

Dow Walks Away; Albert Upends Clausen

Worcester, Mass., Oct. 7 (Based on report by Al Heppner)--The National 1 and 2 Hour championships have become a Massachusetts early-October tradition carried on again this year. In the men's 2 Hour, Curt Clausen headed a classy, but quite sparse field of Olympic Training Center based athletes. But the country's top walker could not match strides with the ever-improving Sean Albert on this day. Sean took control of the race before the clock reached the 1 hour mark and pulled steadily away to beat Clausen by more than a lap-and-a-half. When the 2 hours ran out, Albert had covered 27,031 meters, just 329 meters off Clausen's national record.

In the women's 1 Hour, Joanne Dow left Cheryl Rellinger and defending champion Victoria Herazo more than 3 laps in her wake as she covered 12,891 meters. The National 1 Hour for Junior and Masters Men went to 17-year-old Adam Staier, from Maine, who covered 12,440 meters.

With the temperature barely over 40 degrees and moderate winds blowing at the 2 hour start, Albert set the pace immediately with two-time Olympian Clausen and Al Heppner in tow. The trio passed 5 km in 22:30 and 10 in 45:18. Clausen made a move as they reached 11 km, overtaking Albert. But he couldn't pull away and four laps later, Albert resumed the wind-breaking duty.

Albert made a surge of his own at 13 Km and only Heppner went with him. Albert dropped the pace from 4:30 per km to 4:20 and then down to 4:10 on the 16th km. That was enough for Heppner and Sean pulled steadily away to reach 20 km in 1:29:12 (43:54 for the second 10). Shortly after that he lapped Clausen and cruised to victory, keeping his splits under 4:20. Clausen was second with 26,396 meters, lapping a struggling Heppner late in the race. John Nunn came fourth.

Albert didn't count on his victory until he lapped Clausen. "By then it was late in the race and I still felt pretty good walking 4:20s", the 27-year-old said of his second national title. "Finally, it all came together. I've been training well and I finally raced well."

In the women's 1 Hour, Dow was never challenged. Rellinger covered 11,528 meters to beat Herazo by just 51 meters for second, avenging a loss to Victoria 2 weeks earlier in the National 5. The 42-year-old Herazo is a 6-time winner of the event, dating back to 1990, with a best of 12,771 meters in 1991. Local hero Marcia Gutsche was just another 115 meters back in fourth.

In winning the Junior 1 Hour, Staier was just 100 meters off Clausen's national junior record set in 1986. Results:

Men's 2 Hour--1. Sean Albert, New Balance 27,031 meters 2. Curt Clausen, NYAC 26,396 3. Al Heppner, US Army 25,878 4. John Nunn, US Army 23,782 5. Bill Vayo, Eastside TC 22,893
Women's 1 Hour--1. Joanne Dow 12,891 2. Cheryl Rellinger 11,528 3. Victoria Herazo (42) 11,477 4. Marcia Gutsche (40) 11,362 5. Mallory Delaney (16) 10,148 6. Moneta Roberts (42) 10,127 7. Jasmine Brooks (16) 9916 8. Ann Percival (43) 9619 9. Holly Wenninger 9345 10. Ginger Armstrong 9239 11. Joanne Harriman (58) 9146 12. Madelyn O'Brien (15) 9097 13.

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Patricia Godfrey (55) 9675 14. Eileen Druckenmiller 8660 15. Nadya Dimitrov (51) 8614 16. Annie Montgomery (54) 8455 17. Sheila Sosnowski (50) 8420 18. Jessica Compton (18) 7822 19. Mary Helen Baldwin (52) 7376
Men's Junior and Masters 1 Hour--1. Adam Staier (17) 12,440 2. Reynaldo Carrazana (43) 11,763 3. Bob Keating (54) 11,669 4. Leon Jasionowski (57) 11,560 5. John Chasse (18) 11,411 6. Richard McElvery (44) 10,950 7. Joseph Trapani (15) 10,885 8. Shawn Frederick (48) 10,752 9. Paul Johnson (64) 10,673 10. Joe Light (54) 10,604 11. Stan Sosnowski (51) 10,435 12. Vladimir Telnov 10,381 13. Bob Bararett (67) 10,290 14. Bill Harriman (54) 10,237 15. John Costello (46) 10,225 16. James McGrath (64) 10,128 17. Daniel Pendergast (19) 10,124 18. Robert Ullman (52) 10,078 19. Tom Knatt (61) 10,016 20. Wilson Crone (41) 9793 21. Stephen McCullough (40) 9757 22. Mark Denet (16) 9755 23. Aaron Whitten (15) 9691 24. Jack Starr (73) 9548 25. Yuri Kuo (16) 8912 26. Bernie Finch (61) 8831 17. Bill McCann (72) 8718 28. Louis Free (71) 8499 29. Edward Gawinski (74) 8270 30. Thomas Fitzgerald (60) 7721 31. Richard Huie (66) 7544 (3 DQs)

Other Results

20 Km, Lake Grove, N.Y., Sept. 30--1. Joe Trapani (15), WalkUSA 1:56:13 (59:00) 2. Mike Bartholomew (20), WalkUSA 1:56:45 (59:00) 3. Bill Vayo, EastsideRW 2:00:00 (59:30) 4. Loretta Schuellein, Eastside 2:00:00 (59:31) 5. James McGrath (64), WalkUSA 2:02:57 (60:54) 6. Jean Tenan, Conn. RW 2:04:20 7. Greg Dawson, WalkUSA 2:11:17 8. Linda Goldstein (51), Eastside 2:15:15 9. Seth Kaminsky (61) Eastside 2:15:15 10. Ginger Armstrong, Conn. RW 2:20:06 (16 finishers) **91st Annual Coney Island 10 Mile, Oct. 14**--1. Bill Vayo 1:24:07 2. Nick Bdera 1:26:47 3. Israel Soto-Duprey 1:36:53 4. Loretta Schuellein 1:37:16 5. Dave Wolf 1:37:33 6. Alexis Davidson 1:39:26 7. Jim McGrath 1:40:33 8. Sherwin Wilk 1:41:01 9. Linda Goldstein 1:47:50 (16 finishers, 1 DQ) **5 Miles, same place**--1. Olga Beschastnykh 46:03 **East Regional 30 Km, New York City, Oct. 20**--1. Joseph Diaz, Puerto Rico 2:34:16 (50:08, 1:38:47) 2. Ramon Muniz, Puerto Rico 2:41:27 (51:14, 1:43:26) 3. Bill Vayo 2:50:39 4. Bruce Logan 2:59:00 5. Erin Taylor 3:07:27 6. Sherwin Wilk (63) 3:17:16 7. Gary Null (56) 3:21:02 8. Lon Wilson (54) 3:22:31 9. Linda Goldstein (51) 3:26:48 10. Nicole Lewin (19) 3:28:07 11. Richard Harper (51) 3:28:20 (13 finishers) **10 Km, same place**--1. Olga Beschastnykh (17) 57:49 **20 Km, same place**--1. Kelvin Vazquez, Puerto Rico (20) 1:40:29 **5 Miles, Freehold Twp., N.J., Oct. 21**--1. Tom Quattrocchi (50) 46:04 2. Jack Lach (57) 46:09 3. Dick Van Benthuyssen (53) 50:02 4. Dave Romansky (63) 50:02 5. Ben Ottmer (67) 50:22 (11 finishers) Women--1. Sherry Brosnahan (49) 49:34 2. Ashley Pisciotta (17) 49:48 3. Noreen Mimm Boranian (44) 52:27 (6 finishers) **1 Mile, Alexandria, Vir., Aug. 19**--1. James Moreland (48) 8:50:06 **3 Km, same place**--1. James Moreland 16:56:20 **3 Km, Alexandria, Vir., Sept. 2**--1. Victor Litwinski 18:43.2 **1 Hour, Planation, Fla., Oct. 14**--1. Mike Felling (45+) 10.283 meters 2. Paul Johnson (60+) 10.241 meters 3. Bob Cella (60+) 9316 4. Gerry Gomes (65+) 9316 (12 finishers) Women--1. Carol Simonds (45+) 10,128 2. Tammie Corley (35+) 9445 3. Linda Stein (50+)

9311 4. Joanne Elliott (65+) 8929 (6 finishers) **Florida State 15 Km, Coconut Creek, Oct. 21**--1. Don DeNoon (55+) 1:25:06 2. Mike Felling 1:30:24 3. Paul Johnson 1:30:38 4. Bob Cella 1:37:23 5. Dan Koch (55+) 1:39:52 (8 finishers) Women--1. Carol Simonds 1:36:00 2. Sandra DeNoon (45+) 1:39:34 3. Joanne Elliott 1:47:18 **5 Km, Loveland, Ohio, Sept. 23**--1. Joann Lyon 31:02 2. Suzy Shunk (40+) 31:50 3. Andrew Robell 33:09 (23 finishers) **5 Km, Flint, Mich., Aug. 24**--1. Dan O'Brien 23:27 2. Gary Morgan 23:47 3. Rod Craig 25:05 4. Leon Jasionowski 25:32 5. Bill Reed 27:02 6. Ken Lampar 28:48 (30 finishers) Women--1. Deb Topham 30:29 2. Sue Hamman 31:10 3. Susan Fassett 31:29 4. Lynett Heinlein 31:33 5. Gloria Foley 32:16 6. Jeanette Wineland 32:32 (22 finishers) **1 Hour, Royal Oak, Mich., Sept. 30**--1. Dan O'Brien 12,236 meters 2. Rod Craig (43) 12,016 3. Leon Jasionowski (56) 11,927 4. Ken Lampar (43) 10,268 5. Jack Elwarner (62) 9945 (7 finishers) Women--1. Deb Topham (48) 9616 2. Mary Franklin 9012 3. Walda Tichy (61) 9630 (8 finishers) **Weinacher Cup, Marysville, Mich., Oct. 6: Men's 10 Km**--Jeff Cassin, Ireland 46:44 (non-scoring) 1. Arutro Huerta, Ontario 46:44 2. Gordon Mosher, Ont. 47:28 3. Dan O'Brien, Michigan 48:44 4. Rod Craig, Mich 49:12 5. Bill Reed, Mich. 56:34 6. Paul Tucknett, Ont. 59:58 7. Don Ramsden, ont. 62:03 8. Bob Davis, Mich. 68:22 Ontario 9 Michigan 12 **Women's 5 Km**--1. Nancy Sweazey, Ont. 25:33 2. Rebecca Lavalee, Ont. 29:25 3. Debbie Topham, Mich. 29:29 4. Sherry Watts, Ont. 30:17 5. Mary Franklin, Mich. 31:45 6. June-Marie Provost, Ont. 32:37 7. Walda Tichy, Mich. 34:18 Ontario 7 Michigan 14. Ontario wins match 16-26 **13.1 Mile Power Walk, Appleton, Wis., Oct. 1**--1. Al Heppner 1:41:11 Women--1. Laney Marshall (48) 2:16:58 **3 Km, Boulder, Col., Sept. 1**--1. Mike Blanchard (4) 15:44.9 2. Marianne Martino (51) 17:39 3. Carolyn Fleck (38) 18:31 4. Rita Sinkovec (61) 18:33 5. Sherrie Gossert (49) 18:33 **5 Km, Denver, Sept. 16**--1. Mike Blanchard 27:33 2. Lorie Rupoli (50) 29:41 3. Nancy Hardesty (50) 30:45 4. Sherrie Gossert 31:22 5. Doug Williams (63) 31:42 **5 Km, Denver, Sept. 23**--1. Mike Blanchard 26:33 2. Scott Richards (51) 26:54 3. Daryl Meyers (58) 28:59 4. Lorie Rupoli 29:30 5. Peggy Tronvig (47) 30:16 6. Mike Heymans 32:01 **5 Km, Chula Vista, Cal., Oct. 14**--1. Al Heppner 20:26 2. John Nunn 21:13 **10 Km, same place**--1. Tim Seaman 43:03 2. Sean Albert and Philip Dunn 49:28 (pacing members of the Olympic Center's Athletic Training Staff, who were running the race) **1 Hour, Kentfield, Cal., Sept. 30**--1. Jack Bray 10,347 meters 2. Peter Corona 9471 3. Ann Lee 9357 4. Ed Lane 9208 5. Bob Rose 8940 6. Doris Cassels 8844 (15 finishers) **4 Mile, Larkspur, Cal., Sept. 15**--1. Jack Bray 32:00 2. Ed Lane 39:13 3. Ann Lee 39:36 4. Peter Corona 40:11 5. Stewart Canning 41:08 (30 finishers) **5 Km, Sacramento, Cal., Oct. 22**--1. Joe Berendt 28:02 2. Jack Bray 28:05 3. Ed Lane 31:12 4. Edward Flint 32:17 5. Bob Rose 32:32 6. Jim Scheller 32:47 (14 finishers) Women--1. Paul Kash-Mendell 31:04 2. Nicole Goldman 31:57 3. Doris Cassels 32:09 4. Trish Caldwell 32:18 5. Shirley Dockstader 32:25 6. Marjorie Garner 32:27 (15 finishers) **9.8 Miles, Seattle, Sept. 8**--1. Stan Chraminski 24:22 2. Bob Novak 25:06 3. Bart Kale 26:00 4. Ann Tuberg 26:30 5. Josly Slaughter 26:31 6. Bev LaVeck 26:37 (10 finishers)

10 Km, Montreal, Sept. 16--1. Arturo Huerta 44:43 2. Blair Miller 46:51 3. Jocelyn Ruest 46:51 4. Karen Foan 49:40 5. Marina Crivello 51:37 6. Cheryl Rellinger, US 52:05 7. Louis-Philippe Cyr 52:07 8. Donald Cote 52:54 (18 finishers) **Ontario Championships, Welland, Oct. 14: Women's 10 Km**--1. Holly Gerke 1:47:30 2. Nanci Seewazey (46) 1:59:28 **Women's 10 Km**--1. Marina Crivello, Quebec 52:05 2. June-Marie Provost (67) 64:56 **Women's 5 Km**--1. Rebeca Lavalee (17) 27:08 2. Chelsea Rodriguez (15) 28:02 **Men's 20 Km**--1. Jocelyn Ruest, Quebec 1:32:56 2. Rod Craig, US 1:44:02 3. Dan O'Brien, US 1:49:10 4. Bill Reed, US 1:58:55 5. Stuart Summerhayes (67) 2:06:56 6. Don Ramsden (54) 2:09:05 **Men's 10 Km**--1. Gordon Mosher 48:00 **Men's 5 Km**--1. Jean-Sebastien Beaucage, Quebec 22:59 2. Arturo Huerta 22:59

15 Km, Mexico City, Sept. 30—1. Noe Hernandez 1:00:19 2. Alejandro Lopez 1:00:22 3. Daniel Garcia 1:00:25 4. Cristian Berdeja 1:01:26 5. Jorge Rivera 1:01:52 6. Mario Hernandez 1:02:01 7. Rogelio Sanchez 1:02:33 8. Jesus Gonzalez 1:03:06 9. Fernando Hernandez 1:03:45

Pan American Junior Championships: Men's 10 Km, Oct. 19—1. Horacio Nava, Mex. 43:34 2. Andres Chocho, Ecuador 43:59 3. Rafael dos Anjos Fontenelle, Brazil 44:09 4. Walter Sandova, El Salvador 45:53 5. Victor Marin, Peru 47:47 6. Jerzon Villagra, Chile 49:24 (10 finishers, 3 DQs) **Women's 10 Km, Oct. 20**—1. Cristina Lopez, El Salvador 51:42 2. Alessandra Picagevicz, Brazil 52:04 3. Ariana Quino, Bolivia 52:07 4. Luisa Paltin, Ecuador 52:11 5. Mabel Oncebay, Peru 52:31 6. Jaqueline Escobar, Mexico 52:44 (9 finishers, 4 DQs including Kate Brooker, Canada) (The U.S. was not represented. Ben Shorey and Robyn Stevens were selected for the team, but both are adjusting to college lives and, probably wise, chose to concentrate on studies and the cross country season.) **Polish 20 Km Championship, Rumia, Oct. 7**—1. Robert Korzeniowski 1:20:31 (20:10, 40:19, 60:29—a nice steady pace for the three-time Olympic gold medalist) 2. Tomasz Lipiec 1:22:38 (20:10, 40:47, 1:01:32) 3. Grzegorz Sudol 1:25:57 4. Roman Magdziarczyk 1:27:34 5. Stanislaw Stosik 1:30:16 Masters—1. Jan Holender (37) 1:36:53 Juniors—1. Benjamin Kucinski 1:24:55 (21:21, 42:17, 63:20) 2. Rafal Dys 1:25:48

Women's 10 Km, Prato, Italy, Sept. 9—1. Erica Alfridi 45:15 2. Elisabetta Perrone 45:15 3. Lisa Barbieri 45:29 4. Rossella Giordano 46:04 5. Gisella Orsini 46:48 6. Cristiana Pellino 48:07

USATF National Men's 5 Km, Kingsport, Tenn., Sept. 22 (we had only the first 10 last month)—1. Curt Clausen 20:44 2. Al Heppner 20:59 3. Ian Whatley (42) 22:15 4. Dav McGovern 22:36 5. Keith Luoma 23:10 6. Michael Wiggins (52) 24:47 7. Rod Craig (43) 24:48 8. Leon Jasionowski (56) 24:49 9. Will Walden (46) 25:39 10. Max Walker (54) 25:45 11. Norm Frable (56) 26:03 12. James Carmines (58) 26:34 13. Bill Reed (48) 26:51 14. Paul Johnson (64) 27:24 15. Jack Bray (68) 27:59 16. Bob Barrett (67) 28:24 17. Jeff McClung (46) 28:24 18. Larry Windes (43) 28:49 19. Ed Kousky (60) 29:00 20. Bob head (46) 29:38 21. Terence Shoeberger (42) 30:01 22. Dick Petrucci (58) 30:08 23. Michael Bird (53) 30:24 24. Allyn Evans (66) 30:25 25. Craig Woodall (47) 30:55 26. Ross Barranco (52) 31:12 27. Bob Stewart (68) 31:28 28. George Kruck (67) 31:28 29. Rick Austin (47) 32:28 30. Bernie Finch (61) 32:46 31. Bob Mimm (76) 33:14 . . . 43. Paul Geyer (82) 41:26 (43 finishers)

It's competition you crave? Here's a list you can save

Sun. Nov. 4 National Masters 20 Km, Coconut Creek, Florida, 7:15 am (L)
1 Hour, Alexandria, Vir., 9 am (O)
10 Miles, Thonton, Col., 9 am (H)
5 Km, Albuquerque (I)
5 Km, Clarksburg, Cal. (E)
5 Km, Pasadena, Cal., 9 am (Y)

Sat. Nov. 10 12 and 24 Hour Races (track), El Cajon, Cal. (D)
2.8 Miles, Seattle, 9 am (C)

Sun. Nov. 11 1 Hour, Kentfield, Cal., 9 am (P)
Long Beach 1/2 Marathon (Y)

Sat. Nov. 17 8 Km, Alexandria, Va., 8:30 am (O)
5 Km, Brighton, Col., 8:30 am (H)

Sun. Nov. 18 Gran Prix #1, New York City, 8:30 am (G)
7 Miles, Denver, 9 am (H)

Th. Nov. 22 5 Km races in both Las Cruces and Albuquerque, N.M. (I)
4 Miles, Denver, 10 am (H)

Fri. Nov. 23 Spring Races, Kentfield, Cal., 8:30 am (P)

Sat. Nov. 24 5 Km, Aurora, Col., 9 am (H)
Sun. Nov. 25 Gran Prix #2, New York City, 9 am (G)
Sat. Dec. 1 2 Mile, Roswell, N.M. (I)
Sun. Dec. 2 Gran Prix #3, New York City (G)
10 Km, West Concord, Mass. (X)
Sat. Dec. 8 2.8 Miles, Seattle, 9 am (C)
5 Km, Phar, Texas, 8 am (N)
Sun. Dec. 9 5 Km, Denver, 10 am (H)
Sat. Dec. 22 8 Km, Alexandria, Va., 8:30 am (O)
5 Km, Aurora, Col., 9 am (H)
Sun. Dec. 30 10 Miles, Asbury Park, N.J., 10 am (A)

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Here are a few items of interest that we didn't find room for in the two issues immediately following the World Championships in August. First, a press release from Jill Geer, USATF Director of Communications.

Team Manager A Real-Life Hero

When people talk of "giving the gift of life", it is usually in the context of signing the back of their drivers' license to be an organ donor, should the worst happen to them in a traffic accident. For Team USA women's head manager Maryanne Torrellas, giving the gift of life is a positive part of her past, present, and future.

In December, Torrellas donated her right kidney to her cousin, Peter Timmons. A six-time U.S. reewalk champion, Pan Am Games bronze medalist, and former world record holder in

the 1500 meters, Torrellas had been introduced to racewalking by Timmons when she was running track at St. John's. A victim in part of her tendency to avoid taking water and staying hydrated, her career ended at the 1996 Olympic Trials when she sustained heart valve damage.

I don't have any brothers or sisters, so I'm very close with my cousins," said the 43-year-old Torrellas, who has four sons. "Peter actually taught me how to racewalk. I knew I couldn't compete anymore, and I thought I could help Peter."

Timmons suffered kidney failure 5 years ago, and last year needed either a transplant or to go on dialysis. Torrellas knew that dialysis would be a poor choice for her cousin, a high-energy district attorney from Long Island.

After having a dream that she would be a donor match, Torrellas went through the medical testing that confirmed her dream. Eight months later, both donor and recipient are doing well. "It actually takes the donor a little longer to recover," Torrellas said. "He's doing excellent. When they ran tests on him, the doctors seemed to think it was functioning like his own kidney."

With Torrellas living in Connecticut and Timmons on Long Island, the cousins keep in via phone and e-mail. Now, however, their communications have taken a new twist. "We e-mail frequently," Torrellas said. "We have two kidneys talking to each other—my right kidney talks to the left (Timmons' new kidney). In fact, it's a running joke that now my left kidney is in a much better place because now it's actually getting hydrated."

(Ed. Pete Timmons was a very good walker in the early 1980s. He was ranked eighth in the U.S. at 20 Km in 1982 and had a personal best of 1:30:42 in 1984. Unfortunately, things were more competitive back then. That put him just equal 14th among U.S. walkers. Last year he would have been seventh and this year fifth.)

World Championship Commentary

by Mike DeWitt

Coach of many U.S. Champions and Olympic competitors at University of Wisconsin-Parkside and Parkside A.C.

(Mike saw the women's 20 and men's 50 in Edmonton. He comments first from a "judges" view and then from a "coaches" view.)

Women's 20 Km

The first impression during the first 10 Km of the race was that the judges were going crazy, that they were going to DQ the whole field. John Kelly and I were going back and forth to the DQ board every 5 minutes and the board was filling up faster than you could record. By 10 km, there were 22 numbers on the board with at least one red card, and there were already eight DQs.

As I watched the second half of the race, it became much clearer what was going on. It was very simple. If a walker was not walking smoothly, or if they had any flaw (I will talk about smooth and flaw later) in their technique, they were DQ'd. As the walkers went by for the final kilometer into the stadium, there was no question those still in the race were "solidly" racewalking, even though there was at least one DQ in the final kilometer that I know of. I don't think anyone finished the race with two red cards; it was either 3+ or 1/0 cards.

Bottom line on the women's race—it was probably the fairest judged race I have seen in a long time, if not ever! There wasn't anyone in my opinion that "survived" the judging, like there seems to be in most races. In other words, there wasn't anyone that you could have said "how could walker A be DQ'd and walker B not be DQ'd."

Men's 50 Km

My pre-race expectations were that this was going to be crazy, if the judges DQ 15 women in an hour-and-a-half, what will they do in 4 hours? Right from the start, I felt that this race was much more typical in terms of how it was going to be judged and how it was going to be raced.

Here is what I mean. A good 50 has a field of walkers that are excellent at going out at an honest pace and then holding it together, with a break in the field coming somewhere after 30 km or so. A good 50 km walker will go out looking strong/solid and will maintain that "look" and pace right straight through, and in some cases look stronger during the second half on in, if not negative splitting the race. (Good 50 Km walkers do this better than 20 Km walkers, mostly by the nature of the event.)

There was a pack of 20 or more at the front, then a pack of 20 or so that followed, and then there were three guys working together off the second pack. Those groups stayed together for the first 15 to 20 Km. It is impossible to judge the middle of those packs. Still, there were some calls being made, a handful of red cards and when the packs split up, between 20 and 30 Km, the red cards caught the flaws of five or six walkers, very similar to the women's race in this regard. Beyond that point, the other DQs came from total crashes on pace; those racing well to 30 Km and then slowing/cramping or just falling off the pace. I thought it was also interesting that the three walkers at the back all finished well within the middle of the field; trailing the field in the wide-open did not bother those three walkers.

In the end, those that gradually fell off the pace, maintained strong technique, walking to the finish (sub 4 hours range). Those that crashed badly, but held technique together, made it in as well. Only those that "were hurting" with cramping or other injury problems were DQ'd after 35 Km.

Bottom line on this race—Although perhaps not as "perfect" as the women's race, it was still a very fair race. There was very little doubt about anyone "getting through the race". The 50 Km walkers are usually very strong and hold together very well; they have less technique flaws or change their technique during a race, thus the lower DQ ratio in my opinion.

Overall thoughts

In the IAAF Racewalk Judge Manual, one paragraph states something like: the benefit of doubt about technique goes to the walker. My opinion is that the benefit of the doubt is very small at this point, much smaller than it has been in the past.

There are certain keys to look for in proper technique. In these two races, the judging group was in strong agreement about what those keys should be. I think it would be great if one of the IAAF judges gave all of us a few key points to look for as coaches and athletes, as well as helping our domestic judges get in tune with the way things will be called in the near future of international racing.

Coaches view

Now on to what to do to avoid being in that 25 percent area of the DQs. But, first I have one other thought on the races themselves. It has to do with the field of walkers in the men's races versus the field of walkers in the women's races.

In the men's 20, you have a field of walkers that are within about 5 minutes from fastest PR to slowest PR. Most of the field is within 2 1/2 minutes of one another. In the 50, the PR range is about 25 minutes, with the big majority being about 5 to 7 minutes apart. Now compare

that with the women's 20 Km field. The PR range is over 10 minutes, and the majority of PRs are spread over 4 to 6 minutes.

The "overall" talent of the field in the men's races is much tighter and their ability level is much more even. That would say that the conditioning level is much closer than that of the women, which would lead to a wider variety of talent/ability and therefore overall fitness. This makes the women's field tougher to officiate because of the wide ability involved (just like judging a race with open, masters, and youth athletes involved). This is just one other factor to think about in the overall picture of things.

Now, how to improve, and this is my opinion and what I will be doing to help the UWP/PAC walkers this coming year.

Definition of "solid"--Walking with good apparent contact with the ground, not altering or changing technique during a race, and looking good in all aspects of technique from the tip of the toes to the top of the head.

"Flaws"--Anything that distracts from "solid" technique, which could include: poor use of feet, underdeveloped leg muscles, poor hip action, less than smooth and efficient upper body movement, poor posture, or head placement, to mention many, but not all potential flaws.

As a coach or as an athlete, you want to walk as fast as you can with the best technique possible. The judges in Edmonton helped the most physically fit walkers win, because those winners and the remaining order of finishers in each race were both physically set with training and, just as important, physically fit with technique. I am confident with the training I give my athletes, but will have to improve on physically improving technique on most everyone (as will all of the coaches around the world.) This is something that I have not worked as hard on recently (past few years) because, unless you were very poor technically, you could get through the races. I am totally relying on the judging in Edmonton as what will be the norm now!

I will reintroduce the "DQ workout" (and that doesn't mean stopping at Dairy Queen during the workout). It has been a long time since I have done this, but during a workout that I am observing, as opposed to walking in, if any walker is not in solid (legal) technique, with **little** benefit of doubt to the walker, I have that walker stop the workout and switch to repeat 200 meter "technique" repeats. . . working specifically on the flaw. The repeats last as long as the workout would have lasted had the individual not been "DQ'd". The pace is set at their **best** pace for proper technique. That might be 10:00 mile pace for someone with 9:00 mile ability. The rest is short; 30 seconds to 1 minute to review and work on the flaw. The philosophy--It's not going to do you any good to finish the physical/mental aspects of a workout if you are not going to finish the race by judging standards.

Since the judges are looking for precise racewalking technique, we will be doing precise racewalking workouts. I do not subscribe to racewalking drills. Drills are great for **all** events that take less than 15 minutes--maybe even 30 minutes. Drills are used to build proper repetitive techniques--ones that will stick for the whole event. A sprinter is working for 10-12 seconds; doing repeat drills for 30 minutes will certainly help them. Field events are the same--middle distances, too.

Walkers are racing for 90 minutes to 4 1/2 hours. To ground in the best technique, you had better be **very** strong in the most crucial areas, such as foot and ankle, knee and hamstring, hips, upper body. That strength is going to be built primarily in the weightroom and on strong positive workouts.

The best walkers in both races I observed were very physically strong, and those areas were not all developed in walking workouts. (Hopefully, not with other means, as well.)

We will be revamping the Weight Training Program to work these areas. The walking training routine will not be altered much, outside of the year-to-year adjustments based on the current ability of each walker.

Working with a wide range of experience and ability, these two things will have to be adjusted to each walker or at least to each level of potential achievement for the year.

How can that help you?

If the judging is going to tighten up as fast domestically as it has internationally, this information is very helpful to you. You can adjust your training regimen to include some videotaping at the least, some judged workouts, altering your training to include specific workouts aimed at making your technique "solid" and working on a flaw or two you might have. Everyone has some area to improve on.

If you can build a strong purposeful weight program, not just a general endurance program that most walkers that weight train use, you will also help to build a stronger walking self that will help you achieve a great level of success.

The opportunity to compete at an international level in the '80s, and then observe more than a handful of international competitions in the '90s to present, has been more valuable than a week long coaching seminar to be able to view and pick apart what really goes on. Hopefully, you can pick something out of this to help yourself.

From Heel To Toe

More WC leftovers. This, behind the scenes look, from a member of the Road Events Committee at Edmonton (Byron Chikinda, by name), a committee responsible for planning and holding the marathons and racewalks. He commented on each of the five events, but we'll include only comments from the walks. Men's 20 Km: A certain company, who shall remain nameless, had electronic terminals on the racewalk course for the Judges' warnings to be posted on a warning board. Five minutes before the race, the terminals didn't work. I examined one of these terminals with a judge. The outer insulation was cut open with six exposed wires. The Judge remarked that it didn't look very safe. No kidding, especially if it rains. I found a second terminal in the same condition. Before the race, the Judges and I were concerned about these terminals and had a manual plan in place. Good thing as the terminals didn't start working until 15 minutes after the start of the race. Women's 20: Again, almost disaster. . . The same nameless company didn't test the electronic warning board until 45 minutes before the race, and it did not work. After 15 minutes, they said they couldn't figure out what was wrong. I asked what their backup plan was. "What backup plan?", they replied. We got a truck and went into the equipment area of the stadium and found the whiteboard we used for the Canadian Championships. Some other people ran off the walkers numbers and printed them off a computer in the stadium office. While we were assembling this, the Head Judge mentioned we had to use a red marker for the "X" for each warning. Joy (the writer's wife) ran to a restaurant and borrowed two red markers. Then the TV people said we couldn't use the board with "Canadian Championships" on the top. We used a banner with the World's logo to cover that up. Somehow, we got it all together 5 minutes before the start of the race! For the men's race, we had just a handful of photographers. For the women's race, we had so many photographers we had problems finding the space for them on the course. Wonder why all the photographers? Could it be that the girls were wearing those short shorts? Why were most of the photographers taking pictures of the women going away rather than coming into view. Could it be that these shorts would ride up exposing girl's assets? Probably the best 'buns' action at the Worlds. A certain country's team members showed up drunk with open bottles of beer and decided to run on the course with the women. As a reward, I ensured they got to sit down with a police chaperon for the rest of the evening. The coaches are to hand the racewalkers their water bottles and give advice. This same country's coach, who was working the race, was also drunk. We found an empty 26 ounce bottle of cognac in his garbage after the race. Makes

one wonder what was in those bottles he handed to the women! Men's 50: The same athletes that showed up for the women's 20 came to this race drunk at 9:30 in the morning with open bottles of liquor. No fooling around this time and we had the police talk to them right away. Some motorist ignored the road barriers and road marshals and tried to drive on to the course. All he got for his troubles was a free ride to the local police station in handcuffs. One of the more difficult jobs the volunteers had was being DQ escort. When racewalkers are DQ'd, the Head Judge strips them of their race bib and they have to walk back to the stadium. However, they can't get back into the stadium since they don't have accreditation having lost their bib. The DQ escort makes sure they get back OK. We called the DQ escorts "Huggers". Both men and women cried. One guy said 10 years of his life just went down the toilet. Some would sit down and refuse to move. Others would try to take on the judge. An American was DQ'd, but she didn't seem to upset. She found out she was pregnant that day! (*Ed. That's Michelle Rohl, of course, but I'm not sure about her learning of her pregnancy on the day of the race. I await verification of that part of this saga of the joys of conducting road races.*) . . . **Jake relocates.** Howard "Jake" Jacobson, racewalker, author, coach, promoter, organizer, and friend of the sport extraordinaire, reports as follows: "After too many years of missing holidays, birthdays, and other family events, I've moved to Jupiter, Florida (just north of West Palm Beach) to be near my son Alan and his family. I've also moved my headquarters to Jupiter, although I still operate in New York and the Northeast. The Eastside Racewalk Team (est. '77), besides having the Long Island and NYC branches, will also have a team in Florida. So any of you out there seeking to be associated with a good team with good coaching—please be in touch. The NY Walkers Club has been going strong since 1979 with free clinics and workouts—50 weeks a year in several locations. I expect to do the same in Florida for all those fitness buffs who's like to learn HEALTHWALKING AND RACEWALKING (some evolve into competitive racewalkers). If you know anyone down here who would enjoy one of the least expensive fitness clubs in the country have them contact me. Jake Jacobson, 6068 Ungerer Street, Jupiter, FL 33458, 561-745-0436, wikcoach@bellsouth.net. . . **Bent knees revisited.** Jim Hanley writes: "In a recent letter to the ORW, Carl Acosta said that the international judges at Brisbane "Didn't say Boo," but when he returned home, he received three warnings during the first lap of an all-comers track meet racewalk. As I was the Chief Judge at the meet in question, I know that there were several errors and some poor logic in the letter, which was designed to make the point that our USAT&F judges are too strict on the bent knee rule. First, Carl did not get any warnings (red cards) in the race. He did receive three cautions (white paddles) from three different judges. Cautions may be given if an athlete is in danger of ceasing to comply with the rules. It is very easy for racewalk judges to give cautions because it does not result in disqualification. In a way, it is a form of coaching the athlete to prevent disqualification. Three warnings, on the other hand, disqualify the athlete. As a judge, you always give the athlete the benefit of the doubt (*Ed. Just as Mike DeWitt has said earlier in this issue.*) and really hate to write out the dreaded warning card. There could be explanations of why we gave Carl cautions at our all-comers meet when he received none at Brisbane. The race was only 1600 meters. Many walkers go out too fast and "creep" a bit to get an edge during the first lap in this all-out sprint. Also, it is very cold during the night race, and many walkers do not warm-up enough. And, it could be that the judges in Brisbane were not doing a very good job. (Since I was not there and did not see them or Carl in action, I'd like to assume that both Carl and the judges performed well.) Regardless, the bent-knee rule continues to be a problem with older athletes. No one has worked harder than Carl in trying to improve himself in this area. Still, the judges have no choice but to follow the rules as printed in the rule book. In both USAT&F and IAAF rule books, it clearly states that the leg must be completely straightened from the moment the heel makes contact. If the judges bend the rule to cut one athlete some slack, they face the moral dilemma of where to draw the line with the next athlete. The result would be a sport with unstandardized rules—or different rules for different athletes or different geographic areas. That's no sport at all. The judges must draw the line on what

is written in the rule book period! They owe it to all racewalkers—past, present, and future—to conduct the sport in a standardized way with the standardized rules. So, don't blame the judges. If you don't like the rules, work to get them changed." . . . **Yeh! We're athletes.** A note from Ian Whatley that gives us racewalkers a new lease on life: A jury has declared that we are officially athletes. "I was in court a couple of weeks ago as an expert witness in a footwear patent infringement case entitled :HHI vs. Nike". The defense stated that they did not infringe the patent since it was specifically for "athletic shoes" and the shoes in question were only for walking! The jury, you will be glad to hear, decided that this was rubbish—walking is an athletic event." . . .

Olympic medals. In answer to speculation that Vladimir Golubnichiy had collected more Olympic medals in racewalking than anyone else, I researched the subject and verified that indeed he is. The great Soviet 20 Km race collected four—gold in 1960 and 1968, bronze in 1964, and silver in 1972. Five others won three medals: Ernest Webb, Great Britain, won three silvers—3500 meters and 10 miles in 1908 and 10 Km in 1912. Maurizio Damilano, Italy, the current IAAF Racewalk Chairman won gold in 1980 and bronze in 1984 and 1988 in the 20. He just missed matching Golubnichiy with a fourth place finish in 1992. John Ljunggren, Sweden won three in the 50—gold in 1948, bronze in 1956, and silver in 1960. He also just missed a fourth medal, finishing fourth in the 1956 20. Ronald Weigel, GDR or East Germany, as you will won silver in both 20 and 50 in 1988 and bronze at 50 in 1992. Finally, Robert Korzeniowski, Poland, is the only one with three golds—50 in 1996 and both 20 and 50 in 2000. . . **Postal race.** Elliott Denman reminds all of the Shore A.C.'s Postal 1 Hour Walk for the year 2001. Any performance in a race held between Jan 1 and midnight Dec. 31 is eligible. Send Elliott your postal mailing address and he will forward the entry blank. There have been 300 to 400 walkers enter the past few years and he wants to see that number expand. There is an international division. Send results of 1 Hour events or requests for entry blanks to Elliott Denman, 28 N. Locust Avenue, West Long Branch, NJ 07764, or contact him more personally at 732-222-9080 or through e-mail at ELLIOTTDENMAN@aol.com.

A Bit of History

In our report of the Russian sweep of the medals in the World Championships, we reviewed other instances of one nation taking all the medals in global championship racewalking events, i.e., Olympics, World Cup, World Championships. The first of those was a Soviet Union sweep of the 20 Km race at the 1956 Melbourne Olympics. Raymond Smith has provided a report on that historic race written by Jack Crump for the British Olympic Association Official Report on the Melbourne Games. You will note in the report, that this was a "new" Olympic event. It replaced the 10 Km event, which, for the second time, had become controversial in regard to legality of the contestants. The 20 was supposed to slow walkers down enough to avoid judging controversies. The 10 had originally been contested in 1912, 1920, and 1924, along with various events from 1500 meters to 10 miles. Walks were dropped completely in 1924, primarily because of judging issues. Racewalking was reintroduced in 1932, but with only a single race—50 Km; make them walk long and slow was the apparent philosophy. That was also the only event in 1936. When the Olympics recommenced in 1948 following World War II, the 10 Km race was reinstated, along with the 50. Since 1956, it has been 20 and 50, except for 1976 when the 50 was dropped, along with various other events, to cut back on the size of the Games. Anyway, here is that British report on the Melbourne 20.

The judges who adjudicated in the 50 km walking event also officiated here, but they failed to show the same strictness as in the longer race and the standard of walking was certainly far from that expected in an Olympic contest.

Twenty-one started in this new Olympic event, which took place in very much cooler conditions than those experienced by the longer distance walkers. Oakley, of Canada, led gliding out of the stadium for the first of the 2 km laps; but it was no surprise when he was disqualified. At 5 km, Dolezal, of Czechoslovakia, was a foot ahead of Clemen and Vickers, of Great Britain, with the Swedish pair, Ljunggren and Hindmar, a yard or so behind.

At the half-distance, Dolezal and Ljunggren were the leaders in 45:36 with Mikenas, 1 second behind, having 4 seconds on Coleman and Vickers. Junk and Spirin, of the USSR, were then lying ninth, 71 seconds slower than the leaders. It was at this point that the Soviet challenge developed fully, and at 15 km, Mikenas had a 13 second lead on Ljunggren, while Spirin had reduced the leeway by coming up to third place. Dolezal tired and, having gone back to fifth place, 20 yards behind Vickers, dropped out shortly afterwards.

Spirin, walking fast but far from stylishly, went to the front just before the walkers reached the stadium and was followed by Mikenas, with Junk a close third to provide the USSR with a clean sweep of the medals.

Ljunggren made a courageous effort to ward off the mass Soviet challenge and did magnificently, in view of his efforts in the longer race (*Ed. He was third in 4:35:02*), to finish fourth, and the best stylist of the leading men, Vickers, in his first international race, performed splendidly to occupy fifth place, gaining slightly on Ljunggren in the last 5 km.

The Australian Keane, did well to split the English trio, of who Hardy was affected by a caution, which caused him to slow down considerably. Seventeen finished, Dolezal, Lindner, and Hindmar retiring. Oakley was the only man to be disqualified, although leniency on the part of the judges explains the absence of further enforced withdrawals, (*Ed. An interesting euphemism in the days before euphemisms were so much in vogue.*)

The experiment, for such it must be regarded, of substituting a 20 kilometer road walk for the controversial 10 km track walk proved a success, for it duly attracted the entry from the shorter distance men and was held without the disputes regarding the judging on the method of progression which occurred in the track walks at Wembley in 1948 and Helsinki in 1952. I question whether there would have been quite the same absence of after-race criticism had the Games been held in Europe, where walking is much more popular and where the supporters are more enthusiastic, more partisan, and more vocal than in Australia. Unquestionably, however, the lengthening of the distance of the sprint walk and its translation to the road has saved the race from disappearing from the Olympic program. Results of the event were:

1. Leonid Spirin, USSR 1:31:27.4 2. Antanas Mikenas, USSR 1:32:03 3. Bruno Junk, USSR 1:32:12 4. John Ljunggren, Sweden 1:32:24 5. Stan Vickers, GB 1:32:34.2 6. Donald Keane, Australia 1:33:52 7. George Coleman, GB 1:34:01.8 8. Roland Hardy, GB 1:34:40.4 9. 12. Henry Laskau, U.S. 1:38:46.8 10. 16. Bruce MacDonald, U.S. 1:43:25.6 11. 17. Jim Hewson, U.S. 1:46:24.8

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Lest we leave a great walker and competitor, Alex Oakley, with a bad rap (he was just a mere child of 28 when DQ'd in Melbourne), we will repeat a biography on him from the June 1963 issue of Chris McCarthy's *Race Walker*.

Alex Oakley

Alex Oakley, born in St. Johns, Newfoundland, 26 April 1928, now living in Oshawa, Ontario, Canada, employed as a material handler by the General Motors Corporation of Canada, 5' 9 1/2", 155 lbs., single, competes for the Gladstone A.C. and Oshawa, Ontario and is coached by Joe Mahon.

Alex began athletics in 1954 when he gave up, of all things, checkers! (A game at which he still excels.) He began training with his then brother-in-law Canadian walker, Johnny Rowe. He now prefers the longer distance racewalks, such as those of 30 km and up.

Alex's best marks in walking events are as follows:

2 Miles 14:02	20 Km 1:34:34
10 Miles 76:21	50 Km 4:28:51

Alex has won three U.S. Championship races, 30 km in 1955, 20 km in 1956, and 25 km in 1962; he has won more Canadian Championships than he can remember and is currently the Canadian Champion at 20 and 50; he holds all Canadian records from 3 miles to 50 km; he was the winner of the 1963 Pan American Games 20 km and finished sixth in the 1960 Olympic Games 50 Km (4:33:08.6). (*Ed. He was also ninth in the 1960 20 km in 1:38:46. The Rome walks were contested in extreme heat.*)

Training: Alex trains seven days per week, year round, often twice per day, except that he takes time off before racing.

Winter training: During the winter of 1963, while training for the 20 in the Pan American Games (April) he trained twice per day. The first workout was taken inside of his place of employment during lunch hour and would usually consist one one or two all-out miles. In the evening, he would go on the road, weather permitting, for distances from 5 to 15 miles at a pace of 8:30 to 10:00 min. per mile. (Often the cold would force him to walk backwards, face out of the wind for 220 yard stretches.) On weekends, he would put in one day of distance at 18-23 miles at approximately 8:30 per mile pace.

Summer training: During the summer, Alex trains on the track every other day, doing 10 miles at 2:05 per lap; on the following day he does pace and style training on the road, covering 10 to 15 miles at a pace of 9 to 10 min. per mile. On these days, he pays special attention to form and general walking technique. On the weekends, when there are no races, he does 20 miles on the road in 3 hours, plus or minus 10 minutes.

Alex's training has been characterized by periods of laying off from walking at which time he recoups his strength and rests his muscles. During these periods, he continues to do calisthenics and light weight training. As a warm-up, he does 50 pace sprints (*Ed. ?*) and a little jogging. He tries for 8 hours per night of sleep and fortifies his diet with wheat germ and brewers yeast. He finds that 20 km training helps his 50 km conditioning and vice-versa. He races all events.

(*Ed. Alex went on to compete in the Tokyo Olympics the next year, finishing 14th in the 50 with 4:27:25, a personal best and 8 minutes ahead of his biographer, McCarthy. Earlier in the week, he had dropped out of the 20, after passing 10 km in 47:26 in 17th place, 18 seconds ahead of your editor, who eventually occupied that 17th slot at the finish. He came back in 1972 to take 21st place in the Munich Olympics at 4:28:43. Then, at age 48, with the Olympics in Montreal, but with no 50 in the Games, he gave it a final fling finishing 35th in the 20 with 1:44:09. A great career.*)

Looking Back

35 Years Ago (From the October 1966 ORW)—Larry Young won the first of his eight national 50 Km titles. Pulling away from Canada's Alex Oakley in the final 3 miles of the Chicago race, Larry recorded the second best ever by a U.S. walker (to that time) 4:38:25. Oakley folded completely and finished nearly 5 minutes back in 4:43:06, less than a minute ahead of fast-closing Shaul Ladany. Ron Daniel, Pat Farrelly (Canada), Jim Clinton, and Karl Merschenz (Canada) were also under 5 hours. Your editor, in one of his failed attempts at this distance, dropped out at 24 miles in third place. . . Earlier in the month, Ron Laird won the National 15 in Atlantic City with 1:11:28. Ron Daniel just edged Bob Kitchen for second a couple of minutes back, and Bill Kaiser took fourth. . . In East Germany, Christoph Hohne did a 2:20:36 for 30 km on the track, with a world's best of 1:50:07 for 15 miles on the way. . . Gennadiy Agapov covered the 30 Km distance on the road in 2:12:56 in the Soviet Union. . . Another Soviet walker, Nikolai Smaga, won the Little Olympics 20 Km in Mexico City with 1:31:04. Italy's Vittorio Visini was a minute back. . . Leading 47 finishers, K. Abolins won the Leicester-to-Skegness 100 mile race in England in 18:10:46.

30 Years Ago (From the October 1971 ORW)—The Mexicans, starting a racewalking revolution under new National Coach Jerzy Hausleber, from Poland, came north and dominated the National 15 Km in Des Moines, Iowa. Jose Oliveros won in 1:06:24, 10 seconds ahead of Ron Laird. Following Mexicans Hernandez and Sanchos, Larry Young took fifth in 67:53, with Floyd Godwin sixth, ahead of three more Mexicans, including future world beater Raul Gonzales. Rudy Haluza beat Todd Scully for the fourth U.S. spot. Bob Henderson in 24th did 1:14:38. Even if we invited 6 Mexicans, we might be hard put to match that depth today, unless we let our top women in, too. However, though most thought the course was accurate, your editor wasn't so sure with a 1:12:09 at a point in his career when Henderson's time would have been satisfying. . . The U.S. won a dual meet from Canada in Lake Placid with Laird taking the 20 in 1:38:25 over Bill Ranney and Marcel Jobin and Larry Young scoring an easy win at 40 in 4:28:58. . . Bill Weigle, destined to make the Olympic team a year later, started to look like a threat with a 44:48 for 6 miles and 3:41:45 for 40 Km in Denver's altitude. . . East Germany won a dual meet from the USSR, with Gerhard Sperling taking the 20 in 1:28:23, Veniamin Soldatenko the 50 in 3:59:18 (just 3 seconds ahead of Peter Selzer), and Karl-Heinz Stadtmüller the Junior 10 in 43:49.

25 Years Ago (From the October 1976 ORW)—The Leicester-to-Skegness 100 went to Derek Harrison in a swift 17:15:50, some 42 minutes ahead of Dutchman J. Vos. Eight competitors finished under 20 hours and 38 beat the 24 hour limit. . . England's Olly Flynn won the 20 Km in a dual meet with Italy in 1:27:35, as Mauricio Damilano prepped for his 1980 Olympic gold with a win in the Junior 10 in 42:33.

20 Years Ago (From the October 1981 ORW)—A well-balanced Italian team emerged as the winner in the Lugano Cup, racewalking's world championship. Italy trailed the Soviet Union by 3 points after the 20, but picked those points up in the 50 and won the title on the basis of the first individual finisher in the 50. Defending titlist Mexico was third, just 6 points back, with East Germany fourth. The U.S. was seventh of 15 teams. Mexico took the individual titles—Ernesto Canto doing 1:23:32 and Raul Gonzales 3:48:30. East Germany's Roland Weisser and Italy's Alessandro Pezzatini followed at 20. Medals went to the same two countries in the 50 in the persons of Hartwig Gauder and Sandro Bellucci. For the U.S., Todd Scully was 21st (1:30:22 and Jim Heiring 22nd in the 20. Marco Evoniuk took 13th in the 50 with 4:07:44, with Dan O'Connor 21st. . . The USSR won the women's title at 5 Km over Sweden, with Siv Gustavsson of Sweden winning in 22:57. The U.S. was also seventh here, led by Sue Liers 24:16 effort in ninth.

15 Years Ago (From the October 1986 ORW)—The second Pan-Am Cup walks held in Quebec featured an outstanding 20 km race in which Tim Lewis walked what is still the fastest ever 20 km by a U.S. athlete. Canada's Guillaume Leblanc won the race in 1:21:13. Lewis was with Leblanc at 10 Km in 40:32 and just 5 seconds back at 15, but couldn't match the Canadian's pace from there. He also fell to Mexican junior Carlos Mercenario (World Cup winner at 20 Km the next year at age 19 and 50 Km winner in 1991), who finished in 1:21:33 to Tim's 1:21:48. Ray Sharp and Carl Schueler also had outstanding 20s for the U.S. finishing 8th and 9th in 1:24:48 and 1:25:04. Mexico's Martin Bermudez won the 50 in 3:56:21, 9 1/2 minutes ahead of Marco Evoniuk. Dan O'Connor was fifth in 4:18:46. Graciela Mendoza of Mexico edged Canada's Ann Peel in the women's 10, 45:23 to 45:26, with Teresa Vaill fourth for the U.S. in 46:47. . . Leblanc also won the Alongi 20 in Dearborn, Michigan beating Bermudez. Leblanc's 1:25:45 put him 66 seconds ahead of the Mexican. Gary Morgan was fourth. . . Doug Fournier won the 5 Km in the U.S.-Romania junior meet in 21:54.68. Curt Clausen was third in 22:29:58.

10 Years Ago (From the October 1991 ORW)—Allen James was no match for Mexico's Bernardo Segura in the Alongi International, but turned in an excellent 1:26:33 to take second. Segura walked away in 1:22:01. Gary Morgan was third in 1:27:52. Teresa Vaill prevailed in the women's 10, turning in a 45:51. Eva Marchuca of Mexico was second in 46:44. Debra Van Orden took third in 47:11. . . Morgan and Victoria Herazo were winners in the National 5 Km in North Carolina. Herazo had no problem, winning in 22:43 with Cheryl Rellinger a distant second in 25:01. Morgan beat Curt Clausen by 10 seconds in 20:33. Dave McGovern was third in 20:56. . . Morgan could not cope with Doug Fournier 2 weeks earlier, however. Fournier won a 5 Km in Connecticut in 20:14, beating Andrzej Chylinski (20:26) and Morgan (20:39). Debbi Lawrence beat Herazo 22:15 to 22:40 at the same site. Teresa Vaill had 22:51. . . In Arlington, Virginia, Dave McGovern bettered the national 1 hour record, covering 8 miles 1147 yards. That was 27 yards beyond Neal Pyke's record, set in 1978. . . Herazo was also tough for an hour, breaking her own national record in the National Championship race in Cambridge, Mass. Victoria covered 12,777 meters. She also bettered the world's best by 107 meters.

5 Years Ago (From the October 1996 ORW)—Mexico scored an easy win in the Pan Am Cup in Brazil, sweeping the 50 km medals; taking 1,3,5 at 20; and 1,4,5 in the women's 10. The U.S. took second place ahead of Guatemala, Colombia, and Canada. Brazil, Bolivia, Puerto Rico, and Argentina had partial teams. Winners were Daniel Garcia (1:27:19), Graciela Mendoza (48:24), and German Sanchez (4:12:43). For the U.S., Allen James was 6th at 20, Michelle Rohl second at 10, and Andrzej Chylinski fifth at 50. . . Victoria Herazo again won the Women's National 1 Hour title, covering 12,215 meters in Cambridge, Mass. Joanne Dow was 193 meters back in second. . . Dave McGovern (1:07:32) and Danielle Kirk (1:21:50) won National 15 Km titles in Elk Grove, Ill. Al Heppner and Kelly Watson were second in the two races.