

Clausen Tops Training Mates For 20 Km Title

Eugene, Ore., June 24 (via Al Heppner)--Of the top three contenders, Curt Clausen entered this morning's USATF National 20 Km Racewalk Championship as the healthiest and he finished the fastest. The 33-year-old, New York AC athlete dominated an under-the-weather Tim Seaman and a banged-up Sean Albert to take the title for the fourth time in the past six years (Seaman won in 1998 and 2000). His 1:24:50 was his second fastest among those titles, bettered only by a 1:23:34 in 1999.

The three training partners walked together for the first 3 Km, before Clausen swiftly took command. "Coach Pena wanted us to walk together for 2 or 3 km and then it depended on how I felt. I felt good, so I decided to go out and set the pace," Clausen said.

He passed through 5 km in 21:04 and had already opened up a 16-second cushion on Seaman and Albert. The U.S. Army's Al Heppner was fourth in 21:40, followed by Theron Kissinger, Philip Dunn, and Dave McGovern.

Clausen stretched his lead in the next 5 Km, hitting the 10 km mark in 42:10, with Seaman and Albert still stride for stride in 43:00. Heppner had 43:59, Dunn and Kissinger 45:52, McGovern 46:12, and John Nunn 47:38.

Clausen continued to increase his lead and had 1:03:30 at 15 km, while a real war was emerging between Seaman and Albert. Seaman needed to beat Albert to go to the World Championships, while Albert had a World University Games option if Seaman took him. A third place finish would shut Seaman out. (Unless both he and Seaman came up with an "A" qualifier (1:23:50) before the Games in August.) At 15, they were still right together in 1:04:49. Heppner was still fourth (1:07:02), with Dunn (1:08:53) pulling away from Kissinger (1:09:28). McGovern was at 1:10:50 and Nunn 1:12:07.

With a Clausen victory all but assured, Albert tried to surge at 15 km, but Seaman matched him. Then at 17 km, Seaman made a move and was able to open a 7-meter lead. But Albert clawed his way back and then some, briefly pushing the pace at 18 km to reclaim the lead. Finally, Seaman made the decisive spurt at 18.5 km and was able to hold off Albert by 19 seconds in 1:26:14. Meanwhile, Heppner was falling apart the last 5 km and Dunn was closing fast but ran out of room and settled for fifth. Nunn passed up a vomiting McGovern to take seventh behind Kissinger.

"I felt real good today and very relaxed. My heart rate was pretty low and I know I could've walked a lot faster had I needed to. I know I can hold this pace for a lot longer," Clausen said.

Seaman, who hadn't finished a workout in nearly 2 weeks because of a virus that hindered his breathing, had different feelings. "I felt terrible. When you don't finish workouts, you can expect to feel that way," he said.

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.

He didn't feel too good after the race either, taking a page from McGovern's book by throwing up after crossing the finish line. With Clausen already committed to the 50, Seaman will go to the World Championships at 20 km.

And Albert wasn't feeling that hot himself. "I was just trying to hang on, because I felt bad after about 3 km. I guess that's what happens when you don't practice most of the week," he said. Albert watched some practices from the sidelines this past week while nursing a reoccurring calf injury. He is currently considering applying for a spot on the World University Games team. Nor was Dunn completely up to par. He was injured after winning the National 50, and, though healthy now, missed a good bit of training in the period between races.

Clausen led a top five sweep by the walkers who train under Racewalking International Coach Enrique Pena at the Olympic Training Center in San Diego. Nunn also trains with the group. The results:

1. Curt Clausen, NYAC 1:24:50 2. Tim Seaman, NYAC 1:26:15 3. Sean Albert 1:26:34 4. Al Heppner, US Army 1:31:24 5. Philip Dunn, New Balance 1:32:22 6. Theron Kissinger, New Balance 1:34:01 7. John Nunn, US Army 1:36:13 8. Dave McGovern, New Balance 1:38:02 9. Steve Quirke, Wisconsin-Parkside 1:38:15 10. Gary Morgan, NYAC 1:44:02

Rohl Bests Ladies' Field

Eugene, June 24 (also via Al Heppner)--Michelle Rohl trounced the field in typical fashion today to win her third consecutive National 20 Km in 1:32:49, bettering her own American 15 km road record enroute. But the big news was who came next.

In just her second season of racewalking, Wisconsin-Parkside's Amber Antonia took a huge step forward by picking off several walkers who have handled her in recent meets and taking the silver in 1:36:37. The Miami Valley Track Club's Jill Zenner was a strong third in 1:37:10.

Contrary to what the results might imply, Rohl didn't have the title wrapped up from the get go. Teresa Vaill, who won this year's National Invitational in 1:33:23, a time bettered only by Rohl among U.S. women, went for the win from the gun, as she normally does, forcing Rohl to try to maintain contact early. The 38-year-old Vaill, who first represented the U.S. in the 1984 Pan-Am Cup, was seeking to make her third World Championship team.

After 5 Km, Vaill and Rohl were inches apart in 22:05 with the rest of the field struggling to even keep the pair in sight. Zenner and three-time Olympian Debbi Lawrence were next in 23:48, followed by Joanne Dow and Antonia (23:56), and Sara Stevenson (25:31)

"I didn't want to go out that hard, but I also didn't want Teresa too far in front of me," Rohl said. Unfortunately for Vaill, the torrid early pace might have contributed to her second red card at 9 km. But Vaill wasn't conceding the race. Rohl went through the midway point in 44:52 with Vaill only 4 seconds back. Zenner was next in 47:49 and Antonia had caught Lawrence with the pair only 6 seconds back of Zenner. Then came Dow (48:20) and a fading Stevenson (51:58).

At 14 Km, Vaill picked up her third red card, disqualifying her from the race and leaving Rohl way out in front of the field. By that point, Antonia and Lawrence had caught Zenner, with Antonia making a move and opening up a 10-meter cushion. Meanwhile, Stevenson, who was fifth at last year's Olympic Trials after a meteoric rise through the year, was battling horrible asthma problems and was hyperventilating during the race before finally retiring. For several minutes after she stopped, she continued to gasp for air while the medical personnel tried to comfort her.

The early pace surely helped Rohl shatter her own 15 km record by 25 seconds with a split of 1:08:10. Antonia was 5 seconds ahead of Zenner (1:12:15), with Lawrence beginning to fade (1:12:22). Dow had fallen way back by this point (1:13:21), but was starting to find new life, with Deb Huberty moving up to sixth (1:19:50) following Stephenson's demise.

With no one left to battle, Rohl began struggling the last 5 km, but she was so far ahead of everyone that it was academic. "I definitely paid for the fast start in the last 5. I knew that was the risk for going out hard," Rohl said.

Meanwhile, Antonia and Zenner were forging an amazing battle. Just 500 meters into the final 5, Zenner had caught Antonia. At the same time, Lawrence was slipping, with Dow starting to close. At 18 km, Antonia made the decisive surge that put Zenner away. "I knew I had to go at that point or Jill was going to out kick me," Antonia said. Dow made up 48 seconds on Lawrence in the final 5. But Lawrence, crafty veteran, still had enough left to stop the run and edge Dow by 11 seconds.

Antonia, who finished a distant 11th in last year's Olympics Trials, was outwardly the happiest woman on the course. "I came in hoping for a top seven finish, but I felt great. I was under the pace I wanted to go for the entire race. Now she has some decisions to make. Both she and Zenner still need the "A" standard of 1:36:00 to compete in the World Championships. She could try another race to get the standard or go to Beijing for the World University Games. But, she is also an NCAA Division II All-American Cross Country runner, finishing 12th last year, and could decide to focus on running. The results:

Michelle Rohl, Moving Comfort 1:32:49 2. Amber Antonia, Wisconsin-Parkside 1:36:37 3. Jill Zenner, Miami Valley TC (Ohio) 1:37:10 4. Debbi Lawrence, AIM USA 1:38:41 5. Joanne Dow, adidas 1:38:52 6. Deb Huberty Parkside AC 1:47:25 7. Sam Cohen, PAC 1:48:32 8. Heidi Hauch, World Class RW 1:48:41 9. Ali Bahr 1:49:41 10. Victoria Herazo, un. 1:51:52 DNF--Sara Stevenson DQ--Teresa Vaill and Gayle Johnson. Sara Standley was entered, but did not start

Rohl, Seaman Rule At 15 Km

Evansville, Ind., June 3 (Thanks to Vince Peters and Al Heppner for input)--Probably to no one's surprise, Tim Seaman and Michelle Rohl emerged as clear winners in today's National USATF 15 Km Racewalk Championships. In the women's race, Rohl had to nurse an ankle injury to survive the final 3 km, but had no trouble with the rest of the field, finishing in 1:09:10, 2 1/2 minutes ahead of Debbi Lawrence, who had Jill Zenner right behind her. Seaman, meanwhile, was able to drop a determined Sean Albert over the last 5 Km to win the men's race in 1:02:27, 33 seconds ahead of Albert.

Rohl had sprained the ankle in a training accident about a week ago and rolled it again when she stepped on a crack at about 12 km. With the pain shooting up her leg, she had to back off a bit, having stepped up her pace each lap until then. But, she had the race well under control at that point. Zenner, the defending champion, had stayed close through the first 5, where she was just 10 seconds back of Rohl's 23:08. Lawrence was 23:50 and Amber Antonia 24:02 at that point. Zenner was slowed by cramps midrace and Lawrence stormed past her establishing a commanding

lead until Zenner recovered over the final 3 km and closed the gap to 7 seconds at the finish. Antonia had a strong race and finished more than 4 minutes ahead of Sam Cohen in taking fourth.

After a slow start (4:30 at 1 Km) in the near-perfect weather (temperature in mid-60s), Albert accelerated to 4:08 on the next kilometer to drop everyone except Seaman. When the pair passed 5 Km in 21:09, they already had nearly a minute on third-place Al Heppner. They maintained that tempo through 10 Km (42:09), but when Seaman stuck in a 4:03 on the next kilometer, Albert had to surrender. Seaman held that pace to the finish in a strong effort. Although he couldn't match Tim's burst, Sean still made his final 5 his fastest.

Heppner finished another 4 minutes plus back in fourth, but withstood a challenge from the aging guru (now 36) Dave McGovern, who had closed to within 30 seconds at 11 km. A strong fifth was rapidly improving UW Parkside walker Steve Quirke, who finished in 1:11:33. And speaking of aging, the ever green Gary Morgan, now 41, held off John Nunn for sixth in 1:13:15. It was a good performance for Nunn, however. He has joined Heppner in the Army's World Class Athlete Program, but had just 2 1/2 weeks training after graduating from boot camp. Your editor knows from his own experience more than 40 long years ago, that basic training, while physically demanding to some, doesn't keep you in competitive condition. Impressive in eighth place was Chicago's 29-year-old Pablo Gomez, a Mexican immigrant, who will soon have his U.S. citizenship and hopes to become even more competitive. Another impressive performance was that of Kevin Conkel in ninth (1:14:02). Kevin is competing for the Miami Valley TC (Ohio) and is a graduate of Cedarville College (remember Chad Eder from Cedarville who did 1:28:57 in 1995) where he is now doing graduate work. He ran track and cross country at Cedarville, but has only a few months training at racewalking.

Listed as a DQ in the women's race is Mo Roberts from Mobile, Alabama. She was DQ'd not for her walking style but under the rule regarding illegal assistance to athletes. It caused quite an ongoing discussion and has yet to be thoroughly explained. However, it was apparently a result of verbal encouragement from a spectator, who happened to be the man that Roberts and Dave McGovern were staying with. He claims he gave no more support or advice to Roberts than to many others, including the winners. The race director says there is more to the story than that, but he can't reveal the details at this time. That's a very encapsulated version of several days of messages on the internet. Hopefully, some full explanation will be forthcoming. The results:

Women: 1. Michelle Rohl (35), Moving Comfort 1:09:10 2. Debbi Lawrence (38), un. 1:11:42 3. Jill Zenner (26), Miami Valley TC 1:11:49 4. Amber Antonia (21), UW-Parkside 1:13:33 5. Samantha Cohen (23), Parkside AC 1:17:53 6. Deb Huberty (26), Parkside AC 1:18:50 7. Ali Bahr (28), Parkside AC 1:19:11 8. Victoria Herazo (42), un. 1:22:04 9. Abigail Oliver (4), Indiana RW 1:31:04 10. Debbi Topham (48), Pegasus 1:31:12 11. Sara Sheets (30), Cincinnati Walkers 1:31:20 12. Tish Roberts (52), Indiana RW 1:33:23 13. Linda Swonder (4), South Indiana RW 1:37:29 14. Janet Higbie (59), Indiana RW 1:37:42 15. Joanne Elliott (64), Florida 1:39:16 16. Amanda Johnson (12), Kentucky Walkers 1:39:32 17. Suzanne Wells (47), S. Indiana RW 1:40:10 18. Cathy Mayfield (49), Indiana RW 1:42:52 19. Kathy Frable (55), Texas 1:43:52 20. Kelli Johnson (14), Kentucky 1:44:31 21. Lana Kane (61), Penn. 1:48:50 DNF--Sandy DeNoon (46), Ill. DQ--Mo Roberts (41), Alabama

Men: 1. Tim Seaman (29), NYAC 1:02:27 2. Sean Albert (27), New Balance 1:03:00 3. Al Heppner (27), US Army 1:07:11 4. Dave McGovern (36), New Balance 1:08:22 5. Steve Quirke (21), UW-Parkside 1:11:33 6. Gary Morgan (41), NYAC 1:13:15 7. John Nunn (23), US Army 1:13:20 8. Pablo Gomez (29), Parkside AC 1:13:54 9. Kevin Conkel (29), Miami Valley TC 1:14:01 10. Dave Doherty (30), Potomac Valley TC 1:14:12 11. Mike Stanton (20), UW-Parkside 1:14:39 12. Rod Craig (42), Pegasus 1:16:52 13. Leon Jasionowski (56), Pegasus 1:18:09 14. Max Walker (54), Indiana Walkers 1:19:23 15. James Carmine (58), Penn. 1:19:53 16. Doug Johnson (41), Kentucky Walkers 1:19:53 17. Richard McGuire (53), Ill. 1:20:43 18. Vince Peters (47), Miami Valley TC 1:20:44 19. Eric Smith (19), Miami Valley TC 1:20:53 20.

Drew Swonder (37), S. Indiana RW 1:21:11 21. Norm Frable (55), Texas 1:21:31 22. Ed Fitch (40), Miami Valley TC 1:23:23 23. Klaus Thiedmann (46), Chicago 1:26:39 24. Paul Johnson (63), Fla. 1:29:44 25. Robert Head (46), S. Indiana RW 1:30:50 26. Al DuBois (69), Wis. 1:34:43 27. Jack Starr (72), Delaware 1:34:50 28. Randy Stiles (55) 1:36:32, Ill 29. Craig Woodall (47), Indiana RW 1:36:56 30. Terence Snoeberger (42), Indiana RW 1:40:48 31. Cedric Hustace (67), S. Indiana RW 1:41:32 32. Rick Meyers (46), Ind. 1:42:10 33. Bob Stewart (68), Indiana RW 1:43:48 34. Bernie Finch (61) Parkside AC 1:44:15 35. Paul Geyer (81), Minn. 2:05:54 DQ--Bob Mimm, Robert Clements, Bob Christmas, Carl Kan, Doug Brown, Ross Barrance, William Walden.

Teams (men and women combined): 1. Miami Valley TC (Zenner, Conkel, Peters) 3:46:34 2. Parkside AC (Gomez, COhen, Huberty) 3:50:37 3. Pegasus (Craig, Jasionowski, Topham) 4:06:13 4. Indiana Racewalkers (Walker, Oliver, Roberts) 4:23:50

5 Km, same place--1. Tim Nickel (18), UWP 24:53 Women--1. Nicole Olson (18), UWP 27:38 2. Tina Peters (13), Miami Valley TC 29:44

Junior Titles To Shorey, Stevens

Richmond, Virginia, June 17 (From Vince Peters and Franci Cash)--Robyn Stevens of Vacaville, Cal. won her third consecutive National USATF Junior race walking title, taking today's 10 km race in 53:19.50. That took more than 2 minutes off her record time from last year. On the men's side, the title went to Ben Shorey, Ellsworth, Maine, in 45:18:01, but barely. A nose behind was Matt Boyles of Rio Grande U. in Ohio who has come on like gangbusters this spring.

Stevens was unchallenged, finishing more than 3 minutes ahead of Christina Fina of the Niagara Walkers. She will take her talents to University of Wisconsin-Parkside in the fall, where the tutelage of Mike DeWitt and strong competition within the team can only make her better.

Shorey had to come from behind to beat Boyles by just .02 second. He was gunning for Tim Seaman's meet record of 44:45.93 set in 1991, but a very warm day didn't help. He said, "I just tried to hold him off and I tried to lean in to get the win. He gave me a race I will never forget." A freshman, Boyles was one of Rio Grande's top cross country runners and started racewalking just in January. He has lowered his personal best in the 5 Km run to 15:30 off his racewalk training. Just three weeks ago, he was third in the NAIA 5 Km in 22:32.34, a pace he nearly matched for twice the distance today. And as recently as March 31, he managed only 26:35 for 5, losing to ancient Miami Valley TC coach, Vince Peters. Shorey, like Stevens, is UWP bound, so we can look to three years of further Shorey-Boyles duels in NAIA races. The Miami Valley TC's Eric Smith finished fourth in a personal best 52:28.28, moving up from his fifth place in 2000 and sixth in 1999.

The top four in each race were named to the USA Junior team that will compete against Canada on August 19 in Wilkes-Barre, Pa., the site of the National 10 Km races. The results: Women: 1. Robyn Stevens, Cal. 53:19.50 2. Christina Fina, Niagara Walkers 56:23.83 3. Anne Favolise, Maine RW 56:32.87 4. Amanda Begeron, Maine RW 58:02.86 5. Nicole Olsen, UWP 58:31.15 6. Elizabeth Paxton, Alexander Lightning Express 59:05.55 7. Shannon Gillespie, Shore AC 59:54.58 8. Keelin Yennery, Sterling TC 61:05 9. Hillary Easter, Jay, Maine 61:57 Men--1. Ben Shorey, Ellsworth, Maine 45:18.01 2. Matt Boyles, Rio Grande 45:18.03 3. Adam Staier, Maine RW 52:16.79 4. Eric Smith, Miami Valley TC 52:28.28 5. Jonathan Chasse, Maine 52:41.23 6. Jeff Sprague, Maine 55:25.21 7. Tim Nickel, UWP 56:57.90

Fast Times in NAIA Meet

Abbotsford, British Columbia, May 25--Favorites Sara Stevenson and Lachlan McDonald captured racewalking titles at 3 and 5 Km in the NAIA championships, an organization of smaller colleges in the U.S. and Canada. Here are the results and comments from U.W.-Parkside coach, Mike DeWitt.

Women's 3 Km--1. Sara Stevenson, Olivet Nazarene 14:03.89 2. Laurie Starr, Hastings 15:13.68 3. Heather Geroge Hastings 15:18.59 4. Kate Brooker, Simon Fraser 15:31.82 5. Kristen Ziarek, UWP 15:43.44 6. Nicole Olson, UWP 15:54.56 7. Emma Carter, Baker 16:14.37 8. Sharon Yen, Simon Fraser 16:50.22 9. Katie Rulapaugh, Cedarville 16:58.77 10. Tracie Bridges, Olivet Nazarene 16:59.33 11. Magda Spyra, Mary 17:37.22 12. Jen Gerber, Cedarville 19:22.34. Stevenson took the lead with a solid 4:35 first kilometer and was already long gone from the rest of the field. Carter, Starr, Gorge, Brooker, and Yen went through 1 Km in 5:05--5:08. Carter and Yen faded on the third km, and the two UWP walkers moved into scoring positions. Indoor champion Amber Antonia, UWP, didn't compete, having qualified for the NCAA Division II meet in the 10,000 meter run, where she finished 15th.

Men's 5 Km--1. Lachlan McDonald, UWP 21:20.33 2. Jim Heys, UWP 22:01.82 3. Matt Boyles, Rio Grande 22:32.34 4. Steven Quirke, UWP 22:34.17 5. Jim Robinson, Rio Grande 23:13.21 (A big improvement over his 25:14 in Yellow Springs at the Mortland races 3 weeks earlier.) 6. Mike Stanton, UWP 23:27.12 7. Matt DeWitt, UWP 24:12.68 8. Tim Nickel, USP 25:08.51 DQ--Spencer Finley, Taylor. DNF--Hans Wright, Missouri Valley

McDonald took the pace out hard, going through 1 km in 4:08. Heys was second with Boyles right with him in 4:22. McDonald increased the lead most of the way to capture his consecutive NAIA outdoor title. He also has two indoor titles at 3 Km. Heys got away from Boyles after 3 km and Boyles ended up hanging on to Quirke for the final 600 and then outkicking him. Boyles looked very good and his teammate Jim Robinson also had solid technique and raced away from Mike Stanton the final 400. Rio Grande coach Bob Willie has done what any good distance coach in this country could do if he chose. He took a couple of his distance kids and showed them how to walk and has motivated them to work at it. In less than four months, he has two excellent young walkers that have solid times and good technique. Coach Willie asked me for some suggestions a year or two ago and put them to use. (Ed. Note that there were no seniors in the men's race, so next year should be an even higher quality race, with Ben Shorey added. It would be nice if they could go back to the 10 Km distance they had from 1974 to 1992, but we need to be thankful, I guess, for any niche in the collegiate program.)

Maine State H.S. 1600 meter championships, June 2: Girl's Class A--1. Elena Yates, Mt. Blue 7:40.50 2. Ciatlin Bonney, Mt. Blue 7:54:40 (7 under 9 minutes) Girl's Class B--1. Amanda Bergeron, Poland 7:43.94 2. Lynda Beckett, Scarborough 7:50.56 (6 under 9:00, 2 DQs) Girl's Class C--1. Hilary Easter, Jay 7:49.50 2. Ann Favolise, Narraguagus 7:57.91 (4 under 9:00) Boy's Class A--1. Adam Stair, Mr. Blue 6:56.93 2. Sean McVeigh, Brunswick 7:26.37 3. Pat Scott, Massabesic 7:47.24 4. Andrew Small, South Portland 7:50.09 5. Nate Myers, Noble 7:55.66 (3 DQs) Boy's Class B--1. Ben Shorey, Ellsworth 6:08.08 (The best high school time on record is 6:08.0 by Paul Tavares of Centereach, N.Y. in 1989. Since that was hand-timed, Shorey's time is actually slightly faster if we accept the usual conversion from hand to fully-automatic timing. Anyway, it's fast.) 2. Owen Schoppe, Ellsworth 6:45.91 3. Hans Hassell, Hampden Academy 6:49.10 4. Jeff Sprague, Medomak Valley 7:01.11 5. Ian Swanberg, Caribou 7:12.89 6. Zack Robinson, Mt. Desert Island 7:21.33 (8 under 8:00) Boy's Class C--1. Bryan Ouelette, Jay 7:27.77 (6 under 8:00, 1 DQ)--In total, 33 girls walked in the three classes with 6 under 8:00 and 17 under 9:00. There were 2 DQs total. The boys events also saw 33 competitors with 4 DQs. There were 19 under 8:00 and only one finisher who failed to break 9:00 **3 Km, Mt. Blue, Maine, June 4**--1. Amanda Bergeron 15:45.2 2. Hilary Easter 15:46.3 **5 Km, Cambridge, Mass. June 3**--1. Bob Ullman 28:36 2. Richard Ruquist 30:29 3. Tom Knatt 32:26 (6 finishers) **New England 20 Km,**

Charlestown, R.I., June 10--1. Reynaldo Carranza (43) 1:50:06 2. Bob Keating (54) 2:06:40 3. Andy Cable 2:09:01 4. Stanley Sosnowski (50) 2:09:90 5. Bill Harriman (54) 2:09:48 (something amiss with those two times) 6. Bob Ullman (52) 2:10:39 (9 finishers) Women--1. Marcia Gutsche 1:58:24 2. Jean Tenan 2:07:41 (4 finishers) **Public School Athletics League 1500 meters, New York City, June 2**--1. Elba Melendez 7:24.63 2. Alice Tan 7:31.59 3. Iris Moore 7:38.09 4. Anine Stanley 7:49.58 **PSAL Freshman Championships, May 26**--1. Anine Stanley 7:44.39 **Eastern Regional 20 Km, East Meadow, N.Y., June 9**--1. Allen James 1:34:59 2. Bill Vayo 1:47:16 3. Rob Cole 1:53:29 4. Michael Korol (43) 1:55:08 5. Greg Dawson 1:55:43 6. Michael Bartholomew 2:02:22 7. Richard Harper (51) 2:02:46 8. Bob Barrett (67) 2:03:16 9. Lon Wilson (53) 2:05:20 10. Sherwin Wilk (62) 2:06:39 11. Shawn Frederick (47) 2:07:43 12. James McGrath (64) 2:07:57 13. Linda Goldstein (50) 2:20:23 14. Christina Zurke (19) 2:21:00 15. John Shilling (65) 2:21:41 (DQ--Gayle Johnson) **5 Km, same place**--1. Lee Chase 28:00 2. Maria Michta 29:16 3. Lauren Oliveri 29:17 4. Mallory Delany 32:04 **Empire Games Trials, Beaver Island State Park, N.Y., June 9:** Boy's 5 Km--1. Michael Tarantino (17) 25:14 Girl's 5 Km--1. Christine Tagliaferri (16) 28:29 2. Laura Richenderfer (15) 29:27 3. Andrea Foster (16) 31:08 Women's 5 Km--1. Karen Fina (49) 30:18 2. Laurie Smith (43) 30:26 3. Lori Ann Yohe (44) 30:50 4. Jennifer Gawrinski (18) 32:31 Men's 10 Km--1. Mel McGinnis 52:15 (41) 2. Dave Lawrence (45) 54:16 Women's 10 Km--1. Chrissy Fina (19) 56:26 2. Judyanne Bonafede (48) 61:46 3. Eileen Lawrence (48) 64:56 **Empire State Games Trials, Long Island, June 19:** Girl's 5 Km--1. Maria Michta 28:07 2. Lauren Oliveri 28:18 Women's 5 Km--1. Mallory Delany 33:17 Men's 10 Km--1. Greg Dawson 51:00 2. Nicholas Harding 52:16 3. Rob Williams 56:05 4. Mike Bartholomew 56:18 5. Heber Ramos 60:36 6. James McGrath 61:32 **New York State Senior Games, Liverpool, N.Y., June 14:** Men's 5 Km--1. James Miner (50-54) 28:33 2. Bill Fatiga (50-54) 31:24 **20 Km (Track), Point Pleasant, N.J., May 20**--1. John Soucheck 1:44:42 2. Erik Litt 2:01:05 3. Ben Ottmer (60+) 2:18:08 4. Bob Mimm (76) 2:19:37 (U.S. age-group record) Women--1. Jean Tenan 1:57:39 2. Lana Kane (50+) 2:25:17 **10 Km, same place**--1. Reynaldo Carranza (40+) 52:27 2. Jack Lach (50+) 58:59 3. Manny Eisner (60+) 63:52 (**Miles, Lakewood, N.J., May 27**--1. Jack Lach 1:18:19 2. Jose Perez 1:19:37 3. Alina Zeleznova 1:29:51 **3 Km, Alexandria, Va., April 22**--1. Villia Jess Leggett 14:43.9 2. Victor Litwinski (57) 17:22.4 **1600 meters, Alexandria, May 13**--1. James Moreland (48) 9:05.90 2. Victor Litwinski 9:12.70 **3 Km, same place**--1. Moreland 17:50.8 2. Litwinski 18:22.2 3. Michael Schwed (59) 18:58.6 **Georgia Masters 5 Km, Savannah, April 21**--1. Keith Luoma (39) 24:16.02 **5 Km, Atlanta, June 9**--1. Keith Luoma 23:57.88 **Florida State 5 Km**--1. Paul Johnson (60+) 27:38.8 2. Steve Saeger (60+) 32:04 Women--1. Carol Simonds (45+) 29:19.1 2. Joanne Elliott (60+) 32:07 **Ohio 1 Hour, Yellow Springs, June 9**--1. Jill Zenner 12,440 meters 2. Eric Smith (19) 10,846 3. Sara Sheets 9844 4. David Kriemer 9812 5. Jack Shuter (69) 8097 **Junior Olympics, Yellow Springs, June 10:** Youth Girls 1500--1. Tina Peters 8:33.5 **Michigan 5 Km, June 10**--1. Jeanette Wineland (42) 32:24.7 2. Joan Berman (64) 34:07.8 Men--1. Rod Craig (443) 24:07.1 2. Leon Jasionowski (56) 25:07.9 3. Bill Reed (48) 28:01.1 4. Henk Meyer (49) 28:35.3 5. Ross Barranco (51) 30:34.1 6. Hugh Acton (75) 31:54.8 **10 Km, Royal Oak, Mich., June 16**--1. Ken Lampar 60:59 **5 Km, same place**--1. Dan O'Brien 24:51 2. John Hunyady 28:32 3. Ross Baranco 31:02 Women--1. Raina Korbakis 28:37 2. Mary Franklin 32:17 (Racewalking is apparently extremely popular in Royal Oak as smiling Frank Soby reports the weather as 70 and sunny and the attendance as 14,319. **5 Km, Kalamazoo, Mich., April 28**--1. Kevin Conkel 23:37 2. Rod Craig 24:25 3. Bill Reed 27:30 4. Hank Meyer 27:52 5. Ross Barranco 30:21 Women--1. Debbie Topham 28:25 2. Raina Korbakis 28:34 3. Jeanette Wineland 30:49 4. Susan Mona Fassett 30:52 **5 Mile, Denver, April 29**--1. Mike Blanchard 44:00 2. Teresa Aragon (40) 45:18 3. Patty Gehrke 47:55 4. Daryl Meyers (58) 50:06 **5 Km, Thornton, Col., May 19**--1. Mike Blanchard 26:30 2. Jerry Davis 30:39 3. Lori Rupoli (48) 30:40 4. Sherrie Gossert (48) 31:24 5.

Eileen Terrell (47) 31:44 **10 Km (Track), Broomfield, Col., May 26**--1. Mike Blanchard 55:35
 2. Scott Richards (51) 60:01 2. Marianne Martino (50) 63:32 **20 Km, same place**--1. Patty
 Gehrke 2:04:52 **National Youth Road Racewalk Championships, Salt Lake City, May 26**--
 Boy's 10 Km--1. Luke Dalebout (17), Utah 53:13 2. Jake Dalebout (17), Utah 53:46 **20 Km, San
 Diego, June 9**--1. Tim Seaman and Curt Clausen 1:29:52 (enroute to 30 Km workout) 3. Dave
 Doherty 1:46:18 **Crown Valley Senior Olympics 5 Km, Los Angeles, June 10**: 1. Donna
 Cunningham (54) 28:41.3 2. Yoko Eichel (54) 28:43.3 3. Carol Bertino (54) 31:33.2 4. Jolene
 Steigerwalt (55) 31:38.1 Men--1. Bob Nyman (62) 31:06.4 2. Carl Acosta (67) 31:08.1 3. Leon
 Glazman (66) 33:33.6 **1500 meters, same place**--1. Yoko Eichel 8:24.3 2. Jolene Steigerwalt
 8:58.3 Men--1. Jesus Orendain (59) 8:18.5 2. Carl Acosta 9:22 3. Leon Glazman 9:35.5 4.
 Lloyd McGuire (69) 9:36.7 5. Stuart Ray (59) 9:39.3 **10 Km, Pasadena, June 17**--1. Donna
 Cunningham 60:41.6 2. Sloan Szios 62:54 3. Carl Acosta 63:11 4. Jolene Steigerwalt 63:37 **5
 Km, same place**--1. Joe Nieroski 25:35.8 2. Pedro Santoni (43) 27:21 3. Jack Bray (68) 27:26
 4. Margaret Govea 28:10 5. Bob Nyman (62) 31:04 6. Helen Hoover (49) 31:10 **20 Km, Palo
 Alto, Cal., May 6** (Had first three only in last month's issue)--1. Sean Albert 1:26:24 2. Curt
 Clausen 1:29:46 3. Tim Seaman 1:33:33 4. Mark Green (45+) 1:44:45 5. Shoja Torabian (50+)
 1:54:40 6. Eric Poulsen (45+) 1:56:06 7. David Crabb (55+) 2:00:38 8. Bill Penner (50+)
 2:10:05 9. Susan Mears (45+) 2:24:01 **5 Km, same place**--1. Bekka Marrs (13-15) 30:01 **5 Km,
 Kentfield, Cal., May 27**--1. Marco Evoniuk (40+) 24:21 2. Joe Berendt (45+) 27:05 3. Shoja
 Torabian 27:25 4. Jack Bray (65+) 27:38 5. Brenda Carpino (50+) 29:09 6. Keith McConnell
 (55+) 29:27 7. Bob Rose (45+) 31:18 8. Doris Cassels (60+) 31:20 9. Stu Kinney (60+) 31:31
 10. Shirley Dockstader (65+) 32:08 (23 finishers) **Pacific Assn. Youth 5 Km, May 27**--1.
 Robyn Stevens 24:58.0 **1500 meters, same place**--1. Shoja Torabian 7:29 2. Keith McConnell
 8:16 3. Paula Mendell 8:56 4. Kevin Killingsworth 9:00 5. Dawn McKay 9:11 (17 finishers) **1
 Hour, Kentfield, June 10**--1. Eric Poulsen (49) 11,285 meters 2. Jack Bray (68) 10617 3.
 Brenda Carpino 9696 4. Doris Cassels 9355 5. Bob Rose 9251 6. Shirley Dockstader 9189 7.
 Ann Lee 9158 8. Marge Garner 9158 9. Lisa Kekuwa 9012 10. Ross Burnett 8997 **Pacific
 Assn. 5 Km, June 16**--1. Joe Berendt (45) 27:02.37 2. Bill Penner 30:05 3. Dick Petrucci 30:19
Vancouver, B.C. International 20 Km, May 13--1. Tim Berrett 1:26:57 (21:10, 41:56, 64:31)
 2. Karen Foan 1:41:15 (24:17, 49:28, 1:14:48) 3. Holly Gehrke 1:41:22 (24:49, 49:29, 1:14:36)
 4. Kim Cathro 1:44:28 5. Stan Chraminski 2:01:11 6. Jeff Hoyem 2:06:11 DNF--Blair Miller
 (22:40, 45:41, 1:09:22) and Gerry Dragomir (1:23:21 at 15) **Art Keay Memorial, Toronto, May
 27**: Women's 10 Km--1. Marina Crivello (21) 50:06 2. Martine Rainville 53:40 3. Nanci
 Sweazey (45) 57:44 4. Janet Comi (47), US 59:31 5. Jeanette Wineland, US 63:39 6. June-
 Marie Provost (67) 63:49 Men's 10 Km--1. Gordon Mosher 44:18 2. Jean-Sebastian Beaucage
 44:41 3. Jocelyn Ruest 46:09 4. Rod Craig (43), US 49:15 5. Buy Paquin (45) 57:54 6. Paul
 Tucknott 58:09 7. Don Ramsden (54) 58:30 8. Ross Barranco (49), US 59:21--Beaucage and
 Ruest went on to do 20 Km in 1:29:21 and 1:33:51, respectively. **Canadian National 20k, June
 24**: Women--1. Karen Foan 1:41:08 2. Holly Gehrke 1:43:15 3. Marina Crivello 1:47:04 4.
 Margie McNeely 1:55:07 Men--1. Tim Berrett 1:23:46 2. Blair Miller 1:30:44 3. Jocelyn Ruest
 1:35:48 4. Jeffrey Hoyem 2:02:16 DQ--Arutro Huerta and Jean Beaucage; DNF--Gordon
 Mosher

From Other Continents

Dublin, Ireland Grand Prix, June 16, Men's 50 Km--1. Mike Trautman, Germany 3:51:38
 (46:59, 1:22:47, 2:19:20, 3:04:35 3:51:38) 2. Denis Franke, Germany 4:06:41 3. Benjamin
 Leroy, Belgium 4:16:39 (8 finishers, 2 DQs, 5 DNF) **Women's 20 Km**--1. Susan Feitor, Portugal
 1:28:06 (44:14) 2. Gillian O'Sullivan, Ireland 1:30:35 (44:40) 3. Jane Saville, Australia 1:31:20

(44:40) 4. Olive Loughnane, Ireland 1:34:54 5. Anne Haaland Simonson, Norway 1:36:16 6.
 Francisca Martinez, Mexico 1:37:19 7. Ileana Salvador, Sweden 1:40:53 8. Niobe Menendez,
 England 1:41:37 (17 finishers, 1 DQ) **Men's 20 Km**--1. Nathan Deakes, Australia 1:18:14
 (38:51) 2. Robert Heffernan, Ireland 1:23:29 3. Augusta Cardoso, Portugal 1:23:48 4. Gregorz
 Sudol, Poland 1:24:39 5. Roman Magdziarczyk, Poland 1:25:15 6. Andre Hohne, Germany
 1:25:35 7. Andy Penn, England 1:28:18 8. Miak Berger, Germany 1:28:27 9. Steve Holier,
 England 1:29:27 10. Steve Partington, Isle of Man 1:29:52 (20 finishers, 1 DQ, 1 DNF) **20 Km,
 Boavisto, Portugal, June 2**--1. Augusto Cardoso 1:26:05 2. Joao Vieira 1:28:36 3. Jorge Costa
 1:29:00 4. Acacio Diogo 1:29:38 5. Jose Urbano 1:30:59 **Women's 10 Km, same place**--1.
 Susana Feitor 47:19 2. Ines Henriques 48:50 **Women's 3 Km, Vila Real St. Antonio, Portugal,
 June 3**--1. Susan Feitor 12:08.30 (National record) 2. Sofia Avoila 13:17.69 3. Silda Goncalves
 13:21.55 **Men's 5 Km, same place**--1. Joao Vieira 19:11.53 2. Jorg Costa 20:25.81 3. Sergio
 Vieira 20:31 **20 Km, Turku, Finland, June 3**--1. Alejandro Lopez, Mexico 1:20:59 2. David
 Christian Berdeja, Mex. 1:21:20 3. Marco Giungi, Italy 1:22:20 (Born in Finland, Giungi has dual
 Italian-Finnish citizenship, lives in Finland with his grandparents, but competes for Italy. He won
 the Italian 50 in March.) 4. Jiri Malysa, Czech Rep. 1:26:46 5. Jani Lehtinen 1:29:50 6. Antti
 Kempas 1:30:02 **Women's 20 Km, same place**--1. Lisa Barbieri, Italy 1:35:19 2. Outi Sillanpaa
 1:37:57 3. Francesca Balloni, Italy 1:38:28 4. Heidi Lindwall 1:40:16 **Women's 3 Km, Milan,
 Italy, June 6**--1. Erica Alfridi 11:57.80 2. Elisabetta Perrone 11:58.17 3. Olimpiada Ivanova,
 Russia 11:59.25 4. Elisa Riguardo 12:39 **Eisenhuttentstadt, Germany Grand Prix, June 9**:
Women's 20 Km--1. Kjersti Platzer, Norway 1:29:54 2. Melanie Seeger, Germany 1:33:15 3.
 Maria Urbanik-Rosza, Romania 1:34:51 4. Andrea Meloni, ? 1:35:05 **Men's 20 Km**--1. Andreas
 Erm, Germany 1:19:32 2. Alejandro Lopez, Mexico 1:20:49 3. Hatem Ghoula, Algeria 1:21:41
 4. David Christian Berdeja, Mexico 1:22:13 5. Andre Hohne, Germany 1:22:49 **La Coruna,
 Spain Grand Prix, June 9**: **Men's 20 Km**--1. David Marques, Spain 1:22:54 2. Vladimir
 Andreev, Russia 1:23:08 3. Jesus Garcia, Spain 1:23:34 4. Jose David Dominquez, Spain 1:25:01
 5. Silviu Casandra, Romania 1:25:08 6. Alejandro, Cambril, Spain 1:25:37 7. Francisco Martin
 Diaz, Spain 1:26:05 8. Jose Gonzalez, Spain 1:26:11 9. Partick Ennemoser, Italy 1:27:10
Women's 20 Km--1. Olimpiada Ivanova, Russia 1:31:22 2. Elisa Riguardo, Italy 1:33:08 3. Eva
 Perez, Spain 1:33:35 4. Teresa Linares, Spain 1:33:37 5. Jane Saville, Australia 1:33:55 6. Rosa
 Mantecon, Spain 1:37:37 7. Vanessa EEspresso, Spain 1:39:30 8. Carolina Jimenez, Spain
 1:39:56 **10 Km, Krakow, Poland, June 9**--1. Francixco Fernandez, Spain 38:00 2. Robert
 Korzeniowski 38:02 3. Arthur Meleskavich, Belarus 38:04 4. Nathan Deakes, Australia 38:10 5.
 Ilya Markov, Russia 38:40 6. Denis Langlois, France 39:02 7. Robert Heffernan, Ireland 39:20+
 8. Bernardo Segura, Mexico 39:30+ (evidently not retired to politics) **5 Km, Biala Podlaska,
 Poland June 2**--1. Ilya Markov, Russia 18:46.96 2. Robert Korzeniowski 18:50.14 3. Robert
 Heffernan, Ireland 19:07.90 4. Tomasz Lipiec 19:33.58 5. Grzegorz Sudol 19:42.32 6. Roman
 Magdziarczyk 20:06.58 **Women's 3 Km, same place**--1. Joanna Baj 12:56.74 2. Sylwia
 Korzeniowska 13:13.16 **5 Km, Bydgoszcz, Poland, June 16**--1. Robert Korzeniowski 18:44.35
 2. Jiri Malysa, Czech. Rep. 18:47.10 3. yevgeniy Misyulya, Belarus 19:08.55 4. Tomasz Lipiec
 19:11.85 5. Benjamin Kucinski 19:46.21 6. Stanislaw 20:04.26 4. Margaret Govea 28:10 5.
 Bob Nyman (62) 31:04 6. Helen Hoover (49) 31:10 **Women's 10 Km, Biala Podlaska, Poland,
 June 16**--1. Joanna Baj 46:24 2. Sylwia Korzeniowska 46:59 **Men's 5 Km, same place**--1.
 Andrey Makarov, Belarus 19:41 **20 Km, Lordag, April 28**--1. Jacob Sorenson 1:27:14 2. Birger
 Falt, Sweden 1:27:53 **Women's 20 Km, same place**--1. Monica Svensson 1:39:37 **50 Km,
 Taranaki, N.Z., June 16**--1. Craig Barrett 3:48:04 **15 Km, same place**--1. Gary Little (59)
 1:13:12 **Chinese Championships, Dandong, April 13-15**: **Men's 20 Km**--1. Zewen Li 1:21:10
 2. Xiaodong He 1:21:15 3. Pei Chuang 1:21:57 4. Ping Wu 1:22:04 5. Yongjian Yang 1:22:05
 6. Hongsheng Zhou 1:22:05 7. Liansheng Bai 1:22:05 8. Guoping Yu 1:22:05 9. Mingcai Li

1:22:06 10. Shigang Wang 1:22:06 11. Hongjun Zhu (age 17) 1:22:15 12. Yu Wang 1:22:15 13. Wei Chang (17) 1:22:10 14. Tianping Zhang 1:22:21 15. Aiguo Bian 1:22:29 16. Chaohong Yu 1:22:31 17. Libo Wang 1:22:31 18. Qiyun Yu 1:22:32 19. Dashan Liu 1:22:36 20. Quinghu 1:23:07 (60 finishers under 1:30, the 21st place finisher in 1:23:17 was still about 6 weeks short of his 17th birthday!) **Men's 50 Km**—1. Yinhang Wang 3:50:28 2. Yougjian Yang 3:51:43 3. Shengtang, Wang 3:53:20 4. Guoping Yu 3:54:28 5. Guohoi Yu 3:54:36 6. Mingcai Li 3:54:36 7. Shigang Wang 3:55:00 8. Jiawei Zhang 3:55:15 9. Libo Wang 3:56:24 10. Chao Guo 3:57:28 11. Yongsheng Zhou 3:57:49 12. Liansheng Bai 3:58:21 13. Guoqing Li 3:58:54 14. Chaohong Yu 3:58:54 15. Jun Liu 3:59:57 16. Hongye Ma 3:59:58 17. Xinyuan Mao 4:00:40 18. Huabing Xhang 4:01:18 19. Xiaoliang Li 4:01:23 20. Chuang Pei 4:01:23 (36 under 4:10 including a 16-year-old in 4:03:52 and a 15-year-old in 4:04:47) **Women's 10 Km**—1. Hong Li 44:29 2. Yinghua Tang 44:37 3. Chungang Sun 44:48 4. Yan Zang 44:56 5. Kelian Gao 44:57 6. Haixia Fu 44:59 7. Hongjuan Hou 44:59 8. Dongmei Guo 45:03 **Women's 20 Km**—1. Hongmiao Gao 1:28:45 2. Liping Wang 1:28:52 3. Hongyu Liu 1:29:39 4. Hong Li 1:29:43 5. Hailian Pan 1:30:00 6. Aihui Xu 1:30:00 7. Quigqing Wang 1:30:01 8. Qiuyan Jiang 1:30:13 9. Dongmei Guo 1:30:31 10. Kelian Gao 1:30:45 11. Chunfang Sun 1:30:48 12. Jiang Kun 1:30:52 13. Min Han 1:30:56 14. Jingxue Li 1:31:18 15. Xingli Jian 1:31:29 16. Yuxin Li 1:31:48 17. Guangkun Hu 1:31:55 18. Yan Zuo 1:32:11 19. Yulin Nie 1:32:59 20. Mingming Ha 1:33:02 21. Hongjuan Hou 1:33:09 22. Shu Liu 1:33:59 (38 under 1:40, places 7 through 10 are just 17 years old and 12th just 15. So, what is going on here? The Soviet Union before the breakup used to have some races with very deep fields, but nothing like this. I don't like to be skeptical of others' performances and there are, after all, no questionable times at the top; Chinese walkers have exceeded such times in International races. But the depth of performance leaves one aghast, as do some of the performances at very young ages. Fifteen and sixteen-year-old boys at close to 4 hours, a distance they shouldn't even be walking? Well, that's the way it was reported and I'll leave it to readers to make their own judgments.)

The 2000 Shore AC Postal 1 Hour Walk

Each year, the Shore AC in New Jersey conducts a National 1 Hour Walk via the US Mail. You conduct a local race on a track at any time through the year, with competent judges, and mail the results to the Shore AC. They compile the results. In 2000, 236 entrants totaled 2,079,000 meters. Curt Clausen broke his own American record with 14,292 meters. Victorio Herazo broke her own age 40-44 record with 11,785 meters. Ian Whatley broke Ray Funkhouser's age 40-44 record with 13,767 meters. Here are the partial results: Boys 11-14—1. Paul Regul, Chicago Walkers 9252 (3 finishers) Boys 15-19—1. Daniel Pendergast, Maine Walkers 12,201 2. Brian Davis, Southeast, Ohio 10,993 3. Adam Steir, Maine Walkers 10,642 4. John Chasse, Maine Walkers 10,484 (6 finishers) Men's Open: 1. Curt Clausen, NYAC 14,292 2. Ian Whatley, Potomac Valley 13,367 3. Keith Luoma, S. C. 12,399 4. Dan O'Brien, Pegasus AC 12,257 5. Pendergast 12,201 6. John Soucheck, Shore AC 11,873 7. Eric Poulsen, Marin RW 11,812 8. Reynaldo Carranza, Mass. 11,787 9. Leon Jasionowski, Pegasus 11,713 10. Richard McGuire, Chicago Walkers 11,457 11. Will Geggett, Potomac Valley 11,403 12. Bruce Booth, Potomac 11,269 13. Robert Frank, Racewalkers NW 11,174 14. Max Walker, Indiana RW 11,117 15. James Carmines, Potomac 11,036 16. Davis 10,993 17. Robert Keating, New England Walkers 10,882 18. Curtis Gourley, S.C. 10,329 19. Erik Litt, Shore AC 10,251 (22 finishers) Men 40-44—1. Whatley 2. Carranza 3. Joe Berendt, Sierra RW 10,833 4. Nick Manuzzi, Conn. RW 10,829 5. Richard McElvery, N.E. Walkers 10,813 6. Janos Szalas, Florida AC 10,750 7. Ron Babcock, RW NW 10,741 8. Ken Lampar, Pegasus 10,447 Men 45-49—1. Poulsen 2. Frank 3. Berendt 10,817 (4 months after his 40-44 performance and following his 45th birthday—yes you can enter twice in this case) 4. Pat Detloff, RW NW 10,448

5. Doug VerMeer, RW NW 6. Bill Reed, Kalamazoo Valley 10,252 7. Shawn Frederick, Rockland RR 10,144 (15 finishers) Men 50-54—1. McGuire 2. Booth 3. Walker 4. Keating 5. Juan Yanes, Florida AC 10,788 6. Joe Light N.E. Walkers 10,752 7. Arnis Paeglis, Shore AC 10,625 8. Shoja Torabian, Marin RW 10,589 9. Stanley Sosnowski, N.E. Walkers 9910 10. Rick Sack, Kal. Valley 9902 (17 finishers) Men 55-59—1. Jasionowski 2. Carmines 3. David Baldwin, un. 10,414 4. Jack Lach, Shore AC 10,247 5. George Ospahl, RW NW 10,021 6. Keith McConnel, Marin RW 9960 (18 finishers) Men 60-64—1. Paul Johnson, Florida AC 10,471 2. Jack Elwarner, Pegasus 10,405 3. Tom Knatt, N.E. Walkers 10,016 4. Heinrich Looser, Greenville RW 9696 5. Dave Romansky, Shore AC 9556 6. Ed lane, marin RW 9450 13 finishers) Men 65-69—1. Jack Bray, Marin RW 10,540 2. Bob Barrett, Park Walkers 10,000 3. Carl Acosta, W. Club of L.A. 9472 4. Bob Fine, Florida AC 9446 5. Gerry Gomes, Florida AC 9194 6. Bob Davis, Pegasus 9137 7. Ben Ottmer, Shore AC 8950 (13 finishers) Men 70-74—1. Jack Starr, Phast 9767 2. Peter Corona, Marin RW 9403 3. Mike Michel, un. 8972 4. William Moremen, S.C. Walkers 8474 5. Bill McCann, N.E. Walkers 8439 6. Danny DeMauro, Florida AC 8313 (10 finishers) Men 75-79—1. Bob Mimm, Shore AC 8828 2. Hugh Acton, Kal. Valley 8704 3. Masahi Noritake, S.C. Walkers 8471 4. Klaus Timmerhaus, Front Range 8167 5. John Lewinsohn, Marin RW 7964 (8 finishers) Men 80-84—1. Herm Arrow, Marin RW 7934 2. Walter Scully, un. 7732 3. Tim Dyas, North Jersey 7673 (5 finishers) Men 85-89—1. Harry Drazin, Shore AC 6222 International Men—1. Jefferson Perez, Ecuador 14,510 2. Julio Martinez, Guatemala 14,495 Girls 11-14—1. Dawn McKay, Napa Valley RW 8689 2. Jennifer Reekie, RWC St. Louis 8457 (4 finishers) Girls 15-19—1. Caitlin Bonney, Western Maine 11,150 2. Anne Faviolise, Maine Walkers 9923 (4 finishers) Women's Open—1. Victoria Herazo, Cal. Walkers 11,785 2. Bonney 11,150 3. Donna Chamberlain, Shore AC 10,825 4. Allison Zabrenski, Potomac Valley 10,470 5. Marcia Gutsche, Cambridge SU 10,316 6. Jackie Reitz, Indian RW 10,300 7. Karen Stoyanowski, Sierra RW 10,290 8. Lee Chase Conn. RW 10,241 9. Jean Tenan, Conn. RW 10,194 10. Markirk Cunningham, Potomac 9734 (17 finishers) Women 40-44—1. Herazo 2. Chamberlain 3. Ann Percival, Conn. RW 9917 4. Mary Flanagan, Cambridge SU 9204 (13 finishers) Women 45-49—1. Stoyanowski 2. Chase 3. Carol Simonds, Florida AC 9795 4. Nancy Sido, RWCSL 9078 (14 finishers) Women 50-54—1. Reitz 2. Brenda Usher-Carpino, Marin RW 9571 3. Barbara Amador, Front Range 9478 4. Ann Lee, Marin RW 9347 5. Donna Certulo, Shore AC 9342 (21 finishers) Women 55-59—1. Jolene Steigerwalt, SC Walkers 9377 2. Marge Garner, Marin RW 9225 3. Phyllis Abbate, Marin RW 8752 4. Joanne Harriman, N.E. Walkers 9660 5. Norma Hadnutt, Marin 9577 (16 finishers) Women 60-64—1. Elton Richardson, un. 9576 2. Walda Tichy Pegasus 9443 3. Doris Cassels, Marin 9280 4. Joanne Elliot, Florida AC 8866 5. Pat Gibbs, Pegasus 8624 6. Linda Burnett, Marin 8542 (11 finishers) Women 65-59—1. Shirley Dockstader, Marin 9339 2. Liz Michaels, Chicago Walkers 7978 (12 finishers) Women 70-74—1. Bonnie Vaughan, Silver Striders 7900 (4 finishers) Women 75-59—1. Miriam Gordon, Florida AC 8140 (2 finishers) Women 80-84—1. Louise Stutsman, Marin 6441 Women 85-59—1. Mary Latham, Potomac 6694

Yearning for competition? Here's the ticket.

Wed. July 4	5 Miles, Dedham, Mass. (AA) 8 Km, Alexandria, Vir., 7:30 am (O) 5 Km, Evergreen, Col., 8 am (H) 5 Miles, Sacramento, Cal. (E)
Thu. July 5	3 Km, Long Island, (F)
Sat. July 7	Ohio USATF and Buckeye State Games 3 Km, West Carrollton (M) 5 Km, Denver, 8 am (H)
Sun. July 8	3 Km, Alexandria, Vir., 8:30 am (O) Metropolitan 5 Km, New York City, 10 am (G)

Mon. July 9	5 Km, Long Branch, N.J., 6:45 pm (A)
Tue. July 10	5 Km, Cambridge, Mass, 9:30 am (AA)
Wed. July 11	1 Mile, Ocean Twp., N.J., 6:15 pm (A)
Sat. July 14	2.8 Miles, Seattle, 9 am (C) 5 Km, Lakewood, Col., 8 1m (H) Bay State Games 3 Km, Cambridge, Mass. (AA)
Sun. July 15	3 Km, Long Island, 9 am (F)
Mon. July 16	5 Km, Long Branch, N.J., 6:45 pm (A)
Wed. July 18	1 Mile, Ocean Twp., N.J., 6:15 pm (A)
Thu. July 19	3 Km (track), Cedarville, Ohio (M)
Sun. July 22	3 Km, Alexandria, Vir., 8:30 am (O) National 30 Km, Men and Women, Kenosha, Wis. (B) 5 Km, Aurora, Col., 8 am (H)
Mon. July 23	5 Km, Long Branch, N.J., 6:45 pm (A)
Wed. July 25	1 Mile, Ocean Twp., N.J., 6:15 pm (A)
July 26-29	USATF Masters Championships, 5 and 10 Km, Baton Rouge, La.
Mon. July 30	5 Km, Long Branch, N.J., 6:45 pm (A)
Fri. Aug 3	5 Km, Orono, Maine (K)
Sat. Aug. 4	Colorado Senior Games 1500 meters, Greeley (H) Southern California Masters 5 Km, Long Beach, 9 am (Y)
Sun. Aug. 5	3 Km, Alexandria, Vir., 8:30 am (O) Metropolitan 3 Km, New York City, 9 am (G) Colorado Senior Games 5 Km, Greeley (H) 5 Km, Evergreen, Col., 8 am (H)
Mon. Aug. 6	5 Km, Long Branch, N.J., 6:45 pm (A)
Wed. Aug. 8	Colorado Masters 5 Km, Golden, 6:30 pm (H)
Sat. Aug. 11	2.8 Miles, Seattle, 9 am (C)
Sun. Aug. 12	Doc Tripp Memorial 10 Km, Denver (H) Ohio 5 Km Championship, Yellow Springs (M) 3 Km, Alexandria, Va., 8:30 am (O)
Mon. Aug. 13	5 Km, Long Branch, N.J., 6:45 pm (A)
Sat. Aug. 18	5 Km (Track), Seattle (C) Weinacker Cup 5 and 10 Km, Marysville, Mich. (S)
Sun. Aug. 19	5 Km, Littleton, Col., 8 am (H) 1 Hour, Kentfield, Cal., 8 am (P) National USATF 10 Km, Wilkes-Barre, Pa. (L) 3 Km, Alexandria, Va., 8:30 am (O)
Mon. Aug. 20	5 Km, Long Branch, N.J. 6:30 pm (A) 5 Km, Brentwood, N.Y. (F)
Sat. Aug. 25	5 Km, Loveland, Col., (H) Bobby Crim Races, Flint, Mich. (S) 5 Km, Smithtown, N.Y. (F)
Mon. Aug. 27	5 Km, Long Branch, N.J., 6:30 pm (A)
Sun. Sep. 9	National USATF 40 Km, Fort Monmouth, N.J., 8:30 am (A) 10 Km, Larkspur, Cal. (P) 10 Km, Oakland, Cal. (R)

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From Heel To Toe

Centurion opportunity. Centurions are those who complete 100 miles within 24 hours. In racewalking, the opportunities in the U.S. don't come too often, particularly in recent years. But one is coming up in November for those who want to test their endurance in this way. According to Eric Poulsen, the race director for the San Diego 1 Day event (John Metz) has agreed to co-host a racewalking Centurion during his ultra-running event. The race is on a certified all-weather track and uses computerized lap counting featuring the Champion Chip. Eric is coordinating the Centurion participants and judging. Judging rules will be identical to those applied at the Golden, Colorado Centurion last year. That is, the event is not judged strictly according to the rules of racewalking. The contact rule applies as normal, but the straight leg rule is applied leniently. Walkers cannot normally maintain a strict racewalking action over such a long distance and time and eventually resort to brisk street walking. Some will adopt this technique right from the start. In such a technique, the leg action does not necessarily strictly obey the rule, but it is acceptable to for this event. The rule will only be applied to the obvious case of bent leg running or creeping, which is always illegal. The event is set for Nov. 10-11 (Saturday and Sunday) in El Cajon, California. Contact Eric Poulsen at 7410 Hayden Avenue, Sebastopol, CA 95472, 707-823-5565, jamierik@aol.com for further information. And start putting in those miles. . . **A retreat.** Dave McGovern, whose camps, clinics, and books have been well-received, and deservedly so, for many years, is holding a 5-day racewalking retreat at Springhill College in Mobile, Alabama from August 7-12 (which actually covers 6-day span, but maybe the arrival or departure day doesn't count). If you have e-mail, you can contact Dave for more details at Rayzwocker@aol.com. His address is 43 W. Hathaway Road, Mobile AL 36660. . . Lot's more stuff, but nearly 12 pages of results took its tool on space.

Looking Back

35 Years Ago (From the June 1966 ORW)--Rudy Haluza dominated in a couple of steaming midwest races. First, he toured the Stagg Field track in Chicago in very sultry weather to win the National 10 Km in 46:52. Son DeNoon was second in 47:42, after leading through the first mile

in 6:53. Jack Blackburn beat Ohio TC teammate Jack Mortland for the next spot, 48:29 to 48:38 with Ron Laird nearly a minute surther back and Ron Daniel and Larry Young capturing the next two spots. . . Six days later, it was the sizzling, shadeless blacktop of Eastland Shopping Plaza in McKeesport, Pa. for the National 20. Again, DeNoon shot into the lead, and was about 30 seconds up on Haluza at 2 miles. However, Rudy hauled him in by 4 miles and went on to another victory in 1:36:16. DeNoon dropped out around 8 miles. Laird handled the heat much better this time and cruised to second in 1:37:48. Mortland toiled into what he thought was an easy third in 1:40:40, only to find Ron Daniel, who he didn't realize was anywhere near, threatening to barf over his shoulder about three strides past the finish. A young newcomer, Bob Kitchen, was very impressive in fifth, followed by Bob Bowman, Blackburn, and Young. . . On the Ohio scene, Blackburn pulled away in the second half to win the Ohio AAU mile over Mortland, 6:50.2 to 6:58.7. Chuck Newell had his all-time best in third with 7:23. . . With cooler weather than for the National 10 two weeks earlier, Mortland won the Ron Zinn 10 Km on a dusty track in Chicago in 47:38 with Matt Rutyna a minute behind. . . In California, Haluza blasted a 1:12:38 for 10 miles on the track, with Laird well back. . . However, Laird did win the National 2 Mile in New York with a 13:52.6, followed by DeNoon, Daniel, and Young. (Walkers had a busy schedule back then). . . Martin Rudow won both the 20 and 50 Km in Northwest Championships with 1:42:08 and 5:05:28.

30 Years Ago (From the June 1971 ORW)—The first sentence of the lead story reads: "Larry Young quickly disproved some of the doubters, such as your editor, who figured he might have a tough time getting back to his 1868 form." Yes, it read 1868; typos were no stranger to the ORW in those days either. Anyway, Larry won a highly competitive National 50 in Nutley, N.J. in 4:18:29. John Knifton, a newcomer to the long distances at that time, was second in 4:19:23, Gary Westerfield third in 4:21:05, Goetz Klopfer fourth in 4:21:31, host Ron Kulik fifth in 4:28:29, and Bob Kitchen sixth in 4:30:17. . . In Rouen, France, England's Colin Young covered 134 miles 202 yards in 24 hours for a World's best, which qualified him for the 520 km Paris-to-Strasbourg donneybrook. . . Ron Daniel did 1:13:15 for 10 miles on Long Island, but lost to Kulik over 1 Mile in Bristol, Pa., 6:39 to 6:43. . . Larry Young proved his versatility by adding the National 2 Mile crown. He did 13:49.5 to beat Ron Laird, Jim Hanley, Ray Parker, Bill Ranney, and Steve Tyrer.

25 Years Ago (From the June 1976 ORW)—The Olympic Trial at 20 Km had everyone there since the 50 had been eliminated from the Olympic program as part of a move to reduce the number of participants (it was back in 1980). Unfortunately, the race came up about 7/8 of a mile short when an official directed the leaders back to the Stadium one lap too soon. Todd Scully won the less-than-19 km race in 1:25:29, with Ron Laird (1:25:44), and Larry Walker (1:25:57) capturing the other two Olympic berths. It was Laird's fourth Olympic team. Two-time Olympic 50 km bronze medalist Larry Young was a disappointed fourth in 1:26:41. Jim Heiring, Goetz Klopfer, Dan O'Connor, Tom Dooley, Bob Henderson, and Jerry Brown rounded out the top 10. . . A week earlier, Laird had won his sixth National title of the year at 5 Km in 21:09.4. Scully was close all the way, and had 21:15.4. Larry Walker, Wayne Glusker, John Knifton, and Ron Daniel followed. . . Sue Brodock won the women's National 5 Km in 25:29, with the Ohio TC's Laurie Tucholski second in 25:56. Susan Liers was third and Carol Mohanco, from Kettering, Ohio, was fourth. . . Mexican Daniel Bautista walked an impressive 2:22:53 for 20 miles in England, leaving Raul Gonzales nearly 4 minutes back. Gonzales had won a 20 Km in Bergen, Norway a week earlier in 1:25:06. . . Jerry Young won the National Junior 10 Km in Knoxville with a 50:30, nearly 2 1/2 minutes ahead of Steve Cassarella.

20 Years Ago (From the June 1981 ORW)—Overcoming a drizzle and Seattle chill, Vince O'Sullivan won the the National 50 Km in 4:12:11. He controlled the race all the way. Jim Heiring was a lonely second in 4:15:29 with Ray Sharp third in 4:21:06. . . The National Junior 10 Km went to Tim Lewis in 50:56 with both temperature and relative humidity in the 90s in Knoxville. . . In Mexico's Walk Week, Soviet Valeri Sunstov won the 50 in 3:54:14 ahead of Canada's Marcel Jobin (3:56:25). The 20 went to Ernesto Canto in 1:24:32 ahead of Soviet

Andrei Perlov (1:26:18). . . Italy's Maruizio Damilano, the 1980 Olympic gold medalist and now the IAAF Racewalk Committee Chairman, won an international 20 km 1:22:26.

15 Years Ago (From the June 1986 ORW)—Canada's Guillaume Leblanc scored an impressive win in the Canadian International Racewalking Classic. The Canadian beat Mexico's Ernesto Canto, winner at the 1984 Olympics, 1983 World Championships, and 1981 World Cup, over the final 5 Km to win in 1:23:17. Canto was 15 seconds back at the finish. Tim Lewis was with the leaders at 15 Km, but was beaten for third by Martin Bermudez. Tim finished in 1:23:58. Bermudez won the 30 Km 3 days later in 2:14:34, 24 seconds ahead of Feliz Gomez. Marco Evoniuk was fourth in 2:18:06. . . Four weeks later, Lewis won the U.S. title in 1:25:22, but Carl Schueler, in his best ever 20, was closing at the finish to take second in 1:25:45. Ray Sharp had 1:26:46 in third. . . Debbi Lawrence won the women's National 10 Km in 50:28.9 with Teresa Vail second in 50:56. . . Ron Laird became the first racewalker named to the U.S. Track and Field Hall of Fam, which, with the new class, numbered 118 athletes.

10 Years Ago (From the June 1991 ORW)—The World Cup, held in San Jose, Cal., produced some dramatic races. In the men's 20 Km on the first day, Mexico's Ernesto Canto tried to break loose from the USSR's Mikhail Schennikov and Frances's Thierry Toutain at the start of the final 2 km lap, establishing a quick 6 or 7 second lead. But Schennikov's finishing speed was too much and he won in 1:20:43, 3 seconds ahead of the Mexican. Toutain had 1:20:56, 4 seconds ahead of Spain's Daniel Plaza. Tim Lewis led U.S. walkers with 1:28:04 in 54th. . . The women's 10 Km saw Irina Strakhova, USSR, winning in 43:55 ahead of Mexico's Graciela Mendoza (44:09) and the USSR's Elena Saiko (44:11). With Olga Kardopoltseva in fourth, the USSR was an easy team winner over Italy and Mexico. The U.S. was sixth, led by Debbi Lawrence (46:13) in 15th. Victoria Herazo and Lynn Weik were 27th and 28th. . . In the 50 on the second day, the USSR met disaster when Andrei Perlov, leading by nearly a minute with a lap to go, was DQ'd about 600 meters from the finish, giving Mexico's Carlos Mercenario the win 3:42:03. Mercenario, who had won the 1987 World Cup 20 km at age 19, made a strong international debut at the longer distance. The USSR's Aleksandr Potashov crossed the line after Mercenario, only to find he too had a third red card. Thus, Australia's Simon Baker took second and Germany's veteran Ronald Weigel third. The Soviets seemed to have the team title sewed up at the 45 km mark, but faded to sixth with the two DQs. Italy, the surprise leader after the 20, took the title ahead of Germany, who had a three, four, six finish at 50, and Mexico. . . Natinal titles went to Tim Lewis in 1:29:55, with Gary Morgan second and Dave McGovern third, and Debbi Lawrence in 46:07, ahead of Lynn Weik and Victoria Herazo. . . Lewis (1:02:35) and Herazo (1:11:13) took national titles at 15 Km in Portland, Ore. Lewis was followed by Andrzej Chylinski and Gary Morgan and Herazo by Wendy Sharp and Debby Van Orden.

5 Years Ago (From the June 1996 ORW)—The Olympic Trials for both men (20 Km) and women (10 Km) were held in Atlanta on the same course to be used in the Olympics a couple of months later. On a very warm, humid day, Curt Clausen was a convincing winner in the 20, his 1:29:50 putting him 47 seconds ahead of Tim Seaman. Gary Morgan was another 33 seconds back and Allen James 17 seconds behind him. As it turned out, Clausen, who had already met the B standard of 1:26:00, was the only U.S. qualifier, as no one approached the 1:23:50 A standard needed for more than a single entry. . . The women's race saw a repeat for the three 1992 Olympians as Debbi Lawrence won in 46:05 with Michelle Rohl (46:37) and Victoria Herazo (48:12) following. Debbi Van Orden was another minutes back in fourth. . . Earlier, Rohl had done an American record 44:06 on the track at UW-Parkside. . . In the Naumburg 50 Km, which served as the German Olympic Trial, Russia's Viktor Ginko won in 3:42:52 followed by Valentin Kononen, Finland 3:45:19, and Mikhail Schennikov, Russia (3:47:27). Ronald Weigel was fourth in 3:51:46, winning the German Trial. Kononen also had a 39:34.92 track 10 in Finland.