



OHIO RACEWALKER

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Junior Gold to Russia, Japan

Kingston, Jamaica--The World Junior Track and Field Championships saw Japan win its first ever global medal in racewalking as Fumi Mitsumura led for practically the whole race to win the Women's 10 Km event. High heat and humidity made the racing difficult, but Mitsumura defied the conditions, as she steadily increased the pace throughout the race to win in 46:01.51. An 8:50 on her final kilometer held off the challenge of China's Siqi Liu who finished in 46:07.15, 7 seconds ahead of Belarus' Maryna Tsikhanava. Russia's Tatyana Kozlova, who had the best time going into the race at 44:57.8, took the lead from Mitsumura at 8 km, but faded badly in the final kilometer to finish seventh, nearly 2 minutes behind.

Conditions were only slightly better for the men's race held a day earlier (July 17). But again the race was walked with negative splits after a conservative start. Russia's Vladimir Kanaykin was able to explode with 7:46 for the final two kilometers to beat China's Xingde Xu by 3.6 seconds in 41:41.40, with the second half going in 20:22. Xu's teammate, Ronghua Lu was just another 2 seconds back in third as Brazil's Rafael Duarte, who led most of the race faded to fourth in the final laps, unable to match the searing finishing pace.

Benjamin Shorey had a "learning" race for the U.S. The first Km was slow (4:19), with Shorey walking mostly in lanes two and three in a large group. Growing impatient, Ben moved to the lead and took the next km down to 4:04.7. That proved too much for him and he began to drop back as the rest of the field returned to the earlier pace. With Duarte in the lead, the next 3 km went by in 4:19.2, 4:18.6, and 4:18.1 for a 41:19.7 at the halfway mark.

Duarte dropped the pace slightly over the next 2 km (4:14.2 and 4:14.0). That didn't discourage the other leaders, and Zingde took over with a 4:06.7. The pace quickened even more on the penultimate km as Kanaykin took the lead and passed 9 km in 37:51.9 (3:57.4). On the final kilometer, no one could match Kanaykin's acceleration, as he covered it in 3:49.6 for a well-earned victory. Shorey finished 17th in 45:22.42, but coach Mike DeWitt he could easily have gone at least a minute faster had he not lost his patience and stuck to initial his pace.

In the women's race Mitsumura led the first kilometer in 4:42 and stayed in front most of the way. Kozlova was in front at 8 km, but Fumi soon passed her and pulled clear by nearly 6 seconds at the finish. Her 2 km splits were 9:32.6, 9:17.3, 9:16.5, 9:04.8, and 8:50. Like Shorey, Robyn Stevens tried to go with the leaders and after laps of 1:57 and 1:50 was in fourth place. But in the extreme heat, she was unable to hold anything like that pace and, after passing 5 Km in 25:16, faded to a 52:55 at the finish, 36 seconds ahead of teammate Anne Favolise. Results of the two races:

Women, July 18--1. Fumi Mitsumura, Japan 46:01.51 2. Siqi Liu, China 46:07.15 3. Maryna Tsikhanava, Belarus 46:14.67 4. Dongmei Guo, China 46:31.49 5. Zuzana Malikova, Slovak Rep. 46:46.29 6. Ariana Quino, Bolivia 47:03.74 7. Tatyana Kozlova, Russia 47:52 8. Barbora Dibekova, Czech Rep. 47:54 9. Vera Sikolova, Russia 48:00 10. Laura Johnson, Australia 48:05 11. Katsiaryna, Belarus 48:14 12. Ana Cabecinha, Portugal 48:48 13. Maja Landmann, Germany 49:11 14. Alessandra Picageviez, Brazil 49:42 15. Nicolene Cronje, South Africa 50:04

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16. Ann Loughnane, Ireland 51:12 17. Sibila DiVincenzo, Italy 52:23 18. Robyn Stevens, USA 52:54 19. Anne Favolise, USA 53:29 DNF--Anna Szumny, Poland; Lizbeth Zuniga, Peru; and Sarah Walkley, Australia. DQ--Ulrike Sischka, Germany and Julie Goubalt, France.

Men: 1. Vladimir Kanaykin, Russia 41:41.40 2. Xingde Xu, China 41:44.00 3. Ronghua Lu, China 41:46.07 4. Rafael Duarte, Brazil 41:00.39 5. Yuki Yamazaki, Japan 42:02.76 6. Mikalai Seradovich, Belarus 42:17.58 7. Takayki, Japan 42:25 8. Daniele Paris, Italy 42:41 9. Makrl Lepojecic, Yugoslavia 43:32 10. Luis Corchete, Spain 43:42 11. Adrian Herrera, Mexico 44:00 12. Benjamin Sanchez, Spain 44:23 13. Andre Katzinski, Germany 44:28 14. Jiri Chaloupka, Czech Rep. 44:40 15. Norbert Polonkai, Hungary 44:45 16. Matej Toth, Slovak Rep. 45:06 17. Benjamin Shorey, USA 45:23 18. Andres Chocho, Ecuador 45:29 19. Jared Tallent, Australia 45:42 20. Michal Blazek, Slovak Rep. 46:09 (Perhaps a son of Pavol Blazek, a Czech great of years gone by?) 21. Alvaro Garcia, Mexico 46:09 22. Moon-Sup Lim, Korea 46:45 23. Carlos Borgono, Chile 47:04 24. Levente Kaperi, Hungary 47:28 25. Cristian Bascunan, Chile 48:28 DNF--Scott Holloway, Australia and Salvador Mira, El Salvador DQ--Sigbjorn Sandberg, Norway; Ivan Kuznetsov, Russia, and Dominic King, Great Britain.

Other Results

Mass. Senior Games, Springfield, June 1: 1500 meters--1. Tom Knatt (60+) 8:18 2. Bob Beaudet (65+) 8:28 3. Charles Mansbach (55+) 8:49 5 Km--1. Bill Harriman (55+) 27:52 2. Tom Knatt 29:33 3. Charles Mansbach 31:00 4. Bob Beaudet 31:15 **East Regional 5 Km, NewHaven, Conn., July 7:** Women--1. Maria Michta 27:22 2. Lauren Oliveri 27:46 3. Jasmine Brooks 28:02 4. Cheryl Rellinger 28:16 5. Laura Richenderfer 28:18 6. Lee Chase 28:25 7. Alice Tan 28:47 8. Dana Vered 29:17 9. Audra Curtis 29:18 10. Jean Tenan 29:24 11. Ann Percival 29:58 12. Olga Beschastnykh 29:47 (15 finishers) Men--1. Adam Staier 24:48 2. Zach Pollinger 25:20 3. Joe Trapani 28:18 4. Troy Clark 29:06 5. Davud Kelly 29:48 6. Bille Wides 29:49 (9 finishers) **Metropolitan 5 Km, New York City, July 14--1.** Bukk Vati 24:02 2. Bucgikas Bdera *53(24L28 3. Andres Henao 26:05 4. Bruce Logan 26:13 5. Gary Null (57) 27:12 6. Alice Tan (19) 27:42 7. Richard Harper (52) 28:19 8. Bob Barrett (68) 28:44 9. Olga Beschastnykh (17) 29:15 10. Alexis Davidson (46) 29:26 11. Louanne Pennesi (47) 29:35 12. Bob Cella (65) 29:44 13. Indiana Ripoli (16) 29:53 14. Patrick Payne (54) 29:59 15. Elton Richardson (63) 30:41 16. David Lee (47) 30:46 17. Jon Qalam (51) 31:03 18. Marianna Vadukal 31:08 19. Jennifer Marlborough 31:13 20. Demetrius Kalogeropoulos (48) 31:44. . . 30. Danny Pina (72) 33:40 (76 finishers, 4 DQs) **1 Mile, Alexandria, Vir., June 9--1.** James Moreland (49) 7:59.0 2. Alex Major 7:59.3 **3 Km, same place--1.** Steve Pecinovskiy 14:20.3 2. Alex Major 15:47 3. James Moreland 15:49.8 4. Victor Litwinski (58) 17:42.8 **1 Mile, Alexandria, May 25--1.** James Moreland 8:40.1 2. Jim Wass (50) 8:43.0 3. Victor Litwinski 9:35 4. John Gersh (54) 9:51.6 **3 Km, same place--1.** James Moreland 16:48.8 2. Jim Wass 17:38.9 3. Victor Litwinski 18:01.7 4. John Gersh 18:56 Women--1. Virginia Inglese (41)

18:12.6 **1500 meters, Jacksonville, Fla., May 11--1.** Mike Felling (46) 7:15.6 2. Paul Johnson (64) 7:54 3. Herb taskett (54) 8:38 4. Bob Fine (70) 8:58 Women--1. Kelley O'Neil 8:49 **3 Km, same place--1.** Felling 16:11.4 2. Johnson 16:34 3. Taksett 18:33 4. Fine 19:22 Women--1. On'Neil 18:51 **1500, Palm Beach Gardens, Fla., June 22--1.** Mike Felling 6:55.65 2. Bob Cella (60+) 8:27.10 3. Dan Koch (55+) 9:09 4. Bob Fine 9:14 **B3 Km, same placeB--1.** Cella 17:52.8 2. Koch 18:35 3. Fine 18:51 **Ohio Junior Olympics, Springfield, June 30:** Youth Girls (13-14) 3 Km--1. Tina Peters 16:39.55 Midget Boys (11-12) 1500--1. Andy Peters 9:26.01 Bantam Boys (10 and younger) 1500--1. Ian Geer 9:13.64 **1500 meters, Yellow Springs, Ohio, July 3--1.** Tina Peters 7:27.9 2. Jill Cobb 7:30 3. Gwen Underwood 9:03.3 4. Gwen Thomas 9:35 5. Alex Myers 10:01 6. Esther Underwood 10:05 7. Miriam Jacobs 10:10 (15 finishers) Men--1. Eric Smith 6:27.3 2. Bill Shipp 8:53.8 3. Bill Learmonth 9:10.1 4. Jared Hatrfield 9:29.3 5. Ian Geer 9:51 6. Jack Shuter (70) 10:12 (9 finishers) **Region V Junior Olympics, Dayton, Ohio, July 14:** Youth Girls 3 Km--1. Tina Peters 16:50.49 Bantam Boys 1500-- Ian Geer 9:38.44 **1500 meters, Yellow Springs, Ohio, July 18--1.** Jim Robinson 5:59.0 2. Tina Peters 7:52 3. Jared Harfield 8:43 4. Bill Whipp (55+) 8:44 5. Bill Learmonth (60+) 9:05 6. Andy Peters 9:09 7. Gwen Thomas (50+) 9:28 8. Jack Shuter (70+) 9:34 9. Rebecca Smith 9:56 10. Alex Myers 10:06 11. Lance Tibbles (60+) 10:08 (19 finishers) **3 Km, same place--1.** Robinson 13:35.3 2. Eric Smith 13:52 3. Jill Cobb 13:55.7 4. Ed Fitch (40+) 16:34.6 5. Bill Whipp 18:32 6. Gwen Thomas 20:15 (9 finishers) **USATF Club Championships, Bloomington, Ind., July 20:** Women's 5 Km--1. Amber Antonia 24:02.59 2. Jolene Moore 25:38 3. Sam Cohen 25:57 (Marina Cirvello, un. 25:23) Men--1. Mike DeWitt 27:07.46 2. Vince Peters 27:48 **National Junior Olympics, Omaha, Neb., July 24-25:** Bantam Girls 1500 meters--1. Irais Villa, Ill. 8:37.71 2. Ariel Callis 8:39 3. Samonysha Smith, Nev. 9:15 4. Nylasia Packer, Calif. 9:24 5. Kelsey Woodbury, Maine 9:24 6. Brooke Shannon, Texas 9:26 7. Julia Hernandez, Calif. 9:27 8. Soroya Hudson 9:37 (18 finishers, 4 DQs) Midget Girls 1500--1. Alexandra Bishop, Calif. 7:34.56 2. Susan Murais, N.M. 7:37.18 2. Allison Snochowski 7:37.20 4. Caroline Muraide, N.M. 7:41 5. Victoria Dell'Aquila 8:01 6. Samantha Olivarez, Texas 8:24 (26 finishers) Bantam Boys 1500--1. Andres Adams, N.C. 7:46.10 2. Trevor Barron, Penn. 8:11.04 3. Ian Geer, Ohio 8:48 4. Jonathan Dziewior, Ill. 9:00 5. Corey Abbate 9:11 6. Robert Parise, Penn. 9:11 7. Alex Fagen, Iowa 9:18 (16 finishers, 2 DQs) Midget Boys 1500--1. Eric Lawson, Ill. 7:18.29 2. Kyle Regul, Ill. 7:27 3. Ricardo Vergara, Texas 7:27 4. Roberto Vergara, Texas 7:40 5. Alike Okamitsu 7:58 6. Andy Peters, Ohio 8:00 7. Chasen Golucki 8:01 8. Andres Jaime, Texas 8:07 (18 finishers, 3 DQs) Youth Girls 3 Km--1. Andra Curtis, Maine 15:57.14 2. Tina Peters, Ohio 19:19 3. Dana Vered 16:30 4. Megan Brady, Texas 17:14 5. Carla Redfearn, Texas 17:32 6. Sarah Whitaker, Cal. 18:01 (18 finishers, 1 DQ) Intermediate Girls 5 Km--1. Erica Adams, N.C. 26:44.05 2. Jennifer Reekie 28:00 3. Keelin Yennet 29:09 4. Abby Berg, Wis. 31:44 5. Bekka Marrs 31:47 (10 finishers) Young Womens 5 Km--1. Elizabeth Paxton, Cal. 27:13.79 2. Annie Nemeth, Penn. 28:09 3. Jasmine Brooks, Maine 28:16 4. Katie Fileccio, N.Y. 29:58 (11 finishers, 1 DQ) Youth Boys 3 Km--1. Paul Regul, Ill. 15:01.25 2. Jose Moncada, Calif 18:00 3. Rand Adams, N.C. 18:24 4. Michael Holder, N.J. 18:30 (10 finishers, 3 DQs) Intermediate Boys 5 Km--1. Aach Pollinger, N.J. 24:22.7 2. Terran Swehosky, Ore. 25:15 3. Jared Swehosky, Ore. 26:13 4. Chris Diaz, Tex. 26:36 5. Billy Wides 28:38 6. Steven Kranz 29:21 (8 finishers) Young Men 5 Km--1. James Hertneky, Wis. 34:21 (3 finishers--not a very encouraging result; a bit off Matt Boyles record of 21:58.42 set last year) **South Texas AAU Jr. Olympics, San Antonio, June 26** Girls 9 1500--1. Claudia Ortiz 9:01 Girls 10 1500--1. Maria Villarreal 9:18 Girls 11 1500--1. Samantha Olivarez 8:53 Girls 14-14 3 Km--1. Ruby Perez 18:27 Boys 11 1500--1. Andres Jaime 8:17 Boys 12 1500--1. Ricardo Vergara 7:41 Boys 15-16 3 Km--1. Chris Diaz 15:29 **USATF Jr. Olympics, Pharr, June 29:** Girls 9 1500--1. Claudia Ortiz 8:55 Girls 11 1500--1. Samantha Olivarez 8:27 2. Jeanette Avitia 8:28 Girls 12 1500--1. Corina Ortiz 8:26 Girls 13-14 3 Km--1. Ruby Perez 18:56 Boys 11 1500--1. Andres Jaime 7:46 Boys 12 1500--1. Ricardo Vergara 7:33

2. Roberto Vergara 7:38 Boys 15-16 5 Km--1. Chris Diaz 26:14 2. Adrian Jaime 29:52 **AAU Region 9 Jr. Olympics, San Antonio, July 3-4:** Girls 9 1500--1. Claudia Ortiz 8:53 Girls 12 1500--1. Corina Ortiz 8:48 Girls 13-14 3 Km--1. Ruby Perez 18:07 Boys 11 1500--1. Andres Jaime 8:56 Boys 12 1500--1. Ricardo Vergara 7:53 2. Roberto Vergara 7:59 Boys 15-16 3 Km--1. Chris Diaz 15:29 **Region XII USATF Jr. Olympics, Houston, July 13--Bantam Girls 1500--1. Claudia Ortiz 8:55:37 3 Km, Houston, June 1--1. Chris Diaz 14:32.4 2. Carla Redfearn (14) 17:10 3. Megan Brady (14) 18:03 3 Km, Houston, June 22--1. Redfearn 17:26.92 2. Brady 17:26.98 Midget Girls 1500--1. Corina Ortiz 8:39.26 Youth Girls 3 Km--1. Carla Redfearn 17:44 2. Megan Brady 17:52 1 Mile, Houston, July 20--1. Lojza Vosta (64) 8:24.3 12 Hours, San Mateo, Cal., July 21--Eric Poulsen 60.9 miles (Only walker. 9:27:43 at 50 miles and then dropped off the pace, having made the qualifying time for the Western States 100 miler. Still, he finished 13th among 31, with the rest running and a close second in his age group (50-59). He's almost 51. Western Regional 15 Km, Riverside, Cal., May 19--1. Curt Clausen 1:05:45 2. Philip Dunn 1:07:59 3. Joe Nieroski (40) 1:22:15 4. Pedro Santi (44) 1:27:09 5. Richard Campbell (56) 1:33:02 (11 finishers) Women--1. Florence Braun (50) 1:36:27 5 Km, Fontan, Cal., June 1--1. Mike Kroll (48) 25:19 2. Mario Lopez (44) 27:56 5 Km, Pasadena, Cal., June 23--1. Pedro Santi 27:10 2. Jesus Cancino 29:59 3. Mike Kroll 31:04 4. Mario Lopez 31:12 Women--1. Donna Cunningham (55) 29:41 2. Emily Payne 29:52 3. Margaret Govea (28:15?) 10 Km, same place--1. Joe Nieroski 51:14 Women--1. Jolene Steigerwalt (58) 67:38 5 Km, Reno, Nevada, July 20--1. Joe Berendt (46) 27:52.08 2. Bill Penner (55) 29:49 3. Dick Petruzzini (69) 31:38 4. Art Klein (49) 32:05 (7 finishers, 1 DQ) Women--1. M.J. Baglin (55) 31:31 2. Susan Martinovich (41) 31:49 (5 finishers) 1 Mile, San Francisco, June 15--1. John Wilcox (10) 8:20 2. Aika Okamitsu (10) 8:44 3. Steve Figoni (48) 9:06 4. John Doane (59) 9:21 Women--1. Laura Cirbbins (45) 9:26 (14 finishers overall) 1 Hour, Kentfield, Cal., July 14--1. Ed Parrot 10,831 meters 2. Joe Berendt 10,712 3. Jack Bray 10,497 4. S. Desmond Canning 9601 5. Paula Mendell 9372 6. Ed Lane 9228 7. Kim Froshin 9200 8. Doris Cassells 9140 9. Nicolle Goldman 9132 10. Jim Scheller 9115 11. Ed Flint 9086 12. Ann Lee 9071 13. Shirley Dockstader 9058 (33 finishers) Masters 5 Km, Portland, Ore., June 2--1. Pat Detloff (50+) 25:45.59 2. Rob Frank (45+) 26:08 3. Stan Chraminski (50+) 26:45 4. Bob Novak (50+) 27:32 5. Doug Vermeer (45+) 28:10 6. Ed Kousky (60+) 28:56 7. Bev LaVeck (65+) 29:50 7. George Ospahl (60+) 30:03 8. Bart Kale (45+) 30:58 (15 finishers) 1 Mile, sameplace--1. Detloff 7:44.55 2. Frank 7:56 3. Ospahl 9:15 (8 finishers) 1 Mile, Eugene, Ore., June 29--1. kPat Detloff 7:49.63 2. Rob Franks 7:58 3. Kelli MurphyGlenn (41) 8:03 4. Teresa Aragon (41) 8:04 5. Jack Bray (69) 8:14 6. Ed Kousky 8:39 7. George Ospahl 8:42 9. Marianne Martino (52) 8:47 10. Deanna Meridian (40) 9:27 (16 finishers) 5 Km, same place--1. Tommy Aunan (43) 25:51.29 2. Pat Detloff (25:52.45 3. Jack Bray 26:55 4. Rob Franks 26:57 5. Kelly MurphyGlenn 27:35 6. Mary Snyder (51) 27:39 7. Doug Vermeer 28:15 8. Ed Kousky 28:28 9. Marianne Martino 28:48 10. George Ospahl 29:02 11. John Backlund (62) 31:20 (18 finishers) 10 Km (track), Toronto, July 7--1. Arturo Huerta 42:39.2 (20:41.4 at 5 Km, breaking his own Ontario record) 2. Michael Hain (19) 50:56 3. Don Ramsden (55) 60:12 Women's 5 Km, same place--1. Holly Gerke 24:19.1 2. Marina Crivello 24:57 3. Rebecca Lavalley 25:15 4. Rachel Robichaud 25:21 5. Chelsea Rodriguez (16) 27:55 6. Lily Whalen (51) 17:28 7. Sherry Watts (49) 29:32 8. Rachel Lavalley (16) 29:58 9. Sayward Spooner (17) 31:42 10. Nancy Leo (52) 32:05 11. June-Marie Provost (69) 32:56 10 Km, Spain, July 20--1. Maria Vasco 45:00.14 (22:30) 2. Rocio Florido 45:59 3. Beatriz Pascual 46:29 20 Km, same place--1. Francisco Fernandez 1:22:56 (20:52, 41:46, 62:09) 2. F. Pinaro 1:25:51 3. J.A. Gonzalez 1:26:19 4. J.A. Cambil 1:26:55 5. David Dominguez 1:27:21 6. Mikel Odriozola 1:28:01 7. Santiago Perez 1:28:14 8. J.A. Garcia 1:28:17 **Finnish Track Relay Championships (3x5 Km), Lohja, July 7:** 1. Raisio Ryhti 1:08:32.41 (Heikki Kinnunen**

22:35.4, Juha Kinnunen 23:10.8, Timo Viljanen 22:46.3) 2. Lappeenranta Urheilijat 1:09:30 (Seppo-Juhani Savolainen 24:22.1, Jani Lehtinen 21:50.2, Kim Lappalainen 23:18.7) 3. Jalajarven Jalas 1:16:50.98 Women (3x3 Km): 1. Turun Weikot 46:35.37 (Patricia Pahlman 16:10.7, Terhi Salmenoja 16:29.7, Outi Sillanpaa 13:55.2) 2. Vihdin Viesti 47:34.64 (Sanna Rajala 17:07.2, Merja Hovi 15:33.8, Mia Hovi 14:53.7) 3. Ikuin Vire 49:08.74 **Spanish Junior Championships, July 7:** Men's 10 Km--1. Jose David Dominguez 43:33.04 2. Jesus Tomero 44:39 3. Santiago Valasco 44:59 Women's 5 Km--1. Beatriz Pascual 23:02.27 2. Carmen Bone 23:28.15 3. Veronica Espino 23:51.10 Juvenile Men 10 Km--1. Benjamin Sanchez 42:43.29 2. Jonathan Carmona 45:55 3. C.M. Garcia 46:17 5 Km, Getage, Spain, July 7--1. Jose Ignacio Diaz 19:36.51 2. Francisco Pinardo 19:36.64 3. Jaun Antonio Porras 20:33 5 Km, Spain, July 14--1. Fernandez 18:48.23 **Irish National Championships, Santry, July 13--Women's 5 Km--1. Gillian O'Sullivan 20:02.6 (World record!) Men's 10 Km--1. Robert Heffernan 38:47.66 (National record) Polish Junior Championships, June 29-30 Women's 10 Km--1. Anna Azumny 46:41.72 (National record) Men's 10 Km--1. Slawomir Majchrycki 45:41.67 3 Km, Nassau Bahamas, July 13--1. Scott Hollaway, Australia 12:14.87 2. Benjamin Shorey 13:01.58 3. Phillip Moss, Bahamas 14:59 Women's 3 Km, same place--1. Laura Johnson, Australia 13:10.80 2. Sarah Walkley, Aust. 13:52 3. Robyn Stevens 14:04 4. Anne Favolise 14:14**

Place a Heel, Then a Toe, and A-racin' You Will Go

Sun. Aug. 4	3 Km, Alexandria, Vir. (O)
Mon. Aug. 5	5 Km, Long Branch, N.J., 6:45 pm (A)
Fri. Aug. 2	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)
	North America, Central America, and Carribean under 25 20 Km, San Antonio
Sun. Aug. 11	USATF National Masters 10 Km, Orono, Maine (J)
	Ohio 5 Km, Cincinnati, 8 am (M)
	5 Km, Cambridge, Mass., 9:30 am (AA)
	1 Hour, Soquel, Cal. (R)
Mon. Aug. 12	5 Km, Long Branch, N.J., 6:45 pm (A)
Sun. Aug. 18	3 Km, Alexandria, Vir. (O)
	National USATF 10 Km, Wilkes-Barre, Penn. (T)
Mon. Aug. 19	5 Km, Long Branch, N.J., 6:45 pm (A)
Fri. Aug. 23	5 Km (Track), Flint, Mich. (S)
Sat. Aug. 24	3, 5, 10, 15, 20 and 25 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)
Mon. Aug. 26	5 Km, Long Branch, N.J., 6:45 pm (A)
Sun. Sept. 1	National USATF 40 Km, Fort Monmouth, New Jersey (A)
	5 Km, Pasadena, Cal. (Y)
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)
	10 Km, Los Angeles, 8 am (Y)
Sat. Sept. 14	2.8 Miles, Seattle, 9 am (C)
	4 Miles, Larkspur, Cal. (P)

- 2 Miles. San Mateo, Cal. (B)
 Weinacker Cup 5 and 10 Km. Marysville, Mich. (S)
 Sun. Sept. 22 1 Hour, Alexandria, Vir., 9 am (O)
 10 Km, Houston (L)
 Sat. Sept. 28 **National 1 Hour and 2 Hour, Long Island (K)**
 North Regkon 5 Km. Chicago, Illinois (I)
 Sun. Sept. 29 1 Hour, Kentfield, Cal. (P)
 1 Hour, Royal Oak, Mich. (S)
 1 Mile, College Station, Texas (L)
 Sat. Oct. 5 5 Km. Bristol, N.H. (AA)
 Sun. Oct. 6 Sacramento Half-Marathon (E)
National USATF 5 Km, New England (AA)
 Sat. Oct. 12 West Regional 1 Hour, Denver (H)
 5 Km, Friendswood, Texas (L)
 Tue. Oct. 15 Coney Island 10 Mile, Brooklyn, N.Y. (G)
 Sun. Oct. 13 1 Hour or 5 Km, Kentfield, Cal. (P)
 Long Beach Half-Marathon (Y)
 1 Hour, Alexandria, Vir., 10:30 am (O)
 Sun. Oct. 20 **National USATF Masters 20 Km, Coconut Creek, Florida, 7:15 am (D)**
 Eastern Regional 30 Km. New York City (G)
 Sun. Oct. 21 Detroit Marathon (S)

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FROM HEEL TO TOE

On a mission. The Dalebout brothers, Jake and Jerry, who finished second and third in the National Junior 10 Km, will be departing on a 2-year Mormon mission in the fall. With their great promise, we will hope they will come back to racewalking on their return. On the other hand, Zach Pollinger and Christopher Diaz, who finished fourth and sixth, are still just 14 and we can hope they keep their interest high as they mature as athletes. . . **Eastler back on track.** Kevin Eastler's third place finish in the National 20 came in only his second race since the 2000 Olympic Trials, where he finished second but was lacking a qualifying time to make it to Sydney. Air Force duties, he's an Air Force Academy Graduate, kept the first lieutenant out of competition in 2001, but with this strong race under his belt, he should be ready for even better things come World Cup time in October. Eastler is coached by four-time Olympian Carl Schueler, but from long-distance. Schueler is in Colorado Springs, while Eastler spends most of his non-training time in an underground capsule as a nuclear missile control officer in Cheyenne, Wyoming. . .

Biomechanics of judging. Richard Harper comments on the Gary Westerfield article we ran in the April and May issues: "I enjoyed the article, 'Biomechanics for the Racewalk Judge'. Thank you for printing it. Because I live in the same area as Gary, I've had the privilege of his advice and have always appreciated his judging. This article, however, gave me real insight into his thinking, which I find enormously valuable, both for myself and for introducing others to racewalking. I remember reading in an *Ohio Racewalker* several years back that the legs of virtually all elite racewalkers look straight, yet many bent leg calls are made. This said to me that judging the straight leg rule is more difficult than has been supposed. Westerfield's article, however, clarified the differences between the muscular action of straightening and the appearance of straightness." . .

Vaitones named. Steve Vaitones, long-time racewalking competitor (50 Km best of 4:27:28. I think) has been named as the endurance events coach for the 2003 U.S. World Championships track and field team. Steve is the Managing Director of the New England USATF Association and was the assistant manager for the 1999 U.S. Pan American Games Team. He continues to make many contributions to our branch of the sport and still competes in the occasional race. . . **A loss for our sport.** Julie Morrison, co-founder of the *Running Journal*, a Greenville, Tenn. publication, was killed May 17 in a car crash in Greenville. An out-of-control car, driven by an 18-year-old youth, slammed into the car in which Julie was a passenger, killing her instantly. The 48-year-old Morrison was an avid racewalker and supported the sport in many ways. The Journal always includes a separate page of racewalk results and column a by Bonnie Stein. Several years ago, Morrison published a small booklet, *Racewalking--How To Get Started*. . .

World Class clinics. Dave McGovern has four of his World Class Racewalking clinics scheduled between now and the end of the year. He will be in Flint, Michigan August 2-4; Washington, D.C. Sept. 6-8; Lititz, Penn. Oct. 25-27; and Little Rock, Ark. Nov. 15-17. Go to www.racewalking.org for more details. Dave himself is ailing a bit. He reports: "After breaking my hand/wrist in May while skateboarding at my clinic in Utah, I decided to see if I could top it before heading to Chicago {in early July}. Unable to find the remote control for the VCR to start another Monty Python tape (looking for the Ministry of Silly Walks sketch for the clinic), I managed to bang my little toe on the leg of the couch and wound up dislocating it something awful. I wish I had taken a picture or grabbed my X-ray because this was one of the coolest things I've ever seen. The toe was twisted off to the side at almost a 90-degree angle. Apparently, I avulsed a chunk off the phalange so there was nothing for that ligament to hold onto. The lateral ligament then pulled the toe off to the side. Anyway, no racewalking for about four weeks or so. Glad I'll be coaching the Ghanians in Turin instead of racing! (Sort of...) . . **A hot weather walking formula.** Over the past 20 years, Parkside coach Mike DeWitt has devised a rule of thumb for adjusting your racing plans to the heat conditions. He doesn't claim that it is scientific, but finds that it can get athletes ready to race in extreme heat.

He sets up a race plans for his athletes for a positive race, even though the times are not near the best of the season. The basic rule is to add 1 second to your average mile pace for every degree above 70 F until the temperature reaches 85. After 85, add 2 seconds per mile to your pace. He also uses a humidity factor. When the relative humidity exceeds 70 percent, add 2 seconds per mile for every 5 percent. As an example of how well it works, he cites the National Club Championships (see results) where he and four of his women athletes competed. With the temperature at 90, the formula said to add 25 seconds a mile to the pace they had gone in their fastest race. The women raced first and they were given just a 20 second cushion on their pace. All but one faded during the final kilometer of the 5 km race. At the finish, they were all between 26 and 28 seconds a mile off their season's best. Seeing these results, Mike adjusted a little more for his race, but wound up with the same 26 seconds per mile differential. He says, "By setting up the race plan for the heat (the humidity was under 70 percent and did not figure), the women went out about 5 seconds per 400 slower than the season's best pace. That was a little too hard, so they faded a little at the end. With looking at their results, I was able to get out 6 seconds slower than SB pace and walked every lap between 2:09 and 2:11 and averaged 2:10. It didn't feel very good, because it was hot, but it was even and consistent with what the others did. You can use this as a guide. Over the years, I have never been a "fast" racer in the heat, but I have always been able to finish in one piece and usually in a higher finishing position than I do in reasonable weather. (*Ed Interesting, but one wonders if you determine the outcome before you start. I guess I never entered a race with an exact pace in mind, but let the conditions, the competition, and how I was performing on the day determine the pace and the outcome, place being more important than time. Could Mike have gone faster on the day had he started faster? And, of course, this approach won't work as well on a road course where you will go a kilometer or two before you know sure what your pace is. But, I'm not arguing with the approach. Mike has a lot of success with many athletes and obviously knows what he is doing.*) . . . **Nostalgia.** In perusing old ORW's for another reason, I came across an article in the June #2, 1967 (#2 because I had mistakenly labeled the May issue as June) that eventually relates to hot weather walking (see above). It also relates marginally to the Finnish relay races covered in this month's results, reveals a bit about the quaint track I used to train on, and tells you a bit about the famed Athens AC (S.F. area) of that era. The track was built by Dr. John Blackburn at his home--9 plus laps to the mile, blacktop, and barely wide enough to pass anyone on. At the time the article was written, two-man 10 mile relays were in vogue, both running and walking, usually done with the two runners or walkers on a team doing alternate quarter miles. Thus, the event described was not so unusual. The article was entitled "An Event To Remember" and dated Blackburn Track, June 8. It went as follows:

That famed traveling act, sometimes known as the Athens AC got the rare opportunity, which unfortunately comes to few walkers, to train on this beautiful little track, set picturesquely in the woods outside of Worthington. (*Ed. The Athens guys were traveling across the country hitting National races and stopped at the Mortland house for a couple of days. Others who experienced this great facility included Gary Westerfield and Chris McCarthy.*) Needless to say, they were tremendously impressed. As Jim Lopes says 'Every walker should have one.' Ranney was ecstatic. Dooley is too grim and serious about his walking even in a workout, to say anything about such wonders. Naturally, with such stars present, a record had to fall. Mostly it fell because an event was chosen that had never been walked before--a two-man 40-lap relay, each man going two laps at a time. (One lap is 188 yds, 2 feet.) Total distance covered was just over 4 1/4 miles.

Ranney and host Jack Mortland teamed up against Dooley and Lopes for this historic event. Mortland and Dooley led the thing off with the Blackburn-trackwise Mortland in the lead for a few steps. Then Dooley, with his mincing little strides, shot ahead and left Mortland panting in his wake. Mortland walked his fastest single lap in a few years, 39 seconds, and was 10 yards back. The gap stayed about the same on the second lap. Ranney then made up the deficit and gave Mortland 5 or 6 yards at the start of his second rep. Dooley quickly ate this up and set Lopes

off in front again. Well, this pattern continued until the sixth set, when Ranney's lead had grown to more than 10 yards. In a determined effort, Mortland walked his fastest rep of the evening and finally managed to hold the lead and that was the race. Lopes had to pull up on his last lap anyway with a muscle twinge which couldn't be toyed with when the National 50 was only 2 days off. The Ranney-Mortland time was 28:36, or about a 1:26 average per two laps. This works out to 1:40 to 1:41 per quarter. Dooley probably averaged close to a 1:37 pace for his 10 reps. Mortland around 1:39, and Ranney around 1:41. Dooley was scowling and looking menacing throughout. He comes to compete. But I like him nonetheless. Gee, maybe he can be psyched out of races by breaking his concentration, like one used to be able to do with Laird.

Actually, Tom is the kind of guy that when you get to be a tired old man like me (*Ed. Then all of 32.*) you don't mind so much seeing in front of you. It's a real healthy thing to have a lot of new blood on the international teams this summer, with Laird being the only member of the old guard that has sort of dominated these things for the past 7 years or so.

To show you what a bunch of nuts these Athens AC guys are, though, let me tell you about their journey from New York to Columbus the week of the 50. They decided they needed some heat acclimation. So with the temperature in the 90s, they rolled up the windows on the car, put on their sweatsuits, turned the heater on full blast, and sweated it out for hours at a time. And I thought Blackburn was a kook.

Racewalking--Personal Recollections and Reflections

Elliott Denman received the following communication from fellow 1956 Olympian, Great Britain's Eric Hall. It contains interesting commentary that pertains to the never-ending, worldwide discussion of judging issues and to recent discussions of depth of performance and the number of contestants in elite races here in the U.S. Eric Hall finished 9th in the 50 Km at the Melbourne Olympics in 1956 and tenth in the 20 at Rome in 1960.

My introduction to the sport arose from a love of walking, which my father encouraged, coupled with the London Olympic Games of 1948. This great festival of sport meant that my home town, which was close to one of the Olympic villages, was caught up in what passed for "fever" in those days. The subsequent showing of the Olympic film prolonged the effect, which made quite an impact on a 16-year old with an interest in track and field.

Within a few months, my father had made introductions and I joined a local athletic club with a very strong walking section. My first race, at the end of November that year, was held in a thick London fog, but even so there was a field of around 150 with me among the tail enders. On leaving school, there was little time for sport and life underwent various changes, but after a couple of years, it was back to the road and track.

Steady progress, under close supervision, and rivalry among club members brought about gradual improvement and a feeling of being involved in a great sport. Style was everything to those who guided me and stress was placed on gentle progress rather than flat out performance at all times. At this time, the sport itself was under the microscope (*Ed. And what's new*) especially at the European Games in 1950 and the Helsinki Olympics of 1952. In both Games, the 10 km track walk was controversial and the decision was taken to replace it with a 20 km race on the road.

The change was introduced in Melbourne in 1956, where the Russians swept the board and there was only one disqualification. The film of the event leads one to the opinion that there was a degree of leniency on the part of the judges, guided, perhaps, by a need to try to preserve the event in the program. The view that it was difficult to expect the human eye to judge walkers

timed at 45 minutes for 10 km, which had led to the increase in distance, was not entirely convincing as this first 20 Km event took the winner just 1:31:27.4 and the leaders had reached 10 km in only half a minute slower than the time in Helsinki.

In the intervening years, we have seen rule changes, differences in interpretation, new training methods and techniques, improvements in footwear and diet alongside the application of the latest medical and physiological knowledge. What has not changed is the basic tool used to judge the mode of progression of competitors--the human eye and brain. The latest world best time for 20 Km is 1:17:22, just over 14 minutes faster than the 1956 Melbourne gold medal winner, a rate of more than one minute a mile. Leaving aside the improvements listed above, we are left with the fact that the current top man is moving at a speed that would have placed him 38th at 20 Km in the 1948 London marathon! In 1956, he would just have been in front of the leading Ethiopian runner who went on to finish 29th behind the marathon winner Mimoun!

One of the effects this change in the event has had in Great Britain is the introduction of two types of races. We have either an "A" race under the international rules, or a "B" race, which rests on decisions concerning contact only. There are variations on this theme also in operation it seems. Emphasis in judging appears to be placed almost entirely on the requirement that the front knee must be locked at the time contact is made. (*Ed. I'm not certain I can agree with that or that many others would.*) Photographic evidence abounds to show that most of the leading walkers definitely have locked knees but the photographs also show that they are frequently not maintaining contact with the ground. This was the traditional requirement and the prime evidence required in earlier years. There is absolutely no gain whatsoever to be had from locking one's knees when airborne as the lever cannot operate until contact is made. To do so is, in fact, wasteful and does nothing to aid progression. What we need to do is return to having contact as the prime requirement, but this only takes us back to the inadequacy of the tools used in judging the event--nothing has changed with regard to the human eye/brain linkage and we are now requiring judges to watch knees and feet at the same time at a very much faster speed than when we found the tools inadequate way back 50 years ago. To put this in a mathematical context, the Sydney gold medalist was moving 13.66 percent faster than the winner in Melbourne--in ground coverage terms, he was covering 4.22 meters per second against 3.64 in 1956. Over the same period, stride lengths have shortened and so this makes the task of the judge, said to be almost impossible in 1956, very much harder. So much for walking at the international level.

On the domestic front in Britain the age of competitors has changed dramatically in the course of my career as has the size of the fields. In the most recent National Championship, 19 walkers started and only 17 finished in an event that 50 years ago would have seen fields of well over a hundred and more recently there would have been well over 60 starters. Walking is not alone in this and it may be a knock on effect of the jogging/marathon phase so popular over recent years. We may also have made too much of the stresses and strains of training and competing leading to those generations following us finding something less strenuous to do. We now have more veterans competing and a goodly number of youngsters, but what we lack are those in their twenties and thirties who were formerly the backbone of the sport. (*Ed. Much the same picture as here.*)

Those veterans who compete find it very difficult to comply with the requirements of the "A" races and we have had the ludicrous position that a veteran capable of around 13 minute miles being disqualified as his knees are bent! Those of us who have been around a while find it difficult to satisfy the judges and we occasionally have cards waved at us, which is rather frustrating when you realize that there is nothing much you can do about that part of the ageing process! Few rulings are ever given with regard to contact, but then it is much easier to spot a bent knee. This contrasts quite harshly with the photographs mentioned above that demonstrate the futility of requiring a straight knee! Combine this with the fact that many of the really fast men seen here know very well they are breaching the rules and one wonders what is the likely outcome for our

sport. To give two warnings before disqualification is ludicrous in such cases and it is not unknown for a man to be disqualified with regularity and seemingly make no attempt to put matters right. In such cases, warnings should not be given, it should be a return to the old domestic rules--one call and you are out. For continuous breaches then we need further sanctions as the act of disqualification is seen by some as a lottery not to be taken too seriously.

We are seeing changes made in the rules governing other track and field events, and this only makes our case seem worse. My club mates, who compete in the field events, know that if they breach the rules of their event then that attempt will not count. The sprinter found to have false started has only two warnings at present which is soon to be reduced to one. Such warnings clearly have an effect on them, but it seems that warnings in walking have little effect on the competitor and certainly many of the spectators in Sydney did not appreciate that the Australian lady disqualified approaching the Stadium had already received warnings, which she apparently ignored. Credibility is so very important in many aspects of life and this is no less so in our sport. Back in 1948, we got by, in 1952 we were shaken--now we are the butt of jibes from people who are knowledgeable spectators. We are no longer seen as a credible event and it is this that is the most disturbing. Here in Britain, there is a small ground swell of walkers keen to reintroduce something called Real Racewalking and although it is acknowledged that is a world away from what occurs in the major Games then so be it--Real Racewalking will be credible and be seen to be so by competitors and spectators alike.

Profile of a gold medalist of yore

Excerpted from a profile of 1960 Olympic 50 Km gold medalist, Don Thompson, in Chris McCarthy's Race Walker, July 1962 with additions from your editor's personal files and memory.

England's Don Thompson won the 1960 Olympic 50 Km racewalk in 4:25:30 in very hot conditions, beating Sweden's John Ljunggren, the 1948 gold medalist, by just 17 seconds. Thompson led from the start, stretching the lead to more than a minute in mid-race. But the Swede caught him and led by 4 seconds at 35 km. Not to be denied, Thompson was back in front by the 40 km mark, but was just a second ahead with 5 km to go. Having slowed to more than 28 minute 5 km splits from 35 to 45, Thompson found the reserves to put in a 25:34 final 5 and capture the gold. Four years later in Tokyo, he improved to 4:22:39, but could finish only 10th. His best 50 (at the time of McCarthy's profile) was 4:17:29.8 and his best 20 1:34:45. He liked the longer distances and twice won the Italian 100 Km. Here is how he trained according to the McCarthy profile.

Thompson trained 5 to 6 days a week, with sessions varying from 50 minutes to 6 or 7 hours. He would race about 50 times a year at all distances. He reported his training for one week in June 1962 as follows:

Saturday:	2 mile race on the track, followed by 4 miles of road training
Sunday:	31 miles strolling (6 mph or 5:10) with trousers on
Monday:	1 Mile race on the track, followed by 5 miles on the road
Tuesday:	7 miles "stroll" (about 6 1/2 mph)
Wednesday:	8 miles on the road (stripped down)
Thursday:	6 miles on the track (including 10x440 fast, 10x440 slow)
Friday:	Rest
Saturday:	7 miles race on the track Total: 71 miles including 3 races

Typical winter training was:

Sunday: 20 Miles stroll

Monday: 6 miles road
 Tuesday: 7 or 8 miles on track
 Wednesday: 8 miles stroll
 Thursday: 6 miles of intervals (road or track)
 Friday: Off
 Saturday: Race

In answer to a question on warming up before training and races, he replied: I only warm up when track training or racing. On the road, I crash off and hope I don't pull anything. For races, I warm up with moderate work plus a few sprints and a few stretching exercises.

Thompson wore very cloddy looking shoes with a distinct separate heel, typical of the British at that time. "Road flats" made by adidas and Puma were just coming into vogue for walkers around the world, but many of the British walkers of the time deplored them, including Ken Matthews, the 1964 Olympic 20 Km winner. Thompson said no shoe should weigh less than 14 ounces; lighter shoes would lead to lifting.

Don had a peculiar gait, adapted to walking all day, but not to walking particularly fast. In McCarthy's profile, Thompson lists his best 5 mile time as 37:52. That was, I believe, in a 1961 race at London's White City Stadium, which he described humorously to us in Tokyo. Before a huge crowd he was given a big build up as an Olympic champion. Unfortunately, he was in against, Matthews and Stan Vickers, England's leading speedsters, along with a few foreign speed demons in an invitational race. After the big build-up, and despite giving it all he had (his 2 mile best, after all, was 14:48), he was lapped by the field, and, as I recall, twice by Matthews. But, with an unassuming nature, he remembered it as a funny, not an embarrassing, experience.

(Looking at this training schedule, reminds of a book published by Australia's Frank McGuire at about this same time. It gave training schedules of walkers around the world. I once had a copy, but can't locate and would be interested in getting another. Anyone out there have a copy? If so, I would be glad to pay the cost of making a photo copy and mailing it to me.)

And Going Back Even Further. . .

(Since we seem to be stuck in the past here, we may as well precede our usual look at past news from the ORW with this tidbit from way back, supplied by Steve Vaitones. He pulled it from a book by Charles Westhall, "Hints Upon Training", published in 1860. Westhall was a fine athlete who ran 150 yards in 15.00 in 1951 and a year later became the first runner to break 4:30 for the mile on a track. He was also a champion walker covering 7 miles in 52:43. Here's what his book had to say about judging walking matches and his enthusiasm for the sport. And must we repeat, "So, what's new".)

Walking is the most useful and at the same time most abused branch of the athletics sports of Old England; not so much from the fault of the pedestrians as from the inability or want of courage of the judge or referee to stop the man—who in his eagerness for fame or determination to gain money anyhow—may trespass upon fair walking and run. Walking is a succession of steps, not leaps, and with one foot always on the ground. The term "fair toe and heel" was meant to infer that as the foot of the back leg left the ground, and before the toes had been lifted, that the heel of the foremost foot should be on the ground. Even this apparently simple rule is broken almost daily, in consequence of the pedestrian performing with a bent and loose knee, in which case the swing of his whole frame when going at any pace will invariably bring both feet off the ground at the same time; and although he is going heel and toe, he is not taking the required succession of steps, but is infringing the great and principal one of one foot being continually on the ground. The same fault will be brought on by the pedestrian leaning forward with his body, and thereby

leaning his weight on the front foot, which, when any great pace is intended, or the performer begins to be fatigued, first merges into a very short stride and then into a most undignified trot. There may be a few professional pedestrians—happily only a few—who care not how they may come in first in a match, and get the money; but they are now fast dying out, not from age, but from being stopped at their little game by an honest and resolute referee, and by the loud expressions of public opinion, which invariably has taken the part of the fair walker. There is no finer sight among the long catalogue of British sports, more exhilarating and amusing to the true sportsman, than to see a walking match carried out to the strict letter of the meaning, each moving with the grandest action of which the human frame is capable, at a pace that the feeble frame and mind is totally unable to comprehend, and must be witnessed to be believed. *(And what would he have to say after watching one of today's "matches"?)*

LOOKING BACK

40 Years Ago (From the July 1962 American Race Walker, edited by Chris McCarthy)—A blazing sun on a shadeless course took its toll on competitors in the National 20 Km in Chicago. Ron Zinn finally prevailed over John Allen in 1:43:59. Allen was 31 seconds back. Usually tough in the heat, Jack Mortland faded badly the final third of the race and finished a lonely third in 1:47:20. His consolation was leading the Ohio TC to the team title, with Jack Blackburn in fourth (1:49:09) and Jeff Loucks ninth (1:52:06). Early leader Ron Laird managed only fifth, nearly a minute behind Blackburn. Canada's Felix Cappella came sixth. Only 15 of the 37 starters managed to break 2 hours. . . Two weeks earlier, Zinn had won the National 2 Mile in Walnut, Cal. There he beat Laird 14:35.8 to 14:40.6, with Mike Brodie third in 14:47.2. John Humcke, Akos Szekely, and Bob Bowman followed.

35 Years Ago (From the July 1967 ORW)—Ron Laird scored an easy victory in the Los Angeles Invitational meet with the British Commonwealth in 1:36:29. A promising young walker, Larry Young, also beat the Commonwealth with a 1:40:47 in second. The Commonwealth walkers suffered noticeably in the heat and smog, with England's Ron Wallwork third in 1:43:47. . . Two weeks earlier, Laird had walked 1:32:24 in Santa Barbara to beat Don DeNoon (1:34:25), Young (1:35:30), and Tom Dooley (1:35:50). . . Another promising newcomer, Steve Hayden, won the National Junior 2 Mile in Buffalo in a record 14:55.2, with teammate Howie Jacobson (now better known as Jake) second in 15:07. (Junior in those ancient days was not an age category, but for those who had never won a Junior or Senior national.)

30 Years Ago (From the July 1972 ORW)—The U.S. Olympic Trials were contested in Eugene, Oregon and Larry Young won both the 20 and 50. In the 20, on July 1, the times were much slower than expected. With heat not a factor, some suspected a long course. Nevertheless, Larry pretty much controlled the race, leading by nearly a minute at 10 km and winning in 1:35:56. Goetz Klopfer (1:38:03), Tom Dooley (1:39:10), and Todd Scully (1:39:25) took the next three spots. Two-time Olympian Rudy Haluza finished in 1:38:00, but was DQ'd. In the 50 on July 4, Young toyed with the field through a 2:08 first half and then accelerated the rest of the way to win uncontested in 4:13:05 on a very hot day. The surprises were in second and third with both Bill Weigle (4:20:09) and Steve Hayden (4:23:23) making massive improvements on their personal bests. A solid favorite for the team, Bob Kitchen, had to settle for fourth in 4:25:06. . . In Erfurt, E.G., Hans-Georg Reimann and Peter Frenkel broke the world record for 20 with a 1:25:19.4 on the track. Gerhard Sperling also broke the old record (1:25:50) with a 1:25:37.8. . . Young also won the National 15 km in Northglenn, Col. on July 15 in 1:10:22. Jerry Brown and Bill Weigle were 2 and 3 minutes back in second and third. . . Jeanne Bocci set an American women's record with a 7:35.3 for 1 Mile.

25 Years Ago (From the July 1977 ORW)--Neal Pyke became the first U.S. walker ever to win the 20 Km race in a US-USSR dual T&F Meet. He did 1:28:18 in Sochi, leaving Yevgeniy Yesyukov 2 minutes behind. (However, Tikonov of the USSR, walking as a guest, actually won the race in 1:27:50). Todd Scully was fourth in 1:34:48. . . Neal also won a 10 Km against West Germany, beating Scully 42:23 to 42:33. . . Dan O'Connor led all the way to win the National 25 km in Washington, DC with 2:05:12. Carl Schueler, Dave Romansky, and Bob Kitchen took the next three spots.

20 Years Ago (From the July 1982 ORW)--In Niagara Falls, Todd Scully won the National 30 Km in 2:28:45 and Susan Liers-Westerfield the National 15 Km in 1:18:11. Andy Liles won the National Junior 15 km (by then age-related) at the same site. Well back of Scully were Canada's Glenn Sweazey, Ray Somers, and Martin Kraft. Pat Moroney was second to Liles. . . Jim Heiring finished a close second to Yevgeniy Yesyukov in the US-USSR dual meet in Indianapolis. Yesyukov had 1:26:42 for the 20 and Jim 1:27:05. . . A week later in East Germany, Jim was faster (1:26:13), but finished behind Werner Heyr (1:24:45) and Michael Boenke. Ray Sharp, after struggling in Indianapolis, had a 1:29:49 in this one. . . Mexico's Ernest Canto won the Prague-Podebrady 50 km in Czechoslovakia with 3:51:10.

15 Years Ago (From the July 1987 ORW)--The premier titles went to Tim Lewis and Maryanne Torrellas in the USY&F Championships in San Jose. Lewis won his third straight 20 km title in 1:24:12, breaking his own meet record by more than a minute. Carl Schueler (1:26:10), Ray Sharp (1:27:00), Gary Morgan (1:27:31), Mike Stauch (1:28:15), and Paul Wick (1:30:06) followed. Torrellas broke away from Lynn Weik in the final 800 meters to win the women's 10 Km title in 47:23.8. Lynn finished in 47:36.5. Debbi Lawrence (48:31), Teresa Vaill (48:58), and Sara Standley (50:54) were next in line. . . The junior national 10 Km went to Reggie Davenport in 48:54 with Jon Jorgeson (49:07), and Lennie Becker (49:58) second and third. Cindy (25:23.5) and Cybil (25:30.6) Perez went one-two in the Women's Junior National 5 Km. Norma Commans (25:46) was third.

10 Years Ago (From the July 1992 ORW)--The National 10 Km title went to Andrzej Chylinski in 42:07. Canada's Martin St. Pierre was just 14 seconds back in the Niagara Falls race. Gary Morgan (43:30), Ian Whatley (44:03), and Curtis Fisher (44:10) took the next three spots. Canada's Janice McCaffrey won an accompanying women's race in 46:13, just 14 seconds ahead of Debby Van Orden. 60-year-old Max Green blasted a national age group of 51:36. . . On the track in Fana, Norway, Sweden's Stefan Johansson broke Ernesto Canto's World Record for 20 Km with his 1:18:35.2. Mexico's Carlos Mercenario had a 3:48:06 for 50 at the same site.

5 Years Ago (From the July 1997 ORW)--Curt Clausen won the National 10 Km title in Niagara Falls, but finished only third in the race. His 42:04 effort was no match for Ecuador's Olympic titlist Jefferson Perez (41:21) and Canada's Arturo Huerta (41:43). Another Ecuadorian, Juan Rojas, was fourth, with Al Heppner and Jan Klos taking the next two spots. . . U.S. Junior titles went to Emma Carter and John Nunn. Carter finished more than a half-minute ahead of Liza Kutzing in 24:51.91. Nunn did 48:52.35 to beat Brian Colby by nearly a minute.



Toeing the line. Since we seem to be dwelling in the past in much of this issue, here is a photo from the past. Perhaps one of the earlier women's races. The caption on this photo from the April 2002 issue of Gang Sport, a Danish publication is: "Sportsvej-industrien var endnu ikke "på Maerkene" i 30'erne. Det et til gengæld disse århusianski kvinder, some er klar til start på en kapgang." We do welcome more recent photos, but haven't seen many recently.

