



# OHIO RACEWALKER

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## Mexicans Dominate Pan Am Cup

Cuenca, Ecuador--Nearly sweeping all the medals, Mexico easily won all three events of the Pan American Racewalk Cup held here on Oct. 27 and 28. Only Ecuador's own Jefferson Perez, with a second in the men's 20, and Bolivia's Geovanna Irusta, with a third in the women's 20, broke up a complete Mexican sweep.

The 1996 Olympic Champion Perez, still only a few months into his return to competition following a study break, was able to stay with the Mexicans for 15 km, but had no answer when Alejandro Lopez and Daniel Garcia started the real racing over the last 4 Km. He did get the silver medal, though, when Garcia was presented a third red card after crossing the finish line in second. Lopez had an excellent 1:25:25 considering the 8100-foot altitude and left Perez 56 seconds back.

The real serious challenge to the Mexicans came in the 50, where Curt Clausen, in a battle with five Mexicans, took control of the race and appeared to be on his way to the gold when he got his third red card at the 46.5 km mark.

In the women's 20, Mexicans Guadalupe Sanchez and Victoria Palacios were in command for the second half of the race, with Sanchez winning by 24 seconds in 1:38:03, again commendable in the rarefied air.

The men's 20 saw a pack of nine walkers going through 5 km in a rather pedestrian 21:51. Sean Albert had 22:23 and the other U.S. walkers, John Nunn, Philip Dunn, and Al Heppner, were already well off the pace. By 10 Km, as the pace slowly accelerated, there were just six in the lead pack, led by Lopez in 43:23 (21:29 for second 5). Albert had 45:44, Nunn 47:33, and Dunn 48:53. Heppner got a third red card just before 10. The judging was tight with 7 of 21 starters being pulled before the finish.

At 15, Lopez, Garcia, and Perez were together in 1:04:20 (20:56). But, while the hometown chants of "Ecuador! Ecuador!" rose, they were not enough to inspire Perez, still short of peak condition, and the Mexicans pulled away. Slowing slightly on the final 5 (21:05), Lopez was still able to get free of Garcia for the gold.

Sean Albert walked a very steady race coming through to seventh at the finish in 1:33:22 (22:23, 23:21, 23:38, 24:00). With no one near him and with two red cards on the board, Sean slowed the last 3 Km rather than risk DQ. "I got my second red card at 13 km, but I stayed aggressive through 17 km. I was hoping to go a little faster, but the altitude was tough," Albert said.

Nunn was eighth in 1:36:36 and was the only U.S. walker to escape with no red cards. "I've just never had trouble with my technique. It's just natural I guess," he said. Philip Dunn was 11th in 1:38:20.

In the women's 20, Guadalupe Sanchez and Rosario Sanchez led at 5 km in a leisurely 25:08, with six others within 3 seconds. Jill Zenner had 25:29, with the other three U.S. competitors, Heidi Hauch, Deb Huberty, and Sam Cohen, well back. The pace picked up slightly over the next 5, as four Mexicans and Bolivia's Irusta went through in 50:12. Zenner was hanging tough with 51:42.

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When Irusta picked up a second red card, Sanchez and Palacio accelerated to take advantage and they had a 12 second lead as they went through 15 in 1:14:32 (24:20 for the third 5). Zenner moved from eighth to sixth during this segment, hitting the 15 km mark in 1:19:12.

Sanchez blistered the final 5 in 23:55 to pull well clear of her teammate, as they both left Irusta well back. Zenner ran out of gas and eventually settled for ninth. The well-travelled Ohioan (World Championships in Edmonton and Goodwill Games in Brisbane before this trip to the mountains of Ecuador) was just physically worn down and a second red card didn't help her cause. This race saw just two red cards among the 17 starters.

In the 50, either the walkers or the judges were terrible, as more than half the field of 21 were tossed, many early in the race. With the field whittled to just 9 by DQs and attrition, the racing began at 30 Km, when Curt Clausen was alone with five Mexicans. Two of the Mexicans fell back when German Sanchez and Fernando Guerrero made a move. Clausen hung back by about 10 meters, but was back on the lead by 40 km, where he set about breaking up the pack. This succeeded and he had built about a 20 meter lead and seemed well in control when he was told to join the other DQd walkers on the sidelines.

Edgardo Hernandez, well back at 45 km, put on a stunning late-race acceleration to overtake Guerrero and win by nearly 2 minutes in 4:05:24. Two other Mexicans followed and survivors of the judges scythe, Dave McGovern and John Soucheck, finished fifth and sixth, apparently all that was left of the original field. The fourth U.S. walker, Theron Kissinger, was also among the DQs.

The Mexicans were greeted by an Ecuadorian crowd stunned into silence by Clausen's DQ. Arriving in town several weeks early to acclimate, and a veteran of several previous training camps in Ecuador, the tall, blond American was quite popular with the press and local fans. (Thanks to Al Heppner (20s) and Dave McGovern (50) for significant contributions to this report.) The results:

Men's 20 Km, Oct. 27—1. Alejandro Lopez, Mexico 1:25:25 2. Jefferson Perez, Ecuador 1:26:21 3. Jesus Sanchez, Mexico 1:28:30 4. Claudio Vargas, Mexico 1:29:37 5. Cristian Munoz, Chile 1:30:00 6. Fausto Quinde, Ecuador 1:30:06 7. Sean Albert, U.S. 1:33:22 8. John Nunn, US 1:36:36 9. Marco Taype, Peru 1:37:13 10. Hugo Aros, Chile 1:37:33 11. Philip Dunn, US 1:38:20

Women's 20 Km, Oct. 27—1. Guadalupe Sanchez, Mexico 1:38:03 2. Victoria Palacios, Mexico 1:38:27 3. Geovanna Irusta, Bolivia 1:40:23 4. Francisca Martinez, Mexico 1:40:53 5. Rosario Sanchez, Mexico 1:42:33 6. Mara Ibanez, Mexico 1:45:33 7. Cristina Bohorquex, Colombia 1:46:55 8. Gianetti Senaborfim, Brazil 1:48:13 9. Jill Zenner, US 1:48:24 10. Tania Regina Spindler, Brazil 1:52:50 11. Deb Huberty, US 2:02:47 12. Sam Cohen, US 2:05:33 13. DQ—Heide Hauch, US

Men's 50 Km, Oct. 28—1. Edgar Hernandez, Mexico 4:05:24 2. Fernando Guerrero, Mexico 4:07:13 3. German Sanchez, Mexico 4:09:23 4. Juan Toscano, Mexico 4:25:53 5. Dave McGovern, US 4:54:07 6. John Soucheck, US 4:55:06

Writing in the *US Racewalking Journal*, Curt had some interesting commentary on the race. Curt is a seasoned international performer, quite knowledgeable in all aspects of that scene, and is by no means one given over to paranoia or any sort of cry-baby attitude. I think we can take his comments at face value as a sincere assessment of the race. Excerpts from his comments follow:

Well, today's race was going quite well until I met with what appeared to be at worst judging bias or at best judging inconsistencies. It has happened before; it will happen again, but it is unfortunate for the athletes who want fair competition. . . .

Around 30 km, I received my first red card. Believing it was perhaps the Mexican judge getting worried, I ignored it as you must (judging sheets showed indeed it was from the Mexican). The Mexican walkers were playing around swapping leads, but all the while I was relaxed and feeling strong.

At about 40 km, Guerrero tried to break the group, but I stayed close. At 42 Km, I took off on them and built a 40 meter lead, basically breaking up their pack. As soon as I had broken the Mexican pack, I received a second red card from the Argentinian judge. (I expected this one given the fact he issued me my only red card at the 2000 South American and Pan Am Cups.) Unfortunately, at this point I had little room for error. I felt perfectly legal and stronger than in the World Championships, yet was facing disqualification.

I led from this point on, with the group of Mexicans quickly stringing out. . . I continued to lead until just past 46 km when I saw Edgar Hernandez closing. No one else was close. Edgar came even with me but could not pull away. Approaching the aid station shortly before 47 km, the chief judge asked me to leave the course—disqualified.

A couple of the judges whose opinion I respect indicated they did not see any problems with my technique. In the end, I had two cards for bent knees and one for contact, but I truly disagree with the three judges' opinions. . . .

While it is truly disappointing to be disqualified from an event I knew I could win, the support I received from everyone after the DQ was unprecedented. The Cuencan fans lining the course showed their opinion of the outcome immediately. The media were kind and stated there was controversy when they reported on the race. At the awards ceremony, Amadeo Francis, IAAF Pan Am Regional Head, spoke for about 5 minutes about my effort and noted that it was the single thing he would remember most about the 2001 competitions—the blond giant American walking and fighting it out with the five Mexican walkers. (*Ed. Interesting switch. In the usual story line, the giant is despised.*) Those in attendance then gave me a standing ovation for more than 5 minutes and came to me and shook hands and hugged me. It was quite tremendous. . . And, most telling, two Mexican athletes came up to me and said I was better than they were in the race and that they were sorry the judges were crazy—that I need to come to Mexican Walk Week next year. So the Mexicans know I can and should have beaten them, but it was not to be this race.

#### Other results

**Conn. 10 Km, New London, Oct. 28:** Women—1. Joanne Dow 46:34.1 2. Jean Tenan 59:14 3. Donna Cetrulo (53) 62:24 4. Ann Percival (43) 62:32 5. Ginger Armstrong 64:10 6. Holly Wenninger 64:21 7. Joanne Harriman (58) 67:25 Men—1. Bill Vayo 48:42.1 2. Bob Keating (54) 52:42 3. Vladimir Telnov 54:48 4. Dave Baldwin (58) 56:43 5. Stan Sosnowski (51) 57:54 6. Bill Harriman (54) 59:12 7. Andy Cable 64:54 8. Lou Free (71) 70:33 9. Gus Davis (63) 75:26 **5 Km, New York City, Nov. 18—**1. Bill Vayo 23:59 2. Jose Perez 24:26 3. Nicholas Bdera (52) 25:31 4. Olga Geschastnykh (16) 27:38 5. Bob Barrett (67) 28:44 6. Alice Tan (17) 29:59 7. David Lee (46) 30:21 8. Alexis Davidson (46) 31:39 9. Lenny Krosinsky (61) 33:54 10. Danny Pina (72) 34:03 (24 finishers, 1 DQ) **5 Km, New York City, Nov. 25—**1. Bill Vayo 27:59 2. Nicholas Bdera (53) 28:00 3. Gary Null (56) 28:33 4. Bob Barrett (67) 29:09 5. Alexiz

Davidson (46) 30:13 6. David Lee (46) 30:45 7. Luannes Pennesi (46) 30:56 (25 finishers, 1 DQ) **5 Km, Philadelphia, Nov. 25**—Cliff (43) 24:29 2. Jeff Salvage 26:08 3. Erik Litt 28:15 4. John Albert (54) 28:17 5. Sherry Brosnahan (49) 30:28 6. Dave Romansky (63) 32:07 7. Ashleigh Pisciotto (14) 32:23 8. Tina Grady 32:42 9. Jack Starr (73) 32:55 10. Alan Robinson (51) 33:03 11. Bob Mimm (77) 33:17 12. Guy Floria (48) 33:55 (This is the first result I have gotten out of Philadelphia in many years. It was part of the Schuylkill River Loop Run. Mention of the Schuylkill brings back memories of my first major race, the National 25 Km in 1958 in Fairmount Park along the banks of that river. I was only about two months into a walking career and a particular memory is that of finding it difficult in the final stages of the race to overtake young mothers pushing baby buggies. Another memory is of the bridge we walked under—one where hundreds or thousands of pigeons gathered. Slippery indeed on that part of the course. Three years later, I walked a 12 mile race there and the birds were still about their business. I wonder if this loop encompasses that particular land mark.)

**Flash!** We interrupt these results for the following reminiscent communique from one of the nation's leading reminiscers on racewalking affairs—Elliott Denman. This note appeared on the racewalking list on the internet shortly after I had typed the above. Elliott, too, had memories brought to the fore by his attendance at the above race—more memories than I. He reminisces as follows: "Historical note: Once upon a time, Fairmount Park in Philadelphia was a hotbed of racewalking action and some classic races were staged there—starting at Boathouse Row, home of some of America's greatest crew clubs, and proceeding along Kelly Drive and the East River Drive. I well remember chasing Ron Zinn, Akos Szekely, Ron Laird, Bruce MacDonald, Jack Blackburn, John Humcke, etc. in some terrific events here. This was an era of intense club competition and the Penn AC, which hosted these races, was one of America's finest teams. Coached and organized by the late, great George Casper, Penn AC teams featured such stars as Carl Kurr, Ray Leach, Lou Neishloss, Eric Waite, John Abbatte, as well as Bob Mimm and Dave Romansky.

I believe Fairmount Park was also included in the course of the 20 Km race at USA vs. Soviet Union dual meet in 1959. And the National 30 Km championship was held here, too.

Anyway, not too many racewalking events have been held in Fairmount Park in recent years, and this was an important step in bringing the sport back to a historic location. Marie Woodland was the driving force behind this event, with the help of Jeff Salvage, and they deserve great credit for getting this event to happen. Hopefully, the success of this event will encourage the staging of future events here. And...we might even think about organizing a great reunion. Carl Kurr, et al, where are you?????"

**National Masters 20 Km, Coconut Creek, Florida, Nov. 4:** Women—1. Victoria Herazo (42) 1:55:26 2. Carol Simonds (45+) 2:08:41 3. Marianne Martino (50+) 2:13:51 3. Irma Robinson 2:14:02 5. Janet Higbie (60+) 2:14:31 6. Tammy Corley 2:14:57 7. Joanne Elliott (65+) 2:23:24 8. Kathleen Frable (55+) 2:24:05 9. Joan Venslavsky (50+) 2:24:31 (11 finishers) Men—1. Leon Jasionowski (55+) 1:50:30 (26:31, 54:00, 1:22:13) 2. Steve Renard (40+) 1:55:47 (26:18, 54:29, 1:24:28) 3. Norm Frable (55+) 2:00:04 4. Max Walker (55+) 3:02:17 5. Paul Johnson (60+) 2:06:49 6. Jim McGrath (55+) 2:09:44 7. Bob Cella (60+) 2:15:24 8. Dan Koch (55+) 2:16:21 9. Jack Starr (70+) 2:19:59 10. Bob Fine (70+) 2:29:14 11. Bob Mimm (77) 2:30:43. .18. Bill Patterson (85+) 3:26:04 **Bob Fine International 15 Km, Coconut Creek, Oct. 21**—1. Don DeNoon (55+) 1:25:06 2. Mike Felling (45+) 1:30:24 3. Paul Johnson (60+) 1:30:38 4. Bob Cella (60+) 1:37:23 5. Dan Koch (55+) 1:39:52 (8 finishers) Women—1. Carol Semonds (45+) 1:36:00 2. Sandra DeNoon (45+) 1:39:34 (5 finishers) **5 Km., same place**—1. Lee Duffner 31:02 2. Jay Dash 33:44 (8 finishers) **5 Miles, Orlando, Fla., Oct. 21**—1. Edgardo Rodriguez 47:08 **5 Km, Orlando, Fla., Oct. 27**—1. Don DeNoon 24:50 2. C.S. Monte Carlo 29:48 3. Ted Sager 30:45 4. Ray Jenkins 31:20 Women—1. Sandra DeNoon 28:45 **10 Km, Orlando, Florida, Nov.**

11—1. Sandra DeNoon 61:27 2. Edna Ramsey 66:35 (7 finishers) Men—1. Chris Monte Carlo 61:50 2. Ray Jenkins 63:22 3. Steve Christlieb (50+) and Ted Sager (60+) 63:54 (9 finishers) **100 Km, Yellow Springs, Ohio, Oct. 28**—1. Chris Knotts 12:25:32 (10 Km, splits—67:07, 2:18:11, 3:29:30, 4:39:07, 5:50:55, 7:04:43, 8:24:28, 9:48:14, 11:07:19 2. Doug Johnson 12:59:53 (64:26, 2:09:00, 3:18:46, 4:26:49, 5:45:13, 7:09:11, 8:35:07, 10:07:45, 11:35:33, 12:59:53) 3. Al Cowan 12:59:53 (Gained 17 minutes on Johnson on final 10 km with a 72:43) Jack Blackburn 90 km in 13:33:33; Ivo Majetic 50 Km in 5:33:22; Doug Brown 50 Km in 9:01:57—Chris Knotts, very much a part-time walker these days has a career best 50 Km of 4:25:24, which he did in 1982 in an International match with Sweden, England, and Germany. **1500 meters, St. George, Utah**—1. Daryl Meyers (58) 8:55 2. Rita Sinkovec (61) 9:11 3. John Lyle (68) 9:36 4. Cliff Elkins (70) 9:43) **5 Km, same place**—1. Meyers 29:15 2. Sinkovec 32:37 3. Elkins 33:37 4. Lyle 33:41 **1 Hour, Broomfield, Col., Oct. 14**—1. Mike Blanchard (40) 10,687 meters 2. Peggy Tronvig (49) 9654 3. Sherrie Gossert (49) 9614 **5 Km, Aurora, Col., Oct. 27**—1. Mike Blanchard 28:09 2. Daryl Meyers 30:10 **100 Miles, San Diego, Nov. 10-11**—1. Eric Poulsen (50) 22:35:45 2. Dale Sutton (62) 23:19:36 3. Pat Bivona (58) 23:48:23 Florence Dabney (43) 85.5 miles; Ulrich Kamm (54) 83.8 miles; John Fenton, GB 77.8 miles. Bivona became the 58th U.S. Centurion (completing 100 miles within 24 hours). Poulsen completed his second 100 and Sutton his fourth (12 years after his third). If you are sorry you missed this one, plans are already laid for a repeat next year. Mark your calendar. **Combined 1 Hour races, Pasadena, Cal., Oct. 14 and Nov. 17**—1. Joe Nieroski 11,383 meters 2. Pedro Santoni (43) 10,583 2. Rick Campbell (55) 10,101 4. Donn Cunningham (55) 10,096 5. Mike Kroll (47) 9541 6. Arvid Rolle (67) 9313 7. Carl Acosta (67) 9360? 8. Jolene Steigerwalt (57) 9214 (20 finishers) **1/2 Marathon, Sacramento, Cal., Oct. 7**—1. Shoja Torabian 1:56:48 2. Eric Poulsen 1:56:56 3. Jack Bray 1:56:57 4. Joe Berendt 2:04:57 5. Jim CUrier 2:13:55 **10 Km, Seaside, Cal., Oct. 21**—1. Bill Penner (55) 54:48 2. Eric Poulsen (50) 57:25 3. Joe Berendt (46) 57:31 4. Quang Than (46) 61:25 5. Bekka Marrs (14) 61:54 6. Terry Brothers (45) 62:18 7. Dick Petrucci (68) 63:29 8. Kim Frohsin (40) 63:34 9. M.J. Baglin (54) 64:19 10. Art Klein (48) 64:24 11. Hansi Rigney (60) 65:15 (27 finishers (5 DQs, 3 DNF) **1 Mile, Kentfield, Cal., Oct. 28**—1. Jack Bray 8:40 2. Ann Lee 9:40 3. Shirley Dockstader 9:55 4. Dawn McKay 9:58 **1 Hour, Kentfield, Cal., Nov. 11**—1. Andrew Hermann 12,149 meters 2. Victoria Herazo 11,805 3. Marco Evoniuk 11,101 4. Jack Bray 10,353 5. Peter Corona 9505 6. Stewart Canning 9410 7. Ed Lane 9341 8. Bob Rose 9086 (22 finishers) **2.8 miles, Seattle, Sept. 8**—1. Bob Novak 24:35 2. Stan Chraminski 24:48 3. Bart Kale 26:51 4. Ann Tuberg 27:23 5. Bev LaVeck 27:23 (14 finishers) **3 Km, Hamilton, New Zealand, Nov. 17**—1. Jamie Costin, Ireland 11:44.95 2. Craig Bararett 11:47.53 3. Tony Sargisson 12:55 **New Zealand 50 Km, Christchurch, Nov. 25**—1. Craig Bararett 3:59:30 2. Jamie Costin 4:02:42 **Chinese National Games, Nov. 19: Men's 20 Km**—1. Zewen Li 1:20:49 2. Chuang Pei 1:20:58 3. Chaohong Yu 1:21:04 4. Xiaodong He 1:22:37 5. Hongjun Zhu 1:21:58 6. Liansheng Bai 1:22:16 7. Guohui Yu 1:23:12 8. Chunhu Chang 1:23:44 (13th place at 1:26:01) Women—1. Yan Wang 1:26:22 2. Liping Wang 1:26:23 3. Hongyu Liu 1:26:35 4. Zingli Jian 1:29:31 5. Kelian Gao 1:29:39 6. Qingqing Wang 1:29:44 7. Hailian Pan 1:29:47 8. Hong Li 1:29:59 9. Dongmei Guo 1:31:03 10. Guangkun Hu 1:31:57 11. Qiuyan Jiang 1:32:01 12. Hongmiao Gao 1:32:57 (20 under 1:40)

## Use Your Feet To Compete At A Great Walking Meet

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)

Fri. Dec. 14 Indoor 1500 meters, New York City (G)  
 Sat. Dec. 15 4 Miles, Denver, 9 am (H)  
 Sun. Dec. 16 Youth Indoor 1500 meters, New York City (G)  
 Sat. Dec. 22 8 Km, Alexandria, Va., 8:30 am (O)  
 5 Km, Aurora, Col., 9 am (H)  
 Sun. Dec. 23 Indoor 1 Mile, New York City (G)  
 Sat. Dec. 29 Youth Indoor 1500 meters, New York City (G)  
 Sun. Dec. 30 10 Miles, Asbury Park, N.J., 10 am (A)  
 Indoor 3 Km, New York City (G)  
 Fri. Jan 11 Youth Indoor 1500 meters, New York City (G)  
 Sat. Jan. 12 10 Km, Paramount, Cal., 8 am (Y)  
 Sun. Jan. 13 Indoor 3 Km, New York City (G)  
 5 Km, Denver, 10 am (H)  
 Sun. Jan 20 Indoor 3 Km, New York City (G)  
 10 Mile Handicap and 5 Km, Pasadena, Cal., 7:30 am (Y)

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## From Heel To Toe

**Kudos.** This from Bob Mimm, who I nominate as the Dean of U.S. racewalkers. I can't think of anyone who has been a serious and regular competitor for as long as Bob. I'm not sure when he started—at least 45 years ago—but, he has never stopped. His name has always been in the results

carried on these pages. From the Rome Olympics to National championship races far too numerous to count to Volkmarches in the German forests to World Masters meets in many countries, Bob has been there. So Bob speaks with the voice of greatest experience out there. And he says, "I'd like to make two suggestions regarding awards. We do give a few to persons who have done much for racewalking each year. I have done much traveling so my thoughts are certainly based on actual experience. I'd like to nominate Jack Bray for developing the best racewalk club in the country. The Marin Racewalkers as a club is top notch. Never have I seen more enthusiasm as exhibited by the members. Training is on-going. Club races are frequent with monitors watching for form violations. Actual races are always well judged. Social activities are not neglected. It is easy to understand why the Marin Racewalkers keep gaining new members. I'd also like to see Dave Snyder of Southern California as the Racewalk Chairperson of the year. Dave never seems to miss an important race. He even tries to supply judges or monitors for the runs that have racewalk categories. This is a difficult task because there are so many. Yet, Dave does it very successfully. It would be difficult to find a more active chairperson than Dave. He does so very much to encourage racewalking in Southern California." Bob, in his wisdom, also comments on the letter we ran from Carl Acosta a couple of months ago regarding judging of older walkers. "I enjoyed your letter from Carl Acosta. I judged Carl once in a track race. He is difficult to judge. He looks different at various track positions. I'm convinced it is the way he is built. I am also convinced he straightens his leg. It may be his knee structure that confused some judges. He is right in stating we do have some over zealous judges in the U.S. who are looking for stiff legs." . . . **On the other hand.** Dick Ortiz, a very successful walker in the LA area many years ago and now in Wichita, Kansas, comments on the Acosta letter and the follow up letter from Jim Hanley last month. "I don't care if it is a 100 yard or 100 mile racewalk, if it is 30 degrees below or 100 degrees above or if you warm up or not, you must abide by the rules as stated 'the leg must be completely straightened from the moment the heel makes contact with the ground'. Also, do not pin the problem with us old timers; it is a problem I have seen with walkers of all ages. Also, a lot of the problem is the judges. By the looks of it, we have cowardly judges out there that are not able to enforce the rules. I started in the sport in 1964 and from the start the techniques were pounded into me and now I pound them into the walkers I train at the Boeing Recreation Center, Wesley Medical Centers Health Strategies, and Friends University. In Brief: if you can not judge or walk by the rules of the sport get the h— out of the sport; you are only giving our sport a bad name." . . . **We goofed.** John Soucheck point out that point out that Vladimir Golubnichiy is not the only racewalker with four Olympic medals (see October issue). Italy's Ugo Frigerio won golds in 1920 at 10 km and 3 km and in 1924 at 10 km and added a bronze in the 1932 50 km. So he ties Golubnichiy for most medals and Korzeniowski for most golds. I'm not sure how I left Ugo out of the list. I'm sure I had him in there when I originally put it together, but sure overlooked him when I put it in these pages. Thanks to John for alertly picking up the omission and giving the great Italian his due. John also points out a typo under the heading A Bit of History in the same issue. The walks were dropped from the Olympics in 1928 not 1924, obvious because I had already noted that the 10 was held in 1924. . . **Good performances.** Racewalkers Amber Antonio and Robyn Stevens, turned to running for the fall, helped U. of Wisconsin-Parkside to a third place finish in their NCAA Division II district cross country meet. Stevens won the 6 Km race in 22:06 and Stevens was the fifth UWP finisher with a 23:23 in 29th place. . . **Coach Pena update.** Elaine Ward of the North American Racewalking Foundation reports that the racewalking program at the Olympic Training Center is secure, including Coach Enrique Pena's salary, through the end of the year. But from there, she says: "The financial picture for Coach Pena is 'iffy' for 2002. At a meeting with the athletes in September, I was impressed by two facts: (1) The athletes want Pena to remain at the ARCO OTC as their coach and are willing not only to contribute to his salary, but to hustle personal and local resources. (2) The athletes also see tangible improvements in their performances because of the quality of the coaching they are receiving and have high international

aspirations. Curt's near gold medal in the Pan Am 50, Philip Dunn's achievements, and the continuing improvement of new comers Sean Albert and John Nunn as well as others speaks volumes for the progress that has been made and is being made at the Olympic Training Center. In addition, Susan Armenta is back training at the Center, and will be a strong contender for the 2004 Olympic Team. . . We will have a pretty good idea of how things stand financially for 2002 by February. Again, it would be hard to overstate the amount of appreciation felt for the financial assistance of the racewalking community. For the OTC program to go on, such assistance continues to be needed. It is really a family matter for all of us who are dedicated to seeing the sport of racewalking prosper and who want to help young athletes achieve medals internationally for themselves and for our country. All donations are tax deductible and should be made to the North American Racewalking Institute and sent to PO Box 50312, Pasadena, CA 91115-0312." For more information about contributions and NARI offerings for which proceeds will go to the center write Elaine at that address or by e-mail at [NARWF@aol.com](mailto:NARWF@aol.com).

## Jake Opens Florida Operation

*Florida has had strong, active racewalking programs for several years centered in the Miami and Orlando areas. Now the outlook is even brighter with Howard "Jake" Jacobson (known as Howie in an earlier era) now living in Jupiter. Jake hopes to duplicate the success he*

*had in New York in promoting the health benefits of walking. And, he is already getting good press, as witness the following article in the Nov. 14 edition of the Palm Beach Post.*

In an athletic career that has spanned more than half a century, native New Yorker and Jupiter transplant Jake Jacobson has been a schoolboy running champion, a collegiate cross-country titleist, an Olympic racewalking coach, a fitness consultant, a motivational speaker, and a celebrated author.

Somewhere in between, he found the time to originate, develop, and introduce a fitness program called healthwalking, a variation of racewalking that burns calories, builds cardiovascular fitness, and trims the arms, legs, and upper torso.

Jacobson, 71, who was dubbed 'the Father of Healthwalking' by *Prevention Magazine* for his efforts, first introduced the concept of healthwalking almost two decades ago.

"In 1982, having started my club, the New York Walker's Club in 1979, I discovered that people really were not so much interested in racewalking," said Jacobson, who moved to Jupiter two months ago. "They were interested in fitness and walking for the health of it. So, I made it healthwalking."

The concept quickly caught on among New Yorkers of all ages, particularly those who wanted to get in shape but could not take the pounding of running.

"The oldest joining member of our club was a retired nurse from New York City," Jacobson said. "She was 87 years old. She came along and saw our clinic. She joined us, and she was with for 12 years, walking—arms up, in all kinds of weather, four or five miles a day—at 95, 99."

The benefits of healthwalking are similar to those of racewalking. But, says Jacobson, the attitude is different. "You're doing it for fitness," said Jacobson, who wrote a book on the subject—*Healthwalk to Fitness* in 1998. "You're doing the physical technique, which uses many more muscles than regular fitness walking. We use the arms dynamically as opposed to just carrying your arms at your sides, and that actually helps you get your heart rate up." Jacobson is more than familiar with that concept. A high school and collegiate runner of championship caliber, he

also ran for the U.S. Army Track Team from 1952 to 1954. Running remained his hobby and passion until three-time Olympian Henry Laskau, a friend, suggested he try racewalking.

Jacobson gave it a shot, and after just a month of training, he won his first race. He's been racewalking—and reaping the rewards—ever since. "It reduces anxiety," said Jacobson, who has been a motivation, conditioning, and technique coach to Olympic racewalkers since 1968. "You lose weight and work more muscles even than a runner, because we're using our arms more dynamically. A runner carries her arms. In racewalking, you're moving them and pumping them and you get your arms, back, and chest working."

New Yorkers have been doing that for years. Now fitness enthusiasts in South Florida will get their turn. Starting Nov. 3, Jacobson began holding a weekly, hour-long healthwalking clinic that will rotate between Carlin Park and Abacoa Town Center in Jupiter.

Jacobson, whose New York Walker's Club grew to 1500 members in just 5 years, hopes his newly formed Florida Walker's Club, of which the Saturday clinics are a part, will expand just as quickly. "This area is a growing area," Jacobson said. "I'm hoping to bring it down to West Palm Beach, to bring it to Boca, to bring it all over."

## For A Faster Marathon, Drop LSD!

by Dave McGovern

*(Racewalker, coach, author, clinician, and guru extraordinaire, Dave McGovern, penned this little treatise in a spare moment. It might be subtitled "The Case for Specificity". And, it might be controversial, or even smell of heresy to some disciples of Tom "Turtle" Osler—a name familiar to older readers, perhaps. But, its worth entering in your memory bank of things experienced people have said about training. While Dave says marathon in the title and in much of the text, probably because he wrote a book about training for walking marathons, the ideas are applicable to any of the longer racewalks from 30 km up.)*

Drop it from your training schedule, that is. LSD (long slow distance) is one of the cornerstones of running or walking training. But should it be? To some extent, the answer is a resounding. . . maybe. LSD does have its place. Three places actually. (Ed. Distance runner Tom Osler, referred to above, was known as the father of LSD 35 years or so ago.)

Long slow distance is a great way to build endurance for short races, like 5 km. There's no way you'll be able to train for more than a few minutes at a time at your 5 km race pace, so long workouts at any pace won't specifically prepare you for the rigors of 5 km racing. So, although long workouts are important to 5 km training, you can get away with long slow workouts if you're only planning to race 5 km.

LSD is also good for jumping up to a new long-day mileage level. For example, if you know you need to do 18 and 20-mile workouts to prepare for a marathon, but aren't physically and/or mentally prepared to go that far at or near your marathon race pace, then it's okay to go a bit easier until you've become accustomed to the new distance.

Finally, a long slow distance workout is okay if you know you need a long day, but are too tired (or perhaps beat up from a Saturday morning race) to get through your long one at a more ambitious pace.

But marathon training (in fact training for any distance) has a lot to do with specificity. To be ready to race, you need to specifically prepare your body for what it's going to experience on race day. If you're racing a 5 km, that means doing a fair amount of tempo and interval work at or near your 5 km race pace.

Predictably, the same principle applies to longer races, as well. But for some reason, a lot of athletes (and, I hate to say it, even some popular running coaches) forget about specificity when it comes to the longer races. They think it's okay to lollygag their way through their most marathon-specific workouts (those 18- to 20-milers at a pace that's two to three minutes per mile slower than their marathon pace).

Well, maybe it's not a popular thing to say (sort of along the lines of the Great Triad: eat your spinach, brush your teeth, wash behind your ears. . .), but long slow training prepares you for one thing: long slow racing. (*Ed. But, don't let the turtle and his adherents hear you say that.*) Perfectly acceptable if you're training for your first marathon, but once you've done one of them, what's the point of doing any more slow ones? If you've made the decision to race a marathon (or even a half-marathon) instead of just getting through it, you'll have to get your body and mind used to covering significant distances at or near your race pace. That doesn't mean you have to do weekly 20 milers at marathon pace (to do so would likely push you over the edge into overtraining.) But, it is important to do frequent 10 to 15 milers on pace, and even to occasionally bump those up to 18 or 20 mile efforts at marathon pace.

It all comes down to efficiency. You see, our bodies really love to burn carbohydrates. They'll burn fat alright, but only if there's plenty of oxygen around, and that may not be the case if you're racing hard enough to significantly affect your breathing.

Being a carbo burner is okay for 5 and 10 km racing. But our bodies simply can't store enough carbs to get through a marathon. If we try to burn a high percentage of carbohydrates, we end up hitting the wall.

One solution is to do very slow marathons. This will work, since going slow allows our muscles to burn a higher percentage of fats, which, in turn, conserves carbohydrates.

The other solution isn't quite as easy, but much more rewarding: Teach your body to burn fats at faster paces by running or racewalking at faster, near-marathon paces on your long days. The result is vast improvement in your metabolic machinery, like metabolic enzymes, capillaries, mitochondria, and muscle triglycerides. And these, my friends, are the keys to PR City. See you on the roads!

## On matters sexual

So what does that have to do with racewalking, you ask? Well, let me tell you. In one of the earlier issues of this rag, perhaps 35 years ago, we referred to the "Cromwell theory." Several years even before that, your editor had read a track and field book by the then well-known U. of Southern California coach Dean Cromwell. In the mandatory chapter of the book (there was always such a chapter in those books) about the debilitating effects of tobacco, alcohol, and general boisterous living, the famed coach boldly proclaimed, "Sexual gratification is the worst thing for the athlete." It always seemed to me I could think of several worse things. Anyway, at the time, we speculated on testing this theory with, for example, mandatory sex breaks during a 100 mile race. And from time to time since we have published little snippets of actual research on the subject. Meanwhile, Bob Carlson, author *Walking for Health, Fitness, and Sport* and editor of the Colorado's *Front Range Walkers News*, a club newsletter, has been even more serious about pursuing the subject. Bob has run rather extensive reports of research from time to time and in the

December 2001 issue has summarized some of the studies he has run across. Under the title "Sex and Athletic Performance, Bob reports:

Most of what sports scientists know about exercise and sex pertains to how exercise affects sexual desire, fertility, and sexuality in general. Here is a sampling of relevant studies and surveys, including some research on the night before:

- o A 1981 survey of 3,140 readers of the Runner magazine found that 90 percent did not abstain from sex before competition, and 19 percent of those respondents claimed sex helped their performance.

- o In a 1985 Gallup survey of national health practices and attitudes, 56 percent of respondents claimed their sex lives had improved since they'd taken up an exercise program.

- o A 1988 survey by Los Angeles psychologist Lila De De Fillers that polled more than 8000 women showed that 40 percent found exercise sexually arousing, while 31 percent said exercise led to more frequent sexual activity.

- o A 1989 study of fit, married men by exercise physiologist Loren Cordain of Colorado State University showed that sexual activity prior to exercise had no negative effect on strength, reaction time, aerobic power, or maximal uptake.

- o Conversely, a 1989 Swiss study of 16 athletes, including distance runners, found that sexual activity decreased maximal endurance, but the adverse effect lasted for no more than 10 hours following intercourse.

- o A 1990 University of California at San Diego study of sedentary, middle-aged men found that those who embarked on aerobic exercise reported greater frequency of sexual activity and more satisfying sex following nine months of working out. (*Ed. And, I thought 6-day races were a real test.*)

- o A 1990 Ithaca College study that analyzed more than 1000 respondents to a women's magazine survey found that women who exercised more than 5 hours per week reported greater duration of sexual activity. *Ed. Greater than before or greater than 5 hours.*

- o A 1992 Chicago State University study of 500 active women ages 18 to 45 found that 58 percent reported greater satisfaction with their sexual selves because of exercise, with 97 percent also saying exercise helped relieve menstrual discomfort.

And to top of this arousing report on a stimulating subject, the following is taken from the Buckeye Striders newsletter where it was adapted from an item on walking.about.com.

## How walking is better than sex

**Burns more calories:** 30 minutes of walking at an easy pace burns 150-200 calories, whereas 30 minutes of sex generally burns only 54 calories

**Better aerobic exercise:** It is easy even for beginners to sustain walking for 30 minutes to an hour and derive good aerobic benefits.

**Walking alone** is socially acceptable and enjoyed by many in public. No Surgeon General ever lost her job by advocating walking alone.

**Group walking** is socially acceptable and is often done in public.

**Racewalking:** You are rewarded for finishing ahead of other walkers.

**Awards:** When you finish a walking event, you often get a nice medal or t-shirt for your entry fee to commemorate finishing the event.

**Age of consent** for walking is unlimited, from first steps around age one through centenarians. Walkers of all ages can walk together, nobody is "jailbait".

**Low risk:** Walking does not exchange bodily fluids, as long as you do not share needles to prick blisters.

**Few religious restrictions:** Walking with or without a spouse is considered morally acceptable by most major religions, although the distance allowed may be restricted on the Sabbath. Major religious figures are known for walking, and going on a walking pilgrimage is a tradition in many faiths. *(Ed. But, probably more major religious figures have gotten headlines for sexual exploits than for walking.)*

**Your reputation:** Nobody insults you for walking too often with too many different people.

The same Bob Carlson has compiled what he calls "Some Interesting Facts". These are facts in the physiology realm, both directly and marginally related to racewalking.

-Racewalking is a beneficial exercise for the health and strength of intervertebral discs—it rotates them 8 degrees at slow speeds and more than that at higher speeds.

-Aerobic capacity normally declines about 8 percent per decade, but this decline can be reduced to 4 percent or less through appropriate activities, such as racewalking.

-Labored breathing and discomfort are indications of exceeding the anaerobic threshold. Sedentary people will hit this threshold at about 50 percent of their maximum capacity, while it happens for trained athletes at 80 percent or more.

-Blood flow to muscles can be increased by 20 times or more through exercise.

-Racewalking athletes in training are state-supported in Mexico, Spain, Germany, Russia, Italy, and China. In some areas of the U.S., they are still the butt of jokes and called "dork walkers". *(Ed. But, I'm sure that in some areas of Mexico, Spain, Germany, Russia, Italy, and China, they are referred to in a similar fashion.)*

-Lungs inflate half a billion times in a normal lifespan, or about 23,000 times a day. Shallow breathing means that stagnant air is left in the lungs to do damage. Sedentary people leave more than 80 percent of their lung capacity unused.

-Experiments by Dr. Herbert de Vries, former researcher at UCLA, showed that oxygen consumption capacity can be increased even after age 70 through regular aerobic exercise.

-Indigestible fiber is a great antidote for colon cancer. This disease is almost unknown in some African countries where large amounts of these fibers are regularly consumed by the natives.

-Daily protein needs are met with less than one gram per kilogram of body weight regardless of a person's activities. Typical Americans are overdosed on protein.

-During the summer when it is hot, being in shape helps a lot because the blood circulation is increased and transports heat as well as oxygen through the body. *(Ed. Aha! I always knew there must be a solid reason for my contention that the fitter one is the less, the less extreme heat will affect performance.)*

-Since aerobic fitness potential is largely genetically determined, testing kids against each other for that type of fitness means very little.

-With complete bed rest, a person's fitness level declines about 10 percent for several weeks until it can decline no further.

-The muscle tone and flexibility developed through racewalking contribute to good posture, which greatly reduces lower back problems.

-Inactivity hastens the demineralization of bones. The combination of aging and inactivity is disastrous for bone health.

## Looking Back

**40 Years Ago** (From the November 1961 issue of Chris McCarthy's *The American Race Walker*)—The very first edition of the Lugano Cup (now World Cup) was held in Lugano, Switzerland, hence the name of the Cup still awarded to the winning men's team. Back in those dark ages, there were only men's races. The British won the team title by the narrowest of margins. Scoring of the two races resulted in a 53-53 tie. Britain won on the basis of having the highest placed walker in the 50, Don Thompson finishing second, one spot ahead of Sweden's Soderlund. Italy was third and Hungary fourth. Those were the only countries competing, other European nations having been eliminated in zone competitions. Other countries outside Europe were invited but none attended. As McCarthy reported, the USA representatives were stranded in the New World for lack of green stuff. So, what else is new. Individual winners were Britain's Ken Matthews in the 20 (1:30:54) and Italy's Abdon Pamich at 50 (4:25:38). . . This ought to be good for laughs in today's racewalking world. Walking on the track in Upper Arlington, a Columbus suburb, one of those stranded US representatives, Jack Mortland, won the National postal 20 Km, taking down the American record in the process with a startling 1:40:36.5! (No typo there.) And, he bettered Ferenc Sipos' old record by nearly 4 minutes. Well, track races were rare and several had gone faster on the road, but you can't get records there. Rimas Vaicaitis, just 19 and walking in Chicago, was second nearly 3 minutes back and just 10 seconds ahead of Jack Blackburn, also walking in Upper Arlington. Familiar, famous names were Ron Laird in fourth and Bob Mimm in sixth. Laird easily broke the record the following year. . . Laird won the National 30 Km in Providence, R.I. walking a faster pace than he did in his postal 20 km effort as he finished in 2:29:40. . . Canada's Alex Oakley beat John Allen in a Buffalo 15 km event, 1:12:35 to 1:13:24

**35 Years Ago** (From the November 1966 ORW)—Don DeNoon won the National 1 Hour in San Diego from favored Rudy Haluza, covering 8 miles 138 yards. Rudy trailed by 112 yards. Ron Laird was third with 7 miles 1430 yds, 69 yards ahead of Larry Walker. . . In the Ohio TC Distance

Carnival "A gutsy Jack Blackburn, showing the zest of his long forgotten youth, moved easily away from a decrepit Jack Mortland in the last 5 miles of Sunday's 15 miler to cop individual walking honors." Blackburn took that one in 2:04:31 to Mortland's 2:07:28. The day before, Mortland had won a 7 miler in 55:57, but then succumbed to a fresh Blackburn in the 2 mile, 14:16 to 14:56. In the women's 5 Mile, Jeanne Bocci turned in an excellent 43:54.

**30 Years Ago** (From the November 1971 ORW)—Ron Laird won a fast 15 miles in Long Branch, N.J. with a 1:58:27, just over 2 minutes ahead of Toddy Scully. . . Bill Weigle did 50 Km in 4:40:59 on the track in Boulder, Colorado. . . In the ORW Racewalking Orgy (replacing the Distance Carnival, which had included running races), three races saw three winners. Phil McDonald walked a classy 10 Mile on Saturday morning—1:20:12. Jack Blackburn, recovering from the flu, was more than 20 minutes back. However, a few hours later, he took to the track and matched a fresh Jack Mortland stride for stride as they deadheated in a 14:58.4 for 2 Miles. The next day, Jerry Bocci captured the 20 miler in 2:59:26 with Blackburn struggling through in 3:29. McDonald stayed with Bocci for 12 miles and then called it a day. Mortland stopped at 14 miles, some 6 minutes behind Bocci.

**25 Years Ago** (From the November 1976 ORW)—John Knifton was an easy winner in the National 35 Km in Pittsburgh with a 2:59:52. Detroit's Bill Walker and Martin Kraft followed in 3:06:20 and 3:07:29. Ray Somers, Ray Floriani, and Tom Hamilton rounded out the top six. . . Locally, the rapidly aging Jacks engaged in a 2 Miler and Mortland prevailed by 0.5 second in

15:57.5, with Laurie Tucholski not far back in 16:31. . . Bob Rosencrantz did a 4:29:48 for 50 Km on the track in Seattle. . . In the ORWs Annual World Rankings, Mexico's Daniel Bautista, the Olympic champion, was ranked first at 20 Km, followed by Peter Frenked, East Germany, and Raul Gonzales, Mexico. Soviet ace Veniamin Soldatenko led Mexico's Enrigue Vera and Finland's Reima Salonen at 50. In the U.S. rankings, Ron Laird was placed ahead of Toddy Scully, Larry Walker, and Larry Young at 20, and Young led Augie Hirt, Dan O'Connor, and Floyd Godwin at 50.

**20 Years Ago** (From the November 1981 ORW)—Dan O'Connor easily won the National 40 Km in Long Branch, N.J.. His 3:21:51 left him 8 minutes ahead of Ray Sharp. Randy Mimm and Brian Savilonis followed. . . In Can-Am Cup races at Niagara Falls, Quebec was an easy winner over Wisconsin, Ontario, and the Niagara Association. At 20 Km, Quebec's trio swept honors, led by Guillaume's Leblanc at 1:26:31. Marcel Jobin had 1:27:22 and Francois LaPointe 1:27:39, a rather strong trio. Jim Heiring, walking for Wisconsin, was fourth in 1:28:04—a very classy race. The women's 10 went to Ann Peel of Ontario in 50:54 with Jeanne Bocci second in 52:31. . . Alan Price won his fourth straight 100 miler in Columbia, Missouri, finishing in 20:14:45. Bob Chapin was nearly 1 1/2 hours back and Leonard also completed the distance within the 24 hour limit.

**15 Years Ago** (From the November 1986 ORW)—John Slavonic won his first National title, taking the 40 at Ft. Monmouth, N.J.. His 3:29:01 put him well clear of Steve Pecinovsky's 3:30:47. Curt Clausen took third, 2 1/2 minutes behind Pecinovsky. . . In an International race in Los Angeles, Mexico's Maria Colin beat Debbi Lawrence over 10 Km, 47:42 to 49:28. Mexican Junior, Carlos Mercenario won an accompanying 20 Km in 1:24:25, a prelude to his World Cup win the next year. Mexico's Martin Bermudez was second in 1:24:54 and Carl Schueler third in 1:27:25. Both were better known for 50 km exploits. Schueler surprised by beating Canada's Daniel Levesque and Guillaume Leblanc, as well as Tim Lewis (sixth in 1:29:42). . . Canadian Francois Lapointe journeyed down to Columbus for a 50 Km race and whipped through an impressive 3:58:45, beating countryman Martin Archimbault by nearly 11 minutes.

**10 Years Ago** (From the November 1991 ORW)—In Atlanta, Jonathan Matthews turned in a 4:23:35 for 50 Km beating Paul Malek by just 44 seconds. At the same site, Dave McGovern blitzed a 20 in 1:29:12 with Ian Whatley second in 1:30:56.

**5 Years Ago** (From the November 1996 ORW)—The National 2 Hour, held in Cambridge, Mass., went to 46-year-old Brian Savilonis who covered 22,271 meters. Bob Keating was 183 meters behind in second with Doug Johnson third. . . Back in September, Frenchman Thierry Toutain has bettered the world record for 50 Km with a 3:40:57.9. That bettered the world record, which had been held by his countryman Rene Piller, by 30.4 seconds. Up to that time, there had been 14 faster times on road courses, which aren't acceptable for record purposes.

