

Two National Titles Races Held

National titles at 40 and 5 km were decided in a 6-day period in September. In the 40, held in Ocean Township, N.J. on Sept. 14, Curt Clausen scored a decisive win in the men's race and Cheryl Rellinger survived to annex the women's title. On the following Saturday, racewalkers reassembled in Kingsport, Tenn. for the 5 Km race. There, Tim Seaman, fresh off two national road records in Europe, left Clausen more than a minute back and Bobbi Chapman was completely challenged in winning the women's race.

In New Jersey, there were 60 starters (men and women), but only 23 survived in very sultry conditions. The race started with the thermometer only at 70 F, but the relative humidity in the 95 percent range. Less than 2 hours into the race, the temperature was up several degrees and rising and the sun was beginning to poke through to bake the sweat-drenched athletes.

Ignoring the conditions, Al Heppner started out at a planned sub-3:12 pace (that would be a sub-4 hour pace for 50) with Clausen in tow. The pace held through 12 Km (57:26), where Clausen decided it was a bit fast for the day. Heppner pressed on but was given his third red card at about 18 Km, leaving Clausen on his own. Sticking to a comfortable pace (if anything could be comfortable in such sticky conditions) Clausen strode to victory in 3:25:28, nearly 16 minutes ahead of runnerup John Soucheck. The only other under 4 hours were masters winner Nick Bdera and newcomer to the sport, Ed Parrot, in an impressive first try at one of the longer distances. Dave McGovern led Soucheck by 4 minutes at 20 Km (1:45:23), but had to make several pit stops allowing Soucheck to catch him at around 25 km. Dave called it a day at 28 km. Bdera was challenged by Steve Pecinovsky for 20 km, but Steve dropped out at 24. Rod Craig and Ed Fitch were also with these two in the early stages, but had to back well off the early pace, finally finishing in fifth and seventh, with old-man Leon Jasionowski motoring along between them.

In the women's race, Rellinger thought she was on her way to an easy win as she built a lead of 10:38 over Erin Taylor by 26 Km (2:35:47). But, the going was tough from there and Taylor cut that to just 2:04 by the finish as Cheryl needed nearly 2 hours for that final 14 Km. The results:

Men--1. Curt Clausen, NYAC 3:25:58 2. John Soucheck, Shore AC 3:51:06 3. Nick Bdera, Park RW (54) 3:51:06 (reported as U.S. age group record) 4. Ed Parrot 3:58:23 5. Rod Craig, Pegasus AC (45) 4:06:18 6. Leon Jasionowski, Pegasus AC 4:13:00 7. Ed Fitch (42), Miami Valley TC 4:14:18 8. Vlado Haluska 4:20:15 9. Bob Keating (56), New England Walkers 4:24:15 10. Tom Quattrocchi (52) 4:30:55 11. Ken Lampar, Pegasus AC (46) 4:43:38 12. Peter Bayer (65) 4:54:19 13. Jack Starr (75) 5:01:25 15. Art Glass (54) 5:16:54 16. Mike Michaels (70+) 5:26:27 17. Niall Mandal (60) 5:52:03 (3 DQs, also among DNFs Chris Knotts and Al Cowan) Team--1. Pegasus AC

Women--1. Cheryl Rellinger 4:32:50 2. Erin Taylor 4:34:54 3. Dorit Attias (40+) 4:52:58 4. Marie Woodland 4:55:49 5. Marie Paul 5:37:04 6. Lucanne Musco (5:37:21)

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At Kingsport, Clausen, concentrating more on the distances, was no match for Tim Seaman's speed. Compared to an American record the previous weekend, it was a stroll in the park for Tim, but he was still well clear of Clausen at the finish--20:32 to 21:44. Dave McGovern was third. Bobbi Jo Chapman's victory was even easier as she cruised to a 24:28, more than 2 1/2 minutes ahead of runnerup Heidi Hauch. Further back in the field, Jack Bray was magnificent, racking up a 70-74 age group record with his 28:05. The results:

Women: 1. Bobbi Jo Chapman 24:28 2. Heidi Hauch (43) 27:01 3. Lee Chase (49) 27:12 4. Teresa Aragon (42) 27:17 5. Gloria Rawls (46) 28:49 6. Luanne Pennesi (48) 30:07 7. Barb Koneau (42) 30:57 8. Kathy Frable (58) 31:09 9. Donna Cope (46) 32:12 10. Jolene Steigerwalt (59) 32:32 11. Elizabeth Main (52) 32:39 12. Rita Sinkovec (63) 32:54 13. Gwendolyn Thomas (55) 33:13 14. Judy Justis (45) 33:36 15. Katherine Fincher (44) 33:49 16. Ingrid Birkeland (56) 34:11 17. Darlene Backlund (58) 34:29 18. Helen Amazeen (47) 35:54 19. Barbara Taylor (56) 37:05 20. Joyce Curtis (65) 37:07

Men--1. Tim Seaman 20:32 2. Curt Clausen 21:44 3. Dave McGovern 22:20 4. Ian Whatley (44) 24:12 5. Rod Craig (45) 24:25 6. Cliff Mimm (45) 24:27 7. Keith Luoma (41) 24:54 8. Bill Reed (5) 25:21 9. Leon Jasionowski (58) 25:27 10. Gary Null (58) 26:13 11. Max Walker (56) 26:54 12. Norm Frable (58) 26:54 13. Jim Carmines (60) 27:30 14. Bruce Booth (55) 27:41 15. Paul Johnson (66) 28:05 16. Jack Bray (70) 28:05 17. Larry Windes (45) 28:14 18. Jerry Goodwin (47) 29:11 19. Allen Albert (60) 29:15 20. John Fredericks (55) 29:54 21. Barton Kale (47) 30:24 22. John Backlund (63) 30:38 23. Looser Heinrich (64) 31:19 24. Bill Goodwin (56) 31:26 25. Larry Swymour (62) 32:27 26. Andrew Briggs (72) 34:10 27. Bob mimm (78) 34:50 28. Thomas Keller (65) 34:52 29. George Solis (71) 37:32 30. Bill Justis (51) 38:22 Team--1. Pegasus AC

Seaman With Back-to-Back Records

Tim Seaman's star shone brightly in Hildeshiem, Germany the weekend before the U.S. 5 Km Championship race. Facing several of the world's top walkers, he raced to an American road record for 5 Km with a 19:09 as he finished third. He came back the next day to break the American road record at 10 Km as he finished sixth in 39:59.

In the 5 Km, Tim broke his own record set in 1996 by 50 seconds (he also had a 19:47 in 1999, but that has never been accepted as a record). The race was won by Belarus' Ivan Trotskiy in 18:57, four seconds ahead of Norway's Erik Tysse, Tim's training partner for the previous week. After an initial 500 meters in 1:54, Tim started moving up the field and eventually found himself in fourth place battling with Yevgeniy Misyulya and Mikhail Chelmnitskiy, both from Belarus. Tysse took the lead after 2 Km and only Trotskiy, Jiri Malysa, and Seaman were able to stay close to him. Trotskiy soon regained the lead, and just after 3 Km, Tysse and Seaman passed Malysa. At 3.5 km, Tysse went after Trotskiy, pulling Seaman along. When Tim had his slowest lap of 1:58, Tysse was able to open 5 seconds by 4 km. Seaman was able to finish strongly with a final 5 Km lap of 1:52.6 to secure third by 9 seconds over Malysa.

In the 10 Km, Poland's Robert Korzeniowski and Trotskiy pulled away from the field early and dueled all the way, with Korzeniowski prevailing 38:44 to 38:52. With each having two red cards, they had to play it cautiously over the final 2 Km, but still finished well clear of Tysse. Seaman covered the first kilometer in 3:59.6 in sixth place. He hung on well and went through 5 km in 19:49, well ahead of record pace. He faltered a bit from there, with his next two kilometers in 4:01 and 4:06.9. But that was his low mark, as he recovered to walk 4:03 and 4:02. Then a strong final kilometer brought him under the 40 minute mark, breaking Curt Clausen's road record, set in 1997, by 48 seconds. Tim also holds the American record on the track with his 39:43.85 in 1998.

In accompanying women's races, Norway's Kjersti Tysse-Platzer was brilliant winning at both 3 Km (11:41), 7 seconds under the world record on the track (this was a road race) and at 5 Km (20:08), just 5 seconds off Kerry Junna-Saxby's world road best. Results of the four races:

5 Km, September 13--1. Ivan Trotskiy, Belarus 18:57 2. Erik Tysse, Norway 19:01 3. Tim Seaman, USA 19:09 4. Jiri Malysa, Czech Rep. 19:18 5. Milos Holusa, Czech Rep. 19:20 6. Zdeno Babik, Slovakia 19:24 7. Andrej Makarov, Belarus 19:30 8. Yevgeniy Misyulya, Belarus 19:46 9. Viktor Ginko, Belarus 19:52 10. Jiri Chaloupka, Czech. Rep. 20:08 DNF--Mikhail Chelmnitskiy, Belarusa and Andre Hohne, Germany

10 Km, September 14--1. Robert Korzeniowski, Poland 38:44 2. Ivan Trotskiy, Belarus 38:52 3. Erik Tysse, Norway 39:25 4. Yevgeniy Misyulya, Belarus 39:37 5. Andrej Makarov, Belarus 39:50 6. Tim Seaman, USA 39:59 7. Jiri Malysa, Czech Rep. 40:11 8. Milos Holusa, Czech Rep. 40:12 9. Frank Werner, Germany 40:27 10. Viktor Ginko, Belarus 40:48 11. Jan Albrecht, Germany 41:23 12. Andre Hohne, Germany 41:49

Women's 3 Km, September 13--1. Kjersti Tysse-Platzer, Norway 11:41 2. Yelena Nikolaeva, Russia 11:50 3. Melanie Seeger, Germany 11:52 4. Valentina Tsybulskaya, Belarus 12:02 5. Yelena Ginko, Belarus 12:07 6. Sonata Miluskaskaite, Lithuania 12:23 7. Kristina Saltanovic, Lith. 12:27 8. Zuzana Malikova, Slovakia 12:27 9. Olga Kardopoltseva, Belarus 12:34 10. Barbara Dibelkova, Czech. Rep. 12:37 11. Natalia Misyulya, Belarus 12:47 12. Brigita Virbalyte, Lith. 13:10

Women's 5 Km--1. Kjersti Tysse-Platzer, Norway 20:08 2. Valentina Tsybulskaya, Belarus 20:29 3. Yelena Nikolayeva, Russia 20:34 4. Melanie Seeger, Germany 20:38 5. Yelena Ginko, Belarus 20:55 6. Sonata Milusauskaite, Lith. 21:14 7. Kristina Saltanovic, Lith. 21:23 8. Olga Kardopoltseva, Belarus 21:36 9. Natalia Misyulya, Belarus 22:06 10. Zuzana Makikova, Slovakia 23:12 11. Brigita Virbalyte, Lith. 23:37 13. Lenka Zidkova, Czech Rep. 23:45

Other results

5 Km, Cambridge, Mass., Sept. 14--1. Richard Ruquist 31:36 2. Pat Godfrey 32:56 3. Tom White 33:40 (8 finishers) **Northeast 1 Hour, Waltham, Mass., Sept. 21**--1. Patrick Collier 10,310 meters 2. Aaron Whitten, Mt. Blue H.S. 9734 3. Bob Ullman 9718 4. Charlie Mansback 9072 5. Matt Forgues 9731 6. Tom White 8638 Women--1. Carly Lochala, Mt. Blue H.S. 9826 2. Holly Wenninger 9185 3. Lauren Forgues 8820 4. Joanne Harriman 8750 5. Pat Godfrey 8436 (6 finishers, 1 DQ) **5 Mile Handicap, Interlaken, N.J., Sept. 7**--1. Avram Shapiro 60:35 2. Marcus Kantz 49:40 3. Donna Cetrulo 50:19 4. Bob Mimm (78) 57:56 8. Ben Ottmer 51:13 11. Cliff Mimm 40:44 (fast time) 12. Wayne Baker 49:59 **Florida State 3 Km Championship, Coconut Creek, Sept. 14** (84 F, 85 percent RH)--1. Don DeNoon 15:20 (1st 60-64) 2. Gary Null 15:54 (1st 50-54) 3. John Fredericks (2nd 50-54) 17:05 4. Gerry Gomes (1st 70-74) 18:58 4. Daniel Koch (2nd 60-64) 19:02 5. Bob Fine (2nd 70-74) 19:40 Women--1. Carolyn Kealty 15:18 2. Linda Stein (1st 55-59) 18:19 3. Joanne Elliott (1st 65-59) 19:58 **Florida State 1500 meters, same place**--1. Null 7:17 2. DeNoon 7:29 3. Fredericks 8:10 4. Gomes 8:47 5. Fine 9:06 Women--1. Stein 8:44 2. Elliott 9:25 **5 Km, Bexley, Ohio, Aug. 31**--1. Deborah Sheridan (47) 33:39 2. Jack Shuter (73) 34:58 3. Lance Tibbles (64) 35:54 (14 finishers) **5 Km, Flint, Mich., Aug. 22**--1. Bill Reed 27:20

... Rick Sack 31:07 **Show-Me State Games 5 Km, Columbia, Mo., July 27--1.** Dave Coutts (47) 25:53 2. Gayle Johnson (54) 27:03 3. Beth Lewis 32:45 4. Jane Shyken 33:13 **5 Km, Denver, Aug. 24--1.** George Novak (44) 27:51 2. J'ne Dayh Lecore (44) 28:40 3. Nancy Breit (49) 29:07 **Doc Tripp Memorial Races, Broomfield, Col., Aug. 24: 10 Km--1.** Mike Blanchard (42) 58:32 2. Marianne Martino (53) 63:02 3. Peggy Tronvig (49) 65:29 5 Km--1. Daryl Meyers (60) 31:16 **Masers 5 Km, Ft. Collins, Col., Aug. 30--1.** Mike Blanchard 15:28 2. Marianne Martino 17:08 3. Rita Sinkovec (63) 19:32 **1 Hour, Kentfield, Cal., Aug. 24--1.** Jack Bray 10,147 meters 2. Joan O'Brian-Hakim 8913 (12 finishers) **1 Hour, Kentfield, Sept. 7--1.** Kevin Killingsworth 10,812 2. Joe Berendt 10,530 3. Jack Bray 10,113 4. Nicole Goldman 9958 5. Jim Beckett 9638 6. Joan O'Brien-Hakim 9321 7. Coco Beuchet 9101 8. Shirley Dockstader 8906 9. Doris Cassels 8801 10. Stewart Canning 8718 (20 finishers) 15 Km, Oakland, Cal., Sept. 14--1. Chris Rael (44) 1:22:11 2. Bill Penner (57) 1:23:14 3. Joe Berendt (48) 1:26:58 4. Keith McConnell (59) 1:37:55 5. Dick Petruzzi (70) 1:41:18 6. Joe Anderson (64) 1:43:31 (11 finishers) **Finland-Sweden Dual Meet, Helsinki, Sept. 5** Women's 5 Km--1. Monica Svensson, Sweden 23:13.5 2. Outi Sillanpaa, Finl 23:50.2 3. Marja Penttinen, Fin. 24:40 Men's 10 Km--1. Bengt Bengtsson, Swed. 41:37.6 2. Jani Lehtinen, Fin. 41:48.5 3. Birger Falt, Sweden 42:27.3

Have bloody go at good old heel and toe

Sat. Oct. 4 Illinois 1 Hour, Chicago area (L)
Ozark 1 Hour, St. Louis (I)
New Hampshire Marathon and 5 Km, Bristol, 9 am (N)

Sun. Oct. 5 1 Hour, McLean, Vir. (O)
Half-Marathon, Sandy Hook, NJ, 9 am (A)
Half-Marathon, Sacramento, Cal. (E)
Detroit Marathon (W)
Indiana 1 Hour, Franklin (S)
West Region 1 Hour, Aurora, Col. (H)

Sat. Oct. 11 Ohio 1 Hour, Yellow Springs (M)
2.8 Miles, Seattle, 9 am (C)
5 and 10 Km, Rio Rancho, N.M., 9 am (BB)
1/2 Marathon, Hartford, Conn., 8 am (DD)

Sun. Oct. 12 1 Hour, Banks, Ore. (C)
1 Hour, Denver, 9 am (H)
1/2 Marathon, Long Beach, Cal. (Y)
30 Km, New York City (G)

Sat. Oct. 18 Ontario 20 Km Championship, Welland, 11 am ((B)

Sun. Oct. 19 Columbus Marathon, Columbus, Ohio (U)
USATF National 50 Km, Hauppauge, NY (Z)

Wed. Oct. 22 15 Km, Coconut Creek, Fla. (Q)

Sat. Oct. 25 5 Km, Denver, 9 am (H)
10 Km, Seaside, CA (CC)
East Regional 5 Km, Saratoga Spa State Park, N.Y., 2 pm (F)

Sun. Oct. 26 10 Km, Atlanta (J)
1 Hour, McLean, Vir., 9 am (O)
5 Mile, Freehold, N.J. (A)
5 Km, Albuquerque (BB)

Fri. Oct. 31 5 Km, Denver, 6:30 pm (H)

Sun. Nov. 2 5 Km, Sacramento, CA (P)
Indiana 20 Km, Evansville (S)
Indiana 20 Km Championship, Evansville (S)

Sun. Nov. 9 1 Hour, Kentfield, Cal. (P)

Tus. Nov. 12 5 Km, Pasadena, Cal. (Y)

Sat. Nov. 22 1 Hour, Washington, DC, 8:30 am (O)
5 Km, Brighton, Col., 8:30 am (H)

Sun. Nov. 23 National Masters 5 Km, Coconut Creek, Fla. (Q)

Thu. Nov. 27 4 Miles, Denver, 10 am (H)

Sat. Nov. 29 5 Km, Denver, 10 am (H)

Friday, Dec. 12 1 Mile (races for ages 12 and under, 13-18), Pharr Texas, 5 pm (T)

Sat. Dec. 13 South Region 5 Km, Pharr, Texas (T)

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FROM HEEL TO TOE

Did You Know? For a tribute banquet for 3-time Olympian racewalker Bruce MacDonald, Elliott Denman prepared a booklet compiling highlights of Bruce's illustrious career as a competitor, coach, and official. In it, he had the following item, under the above heading.

1. That the All-Around event was the first multi-event competition staged in the Olympic Games? It was held in the St. Louis Games of 1904 and its events were the 100 yard dash, shot put, high jump, **880 yard walk**, hammer throw, pole vault, 120 yard high hurdles, 56-lb weight throw, long jump, and 1 mile run. That's 10 events, all held in one day.
2. First place in the 880 walk in the all-around of 1904 was shared by Thomas Kiely and John Holloway, both of Great Britain, in 3:59.0, and they thus share the distinction of being the first walking winners in the modern Olympic Games.
3. The all-around served as the prelude to the coming of the decathlon to the Olympic program at the Stockholm Games of 1912.
4. Thomas Kiely of Great Britain went on to win the all-around event at the 1904 Games. The all-around continued as a full-fledged National AAU Championship event in the USA and was still being held well into the 1980s. The most famous competitor in the early days of the all-around was Avery Brundage of Chicago, a three-time National AAU Champion in the event who went on to head the US Olympic Committee and the International Olympic Committee. It was Brundage who, after an 800 walk, reportedly said that "walking is the closest a man will ever come to experiencing the pangs of childbirth" (or something close to that) (*Ed. A gross, and unfortunate exaggeration, in my humble opinion, particularly after a mere half-mile, but there are probably many other points on which I would disagree with Mr. Brundage.*)
5. And, so it was the all-around that got Bruce MacDonald into racewalking. Training for the all-around, with the encouragement of N.Y. Pioneer Club teammate Bob Giuffre, and preparing for the 880 walk, with the coaching advice of Pioneer Club walk star, Capt. Wisdom Stewart, he got to like what he was doing and soon became a "real" racewalker. Well, one thing led to another and another. . . and Bruce walked on and on, and one and on.....

To add to Elliott's commentary, your editor was also introduced to racewalk competition through the all-around championship. I had witnessed racewalking events twice--at the 1951 Cleveland K of C Indoor meet (1 Mile) and the 1953 National AAU meet in Dayton (2 miles), both events won by the venerable Henry Laskau. (Whose autograph I secured on his picture in the AAU meet program--I think I published that picture not too long ago in these pages). And I had found it fairly easy to imitate the progression I had witnessed, or at least I thought I was doing so. My chance to try out this skill came when I decided to travel to College Park, Maryland in the summer of 1955 for the all-around, following my sophomore year at Bowling Green State University. I was primarily a quarter and half-miler and an occasional high-mumper and low-hurdler (those were the days of 220 yard lows), as well as cross country runner. And, off of racewalking training that consisted of twice going for 660 yards, I was convinced I could hold up for the full half-mile. In the race, I confidently followed the lead of the eventual winner of the all-around title through the first 220, which went by in about 50 seconds. When his pace quickly slackened, I decided to pass him and press on. I couldn't hold that pace, but managed to hold on to just under 60s the rest of the way to finish in 3:48.8 and record my only first place of the day. Mr. Stevenson, the early leader, who held on for second, and, as I indicated, went to win the title, approached me after the race and, in a gracious, sportsmanlike manner, said something like, "Nice running, buddy." (Actually, there seemed to be a good bit of sarcasm in his voice. Took a bit of the lustre off, but there were qualified judges on hand, and they complemented me on my style and suggested I might consider taking up the event. It was three years later, while finishing up grad school at Ohio State, that Jack and Doc Blackburn got me interested in actually doing so, and that turned out to be a satisfying move. . . **Big bucks.** World record setters in the recent World Championships were supposed to get \$100,000 in addition to the first place prize money. Both Jefferson Perez and Robert Korzeniowski had world bests in their events--20 and 50 km racewalks, respectively. But, since these were road races, and world records must be set on the track, the IAAF was at first, not going to award them the big bucks. However, on Aug. 28, the IAAF Council agreed that, although the marks cannot be recognized as official IAAF World

Records, as a gesture of fair play the two athletes would be awarded the money for their "World Bests" . . . **Racewalking Challenge.** At the start of last year, the IAAF set up a series of races comprising the 2003 Racewalking Challenge. I have yet to see the final standings of the 2003 Challenge, but we now have an announcement of the 2004 schedule. And here it is: April 3--Rio Major, Portugal, Men's and Women's 20 Km; April 20-21--Tijuana, Mexico, Men's 20 and 50, Women's 20; May 1-2, IAAF Racewalking Cup, Naumburg, Germany, Men's 20 and 50, Women's 20; Date to be announced, Sesto San Giovanni, Italy, Men's and Women's 20; Date tba, Shanghai, China, Men's and Women's 20; June 5, Coruna, Spain, Men's and Women's 20; August, Olympic Games, Athens, Men's 20 and 50, Women's 20. Points will be awarded according to place--10 for the winner, 9 for 2nd, 8 for third, and so on. Ranking will be on the addition of the three best results achieved by one athlete in these competitions. Prize money will \$30,000 for first place, \$20,000 for second, \$15,000 for third, \$10,000 for fourth, \$8,000 for fifth, \$7,000 for sixth, \$6,000 for seventh, and \$5,000 for eighth. . . **Clinics.** Depending on interest, Dave McGovern will bring his World Class Racewalking clinic to Columbus the week before the Columbus Marathon. Tentatively, he is scheduled for Monday, October at 6 pm. Cost for the clinic will be \$20. Check Dave's website, www.racewalking.org for details. Also on the clinic front, Jonathan Matthews, who became a national champion and international walker after taking up the sport in his mid 30s, presented a clinic in Toronto recently that was very well received. Thanking the sponsors for their efforts and their appreciation of his, Jonathan noted: "It was very enjoyable to meet 19 racewalkers who were new to my experience, but very enthusiastic about our sport. I enjoyed helping them to improve their technique as well as helping them to design effective training, nutrition, strength, and flexibility programs for racewalking. Having had my best 20 Km racewalk in the USATF Championships at nearly 43 years of age (1:24:50), I feel that my training ideas are particularly relevant to masters racewalkers. Though I don't often conduct racewalking clinics, I enjoy it and would like to hear from anyone who might be interested. If you want to take him up on this, you can reach Jonathan at jmatthew@carroll.edu or contact him by writing Jonathan Matthews, Ph.D., Associate Professor of Education, Carroll College, Helena, Montana. . . **Belated report.** Perhaps a year ago, Ohio's former walking postman, now walking minister, Chuck Newell journeyed to England for an attempt at a 100 mile race. Chuck walked with us back in the '60s (that's the 1960s) and after a long-layoff came back a few years ago and started doing some ultra-distance races. He promised a report on his England experience. Well, it finally came a couple of weeks ago. He writes: I must say that I have enjoyed the last five years of walking after a 30-year layoff. It was surprising to see old friends from the past--Bruce MacDonald, Bobb Mimm, Ron Laird, and of course, you and Jack Blackburn. After a couple of years, I experienced a sharp pain in my right knee and was told by my doctor that I had osteoarthritis. Whoopee! With his admonition to walk as long as I could stand the pain and unable to straighten my knee, I decided to tackle the ultra distances. Without those cumbersome rules about knees, at least I could still walk. My last endeavor was the 100 mile race in Colchester, England. Yes, I know I was supposed to give you a full report. Sorry about that. But the trip to England was fantastic. Wife Peggy and son Seth joined me as we headed off to the sights of England, which I had dreamed about since subscribing to Athletics Weekly back in the '60s. After a day in London, we headed off into the countryside to visit Stonehenge, up into Scotland to see Edinborough and the statue of Grey friars Bobby, and, of course, on up to Loch Ness. Alas, no monster. The race proved to be most interesting to someone from abroad. A race 100 miles long presents opportunities for the strangest things to happen: There was controversy--two walkers from the Ukraine were DQ'd while the third retired with two warnings thinking he had three. When informed he was still in the race, he opted to quit. There was humor: While I was busy throwing up across the path, my son Seth saw a need to come and assist me. Our English friend, Roger LeMoine, put a hand on Seth's shoulder and said, "No, Seth. There are times when a man just wants to be alone." There was anger: Richard Brown, many-time Centurion from England,

was given a tongue lashing by a judge because his teenage daughter was walking beside him with a drink. The judge then saw fit to tell her a thing or two, but, to her credit, she stood her ground and gave it right back to him. There was mystery: Who was that man out in the dark recesses of the course under the weeping willow tree, visible only by the light of the moon? And, who was that man who appeared out of the dark night and massaged my legs and gave much needed encouragement? There was weirdness: Some guy yells at me, "Say, do you know Jack Blackburn and Jack Mortland?" Ah, your fame has spread. I think his name was Colin Young. There was disappointment: Friend Klaus Theidmann of Chicago was forced to drop out after suffering an injury when a car got in his way. And, of course, my own, retiring at the 60 mile mark. There was also the thrill of meeting some great walkers—Donald Thompson, gold medal winner in the 60 Olympics, Ron Wallwork, and many others. All in all, I would recommend a good English 100 miler to those who want to try something out of the bland and ordinary. The race was won by Bob Dobson of the Ilford AC, walking the 100 miles in 19:46 with Richard Brown 4 minutes behind in second place. (*Ed. Alas. It used to be a typical English 100 miler would have several walkers under 20 hours.*) My own future seems somewhat uncertain now. I enter the hospital in the morning in Dover, Ohio for total knee replacement. (*Ed. All went well with the knee replacement and Chuck plans to be back walking again.*) . . . **One man's story.** We haven't seen a lot of comment or discussion on all of the DQs at the World Championships—31 walkers disqualified in the three races—and not having been there, can't make any comment ourselves. One thing that has been noted is that the course was very narrow leaving little room for the judges to view the walkers from the side at any distance. But, instinctively, I would think that fact would tend to lead to fewer rather than more DQs. In any case, lacking any discussion of why there were so many DQs, we can note that some of them were surprising based on past performance. One such is New Zealand's Craig Barrett, and here is reaction to that, as published by a New Zealand source. "Disaster struck New Zealand's Craig Barrett at the world athletics championships in Paris tonight when he was disqualified from the men's 50 km walk. The Hamilton walker, no stranger to heartbreak at the elite level, was ruled to have used an incorrect technique three times. (*Ed. Rather, in the eyes of three judges*) in the opening 6 km of the race. He was shown a red flag by on-course judges at the 5.5 km mark, forcing a shocked Barrett to pull out of the race. One of New Zealand's highest ranked athletes, he was expected to perform well today, having recorded the eleventh fastest time this year in a world-class field. New Zealand manager Tony Rogers said Barrett was 'utterly dejected' at the judges' decision, saying his technique had rarely been a problem in a career stretching more than 10 years. Rogers said the last time Barrett was disqualified from a race was at a World Cup event in the Czech Republic 6 years ago. "We can't quite fathom what has happened here, I'm afraid there's nothing we can do," Rogers said. "Everything seemed to be going okay, but then we turn around and he's out of the race. Most walkers might get one warning in a typical 50 km race, but Craig often avoids even that. Quite what has happened today is hard to say. Craig is utterly dejected at the moment." Barrett was well placed at the time of disqualification, in a group of eight just a small gap behind the leading group of seven. "As usual, Craig had prepared superbly before coming here. He felt good today and he made a good start," Rogers said. The silver medalist at last year's Commonwealth Games in Manchester, Barrett is best known by many for his dramatic collapse with dehydration withing sight of a gold medal at the Kuala Lumpur Commonwealth Games 4 years earlier. The 31-year-old's best effort this year was second placing at a Challenge meet in Mexico, where his time of 3:51:15 was excellent in testing conditions. He had described that performance as a step up from his seventh placing at the 1999 World Championships. It was notable that Barrett escaped the judges' attention in Mexico even though a large proportion of that field was disqualified. The most devastating thing for Barrett was that today's race an ideal opportunity to qualify for next year's Olympic Games in Athens. His next chance may not come until a World Cup event in May. "That has probably not hit him yet. There was a lot at stake today," Rogers said. He was to return home and compete in a 10 Km event next

week, but Rogers doubted whether Barrett's heart would be in it." Of course, Curt Clausen's very early DQ in the same race was equally surprising. . . . **A terrific season.** In 1968 Larry Young won the first of his two Olympic 50 Km bronze medals. How did he prepare for this great effort. Well, he certainly didn't shy from racing, or traveling. For one thing, because of the U.S. trials system that year, it was his third 50 in a 3-month period. But, in reviewing that season for a history project Elliott Denman and I are engaged in, I was amazed at just how much he did race—and these were quality races. I guess I shouldn't be surprised—most walkers tended to race at every good opportunity in those days. Anyway, here is what I uncovered on Larry's racing schedule.

May 5 National 25 Km, Detroit, 2nd 1:57:10 (Don DeNoon 1:55:13)

May 25 National 35 Km, McKeesport, Pa., 1st 2:53:16

June 8 British National 20 Mile, Surrey, England, 2nd 2:37:04 (Paul Nihill 2:35:07)

June 21 National 3 Km, Sacramento, 3rd, 12:49.4

June 29 National 20 Km, Sacramento, 2nd 1:33:05 (Ron Laird 1:33:00)

July 14 National 50 Km, San Francisco, 1st 4:12:12

Aug. 9 20 Km, Lake Tahoe Olympic Training Camp, 1st 1:34:42

Aug. 16 30 Km, Lake Tahoe, 1st 2:27:47

Sept. 1 National 30 Km, Columbia, Mo., 1st 2:31:31

Sept. 10 20 Km Olympic Trial, Alamosa, Col., 3rd, 1:38:40

Sept. 14 50 Km Olympic Trial, Alamosa, 1st 4:34:18

Oct. 17 Olympic 50 Km, Mexico City, 3rd 4:31:56

Note that of the last 6 races, all but the National 30 were at high altitude. On the other hand, Rudy Haluza, who finished fourth in the Olympic 20, concentrated on training rather than racing. Rudy was only ninth at the National 20 (1:36:19), but improved to second (1:38:14) at the Trials (which included the top 10 from the Nationals at both distances), and then his fourth in Mexico City (1:35:01). Those appear to be his only races during that period. So, take your pick on how to peak for the big one. They both did what they knew was best for them. That's my history lesson for now. I guess to follow up on it, I should take the same look at Larry's schedule leading up to his repeat bronze in 1972. That will be for another time.

When Is Lifting An Advantage?

by Ron Daniel

(The following article appeared in the Fall 2003 Racewalking Bulletin, published by the North American Racewalking Foundation and is reprinted with the permission of Editor and NARF President, Elaine Ward. Actually, at her suggestion. Ron Daniel is a former US International walker and has been an IAAF Judge since 1984. He is now the only U.S. Level III Judge. He will be on the judging panel for the 2004 Olympics and the 2006 World Cup.)

I don't know if anyone has "tested" whether loss of contact (when the knee is straight) increases the speed of a walker and gives him or her an advantage. However, I've taken some time to think about the physics and will use simple examples to show just when loss of contact can help with velocity and when it doesn't. More difficult to analyze are the forces and energy issues associated with racewalking, and potential changes when walking with loss of contact.

Velocity. Consider a walker who is making double contact and whose stride rate is 200 steps per minute with a stride length of 40 inches. At 200 steps per minute, the walker's foot is in contact for 0.3 second each stride. This is a velocity of 11.11 feet per second.

Now, suppose this walker has a loss of contact with a float time of 0.02 second. If the walker maintains the same ground time, 0.3 second and floats 0.02 second, the total stride time is now 0.32 second (which results in a stride rate of 187.5 steps per minute). If the float is 2 inches (5 percent gain in stride length), the velocity is only 10.94 feet per second. The walker is slowing down! On the other hand, if the float is 4 inches (10 percent gain in stride length), the velocity is 11.46 feet per second. The walker is going faster. The difference in float distance is governed by the push off angle. Because the ground time 0.3 second and the float time 0.02 second have not changed, the steps per minute remain 187.5.

Greater velocity is not guaranteed by loss of contact. If the walker has a longer float of say 0.03 second, he or she has to have a float distance of 4 inches to exactly match the non-loss of contact velocity of 11.11 feet per second. So, this increase in the amount of time in the air requires a greater float distance to equal the walker who is maintaining contact. In the context of human eye acuity, a 0.02 second float is basically invisible to the human eye, but a 0.03 second float is quite visible.

Energy. Now, let's consider the ground forces and energy issues associated with racewalking, and how they may change when shifting from full contact walking to loss of contact walking. Forward propulsion is provided by the push (force) against the ground. If there is little or no extra effort (energy) to achieve the float, then there is little to no energy penalty for the loss of contact. If the float is sufficient to produce a greater velocity, then by the end of a long race, there is a net energy savings because there are fewer steps; i.e., fewer push offs.

Once the walker has pushed forward, there is now momentum associated with the forward progress. Ideally, the walker wants to maintain the momentum, however, when the forward swinging leg makes contact (usually forward of the body's center of gravity), there is momentary braking prior to the body rotating over the foot. Consequently, some of the walker's energy goes into overcoming the braking.

The amount of braking is related to the rise and fall of the body mass and the momentum (mass times velocity) of the upper and lower leg. Biomechanically, the braking is resolved into vertical and backward directions. The walker can minimize the backward braking by making the ground contact closer to under the center of gravity. However, if the walker's stride in front of the center of gravity stays the same from "full-contact" to loss-of-contact walking, then the only consideration is if the per stride braking has increased. If the per stride braking has remained the same, then there is a net savings in the overcoming of the braking for the whole race.

For example, a walker in a 20 Km race who has a stride length of 1 meter is taking 20,000 strides. Let's say that the walker is able to float forward 0.1 meter. The walker has now saved 10 percent of the needed strides, or 2000 strides, which is a saving of 10 percent of the push-off energy and 10 percent of the braking energy.

In shorter races, floating may have a simple velocity value, but at the longer distances, it has a significant energy saving value as well. The energy saving is there for all distances, but depending on the overall condition of the athlete, susceptibility to fatigue may not come until after 10 km. Or, the walker may feel significantly tired after one mile.

Legality. Now, let's put the above information in a way specific to the original question. What is the value of a float for someone who walks with a straight leg and has a loss of contact within the nondetectable eye range? This walker is not progressing forward in a way that is totally

within the original idea of the contact rule. True. But, because the rules state that judging is with the unaided eye, if the loss of contact is not detectable, it's **not** illegal.

Again, traditional physics says as soon as the walker is not on the ground pushing, he or she is starting to lose forward velocity. That is a reason why a hurdler, when clearing a hurdle, works very hard on getting the lead foot down on the ground as soon as possible rather than continuing a nice long float.

A racewalker who has a straight knee as required by the bent knee rule is subject to the same physics as the hurdler when pushing off the ground. Whether the walker gains or loses by floating two to four inches depends on what is going on. Does the float time in fact slow that walker down? Is the walker in the air for such a short period of time that there may not be noticeable slowing? Or, if the walker pushes off against the ground, does the amount of push and the amount of inches gained floating overcome the slowing down? Equations would prove these variables.

Without writing an equation, the way I look at it is this: We know as soon as a walker puts a foot down somewhere in front of the body, a little braking motion is created that slows progress. If the walker is keeping the leg straight, but pushing off the ground and taking 5 to 10 percent less strides, there is an energy savings. If the walker meets the criteria in the first part of the discussion, then there is a velocity advantage and an energy advantage on the walker's maintaining ground contact. This is as true of elite racewalkers as it is for masters.

LOOKING BACK

35 Years Ago (From the September 1968 ORW)--In the U.S. Olympic Trials in Alamosa, Colorado, Ron Laird prevailed at 20 Km in 1:37:45 with Rudy Haluza (1:38:14), Larry Young (1:38:40), and Tom Dooley (1:41:03), following. Young was an easy winner at 50 Km three days later in 4:34:10, followed by Goetz Klopfer (4:44:02), Dave Romansky (4:47:23), and Bob Kitchen 4:50:56). The races were at high altitude to simulate conditions in the upcoming Mexico City Olympics, thus the modest times. When Young opted to walk only the 50 in the Games, Dooley won a spot at 20 Km. . . Wea also reported the birth of Derek Douglas Mortland, an event that occurred early on the day of the 50 Km Trials, September 14. Your editor attended the birth, not the Trials. . . Dooley zipped a quick 5 miles (35:20) in California leaving Bill Ranney and Klopfer well back. . . A week before the Trials, Young scored a very easy win in the National 30 Km in Columbia, Missouri in 2:31:20. Jack Blackburn was second, some 24 minutes back, as few people showed up for the race. . . A few days after the Trials, a few of those competitors traveled to Atlantic City for the National 15 Km. Laird won in 1:08:03, with Romansky 29 seconds back. The next four spots went to Ron Kulik, Jack Blackburn, Ron Daniel, and Steve Hayden.

30 Years Ago (From the September 1973 ORW)--The U.S. women took the first four places to win an international dual match with Canada. Ellen Minkow was the winner in 26:32 (5 Km), followed by Esther Marquez, Cindy Arbelhide, and Sue Brodock. . . The National 35 Km went to John Knifton in 3:00:31. Bill Ranney was more than 3 minutes back, with Jim Bean and Bob Bowman next in line. . . Hartwig Gauder won the European Junior 10 Km title in 44:14, the first of many internationals for the East German 50 Km great.

25 Years Ago (From the September 1978 ORW)--In the European Championships, East Germany's Roland Weiser won at 20 Km and Spain's Jorge Llopart at 50. Weiser pulled away from three Soviet competitors on the final 5 Km to win in 1:22:12. He had a 20:30 on that last loop. Pyotr Potschenchuk and Anatoliy Solomin finished in 1:23:43 and 1:24:12. Jose Marin was

fifth and Maurizio Damilano sixth. Llopart took command after 30 Km to win 3:53:50. Next were Soviet Veniamin Soldatenko in 3:55:12 and Pole Jan Ornoch in 3:55:16. Four other broke 4 hours. . . The U.S. 50 Km title race saw Mexicans Domingo Colin, Pedro Aroche, and Enrique Vera take the first three spots. Colin had 3:55:50, Marco Evoniuk took the U.S. title in 4:24:05 with Augie Hirt and Carl Schueler also under 4:30. . . U.S. Junior titles went to Pete Timmons at 5 Km (25:31) and Mike Morris at 20 (1:47:10). Dave Cummings was second at 5 and Timmons second at 20. . . Sweden won the women's World meet with Britt Marie Carlsson first at 5 Km (23:05) and Elisabeth Olsson first at 10 (49:22) Sue Brodock was the top U.S. finisher in the 5 with 24:41. Liz Dufour was seventh at 10 in 52:39. The U.S. team finished third behind Norway.

20 Years Ago (From the September 1983 ORW)--Alan Price won his fourth U.S. title at 100 miles in Columbia, Missouri, covering the distance in 22:39, well off his best of 18:57:01 in 1978. The only other finisher in extremely hot conditions was Chris Custer in 23:50, her first attempt at the distance. She became the 42nd U.S. centurion and the fourth female. . . Our analysis of the T&F News rankings for the previous years showed the USSR as the leading walking nation during that period, followed closely by East Germany (German Democratic Republic), and Mexico. Everyone else was far back, with the U.S. ninth.

15 Years Ago (From the September 1988 ORW)--Curt Clausen won the National 40 Km in Union, N.J. in 3:25:51, becoming the youngest man (age 20) ever to capture the title. Mark Fenton was second in 3:31:10 and Alan Jacobson third. Gary Null, in sixth place, won the Masters title in 3:48:08. The first woman was Dorit Attias in 4:12:39. . . In the World Junior Games in Sudbury, Ontario, Spanish women Maria Diaz and Olga Sanchez finished one-two in the women's 5 Km, with Diaz clocking 21:51.31. Dierdre Collier was the first U.S. finisher in 12th with 24:40.14 The men's 10 Km went to Cruz of Mexico in 41:16.11, with Spain's Valentin Massana, destined to be the 1993 World Champion at 20 Km, in second 17 seconds back. John Marter led the U.S. walkers with a 47:40 in 18th.

10 Years Ago--(From the September 1993 ORW)--National 5 Km titles went to Victoria Herazo (22:55) and Andrzej Chylinski (21:06). In the Denver races, Debbie VanOrden (23:15) and Curtis Fisher (21:40) were second. . . The National 40 in Fort Monmouth, N.J. went to Puerto Rico's Jose Ramirez in 3:40:10. Gary Null, second in 3:44:33, won both the National title and the National Masters title. Bob Keating, also in the 45-49 age group, followed him in 3:50:31. As a matter of fact, the first non-master was Herb Zydek in 10th (4:11:55). . . National Junior 3 Km and 5 Km titles went to Debbie Iden in 15:13.88 and Al Heppner in 21:39.38. The races were in Orono, Maine. . . Bernardo Segura, Mexico, won the Alongi 20 Km title in Dearborn, Michigan in 1:21:55 with Gary Morgan the first U.S. walker in sixth (1:29:31). Italy's Annarita Sidoti won the 10 Km title in 46:06, 47 seconds ahead of Debbie Van Orden.

5 Years Ago-- (From the September 1998 ORW)--In Pan-Am Cup Trials, Joanne Dow won the women's 20 Km in 1:35:45 and Philip Dunn the men's 30 Km in 2:26:30. Teresa Vaill trailed Dow by 58 seconds and Susan Armenta was nearly 3 minutes further back in the women's race. Theron Kissinger (2:27:13) and Steve Pecinovsky (2:35:36) followed Dunn. . . In National 5 Km races, Curt Clausen and Teresa Vaill prevailed. Clausen (21:04) beat Al Heppner (21:49) and Warrick Yeager (21:54). Debbi Lawrence (23:18) and Lyn Brubaker (23:59) were 2-3 in the women's race. . . The National 40 went to Gary Morgan in 3:21:37, with Dunn close behind (3:22:58). John Soucheck was third ahead of Yeager. . . Clausen also had a 20:37 to win an open race at the National Masters 5 Km two weeks later. The masters titles went to Victoria Herazo (23:31) and Jonathan Matthews (21:09). Don DeNoon had a 23:32 in winning the 55-59 title. . . European titles were won by Russia's Ilya Markov (1:21:10), Italy's Annarita Sidoti (42:49), and

Poland's Robert Korzeniowski (3:43:51). All were competitive races. In the 20, Latvia's Aigars Fedejevs (1:21:25) and Spain's Francisco Fernandez (1:21:39) were second and third. Italy's Erica Alfridi (42:54) and Portugal's Susan Feitor (42:55) followed Sidoti. Finland's Valentin Kononen (3:44:29) was second at 50.

And, having mentioned Larry Young's ambitious racing schedule in 1968, here is a rundown of National Championship results for that year.

1968

1 Mile, Oakland, Cal., Feb. 23--1. Ron Laird, NYAC 6:16.9 2. Dan Tothoroh, SC Striders 6:23.4 3. Larry Young, SC Striders 6:24.7 4. Don DeNoon, SC Striders 6:26.2 5. Tom Dooley, Athens AC 6:34.7 6. Jim Hanley, SC Striders 6:37.2 7. Estaban Valle, US Army 6:43.5 8. Dave Romansky, un. 6:51 DQ--Larry Walker, SC Striders and Goetz Klopfer, Athens AC Qualifying heats: Heat I--1. Laird 6:42.9 2. Dooley 6:43.1 3. Young 6:43.5 4. Romansky 6:46.9 5. Jim Hanley 6:47.1 6. Martin Rudow 6:51 7. Dick Ortiz 7:07.2 8. Steve Tyrer 7:15.4 DNF--Rudy Haluza Heat II--1. Klopfer 6:45 2. Walker 6:46.4 3. Tothoroh 6:47.1 4. DeNoon 6:49.6 6. Bill Ranney 6:52.6 7. Bob Bowman 6:55 8. Jim Lopes 7:10.7

10 Km, Catonsville, Maryland, April 21--1. Ray Somers, Baltimore Olympic Club 46:07 2. Ron Laird, NYAC 46:45 3. Dave Romansky, Phil. AC 47:00 4. Ron Daniel, NYAC 47:30 5. Ron Kulik, NYAC 48:50 6. John Knifton, NYAC 49:25 7. Jack Mortland, Ohio TC 49:45 8. Estaban Valle, US Army 50:20 9. Greg Diebold, Shore AC 51:00 10. Bruce MacDonald, NYAC 54:10 11. Bill Preston, Balt. OC 12. Joel Holman, Chesapeake TC 13. Don Gabriel, CTC 14. Gary Cunningham, un. 15. Francis Cominsky, CTC 16. Sanford Kalb, Shore AC (21 starters, 2 DQs) (Times are estimated because lap counters messed up and most walkers went one or two extra laps. The competitors were able to straighten the places after the race.) Teams: 1. New York AC 6 2. Chesapeake TC 15

25 Km, Detroit, May 5--1. Don DeNoon, SC Striders 1:55:13 2. Larry Young, SC Striders 1:57:10 3. Ron Laird, NYAC 1:58:33 4. Bill Ranney, Athens AC 1:59:13 5. Karl Merschenz, Canada 2:00:13 6. Dave Romansky, Phil. AC 2:00:48 7. Goetz Klopfer, Athens AC 2:02:00 8. Bob Bowman, SC Striders 2:02:27 9. Ron Daniel, NYAC 2:04:31 10. John Knifton, NYAC 2:05:59 11. Matt Rutyna, Green & Gold AC 2:06:30 12. Jim Lopes, Athens AC 2:07:00 13. Ron Kulik, NYAC 2:08:52 14. Gerry Bocci, Detroit 2:09:23 15. Jack Mortland, Ohio TC 2:11:26 16. Bob Young, un. 2:18:21 17. John Harwick 2:18:57 18. Steve Tyrer, Portland, Ore. 2:19:14 19. Chuck Newell, Ohio TC 2:21:31 20. Jack Blackburn, Ohio TC 2:23:41 21. Bill Walker, Detroit 2:27:11 22. Don Johnson, Shore AC 2:35:04 23. Forrest Conrad, Ohio TC 2:59:27 Teams: 1. Southern California Striders 9 2. New York AC 18 3. Athens AC 18

35 Km, McKeesport, Pa., May 25--1. Larry Young, SC Striders 2:53:16 2. Karl Merschenz, Canada 2:58:32 3. Dave Romansky, Phil. AC 2:58:44 4. Shaul Ladany, NY Pioneer Club 3:01:48 5. Ron Kulik, NYAC 3:06:52 6. Steve Hayden, Long Island AC 3:07:25 7. Gerry Bocci, Motor City Striders 3:13:45 8. Ron Daniel, NYAC 3:14:56 9. John Knifton, NYAC 3:23:16 10. Howie Jacobson, Long Island AC 3:25:21 11. John Markon, Long Island AC 3:29:42 12. Don Johnson, Shore AC 3:42:43 13. John Harwick, Pittsburgh Walkers 3:48:55 14. Bill Prather, Pittsburgh Walkers 3:54:09 15. Mike Donaldson, Pittsburgh Walkers 3:59:35 16. Jim Johnson, Pittsburgh Walkers 4:18:15 17. Dan Patt 4:42:54 (Ron Laird and Bob Bowman did not finish) Teams: 1. NYAC 8 2. Long Island AC 13

3 Km, Sacramento, Cal., June 21--1. Don DeNoon, SC Striders 12:37.9 2. Ron Laird, NYAC 12:40.6 3. Larry Young, SC Striders 12:49.4 4. Tom Dooley, Athens AC 12:57.4 5. Martin Rudow, Seattle OC 13:01.6 6. Jim Hanley, SC Striders 13:20.5 7. Bill Ranney, Athens AC 13:35.7 8. Bryon Overton, SC Striders 14:53

20 Km, Sacramento, Cal., June 29--1. Ron Laird, NYAC 1:33:00 2. Larry Young, SC Striders 1:33:05 3. Don DeNoon, un 1:33:25 4. Tom Dooley, Athens AC 1:33:40 5. Dave Romansky,

Phil. AC 1:35:33 6. Ray Somers, Baltimore OC 1:35:40 7. Martin Rudow, un. 1:35:49 8. Goetz Klopfer, Athens AC 1:36:09 9. Rudy Haluza, SC Striders 1:36:19 10. Bill Ranney, Athens AC 1:37:45 11. Ron Daniel, NYAC 1:38:51 12. Bob Kitchen, un. 1:39:14 13. Jim Hanley, SC Striders 1:40:50 14. Shaul Ladany, NY: Pioneer Club 1:42:21 15. Jim Lopes, Athens AC 1:43:00 16. Dan Tothoroh, SC Striders 1:44:51 17. John Kelly, Santa Monica 1:45:54 18. Dave Mayo, England 1:47:16 19. Ed Glander, Seattle OC 1:58:01 20. Greg Diebold, Shoare AC 1:48:25 21. Steve Tyrer, Portland TC 1:48:47 22. Roger Duran, Santa Clara YV 1:49:25 23. Esteban Valle, US ARmy 1:49:47 24. Bob Young, W. Kansas TC 1:51:48 25. Bryon Overton, SC Striders 1:53:47

1 Hour, Miles City, Montana, July 7--1. Ron Laird, NYAC 7 mi 1386 yds 2. Martin Rudow, un. 7 mi 974 3. Jim Hanley, SC Striders 7 mi 885 4. Dave Mayo, England 7 mi 70 5. Jim Bean, Idaho 6 mi 1714 6. Dave Austin, Canada 6 mi 390 7. Larry O'Neil 6 mi 367 8. Bob Scott 5 mi 776 (14 finishers)

50 Km, San Francisco, July 14--1. Larry Young, SC Striders 4:12:12 2. Goetz Klopfer, Athens AC 4:18:28 3. Bob Bowman, SC Striders 4:21:29 4. Dave Romansky, Phil. AC 4:23:10 5. Shaul Ladany, NY Pioneer Club 4:23:55 6. Bob Kitchen, un. 4:25:09 7. John Kelly, Santa Monica 4:25:24 8. Jim Hanley, SC Striders 4:29:59 9. Jerry Bocci, Motor City Striders 4:30:23 10. Ron Kulik, NYAC 4:31:39 11. Bill Ranney, Athens AC 4:32:55 12. Ron Daniel 4:36:31 13. Jim Clinton, U. of Chicago TC 4:39:31 14. Jim Lopes, Athens AC 4:41:09 15. Ron Laird, NYAC 4:43:45 16. Givner, USAF 4:49:59 17. Dave Mayo, England 4:52:53 18. Colin, Mexico 4:55:49 19. Bryon Overton, SC Striders 4:56:22 20. Howie Jacobson, Long Island AC 5:03:52 21. Steve Tyrer, Portland TC 5:04:43 22. Bill Grandy, Canada 5:05:05 23. Chuck Newell, Ohio TC 5:09:02 24. Larry O'Neill, Montana 5:12:08 25. DeLambily, Shore AC 5:29:46 26. Gerry Willwerth 5:32:39 27. McGuire 5:39:08 28. Labrie 5:43:18 29. Don Jacobs 6:04:06 (42 starters)

40 Km, Long Branch, N.J., Aug. 18--1. Dave Romansky, Phil. AC 3:30:34 2. Goetz Klopfer, Athens AC 3:41:45 3. Ron Daniel, NYAC 3:41:45 4. Ron Kulik, NYAC 3:46:36 5. Paul Schell, North Medford Club 3:59:53 6. John Knifton, NYAC 4:00:30 7. Gary Westerfield, Long Island AC 4:00:59 8. John Markon, Long Island AC 4:03:46 9. Dick Endris 4:05:55 10. Jack Blackburn, Ohio TC 4:06:54 11. John Gray, North Medford Club 12. Davidson 4:09:47 13. Tony Medeiros, North Medford Club 4:13:57 14. Gerry Willwerth 4:14:31 15. Larry Newman 4:15:28 17. George Braceland 18.. Don Johnson, Shore AC 19. Howenstreet 20. Elliott Denman, Shore AC 21.? 22. Bob Mimm, Phil. AC 23. John Wall, Baltimore Cross Country Club 24. Larew 25. S. Smith

30 Km, Columbia, Mo., Sept 1--1. Larry Young, SC Striders, 2:31:31 2. Jack Blackburn, Ohio TC 2:55:52 3. Howie Jacobson, Long Island AC 3:00:59 4. Bob Young, West Kansas TC 3:03:57 5. John Rose, WKTC 3:08:46 6. Bruce MacDonald, NYAC 3:11:14 7. Gerry Willwerth 3:11:56 8. Fred young 3:12:29 9. Bob Chapin 3:32:39 10. Aubrey Anderson 3:33:26 11. Burton Lincoln 3:52:14 12. Brenda Whitman 4:21:10

15 Km, Atlantic City, N.J., Sept. 15--1. Ron Laird, NYAC 1:09:03 2. Dave Romansky, un. 1:09:42 3. Ron Kulik, NYAC 1:13:08 4. Jack Blackburn, Ohio TC 1:13:16 5. Ron Daniel 1:15:11 6. Steve Hayden, Long Island AC 1:15:24 7. John Markon, Long Island AC 1:17:36 8. Gary Westerfield, Long Island AC 1:18:04 9. Max Gould, Canada 1:19:36 10. Bob Mimm, Phil. AC 11. Howie Jacobson, Long Island AC 12. Paul Schell, North Medford Club 13. Gerry Willwerth 14. John Schilling, NY Pioneer Club 15. Bruce MacDonald, NYAC 16. Don Johnson, Shore AC (30 finishers)

Olympic Trials (Prior to this year, National Title races had served as the Olympic Trials.)
20 Km, Alamosa, Col., Sept. 10--1. Ron Laird 1:37:45 2. Rudy Haluza 1:38:14 3. Larry Young 1:38:40 4. Tom Dooley 1:41:03 5. Martin Rudow 1:43:44 6. Larry Walker 1:44:19 7. Bill

Ranney 1:46:29 DNF (injury)--Dave Romansky and Ray Somers. DQ--Don DeNoon (after finishing fifth).

50 Km, Alamosa, Col., Sept. 13--1. Larry Young 4:34:18 2. Goetz Klopfer 4:44:02 3. Dave Romanskyh 4:47:23 4. Bob Kitchen 4:50:56 5. Bill Ranney 5:07:06 DNF--John Kelly, Ron Kulik, Jim Hanley, Bob Bowman, and Gerry Bocci.



2003 World Championship Action. Top: 50 Km gold medalist Robert Korzeniowski on the heels of bronze medalist Andreas Erm, Germany in mid-race. Bottom: Early in the women's 20 Km, gold medalist Yelena Nikolayeva trails Italy's Elisabetta Perrone (582), who was DQ'd and Russia's Olimpiada Ivanova (194), who did not finish. (Harry Siitonen photos.)