

# OHIO RACEWALKER



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COLUMBUS, OHIO

FEBRUARY 2003

## Results

**Annual 3 Km Mall Walk, Milford, Conn., Feb. 16**--1. Zach Pollinger (16) 13:47 2. Theron Kissinger 13:51 3. Peter Noble 15:38 4. Joe Light (55) 16:01 5. Dave Baldwin (60) 16:17 6. Andy Cable 16:29 7. Billy Wides (15) 16:33 8. Bob Barrett (69) 16:34 9. Larry Titus (53) 17:22 10. Seth Kaminsky (62) 17:38 (16 finishers, 1 DQ) **Women**--1. Maryanne Torrellas (44) 15:11 2. Maria Michta (16) 15:24 3. Loretta Schuellein 15:42 4. Dana Vered (14) 16:18 5. Allison Snonowski (12) 17:05 6. Ann Percival (44) 17:32 7. Indiana Rapoli (17) 17:40 8. Ginger Armstrong (4) 19:27 (13 finishers) **Girl's H.S. 1500 meters, Suffolk County, N.Y.**--1. Maria Michta 6:56:20 2. Kristin Schmitt 7:08.31. Nadine Navarro 7:12.32 4. Kristin Landau 7:13.64 5. Emily Nyburg 7:25 6. Keisha Perason 7:27 **Millrose Games 1 Mile, New York City, Feb. 13**--1. Zaog Pollinger 6:41.19 2. Joseph Trapani 6:52 3. Bill Vayo 6:56 4. Nick Bdera 7:10 DQ--Steve Pecinovsky (finished in 6:44) and Greg Dawson (6:46) (Adam Staier and coach Mike Rohl were enroute from Mansfield, Pa. but got hung up in traffic due to the terrorist alert and missed the race.) **Indoor 3 Km, Brentwood, N.Y., Feb. 9**--1. Maryanne Torrellas 14:27.90 2. Maria Michta 14:28.10 3. Loretta Schuellein 15:26 4. Keisha Pearson 15:51 **Men**--1. Theron Kissinger 13:54.70 DQ--Greg Dawson **5 KM, Freehold, N.J., Jan. 26**--1. Eric Litt 27:26 2. Ben Ottmer 30:23 3. Ron Salvio 30:48 4. Bob Mimm (77) 33:22 5. Ralph Edwards 36:1;7 6. Elliott Denman 37:18 **Women**--1. Sherry Brosnahan 28:41 2. Ashleigh Piscioti 32:15 **Indoor 3 Km, Arlington, Vir., Jan. 12**--1. Steve Pecinovsky (48) 13:52 2. Tim Good (43) 16:28 3. Vietyor Litwinski (59) 19:29 4. Michael Schwed (61) 19:38 (9 finishers) **20 Km, Augusta, Georgia, Feb. 15**--1. Cheryl Rellinger 1:46:29 2. Lisa Sonntag 1:55:52 3. Dierdre Webb 1:56:11 4. Sara Sheets 1:59:15 **Men**--1. Dave McGovern 1:33:46 2. Keith Luoma 1:46:06 3. Charles Cohn 2:26:11 **5 KM, Winter Park, Fla., Jan. 18**--1. Don DeNoon 25:42 2. Ray Jenkins 30:44 3. Marcel Raphel (16) 31:41 4. Ted Sager (60+) 31:42 5. Phil Brown (50+) 33:08 (10 finishers) **Women**--1. Cheryl Rellinger 26:52 2. Lisa Sonntag 25:59 (You're right. Either one of those times is wrong, or the places are reversed. but that's what the results show.) 3. Sandy DeNoon 31:40 4. Edna Ramsey 31:59 (11 finishers) **5 Km, Winter Park, Fl., Jan. 26**--1. Sany DeNoon 31:10 2. Edna Ramsey 32:51 3. B.J. Amberg-Paulhus 32:29 (nor, can that be right) **Florida State 5 Km, Coconut Creek, Feb. 8**--1. Don DeNoon (55+) 25:38 2. Juan Yanes (50+) 25:52 3. Gary Null (55+) 27:23 4. Paul Johnson (65+) 27:45 5. Mike Felling (45+) 28:14 6. John Fredericks (55+) 28:54 7. Dan Koch (55+) 31:13 8. Gerry Gomes (70+) 31:37 9. Bob Fine (70+) 32:39 10. Marvin Goldenburg (75+) 33:39 (17 finishers) **Open race**--1. Ed Kousky 30:11 **Women**--1. Sarah Perry 27:18 2. Carolyn Kealty (40+) 29:17 3. Linda Stein (55+) 31:53 4. Joanne Elliot (65+) 32:52 (6 finishers) **Women's Open**--1. Cheryl Rellinger 25:30 2. June Marie Provost, Can. 33:16 (5 finishers) **Mardi Gras Marathon, New Orleans, Feb. 16**--1. Mary Snyder (51), Idaho 4:37:28 2. Dorit Attias (41), N.J. 4:40:57 3. Angel Woffard, Louisiana 4:44:12 4. Monetta Roberts (43), Alabama 4:59:41 (25 finishers) **Men**--1. Larry Liszewski (45), Missouri 4:44:42 2. Kirby Hendrix (55), Louisiana 4:45:33 3. Mr. Auo (61), Texas 4:45:33 (10 finishers) **1/2 Marathon, same place**--1. Angela McCall (40) 2:13:53 **Indoor 3 Km, Findlay, Ohio, Feb. 2**--

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

1. Michelle Rohl 12:37.90 2. Tina Peters (14) 15:56 3. Lauren Olivieri 16:04 4. Katie Rulapaugh 16:39 5. Sarah MacIntyre 16:49 6. Sara Sheets 17:14 7. Kristen Barnett 17:50 8. Mary Franklin 18:20 9. Billie Robinson 18:34 10. Joyce Prohaska 18:52 (2 DNFs) Men--1. Adam Staier 12:07.4 2. Matt Boyles 12:07.7 3. Jim Robinson 12:48.3 4. Rich Correll 15:18.4 5. Spencer Finley 15:21.2 6. Tim Sykes 15:21.6 7. Ed Fitch 15:54.6 8. Vince Peters (48) 16:40 (2 DQs) (Robinson led at 800 and 1600 meters, with splits of 3:14 and 6:33. The two college boys--Staier, a freshman at Mansfield U. in Pennsylvania and Boyles, a junior at Rio Grande in Ohio--then took over and dueled it out right to the finish line, shattering the old meet and fieldhouse record of 12:31.94, set by Gary Morgan. Robinson is a senior at Rio Grande and Correll a freshman at Mansfield. **Indoor 1 Mile, Dayton, Ohio, Feb. 7--1.** Tina Peters 8:17 2. Katie Rulapaugh 8:38 3. Andy Peters 10:46 **Indoor 3 Km, Oshkosh, Wis., Feb. 4--1.** Ben Shorey 12:22.74 2. Steve Quirke 13:04 3. Mike Tarantino 13:06 4. Mike Stanton 13:11 5. T.C. DeWitt 13:54 6. Jon Chasse 14:45 7. Eric Pasko 15:14 (all U. of Wisconsin-Parkside) Women--1. Jolene Moore 13:52.80 2. Sam Cohen 14:02 3. Amanda Bergeron 15:34 **Indoor 3 Km, Kenosha, Wis., Feb. 14--1.** Ben Shorey 43:55 2. Steve Quirke 46:41 3. Mike Stanton 48:30 4. Mike Tarantino 49:31 5. Jon Chasse 51:08 **Women's 3 Km, same place--1.** Sam Cohen 13:58 2. Amanda Bergeron 15:09 3. Ali Vavas 15:42 **Indoor 3 Km, Missouri Valley College, Feb. 9--1.** Gayle Johnson (50+) 16:46 2. Emma Carter 17:02 3. Beth Lewis 17:06 **Heart of America Conference Indoor Meet, Graceland, Iowa, Feb. 21--Women's 1600 meters--1.** Emma Carter, Bake U. 8:25.86 2. Beth Lewis, Central Methodist 8:35.82 (5 finishers) Men's 1600--1. Paul Van Sickle, Midamerican Nazarene 8:53.22 2. Andrew Easdale, Graceland 9:14:09 3. Jason Stegal, Lindenwood U. 9:25:49 4. Micah Beatty Central Methodist 9:29.8 **Indoor 3 Km, Vermillion, S. D., Jan. 25--1.** Mike Wiggins (54) 14:20 2. Keley Smith-Keller (46) 17:18 3. Erin Goeden 17:38 **Indoor 3 Km, Vermillion, Feb. 1--1.** Wiggins 14:19 2. Smith-Keller 16:41 3. Goeden 17:18 **5 Km, Denver, Jan. 26--1.** Darl Meyers (6) 29:00 2. Jarry Davis (40) 30:43 3. Neil Horton (61) 32:58 **Richard Oliver Memorial 5 Km, Pasadena, Cal., Jan. 19--1.** Pedro Santoni 26:53 2. Mario Lopez 28:47 3. Daniel Thompson 29:59 (all 50+) 4. Deo Jaravata 31:08 5. Alan Ede (60+) 31:11 6. Mike Kroll (50+) 31:13 7. Wil Williams (60+) 32:03 8. Carl Acosta (60+) 32:11 9. Bob Nyman (60+) 32:24 (15 finishers) Women--1. Donna Cunningham 28:48 2. Yoko Eichel 28:49 (both 50+) 3. Deborah Raymer (40+) 32:19 4. Dawn Beigel (40+) 33:00 5. Arneed Bledsoe (40+) 33:18 6. Carol Bertino (50+) 7. Tammy Kiernan (60+) 33:37 (18 finishers) **10 Mile Handicap, same place--1.** Joe Nieroski (40) 1:24:10 2. Paul Johnson (65) 1:32:46 3. David Crabb (57) 1:34:37 4. Margaret Govea (40) 1:38:00 5. Don Betowski (58) 1:38:42 6. John Backlund (62) 1:41:42 7. Paula Kash Mendell (53) 1:45:15 8. Jolene Steigerwalt (59) 1:48:21 (19 finishers) **Southern California Championships, La Verne, Feb. 16: Women's 5 Km--1.** Susan Armenta 25:36.8 2. Deborah Raymer (46) 31:49 3. Jolene Steigerwalt (59) 31:49 (12 finishers) Women's 10 Km--1. Margaret Govea (40) 59:18.6 2. Donna Cunningham (56) 1:02:22 3. Mary Schoenbaum (47) 1:07:00 Men's 5 Km--1. Mario Lopez (45) 30:07.7 2. Wil Williams (62) 32:32 (5 finishers) Men's 10 Km--1. Joe Nieroski (40) 49:25.9 2. Ed Parrot 50:04 3. Pedro Santoni (45) 55:44 4. Bob Weeks (61) 64:17 5. Carl Acosta (69) 1:07:28 **2.8 Miles, Seattle, Jan. 11--1.** Bob Novak and Stan Chraminski 25:40

**Spanish 30 Km Championship, January--1.** Mikel Odriozola 1:05:28 2. Jose Antonio Gonzalez 2:11:02 3. Santiago Perez 2:11:41 4. Jesus Angel Garcia 1:12:36 5. Mario Avellaneda 2:13:54 6. Juan Manuel Morales 2:20:27 **Spanish 50 Km, Ourense, Feb. 16--1.** Mikel Odriozola 3:42:03 2. Jesus Garcia 3:46:03 3. Mario Avellaneda 3:49:35 **Spanish Women's 20 Km, same place--1.** Maria Vasco 1:30:52 2. Eva Perez Trujillo 1:31:15 3. Maria Cruz Diaz 1:31:30 **Spanish Junior Men's 10 Km, same place--1.** Luis Manuel Corchete 42:42 2. Francisco Arcilla 42:42 3. Manuel Hurtado 43:03 **Spanish Junior Women's 10 Km, same place--1.** Lorena Luaces 48:43 2. Cristina Sanchez 52:45 **Women's Indoor 3 Km, Turku, Finland, Feb. 1--1.** Sillanapaa 13:54.75 **10 Km, Adelaide, Australia, Feb. 6--1.** Luke Adams 42:28.64 2. Darren Brown 43:01 3. Liam Murphy 43:56 Women--1. Natalie Saville 47:46.32 2. Jane Saville 47:52 3. Claire Woods 50:04 **3 Km, Hamilton, New Zealand, Feb. 2--1.** Craig Barrett 11:50.96 2. Graeme Jones 12:44. . . 4. Gary Little (61) 14:56 Women--1. Gabrielle Gorst 13:45

### Compete With Your Feet At A Racewalking Meet

Sun. March 9 Indoor 1500 and 3 Km, New York City (G)  
 Sat. March 15 Nike Indoor H.S. 1 Mile, Landover, Maryland  
 Sun. March 16 7 Km, Denver, 10:15 am (H)  
 New Balance National H.S. Indoor 1 Mile, New York City  
 Sun. March 23 10 Km, Westminster, Col., 9 am (H)  
 5 and 20 Km, Huntington, Beach, Cal. (N)  
 Sun. March 30 **USATF National Masters Indoor 3 Km, Boston, Mass. (X)**  
 Florida State 10 Km, Orlando, 8 am (J)  
 Western Regional 5 Km, North Las Vegas, Nev., 7:30 am (F)  
 3, 5, 10, and 20 Km, Kenosha, Wis. (T)  
 3 Km, Wilmington, Ohio (M)  
 Sat. April 5 National Invitational 20 Km and 10 Km, Washington, DC area (O)  
 Sun. April 6 5, 10, and 20 Km, Columbia, Missouri (I)  
 Western Regional 20 Km, Sacramento, Cal. (B)  
**National Masters 1 Hour, Planation, Florida (Q)**  
 5 Km, Littleton, Col., 9 am (H)  
 Sun. April 13 16th Annual Jack Mortland Racewalks (5, 10, 20 Km), Yellow Springs, Ohio (M)  
 Ron Zinn Memorial 10 Km, Ocean Twp., N.J. (A)  
 5 Km, Denver, 9:30 am (H)  
 5 Km, Kentfield, Cal., 8 am (P)  
 Sat. April 19 5 and 10 Km, Washington D.C. area (O)  
 Kansas Relays 5 Km, Lawrence, Kan. (I)  
 10 Km (Track), Seattle (C)  
 Mt. SAC 1 Mile, Walnut, Cal. (Y)  
 Youth 1 Mile, Pharr, Tex (BB)  
 Sat. April 26 Penn Relays, Women's 5 Km, Men's 10 Km, Philadelphia (S)  
 Youth 1 Mile, Weslaco, Tex. (BB)  
 Sun. April 27 5 Km, Fair Oaks, Cal. (E)  
 5 Mile, Denver (H)  
 9 KM, Westerly, R.I. (AA)  
 Fri. May 2 Southeastern Masters 5 KM, Raleigh, N.C., 6 :m (L)  
 Sat. May 3 5 and 10 KM, Broomfield, Col., 9 am (H)  
 Youth 1 Mile, Edinburg, Tex. (BB)  
 Sun. May 4 3 Km, Alexandria, Vir., 8:30 am (O)



5 Mile, Denver, 8 am (H)  
 5 Km, Kentfield, Cal., 8 am (P)  
 Southeastern Masters 10 and 20 Km, Raleigh, N.C., 7 am (L)  
 Sun. May 11 15 Km, Middleton, Ohio (M)

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## FROM HEEL TO TOE

**U.S. Team.** As reported earlier, the 2003 Pan American Cup competition will be hosted jointly by Mexico and the U.S. The men's 50 Km race will be in Tijuana on March 9 and the men's and women's 20 Km races in Cula Vista, Cal. on March 16. A U.S. team has been selected based on 2002 performances, the 30 Km races in Chula Vista last month, and availability. The latest report shows this team: Women's 20 Km--Susan Armenta, Jolene Moore, Bobbi Jo Chamman, Cheryl Rellinger, and Sam Cohen; Men's 20 Km--John Nunn, Tim Seaman, Sean Albert, Kevin Eastler, and Dave McGovern; Men's 50 Km--Philip Dunn, Curt Clausen, Theron Kissinger, John Soucheck, and Bill Vayo. The Tijuana race is a part of the first event in the new IAAF Racewalking Challenge Series. That event kicks off with a 20 Km for men and women on March 8. Future sites in the IAAF Challenge are Rio Major, Portugal, April 5; Naumburg, Germany, April 13; Sesto San Giovanni, Italy, May 1; Shanghai, China, May 24-25; La Coruna, Spain, June 7; and the IAAF World Championships in Paris. August 23-31. . . **Hey! Enough.** The average annual snowfall in Columbus is 28-29 inches. The past two winters have brought less than 10 inches each. It's snowing this morning--2 to 4 inches they predict. We have already moved into fourth place all-time in the history of weather reporting in Columbus with 46.4 inches, so we might hit 50 before the day is over. That will give us a good shot at third (53.9) or even second (54.1) on the all-time list. So, as irritating as it is becoming, I guess we should go for it. I hope first place

(around 68 inches, I believe) is out of reach. Although they do plow the bike path on which I do much of my "training" (well, at least I keep fit), it's not always done immediately and never clears the path completely. So much of my "training" for the past month has been on very difficult surfaces. Compounding the problem is that it's also a much colder winter than the norm, so we haven't had any thawing for weeks to clear the residue of the plow. Normally, snow accumulations come and go in a couple of days around here. Well, I may be floundering in the snow and ice, but I tell myself that I'm building strength by walking on such surfaces, not to mention the many hours of shoveling the stuff. I know there are people in more northern climes (even as close as northern Ohio along the lake), who wonder what I might be complaining about. Not really complaining. Just letting you know that winter has come to Central Ohio in a guise that we rarely see. As a matter of fact, it was 25 years ago that the lead story on our January issue was titled "Report From the Blizzard of '78". That report took up the first page and-a-half and covered the second severe winter in a row. But we probably haven't had much to say about local weather since and I certainly wouldn't bet that I will still be publishing the ORW in another 25 years. So, that's all the weather talk for a while. . . **Penn Relays.** There will again be racewalks at the historic Penn Relays in April--a women's 5 km and a men's 10 with junior, open, and masters divisions in each. Entry standards for the men are 54:00 for junior and masters and 48:00--50:00 for the open, depending on how many people apply. Standards for the women are 32:00 (junior and masters) and 27:00--28:00 (open). For further information, contact Jeff Salvage, Walking Productions, 79 North Lakeside Drive, Medford, NJ 08055 or at campsavage@yahoo.com. . . **Walks still in.** From a report on racewalking's Olympic status on the Guradian Unlimited Sport site: "Racewalking has retained its status as an Olympic sport for the games in Athens next year, but was notified here (Lausanne) last night by senior officials of the International Olympic Committee that it faces being axed from the 2008 event in Beijing if there is any repeat of the incidents that scarred events in Sydney 3 years ago. The IOC's ruling executive board issued the warning to the sport following a study by the program commission that recommended that disciplines in a number of sports should be dropped. All survived. . . but walking was put on a final warning because of events during the 2000 Olympics. There the disqualifications of Australia's Jane Saville as she entered the stadium and Bernardo Segura after the Mexican had completed a victory lap of honor caused huge controversy. 'We will give a chance to the international federation (IAAF),' said Gilbert Felli, the IOC's executive director. 'If we don't have any more incidents, then it will remain; if we do, we will again review the situation.' " My own reaction is that it's nice that the IOC is giving racewalking "another chance", but it's unfortunate that after many messages from around the world, they still don't understand that there were no "incidents" surrounding racewalking at the 2000 Olympics, just things misreported and misinterpreted by the press and others, such as IOC officials. Two walkers were properly disqualified while on their way to gold. Neither questioned the fairness of disqualification. Should the judges have ignored what they saw and given them the gold in order to avoid an "incident?" (Which, to many seemed to be case in Mexico City 32 years earlier when Jose Pedraza took the silver despite what seemed to be very clear violation of the rules. That seemed to be much more of an incident than those in Sydney.) It was unfortunate that Segura could not be given the red flag before he had finished, but it created controversy only in the minds of those who didn't understand judging procedures. Procedural measures taken since appear to have virtually eliminated the possibility of such late disqualifications in the future, and have proven effective in subsequent international competitions. So, we should be able to avoid further "incidents" that might raise the ire of IOC execs. Of course, these "incidents" certainly pale to utter insignificance in comparison to the brouhaha in figure skating last year and the bribery surrounding it. But, I haven't seen where that sport has an axe hanging over its head. Well, I guess vigilance, a clean nose, and positive PR remain the watchwords for our sport in the years ahead. (See also Elaine Ward's comments later in this issue.) . . **The Pedraza "incident".** While typing the above, I began reflecting on the Pedraza "incident". In retrospect, Pedraza's winning the silver certainly

gave strong impetus to what Jerzy Hausleber, the Mexican coach, had started there, generating immense interest in the sport and its possibilities for Mexican prestige in the sporting world. Would the program have taken off as it did had he been DQ'd? Would Hausleber have been retained as National Coach? Who knows? But, he was retained and what he did in coaching and training the Mexican team to the forefront of international walking revolutionized the racewalking world so that the style of today's elite racewalkers is much different than that in vogue through the '60s. There are still arguments as to whether that was good or bad for the sport, but it certainly did change the sport, and we motor on. . . **From Aussie land.** Bob Steadman, back in Australia for several years now after sojourns in Canada (he competed internationally for Canada), Colorado, and Texas, the same one who supplied us with many communiques from Ts. Gumbojab in Outer Mongolia (long-time readers will remember those letters), writes with several interesting points. He notes he has read the ORW for 30 odd years and continues: "Since it began, it has played an invaluable role, well beyond the borders of Ohio, in encouraging walking competition, and I appreciate the sustained effort and the high standards of journalism. (*Ed. I think that is the first time we have ever been accused of anything like that.*) I enjoyed Gary Westerfield's article on biomechanics of walking, but worry over his claim that racewalking is qualitatively different from regular walking--a claim that I have never seen made about running or swimming. Perhaps the stress on 'flight phase' and different judging standards--of which we see ample photographic evidence--have overtaken old walkers like me. It must make it hard for contemporary walkers to estimate how much "wunning" or 'alking' the judges will let them get away with. A few points that perhaps should get some attention from the experts in your pages: 1. What the pattern of shoe wear can tell us of a walker's gait, and how it may be improved, e.g., the extent to which pronation and scuffing can be identified, hence minimized. (*Ed. For many years, I have been able to identify problems from different wear of the right and left shoe, but I'm not sure what to do about them short of trading in a dilapidated body structure for a new one.*) 2. The benefits of artificial stress in training, e.g., wearing extra clothes, heavy shoes, walking/running up hills, heat stress by training in hot weather or wearing hot clothes, wearing wrist or ankle weights, etc. (*Ed. I have some opinions on some of those, but will entertain comments from any experts out there. Write an article, and you will be published in this prestigious journal, now officially branded as a paragon of journalistic excellence.*) . . . **Clinics and such.** In an effort to get a racewalk program in New Hampshire, a clinic is scheduled for 10 am, April 6 at Plymouth State College Fieldhouse in Plymouth. For further information, contact Everett at [littletown@fcgnetworkd.net](mailto:littletown@fcgnetworkd.net) or call 603-744-3335. For this summer, Ray Kuhles has scheduled a youth racewalk camp at California University in California, Pennsylvania (not to be confused with that sliver of land on the West Coast). Cost of the June 25-29 camp is \$200 for resident campers and \$150 for commuters. Overnight campers will be lodged and fed in campus residence halls. Commuters will also be served lunch and dinner. The camp is for youth ages 12 to 18. Ray will be assisted by Amber Antonia and additional staff to be named. California is 35 miles south of Pittsburgh near Interstate 70 and Highway 43. And finally, Dave McGovern will offer a Racewalking Weekend in Santa Clara, Cal., March 14-16. Participants will benefit from lectures on modern racewalk technique featuring video from recent Olympic and World Championship competitions, individual videotaped technique analysis, and lectures on race preparation, racing strategy, and proper training methods to make the most of limited training time. The \$125 fee includes individual video taped technique analysis, group lectures, use of Polar Heart Rate Monitors, and all handouts. For more information contact Daniel Coupal, 540 Mansion Park Drive #308, Santa Clara, CA 95054. . . **Book and Video.** Jolene Steigerwalt and Elaine Ward have put together a book and video on *Dynamic Self-massage for Fit and Fast Walking*. The book explains the primary muscles involved in fast walking and describes how the wear and tear of repetitive activity can gradually limit flexibility. It tells how to prevent this loss. The video shows dynamic self-massage in action, showing you how to apply self-massage to meet your personal needs. Jolene is a registered nurse and certified sports

massage therapist with a specialty in chronic pain and muscle dysfunction. She has adapted the work of others to develop dynamic self-massage. Elaine is the President of the North American Racewalking Foundation, coach of the Southern California Walkers, and the author of many books, videos, and articles on fitness and competitive walking. The video is \$19.95, the book \$14.95, and the pair \$31.95 (plus tax for California residents). Add \$4.00 for shipping for either or both. Order from North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115-0312. Call 1-800-898-5117. . . **Derek.** As most of you will remember, our son Derek was involved in a motorcycle racing accident in June 1997, resulting in a spinal chord injury that has had him in a wheel chair since with paralysis from the waist down. I have reported from time to time on his progress. At last report, he was in his own home and thriving, thanks in large part to his positive and caring attitude. For some time, he has been involved in pranic healing. (I won't go into a description here--if the term has no meaning to you, you can find a lot of resources describing it, most recently Master Stephen Co's book, *Your Hands Can Heal You*.) Derek got involved through an RN at our church who is also a licensed massage therapist, a healing touch therapist, and a practitioner of pranic healing. He has attended many seminars, here and in St. Louis, and gotten acquainted both with Master Co and the originator of the practice, Master Choa. The latter recommended to Derek Dr. George Dangel in Brisbane, Australia, who has had much success with spinal chord injuries. As a result, Derek spent 3 weeks in Brisbane in January in intensive pranic treatment with Dr. Dangel and his assistant and is continuing similar treatments with Sybil Baker, the nurse at our church, who has been in contact with both Dr. Dangel and Master Choa regarding Derek's case. No, he is not walking, but he sees progress in some sensitivity below the belt that wasn't there before. Incidentally, while he was in Brisbane, Dr. Dangel was contacted by Christopher Reeve, who made plans to visit Dr. Dangel the week after Derek left. He plans to return to Brisbane in November, where he has been invited to play in an annual Asian-Pacific Festival for artists with disabilities (not an exact title, but something like that). His CD of original acoustic guitar music, *Medicine Wheel*, is still available through the ORW for \$15.00 (including postage and handling). So, for those who ask from time to time, I can report that Derek is doing quite well. . . **Masters Awards.** The Master's Track and Field Committee of the USATF selected the following athletes for Outstanding 2002 Masters Racewalkers Awards: Overall--Sherry Brosnahan and Paul Johnson; 40-44--Marcia Gutsche and Rod Craig; 45-49--Debbie Topham and Bill Reed; 50-54--Sherry Brosnahan and Rick McGuire; 55-59--Kathy Frable and Leon Jasionowski; 60-64--Janet Higbie and Paul Johnson; 65-69--Joanne Elliott/Bev LaVeck and Paul Johnson (Paul had outstanding performances as both a 64 and 65-year old during the year); 70-74--Claire Elkins and Al DuBois; 75-79--Florence Dagata and Ed Gawinski; 80-84--Jane Dana and Paul Guyer. . . **Carl Kurr.** Old-timers in the sport will remember the great Carl Kurr, a very competitive walker for the Penn AC in the 1950s and early '60s. Lou Neishloss writes to tell us that Carl is now on life support. He goes on: "Carl, who once weighed 218 lbs is now at a body weight of 101. Any further information can be gotten from his sister Elaine at C.O. Coulter, 108 Glenn Oak Road, Norristown, PA 19403. Carl is at Plymouth Home, 845 GFermantown Pike, Plymouth Meeting, PA. Many times Carl would come to Norristown. I would meet him at the train station, then we would work out at Roosevelt Stadium. A minimum of 20 miles on the track every time, rain, shine, whatever. Sometimes 24 miles and boy he was tough. Afterwards, a few beers at myu apartment, then I would drive Carl back to Philly to his paren's house and have a real, old-fashioned German dinner. I will never forget the hospitality. It hurt to write this." . . **An auction.** Sal Corrallo announces an auction to help provide cash awards for the National Invitational 20 Km on April 6. The NIRW management team is offering the opportunity to bid on three pieces of 1990 USATF International Team uniforms--two large warm-up suits and one medium competitive uniform. All the proceeds from the auction will go to the top three finishers in the men's and women's 20 Km events. Minimum bid on the uniform is %50 and the minimum bid on the warm-ups is \$150. Buy it now bids until March 15 on the warm-ups is \$300 and on the



uniform \$100. Send all bids to Sal Corrallo at salmarcorrallo@mchsi.com or 72 Creek Road, Millsboro, DE 19966. The auctions close on April 5 at 12 noon. Two-thirds of the bid can be claimed as a tax deduction. Make checks payable to PVA/USATF. *(Ed. I have some mixed feelings on this. I have a few USA team warm-ups and competitive uniforms of my own that I earned by being on teams. So, in an egotistical manner, I felt some resentment when the USOC started selling all sorts of USA Olympic gear--though not official Olympic outfits. And, I have some of those feelings about auctioning off official USA gear. But, at the same time, I have seldom worn any of the gear that I have, other than for the international meets for which it was issued, because I have the feeling people may think it's an egotistical display. Particularly these days, when moving at, say a 10 minute pace, is speedwork. I'm sure not worthy of trying to look like an elite walker through the clothes I wear. So, what can I do but give my blessing to the auction--not that they asked for it.)* ... **Qualifying standards.** According to the USATF web site, the following qualifying standards have been set for the 2003 Outdoor National Championships and the 2004 Olympic Trials: 2003 Men's 20 Km--A time of 1:36:00 guarantees entry for eligible athletes (US citizen, 16 or older, not suspended). There is also a stipulation that an athlete within 0.1 percent of the standard (1:36:05.76 in this case) may be accepted by the sport chair if space permits. Women's 20 Km--1:50:00 or faster guarantees entry (1:50:06.60 if the 0.1 percent rule is applied). Women 14 and older are eligible. For both men and women qualifying performances must be between 7/5/02 and 6/15/03. 2004 50 Km Olympic Trials--4:45:00 or faster gains entry to the Trials, if walked between 1/1/03 and 2 weeks before the Trial date. 2004 20 Km Olympic Trials--the standard is 1:34:00 for men and 1:48:00 for women with a qualifying period of 1/1/03 to 7/1/04. ... **Judges.** The IAAF has required judges eligible for assignment to International competitions anywhere in the world to go through a round of testing to reduce the number of Level III judges. In the past, there have not been enough available assignments to provide each judge with one event over a 4-year period. Following the testing, Ron Daniel, one of two Americans to go through the testing, is now the only American IAAF Level III judge. He will have one assignment in a 4-year period. Gary Westerfield, Bob Hickey, Lori Maynard, Darlene Hickman, and Bob Bowman are Level II judges eligible for assignment to international competitions in the Western Hemisphere. USATF judges possessing a Masters level certification are considered IAAF Level I judges. They aren't eligible for international competitions.

### Canadians Tough At the Top

The latest issue of Canada's Track and Field magazine, *Athletics*, carried an all-time list of Canada's top walkers. Canada has had some great walkers and it's interesting to see how they have us beat at the top--through the top five;

Canada	U.S.
3:47:48 Marcel Jobin, 1981	3:48:04 Curt Clausen, 1991
3:48:15 Francois Lapointe, 1988	3:55:39 Larry James, 1994
3:50:23 Tim Berrett, 1993	3:56:13 Philip Dunn, 2002
3:56:02 Arturo Huerta, 2000	3:56:55 Marco Evoniuk, 1988
3:56:46 Guillaume Leblanc, 1992	3:57:09 Carl Schueler, 1987

But then, Canada falls to 4:07:59 (Martin Archimbault, 1988), while the U.S. has four more under 4 hours (Andrew Hermann 3:57:54, Andrzej Chylinski 3:58:39, Al Heppner 3:58:45, and Herman Nelson 3:59:41), with Larry Young and his two Olympic bronzes now relegated to 10th spot at 4:00:46. Paul Wick at 15th on the U.S. list is still ahead of Archimbault. And Helmut Boeck at 10th on the Canadian list (4:25:23) would not make the top 50 in the U.S. With several Canadian subscribers, I'm not trying to put down their efforts. I just thought it was interesting that

they have been able to develop three walkers much superior to any of ours, save Curt Clausen, from a much smaller pool of talent and far less depth than we, who complain of our lack of depth, and if it appears embarrassing to Canada, think of how embarrassing it would be to put our all-time list up against that of Russia, Germany, Italy, or Spain. (Incidentally, I see in 20th spot on the Canadian list Bob Steadman, who we quote in the From Heel to Toe feature.)

### Ranking the Nations

Taking the 2002 world lists of the top 100 walkers for the women's 10 and 20 km distances and the men's 20 and 50 (based on time), Steve Vaitones has developed tables showing the top nations in each event based on the number of walkers in the top 100. The tables also show the highest ranked walker for each nation. Russia tops the tables in all but the 50, where they are second. China also shows very strongly, topping the 50, coming second in both women's events, and showing third in the men's 20. Italy emerges as the third strongest with a third and three fourths, and then comes Mexico with high placings in three of the four events. Here are Steve's tables:

#### Men's 20 Km

Nation	No. in top 100	Highest
Russia	21	2
Mexico	9	23
China	9	27
Italy	7	7
Japan	7	12
Poland	5	6
Belarus	5	14
Spain	3	1
Kazakhstan	3	35

#### Men's 50 Km

Nation	No. in Top 100	Highest
China	13	31
Russia	12	2
Italy	9	10
Mexico	9	30
Spain	7	7
France	5	16
Poland	4	1
Slovakia	4	23
Australia	4	26
Japan	4	43

The U.S. had one walker in the 20 and three in the 50. 30 countries were represented in each event. 100th in the 20 was at 1:24:50 and in the 50 at 4:07:44.

#### Women's 10 Km

Nation	No. in top 100	Highest
Russia	20	7
China	16	26
Italy	15	4
Romania	7	2
Poland	5	25
Belarus	4	8
Portugal	4	31
Spain	3	13
Great Britain	3	68

#### Women's 20 Km

Nation	No. in top 100	Highest
Russia	19	1
China	13	21
Spain	8	11
Italy	7	8
Mexico	6	29
Romania	5	15
Belarus	5	15
Ukraine	5	19
Japan	4	43
Germany	3	23
Portugal	3	26*

24 countries were represented at 10 Km and 17 at 20 with 100th best times at 48:27 and 1:37:35



\*The U.S. had three women under this time, so now I see one shortcoming in this analysis, which probably doesn't have a huge effect on the outcome. Apparently this is based on times in road races, ignoring times on the track and leaving the U.S. out of that tie for 10th. Joanne Dow, Teresa Vaill, and Amber Antonia were all well under the 1:37:35 100th place time in the National title race, held on the track. But none of them had comparable road races. Probably no other nation would be effected to this extent in ignoring track times. Since there are few track races held and since most athletes who had a fast track time probably had a ranking time on the road, I doubt that many athletes were left out of the rankings.

## Commentary

Elaine Ward, in her NARF *Racewalking Bulletin*, briefly reviewed recent history of racewalking rule and judging changes and then went into a discussion of what she sees as a remaining and underlying problem. That discussion expands on my comments earlier in this issue regarding the Sydney "incidents". Here is what she said.

### An Underlying Problem

Comparisons of racewalking to other judged sports are often made. However, there is a difference, and it seems to be the one that continues to put our sport under the gun. To my knowledge, it is seldom discussed within the racewalking community. We may elect to ignore it for sundry reasons, but we need to keep aware of it as it fuels the arguments of our critics.

Ice skating and diving are two of the most popular and highly visible judged sports in the Olympics. We have all seen gross errors even corruption in the judging of these sports. The most recent example was in the 2002 Winter Olympics in pair skating when the Russians were awarded the gold medal over the Canadians. On appeal, the judging scandal that surfaced was remedied, and both the Russians and Canadians were given gold medals. There was no lasting outcry to eliminate pair skating from the Olympics because of the possibility of corrupt judging. Once the issue was settled and corrective steps taken, the official clamor was over.

The same attitude is not extended to judging problems in racewalking. To this day, the difficulties at the Sydney Olympics are held against us. Most importantly, it seems that no matter what the leaders of our sport do to rectify judging inefficiencies, it isn't enough. So again and again, it must be asked, why the persistent, even righteous hostility? There is an undying difference between racewalking and the "aesthetic" sports, such as ice skating and diving. In ice skating, for instance, those who place in a competition are determined by the subjective opinion of a number of judges. (*Ed. I also refer to this as subjective, but I know that those in these sports, as well as gymnastics, will argue that the judging is very objective, based on solid criteria.*) If there are eight expert judges, each interprets the specific details of what he or she perceives on a number scale with 6 being the maximum score obtainable. The scoring of the eight judges is then averaged and the resulting ranking of the competitors is 100 percent subjective.

In addition, skaters who execute their jumps and fast footwork poorly or who repeatedly fall are not disqualified. They finish their competition, albeit with low scores. The only objective rules considered by the judges have to do with the number of minutes allowed a specific routine, and the required moves that must be executed in the routine.

When you come over to racewalking, the winner and loser are determined by the objective measurement of time—the time it takes a competitor to get from A to B. However, there is also a subjective factor. This factor involves the judges' separate evaluations of who is walking legally or illegally during a competition. This subjectivity is perceived by our critics as "unfairly" impacting who crosses the finish line with the best times. Even though our rules stipulate that judging is by the human eye, they ask, "How can you justify subjective judging in an event that is measured

objectively by a timing device?" (*Ed. Again, there are those in our sport who would argue that judging is not subjective. To them I would say, perhaps not wholly subjective, but if it were wholly objective, then wouldn't every walker, at the end of the race, have either no red cards or, if there are eight judges, eight red cards?*)

**Lifting.** In international racing, our sport's critics make a further case based on the existence of lifting. Though the legality of many of the best walkers in the world cannot be challenged, there are walkers who clearly lift. Some get the requisite three red cards and are disqualified. Some receive only one or two cards and are allowed to finish the race.

Our critics claim that clearly some walkers are getting away with lifting. They reason that a walker who lifts for 40 to 50 milliseconds is getting an advantage on the walker who is maintaining ground contact or who is lifting only 30 milliseconds (which is about where the human eye can see lifting.) Though some very knowledgeable judges do not feel that lifting gives a walker an advantage, this argument has not penetrated the thinking of those who do. They claim the variance in time spent lifting by different walkers impacts the results unfairly.

There is another corollary argument that goes like this: In racewalking, you have a competitor who has spent 8-10-15 years training and racing throughout the country. He or she finally qualifies for an Olympic Team as one of the best 20 Km walkers in his or her country. At the Olympics, the athlete walks 19.5 Km and is disqualified for lifting and must leave the course.

From our perspective as racewalkers, we accept the judging assessment that the competitor should be disqualified and should leave the course. From the perspective of our critics, the disqualification seems arbitrary. They further argue that probably 90 percent of the field lifts at some point during a race and 90 percent deserve to be disqualified. They have no proof, but they perceive elite racewalkers as lifting or "running" at the speeds they are going. Their perceptions feed their prejudice against the subjective judging/objective timing dichotomy.

It boils down to the assessment that a sport's winners should be determined 100 percent subjectively as in ice skating or determined 100 percent objectively as in a marathon. They look at racewalking as mixing apples and oranges. They feel that the winners are therefore not necessarily the ones with the best training and cardiovascular endurance, but the ones who get away with the most lifting. (*Ed. Of course, those with the best training and cardiovascular endurance don't necessarily win the marathon, either. There is another side, as in racewalking—call it heart, mental toughness, emotional stability, whatever.*)

This is the thinking that we are up against and that weighs heavily on our sport. As racewalkers, we know that a Jefferson Perez or Robert Korzeniowski win their international gold medals by magnificent, legal racewalking. At the same time, we also know that lifting takes place in the heat of competition and usually unintentionally. It is my concern that just as bad news is given more coverage than good news, those who appear to be lifting or are disqualified get more coverage than those who race well. Though we may have friends in high places, our longevity as an Olympic sport may depend on us mounting an effective campaign to rebut or to solve the subjective/objective dichotomy influencing our critics.

\* \* \* \* \*

From the book *Training for Racewalking* by Frank McGuire, 1962, in which he included training capsules of elite walkers from around the world.

Kenneth Joseph Matthews, Eddington, England. Olympic Representative, 1960 (Matthews went on to win the 1964 Olympic 20 Km in 1:29:34, 1:39 ahead of second place, the largest margin in Olympic 20 Km history.)



Best times: 2 miles 13:09.2, 5 miles 34:21.6, 7 miles 48:02, 10 miles 70:57, 20 km 1:28:15, 25 Km 1:53.0, 1 hour 8 miles 1018 yds. Born Birmingham, England, June 21, 1934. Started racing in 1952 at age 18.

Pre-training warmup: Approximately 20 minutes jogging and walking then 3 or 4 straight sprints.

Pre-race warmup: 20 minutes walking to remove all stiffness, shin soreness, etc. Three or four 200 yard sprints and 10 minutes rest. Trains all the year around, during winter races 7 miles every fortnight. Training is cut to a minimum during November and December so that full training in February means extension of distances with fitness maintained.

Training for 2 Miles: The fact that there are many races from 7 miles upwards restricts serious training for shorter distances. Therefore, 2 miles training is incorporated with 7 miles training, i.e., fast and slow laps 1:35 and 2:35 X 10 or 15. Training varies according to how he feels. Sometimes a fast mile with 10 minutes break followed by 2 to 3 miles followed by a flat out mile. This is made easier if you can have a runner just in front to keep you going.

Training for 10 Km and 7 Miles: Likes to cover the distance at least twice a week including the above training for pure speed while keeping an eye on style. Someone usually tells him if he is moving correctly. He does not race in the longer events such as the 50, believing that these distances have a slowing effect for sprinting. Trains alone and has no personal coach, but is advised by his father and H.H. Whitlock. Has no other sporting activities. Does no weight training and calisthenics only occasionally when warming up.

Pre-race meal: One of two soft boiled eggs or poached on toast usually at breakfast time. Nothing else before the race unless the event is in the late afternoon when a ham salad less cucumber and tomatoes is taken. Believes a walker should develop his own particular style while training—always remembering the rule of walking.

## LOOKING BACK

**40 Years Ago** (From the Feb. 1963 Race Walker, published by Chris McCarthy)—The National AAU 1 mile Championship race, contested in Madison Square Garden, went to Ron Zinn for the third straight year. The 23-year-old Army lieutenant finished in 6:42, 5.1 seconds ahead of Ron Laird. Close on Laird's heels was Bill Omeltchenko, who finished in 6:49. Alan Blakeslee was fourth in 6:52 and four others broke 7 minutes. . . A week earlier, Akos Szekely, only sixth in the national race, had beaten Zinn at the New York AC Games with a 6:38.2. However, he had a 35 yard head start in the handicap. Zinn walked 6:41.8 from scratch. . . A week after the National, Zinn won the New York K of C race in 6:36.3. . . Szekely, a West Point cadet, won the IC4A (collegiate) mile in 6:56.6, as West Pointers swept the first four places. . . Mike Brodie won the Golden West Invitational 1 Mile in San Francisco in 6:38.

**35 Years Ago** (From the February 1968 ORW)—In the National AAU Indoor 1 Mile, Ron Laird won in 6:16.9, after capturing one of two qualifying heats in 6:42.9. Dan Totheroh edged Larry Young for second with a 6:23.4 to 6:24.7. Larry Walker finished in 6:19.5, but was DQ'd. . . In late news, we learned of a great 100 Km effort by the GDR's Christoph Hohne the previous fall. Passing 50 Km in 4:23.47, the German 50 Km ace went on to win the Swiss race in 9:15:58. . . Tom Dooley did 20 miles on the track in 2:40:39, passing 30 Km in 2:28:47. Laird, shooting for a world 30 Km record, called it a day after passing 15 miles in 1:54:51.

**30 Years Ago** (From the February 1973 ORW)—Ron Daniel prevailed in the National AAU Indoor 1 Mile race, covering the distance in 6:22. His NYAC teammate, Ron Kulik, copped second in 6:24.2, with young Todd Scully just missing a chance to compete against the Soviets with his 6:25.7 in third. Don DeNoon, after a three-year layoff, showed some of his old speed with a 6:30.1 in fourth. . . Lynn Olson won the women's title in a quick 7:39 ahead of Jeanne Bocci, who was then DQ'd. Thus, second went to Ellen Minkow in 8:06 with Carol Mohanco, Kettering, Ohio, just 2 seconds back in third. . . Daniel also won the Olympic Invitational 1500 in a close race with John Knifton, Kulik, Scully, and newcomer Dan O'Connor. Times: 5:57.2, 5:58.2, 5:58.5, 6:00.7, and 6:03.5. . . 16-year-old Sue Brodock showed some promise with a 7:55.7 mile in a girl's race in California. Later, she did 7:17 for 1500 meters.

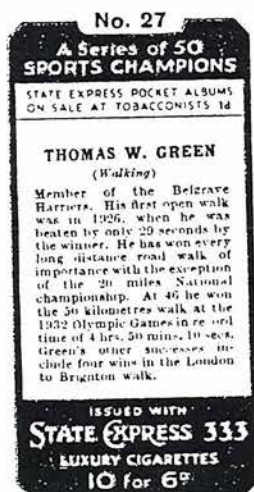
**25 Years Ago** (From the February 1978 ORW)—We made a big mistake in our lead headline, which we didn't notice until 10 years later when doing the Looking Back column. Apparently no one else had noticed either, or they just passed it off as another of the many ORW typos. Anyway, the head reported "Liers Defends Indoor Title. . ." The only problem—Sue Brodock won the race, which was the National Indoor 1 Mile, and it was she who was defending the title (I guess when you've seen one Sue, you've seen them all). Brodock's 7:01.7 bettered her own record of 7:05.9. Liers was a distant second in 7:34.9 with Tracy Trisco third. The Men's 2 Mile title went to Todd Scully in 13:07.6. Dan O'Connor (13:20.3) edged Jim Heiring (13:21.2) for second. Ron Daniel and Dave Romansky were next about 14 seconds further back. . . Neal Pyke walked an American record 6:04 mile in San Francisco and Scully did 1500 meters in 5:47.9 at the Olympic Invitational, another American record. Scully also won miles in the Millrose Games and in Philadelphia. . . Larry Walker won the LA Times mile in 6:26.5.

**20 Years Ago** (From the February 1983 ORW)—Leading all the way, Ray Sharp won the National Indoor 2 Mile title in a record 12:13.33. Jim Heiring stayed close, but could never quite challenge for the lead and finished second in 12:15.36. Dan O'Connor and Todd Scully were also under 13 minutes, with Troy Engle and Wil Preischel rounding out the top six. . . The Women's Mile went to Sue Brodock in 7:14.67, less than 3 seconds ahead of Teresa Vaill. Susan Liers, Vicki Jones, Chris Anderson, and Carol Brown followed. . . Heiring set an American record for 3 Km in Chicago, winning in 11:32.15, better than a half-minute ahead of Tim Lewis. . . Sharp blasted a 5:47.98 for the mile in Albuquerque, beating Heiring by 7 seconds, and won the LA Times in a "pedestrian" 6:07.8, with Dan O'Connor, Tom Edwards, Gary Morgan, and Todd Scully on his heels.

**15 Years Ago** (From the February 1988 ORW)—At Researach Triangle Park, N.C., Carl Schueler scored an impressive National 50 Km victory in 4:02:55, his fifth title at the distance. Carl blasted the final 10 Km in 44:50 to move easily away from Andy Kaestner (4:11:10) and Jim Heiring (4:12:37). Dan Pierce (4:18:00) and Mark Green (4:18:47) were next, as 14 walkers went under 4:30. (Anymore it seems rare to have 10 even finish the distance.) Just getting started on his illustrious career, Curt Clausen, just 20 years old at the time, was 11th in 4:27:25. . . Maryanee Torrellas edged Teresa Vaill to win the National Indoor 3 Km in 12:45.38. Teresa had 12:47.32. Lynn Weik was third in 13:24.88. Canada's Guillaume Leblanc led the men's 5 Km in a Canadian record 18:53.25. Tim Lewis, in second, won the U.S. title in 19:56.05, 6 seconds ahead of Gary Morgan. Paul Wick (20:11.42) and Mike Stauch (20:25.05) followed. Leblanc's time placed him seventh on the All-Time World List at that time. . . Tim Lewis had a World's best mile of 5:33.53 in winning the Millrose race by 20 seconds over Gary Morgan. He had another World best of 5:13.53 in winning the Vitalis Invitational 1500 meters. . . Torrellas did 6:37.06 for 1 mile in Fairfax, Virginia, beating Weik by 11 seconds.

**10 Years Ago** (From the February 1993 ORW)—Jonathan Matthews won the National 50 Km in Palo Alto with a 4:01.36. Next was Herm Nelson in 4:09.49, then Andrzej Chyulinski in 1:14:14 and Paul Wick in 4:16:48. . Great Britain swept the U.S. men in an indoor 3 Km in Birmingham, England. Martin Rush (11:40.54) was first, followed by Darrell Stone and Martin Bell. Dave McGovern led the U.S. with 11:57.41 and Ian Whatley had 12:13.56. In the women's race, Sara Standley won in 13:00.40 with Victoria Herazo second in 13:08.95. . Debbi Lawrence beat Standley in the Fairfax 1 Mile with a 6:20.18. Sara had 6:35.51 and Victoria Herazo 6:47.82.

**5 Years Ago**—(From the February 1998 ORW)—The National 50 Km in Palo Alto, Cal., saw Canada's Tim Berrett crossing the line first in 3:55:08. Second, and winning the U.S. title, was Curt Clausen in 3:57:24. That bettered his personal best, dating back to 1988 (see above), by half-an-hour, as he became the sixth U.S. walker all-time to better 4 hours for the distance. Tim Seaman, in his 50 Km debut, was third in 4:05:35 and Andrew Hermann came fourth in 4:08:00. There were nine finishers. . Clausen also had an indoor 3 Km win in 11:40.3. . In Australia, Nick A'Hern had a quick 20 Km win in 1:21:40, beating New Zealand's Craig Barrett (1:22:20)



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