by Mexican Bernardo Segura at 1:17:25.6. Results of the Russian championships:

Women's 20 Km--1. Tatyana Gudkova 1:25:18 2. Olga Polyakova 1:25:20 3. Irina Stankina 1:25:29 4. Tamara Kovalenko 1:25:59 5. Olimpiada Ivanova 1:26:08 6. Nadezhda Ryashkina 1:28:06 7. Yuliya Voyevodina 1:29:39 8. Larisa Safronova 1:31:22 9. Tatyana Korotkova 1:33:24 10. Rimma Makarova 1:33:33

Men's 20 Km--1. Aleksandr Rasskazov 1:17:46 2. Vladimir Andreyev 1:18:16 3. Dmitriy Yesipchuk 1:20:52 4. Denis Nizhegorodov 1:21:47 5. Vladimir Stankin 1:22:50 6. Andrey Stadnichuk 1:23:34 7. Aleksey Lopatin 1:23:39 8. Aleksey Kronin 1:24:08 9. Aleksey Trifonov 1:24:21 10. Stepan Yudin 1:25:18

Men's 50 Km--1. Valeriy Spitsyn 3:37:26 2. Vladimir Potemin 3:39:21 3. Nikolay Matyukhin 3:42:02 4. Andrey Plotnikov 3:44:30 5. Oleg Ishutkin 3:45:47 6. Aleksey Voyevodin 3:50:22 7. Yevgeniy Shmalyuk 3:54:57 8. Andrey Pupyshev

Under 18 10 Km--1. Petr Trofimov 43:54.5 2. Denis Alekseyev 44:11.9

Women's Under 20 10 Km--1. Lyudmila Yefimkina 43:35.2 2. Tatyana Kozlova 44:34.8

Women's Under 18 5 Km--1. Sofya Kuzevanova 22:14.6 2. Kseniya Ishcheykina 22:38.4 3. Irina Petrova 22:48.2 4. Aleksandra Kubasova 22:57.5

Turku, Finland, May 21--Ecuador's Jefferson Perez, the defending Olympic champion, indicated he will be very much in the hunt in Sydney, winning a 20 Km race in 1:20:30, ahead of Mexico's Alejandro Lopez and last year's number one Ilya Markov. Perez lost the other two with a

9:28 for the final 2.5 km (sub 1:16 pace)! For the U.S., Tim Seaman and Sean Albert broke out of the slump they had experienced thus far in the European season with solid performances, albeit not personal records. Tim finished ninth in 1:25:47 and Sean 13th in 1:28:08. In a women's race, Norway's Kjersti Platzer prevailed in 1:29:38. Kerry Saxby-Junna was slated to be in that race, but we have no results other than the winner at this time.

Men's 20 Km--1. Jefferson Perez, Ecuador 1:20:30 2. Alejandro Lopez, Mexico 1:20:50 3. Ilya Markov, Russia 1:20:53 4. Valentin Kononen, Finland 1:21:00 5. Edgar Hernandez, Mexico 1:21:30 6. Tomak Lipiec, Poland 1:21:59 7. Nick A'Hern, Australia 1:21:59 8. Bengt Simonsson, Sweden 1:25:31 9. Tim Seaman, USA 1:25:47 10. Nicham Daimer, Germany 1:25:48...13. Sean Albert, USA 1:28:08...17. Andrzej Chylinski, USA 1:37:05 DQ--Axel Noack, Germany

Two other European races:

Copenhagen, May 6: Men's 20 Km--1. Alejandro Lopez, Mexico 1:20:09 (19:31, 39:48, 59:53) 2. Edgar Hernandez, Mexico 1:22:53 3. Nick A'Hern, Aust. 1:23:51 4. Clause Jorgensen, Denmark 1:26:10 5. Dion Russell, Aust. 1:27:18 6. Jacob Sorensen, Den. 1:27:52 Women's 20 Km--1. Jane Saville, Australia 1:28:56 (bettering Saxby-Junna's Aussie best from a week before) (22:00, 44:06, 1:06:45) 2. Guadalupe Sanchez, Mex. 1:30:49 3. Abigail Alicia Saenz, Mex. 1:30:49 4. Mara Ibanez, Mex. 1:33:30 (We also note that Ronald Weigel, World Cup and World Championship winner at 50 km while competing for East Germany, and now Australian coach, won a 1 km sprint in 4:26.) La Coruna, Spain, May 20: Men's 20 Km--1. Michelle Didoni, Italy 1:22:45 2. Julio Martinez, Guat. (The results say Spain, but unless this is a different Julio or he had a quick change in citizenship since the Bergen race, that's a mistake.) 3. David Marquez, Spain 1:24:10 4. Mikel Odriozola, Spain 1:24:31 5. Jose Rodriguez, Spain 1:24:53 6. Andrew Hermann, USA 1:25:05 (Another solid race for Andrew and a personal best.) Women's 10 Km--1. Claudia Iovan, Romania 44:35 2. Maria Vasco, Spain 44:48 3. Encarna Granados, Spain 45:07

Rohl Blitzes U.S. 20 Km Best

Kenosha, Wis., May 13--Walking on her own after the first 5 Km, Michelle Rohl walked an impressive 20 km today, completing the distance in 1:31:51. The previous best by U.S. women was Michelle's 1:33:17 at last year's U.S. Championships. The 33-year-old Rohl, who had returned to Wisconsin 10 days earlier from altitude training in New Mexico, enjoyed the cool air (50-55 F) and walked strong the whole way. Seeking a sub 46 minute 10 km, she covered the first 5 in 22:57 and then accelerated to hit 10 in 45:42. She maintained the pace for the third 5 with a 22:53 before slowing slightly on the final 5 (23:16).

In second, Debbi Lawrence, 37, showed she will be ready to challenge for an Olympic berth, bettering her personal record with a 1:34:41. Perhaps most impressive of all was 20-year-old Sara Stevenson, the fast improving Olivet Nazarene student. Walking her first 20, and never having broken 48 minutes for 10, she went through the first 10 in 46:40 and then hung on well, even closing a little ground on Lawrence over the final 5, to finish in 1:35:22. Quite a debut at the distance! An instant number 4 on the all-time U.S. list.

In the men's 20 Km, Matt DeWitt, a 20-year-old protege of his U.W. Parkside coach and father Mike, improved his personal best by more than 5 minutes as he won easily in 1:32:41. Another Parkside athlete, 18-year-old Jim Heys won the 10 Km race in 45:41. The frosh from Langley, B.C. (he has an American mother) plans to walk the Canadian Olympic Trials in June. Results of the UW Parkside May walks:

Women's 20 Km--1. Michelle Rohl, Moving Comfort 1:31:51 (22:57, 45:42, 1:08:35) 2. Debbi Lawrence, Nike Barleygreen 1:34:41 (23:01, 46:12, 1:10:08) 3. Sara Stevenson, Olivet Nazarene 1:35:22 (23:06, 46:40, 1:10:59) 4. Ali Bahr (nee DeWitt), Parkside AC 1:44:09 5. Deb Iden, Parkside AC 1:45:59

Men's 20 Km--1. Matt DeWitt, UW Parkside 1:32:41 (23:00, 45:53, 1:09:15) 2. Lachlan McDonald, UW Parkside 1:39:24 3. Paul Malek, un. (44), 1:49:55

10 Km--1. Jim Heys, UW Parkside 45:41 2. Steven Quirke, UWP 47:28 3. Abby Oliver, Indianapolis 53:44 3. Mike Stanton, UWP 55:09

5 Km--1. Will Preischel 23:55 2. Mike Rose 26:34 3. Don Mowles (56) 26:53 4. Ron Winkler (49) 29:44

3 Km--1. Angie Nieth, UWP 15:29; 2. Chris Pluister, Olivet Nazarene 15:51 3. Kathleen Stuper, UWP 16:02 4. Tracy Bridges, Olivet Naz. 16:37 5. Katie Mendonca, UWP 16:58

Other Results

Stevenson tops 3 Km record! NAIA Championships, Abbotsford, B.C., May 26--The rapidly improving Olivet Nazarene junior, Sara Stevenson, knocked 8 seconds off Michelle Rohl's American record for 3 Km in winning the NAIA championship today. Winning by more than a minute and 35 seconds, Sara finished in 12:39.62, shattering the previous NAIA record of 13:16 set by Jill Zenner in 1997. 1. Sara Stevenson, Olivet Nazarene 12:39.62 2. Amber Antonia, Wis. Parkside 14:25.27 3. Laurie Starr, hastints 15:03.47 4. Jacqueline Campos, Cal. San Marcos 15:09 5. Angie Nieth, Wis. Parkside 15:31.75 6. Heather Georg, Hastings 15:49 7. Tesia Cole, Rio Grande 15:50 8. Kimmy Morris, Concordia 15:57 9. Kathleen Stuper, Wis. Parkside 16:07 10. Katie Rulapaugh, Cedarville 16:29 11. Kristin Ziarek, Wis. Parkside 16:36 12. Traci Bridges, Olivet, Na. 16:41 13. Katie Mendonca, Wis. parkside 16:54 **NAIA Men's 5 Km, same place**--1. Lachlan McDonald, Wis. Parkside 21:54.72 2. Matt DeWitt, Wis. Parkside 22:10.36 3. Jim Heys, Wis. Parkside 22:44.94 4. Steve Quirke, Wis. Parkside 23:50 5. Josh Ginsburg, Mobile U. 23:58 6. Jeremy Eye, McKendree 24:22 7. Mike Stanton, Wis. Parkside 15:06 8. Mike Sandelin, Taylor 26:47 9. Ryan Vitatoe, Lindsey Wilson 19:11 **30m, Foster, R.I., May 7**--1. Joe Light (52) 3:19.31 Women--1. Cheryl Henshall (44) and Kathy Gravelle (50) 4:31.04 **15 Km, same place**--1. Brian Savilonis (49) 1:22:09 2. Stan Sosnowski (49) 1:32:59 3. Bill Harriman (53) 1:37:50 4. Charlie Mansbach (55) 1:40:43 Women--1. Mary Flanagan (40) 1:52:38 2. Sheila Danahey (49) 1:53:59 **5 Miles, Westerly, R.I., April 30**--1. Maryanne Torrellas 44:48 2. Lee Chase 44:48 3. Jean Tenan 47:36 4. Ann Percival 48:26 5. Mary Flanagan 52:47 (12 finishers) Men--1. Bob Keating 39:43 2. Brian Savilonis 40:18 3. Nick Manuzzi 41:21 4. Bob Ullman 46:04 5. Andy Cable 46:45 6. Bill Harriman 46:54 7. Ken Mattsson 47:10 8. Charlie Mansbach 50:25 (14 finishers) **Metropolitan 20 Km, New York City, May 21**--1. Heber Ramos 1:47:19 2. Bill Vayo 1:53:22 3. Micheline Daneau, Can. 1:53:44 3. Vlado Haluska (48) 1:55:34 5. Nicholas Bdera (51) 1:57:26 6. Martine Rainville, Can. 1:57:44 7. Sherwin Wilk (61) 1:03:52 8. Lon Wilson (52) 2:03:53 9. Jean Tenan 2:05:08 10. Jose Perez 2:07:10 11. Bob Barrett (65) 2:08:48 (23 finishers) **Zinn Memorial 10 Km, Wall Twp. N.J., April 16**--1. Greg Dawson 48:20.4 2. John Soucheck 48:57 3. Jack Lach 57:27 4. Eric Litt 57:45 5. Ted Frush 62:55 6. Ralph Edwards 63:16 7. Ben Ottmer 63:31 (1st 60-69) ...10. Bob Mimm 66:04 (1st 70 and over) **20 Km, Point Pleasant, N.J., May 21**--1. John Soucheck 1:39:22 2. Erik Litt 1:59:59 3. Dave Romansky (60+) 2:07:46 4. Ben Ottmer 2:18:06 5. Bob Mimm (75) 2:18:30 **10 Km, sameplace**--1. Jack Lach 58:30 2. Arnis Paiglis 62:50 3. ralph Edwards 63:41 (6 finishers) Women--1. Alina Zeleznova 62:35 2. Donna Cetgrula 64:22 (4 finishers) **Penn Relays 5 Km, Philadelphia, April 30**--1. Sara Stevenson 22:00.88 2. Jill Zenner 22:39.81 3. Deb Iden 24:27.33 4. Samantha Cohen 24:31.76 5. Katie Rulapaugh 26:38.92 6. Loretta Schuellein

27:21.31 7. Vanessa Ryan 27:35:35 8. Tara Shea 27:53:95 9. Tesia Cole 28:26:04 9. Lisa Marie Villucci 29:07:84 10. Barbara Imperiale 29:31:74 **Men's 10 Km, same place--**1. John Nunn 43:48.31 2. John Soucheck 46:40.52 3. Greg Dawson 47:46.92 4. Dave Doherty 49:47.96 5. Robert Williams 49:59.22 **Jr. 5 Km, same place--**1. Emma Cart3r 25:11.72 2. Andrea Albergo 26:16.15 3. Christine Fina 26:35.48 4. ALice Tan 26:59.99 5. Alina Zeleznova 27:04.91 6. Ali Vavas 27:22.54 7. Amanda Bergeron 27:38.71 8. Jenn Woodbury 28:29.49 **Jr. Men's 10 Km, same place--**1. Jim Heys 46:36.34 2. Dan Pendergast 48:41.31 3. Eric Smith 53:19.83 **Masters 10 Km, same place--**1. Jim Carmines 54:34.76 2. Vince Peters 55:23.32 3. Jack Lach 55:47.88 **Masters Women's 5 Km, sameplace--**1. Donna Chamberlain 25:26.47 2. Gloria Rawls 26:49.63 3. Jan Adams 29:54.41 **5 Km, Washington, D.C., April 22--**1. Vanessa Ryan 27:36 2. Bob Ryan 31:32 **10 Km, sameplace--**1. Victor Litwinski (56) 61:52 2. Dave Williams (57) 64:11 3. Lois Dicker (60) 64:52 **3 Km, Alexandria, Vir., April 30--**1. Victor Litwinski 17:30 **Nort Region and Ohio USATF 20 Km, Yellow Springs, Ohio, May 7--**1. Cheryl Rellinger 1:47:25 2. Lisa Sonntag 1:47:58 3. Dorit Attias 1:55:32 4. Lyn Brubaker 1:58:23 5. Gayle Johnson 1:58:49 6. Debbie Topham 2:08:07 7. Sherry Watts, Can. 2:08:10 8. Lynette 2:28:05 DNF--Jill Zenner led by large margin at 14 km Men--1. Ioan Froman 1:44:37 2. Rod Craig 1:47:43 3. Dave Doherty 1:51:03 4. Al Cowen 2:02:32 5. Ross Barranco 2:06:41 6. Jerry Muscal 2:07:17 7. Don Ramsden, Can. 2:08:37 8. Lee Hyland 2:09:53 9. Jack Blackburn 2:26:53 **10 Km, same place--**1. Jackie Reitz 58:08 2. June-Marie Provost, Canada 63:01 Men--1. Max Walker 54:23 2. Ed Fitch 54:46 3. Ray Everson 61:13 **5 Km, same place--**1. Tesia Cole 28:33 2. Gail Brandenburg 32:36 3. Tina Peters (11) 34:06 (y finishers) Men--1. Eric Smith 25:39 2. Jim Robinson 28:13 3. Jack Shuter 34:56 **2 Mile, Wichita, Kan., April 22--**1. Bruce Cooper 19:03 2. Richard Ortiz (60-69) 19:58 Women--1. Molly Lavacek 15:46 2. Norma Weiser (40-49) 20:08 **5 Km, Denver, April 16--**1. Francisco Pantoja 21:33 2. Jose Pantoja 21:34 3. John Tarin (47) 27:43 4. Daryl Meyers (57) 28:58 5. Peggy Miiller (45) 29:50 6. Lorie Rupoli (48) 30:01 **5 Km, Denver, April 23--**1. John Tarin 26:54 **5 Miles, Denver, April 30--**1. Scott Richards (5) 44:52 2. Patty Gehrke 45:25 3. Mike Blanchard 47:28 4. Lorie rupoli 49:44 **20 Km, Denver, May 6--**1. Peggy Miiller 2:08:01 **10 km, same place--**1. Pitty Gehrki 54:27 2. Scott Richards 57:59 3. Eric Pasko (18) 61:33 **10 Km, Prescott, Ariz., May 6 (5400 feet altitude)--**1. Victoria Herazo 52:19 2. Bob Daniel 67:45 3. Courtney Trowman 69:29 4. John Kelly 69:58 **5 Km, Las Vegas, April 30--**1. Karen Bartolo 29:49 2. Susan Mears 31:06 (8 finishers) Men--1. Mark Green 23:28 2. Ric Holt 23:51 3. Joe Nierowski 24:00 4. Chris Dreher 25:48 5. Dafve Crabb 27:50 6. Pedro Santoni 28:34 7. Dick Petruzzi 29:45 8. Carl Acosta 31:27 (12 finishers) **1500 meters, Kentfield, Cal., May 21--**1. Doris Cassels 9:17 2. Virginia Fong 9:18 3. Marge Garner 9:22 (17 finishers, 1 DQ) **1 Mile, sameplace--**1. Virginia Fong 9:54 2. Peter Corona (70) 9:56 3. Doris Cassels 10:08 (15 finishers) **5 Km, Sacramento, May 21--**1. Sara Standley 23:12 2. Ric Holt 24:06 3. Robyn Stevens 26:45 4. Bill Penner 29:33 5. Karen Stoyanowski 29:39 6. Dick Petruzzi 30:27 7. Joe Berendt 31:09 (10 finishers) **Alongi 5 Km, Kentfield, Cal., May 28--**1. Susan Armenta 23:36 2. Victoria Herazo 3. Lisa Sonntag Men--1. Marco Evoniuk 23:49 2. Abderrezak Ghafara 3. Eric Poulsen 25:47 4. Joe Berendt 26:37 Men 65-59--1. Jack Bray 27:47 **2.8 Miles, Seattle, April 8--**1. Stan Chraminski 24:12 2. Bob Novak 24:19 3. Bart Kale 26:31 4. Bev LaVeck 26:42 5. Joslyn Slaughter 27:19 6. Dick Zerbe 28:41 9. Greg Whitcomb 28:50 (should have complete results next month) **2.8 Miles, Seattle, May 13--**1. Stan Chraminski 24:30 2. Bob Novak 25:07 3. Joslyn Slaughter 27:25 **10 Km, Seattle, April 22--**1. Ric Holt 48:23.5 2. Gerry Dragomir (48), Can. 50:50 3. Rob Frank (47) 53:49 4. Kelly Murphy-Glenn 54:04 5. Stan Chraminski (52) 54:54 6. Carmen Jackinsky 55:04 7. Bob Novak (50) 55:32 8. Merima Kostecki (19) Can. 55:59 9. Mary Snyder (49) 56:34 10. Bev LaVeck (64) 59:27 11. John Backlund (60) 61:42 12. Geroqe Ospahl (58) 62:21 (15 finishers) **5 Km, same place--**1. Sharon Yen, Can. 28:18 2. Ann Tuberg 29:09 3. Seth Davick 30:55(9 finishers)

20 Km, Oregon City, Ore., May 6--1. Ian Whatley 1:32:26 2. Gerry Dragomir 1:47:07 3. Stan Chraminski 1:53:48 4. Bob Novak 1:57:35 Women--1. Carmen Jacinsky 1:57:57 2. Merima Kostecki 2:04:14 **5 Km, London, Ontario, May 14--**1. Arturo Huerta 20:39.8 2. Gord Mosher 22:08 3. Joni-ann Bender 15:18.8 4. Bill Purves 28:08 5. Don Ramsden (53) 28:40 6. Chuck Edwards (54) 29:00 7. Jennifer Henry (17) 29:53 8. Liliana Whalen (48) 30:16 9. Stuart Summerhayes (66) 30:36 (17 finishers) (No results yet on National 15 Km on May 21, except that it was won by Mike Rhl. Next month.)

Hungary-Ukraine-Poland-Japan Match, Oxd, Hung. May 21--1. Sandor Urbanik, Hung. 1:22:12 2. Gyula Dudas, Hung 1:25:50 3. Vitaly Stetyshyn, Ukr. 4. Gregorz Muller, Pol. 1:26:48 5. Leonid Mizewrnyuk, Ukr 1:26:52 6. Gregorz Sudol, Pol 1:27:10 Teams: 1. Hungary 11 2. Ukraine 15 3. Poland 19 **Women's Match, same place--**1. Maria Rosza Urbanik, Hung. 1:35:11 2. Svitlana, Ukr. 1:36:02 3. Olen Miroshnychenko, Ukr. 1:37:05 4. Kaori Nikaido, Japan 1:39:32 5. Iryna Kovalchuk, Ukr. 1:39:36 6. Sylwia Korzeniowska, Pol. 1:40:10 Teams: 1. Ukraine 10 2. Japan 20 3. Poland 24 4. Hungary 24 **10 Km (track), Spala, Poland, May 7--**1. Tomasz Lipiec 39:56.00 **20 Km, Beja, Portugal, April 29--**1. Joao Vieira 1:25:35 2. Sergio Vieira 1:27:59 **Women's 10 Km, same place--**1. Susana Feitor 45:25 **15 Km, Ballarat, Australia, May 21--**1. Brad Malcolm 1:05:13 Women--1. Wendy Muldoon 1:11:25 2. Simone Wolowiec 1:12:23 **Pacific Scholastic Games, Australia, May 6:** Girls 14-15 1500 meters--1. Bridgette Burns 6:39.97 2. Nyssa Cobby 6:45.50 3. Rebecca Wilkie 6:48 Girls 16-17 3 Km--1. Laura Johnson 14:00.63 2. Catherine Ranger 14:21.64 3. Kate Connolly 14:36 Boys 14-15 1500 meters--1. Greg Collins 6:13.17 2. Shaun Archer 6:18.52 3. Ben Richardson 6:21.77 Boys 16-17 3 Km--1. Scott Holloway 12:34.21 2. Jared Tallent 12:50.56 3. Kiel Roberts 13:06.50 Boys 18-19 5 Km--1. Douglas Connolly 21:17.23

Pick up your pace at a walking race

Sat. June 10 10 Km, Long Island, 5:30 pm (F)
2.8 Miles, Seattle, 9 am (C)
5 Km, Denver, 8:30 am (H)

Sun. June 11 5 Mile, New Hyde Park, L.I., N.Y. (F)
5 Km, Cambridge, Mass. (N)
3 Km, Alexandria, Vir. (J)
Senior Olympics 5 and 1500, Eagle Rock, Cal., 11 am (CC)

Mon. June 12 5 Km, Long Branch, NJ 6:45 pm (A)

Sat. June 17 5 Km, Long Island, 9 am (F)
New EWngland 3 Km, Dedham, Mass. (N)
1 Mile, Point Pleasant, N.J. (A)
5 Km, Rio Rancho, N.M. (W)
5 Km, Portland, Ore. (C)

Sun. June 18 Ohio 8 Km and Novice 3 Km (Track), Franklin, 1 pm (M)

Mon. June 19 5 Km, Long Branch, N.J., 6:45 pm (A)

Wed. June 21 5 Km, Denver, 6 pm (H)

Sat. June 24 4 Mile, Long Island, 9 am (F)
5 and 10 Km, Youth 3 Km, Van Nuys, Cal., 5 pm (B)
15 and 20 Km, Kenosha, Wis. (O)
North Region 8 KM, Kalamazoo, Mich. (DD)
5 Km, Denver (H)

Sun. June 25 Metropolitan 15 Km, New York City, 9 am (G)
3 Km, Alexandria, Vir. (J)
1 Hour, Sacramento (P)

	5 Km, Ft. Morgan, Col. (H)
Mon. June 26	5 Km, Long Branch, N.J., 6:45 pm (A)
Sun. July 2	5 Km, Long Island (F)
Mon. July 3	5 Km, Long Branch, N.J., 6:45 pm (A)
Mon. July 3	5 Km, Miami, 7 pm (Q)
Tue. July 4	8 Km, Alexandria, Vir. (J)
	5 Miles, Dedham, Mass., 9:30 am (H)
	5 Km, Denver, 8 am (H)
Fri. July 7	5 Km, Seattle (C)
Sat. July 8	5 Km, Denver, 8 am (H)
July 9	Eastern Regional 3 Km, Connecticut(N)
	5 Km, Cambridge, Mass. (N)
	3 Km, Alexandria, Vir. (J)
	1 Mile, Miami (Q)
Mon. July 10	5 Km, Long Branch, N.J., 6:45 pm (A)
Sat. July 15	2.8 Miles, Seattle, 9 am (C)
	5 Km, Lakewood, Col., 8 am (H)
	10 Km, Long Island, 9 am (F)
Sun. July 16	Women's 20 Km Olympic Trials, Sacramento
Mon. July 17	5 Km, Long Branch, N.J., 6:45 pm (A)
Sat. July 22	Men's 20 Km Olympic Trials, Sacramento
Sun. July 23	3 Km, Alexandria, Vir. (J)
	5 Km, Long Island, 8 am (F)
Mon. July 24	5 Km, Long Branch, N.J., 6:45 pm (A)
Sat. July 29	East Regional Masters 5 Km, Springfield, Mass. (N)
Sun. July 30	5 Km, Kentfield, Cal. (P)
	Doc Tripp Memorial 5 and 10 Km, Broomfield, Col. (H)
Mon. July 31	5 Km, Long Branch, N.H., 6:45 pm (A)
Sun. Aug. 6	3 Km, Alexandria, Vir. (J)
	Metropolitan 3 Km, New York City, 9 am (G)
Mon. Aug. 7	5 Km, Long Branch, N.J., 6:45 pm (A)

Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764
 B--Richard Oliver, 11431 Sunshine Terrace, Studio City, CA 91604
 C--Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115
 D--Walking Club of Georgia, PO Box 190011, Atlanta, GA 31119
 E--Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813
 F--Howard "Jake" Jacobson, P.O. Box 640, Levittown, NY 11756
 G--Stella Cahsman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO80207
 J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
 N--Steve Vaitones, 90 Summit Street, Waltham, MA 02451
 O--Mike DeWitt, U. of Wis. Parkside, Kenosha, WI, dewitt@uwp.edu
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813
 Q--Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066
 R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
 S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614
 T--Columbia, TC P.O. Box 1872, Columbia, MO 65205

V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
 W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197
 CC--Jim Hanley, PO Box 6744, Thousand Oaks, CA 91359
 DD--Bill Reed, 8242 Greenfield Shores, Scotts, MI 49088

1999 Postal 1 Hour Results

This annual affair is sponsored by the Shore AC. You hold your own races on the track and mail in the results. For information on the 2000 competition--you can hold a race anytime until Dec. 31--contact Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764, 732-222-9080, E-mail ElliottDenman@aol.com. Some highlights of the 1999 competition. Citoria Herazo set a women's 40-44 record of 11,597 meters. Gayle Johnson topped the women's 50-54 record with 10,815. Bev LaVeck, already of the 55-59 record, added the 60-64 record with 9702. The Potomac Valley women (Cheryl Rellinger, Kora Bouffler, and Alizon Zabrenski) totaled 33,905 meters to set an all-time women's open division team record. The Shore AC's trio of Donna Chamberlain, Lyn Brubaker, and Sherry Brosnahan totaled 33,238 meters for an age 40-49 record.

A record 326 walkers competed, representing 39 different clubs from Maine to California. In total they covered 2,894,128 meters, nearly 1800 miles. And here are partial results by sex and age group: Boy's 10 and under--1. Paul Regul, Elgin Sharks 8934 Boy's 11-14--1. Mark Dennet, Maine Walkers 8949 Boy's 15-19--1. Dan Pendergast, Maine Walkers 11,680 2. John Chasse, Maine Walkers 10,550 Men's Open--1. Keith Luoma, Potomac Valley 12,529 2. John Soucheck, Shore AC 12,251 3. Ian Whatley, Potomac Valley 12,199 4. Larry Walker, Cal Walkers 12,052 5. Richard McGuire, Chicago Walkers 12,037 6. Robert Keating, NE Walkers 11,848 7. Don DeNoon, un, Ill. 11,784 8. Jim Carmines, Potomac Valley 11,661 9. Rezak Gharfara, Marin RW 11,642 10. Dave Lawrence, Niagara Walkers 11,508 11. Rob Franks, RacewalkersNW 11,287 12. Norm Frable, Potomac Valley 11,240 13. Leon Jasionowski, Mich. 11,185 14. Joe Berendt, Sierra RW 11,116 15. Brian Savitoni, NE Walkers 11,074 16. Stan Chraminski, Racewalkers NW 11,035 17. Shoja Torabian, Marin RW 11,002 18. Janos Szalas, Florida AC 10,935 19. Ed Kousky, Racewalkers NW 10,888 20. Tim Good, Potomac Valley 10,806 21. David Dunn, Kalamazoo 10,463 22. Eric Litt, Shore AC 10,275 23. Michael Rose, Parkside AC 10,120 Men's 40-44 (For those who entered the Open Division and are listed above, I show only the last name)--1. Whatley 2. Lawrence 3. Berendt 4. Szalas 5. Good 6. John Costello, NE Walkers 10,240 7. Randall Stafford, CambSpUnion 9793 8. Damon Clements, Indiana RW 9621 Men's 45-49--1. Franks 2. Savilonis 3. Eric Poulsen, Marin RW 10,491 4. Stanley Sosnowski, NE Walkers 10,424 5. Doug VerMeer, Racewalkers NW 10,420 6. Klaus Thiedmann, Chicago Walkers 10,304 7. Bill Reed, Kalamazoo 10,092 8. Rick Austin, SC 9917 9. Curtis Gourley, SC 9768 Men's 50-54--1. McGuire 2. Keating 3. Frable 4. Chraminski 5. Torabian 6. Max Walker, Indiana RW 10,788 7. Bob Novak, RacewalkersNW 10,745 8. Mike Bird, Indiana RW 10,211 9. Ross Barranco, Wolverine Pacers 10,194 10. Robert Ullman, NE Walkers 10,131 11. Alan Price, Potomac Valley 10,131 12. Tim Staats, Cal Walkers 10,029 13. John Albert, PHAST 9895 14. Ed Dunphy, Shore AC 9751 Men's 55-59--1. Walker 2. DeNoon 3. Carmines 4. Jasionowski 5. Kousky 6. David BValdwin, Mass. 10,789 7. Jack Lach, Shore AC 10,759 8. Tom Knatt, NE Walkers 10,024 9. Patrick Bivona, Park Walkers 9765 10. George Ospahl, RacewalkersNW 9722 Men's 60-64--1. Jack Elwarner, Mich. 10,652 2. Dave Romansky, Shore AC 10,362 3. Ray Everson, Indiana RW 9904 4. Lee Duffner, Florida AC 9770 5. Bob Cella, Florida AC 9747 6. Heinrich Looser, SC 9668 7. Ed Lane, Marin RW 9440 Men's 65-69--1. Jack Bray, Marin RW 10,586 2. Bob Barrett, Park Walkers 10,125 3. Alfred DuBois, Parkside AC 10,095 4. Carl Acosta, Racewalkers United 10,029 5. Stuart Summerhayes, Can. 10,020 6. Arvid Rolle, RW United 9716 7. Bob Davis, Pegasus AC 9290 8. Leon Glazman, RW United 9240 (This was the

second largest group of men with 28 entries, 50-54 had 31) Men's 70-74--1. Peter Corona, Marin RW 9298 2. Bill Moremen, SX Walkers 8988 3. Albert Goldman, Chicago Walkers 8922 4. Hugh Acton, Kalamazoo 8897 5. Walter Morse, Shore AC 9726 6. Joseph LaBruno, North Jersey Masters 8711 Men's 75-59--1. Bob Mimm, Shore AC 9620 2. Klaus Timmerhaus, Front Range 8459 3. Daniel Marzano, Shore AC 8391 4. Masashi Noritake, SC Walkers 8383 Men's 80-84--1. Troy Grove, Marin RW 7127 Men's 85 and up--1. Harry Drazin, Shore AC 6891 Girl's 10 and under--1. Amanda Welsh and Leanne Young, RW St. Louis 6744 Girl's 11-14--1. Jennifer Reekie, Cyclones, Mo. 8472 2. Dawn McKay, Napa Valley 8458 Girl's 15-19--1. Caitlin Bonney, Western Maine 10,588 Women's Open--1. Gretchen Eastler-Fishman, un. 12,313 2. Cheryl Rellinger, Potomac Valley 11,938 3. Victoria Herazo, Cal Walkers 11,597 4. Donna Chamberlain, Shore AC 11,553 5. Lyn Brubaker, Shore AC 11,082 6. Kora Bouffler, Potomac Valley 11,035 7. Alison Zabrenski, Potomac Valley 10,932 8. Gayle Johnson, un., Mo. 10,815 9. Margaret Govea, Easy Striders 10,758 10. Sherry Brosnahan, Shore AC 10,603 11. Karen Stoyanowski, Sierra AC 10,603 12. Lori Wallace, Kalamazoo 10,455 13. Gloria Rawls, Shore AC 10,443 14. Janet Comi, Niagara Walkers 10,414 15. Abigail Oliver, Indiana RW 10,364 16. Jackie Reitz, Indiana RW 10,357 17. Sand DeNoon, Indiana RW 10,315 18. Teresa Aragon, New Mexico RW 10,229 19. Dorit Attias, Walk USA 10,174 20. Lee Chase, Conn. RW 10,145 21. Tish Roberts, Indian RW 10,106 22. Karen Olson, Marin RW 10,070 23. Brenda Usher-Carpino, Marin RW 10,070 24. Peggy Müller, Front Range 10,068 25. Kim Miller, Racewalkers NW 10,065 Women's 40-44--1. Herazo 2. Chamberlain 3. Brubaker 4. Stoyanowski 5. Rawls 6. DeNoon 7. Kim Miller 8. Ann Percival, Conn. RW 9839 Women's 45-49--1. Brosnahan 2. Comi 3. Aragon 4. Chase 5. Roberts 6. Peggy Müller 7. Sherry Watts, Can. 9949 8. Rosie Sidelko, Florida AC 9752 Women's 50-54--1. Johnson 2. Reitz 3. Usher-Carpino 4. Donna Cetrulo, Shore AC 9407 Women's 55-59--1. Jolene Steigerwalt, SC Walkers 9347 Women's 60-64--1. Bev LaVeck, Racewalkers NW 9702 2. Sami Bailey, Indiana RW 9284 3. Doris Cassels, Marin RW 9120 4. Lois Dicker, Potomac Valley 9,058 Women's 65-59--1. June-Marie Provost, Can. 9391 2. Shirley Dockstader, Marin RW 9289 Women's 70-74--1. Terry Hamilton, Potomac Valley 7489 Women's 75-59--1. Jane Dana, SC Walkers 8043 Women's 80-84--1. Mary Latham, Potomac Valley 6923 Men's Teams: 1. Potomac Valley A (Luoma, Whatley, Carmine) 36,389 2. Shore AC A (Soucheck, Lach, Romansky) 33,346 3. Northeast Walkers A (Keating, Savilonis, Sosnowski) 33,346 (39 teams) Women's Teams: 1. Potomac Valley A (Rellinger, Bouffler, Zabrenski) 33,905 2. Shore AC A (Chamberlain, Brubaker, Brosnahan) 33,238 3. Indiad RW A (Oliver, Reitz, DeNoon) 31,036 (42 teams)

We're all better for his having dwelt and walked among us

Racewalking lost one of its great competitors, most faithful contributors, and true friend of all when Henry Laskau succumbed to Alzheimer's in Coconut Creek, Florida on May 7. I was in Yellow Springs, Ohio for the Mortland races that day, and I remember someone asking me if Henry was still with us. I replied that he was as far as I knew. The next day, a note appeared on the internet racewalking list from Jake Jacobson regarding Henry's passing. Jake wrote:

"Three-time U.S. Olympian, many-time national champion, IAAF judge, and all-time supporter of the sport and everyone in it. When you first met him, you were greeted with a warm smile and a handshake with a grip of steel. Henry gave so much of his time to anyone interested in racewalking--from recreataional walkers to the fastest.

Birds of a feather flock together. We were all trackmen and our wives who would get together at each other's houses for a Saturday evening's socializing. Bruce MacDonald, Don Spitzzer, Bill Omeltchenko, Stan Shulman, Roy Chernock, and myself--all close friends since high school and college--teammates at school or the N.Y. Pioneer Club. And Henry and Hilde Laskau--

friends to us all. This group was so tight-knit that we saw each other just about every weekend. New Year's eve 1956 found us at Roy and Ethel Chernock's house. I must admit, we were pretty good at knocking down beer and for some--mixed drinks. We moved the ping-pong table from the center of the room and were kiddingly racewalking diagonally across the rec room floor, when Henry said to me "You should take up racewalking." (I was still a pretty good x-country and distance runner at the time. It was almost like a challenge.

Henry and I trained together at the Pioneer Armory and in my first race they gave me a sizeable headstart (previously called handicap races) and I won by a large margin and got a big trophy. Being a "pot hunter" from way back, I was hooked. He and Hilde have been my enthusiastic supporters and friends ever since. As families, we've always been close despite being separated by 1500 miles. All the Jacobsons will miss Henry--the man who never had a bad word about anyone, who finally, after too many years waiting--was elected to USATF's Hall of Fame at a time when he didn't have a chance to appreciate it.

Some years ago, the Mineola, Long Island Mustang group, conducted as part of their running race, The Henry Laskau Racewalk. It was dropped for some reason. The Long Island T&F Racewalk Committee will approach that group to reinstate the race in Henry's (a former Mineola resident) honor. The NY Walkers Club will also conduct an annual racewalk in his honor. This year we'll conduct the 90th Annual Coney Island Racewalks. Each year we have given, in Henry's honor, the "Henry Laskau Olympic Trophy" for the male with the best racewalk style. Sadly, this year, it will be in memoriam. If there are clubs around the country that would like to conduct an event dedicated to this great contributor to our sport, please contact me. I have pictures and more information." Coach Jake, 91 Blue Spruce Road, Levittown, NY 11756, 516-579-WALK.

And this from another one who Henry inspired and tutored, Olympian Elliott Denman: "He's gone now--so hard to believe--but Henry Laskau will be forever enshrined in my book of golden memories as a No. 1 Guy of All.

He touched so many lives. He turned so many of them around, mine most surely included.

He took me under his wing. He showed me The Way. He led me in all the right directions.

His story is of legend. It should have been made into a book or movie. (Maybe that might still be possible.) All the details out there now. Frank Litsky wrote a marvelous tribute of an obit in the New York Times. I understand there have been others around the nation.

Henry deserved every good word written or spoken about him. It is all true. He was a man too good to be true, true to all his honorary brothers and sisters in his sport (who in some fated way perhaps may have replaced the real family he lost in the Holocaust.)

And true to all humanity.

Henry taught me to aspire, to overcome, to dream, to seek out. . .and decades before Nike. . .to Just Do It.

He just did it--it meaning being A MAN--so well. No one did it better.

We'll all miss you immensely, Dear Friend (and honorary brother) Henry"

From former IAAF Racewalk Chairman and long-time contributor to the sport in this country, Bob Bowman:

"What an inspiration he was to all of us who were fortunate to be his friend. From the first day I met him almost 40 years ago, he always treated me as a special friend who he cared more about than himself. It was not surprising to later learn that is exactly how he treated everyone. In all the years I knew him, under all kinds of circumstances, I never heard him say a negative thing! He was always positive despite what he had experienced in his early years. This story needs to be

told somehow. God surely must be more than pleased with this wonderful man's performance right from the start all the way to the finish line. What a remarkable life! I will miss him dearly."

As will all who knew him. He was always encouraging to my career and seemed genuinely pleased to see Jack Blackburn and I emerge from the midwest to challenge racewalking's elite. It was always a pleasure to see Henry when we went East for races. He did give me a caution in the Indoor 1 Mile early in my career and one of my few DQs in the National 25 as my career was fading, but in both cases spent time with me after the race giving positive reinforcement and sound advice. As Bob has said, always positive, never negative. It was almost worth a DQ to have a good talk with Henry.

Actually, I first encountered Henry several years before I took up racewalking. I journeyed to Dayton with a good friend in 1953, having just graduated from high school, to see the National AAU T&F meet. I had seen Henry walk an indoor meet in Cleveland a couple of years earlier, but did not know much about his branch of the sport. We stopped at the meet headquarters hotel before the first day's events and my friend suddenly said, "There's Henry Laskau." We asked for his autograph, which he graciously gave, in his usual warm, friendly manner. I never imagined that I would be following his footsteps a few years down the line. I don't recall what, if any, conversation we had, but I was impressed with how he reacted to a couple of impetuous teenagers. Incidentally, the other autograph we got was that of Olympic 800 meter runner (7th 1952) Reggie Pearman, another member of the NY Pioneer Club that Jake mentions above. Reggie was equally gracious.

According to Bob Fine, Henry's service was very touching, attended by more than 150 persons, with many giving remembrances. Bob says, "Racewalking is not a major factor in mankind's existence. Yet Henry touched many lives--making them a bit better." He reports that Hilde has suggested that anyone who wishes to make a donation in Henry's name can send it to "Alzheimer's Day Care-Nefp, 227 Northwest 2nd Street, Deerfield Beach, FL 33441.

Finally, this obituary from the Associated Press:

Henry Laskau, who slipped out of a Nazi Labor camp and ended up in the National T&F Hall of Fame after dominating race walking for more than a decade, has died. He was 83. Mr. Laskau won 42 national titles, held five national records, and made three Olympic appearances ('48, '52, '56). "He died a very peaceful death, for which we all are very grateful," his widow, Hilde Laskau said Monday from the couple's Coconut Creek home.

Mr. Laskau was voted into the National T&F Hall of Fame in December 1997.

In his native Berlin, Mr. Laskau was a 22-year-old middle distance runner on a Jewish team when, one day, a knock on the door turned out to be Nazis. He went to a labor camp, the holding ground before the Third Reich's death camps. After about 3 months at the camp, Mr. Laskau got a suggestion from a sympathetic guard who said he would turn his back if Mr. Laskau were to leave that night. He did, and made his way to France, where he boarded a ship to Cuba. Nine months later he was in the U.S. His brother and parents died in concentration camps.

In 1941, in New York, Mr. Laskau met Hilde, whose family had fled Germany, and they married two years later. He did counterintelligence work overseas for the Army in World War II, then went into the import-export business while still finding time to run.

"We had a wonderful life together," his widow said. "We lived for today and didn't worry about tomorrow, which I can recommend to everybody."

Mr. Laskau took up racewalking relatively late in life, entering and winning his first race at age 30 in 1946. From that point on, he was the best U.S. walker until 1957, when his wife took one shoe out of his travel bag because she wanted him to go out on top. During those 11 years, he won national titles at distances from 1 mile to 25 Km. He won 11 straight 10 Km crowns and was

the champion of both the indoor mile and outdoor 3 Km/2 miles for 10 years running. In addition to his Olympic teams, he brought home gold from the first Pan American Games in 1951.

From Heel to Toe

New rates. When I raised the subscription rates with last month's issue, I wondered about complaints and possible effect on renewals. Of course, the number of subscribers has shown a steady decline for several years anyway. A few days later I got my first renewal under the new rates--with a check for \$15.00 rather than \$12.00. The renewal slip was marked "\$12.00 + \$3.00 gift". Gosh! I didn't intend to be begging. But, the gift was appreciated (although, I applied to an additional 3 months on the subscription). . . **ORW--your love connection.** Joe Berendt's name, which I hadn't seen for several years, has been appearing in recent results from the S.F. area. A couple of days ago, I got a note and a check from Joe. The note read: "Hello from a subscriber from long ago now wishing to renew my subscription. . . I drifted from racewalking back in '89 and restarted about 3 years ago. The reason for renewing is more than for informational purposes; it's also for sentimental reasons. Back in early 1988, I lived in an apartment complex in Hayward, Cal. and moved a couple of times, within the same apartment complex though. So I never updated my mailing address with ORW as the mail man always forwarded it to my new place--except once. That time it was delivered to a neighbor of my first apartment within that complex. A neighbor whom, except for an occasional hello, I never would have met. She knew I was still in the complex somewhere so she looked in the phone book. Not listed. Then she looked in an old phone book hoping I kept the same phone number--I did. She called and said she had a piece of my mail delivered to her by mistake and that if I wanted it, it would cost a movie out. I took her challenge and had a great evening, but she didn't tell me about or give me the piece of mail. She finally gave me the piece of mail about a year later--as a wedding gift. It was, of course, the ORW. We have been married now for just over 10 years partly thanks to you." Joe, welcome back. We are humbled to think we could so enrich your life, but always glad to be of service

U.S. All-Time Top (as of 5/21/00)

Women's 20 Km

1:31:51 Michelle Rohl, MCRT, Keneshoa, Wis., 5/13/00
 1:33:27 Joanne Dow, adidas TC, Manassas, Vir., 3/20/99
 1:34:41 Debbi Lawrence, Nike, Kenosha, Wis., 5/13/00
 1:35:22 Sara Stevenson, Olivet Nazarene, Kenosha, Wis., 5/13/00
 1:35:38 Lynn Weik, Nat. Sport, Hauppauge, N.Y., 12/22/91
 1:35:40 Victoria Herazo, Cal Walkers, Albany, N.Y., 5/21/95
 1:35:45 Teresa Vaill, un., Manassa, Vir., 4/2/00
 1:36:46 Danielle Kirk, SC Walkers, Naumburg, Ger., 4/30/00
 1:37:04 Susan Armenta, SC Walkers, Eugene, Ore., 6/27/99
 1:37:19 Jill Zenner, MVTC, Manassas, Vir., 3/20/99

Men's 20 Km

1:21:48 Tim Lewis, NYAC, St. Leonard, Can., 10/5/86
 1:23:34 Curt Clausen, NYAC, Eugene, Ore., 6/27/99
 1:23:42 Tim Seaman, NYAC, Eugene, Ore., 6/27/99

1:24:27 Allen James, AIA, Bergen, Nor., 5/7/94
 1:24:29 Dave McGovern, NYAC, Bekescaba, Hun., 4/14/96
 1:24:50 Jonathan Matthews, New Bal., Eugene, Ore., 6/27/99
 1:24:51 Jim Heiring, AA, Bergen, Nor., 9/24/83
 1:24:58 Ray Sharp, un., St. Leonard, Can., 10/5/86
 1:25:04 Carl Schueler, REWRT, St. Leonard, Can., 10/5/86
 1:25:05 Andrew Hermann, Multnomah AC, LaCoruna, Spain 5/20/00
 (Lists compiled by Bob Bowman)

Wow! I could now be number 8 on the women's all-time list with my 1:36:45 in 1964. And maybe 250th, or so, (optimistic?) on the men's list. And I can remember when I used to like to track if I was still in the top 50. Before long, I can start worrying about that with the women's list. Along that same line, Marty Post, Senior Editor of *Runner's World*, has perversely noted in an e-mail to Franci Cash that "taking the results [Russian Championships] at face value, the first two women 20 K finishers are now faster than the number 10 American man of all time, 1984 Olympian Marco Evoniuk (1:25:23)." Well, not quite true, since, as you can see above, Marco is no longer number 10 and Gudkova doesn't quite crack that top-10 list.

Looking Back

35 Years Ago (From the May 1965 ORW)—In only its third month of publication, the ORW was still a bit provincial, and this issue featured a lot of the editor (Yea, even then, Jack Mortland) and publisher (Jack Blackburn, who was actually responsible for our starting this publication, though he ducked out after a couple of years). One week, Blackburn beat Mortland in a 2-miler, 14:05 to 14:08, the next week it was Mortland better than 2 minutes ahead in 1:17:36 10 miler. Finally, Mortland overcame high heat and humidity—or, at least, so we boastfully reported—and Blackburn to take a 10 Km race in 47:51. Blackburn had 49:19. . . In the hinterlands, Ron Daniel won the Asbury Park 10 miler in 1:20:04, 10 seconds ahead of Art Mark. Henry Laskau, in a rare appearance after his retirement nearly a decade earlier, walked a very creditable 1:22:04 in fifth. . . In yet another 10 miler, Paul Nihill took the British title in 1:14:55, with Ron Wallwork less than a minute behind.

30 Years Ago (From the May 1970 ORW)—Dave Romansky won the National 35 Km in Des Moines, Iowa in 3:13:14 on a 12-lap course that included one hill that had no place in a walking race since it was impossible to actually walk up it. A close, and steadily closing second, was Australian Bob Steadman, then living in Winnipeg, in 3:14:19. Ron Kulik and Canadian Karl Merschenz captured the next two spots, followed by John Knifton, Goetz Klopfer, Canadian Marcel Jobin, and Ron Laird—a very classy field. . . Romansky also won the National 15 Km in Nutley, N.J. in 1:14 plus (the official time was not available at press time, even though your editor was on the scene of the race) on a very hot day. Ron Kulik, hosting the race, beat Steve Hayden for second, with Ron Laird, Ron Daniel, and John Knifton following. . . The ORW postal 20 Km went to Laird in 1:33:35 with Tom Dooley just 21 seconds back. . . Romansky blitzed the course record in the Zinn Memorial 10 mile in Asbury Park with a 1:10:54. Ron Daniel was 4 1/2 minutes back. . . Wilf Wesch, a West German, walked a 1:29:02 for 20 Km in London. . . Gennadiy Agapov had a 1:29:19 in the USSR.

25 Years Ago (From the May 1975 ORW)—John Knifton won the National 15 Km in Chicago with Tom Dooley 42 seconds back. Bob Henderson, comebacking Larry Young, and Al Shirk followed. . . Mike Young, from the Colorado TC, won the Junior 15 Km in 1:25:50. . . The

Mexican revolution was just beginning and was well demonstrated in a win over Canada. Daniel Bautista won the 10 Km in 42:34 with Enrique Vera just 14 seconds back. The 20 went to Raul Gonzales in 1:27:50 with Pedro Aroche and Domingo Colin also well ahead of Canada's Marcel Jobin.

20 Years Ago (From the May 1980 ORW)—Carl Schueler won the 50 Km Olympic Trial and, in the process, became the first U.S. walker under the 4 hour mark. Schueler caught Marco Evoniuk on the last of 20 laps and finished in 3:59:33. Evoniuk's 4:00:30 was also under Larr Young's previous U.S. best of 4:00:45. Dan O'Connor passed Jim Heiring just after 40 Km and went on to take the third spot in 4:11:03. Jim finished in 4:12:37. Vincent O'Sullivan and Wayne Glusker filled the next two spots. . . A week earlier, Marcel Jobin had become the First North American under 4 hours, winning the Canadian title in 3:54:50. . . Jobin also came first in the U.S. 10 Km race in 41:47.3, nearly a minute ahead of Chris Hansen. O'Connor and Steve Pecinovsky were next. Jobin repeated in the Zinn Memorial the next day with a 42:01, ahead of Ray Sharp's 42:49. Pecinovsky edged O'Connor for third this time. The races were in Chicago. . . Sue Brodock won the U.S. 20 Km title in 1:48:22, as Vicki Jones finished second and Lori Maynard third. . . The men's 20 was held in Seattle with O'Connor beating a relatively weak field in an excellent 1:26:26. John VanDenBrandt, Torrey Lingbloom, and Al Halbur followed.

15 Years Ago (From the May 1985 ORW)—With heat slowing the times, Carl Schueler defended his U.S. 50 Km title in New York City. Carl's 4:18:07 left Marco Evoniuk better than 7 minutes back. Randy Mimm was another 12 minutes back; then came Dan O'Connor, Dan Pierce, and Bob Davidson. . . Jim Heiring won the National 5 Km in Denver in a swift 20:21. Dave Cummings had 20:40 to beat Tim Lewis (20:56) for second. Marco Evoniuk, Gary Morgan, and Todd Scully were next. Maryanne Torrellas (23:52) took the women's title ahead of Ester Lopez (24:25) and Teresa Vaill (24:50). . . At the Mexican walking week, Martin Bermudez won the 20 Km in 1:23:50, Columbia's Querebin Moreno the 1 Hour with 14,270 meters, and Norway's Erling Anderson the 50 Km in 3:59:34. Sweden's Ann Jansson won the women's 20 Km in 1:36:37. . . China's Hong Yan had a women's world best of 44:14 for 10 Km, with 15 more of her countrywomen under 48 minutes in the same race. Two days later, she did 21:43 for 5 Km, but was beaten by Jungjiu (21:42).

10 Years Ago (From the May 1990 ORW)—National 5 Km races were held in Bethany, Oklahoma with Tim Lewis (21:06) and Teresa Vaill (22:45) winning. Dave McGovern and Ian Whatley were second and third in the men's race. Victorio Herazo and Susan Liers got the silver and bronze in the women's race.

5 Years Ago (From the May 1995 ORW)—Chinese women completed dominated the World Cup 10 Km, held on their home turf in Beijing. They finished 1,3,4,12, and 15, finishing 16 points ahead of Italy in the team race. Hongmiao Gao won the race in 42:19, 13 seconds ahead of Russia's Elena Nikolaeva. With Michelle Rohl in 34th (45:57) and Victoria Herazo 42nd, the U.S. women finished 14th. The Chinese men also did well, winning both races, taking four of the top 10 spots in the 20, and finishing third in the final standings (20 and 50 combined). Mexico was first and Italy second in the team standings. The 20 went to China's Zewen Li in 1:19:44, 14 seconds ahead of Russia's Mikhail Schennikov. Bernardo Segura was third for Mexico. In the 50, Yongsheng Zhao led all the way to win in 3:41:20 with Spain's Jesus Garcia 34 seconds behind. Finland's Valentin Kononen was third. The U.S. men finished 13th. Allen James was 40th in the 20 (1:25:54). Those two grand vets, Carl Schueler (39) and Marco Evoniuk (37) led the way at 50 finishing 42nd and 47th. Carl had a 4:06:45. . . In a fast Penn Relays 10 Km, Herm Nelson won in 42:06, with the Szela brothers (Lukasz and Wojcich) second and third in 42:15 and 42:55. Chad Eder had 43:02 and Tim Seaman and Curtis Fisher were under 44. . . Eder had a 1:28:57 for 10 Km in Kenosha, Wis., beating Al Heppner (1:31:53). Debbi Lawrence had a 45:18 for 10 at the same place.