



OHIO RACEWALKER

VOLUME XXXVII NUMBER 2

COLUMBUS, OHIO

APRIL 2001

Dunn, Armenta Rule At National 50 Km

Manassas, Vir., March 31—Conquering the rain and three-time defending champion Curt Clausen, Philip Dunn scored a solid win in National 50 Km at Bull Run Regional Park today. Dunn finished in 3:57:33, and by the finish was nearly 9 minutes ahead of Clausen, who, it turns out, had a pretty good excuse for his below par performance. Dunn's time was a personal record and puts him fifth on the all-time U.S. list behind Clausen, Allen James, Marco Evoniuk, and Carl Schueler.

Equally impressive was Susan Armenta who won the inaugural U.S. Women's 50 in her own at the event. She finished in 4:49:42, easily an American record, and was more than 17 minutes ahead of second-place Kora Bouffler from France. Kora walked a 4:41:57 in 1995, which was then a world's best. She led early in today's race, but was no match for the strong, steady Armenta on day.

Armenta, who has a 20 km best of 1:34:44, apparently had no designs on the longer distance until she heard they were opening the event to women this year. "That was the only reason I did it actually," She said. "When I heard they opening it to women, I figured I might as well support the women's movement." But obviously, the 27-year-old Armenta, who trains at the Olympic Training Center in Chula Vista, Cal., had prepared herself well. Susan also noted, "I felt surprisingly good. I've done a couple marathons, and I felt worse then than I did today. It's all a matter of technique."

Bouffler had a 5:07:02 in second. Well known in Europe for her exploits in ultra-distance races, she has been in Washington for a few years with her husband, who is attached to the French embassy. In third was Sherry Brosnahan in a sparkling 5:19:34. Back in November of '99, Sherry just managed to break 6 hours in a track race in Springfield, Ohio, setting a U.S. 45-49 record in the process. Now on the outer reaches of that age group, she is 49, she certainly shattered that record today.

In the men's race, Clausen was the early leader, with Dunn, Tim Seaman, and Al Heppner trailing him, but easily pulling away from the rest of the field. However, Clausen was having intestinal problems and had to pull off for a pit stop before 20 Km. Dunn and Seaman, who left Heppner after about 15 km closed the gap and overtook Clausen after he made a second pit stop about half way through (three more would follow).

Early in the second half of the race, Seaman opened up about 20 seconds on Dunn, but he started to fade at about 38 km and Dunn swept past and was unchallenged from there to the finish. Seaman really hit the wall then and had to stroll the final 10 km and Clausen, despite his many sojourns off the course, was able to catch him and open a large gap by the finish. Clausen finished in 4:06:14 and Seaman in 4:14:12. Heppner, meantime, had to rally at the end to hold off Theron Kissinger, who had trimmed an 8 minute deficit to just over a minute. Heppner finished in 4:22:03, done in by the cold, rainy conditions, though not as badly as in last year's Olympic Trial. Kissinger finished in 4:23:24, more than 3 minutes under his 1999 personal best.

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$12.00 per year (\$15.00 outside the U.S.) Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, OH 43202. E-mail address: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th of later before we go to the printer, so later material will probably get in.

While the times, except for Dunn, were a bit disappointing, there were 20 starters in the race, which is encouraging, and 12 finishers. Three of the last four years have seen fewer than 10 finishers.

"My goal was to walk under four hours and improve on my personal best," said Dunn, who did that by nearly 2 1/2 minutes. "I attribute most of that (the time) to being steady, being consistent, having a lot of patience, and just enduring. The 50 is not about speed. It's about having a strong head and being able to hold it together for four hours. Curt had some problems about halfway through, and when Tim and I picked it up a little bit, I think maybe he picked it up a bit too much. That's where I had to be patient and stay in control"

The sub 4-hour performance qualified Dunn for the World Championships in Edmonton August 11. Clausen already had a qualifying time. "This will be my first World Championships, and I'm very excited about it," said Dunn. "Edmonton may not be the most exotic place, but it will be fun." Philip finished 28th in the Sydney Olympics last year. Dunn's performance also won for him USA Track & Field's Athlete of the Week award, which doesn't often go to a racewalker.

Enrique Pena, who coaches the first four finishers, noted, "Philip's training has been going very well and very consistent since November. I'm not surprised that he won today." He to overcome less than ideal conditions to achieve his goals. It rained for the first half of the race, and mud and water saturated parts of the course. Although the rain stopped, the temperature never got to 50 F. Both Clausen and Heppner were in ambulances after the race, suffering from exhaustion and mild hypothermia. As Heppner noted, Seaman "wasn't exactly dancing around the course either". But they also survived to race another day. The results:

Women: 1. Susan Armenta 4:49:42 2. Kora Bouffert 5:07:02 3. Sherry Brosnahan (49) 5:19:34 4. Monetta Roberts (41) 5:56:32 5. Jeanne Dorton (45) 6:15:23

Men: 1. Philip Dunn 3:57:18 2. Curt Clausen 4:06:14 3. Tim Seaman 4:14:12 4. Al Heppner 4:22:03 5. Theron Kissinger 4:23:24 6. Dave McGovern 4:29:20 7. John Soucheck 4:43:36 8. Dan O'Brien 5:02:29 9. Maz Walker (54) 5:04:40 10. Rod Craig (42) 5:14:44 11. Bill Vayo 5:23:43 12. Mike Bartholomew (20) 5:46:06 DNF—Steve Pecinovsky, Erich Corders, Cuba, Dave Romansky, Dave Doherty, James Carmines DQ—Ian Whatley, Bob Keating, Juan Yanes, Venezuela.

Vaill Moves To Second All-Time

Manassas, Vir., April 1—The day following the 50 saw the annual National Invitational 20 Km race, along with many other races. While the fields for the 20 Km races were not as stellar as in most years, the day was marked by an outstanding performance by Teresa Vaill. Winning for the second year in a row, the 38-year-old veteran of many U.S. national teams, crossed the line in 1:33:23, moving her to second on the all-time U.S. list, behind only Michelle Rohl (1:31:51 best). She won the race by more than 11 minutes from Canada's Marina Crivello.

In the men's race, Sean Albert, now training at the Olympic Training Center along with the first four in the 50, demolished his personal record with a 1:26:55 (he had 1:28:08 in Finland

last year), but could not match Ecuador's 21-year-old Xavier Moreno, who won in 1:25:16. No one else was close as Canadians Patrick Boisclair and Gordon Mosher finished third and fourth, more than 6 minutes after Albert. Ian Whatley and James Carmines, both of who dropped out of the 50, came back to take sixth and seventh behind Greg Dawson. Ohio's Ed Fitch, now in the master's ranks, was eighth.

In a 5 Km race, Allen James, who has never fully retired and seems to stay fit enough that he could challenge at the national level again within a few months of intense training, won in 22:07. Now 36, the two-time Olympian is still second on the all-time 50 km list and fourth on the 20 km list. He officially retired after the 1996 Olympics, but his name keeps popping up in races here and there with very respectable times. Second in the race was Erich Cordero, another who dropped out of Saturday's 50. The 25-year-old Cordero is from Cuba, but now living in Miami. He walked 4:01:15 for 50 last year and hopes to compete extensively here. He has a degree in education and hopes to teach in the U.S. Results of the various races:

Men's 20 Km—1. Xavier Moreno, Ecuador 1:25:16 2. Sean Albert 1:26:55 3. Patrick Boisclair, Quebec 1:33:22 4. Gordon Mosher, Toronto 1:33:36 5. Greg Dawson 1:44:47 6. Ian Whatley (41) 1:46:27 7. James Carmines (57) 1:53:13 8. Ed Fitch (40) 1:53:32 9. Joe Light (53) 1:57:53 10. Nick Bdera (52) 1:58:42 11. Bob Barrett (67) 2:00:40 12. Dave Lawrence (45) 2:03:05 13. George Ospahl (59) 2:05:23 14. Jack Starr (72) 2:11:45 15. Bill Goodwin (54) 2:13:31 16. Robert Dawson (62) 2:21:14 17. Douglas Kreinik (50) 2:23:37 (4 DQs)

Women's 20 Km—1. Teresa Vaill 1:33:23 2. Marina Crivello, Montreal 1:44:41 3. Heide Hauch (41) 1:52:03 4. Martine Rainville, Quebec 1:55:35 5. Emma Carter 1:55:53 6. Ann Gerhardt (49) 2:01:33 7. Tara Shea 2:06:42 8. Eileen Lawrence (47) 2:14:46 9. Ginger Armstrong 2:17:46 10. Joan Venslavsky (51) 2:19:18 11. Star V. Campbell (46) 2:26:18 12. Fran Emanuel (56) 2:29:42 (1 DQ)

Collegiate Women's 10 Km—1. Sara Stevenson 47:59 2. Amanda Bergeron 57:35 3. Brigitte Farly, Quebec 59:27 4. Brione Bruce, Ontario 60:46

Jr. Women's 5 Km—1. Alina Zeleynova (18), N.J. 27:17 2. Christina Farrell (12), N.J. 27:52 3. Anne Favolise (18), Maine 29:06

Jr. Men's 10 Km—1. Christopher Diaz (14), Texas 53:47 2. Jonathan Chasse (218), Maine 53:55 3. David Almaraz (14) Texas 60:35 (2 DQs)

Women's 5 Km—1. Marcia Gutsche 26:24 2. Janet Comi (47) 29:16 3. Lilian Whalen (49), Canada 30:22 4. Patricia Jones 31:00 (16 finishers, 1 DQ)

Men's 5 Km—1. Allen James 22:07 2. Erich Cordero, Cuba 23:33 3. Juan Yanes, Venezuela 27:15 4. David Baldwin (58) 27:25 5. Don Ramsden (54), Canada 27:50 6. George Fenigsohn (53) 28:09 7. Marc Olshan (56) 29:08 8. Ken Mattsson 29:11 9. Victor Litwinski (57) 29:58 10. Bill Flick (76) 31:21 (16 finishers, 3 DQs)

Girl's 3 Km—1. Dona Vered (13, N.J. 16:21 2. Allison Snochowski (11), N.J. 17:57 3. Lauren Almaraz (12), Texas 19:03 (6 finishers)

We Got Results

5 Km, Cambridge, Mass. April 8—1. Bob Costello 29:26 2. Justin Kuo 33:25 **Boston**

Marathon, April 16 (unofficial walk division)—1. Steve Attaya (52), New Orleans 4:57:44 2. Bob Keating (54), N.H. 4:57:46 3. Grace Mutz (41), N.C. 5:10:48 4. Anne Marie Kunz (59), N.Y. 5:20:18 (8 finishers) **H.S. 1600 meters, Newfield, N.Y., April 7**—1. Daniel Gurick 7:20.8

2. Tim Greiner 7:23.8 3. Joe Trapani 7:42.3 4. Tom Ulrich 8:04 5. Justin Schwartz 8:05.4 (10 finishers) **15 Km, Long Island, April 14**—1. Jose Perez 1:18:43 2. Bill Vayo 1:18:52 3. Jerry Soto 1:24:03 4. Sherry Brosnahan 1:31:25 5. Dave Romansky 1:31:46 6. Lon Wilson 1:32:56 7. Elba Melendez 1:34:26 (15 finishers, 1 DQ) **Jr. 5 Km, same place**—1. Dan Gurick 27:27 2. Joe Trapani 28:05 **Metropolitan 10 Km, New York City, April 22**—1. Bill Vayo 50:45 2.

Michael Korol (43) 52:24 3. Israel Soto-Duprey 55:21 4. Gary Null (56) 56:14 5. Bruce Logan 57:00 6. Alexis Davidson (45) 58:36 7. Bob Barrett (65) 58:56 8. Sherwin Wilk (62) 61:43 9. Elba Melendez (18) 62:46 10. Loretta Schullein 63:12 11. Elton Richardson (62) 63:24 (23 finishers, 2 DQs) **Ron Zinn Memorial 10 Km, Wall, N.J., April 22**—1. John Soucheck 51:38 2. Cliff Mimm (1st 40-49; first race in several years and a good start back) 52:15 3. Jose Perez 54:32 4. Erik Litt 60:35 5. Tom Quattrocchi 61:30. . . Jack Lach 65:06 (1st 50-59). . . Manny Eisner 66:18 (1st 60-69). . . Bob Mimm 68:55 (1st 70 and up) Women: 1. Sherry Brosnahan 59:06 (1st 40-49) 2. Jean Tenan 59:56 3. Maryanne Torrellas 65:06 4. Ginger Armstrong 68:48 **5 Km, Miami, March 2**—1. Erich Cordero 23:46 2. Juan Yanes (51) 23:56

3. Rodolfo Puime 24:05 4. Bob Fine (69) 30:34 **5 Miles, Loas Olas, Fla., March 3**—1. Juna Yanes 43:48 2. Paul Johnson (60+) 46:58 3. Sarah Perry 47:08 4. Gerry Gomes (60+) 50:50 5. Linda Stein (50+) 51:30 (14 finishers) **South Regional 10 Km, Orlando, Fla., April 8: Women**—1. Linda Stein ((50-54) 63:37 2. Alba Campbell (50-54) 63:43 3. Tammie Corley (35-39) 63:54 4. Joann Elliott (60-64) 66:09 5. Kathy Frable (55-59) 57:47 (10 finishers) **10 Km, Mobile, Ala., March 26**—1. Glen Bodet 52:58 2. Mike Renfroe (49) 55:20 3. Steve Attaya (52) 56:24 4. John Vignes (52) 58:20 5. Nicholas Burrows (51) 60:42 6. Bennett Randman (51) 60:54 7. John Fitzgerald (45) 62:42 8. Randal Surratt (52) 62:48 9. David Chaney (49) 62:49 (18 finishers) Women—1. Barbara Duplichain (41) 55:08 2. Debbie Cheney 55:21 3. Denise Surratt (51) 61:59 (16 finishers) **3 Km, Cedarville, Ohio, March 31**—1. Jill Zenner 12:57.10 2. Katie Rulapaugh 16:42 3. Tina Peters 17:37 **5 Km, same place**—1. Vince Peters 26:17 2. Matthew Boyles 26:35 3. Paul Hammer 29:21 4. Jack Struter 33:43 **15 Km, Kenosha, Wis., April 8**—1. Lachlan McDonald 1:09:55 (23:17, 23:20, 23:18—That's nice even-paced walking) 2. Matt DeWitt 1:11:24 (24:45, 23:52, 22:47—That's a rather extreme example of negative splits.) 3. Steven Quirke 1:11:55 (23:54, 23:59, 24:02—An example of going out strongly and doing a good job of trying to hang on.) 4. Mike Stanton 1:13:52 (23:58, 24:43, 25:11—An example of going out too fast and paying the price.) 5. Amber Antonio 1:14:15 (24:45, 24:46, 24:44—An even more evenly paced race than that of McDonald. All in all, an interesting and instructive set of splits from a single race. Quirke and Stanton were in their first race at over 10 Km.) 6. Sam Cohen 1:16:54 7. Ali Bahr 1:20:53 8. Bernie Finch (61) 1:43:24 (DNF—Jim Heys, 37:21 at 8 Km) **10 Km, same place**—1. Will Preischel 49:27 2. Al DuBois (70) 59:50! **5 Km, same place**—1. Sara Stevenson 22:59 2. TC DeWitt 23:32 3. Tim Nickel 25:01 4. Nicole Olson 26:32 5. Kathleen Stuper 27:18 **3 Km, same place**—1. Kristen Ziarek 16:11 2. Tracie Bridges 17:49 **3 Km, Baker Relays, Kansas, April 14**—1. Emma Carter 15:37.04 Men—1. Hans Wright 17:14 **5 Km, Littleton, Col., March 18**—1. Jose Pantoja 22:35 2. Mike Blanchard 27:23 3. Daryl Meyers (58) 30:28 4. Lorie Rupoli (49) 31:35 **5 Km, Denver, March 25**—1. Daryl Meyers 29:29 2. Lorie Rupoli 30:53 3. Jerry Davis 31:5 **5 Km, Denver, April 1**—1. Jose Pantoja 22:12 2. Francisco Pantoja 22:29 3. Daryl Meyers 29:40 4. Jerry Davis 30:48 5. Lorie Rupoli 31:42 **1 Mile, Houston, April 7**—1. Lojza Vosta (64) 27:20 2. Bob Watson (43) 29:46 **5 Km, Bishop, Cal., April 7**—1. Tim Seaman 21:59 2. Sean Albert 23:23 **10 Km, same place**—1. Philip Dunn 44:47 2. Curt Clausen 45:32 3. Andrew Hermann (46:25—Apparently his announced retirement is not too complete, either. The races were part of the Owen Valley Hospice Run held near the new high-altitude training center where the walkers from the Olympic Training Center were staying a while. The race site was at 4120 feet. **3 Km, Kentfield, Cal., March 11**—1. Jack Bray 16:13.90 2. Bob Rose 18:51 **5 Km, same place**—1. Doris Cassels 31:39 2. Ann Lee 31:45 **15 Km, Sacramento, Cal., April 8**—1. Roger Welborn (45-49) 1:24:51 2. Joe Berendt (45-49) 1:25:23 3. Bill Penner (50-54) 1:29:34 4. Bryan (40-44) 1:35:20 Women—1. Susan Martinovich (40-44) 1:39:13 **5 Km, same place**—1. Teri Brothers (40-44) 30:51 **2.8 Miles, Seattle, March 10**—1.

Stan Chraminski 24:06 2. Bob Novak 24:45 3. Joslyn Slaughter 26:41 4. Bev LaVeck 26:58 5. Ann Tuberg 27:02

U.S. Mile 'Records' Fall

Walnut, Cal., April 22—The venerable Mt. San Antonio College Relays added 1 Mile Walks for both men and women this year and the "records" were ripe for picking in an event that has been rarely contested in recent years, particularly outdoors. Curt Clausen and Michelle Rohl took full advantage of the situation with impressive performances to get their names in the book. (Note: *There are no longer any official US records at the 1 Mile distance, although there used to be. However, the USATF Racewalking Handbook still carries best performances at a variety of distances for both road and track including the track 1 Mile. These performances, for men and women, are what Curt and Michelle bettered and their names will go into the book, providing all was kosher, but as best track performances, not records.*)

Clausen received a challenge from Sweden's Andreas Gustafsson, now studying at Brigham Young, but withstood it to win in 5:54:52. He bettered Ray Funkhouser's record of 6:09.9 set in 1985. However, we have to note that three others have gone faster indoors where the race was contested much more frequently in the past, and where Tim Lewis set the record at 5:33:53 in 1988. Ray Sharp and Jim Heiring are the others to go faster than Curt.

Gustafsson had the early lead, before Clausen took over at 200 meters. Gustafsson moved ahead again at 800 meters but was passed by Clausen and Al Heppner with 200 to go. Heppner held on for second and Gustafsson was DQ'd after taking third in 5:58.

Michelle Rohl was unchallenged in the women's race as she won in 6:39.75, well under Maryanne Torrellas's 1983 mark of 6:51.7. Again, we note that the Indoor record is 6:18:03, set by Debbi Lawrence in 1992. The results (thanks to Al Heppner for race details):

Men—1. Curt Clausen 5:54:52 2. Al Heppner 5:56:53 3. Sean Albert 6:06:53 4. Mike Rohl 6:13:23 (Reported as U.S. masters record for Rohl, who is now 36. But, the Masters category starts at age 40. There is a submasters category from 35-39, but apparently no recognized records. But anyway, it's probably an age 35-39 best performance. But barely. Ray Funkhouser was less than 4 months from his 35th birthday when he walked the 6:09.9) DQ—Andreas Gustafsson Women—Michelle Rohl 6:39.75 2. Susan Armenta 7:13.58 3. Robin Stevens 7:19.10 4. Kate Brooker, Can. 8:05.54 5. Sharon Yen, Can. 8:10.38

From Other Exotic Lands

50 Km, Naumberg, Germany, April 8—1. Nathan Deakes, Australia 3:44:43 (46:25, 1:31:52, 2:15:28, 2:58:48—After a fairly leisurely 20 km, Deakes walked the next 25 in 1:48:58! before paying the price, somewhat with a 22:53 for his final 5. But, that is still at a sub 3:50 pace.) 2. Tomasz Lipiec, Poland 3:48:51—Stayed with Deakes through 35 and then faded rapidly out of sight. 3. Victor Ginko, Belarus 3:50:28—On pace through 25 before dropping away quickly and then gaining some ground back on Lipiec the final 10 4. Modris Lipins, Latvia 3:51:22 5. Francisco Pinardo, Spain 3:54:31 6. Bengt Bengtsson, Sweden 3:56:27 7. Daugvinas Zujus, Lithuania 3:56:58 8. Denis Franke 4:00:00 9. Michael Lohse 4:07:44 10. Mike Trautmann 4:11:34 (16 finishers, 5 DNF, 4 DQs) **Women's 20 Km, same place**—1. Melanie Seeger 1:30:52 (22:40, 45:09, 1:08:14) 2. Jane Saville, Australia 1:32:10 3. Geovana Irusta Pinto, Bolivia 1:35:50 4. Andrea Meloni 1:36:13 5. Sonata Milusauskaite, Lithuania 1:40:16 **Women's 20 Km, Italy March 17**—1. Gisella Orsini 1:35:37 2. Lisa Barbieri 1:36:02 3. Emanuela Perilli 1:40:33 4. Elke Ennemoser 1:42:53 Juniors—1. Elisa DiVincenzo 1:44:45 2. Tessa Bambi 1:48:49 **European Interclub Women's 10 Km, Lanciano, Italy, March 11**—1. Susana Feitor, Portugal 42:39 2. Cristiana Pellino, Italy 44:41 3. Gisella Orsini, Italy 44:41 **50 Km, Italy,**

March 18—1. Marco Giungi (48:12, 1:35:37, 2:23:00, 3:09:28—walked second half in 1:55:01) 2. Giovanni DeBendictis 4:01:54 3. Francesco Galdenzi 4:03:21 4. Diego Cafagna 4:06:15 5. Alessandro Mistretta 4:07:56 6. Ivano Brugnetti 4:08:35—These five were all at 2:04:17 or 2:04:19 at 25, so strong finishes over the second half were the order of the day. 21 finishers with 11 under 4:20) **20 Km, Tuusula, Finland, April 7**—1. Jani Lehtinen 1:25:32 2. Antti Kempas (21) 1:32:41 3. Eero Turpeinen (20) 1:34:22 **Women's 10 Km, same place**—1. Tiina Muinonen (20) 1:35:58 2. Outi Sillanpaa 1:39:58 **Women's 20 Km, Rio Maior, Portugal, April 7**—1. Susana Feitor 1:27:55 2. Anna Rita Sidoti, Italy 1:33:07 3. Kristina Saltanovic, Lithuania 1:35:34 4. Isilda Goncalves 1:36:08 5. Ines Henriques 1:40:14 **Men's 20 Km, same place**—1. Aigars Fadejevs, Latvia 1:22:02 2. ANthony Gillet, France 1:22:16 3. DenisLanglois, France 1:22:16 4. Joao Vieira 1:25:17 5. Augusto Cardoso 1:26:32 6. Juan Porra, Spain 1:27:24 7. Pedor Martins 1:27:43 8. Jorge Costa 1:27:46 9. Virgilio Soares 1:29:40 **20 Km, Leamington Spa, England, April 22: Women**—1. Kjersti Tysse-Platzer, Norway 1:30:01 2. Ljudmila Yegorov, Ukraine 1:34:57 3. Anne Haaland Simonsen, Nor. 1:36:10 **Men**—1. Robert Heffernan, Ireland 1:21:11 2. Julio Martinez, Guatemala 1:22:27 3. Luis Garcia, Guatemala 1:23:52 4. Oleksi Shalest, Ukraine 1:24:12 5. Jane Lehtinen, Finland 1:26:46 6. Trond Nymark, Norway 1:27:00 7. Erik Tysse, Nor. 1:27:44 8. Matthew Eales, Great Britain 1:28:40 **20 Km, Barcelona, Spain, April 22**—1. Ilya Markov, Russia 1:19:38 2. Francisco Fernandez, Spain 1:19:47 3. Aigars Fadejevs, Latvia 1:19:53 4. Jiri Malysa, Czech Rep. 1:21:32 5. Alessandro Gandellini, Italy 1:21:44 6. Hatem Goula, Tunisia 1:22:11 7. David Dominquez, Spain 1:22:35 8. Juan Molina, Spain 1:23:45 9. Zhu Hongjun, China 1:23:56 10. David Marquez, Spain 1:24:18 11. Jesus Garcia, Spain 1:24:35 12. Robert Valicek, Slovakia 1:24:51 13. Augusto Cardoso, Port. 1:25:24 **Women's 10 Km, same place**—1. Liping Wang, China 45:24 2. Rocio Florido, Spain 45:28 3. Beatriz Pasqual, Spain 45:54 5. Eva perez, Spain 46:58 5. Geovana Irueta, Bolivia 47:21

Races for Aces and All Kinds of Paces

Sat. May 5 National Christian College Championships 3 Km, Cedarville, Ohio (M)
Howard Wood Dakota Relays 5 Km (track), Sioux Falls, N.D., 7 am (BB)

Sat. May 6 Jack Mortland 5, 10, and 20 Km (Ohio and North Region Championship, Yellow Springs, Ohio (M)
15 and 30 Km, Foster, R.I. (AA)
Long Island Half-Marathon, 8 am (F)
10 and 20 Km, Palo Alto, Cal. (Z)

Mon. May 7 5 and 10 Km, Glendale, Cal. (Y)

Sat. May 12 2.8 Miles, Seattle, 9 am (C)
Collegiate and Masters 20 Km, Kenosha, Wis. (B)
5 Km, Long Island 9 am (F)
5 and 10 Km (Track), Royal Oak, Mich. (S)
5 Mile, Westminster, Col., 8 am (H)

Sun. May 13 5, 10, and 20 Km, Vancouver (C)
3 Km, Alexandria, Vir., 8:30 am (O)
5 Km, Cambridge, Mass., 9:30 am (AA)
5, 10, and 20 Km (Track), Houston (j)
5 Km, London, Ontario (U)
5 Km, Denver, 8 am (H)

Sat. May 19 1500 meters and 3 Km, Westerville, Ohio (M)

Sun. May 20 5 Km, Needham, Mass., 3:20 pm (AA)
Metropolitan 20 Km and 10 Km, New York City, 8:30 am (G)

5, 10, and 20 Km, Point Pleasant, N.J., 8:30 am (A)
15 Km, Riverside, Cal. (Y)
5 Km, Littleton, Col., 8:30 am (H)

Fri. May 25 1 Mile, Houston (J)

Sat. May 26 USATF Youth Road Walks, Salt Lake City (T)
5 Km, Ann Arbor, Mich. (S)
5 Km (Track), Kissimmee, Fla. (Q)

Sun. May 27 5 Km, Marin, Cal., 10 am (P)
3 Km, Alexandria, Vir., 8:30 am (O)
9 Mile, Lakewood, N.J., 9 am (A)
1500 meters and 3 Km, Columbus, Ohio (M)
10 Km, Toronto (N)

Mon. May 28 10 Km, Boulder, Col., 7:30 am (H)

Fri. June 1 1 Mile, Houston (J)

Sat. June 2 3 Km, Seattle (C)

Sun. June 3 **National USATF 15 Km, Newburgh, Indiana (K)**
5 Km, Berkeley, Cal. (P).
1 Mile, Houston (J)

Fri. June 8 2.8 Miles, Seattle, 9 am (C)

Sat. June 9 Eastern Regional 20 Km, Long Island, 8 am (F)

Sun. June 10 Ohio 10 Km, site to be determined (M)
3 Km, Alexandria, Vir., 8:30 am (O)
1 Hour, Marin, Cal. (P)
5 Km, Cambridge, Mass., 9:30 am (AA)

Mon. June 11 5 Km, Long Branch, N.J., 6:35 pm (A)

Wed. June 13 1 Mile, Holmdel, N.J. (A)

Fri. June 15 1 Mile, Houston

Sat. June 16 5 and 10 Km, Royal Oak, Mich. (S)
5 Km, Long Island, 9 am (F)

National USATF Junior Championships, Richmond, Va.
10 KM, Denver, 8:30 am (H)
Pac. Assn. 5 Km, San Francisco (R)

Sun. June 17 5 Km, Denver, 9 am (H)
5 Km, Pasadena (Y)

Mon. June 18 5 Km, Long Branch, N.J., 6:35 pm (A)
10 Km, Long Island (F)

Thu. June 21 5 Km, Denver, Col., 6:30 pm (H)

Fri. June 22 1 Mile, Houston (J)

Sat. June 23 5 Km, Denver, 8:30 am (H)

Sun. June 24 Michigan 8 Km Championship, Kalamazoo (X)
3 Km, Alexandria, Vir., 8:30 am (O)
Metropolitan 15 Km, New York City, 9 am (G)
5 Km, Tinton Falls, N.J. (A)
5 Km, Denver, 8 am (H)
5 Km, Marin, Cal. (P)

National USATF 20 Km, Men and Women, Eugene, Ore. (Qualifying standards of 1:36 and 1:48)

Mon. June 25 5 Km, Long Branch, N.J., 6:35 pm (A)

Wed. June 27 1 Mile, Ocean Twp., N.J., 6:15 pm (A)

Thu. June 28 1500 meters, Yellow Springs, Ohio (M)

Fri. June 29 1 Mile, Houston (J)
 Sat. June 30 1 Mile, Royal Oak, Mich. (S)
 Sun. July 1 5 Km, Long Island (F)
 Mon. July 2 5 Km, Long Branch, N.J., 6:35 am (A)
 Wed. July 4 5 Miles, Dedham, Mass. (AA)
 Thu. July 5 3 Km, Long Island, (F)
 Sat. July 7 Ohio USATF and Buckeye State Games 3 Km, West Carrollton (M)
 Sun. July 8 3 Km, Alexandria, Vir., 8:30 am (O)
 Metropolitan 5 Km, New York City, 10 am (G)
 Mon. June 9 5 Km, Long Branch, N.J., 6:35 pm (A)

Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Mike DeWitt, 262-595-2405, dewitt@uwp.edu
 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--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
 I--New Mexico Racewalkers, PO Box 16102, Albuquerque, NM 87191
 J--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77251
 K--Rick Williams, 812-858-0333
 L--Pam Betz, 407-876-6445
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387
 N--Ontario T&F Association, ontrack@echo-on.net
 O--Sharon Good, 12521 Eastbourne Drive, Silver Spring, MD 20904
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 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--Frank Soby, 3907 Bishop, Detroit, MI 48224
 T--Floyd Ormsby, 6025 S. Fountaine Blue Drive, Salt Lake City, UT 84121
 U--Sjerru Watts, sherry.watts@med.uwo.ca
 V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143
 X--Bill Red, 8242 Greenfield Shores, Scotts, MI 49088
 Y--Walkers Club of Los Angeles, 610 Woodward Blvd., Pasadena, CA 91107
 Z--Stu Kinney, 650-941-9963
 AA--Justin Kuo, 30 Oakland Road, Brookline, MA 02146
 BB--Glen E. Peterson, 1906 South Hawthorne Avenus, Sioux Falls, SD 57105

Newer readers won't recall, but most of you will remember my report in June 1997 of our son Derek's crash in a motorcycle race at Gateway International Speedway across the river from St. Louis. I've reported from time to time on his progress in rehabilitating from a paralyzing spinal cord injury, which has been a very positive journey throughout. Readers continue to inquire about how he is doing. Here is an update from another source. Joe Blundo, an active member of our church, writes a regular column in the Columbus Dispatch, usually in a

humorous vein, but sometimes on more serious subjects. I'm repeating his column from the March 8 edition to bring you up to date on Derek.

Moving Ahead

Accident helped steer motorcycle racer back onto musical road

by Joe Blundo

When he finally got his hour on the small stage at the Thirsty Ear Tavern, Derek Mortland didn't waste time with chatter. He introduced his second song, *Gateway*, by simply saying, "It's about the accident that put me in this wheelchair." Then he let his acoustic guitar do the talking.

He had worked for a year to get a show at the tavern, and the music cascaded out of him as if it had been building up inside for a long time. Mortland is soft-spoken, but his compositions are intense, full-sounding and fast-moving. Many feature exotic touches, moments of dissonance, quick stops, and starts. They're a journey with twists, like Mortland's life.

He's 32, a Columbus Alternative H.S. graduate who liked music, working outside, and racing. He started his own landscaping company after high school, played in rock bands, and started racing motorcycles semi-professionally. After moving to Illinois to be with his girlfriend, he became a log-home builder and continued racing. "Racing just always appealed to me since I was real young," Mortland said. His song, *Gateway*, is named for the St. Louis area racetrack where he came hard into a turn during a motorcycle race on June 14, 1997. He doesn't remember the accident, but his teammates told him the footpeg of his Suzuki hit the track as he leaned into a turn at 120 mph. He was thrown clear, crashing into a concrete wall, with the Suzuki then crashing into him. He suffered three broken vertebrae and a head injury. *(Not to mention some broken ribs, a punctured lung, and a lot of contusions and abrasions.)*

Mortland awoke in a hospital, paralyzed from roughly the waist down. He was not particularly surprised. "I accepted it right away," he said. "What I was doing at the time that I had my accident, I was totally prepared for the consequences. Motorcycle racing is highly dangerous. I knew there was risk of serious injury. I'd seen a couple of my friends killed racing. So I was like, 'Oh _____, it finally happened to me'."

Mortland's parents, Jack and Marty Mortland of Clintonville brought him home to Columbus where he went to Dodd Hall at Ohio State University Hospitals for rehabilitation. There, he met Tony Cooper, a physical therapy aide and guitarist whom Mortland credits with helping him learn to play the guitar again.

Cooper would strap Mortland into his wheelchair to prevent him from toppling over while they searched for a way to position his guitar and his body so that he could play. It took Mortland a year to find the right technique and develop the necessary stamina.

"He has a sheer grit and determination to do things," Cooper said. "He would get disgusted at times, but he has a type of drive. He's just steady."

Mortland moved forward to other facets of life as well. He went to work, first for the Columbus Recreation and Parks Department in adaptive recreation, then ADA-Ohio, an agency that provides training and information on the Americans With Disabilities Act. He played wheelchair sports. He skied. He even took up martial arts. "They adapted some things for me," he said. "I sparred against able-bodied people."

Music, however, took on an increasing importance. About a year ago, he started performing at Wednesday open-stage nights at the Thirsty Ear, a tidy place tucked into the middle of a strip shopping center and decorated with imported-beer signs and Beatles memorabilia.

Owner Jerry Flaherty said Mortland stood out, both for his playing and his perseverance. "He shined and he nudged me at the same time," Flaherty said. He agreed to give Mortland a show

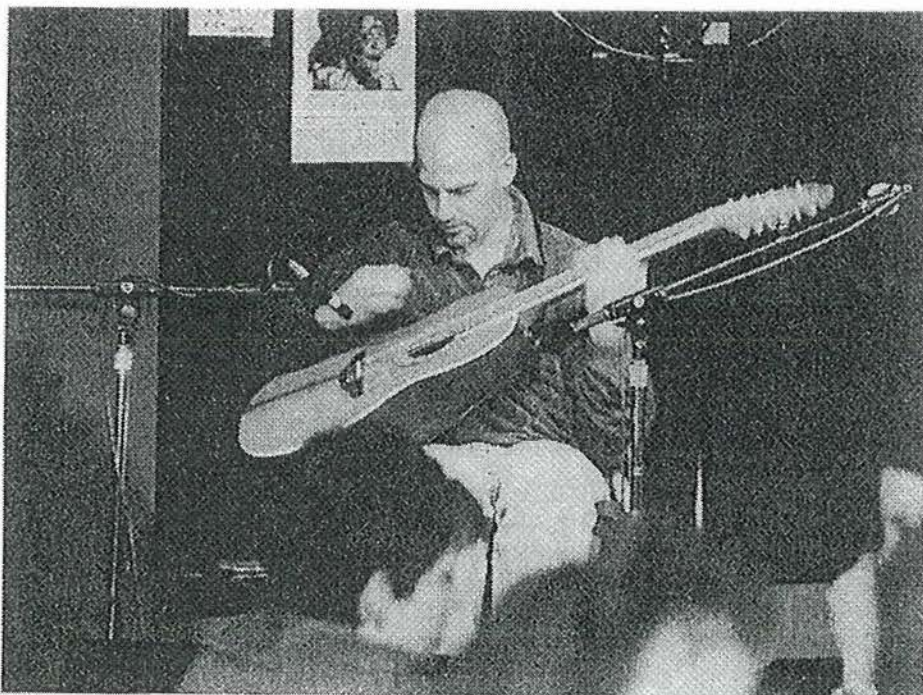
of his own, opening for another guitarist. (Ed. Actually it was his second show at the club; he had opened for a singer a few months earlier. And he has had other gigs around town.)

The show a week ago, came in the middle of a tough week. Mortland had two trips to a hospital emergency room for infections. He also was having an allergic reaction to antibiotics. But his music sounded vigorous and bold.

He switched between six-string and twelve-string guitars, briskly moving from one composition to the next: *Preparing for the Changes*, *Gypsy Moon*, *Dance*, *Dance of the Spirits*, *Happy Song*.

Jack Mortland, Cooper, and other family members, friends, and fans were in the audience. At the end of an hour Flaherty suggested an encore. Then another. The crowd loved it.

Afterward, Derek Mortland was planning his next move. He said he sees the show as the first step on a ladder. He wants a recording career. Perhaps it started last week, in a tavern in a strip shopping center. "I've never been a person to sit," Mortland said. "Although I'm sitting, I'm not sitting still."



Derek holds forth at the Thirsty Ear

From Heel to Toe

Junior Nationals. The National Junior T&F Meet is in Richmond, Virginia with both the men's and women's 10 Km walks on Sunday, June 17. The men start at 7 am and the women at 8 am. The meet will select athletes for a US-Canada meet at a place and time to be finalized, a possible walk in a track and field meet with Great Britain in August, and the Pan American Junior

Championships in October. Brian Savilonis also announces that there will be no national training camp for juniors this year, but work is underway to set up two or more regional camps this summer, each to accommodate 12 to 24 athletes. For more info on junior activities contact Steve at P.O.Box 1905 Brookline, MA 02446, Phone 617-566-7600, usatfne@ix.netcom.com. . **Late report.** China seems to be a little slow in reporting results sometimes and at times they seem to have a little trouble with proper birthdates. But, since all we do is report, and these late results from 1999 have apparently just come through to the Western world, take them for whatever they might be worth. In a 50 Km on May 7, 1999 Pei Chuang, born Dec. 5, 1981, thus still not 18, did a 3:56:20, a World Junior best. In the same race, Chang Wei, born July 5, 1983 did a 4:08:29, a World cadet best. On June 3, Zhang Defu, born June 5, 1984—just 15—did 4:12:46. Fantastic times if legitimate. Of course, one might question having 15 and 16 year olds doing the training necessary to attain such times. Nonetheless, we might watch for these guys in the future. .

Masters records. Steve Vaitones notes that the following 3000 meter records were set at the USATF National Indoor meet (results in last month's issue): Miriam Gordon set a US and World record for Women 75 with her 21:24.68; Bob Mimm set a US 75 record at 19:12.96; and Bill Patterson a US 85 record with 24:29.58. Steve adds: "These are performances that better the existing, approved records from December; those approved marks may have been bettered since, but have yet to be approved. Given the total number of performances to review, there may be omissions or errors. . . **Friends don't always agree.** Ignoring Bob Bowman's conclusions that shoe alarms are simply not practical, four-time Olympian Ron Laird offers the following opinion: "About that shoe alarm from the Canadian doctor/inventor. I think they should make up about 100 of them and send them out to the top racewalkers of the world to try. They would use it as a training aid to tell them if and when they were breaking contact during their fast workouts. Then, if enough of them liked it and think it was reliable, let them test the device out in some low-key races. After a 2- to 3-year period of use in training and racing, the athletes would vote on giving the alarm the go ahead or rejection for some big international competitions. Let the athletes have the final say on this. After they have worked with it, they will be the ones who would best know if they want to use it in their most important races. Let the athletes decide—let the officials go pound sand." Well, Ronald Owen Laird, that's a strong conclusion. . . **Chinese walker out two years.** China's Liu Yungfeng, one of the favorites in the women's 20 km at the Sydney Olympics until her country removed her from the team after she failed a drug test, is now out for 2 years. Chinese officials are in the midst of a multi-year anti-doping crackdown, in an attempt to restore the country's battered reputation after a series of drug scandals. Two distance runners received the same sentence. Chinese sports officials refused to say for what drug the athletes had tested positive. . . **Rimas lives.** Who out there remembers Rimas Vaicaitis? A Lithuanian immigrant to Chicago, he burst onto the racewalking scene in 1960, I believe, I still a teen and competed very capably for the next 4 years. Then he disappeared from the scene. Elliott Denman has uncovered Rimas, who is now Chairman of the Civil Engineering and Engineering Mechanics Department at Columbia University in New York City. Ivy League, no less. Elliott Denman met one of Rimas' secretaries, who is a distance runner, at some function in New York. When she learned of Elliot's racewalking background, she gave him Rimas' e-mail address, and the rest is history, as they say. Rimas gave up our sport in 1964 and devoted his energies to his studies, receiving a Ph.D. in Aeronautical Engineering from the U. of Illinois in 1970. He took a position at Columbia the same year and has advanced to his present position. He says his sports activities are confined to alpine skiing, gardening, and leisure walks. Sometime, I will have to repeat the story I once ran about the trip Jack Blackburn and I made to the Drake Relays in 1961, where they had a 1 Mile Walk for the first and last time. They had also invited Rimas and Matt Rutyna, also from Chicago, for a field of four. Rimas and Matt rode back to Chicago with Jack and I (they could then refund their plane tickets for the return trip) for a 25 Km race the next day. We got them home at 2 or 3 in the morning and then had to find a motel to get some rest for a 9 or 10 am

race. Well, it's all a long story, all about the good old days of racewalking. Anyway, it's great to know Rimas is doing so well. I have exchanged e-mails with him, and can also report that he has two daughters, both teaching with MA degrees, and a 2 1/2-year-old grandson. Hey, a regular feature along these lines would be neat. Who can tell me about other competitors from the past, not forgotten, but current status unknown? We know about all those still active in the sport in one way or another, such as Elliott, Ron Laird, Bob Mimm, Bob Bowman, Ron Daniel, Bruce MacDonald, Gary Westerfield, Jake Jacobson, Dave Romansky, Mike DeWitt, Martin Rudow and on and on. And we had a nice article on Larry Young a year or so ago. But there are a lot that I don't know what they are up to now. Do you? Let me know? Maybe I can come up with a list of guys and gals I would like to know about by next month and maybe some of you can help out. And you don't have to wait if you have someone you want to tell me about now. . . **The Denman Anthology.** Elliott Denman's *Anthology of the Olympic Games*, which we mentioned last summer, is now in its second printing, Elliott having added material from his sojourn to the Sydney Olympics. Elliott not only competed in the 50 Km walk at the 1956 Melbourne Olympics, he has covered most of those since as a writer for the *Asbury Park (N.J.) Press*. And he has written many columns and articles on Olympic athletes between Olympics. The book is a compendium of all these Olympic-related columns and articles. It's great reading and there are even some racewalkers included. You might recall we have pulled a few items from it already. It's yours for just \$25. Order from Elliott Denman, PO Box 381, West Long Branch, NJ 07764. . . **RWI Benefit Dinner.** Racewalking International will hold its 2nd Annual Racewalking Benefit Dinner on Saturday, June 30 at the New York Athletic Club. A feature will be the announcement of the first inductee into RWI's Racewalking Hall of Fame. Members of the 2001 US Olympic Racewalking Team will be present to present awards to the country's top youth racewalkers, from bantam up through intermediate age groups. Proceeds from the event are used to fund the salary for an elite coach, Enrique Pena at present, to train and build a program for athletes across America and to support a nationwide youth development program. You can make reservations or get more information by phoning 775-833-2121, faxing 775-833-2122, or sending an e-mail to rw-international@msn.com. Or you can write to Racewalking International, Inc., 745 Kelly Drive, Incline Village, NV 89451. Also, on April 4, the walkers from the Olympic Training Center arrived in Bishop, Cal. to train for two weeks at that city's new high altitude training camp. The facility was developed through the desire of RWI and the City of Bishop to offer America's elite racewalkers the opportunity to train at altitude in the U.S., rather than going out of the country to obtain this "live high, train low" type of environment. Living accommodations at Cardinal Village Resort are in Bishop Creek Canyon at an altitude of 8500 feet. The training area, consisting of miles of unpaved paths and very lightly traveled roadways, is at an altitude of 4100 to 4500 feet. Additional training facilities in the city range from strength/fitness centers to Keoughs Hot Springs, a natural pool that is fed from a natural hot spring. The Bishop Area Chamber of Commerce will be negotiating with Norwegian, German, and Canadian teams to join the US team to train at the Western States High Altitude Training Camp in Bishop.

#

From time to time we get queries about the proper shoes for racewalking. Through the years, we have published some of our own comments and those of others with more expertise than ours and with more research into the subject. But, of course, we have a moving target in the rapidly growing sport shoe market. Here is the most recent commentary we have seen, although not real recent. Dave McGovern put this article on the Active.com website last November. Dave is a member of the National Team, author of well-conceived and well-received books on racewalking, and a well-known presenter of racewalking clinics and camps.

How to Choose the Right Shoes for Walking

by Dave McGovern

Used to be there was pretty much one shoe choice for running, walking, skipping, jumping, tiddly-winking, etc.: Converse Chuck Taylor All-Stars. They weren't flashy, but they were cheap and they could handle anything a 12-year-old kid could throw at them.

Times have changed. Today, there's a mind-numbing variety of shoes for every possible activity. But why? Do walkers, for example, need different shoes for strolling vs. racewalking vs. hiking? Does it really matter?

Well, in a word, yes. All walkers were not created equal. Just as Cinderella's slipper fit only her foot, your shoes may fit only one fitness activity. Different ways of walking require different shoe designs and materials. The lightness and flexibility of a racewalking shoe would spell disaster on a tough hike over rough terrain. *(Ed. I can't resist an insert here. These practical answers to the question above--But why?--are correct. But, of course, the main reason there are so many, many, many varieties of shoes for every conceivable niche is---sales!!! Many of those varieties just sucker people into buying a highly specialized, but not necessary shoe, at an inflated price. But, you knew that. On with Dave's story of why you need to be selective.)*

Here's a rundown, er, walkdown, of the things you should look for in your shoes:

Casual walking

For casual fitness walking, anything goes. . . almost. Fitness walkers, as opposed to racewalkers, who aren't planning to cover more than three to five miles at a time are safe using anything from lightweight running shoes to cross-trainers to real racewalking shoes.

Walkers generally impact the ground with less than half the force of runners, so they don't need excessive cushioning. In fact, too much fluff in the heel can lead to shin pain and other problems. A good rule of big toe (as opposed to thumb) is that any comfortable running, walking, or racewalking shoe that doesn't give you blisters is probably okay for casual walking.

Racewalking

An increasingly popular fitness and competitive activity, racewalking is not just fast walking. Olympic-style racewalking uses a lot more muscles and relies on the feet much more than fitness walking does. Consequently, the right shoes are critical.

Racewalking shoes need to be very flexible to allow the feet to roll from heel to toe, and they should have a very low heel to reduce leverage that can cause the feet to slap the ground after heel contact. Real racewalking shoes or running racing flats or a trainer-racer are your best bets.

Marathon walking

Walking marathons or even-three day ultra-marathons is another form of athletic challenge that is growing in popularity. How you walk one of these events will dictate what you should wear.

Most marathon walkers use everyday fitness walking technique, so walking shoes or lightweight running shoes are appropriate. But a growing number of marathons (Los Angeles, Disney, Honolulu, Portland, and Mardi Gras, to name a few) include competitive racewalking categories. If you plan on racewalking a marathon, you'll need a good racewalking shoe, or a stable runner's racing flat, as mentioned above.

Picking the right kind of shoe is important, but the fit of the shoe is the most critical factor when you're on your feet for many hours. Shoes that are too tight (or too loose) can cause painful blisters or black toenails. *(Ed. As can socks that are too big and bunch up in places.)*

Hiking

Hiking shoes and boots are all about disaster avoidance. (Step in an algae-covered rock in a fast-running mountain stream and you'll know exactly what I'm talking about!) For most hikes, anything with a treaded, high-grip outsole will do. I often wear a pair of Tevas or New Balance sandals for easy hikes, but for more rugged terrain, you'll want to invest in something more substantial to prevent ankle sprains. A high-cut hiking boot is a must when hiking on rocky trails.

So there you have it. Maybe you could do anything in your Chuck T's as a 50-pound bundle of energy, but nowadays, unless you want to contribute to your podiatrist's new Mercedes, get the right shoe for the job.

Fitness walking shoes and hiking boots are available in most athletic shoe stores, but racing flats and racewalking shoes can be more difficult to find. New Balance is the only major company selling a racewalking shoe in the U.S. (the New Balance 100—*ed. now an improved model, the 110, I believe*). They can be found at Sports & More (1-800-397-5480) and at several Web retailers. *(Ed. And a word of advice. When you find the shoe that is perfect for your needs—not an easy task from among all that is out there—you might want to hustle back and get another pair or two—or more. By the time you wear your new ones out and go back that model will have disappeared. Perhaps replaced by something else, which may or may not be identifiable, in the rapidly changing marketplace. Along that line, kudos to New Balance. Although the 100 didn't prove to be the right shoe for me, it has been a great shoe for many, and they kept it around for quite a while and then responded to customer comments to update and improve it while keeping essentially the same shoe.)*

Looking Back

35 Years Ago (From the April 1966 ORW)—Toughest of the tough. That's what we called Shaul Ladany after he set an American record for 50 miles in a Point Pleasant, N.J. race. He warmed himself up with an 8:45 for the first mile and passed 50 Km in 5:05:13. John Kelly was a strong second, about 12 minutes behind, with Elliott Denman and Bruce MacDonald following. . . Ron Laird did his own record setting in San Diego—35 Km in 3:08:37, 40 Km in 3:38:26, and 15 miles in 3:39:37. . . Jack Blackburn won a track 40 Km in Worthington, Ohio with a 3:58 as your editor's "assault" on Laird's record fizzled out after 15 miles, where he dropped behind the necessary pace, and ground to a halt at 19 miles.

30 Years Ago (From the April 1971 ORW)—Another 5 years, and here was Ron Laird taking the National 1 Hour title by overcoming Colorado's altitude handicap to cover 7 miles 1510 yards. Floyd Godwin was nearly 300 yards behind Laird and 50 yards ahead of comebacking Larry Young. . . John Knifton was knifty in a 4:10:42 50 Km effort, followed 6 days later by a track 20 Km in 1:35:19. Ron Kulik was second in the 50 in 4:15:31, but there was some suspicion about the course. . . Elliott Denman won his annual 50 miler with an impressive 8:47 with our own Jack Blackburn struggling in third behind George Braceland. . . On the local scene, Jerry Brown, then living in Louisville, Ky., journeyed north to win a 10 Km on the Worthington track in 49:05, leaving your editor 34 seconds behind. . . The ORW subscription rate from \$2.00 to \$2.50

25 Years Ago (From the April 1976 ORW)—Once again we meet that tough one as Shaul Ladany won his second straight U.S. 75 Km title in 7:13:46. He outclassed the opposition in the New

Jersey race, with Tom Ambury second in 7:58:02, followed by Alan Price (8:02:36) and Tom Knatt (8:14:07). . . The National 100 Km was also contested, this one in Colorado, with Paul Ide winning in 10:31:28, 14 minutes ahead of Augie Hirt. Jerry Brown was a distant third. . . Still going strong, Ron Laird won the National 25 Km in Seattle, overhauling Larry Young in the final 5 km. Young went through 20 km in 1:33:54 and lead by nearly a minute, but hit the wall soon after and succumbed to Laird's strong finish. Ron had 1:59:09 to Larry's 2:00:33.

20 Years Ago (From the April 1981 ORW)—Jim Heiring set an American record for 5 Km (20:41) at the Dogwood Relays in Knoxville, Tenn. Todd Scully was second in 21:17. Tim Lewis, a student at East Tennessee, was third in 22:05. . . Australia's Sue Cook had two world's bests: 22:53.2 for a track 5 Km in Adelaide and 6:47.9 for 1 Mile in Canberra.

15 Years Ago (From the April 1986 ORW)—Tim Lewis and Lynn Weik scored double victories in the Rockport Regional held in the nation's capital. Lewis won the 5 Km on Saturday in a quick 19:54 and came back on Sunday to walk 20 in 1:25:43. Weik won a 5 and a 10 in 23:36 and 48:20. Carl Schueler followed Lewis on both days in 21:09 and 1:28:43. Teresa Vaill also had two seconds in 23:47 and 49:01. . . In Mexico's Race Walking Week, Czechoslovakia's Josef Pribilinec won the 20 in 1:23:34, with Ernesto Canto second in 1:23:48. Canto took a 1 Hour race with 14,339 meters in torrential rains, with Czech Pavol Blazek second some 47 meters back. The 50 went to Feliz Gomez in 3:56:25, with Martin Bermudez and Sweden's Bo Gustavsson also under 4 hours.

10 Years Ago (From the April 1991 ORW)—In U.S. World Cup Trials, held in San Jose, Debbie Lawrence and Tim Lewis turned in impressive performances. Lawrence took the 10 km race in 45:32, 24 seconds ahead of Lynn Weik and Teresa Vaill, who were in a near dead heat for second. Victoria Herazo was 9 seconds behind them in fourth and Wendy Sharp captured the final Cup spot in 48:28. Lewis was unchallenged in the 20, walking 1:26:52 to beat Doug Fournier by 45 seconds. Allen James was third in 1:27:47, with Curtis Flsher (1:28:12) and Don Lawrence (1:28:53) filling out the team. . . Fournier and Weik had won races at the National Invitational in Washington, D.C. Fournier's 1:32:31 for 20 put him nearly 2 1/2 minutes ahead of Marc Varsano. Weik had 48:48 to finish 2 minutes ahead of Maryanne Torrellas. . . World Indoor titles went to Germany's Beate Anders (3 km in 11:50.90) and Russia's Mikhail Schennnikov (5 Km in 18:23.55). Kerry Saxby (Australia) and Ilean Salvador (Italy) followed Anders. Italy's Giovanni DiBenedictis and Russia's Kostyukevich were 2-3 in the men's race.

5 Years Ago (From the April 1996 ORW)—Allen James covered his final 10 km in 46:44 to win the U.S. Olympic Trail at 50 km with a 3:58:39. Andrew Hermann withstood a challenge by Andrzej Chylinski to take second in 4:07:52. Chylinski caught and passed Hermann during the final 10, but faded away at the finish. He won a spot on the team having bettered the 4 hour qualifying standard earlier. Hermann was left to try for that standard later. Veteran Marco Evoniuk was a close fourth in 4:10:45, with Ian Whatley fifth in 4:14:48, Dave Marchese sixth in 4:15:31, Rob Cole seventh in 4:16:42, Herm Nelson eighth in 4:17:51, and Mark Green ninth in 4:19:19. . . At the National Invitational, Teresa Vaill moved away from Canada's Janice McCaffrey early and went on to win the 10 Km in 45:20.4. McCaffrey had 46:06.2 with Sara Standley third in 46:52. Canada's Arturo Huerta put his stamp on the 20, winning easily in 1:22:51.9. Following were Curt Clausen (1:25:41), Dave McGovern 1:26:29, Ian Whatley (1:27:18), Philip Dunn (1:29:08), and Dave Marchese 1:29:14. . . Kerry Saxby-Junna won the Australian Women's 10 Km title in a swift 42:49.