



OHIO RACEWALKER

VOLUME XXXVIII, NUMBER 1

COLUMBUS, OHIO

MARCH 2002

Indoor Titles To Dow and Seaman

New York, N.Y., March 2--With no real competition, Tim Seaman captured his fifth straight U.S. Indoor 5 Km title, but again fell short of the Tim Lewis' American record he has been chasing for those five years. His 19:46.40 effort left him nearly a minute ahead of second-place Sean Albert. Curt Clausen, who has been unsuccessfully chasing him at this distance, dropped out after just 1 km with a sore hamstring.

On the distaff side, Joanne Dow overcame a strong effort by Amber Antonia to capture her second 3 Km title in 13:05.72. She also won in 1999 when she walked 12:44.90. Defending and four-time titlist Michelle Rohl was home waiting the birth of another child (not yet delivered at press time). Rohl had a meet record 12:28.32 last year. Antonia led for the first 2 km and easily hung for second in 16:16.70, well clear of Susan Armenta. Jill Zenner, who walked 12:50.91 in finishing second last year, did not have a good race and finished a distant fourth.

Seaman was completely unchallenged throughout the race, gave up hope of the record when warnings started to appear from the judges and was content to walk under 20 minutes for the fifth year in a row. He came closest to the record last year with 19:29.96. The field was really spread out behind him with UWP's Jim Heys and Ben Shorey in third and fourth ahead of Kevin Eastler, who is getting back to fast walking. Matt Boyles, expected to challenge for a medal, did not please the judges on this day and suffered what, I believe, is his first DQ. As usual, the University of Wisconsin-Parkside was well represented in both races.

The results:

Women's 3 Km: 1. Joanne Dow, un. 13:05.72 2. Amber Antonia, UWP 13:26.70 3. Susan Armenta, Team New Balance 13:31.51 4. Jill Zenner, Team New Balance 13:44.07 5. Anne Favolise, UWP 14:00.89 6. Robyn Stevens, UWP 14:11.51 7. Jolene Moore, Parkside AC 14:12.52 8. Sam Cohen, PAC 14:15.67 9. Maria Michta, Walk-USA 14:26.02 10. Ali Bahr, PAC 14:34.51 11. Amanda Bergeron, UWP 14:36.11 12. Deborah Huberty, Team New Balance 15:22.72 DNF--Maria Gutsche, New England Walkers

Men's 5 Km 1. Tim Seaman, NYAC 19:46.40 2. Sean Albert, New Balance, N.J. 20:43.98 2. Jim Heys, UWP 21:23.84 4. Ben Shorey, UWP 21:26.55 5. Kevin Eastler, USAF 21:55.13 6. Matt DeWitt, UWP 22:17.35 7. Dave McGovern, World Class RW 22:31.17 8. Jim Robinson, Rio Grande U. 22:23.51 DQ--Matt Boyles, Rio Grande. DNF--Curt Clausen, NYAC

Parkside Dominates NAIA Walks

Johnson City, Tenn., March 1--Warming-up for the next night's USATF Nationals, University of Wisconsin-Parkside walkers cleaned up at the NAIA Indoor Track and Field Championships, which brings together athletes from smaller colleges and universities from across the country. In 3 Km races, the Parkside women swept the first four places and the men took

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

four of the first five spots. Only Rio Grande's Matt Boyles broke up the UWP dominance with a third place finish.

In the men's race, Lachlan McDonald led from the start to win his sixth NAIA title (indoors and outdoors) in 12:16.56. His teammate Jim Heys stayed close all the way, but never got on even terms, finishing 3 seconds back. Boyles was close third in 12:26.87, well clear of UWP's Ben Shorey and Matt DeWitt.

In the women's race, Amber Antonia, previewing her second place effort the next day, was never challenged. She won by nearly 27 seconds and lapped everyone but teammates Robyn Stevens and Ann Favolise. The results:

Women's 3 Km: 1. Amber Antonia, UWP 13:56.06 2. Robyn Stevens, UWP 14:22.86 3. Ann Favolise, UWP 14:23.39 4. Amanda Bergeron, UWP 14:57.12 5. Heather Geroge, Hastings College 15:06.34 6. Kate Booker, Simon Fraser (Can.) 15:39.68 7. Magda Spura, U. of Mary 15:46.75 8. Sharon yen, Simon Fraser 15:49.05 9. Jessi Scardina, UWP 15:51.52 10. Pam Murkowski, UWP 15:56.51 11. Katie Rulapaugh, Cedarville 16:02.61 12. Emma Carter, Baker 16:21.34 13. Jane Hall, Graceland 16:39.88 14. Beth Lewis, Central Methodist 18:27.40 15. Kristen Barnett, Rio Grande 18:53.98

Men: 1. Lachlan McDonald, UWP 12:16.56 2. Jim Heys, UWP 12:19.51 3. Matt Boyles, Rio Grande 12:26.87 4. Ben Shorey, UWP 12:48.0 5. Matt DeWitt, UWP 12:54.92 6. Jim Robinson, Rio Grande 12:57.09 7. T. C. DeWitt, UWP 13:10.9 8. Caio Soares, Berry College 13:12.24 9. Mike Stanton, UWP 13:24.65 10. Fenley Spencer, Taylor U. 14:10.32 11. A.J. Tederson, Minot State 14:17.27 12. Bobby Kemp, Lindsey Wilson 15:15.46 13. Paul Dansickle, Mid American Nazarene 17:55.94

Other Results

National Masters Indoor 3 Km, Boston, March 24: Women: 35-39--1. Jean Tenan, Conn. 16:50.49 40-44--1. Maryanne Torrellas, Conn. 14:19.40 2. Marcia Gutsche, Mass. 14:23 3. Victoria Herazo, Nev. 14:39 4. Dorit Attias, N.C. 15:59 5. Abigail Oliver, Ind. 17:52 45-49--1. Lee Chase, Conn. 15:48.99 2. Debbie Topham, Mich. 16:23 3. Chris Anderson, Mass. 17:54 4. Lynette Heinlein, Mich. 18:29 (Nancy Patten-Sweazey, Can. 15:12.26) 50-54--1. Ann Gerhardt, Cal. 16:50.16 55-59--1. Mary Baglin, Nev. 18:24.67 2. Joanne Harriman, Mass. 19:12 60-64--1. Janet Higbie, Ind. 18:40.50 2. Lana Kane, Penn 21:36 Men--40-44--1. Rod Craig, Mich. 14:35.74 2. Stephen McCullough, Conn. 18:09 45-49--1. John Costello, Mass. 16:04.60 50-54--1. Joe Light, R.I. 15:49.08 2. Bill Harriman, Mass. 16:35 3. Robert Ullman, N.H. 16:58 4. Ross Barranco, Mich. 18:41 55-59--1. Bob Keating, N.H. 14:11.63 2. James Carmines, Penn. 15:45 3. David Baldwin, Maine 17:22 4. Charles Mansbach, Mass. 18:11 60-64--1. Paul Johnson, Fla. 15:55.61 2. John Elwarner, Mich. 16:25 3. Tom Knatt, Mass. 17:07 4. Gustave Davis, Conn. 19:09 65-50--1. Bob Barrett, N.Y. 16:16.18 2. Alan Poisner, Kan. 19:19 3. Presley Donaldson, Tex. 19:24 70-74--1. Alfred DuBois, Wis. 17:07.63 2. Jack Starr, De. 18:09 3. Bill McCann, Mass. 20:30 75-59--1. Edward Gadwinski, Del. 18:54.99 80-84--1. Tim Dyas, N.J. 22:52.45 2. Paul Geyer, Minn. 24:22 **Nike Indoor H.S. Classic, Landover, Maryland, March 9:** Boys--1.

Adam Staier, Maine 6:41.08 2. Zachary Pollinger, Mahwah, N.J. 6:53:59 3. Jon Chasse, Maine 7:03:43 4. Mark Dennet, Maine 8:17.71 **Girls--1.** Jasmine Brooks, Maine 7:41.97 2. ? 3. Hillary Easter, Maine 8:06.58 **National H.S. Championships, New York City, March 10:** **Girls--1.** Maria Michta, Nesconset, N.Y. 7:20.56 2. Shannon Gillespie, Middletown, N.J. 7:31.56 3. Lauren Olivieri, N.Y. 7:34.78 4. Christina Finke, N.Y. 7:34.97 5. Jasmine Brooks, Maine 7:35.78 6. Chelsea Rodriquez, Can. 7:46.29 7. Daiana Amieiro, N.Y. 7:57.11 8. Clara Sheets, N.Y. 8:21.25 **Boys--1.** Adam Staier, Maine 6:46.09 2. Michael Tarantino, N.Y. 6:50.78 3. Jonathan Chasse, Maine 7:03.14 4. Joseph Trapani, N.Y. 7:05.86 5. Louis-Philli Cyr, Can. 7:21.13 6. Thomas Ulrich, N.Y. 7:21.73 7. Owen Schoppe, Maine 7:26.43 DQ--Zach Pollinger, N.J. and Mark Dennett, Maine **New York State H.S. Championships 1500 meters--1.** Maria Michta 7:09.63 2. Lauren Olivieri 7:10.38 3. Christy Finke 7:17.91 4. Kristin Schmitt 7:22.32 5. Daiano Amieiro 7:25.01 6. Olga Beschastnykh 7:29.39 7. Clara Sheets 7:39.70 8. Megan Dubatowka 7:49.88 9. Caitlin Nichols 7:50.22 10. Julia Sobolev 7:51.87 **5 Km, New York City, March 17--1.** Bill Vayo 23:31 2. Greg Dawson 23:49 3. Nicholas Bdera (53) 25:12 4. Israel Soto-Duprey 25:56 5. Erin Taylor 26:54 6. Vlado Haluska (49) 27:12 7. Paul Schwartzburg 27:54 (Still only 35. Start of a comeback for the one-time elite racer?) 8. Alice Tan (17) 28:11 9. Alexis Davidson (46) 28:25 10. Bob Barrett (68) 28:41 11. Indiana Ripoli (16) 29:29 12. Seth Kaminsky (61) 29:32 13. Sherwin Wilk (62) 29:39 13. Dana Vered (13) 30:30 15. LaToya Henry (16) 30:31 16. Marc Varsano 30:58 17. Allison Sosnowski (11) 31:43 18. Elba Melendez 31:53 19. Jennifer Koshy (17) 31:56 20. Jennifer Pepen (15) 32:28 (40 finishers, 2 DQs) **10 Mile, Freehold, N.J., March 17--1.** Jack Lach (58) 1:30:57 2. Thomas Weimer (40) 1:31:22 3. Billy Wides (14) 1:37:03 5. Ben Ottmer (68) 1:46:04 6. Christopher Stuart (10) 1:47:47 7. Art Glass (53) 1:50:21 10. Bob Mimm (77) 1:53:24 (12 finishers) **3 Km, Arlington, Vir., Jan. 27--1.** Allison Sosnowski (11) 17:31.9 2. Victor Litwinski (58) 18:28.6 3. John Gersh (54) 18:29.7 **Ohio 3 Km Champ-ionship, Findlay, Feb. 24--1.** Jill Zenner 13:54.5 2. Debbie Topham (49) 17:12.8 3. Katie Rulapaugh 17:50.8 4. Morgan Wiggins (14) 20:32.5 Men--1. Jim Robinson 12:47.31 2. Kevin Conkle 13:31.65 3. Rod Craig (43) 14:35.74 4. Ed Fitch (40) 15:44 5. Geoff Robbins (45) 17:38 6. Jack Shuter (72) 20:02 (9 finishers) **4 Miles, Loveland, Col., Feb. 9--1.** Terry Femmer (50) 40:25 **5 Km, Denver, Feb. 10--1.** Daryl Meyers (59) 29:45 **5 Km, Denver, Feb. 17--1.** George Novak (42) 27:18 2. Daryl Meyers 29:17 3. Lori Rupoli (50) 30:04 4. Mike Horton (61) 31:29 **3 Km, Boulder, Col., Feb. 24--1.** Marianne Martino (51) 17:24.7 2. Brennan Galloway 18:19 3. Sherrie Gossert (49) 18:54 **20 Km, Huntington, Cal., March 17--1.** Al Heppner 1:30:55 2. Mark Green (45 at least) 1:41:47 3. Dave Doherty 1:49:36 4. David Crabb 1:57:08 5. John Baacklund 2:07:38 (8 finishers) Women--1. Heidi Hauch 1:54:27 2. Margaret Govea 2:02:03 3. Hansi Rigney 2:14:15 4. Shareon Clairemont 2:17:49 5. Karen Bartolo 2:18:36 6. Susan Mears 2:18:55 (13 finishers) **3 Km, Kentfield, Cal., Feb. 17--1.** 1 Jack Bray 16:31 2. Kevin Killingsworth 17:00 3. Doris Cassels 19:21 4. Virginia Fong 20:03 (9 finishers) **2.8 Miles, Seattle, Feb. 9--1.** Stan Chraminski 24:50 2. Bob Novak 25:25 3. Ann Tuberg 26:33 3. Joslyn Slaughter 29:26

From Other Lands

Meixcan Walk Week, Zapopan: Men's 20 Km, March 22--1. Nathan Deakes, Australia 1:21:07 2. Francisco Perez, Spain 1:21:21 3. Jefferson Perez, Ecuador 1:21:33 4. Robert Korzeniowski, Poland 1:22:18 5. Alejandro Lopez 1:22:25 6. Cristian Berdeja 1:22:36 ... 17. Sean Albert, US 1:29:42. ... 25. John Nunn, US 1:33:35 **Women's 20 Km, March 23--1.** Guadalupe Sanchez 1:35:41 2. Jane Saville, Australia 1:36:07 3. Victoria Palacios 1:36:22 4. Rosario Sanchez 1:37:18 5. Elisa Rigauda, Italy 1:37:32 6. Ariana Kino, Bolivia 1:38:49 7. Aura Morales 1:39:07 8. Suylyvia Korzeniowski, Poland 1:39:08 9. Francisca Martinez 1:39:41 10.

Graciela Mendoza 1:41:42. .14. Susan Armenta. US 1:46:15 **Mens 50 Km, March 24--1.** Rogelio Sanchez 3:53:49 2. Tomasx Lipiec. Poland 3:55:06 3. German Sanchez 3:55:32 4. Edgar Hernandez 3:56:58 5. Fernando Guerrero 4:03:51 6. Juan Toscano 4:04:31 7. Jaime Gonzalez 4:04:31 8. Juan Sanchez 4:07:08 9. Jesus Martinez 4:08:13 10. Noe Hernandez 4:11:35 **50 Km (track), Christchurch, N.Z., March 17--1.** Criag Barrett 3:52:35.5 2. Tony Sargisson 4:02:35 **Women's 20 Km, same place--1.** Gabrielle Gorst 1:40:35.5 **50 Km, Italy, March 3--1.** Marco Giungi 3:45:55 2. Giovanni DeBenedictis 3:48:06 3. Francesco Galdenzi 3:48:17 4. Alessandro Mistretta 3:52:40 5. Giovanni Perricelli 3:55:14 6. Diego Cafagna 3:57:23 7. Patrick Ennemoser 3:59:43 8. Tiziano DeSantis 4:04:19 9. Marco DeLuca 4:07:06 10. Domenico DeCeglia 4:09:53 **Jr. 25 Km, same place--1.** Daniel Paris 1:56:58 2. Alex Schwazer 2:00:33 3. Federico Bossa 2:02:56 **Women's 15 Km, same place--1.** Gisella Orsini 1:09:45 2. Elke Ennemoser 1:09:57 3. Elisa Rigauda 1:10:03 4. Elisabetta Perrone 1:10:28 5. Erica Alfridi 1:11:41 **Indoor 5 Km, Genova, Italy, Feb. 16--1.** Alessandro Gandellini 19:08.57 2. Giovanni Perricelli 19:22 3. Sabino 19:34 4. Civallo 19:44 5. Diego Cafagna 19:48 6. Francesco Galdenzi 19:51 7. Privitera 19:59 8. Manfredini 20:03 **Women's 3 Km, same place--1.** Annarita Sidoti 12:28.13 2. Erica Alfridi 12:38 3. Elisabetta Perrone 12:40 4. Elisa Rigauda 12:49 5. Elke Ennemoser 13:03 6. Barbieri 13:08 7. Bruniko 13:12 8. Balloni 13:40 **10 Km, Hobart, Australia, March 9--1.** Nathan Deakes 39:28.82 2. Luke Adams 40:57 3. Liam Murphy 42:28. .6. Jane Saville 46:02 7. Natalie Saville 46:04 8. Cheryl Webb 46:49 9. Claire Woods 48:00 **New Zealand 3 Km Championship, Auckland, March 1--1.** Craig Barrett 11:49.85 2. Tony Sargisson 12:19 3. Graeme Jones 13:15 **Finnish, National 3 Km, Rovaniemi, March 2:** Women--1. Marja Penttinen 14:30.81 Men--1. Antti Kempas 20:30.63 **Russian Winter Championships, Adler, Feb. 17:** Men's 35 Km--1. Judin Stepan 2:26:33 2. Sergei Kerdyapkin 2:26:42 3. Voevodin Alexey 2:26:51 4. Yuriy Andronov 2:29:41 5. Sergei Melentiev 2:31:33 6. Alexandr Stokov 2:32:10 (13 under 2:40, which is about 22:50 per 5 km) Women's 20 Km--1. Natalia Fidoskina 1:27:45 2. Larisa Safronova 1:28:03 3. Efimkina Lyudmila 1:29:11 4. Svetland Tolstaya 1:29:12 5. Nadezhda Ryashkina 1:29:12 6. Antonina Petrova 1:29:47 7. Irina Stankina 1:32:08 8. Irina Pudovkina 1:32:23 9. Marina Smyslova 1:33:04 11. Margarita Nazarova 1:33:54 12. Alexandra Sorokina 1:23:36 Men's 20 Km--1. Andrei Stadnichuk 1:19:02 2. Vladimir Andreev 1:19:18 3. Semion Lovkin 1:20:37 4. Sergei Khripunov 1:21:23 5. Sergei Korepanov 1:22:03 6. Vladimir Stankin 1:22:07 7. Alexandr Arhipov 1:22:13 8. Konstantin Golybtsov 1:23:19 9. Sergei Listsov 1:23:19 10. Damir Yangaev 1:24:00 11. Dmitriy Esipchuk 1:24:04 12. Gintars Andryushyavichus 1:24:05 (29 under 1:30) Women's under 18 5 Km--1. Irina Petrova 21:44.8 2. Tatiyana Zhukova 21:47.0 3. Vera Sokolova 22:04.6 4. Alexandra Kubasova 22:10.7 (11 under 24:00) Men's under 18 10 Km--1. Vyatcheslav Golovin 42:10.2 2. Alexandr Prohorov 42:30.6 3. Alexandr Tchekaylov 43:25.8 4. Alexandr Nikitin 43:41.6 Women's under 20 10 Km--1. Tatiyana Kozlova 44:57.8 2. Ekaterina Izmaylova 45:55 3. Zeniya Istcheykina 46:49 4. Olga Savelieva 47:07 under 20 10 Km--1. Vladimir Kanaykin 40:40.2 2. Ivan Kuznetsov 41:04 3. Petr Trofimov 41:11 4. Sergei Safaarov 41:43 5. Alexei Botchkarev 42:24 6. Rusian Orlov 43:06 (19 under 45) **Spanish 50 Km--1.** Mikel Odriozola 3:47:00 **Spanish Women's 20 Km--1.** Maria Vasco 1:28:47 2. Beatriz Pascual 1:33:50

Hidehideho! A walkin' we shall go!

Sun. April 7 Missouri 5, 10, and 20 Km. Columbia (B)
Metro 10 Km, New York City (G)
Sat. April 13 2.8 miles. Seattle, 9 am (C)
Sun. April 14 National Invitational 10 and 20 Km Racewalks, Manassas, Vir., 8:30 am (O)
Mt. SAC 5 and 10 Km. Walnut, Cal. (Y)

5 Km, Denver, 9:30 am (H)
Sat. April 20 Northwest Masters 10 Km. Seattle (C)
5 Km, Kansas Relays, Lawrence, Kan. (B)
Sun. April 21 North Region 20 Km. plus 5 and 10 Km. Yellow Springs. Ohio. 8 am (M)
Mt. SAC Invitational 1 Mile, Walnut, Cal. (Y)
5 Km, Sacramento Senior Games (E)
Zinn Memorial 10 Km, Wall Township, N.J. (A)
8 Km. Westerly, R.I. (X)
3 Km, Alexandria, Vir., 8:30 am (O)
Sat. April 27 Penn Relays 5 and 10 Km, Philadelphia (T)
Sun. April 28 1500 meters and 3 Km, Alexandria. Vir.. 8:30 am (O)
5 Miles, Denvber, 8 am (H)
Fri. May 2 3 Km, Alexandria, Vir. (O)
Sat. May 4 Howard Wood Relays 5 Km, Sioux Falls. S. Dak.. 6:45 am (J)
10 Km, Prescott, Ariz.(CC)
5 and 10 Km, Broomfield, Col., 8 am (H)
Sun. May 5 **USATF National 30 km, Sacramento, Cal. and Western Regional 20 (V)**
5 Mile, Denver, 8 am (H)
Sat. May 11 2.8 Miles, Seattle, 9 am (C)
Sun. May 12 East Region 20 Km, Hauppauge, N.Y. (K)
5 Km, Cambridge, Mass., 9:30 am (AA)
20 Km, Kenosha, Wis. (N)
3 Km, Alexandria, Vir., 8:30 am (O)
Sat. May 18 1 Hour, Fremont, Cal. (R)
5 Km, Denver, 8 am (H)
Sun. May 19 West Region 15 Km and 5 Km, Riverside, Cal.(I)
5 Km, Littleton, Col., 8 am (H)
5 Km, needham, Mass., 9:30 am (AA)
Ohio 15 Km (also a 3 Km), Middleton, 9 am (M)
Sat. May 25 3 Km, Alexandria, Vir., 8:30 am (O)
Track 5, 10, and 20 Km, Broomfield, Col. (H)
Sun. May 26 5 Km, Kentfield, Cal. (P)
Eastern Regional 20 Km, Hauppauge, N.Y. (K)
10 Km, Boulder, Col., 8 am (H)
Mon. May 27 5 Km, Albany, NY (BB)
Sat. June 1 **USATF National 15 Km, Evansville, Ind. (CC)**
Sun. June 2 West Region 5 Km, Las Vegas, Nev., 8 am (DD)
Sat. June 8 10 Km, Sacramento, Cal. (E)
Sun. June 9 3 Km, Alexandria, Vir., 8:30 am (O)
5 Km, Cambridge, Mass., 9 am (II)
Sat. June 15 1500 meters and 5 Km, Springfield, Mass. (AA)
Ohio 1 Hour, Yellow Springs, 8:30 am (M)
Fri. June 21 **National USATF Junior 10 Km men and women, Palo Alto, Cal.**
(www.usatf.org)
Sat. June 22 **National USATF 20 Km, men and women, Palo Alto, Cal. B (same)**
North Region 8 Km. Kalamazoo, Mich., 9 am (EE)

Contacts

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
B--Dr. Wayne Armbrust, 3604 Grant Court, Columbus, MO 65203

C--Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115
 D--Jake Jacobson, 6068 Ungerer St., Jupiter, FL 33458, 561-745-0436
 E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO80207
 I--Dave Snyder, 909-824-2336, lyndave1@juno.com
 J--Dr. Glen Peterson, 1906 South Hawthorne Avenue, Sioux Falls, SD 57105,
racewalk57105@yahoo.com
 K--Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11757
 L--Daniel Koch, 3331 N.W. 22nd St., Coconut Creek, FL 33066, 954-970-9364
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
 N--Mike DeWitt, Track Coach, UW Parkside, Kenosha, WI dewitt@uwp.edu
 O--Sal Corrallo, 72 Creek Drive, Millsboro, DE 19966
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066
 R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086
 S--Frank Soby, 3907 Bishop, Detroit, MI 48224
 T--Jeff Salvage 609-714-1308, jsalvage@racewalk.com
 V--Anne Gerhardt 916-457-3460, algerhardt@ucdavis.edu
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 AA--Justin Kuo, 30 Oakland Road, Brookline, MA 02146CC--Mike Hudson, 812-422-5924
 BB--Cheryl Rellinger, 152 River Walkway, Cohoes, NY 120
 CC--Prescott YMCA, 750 Whipple Street, Prescott, AZ 86301
 DD--Roberta Hatfield, 2747 Crown Ridge Drive, Las Vegas, NV 89134
 EE--Steve Atkins, scatkins@ameritech.net

From Heel To Toe

Another year. Well, 37 years of the *Ohio Racewalker* out of the way. Way back in 1965, Jack Blackburn suggested to me that we ought to start a monthly newsletter on the sport since Chris McCarthy had given up on his. I had a typewriter and Jack, who worked with the Columbus Recreation Department, had access to a ditto machine. (If you know what that is, you are nearly as old as us.) He appointed me as editor with him filling the publisher role. What that meant was that I wrote most of the copy and typed it on the ditto masters and he added some hand printed headlines, ran off a few copies, and got it in the mail. We had five pages in that first issue, two with local results, one with the Walker of the Month and a statement of policy, one with Olympic reflections by the editor, and one with our ambitious local schedule of races with a race practically every weekend March through August. That statement of policy, and perhaps it is about time to reflect on it, read: "With the thought that too little is written about the sport of racewalking, we bring you the first issue of the *Ohio Racewalker*. On these pages each month you will find complete news coverage of walking in this state, plus any results we receive from elsewhere, together with features and commentary on racewalking in general. In short, any information on the sport that we come across and that is of sufficient significance, will be passed on to you, the reader. (And one comes across so little on racewalking it is hard to imagine anything of too little significance.) Our purpose is mainly to present information and news on the sport (and to keep our own names in print) and we are not planning any crusading-type journalism. However, when controversy arises in any way regarding our sport, we will not hesitate to take a strong editorial stand. At the same time, we will make our pages available for the opinions of others, though they

may disagree with our own. Any news, comments, criticisms, or general features on walking from our readers will be more than welcome. We are sending this first issue to you for free. Future issues will call sell for 10 cents a copy or \$1.20 a year." On reflection, I guess that still pretty much sums up our position. That first issue went to perhaps a couple of dozen walkers around the country for whom we had addresses. We held that subscription rate for about 3 years when it went up to \$2.00. It has crept up since in the interests of continue to break even on production and mailing. With the November 1968 issue, we went to mimeograph reproduction, circulation having risen to more than 100. A ditto master isn't good for many more copies than that. Besides, Jack Blackburn had moved to Van Wert, Ohio, more than 100 miles away, several months earlier, and getting the copy to him for reproduction and mailing was slowing the process. So, at that time it became pretty much a one-man operation and has continued as such. The first printed copy in the present format was in January 1972. Circulation rose to about 700 in the mid to late '80s and then began a steady decline, coincidentally or not, paralleling the decline in the number of serious elite walkers noted below, to about half that number today. With that, welcome to the first issue of Volume 38, something I could not imagine back in 1965. **100 Km times.** In the February issue we had the results of a 100 Km race held last fall and speculated that Modris Liepins 8:48:28 might be the best time ever for the distance. Wrong! Birger Falt in Sweden has sent me an all-time list for the distance and Liepins moved just to second place with his performance. Here are the top 10, according to Falt: 1. Viktor Ginko, Belarus 8:43:30 (Oct. 29, 2000) 2. Modris Liepins, Latvia 8:48:28 (Oct. 28, 2001) 3. Aleksei Rodionov, Russia 8:54:35 (Nov. 11, 1998) 4. Pascal Kieffer, France 8:55:12 (Oct. 18, 1992) 5. Vitali Popovitsch, Ukraine 8:55:40, Oct. 31, 1999 6. Gerard Lelievre, France 8:58:12 (Oct. 7, 1984 7. Zoltan Czukor, Hungary 9:00:58 (Oct. 31, 1999) 8. Sten Reichel, Germany 9:01:29 (Oct. 29, 2000) 9. Denis Franke, Germany 9:04:27 (Nov. 15, 1998) 10. Peter Tichy, Slovakia 9:06:34, Oct. 29, 2000. All of the times were recorded in an annual race in Scanzorosciate, Italy except for Kieffer, who race in Basancon, France, and Lelievre in Laval, France. However, Richard Harper also replied to my call for help on the matter and noted that the road record is 8:53:30 by Francois Charcellay in October 1987, a result he gleaned from an old issue of the *Ohio Racewalker*. That performance doesn't appear on Birger's list and would put him third all-time if it is legitimate. (Appearing in the ORW does not legitimize it.) **All Americans.** Michael Roth has selected an All-American high school indoor racewalk team for 2002 based on results throughout the season. Here are his picks: Boys--1. Adam Staier, Mt. Blue, Maine 2. Zachary Pollinger, Mahwah, N.J. 3. Maie Tarantino, Penfield, N.Y. 4. Jon Chasse, Maranacook, Maine 5. Joe Trapani, Centereach, N.Y. Girls--1. Maria Michta, Sachem, N.Y. 2. Lauren Olivieri, Hauppauge, N.Y. 3. Christine Tagliaferri, Penfield, N.Y. 4. Jasmine Brooks, Dirigo, Maine 5. Christy Finke, Fairport, N.Y. 6. Shannon Gillespie, Middleton, N.J. **Where have all the walkers gone?** Back in December 1996, I published a table showing a marked dropoff in the depth of elite walkers in the U.S. Going from 1972 through 1996, it showed the number of U.S. walkers under 1:27, 1:30, 1:33, 1:36, and 1:40 for 20 km each year, and under 4:00, 4:10, 4:20, 4:40, and 5:00 for 50. Perhaps I'll repeat an update of the table at some time, but for now let me abbreviate it. For now, let's just look at the slowest of these times--it still takes a good deal of commitment to the sport to prepare for sub 1:40 and sub 5:00 performances. In the 20, from 1983 through 1993, there were always more than 30 men under 1:40, except for 1985, when there were 28. Even as early as 1979, 36 walkers broke 1:40. The peak years were 1987 and 1988 with 40 and 43, respectively. Since 1993, there has never been as many as 30, and since 1996, the peak was 20 in 1999. Last year we had only 10 male walkers under 1:40. (Even if we count the women, we get only to 16.) At 50, the picture seems even more dismal. Peak interest was way back in 1979, when 32 walkers were moved to train sufficiently to break 5 hours. The number stayed above 20 through 1984. Since then, we have reached 20 only in 1979, 1988, and 1991. Since 1991, the number has been 12, 13, 9, 18, 12, 7, 9, 15, 8, and 7. That year of 1979 also saw 20 under 4:40. The best since is 17 in 1987 and 1991.

There have been as many as 10 under 4:40 only four times since 1991. This seems to suggest that we have lost the interest in just competing in the sport, at least at the Olympic distances. What was different 20 years ago that compelled so many more to make a serious commitment, even though they weren't going to make any international teams or garner any national medals? It seems today we have a few super athletes and practically no one else outside of the master's ranks really interested. At the same time, there are far more people competing in the sport, including the masters, but mostly at the 5 km distance. Is that the problem--too many 5 km races? There were practically none 20 and 30 years ago. Those interested in the sport were interested in testing themselves at distances from 10 km up while getting in a few shorter track races for fun. I don't have any answers, but I think efforts to improve at the international level hinge on restoring that solid base that we had in the past and that has disappeared for whatever reason. Comments encouraged.

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(Last month we published an article by Canada's Roger Burrows commenting on judging issues. We noted that we thought his comments were "Well worth repeating here". That didn't mean we totally endorsed his views, but that we thought these are issues that deserve open discussion. In the interim, we have received a response to Roger's comments from Bob Bowman, International Judge, former IAAF Racewalk Committee Chairman, former competitor, knowledgeable student of the sport, etc. We have also received from Roger an addendum to his comments. In the interest of continuity, we will present Roger's further comments first and follow them with Bob's response to part one. Next month's issue will be open for anyone's response to both Roger and Bob.

A Terrible Person: Part the Second, in which is revealed what suggestions are proposed to address the situation set forth in Part the First.

by Roger Burrows

You will recall that in Part One, I pointed out (a) an almost three-fold increase in Olympic and World Championship DQ's in two years, and (b) that neither the definition of Race Walking, nor the athletes' mode of progression have changed. My premise was that factors not in the rules are now being used as judging criteria. I briefly sketched the political backdrop against which this scenario is being played.

I believe that this is not good for the sport. Call me naive, but I positively bristle at the suggestion that the athletes are the problem. Deliberate attempts to cheat are rare. The IAAF Judging video I mentioned previously contains some real doozies, I agree. But they stick out like a sore thumb so much that they are downright amusing!

Today's superb athletes are fitter, stronger, and better coached than ever before. Some, like the magnificent Mexicans, brought innovation to the event, just like Fosbury brought to the high jump. Most are simply able to go faster, just as surely as Joan Benoit's 1984 marathon time would have won thirteen previous men's Olympic marathons.

An establishment that cannot handle these advances must be politely thanked for its past service, and invited to take a well-deserved rest. The event has two simple rules. Let's question the premise that they are hard to understand. Certainly, let's not require slower athletes.

Nor must we be intimidated by the bogey-man of "controversy". The world of sport can handle a controversial pass interference, foul-out, or strike zone call. Soccer players don't have boots that beep if an attacker moves beyond a defender into off-side territory. Maybe I wouldn't go

so far as to propose a short-track speed skating approach where anything can and does happen. But they seem to cultivate controversy, and their sport is wildly popular!

So, what do I suggest?

First, we hopefully agree that the definition of racewalking is just fine, thank you. Arguably over a century old, it has survived all kinds of modern biomechanical analyses. Yet it also supports the advances of the last three decades. The inspired 1996 adjustment gave it many more years of validity.

Second, we require accountability for the conduct of the event, consistent with the checks and balances of the larger sport. Judging principles too are over a century old. But they have not, by and large, kept up with the athletes. We don't have to dig very deeply before we find the vestiges of the late 19th and early 20th century: "If I don't like what you're doing, you're out. No arguments." (A social historian could probably make a good case for judging actually being rooted in a society defined by class structure. But I digress.) I have several suggestions:

Rehabilitate the post-race DQ. Apart from false starts, DQ's in all other races in Athletics are calmly handled afterwards. We wouldn't remove a relay team, even with the clearest exchange violation, or a middle distance runner guilty of interference. The argument that walkers continue to affect the competition applies to the other events too. In racewalking, we even have a rule (230-4(d)) that specifically provides for the possibility of post-race DQ's. Let's apply its test of "impracticality" to every situation where a DQ call is in any way marginal or rushed.

Let judging be subject to the same scrutiny as other officiating. For years, I thought that Race Walk calls could not be protested. A respected colleague recently told me "not so". I checked: by Jove, I think he's right. Remember my experience in Part One about the athlete DQ'd for "potential for bent knee". What if the Chief had to explain that to a Jury of Appeal?

Should DQ'd athletes have to withdraw from the race in every case? In field events, rules already allow disqualified attempts to be measured and recorded when "an immediate oral protest is made". This is done "in order to preserve the rights of all concerned" (146-4). Words to live by. In my book, they are way more persuasive than the administrative convenience of 230-4f. More rights for athletes will inevitably lead to more considered judging.

Publish the judging record sheet with the results. This was supposed to happen internationally a few years ago. I saw it only once, at the 1998 Pan-Am Cup. Boy, was it interesting, setting the magnificent consistency of the majority against the clearly dubious behaviour at the fringe! Recently pouring over the sheet with my "potential for bent knee" Chief, I saw the same fringe behaviour, including warnings which even he had to admit were "curious. I preferred "outrageous", but I'd be happy for a Jury of Appeal to suggest a compromise!

Revise the Judging Model. Bring our procedures into line with every other event. I think wonderful things can be done with yellow flags, for example. Each judge should have one, (as well as a white one), and so should the Chief, to be used as a Final Warning. Ask me for details, if you're not sick of me already. I'll happily take a shot at putting your minds at rest about any problems you care to see. The judges' technical assessment would not be affected or questioned. But the administration of the system would be less arbitrary. At present, I see holes a meter wide in the way our judging system is required to work. Holes that politicians, malcontents, and power trippers outside the sport are only too happy to exploit.

Trust in the checks and balances enjoyed by other events. I have great confidence in the tests currently used at every meet. I'd like racewalk judging subject to the same process that it presently used to resolve differences of opinion on lane violations, obstruction, assistance or unsporting conduct. In most cases, just two simple questions are needed: "Was the infraction deliberate? And was material advantage gained?"

Let's face it, the summary, mid-race disqualification is a remnant of the rules from early in another century. The letter of the law which allowed it has disappeared. But in some minds, its paternalistic spirit lives on. We can do better.

Now this from Bob Bowman in response to Roger's article in our February issue:

I read with interest the comments on international racewalk judging by my good friend Roger Burrows. However, I believe some corrections are appropriate. It is important to note that the problems with late dq's in Sydney were not associated with the judging (the athletes dq'ed even expressed that fact), but with the communication system. This of course was the fault of the organizers, not the judges. These problems were subsequently solved by the organizers in Edmonton. In fact, they did a great job.

In Roger's comments, he states that since the men's 20Km in Sydney, "the number of disqualifications has shot up." Except for the women's 20Km, this is not the case, nor necessarily improper. The number of disqualifications in the two men's events were quite typical of past world championships. For example, in the previous world championships in 1999, there was 6 dq's in the men's 20 Km with 39 starters versus 9 dq's with 37 starters in 2001. In the 1999 50 Km there were 11 dq's with 52 starters versus 10 dq's with 48 starters in 2001. This is not evidence that supports Roger's assessment. The women's 20 Km in Edmonton was unusual in that there were 15 dq's out of the 42 starters. However, it should be pointed out that most controversies in the past have been due to the lack of judging consistency where obvious violators were not dq'ed. It should also be pointed out that over the past 4 years, all international judges have been evaluated for their total judging performance including the inconsistency. Prior to this, they weren't.

The comment by Roger that "from 1993, Nebiolo decreed that, in the walks, 'offenders' should be off the course before the stadium" is certainly a good idea, but Nebiolo never decreed it. I should know in that I had several private meetings with Nebiolo following the 1993 world championships regarding race walking matters including judging. I certainly had my issues with Nebiolo, but in this case his main concern was that racewalking should not look comical to the public. It should be presented professionally. He and the IAAF were quite pleased with subsequent world championships.

Roger refers to the "Edmonton Rules" and associates this with the Sydney Olympic situation. This is not correct. First of all, the so-called "Edmonton Rules" are no different than the rules used in Sydney or Seville, except for the special power given to the Chief Judge to disqualify near the finish if an obvious violation occurs. The definition of racewalking is the same. The special power of the Chief Judge was not a result of the communication problem in Sydney, but was a result of an incident that occurred at the 2000 World Junior Championships. This power was only used once in Edmonton during the Women's 20Km and the walker in question did actually receive 2 prior warnings. So this new rule really had little impact on the Edmonton judging.

Roger takes issue with Mike DeWitt's assessment of the judging in Edmonton in which Mike correctly analyzed the technique of the walkers that resulted in disqualifications. I believe Mike's analysis was right on the money and that the judging was indeed fair.

Roger has incorrectly stated that the IAAF produced a "judging instructional video so that judges would understand its edict of conformity." The video he refers to is actually an educational coaching video for use by coaches, athletes and officials. It simply explains modern racewalking technique. Nowhere in the video does it imply that the graphical analysis of technique is a rule! I don't know why Roger has a problem with this video. It is quite good and certainly consistent with the rules.

And finally, comparing racewalk judging to that of figure skating is apples and oranges. It is obviously not the same situation. If Roger does not feel international racewalk judging is corrupt as he states, then why mention it? Roger strangely closes his piece with quotes such as "when in doubt, get them out". Yet he doesn't tell us who said it. Of course we teach the opposite point of view to all international judges. They are to give the benefit of doubt to the athletes. I've known Roger a long time. He likes to stir things up. However, in this case he didn't do his homework.

Now, to carry this discussion on judging issues further, we have just received an article written by Gary Westerfield on the role of biomechanics in judging. It's rather lengthy, so we will serialize it over two or three issues so that we leave space for other odds and ends, as well.)

Biomechanics For the Racewalk Judge

by Gary Westerfield
(IAAF Racewalking judge-U.S.A.)

Edited by
Nadya E. Dmitrov, DPM
February 2002

(Gary Westerfield is currently one of two U.S. members of the IAAF Panel of Racewalk Judges. A former competitor and coach (high school, collegiate, and club), he is currently a vice president of Long Island Track and Field, and serves as the Long Island Association's racewalk chair. Coincidentally, when I was looking back at early issues of the ORW to put together the little history on the publication, I noted that the first mimeographed issue (Nov. 1968) carried the headline "Westerfield on Top". Then in grad school at the U. of Cincinnati, he had won both the 7 and 15 miles races at the annual Ohio Track Club Distance Carnival. He was also a sometimes training partner of your editor while at U.C..)

Nadya Dmitrov, DPM, is a master's level racewalker and a respected New York podiatrist. Well schooled in biomechanics, Dr. Dmitrov spends much of her free time discussing walking mechanics with her husband, Gary Westerfield.)

Introduction

Racewalk judging requires the observation of athletic walkers competing at fast speeds for compliance to three rules, delineated in the definition of racewalking. Established by the IAAF (International Association of Athletics Federations) Racewalk Committee, the IAAF's definition distinguishes racewalking from running, and, with revisions made in 1995, from normal walking.

Judges need to know biomechanics. The definition of racewalking mandates an understanding of biomechanics on the part of racewalk judges. Without this knowledge, judges may only guess about the competitor's legality. This paper discusses the biomechanical criteria necessary for correct officiating of the event by delineating the biomechanical parameters of legal racewalking.

Without biomechanical criteria, racewalk judges lack a sound technique "model" from which they can base their application of the rules. The absence of a model results in a lack of consistency among judges within the nation and around the world.

Some racewalk judges argue that walking mechanics should not be considered in application of the rules. Contrary to the wording of the rules, they say that the judge should only look for a "straight" leg or "loss" of contact without being concerned with the biomechanical

reasons for their calls. Too often, while looking for compliance to the rules, these racewalk judges struggle with an athlete's physical structure, i.e., knobby knees or bowleggedness, and give cautions and warnings because they do not "see" a straight leg, even if the athlete has mechanically straightened. They often let a bent-legged walker who has not straightened pass by because they think the leg is straight, when the rules call for the leg to be straightened. Or they tolerate excessive loss of contact because they can not "see" loss of contact until it is very obvious.

This Paper's goals. It is hoped, that by presenting "Biomechanics For the Racewalk Judge", this paper will assist racewalk judges apply the rules, increase consistency within judging panels, and assure fair competition for all. It is further hoped that coaches and athletes will find this paper useful to their concerns. Perhaps they may gain from knowing what judges look for, and they will prepare accordingly.

Modern Racewalking: A Definition

The IAAF Definition The IAAF's rules of racewalking are based on the following definition: *"Racewalking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position."*

A Dynamic Definition. From the outset, it is important to state that the definition of racewalking describes a prescribed dynamic biomechanical activity. The IAAF definition uses words descriptive of action and motion. "Progression", "advancing", "straightened", "until in", are words that put body parts in movement, and require that racewalkers be judged while moving, not from static criteria that do not take dynamics into consideration.

Straight or straightened? The requirement of a "straightened" leg infers an understanding of joint function, not a subjective interpretation of what "straight" looks like. To develop criteria that evaluate movement, racewalk judges must understand the way multiple joints move.

The grammar used in the IAAF definition is insightful. The use of the word "straightened" as a modifier of the verb "shall be" in the phrase "the advancing leg shall be straightened", describes an action or process of a moving leg. This would not be the case if the rule said the leg "must be straight". Then, "straight" would modify the noun leg and racewalk judges could look for a straight leg. Judges could develop static references to what the leg looks like when straight. The definition does not allow this. Racewalk judges must strike the word "straight" from their vocabulary when explaining their calls or describing racewalking! They must replace it with the action word "straighten".

A Time Frame. The definition gives a specific time when the leg must be straightened. The advancing leg shall be straightened "from the moment of first contact". It does not say "straightened before". It says "straightened" from, or at, the moment of first contact. Yes, the leg may be straightened before, but the definition does not require it to be. In other words, it is within the rules of racewalking to make contact with the leg not straightened, as long as the competitor has begun the process of straightening it at the first moment of contact. To correctly judge straightened legs then requires an understanding of the leg's straightening process.

Maintaining the Straightened leg. A second straightened leg rule requires that the leg must remain in the straightened position until the body is in the vertical position, when the body is directly over the supporting leg. Bowlegged and knobby-kneed walkers are fully capable of straightening their legs, but the legs never look straight. In the vertical, extremely tight individuals may never be able to straighten, but, because of their muscularity, the legs may look straight. Judges must know why.

A Progression of Steps. Similarly, the wording "a progression of steps." imparts a similar inference in the definition: not of one step, but of the action witnessed during the process of moving from one step to the next, over a pattern of many steps.

Straightened Leg Rules

The current rules of walking, based on the 1995 IAAF definition, include the requirement that walkers must first straighten their advancing leg as they make contact with the ground, and second, maintain this straightened leg until the body passes the vertical (upright) position.

A Brief History. Prior to 1995, walkers could land with a bent leg and they were within a single straightened leg rule if they proceeded to straighten for only "a moment" when "in vertical position". The straightened leg at the vertical has always separated racewalking from running. However, this old rule allowed racewalkers to contact the ground as flat-footed runners, only briefly straightening. The new straightened-leg-on-contact rule has mandated a longer period of straightening, further separating racewalking from running. The new rule has also further delineated racewalking from normal walking, in which the leg is rarely straightened at contact and is not normally kept straightened until the leg is in the vertical.

A Contact On the Heel? The IAAF Racewalk Committee had considered a provision in the definition requiring walkers to contact the ground with the heel of the advancing leg. However, it was felt that straightening the leg at contact would accomplish the same purpose without mandating it. Furthermore, it was felt that adding a heel strike provision would make it more difficult to judge, in essence, creating a fourth rule to judge. The goal has been to prevent running-like biomechanics, and it was felt that the revised straightened-leg requirement as written would accomplish this.

Had a heel-first requirement been added to the straightened-leg provision of the definition, straightened leg on contact would have been guaranteed. (*Dorsiflexing*, or pointing the toe up, and contacting the ground on the heel is hard to do on a bent leg.) Such a rule would also have made it nearly impossible to land flat-footed with a shortened stride without loss of contact.

(This article will continue next month with analysis of the biomechanics of a straightened leg.)

Looking Back

35 Years Ago (From the March 1967 ORW)--In the National Indoor 1 Mile Championship in Oakland, Don Denoon edged Larry Walker 6:28 to 6:29.9. Defending titlist Rudy Haluza was third in 6:34, with Ron Laird, Larry Young, and Bob Kitchen rounding out the first six. . . Walker turned in quick track 10 Km with 46:21 to beat Laird by nearly a minute and Young by two. . . On the Columbus scene, Jack Blackburn slipped away from Jack Mortland in the last mile to win a track 10 Km between fading veterans, 47:22 to 47:28.

30 Years Ago (From the March 1972 ORW)--Bob Kitchen broke the American 50 Km record with a 4:13:26 on the track in San Francisco (others had gone faster on road courses). . . Larry Young won the National 35 Km in Hollywood with a 2:52:41, after passing 20 in 1:36:10. Bob Bowman was just 2 seconds over 3 hours in second, with Bill Ranney another 1:20 back. . . In an indoor dual meet with the USSR, Dave Romansky gave it a good go, but still came up short. Nikolai Smaga won the 3 miler in 20:08, Vladimir Golubnichiy had 20:11.2, and Dave 20:12.8. Ron Laird was just under 21 minutes in fourth. Splits were 6:51 and 13:32, as the Soviet pair steadily built the pace.

25 Years Ago (From the March 1977 ORW)--In a US-USSR-Canada indoor meet in Toronto, Anatoly Solomin shattered the world's best for 3 miles, clocking 18:44.3. Pyotr Potschenchuk

was 4 seconds back. Todd Scully hung close through a 6:10 first mile, but then had to yield and finished in 19:40. . . Jim Heiring scored an easy NAIA Indoor 2 Mile victory in 13:33.8, with his U.W. Parkside teammate Chris Hansen second in 14:03. . . Vincent O'Sullivan won the IC4A indoor mile title in 7:03.8 and Jack Boitano took the National Master's Indoor 2 Mile in 15:41. . . Susan Liers had a world best for 20 Km with 1:48:19 at Kings Point, N.Y.

20 Years Ago (From the March 1982 ORW)--Canada's Marcel Jobin led the field at the National 25 Km in Monterey, Cal. with a very swift 1:48:20. Sweden's Roland Nilsson came second in 1:52:35, with Dan O'Connor capturing the U.S. title in 1:57:23. Wayne Glusker was fourth, just 3 seconds over 2 hours. . . The IC4A mile went to Troy Engle in 6:27.6, some 7 seconds ahead of Ben Defibaugh. . . And in Australia, Sally Pierson walked a 13:11 for 3 Km, a women's world best, and Dave Smith covered the same distance in 11:26.5. . . Maurizio Damilano, Italy, won the European Indoor 5 Km Championship in 19:40.28, well clear of countryman Carlo Mattioli.

15 Years Ago (From the March 1987 ORW)--The World Indoor Championships were held in Indianapolis. In the men's 5 Km, Soviet Mikhail Schennikov edged Josef Pribilinec, Czechoslovakia, in 18:27.79. But, after a smooth race, both appeared to be completely out of control and flying high in a desperate race over the last 100 meters. The judges let it go. Mexico's Ernest Canto was 11 seconds back in third. Tim Lewis did 19:18.40 in eighth. The women's 3 Km went to Olga Kristop, USSR, in 12:05.49, with Italy's Giuliana Salce second and Canada's Ann Peel third. Maryanne Torrellas also finished eighth for the U.S. in 13:10.30. . . Lewis and Torrellas were easy winners at the U.S. Nationals. Lewis had 19:30.70, 53 seconds ahead of Ray Sharp, with Paul Wick and Doug Fournier also under 20:30. Torrellas won in 13:05.41, 10 seconds ahead of Teresa Vaill. Lynn Weik was third. . . Carl Schueler won the National 50 Km in Carmel Valley, Cal., with a superb 4:00:14. Marco Evoniuk was second in 4:06:42. Jim Heiring third in 4:10:36, and Dan O'Connor fourth in 4:12:21. Randy Mimm had a personal best in fifth with 4:13:40. . . Lewis had a world record mile at the Millrose Games with 5:41.12, then bettered that in Los Angeles with a 5:38.2. . . Torrellas had a world best over 1500 meters with a 6:01.16, just one second ahead of Ann Peel. . . The Canadian turned the tables in Fairfax, Virginia, winning a mile race in 6:35.47, 5 seconds ahead of Torrellas.

10 Years Ago (From the March 1991 ORW)--The National Indoor Championships in New York saw two outstanding performances. In the men's 5 Km, Gary Morgan easily won, beating meet and American record holder Tim Lewis by 22 seconds with his 19:55.6. Only Lewis had ever gone faster in this meet. Don Lawrence was 36 seconds behind Lewis in third. Debbi Lawrence was equally impressive in the women's 3 Km, missing Maryanne Torrellas' American record by just 2.13 with her 12:47.51. Victoria Herazo (12:54.52) and Teresa Vaill (12:57.52) were nearly as fast in second and third. Michelle Rohl was fourth and Torrellas fifth. . . Kerry Saxby had a fast 10 Km race in the Australian summer with 43:50.

5 Years Ago (From the March 1997 ORW)--Debbi Lawrence and Allen James captured National Indoor titles in Atlanta. In the women's 3 Km, Lawrence was 4 seconds ahead of Kristen Mullaney in 13:14.24 with Victoria Herazo another 7 seconds back in third, just ahead of Gretchen Eastler. James got a good tussle from Tim Seaman in the 5 Km before winning in 20:07.98. Seaman led for the first half of the race, covering the first 2 Km in 7:57, then dropped back by as much as 40 meters before closing over the final 500 meters to finish in 20:12.06. Philip Dunn was third in 20:19.7, leaving Curt Clausen well back in fourth. . . Canada's Arturo Huerta won the National Invitational 20 Km in the nation's capital, finishing in 1:24:27, 1:32 ahead of Tim Seaman. Andrew Hermann (1:26:16), Curt Clausen (1:27:33), and Philip Dunn (1:28:08) followed. Dave McGovern and Al Heppner also ducked under 1:30. Canada also captured the women's 10 Km in

the person of Tina Poitras, who finished in 46:16. Victoria Herazo (47:46), Gretchen Eastler (47:59), Sara Standley (48:08), Joanne Dow (48:34), Dana Yarbrough (48:53), and Canada's Joni Bender (48:58), followed in a deep race. . . The Italian indoor 5 Km went to Giovanni DiBenedictis in 19:10.91, with Alessandro Gandellini (19:13.58), and Giovanni Perricelli (19:14.28) on his heels. Erica Alfridi won the women's 3 Km in 12:00.13.

And looking way back, the 1924 Olympics in Paris:

10 Km, Heat 1, July 9: 1. George Goodwin, Great Britain 49:04.0 2. Donato Pavesi, Italy 3. Harary Hinkel, USA 4. Luigi Bosatra, Italy 5. Henri Clermont, France 6. Edward Freeman, Canada. (9 starters, first 5 to final)

Heat 2, July 11: 1. Ugo Frigerio, Italy 49:15.6 2. Cecil McMaster, South Africa 3. Arthur Tell Schwab, Switz. 4. Armando Valente, Italy 5. Ernest Clarke, Great Britain 6. Francois Decrombecque, France (10 starters, first 5 to final)

10 Km Final, July 13

1. Ugo Frigerio, Italy 47:49.0
2. Gordon Goodwin, Great Britain 48:37.9
3. Cecil McMaster, South Africa 49:08.0
4. Donato Pavesi, Italy 49:17.0
5. Arthur Tell Schwab, Switzerland 49:50.0
6. Ernest Clarke, Great Britain 49:52.2
7. Armando Valente, Italy 50:07.0
8. Luigi Besatra, Italy 50:09
9. Harry Hinkel, USA
10. Henri Clermont, France