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Dow, Seaman Back To The Top

Palo Alto, Cal. June 22-23.--It took her four years including some time off for injuries, but Joanne Dow finally recaptured the National 20 Km title she had won in 1998. Not only did she win, she shattered the American record in the process, covering the 50 laps on the Stanford track in 1:34:46.52, 3/12 minutes under the old mark. (Official national records must be set on the track.) And in regaining the top spot on the podium, she exactly matched her time in that 1998 road race--except for that .52 on the end.

That was on Saturday, morning. On Sunday, Tim Seaman won his third U.S. title in the men's 20, leaving the rest of the field well back by the finish, which he reached in 1:26:40.36. Seaman has taken control of the even years, since Curt Clausen's win in 1996, with his previous wins in 1998 and 2000. Curt gets the odd years, with wins in '97, '99, and '01. Surprisingly, there have been only four different winners of the race in the last 18 years. Tim Lewis won seven in a row from 1985 through 1991, and Allen James four in a row from 1991 through 1995. James, somewhat out of retirement, was 10th in this year's race. Before 1985, there were 12 different winners in 15 years, Tom Dooley winning twice and Jim Heiring three times.

New Hampshire's Dow, now 38, had to overcome a determined challenge from Teresa Vaill, who it seems has been racing near the top for ever. Nearing her 40th birthday (November), Teresa won this race in '84, '85, and '87, and was seeking redemption for last year, when she was DQ'd late in the race while in a solid second place.

As she usually does, Vaill took the lead immediately and set a pace that quickly broke up the field. By 5 Km, which she reached in a swift 23:10, she had 10 seconds on Dow and 40 on Amber Antonia and Susan Armenta, battling for third. Three-time Olympian Debbi Lawrence, who at age 40 has been around even longer than Vaill, was in fifth another 20 seconds back, while defending champion Michelle Rohl and Jill Cobb (nee Zenner), third last year, were together in sixth, but nearly 80 seconds behind Vaill.

By 10 Km, Vaill was 25 seconds in front of Dow with 46:28. Antonia had gotten clear of Armenta, but at 47:21 was nearly a minute behind Vaill. Armenta was another 21 seconds back. Lawrence came through in 49:00, just ahead of Rohl and Cobb. After the race, Dow said that at that point she was content to get second.

But apparently not content enough to give up. With Vaill slowing to 24 minutes for her third 5 (1:10:28 at 15), Dow found herself only 16 seconds down with 5 to go. Antonia had closed slightly, as she went through 15 in 1:11:19. Rohl and Cobb caught Lawrence by 13 km (Debbi dropped out shortly thereafter) and raced past Armenta as they approached 15. But Armenta hung on and repassed Rohl, who then simply ran out of gas. Excusable, of course, since she delivered her fourth child less than 3 months earlier.

Seeing the possibility of the win, Dow was able to pick up her pace and with six laps to go was just 6 seconds down. She made that up in less than two laps. Vaill fought to the finish, however, and Dow needed a 1:52 last lap to finally open a margin of 7 seconds at the finish. Antonia conceded little the final 5 km and finished a lonely third, just sneaking under 1:36 for a

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personal record. Cobb, who had been struggling in races leading up to this one finished strongly, breaking 1:40 and leaving Armenta better than a minute behind. Rohl was unthreatened for sixth.

Joanne Dow came onto the scene with a rush in 1995 when she did a 47:43 for 10 to finish second in the National Invitational in March. But she missed the rest of that season with injury, which still had her below par by the Olympic Trials in 1996. She regained her form that fall with a 47:43 and improved that to 47:23 in 1997 with a fourth in the national title race. She really came on strong in 1998, when she won the 20 and followed that up with a second-place finish in 1999. Then the injury bug struck again, eventually requiring surgery, and she fell to fourth and fifth in the last two 20 km nationals. She made it back all the way this year approaching her road best of 1:33:27, which was done in 1999.

The first five qualified for the World Cup in Italy in October. It will be Dow's third World Cup experience. She competed in 1997, when the distance was still 10 Km, and in 1999. Cobb, was also on that '99 team. Vaill is the real veteran--this will be her sixth World Cup race, but first since 1995. She was also on teams in 1985, 1987, 1989, and 1991. In addition, she competed in the World Championships in 1993 and 1995 and the World Indoor Championships in 1987 and 1989. Susan Armenta will be on her first World Cup team, but she did compete in the 1999 World Championships. Results:

1. Joanne Dow, adidas 1:34:46.62 2. Teresa Vaill, un. 1:34:53.46 3. Amber Antonia, UWP 1:35:59.44 4. Jill Cobb, New Balance 1:39:46 5. Susan Armenta, New Balance 1:40:57 6. Michelle Rohl, Moving Comfort 1:44:28 7. Bobbi Chapman, World Class 1:45:58 8. Jolene Moore, Parkside AC 1:46:54 9. Sam Cohen, Parkside AC 1:49:52 10. Deborah Huberty, New Balance 1:52:52 DNF--Debbi Lawrence, AIM USA. DQ--Ali Bahr, Parkside AC and Heidi Hauch, World Class

In the men's race, Seaman blistered the second half to decimate a strong field. Tim had missed the Penn Relays in April due to severe pain in the back of his knee. He did contest the National 30 in early May, but at great cost to the ailing knee, as he hobbled to victory over the final stages of that race. After contemplating surgery, which would have effectively wiped out his season, he settled for a cortisone shot and some dedicated rehab, which allowed him to compete here. He made the most of it.

A field of seven was bunched early in the race at a fairly conservative pace, the first kilometer taking 4:34. Holding close to that pace, the lead pack of Philip Dunn, John Nunn, Al Heppner, Seaman, Curt Clausen, Kevin Eastler, and Sean Albert went through 5 Km in 22:31. At 8 km, Nunn decided to start the racing, dropping to 1:40 laps (or 4:10 km pace). The pack slowly broke up, but it was still a seven-man race at 10 Km. Nunn had 44:26, after a 21:55 second 5, and led Seaman by just a second. Following were Dunn and Clausen at 44:42, Heppner at 44:45, and Eastler and Albert at 44:46.

Seaman stepped up the pace another notch and started to pull away from Nunn, also on the injured list. John has been nursing a hamstring injury that seriously curtailed his training in the month leading up to the race, and he was well short of the form that brought him a 1:24:49 in early May. With Nunn fading fast, Heppner accelerated past Clausen and Dunn and soon caught Nunn.

The 15 Km mark saw Seaman in front at 1:05:36 (21:09 for his third 5) and Heppner at 1:06:13 (21:28). Eastler had also passed Nunn and Dunn and Clausen were closing on him.

Seaman continued to blast with a 21:05 on the final 5 and widened the gap on Heppner, who slowed a bit with a 21:44 on his final 5. Eastler picked up a second red card at 17 km and had to abandon any plans of catching Heppner. Dunn pulled away from Clausen in the final stages, as the first five went under 1:30, and Nunn missed by just 18 seconds. The first four were all faster over the second half of the race, Seaman and Heppner significantly so. Clausen walked a near even pace, but is still obviously short of peak performance following his own surgery late last year and subsequent hamstring problems. Though never challenging the leaders, Rio Grande University's Matt Boyles, in just his second 20 and still short of his 20th birthday, finished an impressive eighth, beating veteran walkers Theron Kissinger and Allen James.

The top five qualify for the World Cup, but four of them are also qualified for the 50, so the final composition of our team remains to be seen. However, the original plan of the walkers at the Olympic Training Center who took the first five spots in the 50 (Clausen, Dunn, Seaman, Albert, and Heppner) was to go in the 50 seeking a spot among the first five teams. (This according to Al Heppner.) That plan is not certain at this point. Clausen, Dunn, and Heppner are committed to the 50, but their injury problems make Seaman and Albert uncertain since they have lost much of their endurance base. So at this point the 20 Km team will be Kevin Eastler, John Nunn, Matt Boyles and two from among Tim Seaman, Sean Albert, Theron Kissinger, and Allen James. The 50 will be Curt Clausen, Philip Dunn, Al Heppner, and two from among Seaman, Albert, Kissinger, and Steve Quirke.

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Thanks to Al Heppner for many of the details in these two race summaries. The results. 1. Tim Seaman, New York AC 1:26:40.36 2. Al Heppner, US Army 1:27:56.46 3. Kevin Eastler, US Air Force 1:28:35.67 4. Philip Dunn, New Balance 1:28:59.61 5. Curt Clausen, NYAC 1:29:33 6. John Nunn, US Army 1:30:19 7. Sean Albert, New Balance 1:30:42 8. Matt Boyles, Rio Grande U. 1:32:36 9. Theron Kissinger, New Balance 1:32:55 10. Allen James, Park RW 1:34:31 11. Steve Quirke, UWP 1:36:20 12. Dave McGovern, New Balance 1:39:55 13. Mike Stanton, UWP 1:41:17 14. Gary Morgan, NYAC 1:42:30 15. Dave Doherty, Potomac Valley 1:44:02 DNF--Matt DeWitt, Parkside AC

Stevens, Shorey Repeat At Junior Championships

Palo Alto, June 21--In the U.S. Junior T&F Championships, Robyn Stevens became just the third athlete in meet history to win her event four years in a row as she scored a decisive win in the women's 10 Km racewalk. Stevens, who just finished her first year at U. of Wisconsin-Parkside, broke her own meet record and missed the U.S. junior record by just 3 seconds with her 50:29.32 effort. And in the men's 10 Km, UWP's Ben Shorey, also just finish his first collegiate year, won for the second year in a row taking Tim Seaman's meet record down by more than 2 minutes with his 42:50.20 and breaking Seaman's national junior record by 13 seconds. It also put him nearly a minute-and-a-half inside the World Junior Championships qualifying time

Anne Favolise and New York high school sophomore Maria Michta were the only women not to be lapped by Stevens. They engaged in a tight race, Favolise prevailing 51:20.08 to 51:23.31, not far off the World Junior qualifying time of 51:00 for Michta. Favolise already had a qualifying time from an earlier race in Maine. In the men's race, Jake and Jerry Daleabout from Utah were no match for Shorey, but walked impressive races to take second and third and leave New Jersey's 15-year-old Zach Pollinger well back in fourth. Maine's Adam Staier, who had a 47:08 at the Penn Relays, was disqualified. He was 29 seconds ahead of Jake Daleabout at 6 km before his disqualification. The results:

Women: 1. Robyn Stevens, UWP 50:29.32 2. Anne Favolise, UWP 51:20.08 3. Maria Michta, Walk USA 51:23.31 4. Eric Adams, Spartan Striders 54:39 5. Jessi Scardina, UWP 54:55 6. Jasmine Brooks, Dirigo Sch. 55:04 7. Shannon Gillespie, Shore AC 55:58 8. Lauren Oliveri, Walk USA 56:09 9. Elizabeth Paxton, Alex. Light 56:35 10. Jennifer Reekie, Ft. Zumwalt II 57:27 11. Tina Peters, Miami Valley TC 59:40

Men: 1. Ben Shorey, USP 42:50.21 2. Jake Daleabout, Utah Walkers 46:54.32 3. Jerry Daleabout, UW 47:24.89 4. Zachary Pollinger, N.J. Striders 48:43.89 5. Jonathan Chasse, Maramacook, Maine 50:27 6. Christopher Diaz, S. Texas Walkers 51:17 7. Joseph Trapani, Walk USA 53:28 8. Mark Dennet, Maine RW 56:14 DQ--Adam Staier, Maine RW

Easy Wins For Nunn and Antonia In Evansville 15 Km

Evansville, Indiana, June 2--Seeming to ignore a temperature near 90 F and high humidity, the U.S. Army's John Nunn and Wisconsin-Parkside's Amber Antonia scored decisive wins in today's National 15 Km racewalk championships. Actually, Nunn did say he was slowed by the conditions, but it wasn't noticeable to second-place Al Heppner, nearly 3 minutes back nor the rest of the field, led by Stephen Quirke, who finished more than 4 minutes after Heppner.

Antonia, meanwhile, finished in 1:14:15, nearly 5 minutes ahead of Michelle Rohl, who, as noted above, is working her way back into competitive condition after giving birth. Rohl pulled well clear of Jill Cobb, who led her through 10 Km. The recently married Cobb barely held off Jolene Moore for third.

Nunn, who was seventh in last year's race, took control from the start, his 21:53 for the first 5 leaving Heppner 48 seconds back. While slowing on the second 5, he continued to build the lead and hit 10 Km in 44:37 (22:44). Then despite the stifling heat and lack of competition, he managed to accelerate again, finishing with a 22:12 for the final 5. Nunn, who graduated from Evansville High School was a popular winner in his old hometown. The results:

Women: 1. Amber Antonia 1:14:15 2. Michelle Rohl 1:18:59 3. Jill Cobb 1:20:35 4. Jolene Moore 1:20:37 5. Sam Cohen 1:21:03 6. Victoria Herazo (43) 1:22:09 7. Ali Bahr 1:24:28 8. Heide Hauch (42) 1:24:53 9. Amanda Bergeron (19) 1:27:54 10. Deb Huberty 1:31:24 11. Amanda Johnson 1:37:35 12. Abigail Oliver (41) 1:39:04 13. Janet Higbie (60) 1:40:14 14. Kelli Johnson (15) 1:42:53 15. Amanda Huff (13) 1:43:06 16. Cathy Mayfield (50) 1:45:58 17. Kathy Frable (56) 1:52:39 18. Doris McGuire (53) 1:55:25 19. Rebecca Gilman (61) 2:00:56 (2 DNFs)

Men: 1. John Nunn 1:06:59 2. Al Heppner 1:09:43 3. Stephen Quirke 1:14:03 4. Matt DeWitt 1:14:41 5. Mike Stanton 1:14:53 6. Mark Green (46) 1:17:20 7. Gary Morgan (42) 1:19:28 8. T.C. DeWitt (19) 1:20:10 9. Rod Craig (44) 1:21:58 10. Eric Smith 1:22:39 11. Leon Jasonowski (57) 1:24:12 12. Vince Peters (48) 1:24:29 13. Tim Nickel (19) 1:25:05 14. Mike DeWitt (51) 1:26:10 15. Richard McGuire (54) 1:26:23 16. Ed Fitch 1:18:02 17. Max Walker (55) 1:28:29 18. Douglas Johnson (42) 1:28:47 19. Norm Frable (56) 1:29:00 20. Drew Swonder 1:33:22 21. Paul Johnson (64) 1:34:03 22. Alfred Dubois (70) 1:38:35 23. Craig Woodall (48) 1:42:52 24. Jack Starr (73) 1:43:01 25. Bob Christmas (72) 1:51:57 26. Bernie Finch (62) 1:53:57 27. Bob Stewart (69) 1:57:31 28. Paul Geyer (82) 2:22:21 (1 DQ)

Other Results

Maine State 1600 meter Championships, Orono, June 1--1. Adam Staier 6:01.48 (breaks his own national best of 6:04.59 set a week earlier in a regional meet.) Top times from the regional meets, held in three classes were (besides Staier's mark): Jonathan Chasse 6:57.01 (also won the pole vault at 12'6"), Brian Brydon 6:59.4, Dan Campbell 7:11.58, T. Clark 7:17.37. Shaun Flynn 7:19.46, Owen Schoppe 7:21.07, Andrew Small 7:30.04, Zack Robinson 7:33.85 (12 others under 8:00) Girls--Elena Yates 7:36.30, Jasmine Brooks 7:44.28 (3 others under 8:30) **10 Km, Orono, Maine June 2**--1. Adam Staier 49:10.6 2. Ann Favolise 49:49.6 DNF--Ben Shorey **5 Km, same place**--1. Mahala Stewart 31:00.4 **3 Km, same place**--1. Aaron Whitten 17:28.5 **New England 15 Km, Charlestown, R.I., June 8**--1. Brian Savilonis (53) 1:21:50 2. Marcia Gutsche (40) 1:22:02 3. Joe Light (54) 1:27:11 4. John Costello (46) 1:30:49 5. Bill Harriman (55) 1:32:32 6. Charlie Mansbach (57) 1:39:24 7. Lou Free (72) 1:49:49 **H.S. Girls 1500 meters, Long Island, June 1**--1. Mari Michta 6:55.15 2. Kristin Landau 7:15.34 3. Kristin Schmit 7:38

4. Janet Lee 7:46 **Boys 1500, same place**--1. Tom Ulrich 6:59.41 2. Joe Trapani 7:00.81 **Metropolitan 15 Km Championship, New York City, June 23**--1. Bill Vayo 1:18:10 2. Bruce Logan 1:24:24 3. Israel Soto-Durpey 1:28:59 4. David Wolf (43) 1:30:39 5. Vlado Haluska (5) 1:30:57 6. Gary Null (57) 1:31:24 7. Andres Henao 1:33:02 8. Paul Johnson (64) 1:33:34 9. Alice Tan (18) 1:34:00 10. Alexis Davidson (46) 1:34:30 11. Greg Dawson 1:34:42 12. Pat Bivona (61) 1:41:25 (70 finishers, 2 DQs) **20 Km, Point Pleasant, N.J., May 19**--1. Jack Lach 1:55:21 2. Tom Quattrocchi 1:59:33 3. Ben Ottmer 2:23:51 4. Bob Mimm (77) 2:29:09

Women--1. Sherry Brosnahan 2:11:31 2. Joan Venslavsky 2:19:06 **5 Km, same place**--1. Bill Wides (high school freshman) 27:25.6 **3 Km, same place**--1. Jack Starr (72) 17:52.3 **9 Mile, Lakewood, N.J., May 26**--1. Jack Lach 1:16:44 2. Sherry Brosnahan 1:30:21 3. Dick Van Benthysen 1:25:28 (a handicapped race, thus the faster time for third) 4. Art Glass 1:34:36 . . . 6. Bill Wides 1:25:52 **5 Km, New Jersey Open T&F Meet, June 8**--1. Cliff Mimm 25:07.9 (immediately after finishing 5 km run) 2. Marcus Kantz 32:23.2 3. Bob Mimm 32:23.2 Women--1. Dana Vered 28:28.6 2. Sherry Brosnahan 28:46 3. Joan Venslavsky 32:47 **3 Km, Alexandria, Vir., April 21**--1. Lois Dicker (62) 18:42.30 2. Sarah Stark (12) 18:47 Men--1. Michael Schwed (60) 19:12 **3 Km, Alexandria, May 12**--1. James Moreland (49) 17:11.70 2. Alex Major 17:33 3. Victor Litwinski (58) 18:15 4. Kevin Stuart (42) 18:51 5. John Gersh (54) 18:58 **adidas High School Championships T&F Meet, Raleigh, N.C., June 14, 1 Mile Racewalk**--1. Adam Staier, Maine 6:14.40 2. Zach Pollinger, N.J. 6:27.34 3. Michael Tarantino, N.Y. 7:05.1 4. Thomas Ulrich, N.Y. 7:27 5. Joe Trapani, N.Y. 7:29 Girls--1. Maria Michta, N.Y. 7:23.88 2. Lauren Oliveri, N.Y. 7:25 3. Erica Aclams, S.C. 7:43 4. Jasmine Brooks, Maine 7:45 5. Nadine Varro, N.Y. 7:55 6. Olga Beschastnykh, N.Y. 7:58 7. Katie Fileccio, N.Y. 8:02 8. Iris Moore, N.Y. 8:05 **Junior Olympic 3 Km, Dayton, Ohio, June 15, Youth Girls (13-14)**--1. Tina Peters 16:44 Bantam Boys (10 and under) 1500 meters--1. Ian Geer 9:41.1 **1 Hour, Yellow Springs, Ohio, June 15**--1. Eric Smith 11,934 meters (49:50 at 10 km) 2. Jill Cobb 10,651 (55:52) 3. Bill Whipp (55+) 9,083 4. Jack Shuter (70+) 8436 **3 Km, Wichita, Kan., June 8**--1. Ed Shank 19:20.30 2. Richard Ortiz 19:25 **5 Km, Salina, Kan., June 16**--1. Randy Hardy (50+) 32:30 2. Ed Shank (50+) 32:33 3. Richard Ortiz (65+) 33:24 **1500 meters, same place**--1. Richard Ortiz 8:59.91 **5 Km, Thornton, Col., May 18**--1. Mike Blanchard (40) 27:33 2. Daryl Meyers (59) 29:50 3. Peggy Mueller (47) 30:45 4. Carolyn Fleck 31:00 5. Sherrie Gossert (49) 31:07 **10 Km, Broomfield, Col., May 25**--1. Marianne Martino (51) 62:46 2. Barbara Amador (53) 63:50 3. Carolyn Fleck 64:24 **5 Miles, Denver, April 21**--1. Kevin Eastler 36:53 2. Ed Guiff (58) 50:15 **Crown Valley Senior Olympics 5 Km, Pasadena, Cal., June 15**--1. Larry Walker (55+) 27:14.4 2. Yoko Eichel (55+, first female) 29:25 3. Mike Kroll 32:01 4. Jolene Steigerwalt (55+) 32:49 5. Leon Glazman (65+) 33:02 6. Robert Eisner (70+) 33:03

1500 meters, same place--1. Jesus Orendain (60+) 8:34.3 2. Mike Kroll 8:41.4 3. Jolene Steigerwalt 9:24 4. Leon Glazman 9:45 5. Tom Gerhardt (50+) 10:03 6. George Solis (70+) 10:10 **5 Km (track), Pasadena, June 23**--1. Pedro Santi (45) 27:10.41 2. Margaret Govea (40) 28:16 3. Donna Cunningham (55) 29:41 4. Emily Payne 29:23 5. Jesus Cancino 29:59 6. Mike Kroll 31:05 7. Mario Lopez (44) 31:12 8. Alan Ede (62) 31:32 9. Bill Moremen (74) 33:05 **10 Km, Same place**--1. Joe Nieroski (40) 51:14.44 **Marathon, San Diego, June 7**--1. Curt Clausen 3:29:14 2. Philip Dunn 3:36:00 **20 Km, Chula Vista, Cal., June 16**--1. Al Heppner 1:39:46.4 2. Dave Doherty 1:41:25.8 3. Philip Dunn 1:41:27.9 4. Curt Clausen 1:41:28 (essentially an effort to get Doherty a qualifying mark for the national. A bit of training for the others, as was the marathon.) **1500 meters, Kentfield, Cal., May 26**--1. Shoja Torabian 7:44 2. Kevin Killingsworth 8:09 3. Keith McConnell 9:23 (14 finishers) **5 Km, same place**--1. Susan Armenta 23:33 2. Nicile Goldman 30:58 3. Doris Cassels 31:46 4. Ann Lee 33:24 5. Marge Garner 33:24 6. Virginia Fong 33:28 (21 finishers) **Men**--1. Rezak Gharfara 24:41 2. Joe Berendt 27:16 3. Jack Bray 27:30 4. Shoja Torabian 27:56 5. Keith McConnell 29:51 6. Peter Corona 31:11 7. Ed Lane 31:30 8. James Beckett 31:31 9. Desmond Canning 31:36 10. Jim Schelller 32:21 11. Stu Kinney 32:58 12. Bob Mimm 33:04 (26 finishers, 1 DQ) **5 Km, Berkeley, Cal., June 2**--1. Jack Bray 27:18 2. Desmond Canning 29:45 3. Keith McConnell 30:18 4. Doris Cassels 31:54 5. Jim Scheller 32:26 6. Bob Rose 33:35 (13 finishers) **10 Km, Roseville, Cal., June 9**--1. Arturo Huerta, Canada 45:32 2. Joe Berendt (46) 56:39 3. Jack Bray (69) 57:27 4. Jim Currier (53) 61:36 5. Desmond Canning (43) 63:54 6. Peter Corona (73) 64:39 (15 finishers) **Women**--1. Marina Crivello, Can. 52:13 2. Karen Stoyanowski (47) 67:13 3. Doris Cassels (62) 67:38 4. Ann Lee (53) 67:41 5. Shirley Dockstader (59) 68:34 (16 finishers) **Western Regional 5 Km, North Las Vegas, June 8**--1. Mark Green (45+) 23:52 2. Don Betowski (55+) 28:41 3. Rick Campbell (55+) 30:48 4. Bob Weeks (60+) 32:53 (8 finishers) **Women**--1. Victoria Herazo (40+) 25:34 2. Yoko Eichel (55+) 30:05 3. Karen Bartolo (55+) 31:24 (7 finishers) **2.8 Miles Seattle, May 11**--1. Bob Noval and Stan Chraminski 24:48 3. Bart Kale 27:47 4. Ann Tuberg 27:53 (12 finishers) **1 Mile, Seattle, May 29**--1. Ann Tuberg 8:33 2. Bev LaVeck and Julie Sullivan 10:13 **3 Km, Seattle, June 1**--1. Bob Novak (50+) 16:06.4 2. Bev LaVeck (65+) 17:46.3 3. Richard Newman (45+) 17:55 4. Bart Kale (45+) 18:00 5. Greg Hinrichson (40+) 18:24 **1 Mile, Seattle, June 5**--1. Ann Tuberg 8:19 **2.8 Miles, Seattle, June 8**--1. Stan Chraminski 23:23 2. Bob Novak 24:36 3. Ann Tuberg 27:18 3. Bev LaVeck 27:37 **1 Mile Seattle, June 19**--1. Bob Novak 8:19 2. Ann Tuberg 8:19 3. Bev LaVeck 9:30 4. Dick Zerbe 9:38 **Canadian 20 Km Championship, June 23**--1. Arturo Huerta 1:30:53 2. Tim Berrett 1:36:28 3. Blair Miller 1:37:45 4. Donald Cole 1:54:26 (3 DQs) **Women**--1. Marina Crivello 1:46:42 2. Holly Gerke 1:47:09 3. Kim Cathro 1:50:51 **Ontario Championship 10 Km, Toronto, May 26**--1. Arturo Huerta 44:03 (continued to 20 Km in 1:32:13) 2. Gord Mosher 47:04 3. Rod Craig, USA 49:25 4. Donald Cote 52:12 5. Don Ramsden 59:57 5. Stuart Summerhayes 61:13 **Jr. Men**--1. Michael Hain 50:47 **Jr. Women**--1. Rebecca Lavalley 54:56 2. Chelsea Rodriguez 55:08 **Women**--1. Debbie Topham, USA 58:26 2. Sherri Watts 59:15 (Kitty Cashman, not entered in the championship did 58:24 **British Columbia High School Championships, June 1: Women's 1500 meters**--1. Megan Huzzey 6:35.61 2. Jackie Dawes 7:40 (17 finishers, 2 DQs) **Boys 1500**--1. Matt McHaffie 7:22.60 (10 finishers, 6 DQs)

From Across the Seas

Russia Summer Championships, Tcherboksary, May 26: Men's 20 Km--1. Victor Burayev 1:20:41 (21:13, 42:05, 61:39--38:36 second 10, Burayev is still only 20) 2. Vladimir Andreev (38) 1:20:54 3. Roman Rasskazov 1:21:01 4. Andrey Stradnichuk 1:21:14 5. Sergey Hripunov 1:21:27 5. Dmitriy Esipchuk 1:21:57 7. Vladimir Stankin 1:22:55 8. Valeriy Borisov 1:22:59 9.

Alexandr Arhipov 1:23:57 10. Vasily Ivanov 1:24:13 11. Sabyr Sharuev 1:24:36 12. Konstantin Golubrssov 1:24:59 (These first 12 were together at the 10 Km mark, along with two others who were subsequently DQ'd. Then the race got underway.) 13. Alexey Kronin 1:25:48 14. Anatoliy Kupriyanov 1:25:56 15. Evgeniy Shmalyuk 1:26:08 16. Sergey Lystsov 1:26:28 17. Rustam Kuvatov, Kazakhstan 1:26:33 18. Evgeniy Petrov 1:27:12 (25 under 1:30, 38 finishers, 9 DQs, 5 DNF) **Women's 20 Km**--1. Elena Nikoleva 1:27:02 (21:51, 43:20, 64:54) 2. Lyudmila Efimkina 1:27:52 3. Nataliya Fedoskina 1:28:07 4. Olimpiada Ivanova 1:28:12 5. Nadezhda Ryashkina 1:28:18 6. Margarita Nazarova 1:28:24 7. Svetlana Tolstaya, Kaz. 1:28:38 8. Tatyana Korotkova 1:29:12 9. Antonina Petrova 1:31:03 10. Larisa Safronova 1:31:40 11. Olga Polyakova 1:32:02 12. Evdokiya Korotkova 1:34:02 13. Iraida Pudovkina 1:34:27 14. Lyudmila Dedekina 1:36:17 (two more under 1:40, 24 finishers, 6 DQs, 3 DNF) **Men's 50 Km**--1. Alexey Voevodin 3:40:42 (44:04, 1:28:02, 2:12:03, 2:55:58) 2. Yuriy Andronov 3:42:06 3. Stepan Yudin 3:42:52 4. Nikolay Matyukhin 3:43:46 5. German Skurygin 3:50:25 6. Sergey Kirdyapkin 3:52:19 7. Alexandr Nadezhin 3:52:37 8. Alexandr Yargunkin 3:56:56 9. Semen Lovkin 3:57:16 10. Sergey Melentiev 4:02:15 (three more under 4:10, 17 finishers, 1 DQ, 11 DNF) **Junior 10 Km**--1. Vladimir Kanaykin 40:34.2 2. Ivan Kuznetsov 40:42.5 3. Petr Trofimov 40:48 4. Oleg Urodovskiy 42:20 5. Sergey Safarov 42:50 6. Alexey Botchkarev 42:56 7. Ruslan Orlov 43:08 8. Sergey Korepanov 43:30 9. Vyatcheslav Golovin 43:39 10. Dmitriy Kurakin 43:40 11. Denis Alexeev 43:43 12. Sergey Romanov 43:56 (five more under 45:00, 32 under 50, 33 finishers, 2 DQs, 1 DNF) **Women's Junior 10 Km**--1. Vera Sokolova 46:10.9 2. Ekaterina Izmaylova 46:36 3. Irina Petrova 46:51 4. Anna Pudovkina 47:11 5. Olga Povalyaeva 47:13 6. Mariya Nikitina 48:00 7. Marina Naumachik 48:00 9. Faina Vasiliva 50:02 10. Elena Kozlova 53:25 (19 finishers, 1 DQ, 1 DNF) **Boys Under 18 10 Km**--1. Vladimir Polyakov 42:56.3 2. Alexandr Nikitin 42:58 3. Alexandr Prohorov 43:01 4. Alexandr Tchekaylov 43:01 5. Vasily Trofimov 43:46 6. Sergey Vasiliev 44:18 7. Sergey Savenkov 44:36 8. Alexey Naiolaev 44:36 9. Alexandr Bibaev 46:14 10. Evgeniy Koval 46:27 11. Anatoliy Kukushkin 46:28 12. Sergey Besspalov 46:35 13. Alexandr Stahnev 46:55 14. Andrey Ruzavin 46:58 (25 under 50, 31 finishers, 2 DQs, 4 DNF) **20 Km, Eisenhuttenstadt, Germany, June 2**--1. Jefferson Perez, Ecuador 1:19:08 2. Satoshi Tanasigawa, Japan 1:21:31 3. Mario-Ivan Flores, Mexico 1:21:41 4. Andreas Erm, Germany 1:22:04 5. Eijchi Yoshizawa, Japan 1:22:21 6. Bernardo Segura, Mexico 1:22:46 7. Julio Martinez, Guatemala 1:23:14 8. Claudio Vargas, Mex. 1:23:30 9. Cristian Berdeja, Mex. 1:23:35 10. Theodoto Stamatopoyolos, Greece 1:23:36 11. Hatem Gaulem, Tunisia 1:24:40 12. Jesus Sanchez, Mex. 1:24:52 13. Rogelio Sanchez, Mex. 1:25:05 14. Benjamin Kucinski, Poland 1:25:43 15. Akinori Matsuzaki, Japan 1:26:42 16. Mike Berger, Germany 1:27:01 17. Trond Nymark, Norway 1:27:49 18. Denis Trautmann, Ger. 1:28:07 19. Fernando Guerrero, Mex. 1:28:41 20. Jorge Segura, Mex. 1:28:53 **Women--Kjersti Platzer, Norway 1:29:19** 2. Melanie Seeger, Ger. 1:31:08 3. Rosario Sanchez, Mex. 1:31:39 4. Andrea Meloni 1:34:56 5. Collaolo Teresita, Guat. 1:35:06 6. Geouana Irusta, Bolivia 1:36:16 7. Sonota Milusauskaite, Lithuania 1:36:17 8. Edina Fusti, Hungary 1:37:16 **Jr. Men**--1. Jan Albrecht, Ger. 1:24:55 **20 Km, Dublin, Ireland, June 15**--1. Robert Heffernan 1:21:32 2. Alessandro Gandellini, Italy 1:22:22 3. Jamie Costin 1:22:45 4. Jan Albrecht, Germany 1:25:30 5. Erik Tysse, Norway 1:26:02 6. Craig Barrett, N.Z. 1:27:07 7. Birger Falt, Sweden 1:27:27 8. Frank Werner, Ger. 1:28:29 9. Martin Pupis, Slovakia 1:28:53 10. Colin Griffin 1:29:19 11. Dominic King, England 1:29:48 **Women--Kjersti Platzer, Nor. 1:28:55** 2. Gillian O'Sullivan 1:29:12 (National record) 3. Elisa Rigaud, Italy 1:30:43 4. Gisella Orsini, Italy 1:34:46 5. Geovana Irusta, Bolivia 1:35:22 6. Olive Loughnane 1:36:06 7. Kathrin Boyde, Ger. 1:36:48 50 Km, same place--1. Jacob Sorenson, Denmark 3:51:46 **Polish National 20 Km, Wschova, May 14**--1. Robert Korzeniowski 1:20:54 2. Tomasz Lipiec 1:22:01 3. Benjamin Kucinski 1:22:25 4. Rafal Dys 1:28:15 **Women**--1. Sylwia Korzeniowska 1:36:13 2. Agnieszka Olesz 1:38:45 **5 K, Krakow, Poland, June 8**--1. Francisco Fernandez, Spain 37:52 2. Robert Korzeniowski 37:57 3. Jefferson Perez, Ecuador

38:24 4. Ilya Markov, Russia 39:01 5. Cristan Berdeja, Mex. 39:03 6. Artur Meleshkevich, Belarus 39:09 **Women's 5 Km, same place--**1. Susana Feitor, Portugal 20:56 2. Nadezhda Ryashkina, Russia 21:01 3. Lyudmila Yefimkina, Russia 21:21 4. Tatyana Korotkova, Russia 21:25 5. Valentina Tsybul'skaya, Belarus 22:08 6. Fatiah Ouali, France 22:23 7. Sylwia Korzeniowska 22:39 **Women's 3 Km, Italy, June 8--**1. Elisa Rigaud 12:28.92 2. Yelena Nikolaeva, Russia 12:33 3. Rossella Giordano 13:01 4. Natalia Brunico 13:40 **20 Km, Denmarak, May 4--**1. Birger Falt, Sweden 1:29:54 2. Jacob Sorenson 1:33:51 3. Fredrik Svensson, Sweden 1:33:51

2001 Postal 1 Hour Results

Each year the Shore AC in New Jersey, under the outstanding direction of Elliott Denman, conducts a 1 Hour walk via the US Postal Services. Conduct your own 1 Hour race on the track, send the results to the Shore AC, and they compile and publish them. And here are the results for 2001, which we intended to publish last month until we ran out of room.

Elliott reports that three all-time individual records were established. 1. Be Shorey went 12,860 meters to top Curt Clausen's age 15-19 mark of 12,554 set in 1988. 2. Victoria Herazo topped her own record of 11,785 meters set last year in the women's 40-44 category with an 11,805. 3. Jane Dana, holder of the women's 75-79 record, celebrated her arrival in 80-84 with a fine walk of 8142 meters to erase Velma Jacob's 1991 record of 7232.

Three team records were notched too. 1. The U. of Wisconsin-Parkside team went to work in the women's 15-19 division and Anne Favolise, Amanda Berferon, and Nicole Olson totaled 31,726 meters to best the Milwaukee (ore.) TC's 28,330 set in 1995 2. Marin Racewalkers Doris Cassels, Shirley Dockstader, and Marge Garner netted 27,702 meters to beat the Marin mark of 27,161 set last year. 3. For the first time, there was an 80-89 team entry and the Marin trio of John Levinsohn, Herm Arrow, and Troy Grove recorded a truly outstanding men's record total of 27,702 meters.

There were 50 different teams represented, 32 more than in 2000. Marin Walkers did a tremendous and spirited job in fielding a 39-walker team to retain their national honors (based on total participation.) Marin, Florida AC (18), Potomac Valley (15), and Pegasus AC (14) earn handsome silver trays for their great walking. Host Shore AC (23) respectfully declines.

The top three marks for the year were recorded by Sean Albert, Al Heppner, and Curt Clausen as "en route" performances in the National 2 Hour. Imagine how many more meters they'd have covered if they hadn't had another hour to go! The results:

Boys 11-14: 1. Paul Regul, Chicago Walkers 10,643 **Boys 15-19:** 1. Ben Shorey, UW Parkside 12,860 2. Adam Staier, Maine Walkers 12,440 3. Tim Nickel, UW Parkside 11,505 4. Jonathan Chasse, Maine Walkers 11,411 5. Joseph Trapani, Walk USA 10,885 6. Eric Smith, Miami Valley TC 10,846 7. Jeff Sprague, Medomak HS 10,000 8. Matt Boyles, Rio Grande U. 10,000 (12 finishers) **Mens Open:** 1. Sean Albert, New Balance 13,278 2. Al Heppner, US Army 13,270 3. Curt Clausen, NYAC 13,262 4. Ben Shorey, UW Parkside 12,860 5. Jim Heys, UW Parkside 12,802 6. Stephen Quirke, UW Parkside 12,604 7. John Nunn, US Army 12,499 8. Adam Staier, Maine Walkers 12,440 9. Lachlan McDonald, UW Parkside 12,440 10. Dan O'Brien, Pegasus AC 12,236 11. Andrew Hermann, un. 12,149 12. John Soucheck, Shore AC 12,074 13. Ian Whitley, Pot. Calley TC 12,055 14. Rod Craig, Pegasus 12,016 15. Matt DeWitt, UW Parkside 11,974 16. Leon Jasionowski, Pegasus 12,927 17. Reynaldo Carrazana, un. 11,763 18. Mike Stanton, UW Parkside 11,716 19. TC DeWitt, UW Parkside 11,715 20. Robert Keating, New England Walkers 11,669 21. Pablo Gomez, Chicago Walkers 11,614 22. Richard McGuire, Chi. Walkers 11,599 23. Steve Pecinovsky, USAF 11,544 24. Tim Nickel, UW Parkside 11,505 25. Jonathon Chasse, Maine Walkers 11,411 26. Joseph Nieroski, Easy Striders 11,383 27. Bill Vayo, East Side 11,351 28. Eric Poulsen, Marin RW 11,285 29. Marco

Evoniuk, un. 11,101 30. Rob Frank, RW Northwest 11,093 31. Dave Doherty, PVTCV 10,786 32. Erik Litt, Shore AC 10,438 33. Vladimir Telnov, Conn. RW 10,381 34. Daniel Pendergast, Maine Walkers 10,124 (38 finishers) **Men 40-44:** 1. Whitley 2. Craig 3. Carrazana 4. Evoniuk 5. Richard McElvery, NEW 10,950 6. Mike Blanchard, Front Range Walkers 10,684 7. Pedro Santoni, So. Cal. Walkers 10,583 8. Tim Good, PVTC 10,484 9. Ken Lampar, Pegasus 10,268 10. Cliff mimm, Shore AC 10,000 (15 finishers) **Men 45-49:** 1. Pecinovsky 2. Poulsen 3. Rob Frank, RW Northwest 11,093 4. Bill Reed, Kalamazoo Walkers 10,910 5. Shawn Frederick, Rockland RR 10,752 6. Mike Felling, Florida AC 10,283 7. John Costello, NEW 10,225 8. Doug VerMeer, RW Northwest 10,067 (11 finishers) **Men 50-54:** 1. Keating 2. McGuire 3. Shoja Torabian, marin RW 10,822 4. Bob Novak, Pacific Pacers 10,810 5. Stan Chraminski, Pacific Pacers 10,748 6. Ray Funkhouser, Shore AC 10,723 7. Joe Light, NEW 10,604 8. Stanley Sosnowski, NEW 10,435 9. Tom Quattrocchi, Shore AC 10,363 10. Bill Harriman, NEW 10,237 11. Robert Ullman, NEW 10,078 12. Dick Van Benthuyssen, Shore AC 9559 (19 finishers) **Men 55-59:** 1. Jasionowski 2. Dave Baldwin, un. 10,587 3. Jack Lach, Shore AC 10,393 4. George Ospahl, RW Northwest 10,291 5. Rick Campbell, Easy Striders 10,101 6. Victor Litwinski, PVTC 9928 7. Keith McConnell, marin RW 9696 (13 finishers) **Men 60-64:** 1. Paul Johnson, Florida AC 10,673 2. James McGrath, Walk USA 10,128 3. Tom Knatt, NEW 10,016 4. Jack Elwarner, Pegasus 9945 5. John Bakland, RW Northwest 9943 6. Bob Cella, Florida AC 9726 7. Manny Eisner, Shore AC 9402 8. Ed Lane, Marin 9296 9. Heinrich Looser, Carolina RW 9262 10. Michael Schwed, PVTC 9041 (23 finishers) **Men 65-69:** 1. Jack Bray, Marin RW 10,617 2. Bob Barrett, Park Walkers 10,290 3. Al DuBois, Parkside AC 9960 4. Ben Ottmer, Shore AC 9403 5. Carl Acosta, RW United 9360 6. Arvid Rolle, RW United 9346 7. Ed Lane, Marin RW 9341 8. Gerry Gomes, Florida AC 9316 9. Leon Glazman, RW United 9090 10. Bob Davis, Pegasus 8703 11. Jack Shuter, Buckeye Striders 8497 (16 finishers) **Men 70-74:** 1. Jack Starr, Phast 9548 2. Peter Corona, Marin RW 9505 3. Bill Moremen, S.C. Walkers 8822 4. Dick Vaughn, RW Northwest 8791 5. Bill McCann, NEW 8718 6. Bob Fine, Florida AC 8699 7. Louis Free, Conn. RW 8499 8. Alex Muster, Chicago Walkers 8433 9. George Solis, Easy Striders 8328 10. Tom Buis, Carolina RW 8327 11. Dan DeMauro, Florida AC 8294 12. Ed Gawinski, Phast 8270 (17 finishers) **Men 75-79:** 1. Bob Mimm, Shore AC 8932 2. Albert Goldman, Chicago Walkers 8566 3. Charles Boyle, PVTC 8215 4. Klaus Timmerhaus, Front Range Walkers 8200 5. Masashi Noritake, SC Walkers 7993 6. Dr. Daniel Marzano, Shore AC 7796 7. Sumner Shafmaster, Florida AC 7228 **Men 80-84:** 1. John Levinson, Marin RW 7985 2. Walter Scully, Carolina RW 7374 3. Jorge Nechary, SC Walkers 7170 4. Joe Biersteker, Carolina RW 7165 5. Herm Arrow, Marin RW 7100 6. Troy Grove, Marin RW 56681 **Men 85-89** 1. Harry Drazin, Shore AC 6031 **Girls 15-19:** 1. Anne Favolise, UW Parkside 10,919 2. Amanda Bergeron, UWP 10,807 3. Mallory Delaney, Walk USA 10,148 4. Robyn Stevens, Vacaville HS; Elizabeth Paxton, Alexandria; Nicole Olson, UWP; Shannon Gillespie, Shore AC; and Christina Fina, Niagara Walkers 10,000 8. Jasmine Brooks, Maine Walkers 9916 9. Madelyn O'Brien, Maine Walkers 9097 **Womens Open:** 1. Joanne Dow, adidas 12,891 2. Mill Zenner, Miami Valley 12,440 3. Victoria Herazo, Cal. Walkers 11,805 4. Cheryl Rellinger, un. 11,538 5. Marcia Gutsche, Cambridge SU 11,362 6. Samantha Cohen, Parkside AC 10,969 7. Favolise 8. Ali Bahr, Parkside AC 10,912 9. Bergeron 10. Erin Taylor, Walk USA 10,643 11. Deb Huberty, Parkside AC 10393 12. Jeanne Tenan, Conn. RW 10,242 13. Mallory Delany, Walk USA 10,148 14. Monetta Roberts, Dave's WC Walkers 10,127 15. Carol Simonds, Florida AC 10,128 16. Brenda Usher-Carpino, Marin RW 10,107 17. Donna Cunningham, SC Walkers 10,096 18. Stevens, Paxton, Olson, Gillespie, and Fina 10,000 23. Sara Sheets, Cin. Walkers 9844 24. Tammie Corley, Miami Runners 9445 (31 finishers) **Women 40-44:** 1. Harazo 2. Gutsche 3. Roberts 4. Ann Percival, Conn. RW 9619 5. Virginia Inglese, PVTC 9523 6. Dawn Beigel, SC Walkers 9125 7. Lisa Kekuewa, marin RW 9012 (13 finishers) **Women 45-49:** 1. Simonds 2. Debie Topham, Pegasus 9618 3. Peggy Tronvig, Front Range 9254 4. Donna Green,

Chicago Walkers 9214 5. Sherrie Gossert, Front Range 9214 6. Noreen Boranian, Shore AC 9082 7. Virginia Fong, Marin 8648 8. Linda Littleton, SC Walkers 8428 (14 finishers) **Women 50-54:** 1. Usher-Carpino 2. Cunningham 3. Ann Lee, Marin 9357 4. Paula Kash-Mendell, Sierra RW 9343 5. Linda Stein, Florida AC 9311 6. Donna Cetrulo, Shore AC 9239 7. Nancy Sidd-Hoffman, St. Louis 9227 8. Barbara Amador, Front Range 9118 9. Joan Venslavsky, Shore AC 8896 10. Sandy Backer, Marin 8739 11. Christi Elniff, marin 8714 12. Nadya Simitrov, Walk USA 8614 13. Annie Montgomery, NEW 8455 14. Sheila Sosnowski, NEW 8420 15. Sandy Flint, Sierra RW 8264 (23 finishers) **Women 55-59:** 1. Cunningham 2. Jolene Steigerwalt, SC Walkers 9214 3. Diane Graham-Henry, Chicago Walkers 9154 4. Joanne Hrriman, NEW 9146 5. Darlene Bakland, RW Northwest 9033 6. Trish Caldwell, Sierra RW 8810 7. Patricia Godfrey, Cambridge SU 8675 8. Norma Hadnutt, Marin RW 8503 9. Pat Morgan, RW Northwest 8427 10. Sharen Garner, Pagasus 8208 11. Kathie Goodwin, Carolina RW 9110 12. Pat Baran, Florida AC 8034 13. Lana Kane, Shore AC 8017 (17 finishers) **Women 60-64:** 1. Doris Cassels, Marin RW 9335 2. Marge Gamero, Marin RW 9158 3. Jan Ardel, Marin RW 8633 4. Phyllis Abate, Marin RW 8652 5. Walda Tichy, Pegasus 8630 6. Karen Murphey, RW Northwest 8583 7. Rebecca Cailman, Chicago Walkers 8550 8. Linda Bunett, Marin RW 8280 (12 finishers) **Women 65-69:** 1. Shirley Dockstader, Marin RW 9189 2. Joanne Elliott, Florida AC 8928 3. Liz Michiels, Chicago Walkers 8086 4. Shirley Capps, SC Walkers 7720 (9 finishers) **women 70-74:** 1. Jackie Williams, Front Range 8422 2. Grace Moremen, SC Walkers 7615 3. Bonnie Baughan, Silver Striders 7600 4. Marcia Shafmaster, Florida AC 7159 **Women 75-79:** 1. Dolores Rohling, St. Louis 5004 2. Lois Lambreth, Silver Striders 4800 **Women 80-84:** 1. Jane Dana, SC Striders 8142 2. Thelma Rubin, Marin RW 6759 3. Louise Stussman, Marin RW 6029 **Women 85-89:** 1. Mary Latham, PVTC 6498 **Teams: Mens Open:** 1. UW Parkside 38,266 2. Pagasus AC 36, 179 3. UW Parkside B 36130 4. Maine Walkers 33,975 (40 teams participated) **Womens Open:** 1. Parkside AC 32,274 2. UW Pariskde 31,276 3. Walk USA 29,405 4. Cambridge Sports Union 29,382 (33 teams participated).

Enjoy a good fast walk, and then a friendly talk

(The camaraderie is the best part of a race)

Mon. July 1 5 Km, Long Branch, N.J. (and every Monday through Aug. 26, 6:45 pm (A))
 Wed. July 3 1500 meters, Yellow Springs, Ohio (M)
 Thur. July 4 8 Km, Alexandria, Vir., 7:30 am (O)
 5 Mile, Dedham, Mass. (AA)
 4 Miles, Sacramento, Cal. (E)
 5 Km, Evergreen, Col., 8 am (H)
 Sun. July 7 3 Km, Alexandria, Vir., 8:30 am (O)
 East Region 5 Km, New London, Conn. (D)
 Men's 10 Km, Women's 5 Km Totonto, Ont.(V)
 Wed. July 10 1 Mile, Ocean Twp., N.J. (A)
 Sat. July 13 2.8 Miles, Seattle, 9 am (C)
 5 Km, Lakewood, Col., 8 am (H)
 3 Km, Dedham, Mass. (X)
 Women's 5 Km, Farmingdale, N.Y. (K)
 Sun. July 14 1 Hour, Kentfield, Cal. (P)
 5 Km, Cambridge, Mass., 9 :30 am (AA)
 Wed. July 17 1 Mile, Ocean Twp., N.J. (A)
 Thu. July 18 5 Km, Denver, 7 pm (H)
 3 and 10 Km, Yellow Springs, Ohio (M)

Sat. July 20 Northwest Regional Masters. Salt Lake City (801-796-0295)
 3 Km, Hayward, Cal. (I)
 Sun. July 21 5 Km, Denver, 8 am (H)
 3 Km, Alexandria, Vir. (O)
 Wed. July 24 1 Mile, Ocean Twp., N.J. (A)
 Sat. July 20 5 Km, Reno, Nevada (P)
 3 Km, Hayward, Cal. (B)
 Sat. July 27 Masters 5 Km, Seattle (C)
 Eastern Masters 5 Km, Orono, Maine (AA)
 Sun. July 28 Doc Tripp Memorial 5/10 Km, Aurora, Col., 8 am (H)
 5 Km, Kentfield, Cal. (P)
 Long Island 5 Km, 8 am (K)
 5 Km, Kentfield, Cal. (P)
 3 Km, Alexandria, Vir. (O)
 Sun. Aug. 4 5 Km, Littleton, Col., 6:30 pm (H)
 Sun. Aug. 4 5 Km, Evergreen, Col., 8 am (H)
 Fri. Aug. 9 **USATF National Masters 5 Km, Orono, Maine (J)**
 Sat. Aug. 10 2.8 Miles, Seattle, 9 am (C)
 Sun. Aug. 11 **USATF National Masters 10 Km, Orono, Miane (J)**
 5 Km, Cambridge, Mass., 9:30 am (AA)
 1 Hour, Soquel, Cal. (R)
 Sat. Aug. 10 2.8 Miles, Seattle, 9 am (C)
 Sun. Aug. 18 3 Km, Alexandria, Vir. (O)
National USATF 10 Km, Wilkes-Barre, Penn. (T)
 Fri. Aug. 23 5 Km (Track), Flint, Mich. (S)
 Sat. Aug. 24 5, 10, 15, and 20 Km, West Des Moines, Iowa (N)
 Sun. Aug. 25 5 Km, Denver, 8 am (H)
 Eastern Regional 1, 2, and 3 Km, Hauppauge, NY (K)
 Sun. Sept. 1 **National USATF 40 Km, Fort Monmouth, New Jersey (A)**
 Sat. Sept. 7 5, 10, and 20 Km, Edmonton, Can. (C)
 Sun. Sept. 8 10 Km, Oakland, Cal. (B)
 5 Km, Cambridge, Mass., 9:30 am (AA)
 Sat. Sept. 14 2.8 Miles, Seattle, 9 am (C)
 4 Miles, Larkspur, Cal. (P)
 2 Miles, San Mateo, Cal. (B)

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Technical Stuff

Free Radicals and Workouts

by Dr. Bernie Finch

(This article is taken from an interview with Bernie by Elaine Ward and appeared in the final issue of her U.S. Racewalking Journal, August 2001. Bernie is a long-time racewalking competitor and long-time ORW subscriber. More important in this context, he is a chiropractor with nutritional expertise. He is trained to read an individual's blood tests not just as a routine medical diagnostic tool to intervene in disease, but to analyze supplementation needed by athletes for their optimum nutrition and performance.)

Free radicals are created during normal every day activity when oxygen molecules are circulating in the blood and become depleted of electrical charges. Physical stress during a hard workout increases this depletion. As a consequence, the oxygen molecules become unusable and unstable. They become what we call free radicals. A free radical is electrophilic (has an affinity for electrons), which causes it to stick to cells that have a normal charge. As it begins to adhere to a healthy cell, it obstructs the absorption of nutrients into the cell. This process begins to change the cell's metabolism and contributes to aging. The creation of free radicals is found in all living matter and cannot be stopped except by death.

Antioxidants serve to combat the cellular damage caused by free radicals. An antioxidant donates an electron back to the free radical and makes the oxygen molecule usable again. A common source of antioxidants is plants. For example, plants produce seeds in their fruit for procreation. As the fruit ripens, the seeds inside the fruit are the most vulnerable to oxidative stress or destruction from sunlight. At this stage, the plant produces a tremendous amount of antioxidants to protect its seeds. It is a natural part of insuring the perpetuation of the plant species.

As humans are higher in the food chain, we eat ripened fruit and draw the benefits of the plant's immune system. When we take the antioxidants produced by the plant into our bodies, they effect free radicals. This is the natural way to regulate our own systems.

However, in our society, we have two problems. First, during normal living, we have to deal with an elevation of oxidative stress created by industrialization and pollution in air, water, and food. As athletes, we add the additional physical stress of exercising in polluted air.

Second, farmers harvest fruits before they become mature in order to ship them to far-away markets. There also may be several days between harvesting and eating. As the fruits are both immature and no longer fresh, they have diminished amounts of antioxidants. For this reason, many nutritionists stress the need to eat freshly picked, mature fruits and vegetables. However,

this is impossible for most of us. The simplest solution we have in our industrialized, urban societies is to supplement with antioxidant formulas.

Within the last 6 or 7 years, producers of supplements have begun to extract antioxidants from grape seeds and grape bark. On the most potent antioxidants is known as Pycnogenol. However, Pycnogenol is expensive because it is hard to make in pill form. Another high-powered antioxidant is milk thistle or Silymarin. Fortunately, it is not necessary to use these antioxidants except in cases of severe illness as less expensive antioxidants work very well for most people.

Dr. Michael Murray, the editor and publisher of the *American Journal of the Natural Medical Association*, published a study about 5 years ago that showed that the old standby antioxidants, vitamin C, preferably buffered with potassium, vitamin E, Vitamin A in the form of beta carotene, and selenium are perfectly adequate and a lot cheaper. Most people do quite well on formulas containing these antioxidants. For regular use, antioxidants are best taken with your meals when your digestive enzymes are available. They also are helpful to recovery after a stressful workout.

In endurance or stressful sports, such as racewalking, athletes create a lot of free radicals. The quickest way to recover from their creation is to immediately ingest antioxidants to provide the extra electrons needed to turn them into normal oxygen molecules. Being water soluble, antioxidants rapidly absorb into the body, make their contribution, and exit. They free up the agglutination that has occurred around healthy cells. This effect is particularly important in the liver as this organ is essential to maintaining physical endurance, environmental immunity, and waste disposal.

In summary, to gain optimum protection from free radicals, non athletes should take antioxidants with their meals three times a day. Athletes should take them not only with their meals, but directly after strenuous workouts and competition. This habitual usage will counter the cellular damage caused by free radicals.

A bit of inspiration

Tom Eastler reports the following:

In March at the National Scholastic Indoor Meet, Owen Shoppe, a senior at Ellsworth H.S. in Maine, came in seventh in the 1 Mile Racewalk with a time of 7:26. No big deal you'd think. One might be curious why he was only seventh this year when he was second last year 6:59.34. Now we jump to outdoor season. Owen is still there and still competing, but his time, although very good, is still in the 7s (7:21.07 at the regionals and 7:16.55 at the state meet).

Well, I don't know about you, but I'm sure, even in my prime, I wouldn't be able to race at all, let alone race in the low 7s while undergoing aggressive chemotherapy to shrink a tumor (which, thankfully is shrinking out of sight.) Somehow, this kid has got what it takes to be a cut above the rest, and you'd never know how much he must be suffering to talk to him. I was looking for him on Saturday after the State meet to ask his permission to have a reporter do a special story about him. I felt that his guts, the determination, and his character could serve as a great role model for other youth who have cancer and who might be thinking about giving up. Owen is as positive a young man as anyone could find. Anyway, I couldn't find him at first, and Ben Shorey, who was also at the meet, and who was Owen's teammate last year, told me that I probably wouldn't find him for a while because Owen was probably "out cold" in some corner of the stadium trying to recover from his race. I did eventually find him and got his immediate favorable response to being interviewed. I can't wait to see the article. You should all meet this guy. . . he is unbelievable.

40 Years Ago (From the June 1962 American Race Walker, edited by Chris McCarthy)--Under a blazing sun that brought the temperature into the 90s, Ron Laird was one of the few survivors in the National 50 Km on Long Island. It took him a struggling 5:25:30. The next two spots went to Canadians Felix Cappella and Bill Grandy in over 5:40. Johnny Abbate and Dave Lakritz, well into the master's category before such category existed, were the only other able to better 6 hours as the heat took a tremendous toll. . It was also very hot in Chicago where Ron Zinn won the National 10 in 47:54 at Stagg Field. Following were Jack Mortland (48:51), John Allen (48:56), Jack Blackburn (49:51), and Cappella (49:53). The Ohio Track Club grabbed the team title (hurrah!).

35 Years Ago (From the June 1967 ORW)--Ignoring temperatures in the low 80s, Larry Young won the National 50 in Chicago. His 4:33 effort left Goetz Klopfer 11 minutes behind. Ron Laird was third, just under 4:49, with Ron Kulik another 4 minutes back. The Athens AC, from the SF Bay area, won the team title. . Laird got the best of Young in the National 2 Mile, winning in 13:41.4. Larry had 14:07, just ahead of Don DeNoon. Next were Larry Walker, Ron Daniel, and Tom Dooley. . In an earlier race, DeNoon did 3 km in 12:39.4 to better Laird's American record, and beat Ron in the process.

30 Years Ago (From the June 1972 ORW)--Dave Romansky covered 8 miles and 80 yards to win the National 1 Hour Championship in Lawrenceville, N.J. John Knifton was 374 yards back, with Ron Daniel and Steve Hayden also going past 7 3/4 miles. . Larry Young won National titles at both 5 and 10 Km. In Chicago, he beat Tom Dooley by 21 seconds in the 10, doing it in 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed. . In the 5 Km in Seattle, Young's 21:39.8 left Bill Ranney 50 seconds back with Todd Scully third. . Laurie Tucholski walked an American record 7:50.4 for 1 Mile in Dayton, beating former record holder Lynn Olsen. . ORW Editor Jack Mortland threw in final laps of 1:54 and 1:50 to win a track 7 miler by seconds in 55:20 with Jack Blackburn second.

25 Years Ago (From the June 1977 ORW)--Mexican Junior Marcos Castro overcame Todd Scully in the final 5 Km to win the U.S. 20 Km title race in Seattle with 1:30:05. Scully was 31 seconds ahead as he passed 15 km in 1:06:29, but he faded just as Castro accelerated and was 30 seconds back at the finish. Neal Pyke was third in 1:31:29, with two other Mexican juniors, one of them named Ernesto Canto (a world and Olympic titlist to be), in the next two spots. . The real Mexicans were on the track in Bergen, Norway, where Daniel Bautista set a World Record for 20 Km in 1:23:52. Domingo Colin and Raul Gonzales also bettered the former record and Angel Flores missed it by less than a minute. The Mexican onslaught continued the next day with Enrique Vera taking Bernd Kannenberg's World Record for 50 Km down to 3:56:38. Kannenberg had also held the 20 Km record. . Jim Heiring won the NAIA 10 Km in 44:42, more than a minute and a half up on Carl Schueler. . Neal Pyke did 8 miles 240 yards for an hour. . Sue Brodock won U.S. titles at 50 Km (24:10) and 10 Km (51:17).

20 Years Ago (From the June 1982 ORW)--Jim Heiring was an easy winner in the National 20 Km, held in Knoxville, Tenn. Jim's 1:30:22 put him 2:08 ahead of Ray Sharp at the finish. Marco Evoniuk was third in 1:33:48, followed by Dan O'Connor and Todd Scully. . Susan Liers-Westerfield won the National 5 Km in 24:50.6, 26 seconds ahead of Bonnie Dillon, with Teresa Vaill third. . Heiring was also an easy winner in the National 10 Km in 44:17.6. Mike DeWitt and Mike Morris followed. . Liers-Westerfield won the women's 10 Km in 50:59, after a tough race with Sue Brodock. Brodock had 51:09

15 Years Ago (From the June 1987 ORW)--Finally moving away from Paul Wick in the final 5 Km, Ray Sharp won the National 25 in Long Beach. The two were together at 20 Km in a swift 1:28:52, but Sharp proved stronger at the finish winning in 1:51:25. Wick was just 35 seconds behind and nearly 8 minutes ahead of Larry Walker, who took third. Larry broke the 2 hour mark by 1 second. John Slavonic and Jim Mann followed. . In the Women's National 20 at the same site, Teresa Vaill prevailed in 1:42:24, beating sister Lisa by more than 4 minutes. Sara Standley was third. Vaill opened a huge lead from the start and has splits of 23:53, 49:01, and 1:15:24. . The National 5 km races were held in Denver with Teresa Viall and Tim Lewis scoring victories. Vaill was only slightly faster than her time on the way to 20 a week earlier with a 23:44, but that left sister Lisa 28 seconds in arrears. Viisha Sedlak was a distant third (26:33), just ahead of Karen Rezach. Lewis won in 20:23, 65 seconds ahead of Carl Schueler. Brad Knutson, age 19, was third. . The NAIA 10 Km went to Make Stauch in 43:22.1, a time that broke Ray Sharp's meet record by 9 seconds. Doug Fournier was more than 2 minutes back in second.

10 Years Ago (From the June 1992 ORW)--In the U.S. Olympic Trials, Debbi Lawrence was a clear winner at 10 Km in 45:46. Victoria Herazo (46:21) and Michelle Rohl (46:50) also captured Olympic slots. Debbi VanOrden was fourth in 47:32, ahead of Cindy March and Lynn Weik. . In the men's 20, Allen James survived the hot, humid conditions to win in 1:29:38. Gary Morgan edged Jonathan Matthews for second, followed by Ray Funkhouser, Dave McGovern, and Carl Schueler. James was the only Olympic qualifier because none of the others had met the qualifying standard. . Valeriy Spitsin won a 50 Km in Moscow in an unbelievable 3:33:22. However, the course, although reported as accurate, was also reported as one on which it was easy to take short cuts. The time was never accepted as valid. Viktor Popovich had a 3:36:12 in second and A. Plotnikov a 3:37:05 in third. . Italy's Ileana Salvador edged Australia's Kerry Saxby in an Italian race, with both given a 42:07 for 10 Km. Anna Marie Sidot was third in 43:03. . In a more legitimate 50, Poland's Robert Korzeniowski did 3:46:42 in Dudince, Czech Rep., with Canada's Tim Berrett second in 3:50:55.

5 Years Ago (From the June 1997 ORW)--In the National T&F Meet, Debbi Lawrence and Curt Clausen defended their titles, Lawrence winning the women's 10 in 46:45 and Clausen the men's 20 in 1:27:12. The meet was held in Indianapolis. Lawrence led from the 200 meter mark on, but Sarah Standley hung close and was just 8 seconds back at the finish. Victoria Herazo (47:18), Joanne Dow (47:23), Jill Zenner (48:11), and Deborah Van Orden (48:42) filled out the top six. Clausen was unchallenged, as he won by more than a minute in 1:27:23 in challenging conditions. Andrew Herrman (1:28:23), Tim Seaman (1:30:00), Gary Morgan (1:30:24), and Jonathan Matthews (1:30:49) followed. . In Albany, New York, Herman Nelso (2:28:07) won the National 30 Km and Victoria Herazo (1:43:14) the National Women's 20 Km. . Al Heppner zipped through 5 Km in 20:07.38 to win the NAIA Championship, leaving Dave Michielli more than 2 minutes back in second. Jill Zenner won the women's 3 Km in 13:16.16.