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30 Km Titles to Eastler and Rohl

Chula Vista, Cal., Jan. 11--Dropping the rest of the field early, Kevin Eastler scored a decisive win in the National 30 Km racewalk today. When he hit the 10 Km mark in 44:31, Eastler had more than a minute-and-a-half on the pursuing pack of Tim Seaman, Al Heppner, Curt Clausen, and Sweden's Andreas Gustafson and he had clear sailing from there.

Walking steadily, he hit 20 Km in 1:29:13 (44:42 for the second 5), and needed just a 45:09 on his third 10 to clip Clausen's American road best of 1:14:23. (Clausen holds the U.S. record, set on a track, at 2:11:00.4.) Eastler was surprised that no one had gone with him, and without competition he fell just short of the record, finishing in 2:14:44, losing any shot at the record when he had to pause to vomit near the finish.

Behind the winner, Gustafson was DQ'd at 12 Km at about the time Heppner began to inch away from Seaman and Clausen. Heppner hit the 20 Km mark in 1:31:23 with 30 seconds on Seaman, who was a full minute ahead of Clausen. Heppner actually gained 2 seconds on Eastler over the final 10 and was rewarded with a personal best of 2:16:52. Seaman tied up badly on the final 10 and eventually faded all the way to seventh. Clausen hung on to third, more than 2 minutes behind Heppner and John Nunn also finished under 2:20.

Michelle Rohl was the only one of four women competitors to finish as she clocked 2:38:01, 2:24 off her U.S. road best, but a promising early season performance as she seeks her fourth Olympic berth.

Meanwhile, Joanne Dow chose to walk just 20 Km (the race was organized as a choice of 10, 20, or 30 Km, with everyone starting together) and, following Curt Clausen's pace, moved to an impressive 1:32:54, a personal best, and more important, under the Olympic "A" standard (sub 1:33:30), an important step in ensuring a spot on the U.S. team. The results:

Women: 1. Michelle Roho, Moving Comfort 2:38:01 DNF--Bobbi Jo Chapman, World Class, and Lee Chase, Conn. Racewalkers. DQ--Darlene Backlund, Racewalkers NW.

Men: 1. Kevin Eastler, US Air Force 2:14:44 2. Al Heppner, US Army 2:16:52 3. Curt Clausen, New York AC 2:19:07 4. John Nunn, US Army 2:19:39 5. Sean Albert, New Balance-New Jersey 2:23:50 6. Philip Dunn, New Balance 2:25:50 7. Tim Seaman, N.Y. AC 2:31:11 8. Mark Green, Las Vegas Walkers (1st Master) 2:32:24 9. Dave Doherty, San Diego TC 2:34:40 10. Gary Morgan, N.Y. AC 2:39:29 11. Dave McGovern, New Balance 2:42:15 13. Nick Bdera, Eastside TC 2:45:01 13. Ed Parrot, PRO 2:45:27 14. Rod Craig, Pegasus 2:48:52 15. Colin Peters, Hawaii TC 2:57:29 16. Max Green, Pegasus 3:15:22 17. John Baacklund, Racewalkers NW 3:20:40 18. Robert Weeks, WTW-San Diego 2:39:39 19. Paul Johnson, Florida IC 3:29:39 DQ--Andreas Gustafson, Sweden; Stephen McGullough, un.; Jack Cassidy, un.

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Other results

H.S. 1 Mile, Providence, R.I., Dec. 30--1. Zach Pollinger, N.J. 6:27:08 2. Troy Clark, Maine 7:25 3. Kyule Libby, Maine 7:55 4. Aaron Whitten, Maine 8:48 5. Padric Gleason, Maine 8:48 **Women**--1. Maria Michta, N.Y. 7:41:37 2. Emily Nyburg, N.Y. 7:47 3. Lauren Forgues, Maine 8:07 4. Carly Lochala, Maine 8:17 5. Jessie Smith, Maine 8:20 6. Renee Fortin, N.Y. 8:23 7. Shane Brown, N.Y. 8:40 8. Tyeasha Savage, N.Y. 8:41 (13 finishers) **Indoor 1 Mile, Hanover, N.H., Jan. 11**--1. Anne Favolise, Maine 7:31:51 2. Caraly Lochala, Maine 7:50 3. Laruen Forgues, Maine 8:10 4. Kate Dickinson, Maine 8:14 5. Helen Pottle, Maine 8:21 6. Jessie Smith, Maine 8:29 **Indoor 3 Km, Boston, Jan. 18**--1. Laura Feller 15:26:66 2. Carly Lochala, Maine RW 15:36 3. Lauren Forgues, Maine RW 15:48 4. Kate Dickinson, U. of Maine Farmington 16:28 5. Joanne Harriman, New England Walkers 19:13 (7 finishers) **Men**--1. Troy Clark, Maine RW 13:53:35 2. Kyle Libby, Maine RW 14:49 3. Daniel Pendergast, U. of Maine-Farmington 15:34 4. Padric Gleason, Maine RW 16:36 5. Mark Denet, Sacred Heart 126:52 6. Bill Harriman, New England Walkers 16:53 7. Matthew Forgues, Maine RW 17:20 8. Tom Knatt, NE Walkers 17:48 **3 Km, New York City, Dec. 28**--1. Tim Seaman 11:35:90 2. Bill Vayo 13:52 DQ--Mike Bartholomew **1 Mile, same place**--1. Zach Pollinger 5:64:22 2. Loretta Schuelein 7:18:80 3. Tim Davidson 7:24:93 4. Rosalind Adams 8:07 5. Bob Barrett 8:39 6. Israel Soto 8:41 7. Pablo Henriquez 9:00 8. Raven Pilgrim 9:02 9. Indiana Ripoli 9:05 (11 finishers) **10 Mile, Asbury Park, N.J., Dec. 28**--1. Nick Bderia 1:18:59 2. John Soucheck 1:19:24 3. Tom Quattrocchi 1:37:44 4. Wayne Baker 1:38:05 5. Ben Ottmer 1:44:29 6. Art Glass 1:46:37 7. Bob Mimm (79) 1:51:15 8. Niall Mandale 1:52:16 **Women**--1. Sherry Brosnahan 1:43:24 2. Colleen Glass 1:45:46 3. Maria Paul 1:49:32 4. Fran Emanuel 1:53:24 5. Karen Bdera 1:56:24 6. Shirley Read 1:59:31 **Marathon, Mobile, Ala., Dec. 28**--1. Nicholas Burrows (54) 4:46:23 **1/2 Marathon, same place**--1. Monetta Roberts (44) 2:12:28 2. Kathleet Thorpe (42) 2:53:43 **Men**--1. Dave McGovern (38) 1:43:14 2. Steve Attaya (55) 2:29:43 3. Jim Richey (51) 2:39:51 4. Nestor Raul Anzola 2:40:34 **Michigan Indoor 3 Km, Allendale, Jan. 18**--1. Gary Morgan 13:25:8 2. Dan O'Brien 14:44:2 3. Ken Lampar 18:13 4. Rick Sack 18:21 5. John Thomas 19:15 6. Tom Belford 19:50 **Women**--1. Mary Franklin 18:07:8 2. Paddy Jones 18:08:0 **Indoor 3 Km, Kenosha, Wis., Jan. 17**--1. Amber Antonia 13:26 2. Sam Cohen 14:09 3. Deb Huberty 14:53 4. Ali Bahr 15:21 **Men**--1. Ben Shorey 12:17:5 2. Jim Heys 12:51:2 3. Will Preischel 15:14 **1 Mile, same place**--1. George Opaahl 8:48:6 **Women**--1. LaToya Henry 8:31:5 **50 Km, Houston, Jan. 4**--1. Bruce Logan 5:50 2. Arnis Pae 6:46 **5 Km, Denver, Dec. 14**--1. Mike Blanchard (42) 28:50 **5 Km, Denver, Dec. 27**--1. Marianne Martino (53) 30:03 2. Rita Sinkovec (64) 33:12 3. Sherrie Gossert (51) 33:36 **5 Km, Ft. Collins, Col., Dec. 31**--1. Mike Blanchard 28:28 2. Kevin McManus (50) 31:52 3. Mary Gilbert (54) 32:59 4. Marlene Graff (43) 33:31 **10 Mile, Pasadena, Cal., Jan. 18**--1. Al Heppner 1:13:42 2. Sean Albert 1:14:03 3. Norman Frable 1:33:31 4. Pedro Santoni 1:33:35 5. Dave Crabb 1:33:37 6. Mario Lopez 1:37:37 7. Paul Johnson 1:38:37 8. Don Betowski 1:39:28 9. John Backlund 1:39:48 10. Rob Weekes 1:47:10 (16 finishers, 3 DQ, 3 DNF) **Women**--1. Susan Armenta 1:30:33 2. Margaret Ditchburn 1:30:33 3. Fran Bustos 1:44:14 4. Carol Bertino 1:49:17 5. Kathy Frable 1:50:37 6. Roberta

Harfield 1:57:02 (9 finishers) **5 Km, Hastings, N.Z., Jan. 16 (track)**--1. Craig Barrett 20:08:97 2. Graeme Jones 21:58 **Women's 3 Km, same place**--1. Gabrielle Gorst 13:25

Races at places in friendly spaces

Fri. Feb. 6 Millrose Games 1 Mile Invitational, New York City
 Sat. Feb. 7 1 Mile, Los Gatos, Cal., 12:30 pm (CC)
 Sun. Feb. 8 Indoor 3 Km (and possibly 5 Km, Brentwood, N.Y. (F))
 Indoor 1600 meters and 3 Km, Arlington, Va., 7:45 am (O)
 7 Miles, Cherry Creek State Park, Col., 9 am (H)
 Indoor Men's 5 Km, Women's 3 Km, Toronto (V)
 5 Km, Denver, 9 am (H)
 2.8 Miles, Seattle, 9 am (C)
 5 Miles, Denver, 9 am (H)
 1 Mile, Los Gatos, Cal., 12:30 pm (D+CC)
 Sun. Feb. 15 **50 Km U.S. Olympic Trials, Chula Vista, Cal. (B)**
 3 Km, Mallwalk, Milford, Conn. (I)
 Mon. Feb. 16 3.7 Miles, Brockton, Mass. (AA)
 Sat. Feb. 21 Indoor Men's 5 Km, Women's 3 Km, Toronto (V)
 Sun. Feb. 22 Henry Laskau 10 Km, Coconut Creek, Fla. (Q)
 5 Km, Denver, 9 am (H)
 5 and 10 Km, LaVerne College, Cal. (Y)
 Fri. Feb. 27 **National Indoor USATF Women's 3 Km, Men's 5 Km, Boston (X)**
 Sat. Feb. 21 1 Mile, Los Gatos, Cal., 12:30 pm (CC)
 Ohio Indoor 3 Km, Ada (M)
 Indoor Race, Columbia, Mo. (J)
 5 and 10 Km, Los Angeles (Y)
 Indoor 3 Km, Cambridge, Mass. (AA)
 5 Km, Denver, 9 am (H)
 Sat. Feb. 29 1 Mile, Los Gatos, Cal., 12:30 pm (CC)
 Midwest Regional Indoor 3 Km, Hillside, Ill.
 Mason Dixon Games 3 Km, Louisville, Ken. (L)
 Fri. March 5 5 Km, New York City, 9 am (G)
 Sat. March 7 1/2 Marathon, Chico, Cal. (E)
 Sat. March 6 5 and 20 Km, Augusta, Ga. (K)
 NAIA Indoor 3 Km, Johnson City, Tenn.
 Indoor 3 Km and Master's 1 Mile, New York City (G)
 Sat. March 13 2.8 Miles, Seattle, 9 am (C)
 Nike Indoor H.S. Championships 1 Mile, Landover, Md.
 Sun. March 14 5 and 20 Km, Los Angeles (Y)
 New Balance Indoor HS 1 Mile, New York City
 5 Km (50 and over), Palo Alto, Cal. (P)
 Sat. March 20 5 Km, Ft. Bragg, Cal. (P)
 Sun. March 28 **USATF Masters Indoor 3 Km, Boston (X)**
 Sun. April 4 World Cup 20 Km Trials, Men and Women, Overland Park, Kan. (J)
 Also Missouri Valley 5 and 20 Km, same place (J)
 Metropolitan 10 Km, New York City, 8:30 am (G)
 5 and 10 Km, Walnut, Cal. (Y)
 Sun. April 11 5 Km, Cambridge, Mass., 1:30 pm (AA)

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FROM HEEL TO TOE

A problem for the ages. Steve Vaitones sent along the following item from the 1934 edition of the Boston Athletic Association club publication, "The Unicorn", showing, he says, that judging controversy spans the generations: B.A.A. Team Finishers Second in National AAU Championships. Four wearers of the Unicorn scored 15 points to finish in the runnerup position to New York AC in the National AAU Track and Field Championships in New York's Madison Square Garden on Saturday evening February 24. And without offering any alibis, if the New York judges of walking had not disqualified both Louis Welch, our own BAA New England 1500 meter walk champion, and Ellery H. Clark, Jr., who finished in the scoring positions, the BAA would have wound up the evening in a tie with the NYAC..... Welch led the field for seven laps and his style to everyone of the 16,000 fans watching the games appeared just as near perfect as any of the New York walkers. However, the judges ruled otherwise, and Welch was ordered off the track. Clark finished the event in second place, but when the announcement of place winners was made, the judges also disqualified him. The crowd booed the announcement of Clark's disqualification. This ruling simply ruined the chances the BAA had of winning the Team Point Trophy. (Checking the records, we see that the race, which was 1500 meters, was won by Charles Eschenback of the NYAC in 6:15.8). . **2004 World Cup.** Naumburg, Germany, the site of the 2004 World Cup of Racewalking, is located what was the German Democratic Republic (East Germany) before reunification. The city has hosted annual 20 and 50 Km walks for many years. In its progress report to the IAAF Council, the city's organizing committee reported that the city has dreamed of promoting such a world class walking event for more than 10 years and that

enthusiasm has not diminished. Naumburg can be considered as a cradle of racewalking in Germany and aims to put on a superbly organized and exciting competition that will reinforce the status of the sport as an integral part of the athletics (i.e., track and field) program. . **Road records now official.** On January 1, the IAAF confirmed that road running and road walking performances can be officially classified as world records. Previously, only track performances were recognized for world records. Road performances were acknowledged only as world bests. Under new guidelines agreed on at the 44th IAAF Congress in Paris in August, world records will be recognized in men's and women's road races from 10 km to 100 Km, including the marathon, and 20 and 50 km racewalking. Poland's Robert Korzeniowski becomes the inaugural world record holder at the men's 50 Km with his performance at the 2003 World Championships. Presumably, Jefferson Perez gains the same recognition with this World Championship 20 Km performance. However, the performance recognized as the inaugural women's 20 Km record is only the seventh best on the all-time list. Apparently, there is some difficulty in verifying the conditions under which the other races were confirmed. So, the initial record for the event is 1:26:22 by Yan Wang, China in 2001. The six faster times, led by Olimpiada Ivanova's 1:24:50 in 2001, were all by Russians in Russia, five of them in a single race in Moscow in 2000. (Obviously, four of those five would not be considered for the record, regardless of conditions, since the record would go to the winner of that race, Tatyana Gudkova, who had 1:25:18. Ivanova was fifth in that race.) Last May, Russia's Yelena Nikolayeva equaled Wang's mark in a race in Cheboksary, but evidently, conditions of that race left some question, too. . **More on biomechanics.** Canada's Roger Burrows weighs in on the ongoing dialogue regarding advantages or not of lifting: "OK, I'll bite! I am with Bob Mimm, with a few additional thoughts. Biomechanically racewalking can be pretty complicated. But to a biomechanist, so is lowering a toilet seat (he said, in an attempt to engage the female readership.) Biomechanists could get quite animated about the one-handed or two-handed seat drop, and wax lyrical about the rotational forces involved with the fiendish one-footed hook. Racewalking judges need not be biomechanists. Their credentials, and their invaluable contributions, lie in their fair minds and slow motion eyeballs. They should be watching what appears in front of them, not second-guessing what went into it. To rephrase Bob's crystal clarity, let's just watch for ground contact and straight legs, eh? Should coaches be biomechanists. OK, if they are that way inclined. After all, we have got ourselves a technical event, folks; coaches certainly should know a moment of inertia from a hole in the ground, in order to figure stuff out. But in their daily activity, they should pretty much shut up about it. Otherwise, it's not about the athlete. Coaches should teach or advise, depending on the situation, and always communicate. Any "advanced theoretical physics" (way to go Bob) takes second place to "simple practical help". Biomechanists can be biomechanists. We (athletes, coaches, judges, administrators) need the little darlings. We need to sit at their feet once a year on Hug Your Biomechanist Day, and, as students of the sport, listen carefully to what they have to tell us. Then we all have to go out there and do our own job. Cheers." . **More Burroughs.** Roger also has some interesting commentary on judging at the World Championships last summer. "Still too many DQs for my taste at this world level (9 in the women's race, 9 in the men's 20, and 15 in the men's 50, all more than the 10 percent of the field that marks my line between monitoring and interference.) But there was a pattern. Of the 33 DQs, a clear majority (19) happened in the first half of the race, and a vast majority (26) by three-quarter distance. Only four DQs happened in the last 5 km of any race, two in each 20. In the 50, the judges seemed to feel that their job was done by 25 km, only three DQs thereafter. The bad news: the IAAF is still scared out of its wits about post-race DQs in racewalking, overlooking the fact that, except for false starts, post-race is the only place DQs can happen in every other event. The good news: the message is clear: if athletes cooperate early in the race, they will be left to decide the final outcome. The wonderful news is that this understanding seemed to work magnificently on the street of St. Denis. . **Seaman web site.** Tim Seaman reports that he has a new updated web site. The address is still the same--

www.TimSeaman.com—but he has added a few more things to it. "I have a new logo designed by Zeroflux.com. It is really very impressive. They have donated their time and energy to making the web site more functional and they have opened up an online store that has t-shirts, notebooks, sweatshirts, coffee mugs, and even a lunch box with the new logo. All donations will go towards a new organization formed by Rob Cole and Coach Jaime in Texas called Road to Athens, a non-profit arm of the South Texas Walking Club designed to help raise money for me to train for the 2004 Olympics in Athens. Many people think that athletes in America receive government funding for their Olympic training, but that is far from the truth. Instead, we must ask our friends and family for their help and support in order to walk behind the American flag as it enters the Olympic stadium. Tax deductible donations can be made directly to the organization through Coach A.C. Jaime, Road to Athens, 621 N. 10th Street, McAllen, TX 78501". . . (Ed. Well funding problems for athletes never change. A couple of personal stories about funding in the old days. When I qualified for the 1964 Olympic team, I was employed full-time as an industrial engineer at the Westinghouse major appliance plant in Columbus. Funding for training was strictly personal and training was fitted around the work week. My one "advantage" was getting transferred from the active army reserves to stand-by status, so that I didn't have to miss my long Sunday workouts twice a month while sitting all day behind my clerk's desk or spend two weeks at summer camp, where serious training would have been virtually impossible. It was good of Uncle Sam to recognize my possibility of making the team. Once qualified, I had to announce at work that I would be gone for about 2 months—we had about a month in California before departing for Tokyo, and were there for 3 weeks. Company headquarters in Pittsburgh said they would not grant any paid leave beyond my 2 weeks of vacation. So, it looked like a financial sacrifice, compounded by the expense of getting wife Marty on the Track and Field News tour. But, surprisingly, upon return, I found pay checks for the whole two months waiting for me. It seemed there was a good bit of paper work required to stop the pay checks and the local decision was that it was simpler to wink and let the checks keep coming than to go through that hassle and that headquarters would never be the wiser. Good people. But, I suppose it destroyed my amateur standing under the rules of the day. But what corporate headquarters didn't know didn't hurt them and what the AAU didn't know didn't hurt them. The other story concerns the 1967 Lugano Cup team. The Lugano Cup (now World Cup) was started in 1961. Ron Zinn and I, while in Europe with the U.S. track team, got wind of it and tried to talk up sending a U.S. team, but nothing came of that. Nor, did anything happen for the second and third editions in 1965 and 1967. Those first three Lugano Cups were really just European Cups. Finally, in 1967 someone got the ear of the right person in the AAU and they decided we could send a team to Bad Saarow, East Germany for the October competition—but, the athletes selected would pay their own expenses. Everyone came up with the bucks needed—I managed to get some help from the local AAU office, a bit or irony—and the U.S. became the first nation from outside of Europe to participate. And, we have sent a team ever since—expenses paid. Other members of that pioneering team were Ron Laird, Tom Dooley, Larry Young, Goetz Klopfer, Jim Clinton, and manager/coach Bruce MacDonald. Not only the first U.S. Lugano Cup team, but the first U.S. athletes to compete in the German Democratic Republic.). .

Canada-U.S. Junior Meet. The annual racewalking meet between Canadian and U.S. junior teams is set for Edmonton on the final week of August. The men will compete at 10 Km and the ladies at 5. Incidentally, Edmonton will also be the site of the 2005 World Masters Games from July 22 to 31, a multi-sport event, including both 5 and 10 Km racewalks for men and women. .

Ranking the nations. Michael Roth has taken lists of the top 100 walkers in the world in both men's and women's 20 Km for 2003 and then ranked the nation's by the number of athletes represented. The following table shows his results, listing only those nations with at least three athletes:

Men's 20 Km

Nation	No. in top 100	Highest rank
China	19	5
Russia	17	3
Japan	9	21
Spain	8	2
Belarus	6	11
Italy	6	23
Mexico	5	4
Poland	5	8
Greece	4	19
Germany	4	25

Women's 20 Km

Nation	No. in Top 100	Highest
China	20	3
Russia	18	1
Spain	7	9
Italy	6	7
Ukraine	6	11
Belarus	5	9
Romania	5	18
Japan	5	50

In the men's 20, there were 24 countries represented with the 100th best time at 1:24:17; in the women's 20, there were 24 countries represented with the 100th best time at 1:35:53. . . **Michta honored.** Maria Michta has been named a semi-finalist in the 2004 Science Talent Competition. The 2003 USATF Junior Racewalker of the Year was among a652 high-school seniors who submitted research projects of the contest, financed by Intel Corp. Maria submitted a study on the "Radio Detection of Metros". The semi-finalists receive \$1,000, with an equal amount going to their school. Finalists, to be announced in late January, will take an all-expense paid trip in mid-March to Washington, D.C. to compete for the top prize of a \$100,000 scholarship. . . **Hall of Famer.** Jill Cobb was inducted into the Cedarville (Ohio) College on January 16, becoming the first racewalker inducted. She was Jill Zenner when competing for Cedarville. . . **Errata.** Wow! Did I ever do a deplorable job on the U.S. lists I published last month. Thanks primarily to Ed Parrot for getting me straight. There were so many mistakes in the men's 20 Km lists, that I am repeating it below.

2003 U.S. Men's 20 Km List

1:22:25 Kevin Eastler	1:37:05 Allen James
1:24:48 Tim Seaman	1:38:13 Matt DeWitt
1:25:16 John Nunn	1:40:54 Bill Vayo
1:26:31 Curt Clausen	1:41:43 Mark Green
1:27:26 Ben Shorey	1:42:05 Eric Pasko
1:27:42 Sean Albert	1:42:31 John Soucheck
1:28:18 Philip Dunn	1:43:09 Dave Doherty
1:31:34 Matt Boyles	1:43:35 T.C. DeWitt
1:31:51 Dave McGovern	1:43:38 Rod Craig
1:32:23 Al Heppner	1:44:27 Steve Pecinovskiy
1:32:44 Steve Quirke	1:44:56 Joe Nieroski
1:33:25 Theron Kissinger	1:45:11 Gary Morgan
1:34:20 Mike Tarantino	1:45:57 Nick Bdera
1:34:48 Jim Robinson	1:46:06 Keith Luoma
1:35:04 Mike Stanton	

For the women's 20, I will simply note the mistakes here. Teresa's Vail best time was 1:36:39, not 1:36:29, simply a typo, as I have the correct time in her summary in the rankings. Likewise with Bobby Jo Chapman, who had a best of 1:41:21, not 1:42:21. Cheryl Rellinger had a 1:46:05, an improvement on the 1:46:29 best I showed, but it doesn't change her position. Amanda Bergeron moves up three places with a 1:48:51, rather than the 1:51:53 best that I gave her. Finally, I have both a Dee Webb and a Daine (should be Diane) Webb. They are apparently the same person. In the men's 50, an obvious typo is the 4:14:16 for Doug Johnson; it should be 5:14:16. Also

Michael Bartholomew's time should be 5:20:13, not 5:28:13, but it doesn't change his position.

National teams. The USATF Racewalk Committee has announced the USA National teams for the coming year. The teams were chosen from the top eight finishers in each 2003 National Championship race and from additional nominations by Development Chairs as approved by the Committee. Members of the team are: Women's 20 Km--Michelle (37), Joanne Dow (39), Teresa Vaill (40), Jolene Moore (39), Amber Antonia (23) Sam Cohen (26), Susan Armenta (29), Bobbi Jo Chapman (29), Anne Favolise (20), and Cheryl Rellinger (36); Men's 20 Km--Kevin Eastler (25), Team Seaman (28), John Nunn (25), Curt Clausen (25), Ben Shorey (20), Philip Dunn (32), Dave McGovern (38), Al Heppner (29), Steve Quirke (23), and Theron Kissinger (32); Men's 50 Km-- Clausen, Dunn, Sean Albert (29), McGovern, Gary Morgan (40), Shorey, Quirke, John Soucheck (37), Dave Doherty (32), Nick Bdera (55), Kissinger, and Bill Vayo (39). Junior National Teams for the year are: Women's 10 Km--Christina Tagliaferro, Maria Michta, Jennifer Reekie, Tina Peters, Jasmine Brooks, and Carly Lochala; Men's 10 Km--Adam Staier, Zach Pollinger, Jared Swehosky, Terran Swehosky, Dan Campbell, and Troy Clark. . . **More on lifting.** Tom Knatt comments: "The thread of the current conversation on lifting seems intent on proving that it uses more energy to lift than to not lift. The important point, I think, is that lifting gives the walker a slightly longer stride, hence a slightly faster pace. Increasing stride frequency gives more distance per unit time, but there is a limit on how many strides per minute the walker can manage. Almost anyone who takes a 2 foot stride at 200+ strides per minute soon gets out of breath. Once you are moving at your maximum stride frequency, the only way to move faster is to take longer steps, which can include lifting. The excess energy expended is offset by the desire to go faster. At least in shorter races, excess expenditure of energy is subjugated to trying to win the race." Tom also fills us in on when John Lees did his walk across the U.S. (see November issue). "John Lees walked across the USA in April and May 1972. I started about two weeks before him in March 1972, and walked from California to the Texas-New Mexico border." Tom refers to an article he did for Runner's World regarding his experiences in that trek and promises to send me a copy, if he can ever find it. I may have it myself--if I saved my old Runner's Worlds. But, if so, they are buried somewhere under the eaves and I don't feel like searching now. However, now that Tom has refreshed me on the dates of Lees' historic walk, I have located the Ohio Racewalker article regarding his effort. Certainly, it is worth repeating nearly 32 years later.

A Stroll Across the U.S.

(From the July 1972 Ohio Racewalker)

All records for crossing the great expanse of the U.S. on foot recently fell to a British racewalker, John Lees. Lees covered the 2891 miles from the Pacific in Venice, Cal., to New York's City Hall in 53 days 12 hours and 15 minutes bettering the accepted walking record of 66 days set by British Sergeants P. Maloney and M. Evans in 1960 and also shattering Bruce Tulloh's accepted running record of 64 days 21 hours and 50 minutes. Somewhere along the way, Lees got word of a 54-day performance by a South African runner John Ball a month earlier and had to press hard to better that one, although he was uncertain of its authenticity, as apparently everyone else is. One of Lees' two assistants, Phil Chapman, collected signatures along the way to authenticate his performance.

His other assistant, Marilyn Williams, Chapman's girl friend, sounds over the phone like a very pleasant assistant indeed as she called the day they went through Columbus. Unfortunately, when she first called as they arrived in Columbus, I was at the hospital where son Derek had just had his tonsils removed. By the time she called again at 10 pm, they were 25 miles or so beyond the city and John was just about to call it a day after 65 miles, starting at 3 that morning. This was when he was pushing the miles to make sure of bettering 54 days and they were calling me to try and get some details on Ball's performance, which I could not provide (*And, I still can't.*) Anyway, because I had first heard of the venture only the day before in a letter from them and because of the

coincidence with Derek's operation, I was unable to make contact with them other than on the phone. When I talked to the charming Miss Williams again the next morning to report no worthwhile information on Ball, I learned that Mr. Lees was up well before the sun again and was to exceed 60 miles again that day.

This extreme test of endurance started on April 11 and ended at 2:30 pm on June 3. He averaged 53 miles a day for the distance and did 73 on the final day, the longest. The least he did was 21 in New Mexico, after eating some Mexican food.

Lees is 27-years-old and a chronic asthmatic. He participated in a variety of sports as a boy and tried running the mile, but could do no better than 5:20. He took up racewalking in 1970 and with this trek under his belt has now walked about 13,000 miles! One of his first ventures in the sport was the classic jaunt from Land's End in Cornwall, England to John O'Groats at the northern tip of Scotland. That 918 mile hike took him 26 1/2 days. During that walk, his asthma just left him and he has apparently not been bothered since.

In addition to his signature-collecting chores, Chapman served as navigator and found short cuts that saved 54 miles on Tulloh's route. Lees spent most of his time walking and did not try to push the pace at all. He was on the road at 5:30 most mornings and with short breaks to eat would generally go until 9:30 at night. He stated, "It's more of a mental challenge than a physical thing. After a while, you get to feeling like a machine."

Both Lees and his compatriots had dropped everything in England for the effort. Lees took a 3-month leave from job as a tax consultant, Chapman quite his job as a production manager, and Miss Williams gave up a position as governess to Sir Laurence Olivier's children. (*Gee. I had completely forgotten that I once conversed with someone so close to one of such note. Actually, I had completely forgotten about the phone contact during the walk until I reread what I had written.*) Lees is not ready to try any further transcontinental walks and will look for other worlds to conquer. He may take a serious crack at training for 50 Km. (*Perhaps on reading this, Colin Young will fill me in on where John Lees is today. If so, I will pass it on. And, perhaps, Tom Knatt will find that Runner's World article and I can pass on some further insight on these extended walks.*)

The Walker

by Bill Mogan with help from Judge Mack Howard, both 1962 graduates of West Point.

(Reprinted from the May/June 2003 edition of *Assembly*, a West Point alumni publication)

On 1 July 1958, my parents and younger brother bid me goodbye at the entrance to Central Area after driving from Minneapolis. The few quiet steps toward the noise emanating from the granite-enclosed cadet areas was like the clunking sound you hear as you approach the crest of the first hill on a roller coaster. The rest of my day swirled past in a noisy blur of forms, bracing, lines, a haircut, running to pick up uniforms, learning to salute, something about marching, and a vague noon meal. Sitting in the magnificent cadet mess hall, we had our eyeballs frozen to the front, but could see the shocked expression of the new cadet sitting across from us.

All day, precise, loud voices commanded us to avoid looking anyone directly in the eye. Two faces that stuck in my memory were my assigned roommates, Mack Howard and Ron Zinn. Ron's large eyes peered over high cheekbones and a wide mouth. Mack had reddish hair and a round unsmiling face. We hustled around in our light green room as upperclassman screamed from the hallway, "Stow that stuff later, smackheads. Hustle back to area for instruction!"

One year earlier, I had worked as deck hand on a Great Lakes iron ore boat. Ron Zinn hailed from Peroia, Illinois, as did class mates Jim Heldman and Wayne Downing. Heldman had wrestled against Ron in high school. Ron put in a year at Cornell of Iowa before joining us in that

dusty, three-man Beast Barracks room. Ron's mother was all the family he had. Mack Howard, from Deep Run, N.C., was the most experienced member of our trio. Mack had just finished plebe year at the Citadel and had been a high school basketball star.

Throughout the day we heard, "Mister Zinn, why are you bouncing? Stop bouncing!" No amount of yelling could change the fact that Ron possessed a tall, thin torso, with legs somewhat shorter than those of a typical six-footer. Ron's stride had a natural up-and-down component that gave him an exaggerated vertical head and shoulder movement on every step.

As the sun set, our class was marched out to picturesque Trophy Point to be sworn in. Our movement was punctuated by upperclassman screaming, "Stop bouncing, smackhead Zinn! Are you doing that to make me angry? MISTER Zinn!" Ron suddenly was famous throughout the first Beast detail for bouncing, but otherwise was holding up well. During the quiet ceremony, watching a cargo ship passing north toward Poughkeepsie, I recall thinking how nice it would be to be on that ship rather than sweating where I stood. I wondered about these Army officers nearby. Could they know how we were being treated? What could this yelling have to do with Patton and MacArthur?

Damp, scratchy wool class shirts, white gloves, and wool trousers took most of the joy out of being there. MG Garrison Davidson appeared in immaculate uniform as some distant voice directed us through our oath. The intensity of our collective response, "I do", served to snap me out of my reverie. I felt the worst part of the first day was over and we'd soon get showers. I was wrong.

Back in our room, we found ourselves preparing for something called "Shower Formation". Yelling in the halls intruded into our room. Mack kept a stern face as Ron and I listened to his advice on drinking water and holding our soap dishes and towels during shower formation. Mack's steady countenance cautioned us to be as invisible as possible. Then he gave us the happy news--we'd have to sweat our shadows onto the wall through our new, blue summer bathrobes to earn a shower. Ron's distinctive features radiated resilience from his wrestling and cross-country running. I can't imagine what I reflected.

Shower clogs clunked on metal stairways as we shuffled down toward the basement sinks. Here we stood, chins pulled in, flattened against walls that had been home to likes of Omar Bradley and countless other famous military leaders. The indignity of our situation was inconsistent with my image of great military leaders. Ron Zinn strained to make his shadow as I glanced down the hall.

An upper classman appeared inches in front of my face, berating me for eyeballing the hallway. I strained against the cool wall, instantly making better progress sweating my shadow. Suddenly, the upperclassman found another offending new cadet out of my vision. I detected Mack moving forward and suddenly kicking Ron Zinn's extended hand, sending his soap dish flying. A brief wave of nervous laughter rang out as Ron dove to retrieve his dish and pristine bar of soap. New cadets within view of the scene made hasty eye contact and were again, for just a second giggling teenagers. Ron Zinn's smirk was the most intense. In a flash, Mack had lightened the load of many of us stuck in that humid corner of the world. About 90 minutes later, we understood that Shower Formation was about harassment, not cleanliness. Our participation in the soap scramble cost our room more shadow sweating time than most other new cadets. Later, with the lights out, we prepared our uniforms for the coming day and whispered complaints about the vast number of tasks we were expected to complete. Mack spit out instructions as he added more spit shine to his shoes and boots. New Cadet Howard hit the sack an hour after "Taps". New Cadets Zinn and Mogan labored into the wee hours before catching up with our practiced roommate, peacefully sleeping in his single bunk.

Within days, Zinn mastered the art of developing a cadet glass shine on his shoes and boots, and we matched Mack's rapid pace in preparing equipment.

Our room looked good, and we even once managed to secure permission to buy a pint of ice cream as a reward. In an unusual spare moment, Ron showed us how he could fit the bottom of his water glass into his oversized mouth.

Three weeks into Beast, Ron Zinn still was getting verbal abuse and extra instruction for bouncing. Squad leaders even double-teamed him in an attempt to eliminate his bounce. He'd lost some weight from having to recite Plebe Trivia during meals, but he held onto his wry smile. Mack marched Ron around our room to find the cause of his bouncing. One night, Ron opened a package from his mother while we discussed upperclassmen criticism of Ron's marching. With flashing eyes, he declared, "My mother sacrificed too much getting me through school in Iowa and into this place for me to break. I'll never quit." Ron unwrapped a small cake and a can of Spam. Soon, the uncut cube of molded ham shoulder lay before him on his desk.

Suddenly, a knock on our heavy wooden door announced the arrival of an upperclassman. All eyes jerked to the opening door and then to the front, as we snapped to attention. A distinct ham aroma wafted around the humid room.

The tall, immaculate upperclassman soon noticed the empty Spam can and Ron standing at attention with odd bulges in his cheeks. "What are you eating, smackhead!"

Smirks, then laughter broke out. Ron's face was too stuffed to produce a verbal response or even a grin, but his eyes disclosed he was enjoying the moment. My normally still squad leader gave up, "Well, don't just stand there, Mister Zinn. Chew! You got it in there. You will keep it all in there while you execute your gluttony." The upperclassman departed, breaking up. Soon, other upperclassmen came to view New Cadet Zinn struggling with his solitary meal.

Ron Zinn was fully squared away by the end of two months. Ron's shoes, brass, and boots shined. He could change uniforms as fast as any plebe in Beast and could rattle off Plebe Trivia even faster. He showed endurance on the many long, training hikes. Nevertheless, two sounds were forever burned into our souls. The first was the strident sound of the Hellcats at "Reveille". The other was "Mister Zinn, stop that bouncing!" Five weeks after the great Spam feed, Ron took his place in the Corps of Cadets and excelled in cross-country and wrestling.

Ron's personal drive, combined with encouragement from Track Coach Carl Corwell, moved him to take up the Olympic racewalking challenge in 1959.

While adapting his walking style, Ron designed a training vest. After the cadet tailor shop crafted the vest, Ron could be seen practicing his unique walking style with heavy weights loaded into his vest pockets. Football standout Berry Butzer quipped, "When Ron got going, he could walk faster than I could run." In 1960, Ron Zinn became the first cadet ever to become a member of an Olympic team, placing 19th in Rome in the 20 Km walk.

Not an outstanding marcher, Ron became America's best walker. He went on to become the AAU two-mile walking champion in 1963 and 1964. At the 1964 Tokyo Olympic Games, he moved up to sixth in the 20 Km event and was the first American racewalker to beat a Russian. In 1963, he won races in Poland, Germany, and England, becoming the first to win an international walk since WWII. Those of us who knew him felt certain that he would take the gold in the 1968 Olympics.

Ron died on a different walk, however, with his men on 6 July 1965 near Saigon. At the time, he held eight separate U.S. walking records. The American Race Walker magazine devoted its entire August issue to Zinn's memory.

USA Track & Field now bestows annual Captain Ron Zinn awards on their best racewalkers. Their booklet reads, "These awards are given to commemorate the achievement of Captain Ron Zinn, who lost his life in combat during the Viet Nam War. A racewalker, he was a member of the 1964 U.S. Olympic Team at Tokyo, and his sixth place finish in the 20 Km walk was considered an excellent performance for U.S. walkers at that time."

2003 World Top 40--Women's 20 Km

1:26:22	Helena Nikolayeva, Russia	1:29:36	Tatyana Korotkova, Russia
1:27:14	Antonina Petrova, Russia	1:29:40	Kelian Gao, China
1:27:16	Hungjuan Song, China	1:29:42	Aihui Xu, China
1:27:22	Gillian O'Sullivan, Ireland	1:29:44	Jing Jiang, China
1:27:23	Larisa Yemelyanova, Russia	1:29:44	Melanie Seeger, Germany
1:27:54	Tatyana Sibileva, Russia	1:29:46	Olga Kardoppetsova, Belarus
1:27:58	Elisabetta Perrone, Italy	1:29:54	Christina Kokotou, Greece
1:28:10	Valentina Tsybulskaya, Belarus	1:30:03	Wuayan Jiang, China
1:28:10	Maria Vasco, Spain	1:30:20	Yelena Mirsoshnichenko, Ukraine
1:28:17	Natalya Fedoskina, Russia	1:30:26	Mingming Ha, China
1:28:19	Vera Zozulya, Ukraine	1:30:27	Norica Cimpean, Romania
1:28:20	Lyudmila Yefimkina, Russia	1:30:29	Olive Loughnane, Ireland
1:28:37	Tatyana Gudkova, Russia	1:30:34	Xingli Jian, China
1:28:49	Kjersti Platzer, Norway	1:30:34	Elisa Rigaud, Italy
1:28:52	Ndeszhda Ryashkina, Russia	1:30:41	Maite Gargollo, Spain
1:28:52	Valentina Savchu, Ukraine	1:30:48	Marina Smyskova, Russia
1:29:08	Susana Feitor, Portugal	1:30:51	Jane Saville, Australia
1:29:09	Claudia Stef, Romania	1:30:53	Sonata Milusauskaite, Lithuania
1:29:14	Rossella Giordana, Italy	1:30:57	Svetlana Tolstaya, Kazakhstan
1:29:34	Athenia Tsoumeleka, Greece	1:30:58	Yelena Ginko, Belarus

2003 World Top 40--Men's 20 Km

1:17:21	Jefferson Perez, Ecuador	1:20:31	Toshihito Fujinohara, Japan
1:18:00	Francisco Fernandez, Spain	1:20:31	Vasily Ivanov, Russia
1:18:07	Roman Rasskazov, Russia	1:20:34	Lorenzo Civallo, Italy
1:18:14	Noe Hernandez, Mexico	1:20:38	Yevgeniy Misyulya, Belarus
1:18:43	Hongjun Zhu, China	1:20:38	Yuki Yamazaki, Japan
1:18:56	Chaohong Yu, China	1:20:44	Andre Hohne, Germany
1:19:06	Bernardo Segura, Mexico	1:20:45	Takayuki Tani, Japan
1:19:11	Robert Korzeniowski, Poland	1:20:46	Akinori Matsuzaki, Japan
1:19:14	Xinde Xu, China	1:20:48	Liansheng Bai, China
1:19:35	Luke Adams, Australia	1:20:51	Shigang Wang, China
1:19:40	Ivan Trotskiy, Belarus	1:20:52	Alessandro Gandellini, Italy
1:19:46	David Marquez, Spain	1:20:54	Ronghua Lu, China
1:19:49	Alejandro Lopez, Mexico	1:20:56	Vladimir Andreyev, Russia
1:20:00	Yucheng Han, China	1:20:56	Viktor Buraryev, Russia
1:20:05	Ilya Markov, Russia	1:20:56	Aigars Fadejevs, Latvia
1:20:09	Chuang Pei, China	1:21:06	Aleksey Kronin, Russia
1:20:15	Jose David Dominguez, Spain	1:21:10	Valeriy Borisov, Kazakhstan
1:20:28	Konstantin Golubslav, Russia	1:21:12	Hatem Ghoula, Tunisia
1:20:28	Andrey Stadnichuk, Russia	1:21:12	Yucheng Han, China
1:20:30	Joao Vieira, Portugal	1:21:23	Michele Didoni, Italy
		1:21:23	Vladimir Kanaykin, Russia

2003 World Top 40--Men's 50 Km

3:36:03	Robert Korzeniowski, Poland	3:51:15	Craig Barrett, New Zealand
3:36:42	Berman Skurygin, Russia	3:51:36	Semen Lovkin, Russia
3:37:46	Andreas Erm, Germany	3:51:37	Eichi Yoshizawa, Japan
3:38:01	Aleksey Voyvodin, Russia	3:51:51	Aiguo Bian, China
3:38:23	Denis Nizhegorodov, Russia	3:52:18	Hongguang Li, China
3:39:42	Nathan Deakes, Australia	3:52:45	Liansheng Bai, China
3:42:03	Mikel Odriozola, Spain	3:52:57	Santiago Perez, Spain
3:43:56	Jesus Garcia, Spain	3:53:10	Delu Zheng, China
3:44:11	Chaohong Yu, China	3:53:18	Eddy Riva, France
3:44:53	Roman Magdziarczyk, Poland	3:53:24	German Sanchez, Mexico
3:45:27	Vladimir Potemin, Russia	3:53:31	Luis Garcia, Guatemala
3:46:03	Aigars Fadejevs, Latvia	3:53:58	Jamie Costin, Ireland
3:46:14	Trond Nymark, Norway	3:54:01	Francisco Pinardo, Spain
3:47:36	Nikolay Matyukhin, Russia	3:54:11	Ken Akashi, Japan
3:47:42	Sergey Korepanov, Kazakhstan	3:54:12	Peter Korcok, Slovakia Rep.
2:47:54	Takayuki Tani, Japan	3:54:16	Marat Romazanov, Russia
3:48:11	Yinhang Wang, China	3:54:21	Alatan Gadasu, China
3:48:26	Yuriy Andronov, Russia	3:54:45	Yucheng Han, China
3:49:05	Denis Langlois, France	3:55:00	Jose Antonio Gonzalez, Spain
3:49:35	Mario Avellaneda, Spain	3:55:13	Yoshimi Hara, Japan

The following item has nothing to do with racewalking but a lot to do with preparation of this newsletter and with how we communicate in the modern world. Found on the Internet by Colorado's Bob Carlson, editor of the Front Range Walkers News:

Microsoft vs. GM

For all of us who feel only the deepest love and affection for the way computers have enhanced our lives, read on. At a recent computer expo, Bill Gates reportedly compared the computer industry with the auto industry and stated, "If GM had kept up with technology like the computer industry has, we would all be driving \$15.00 cars that get 1000 miles to the gallon." In response to Bill's comments, General Motors couldn't wait to issue a press release stating: If GM had developed technology like Microsoft's Windows platform, we would all be driving cars with the following characteristics:

1. For no reason whatsoever, your car would crash twice a day
2. Every time they repainted the lines in the road, you would have to buy a new car.
3. Occasionally your car would die on the freeway for no reason. You would have to pull over to the side of the road, close all the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.
4. Occasionally, executing a maneuver such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.

5. Macintosh would make a car that was powered by the sun, was reliable, fives as fast and twice as easy to drive—but would run on only 5 percent of the roads.
6. The oil, water temperature, and alternator warning lights wuld all be replaced by a single "This Caar Has Performed An Illegal Operation" warning light.
7. The airbag system would ask "Are your sure?" before dploying.
8. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let yoi in until you simultaneously lifted the door handle, turned the key, and grabbed hold of the raadio antenna.
9. Every time a new car was introduced car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.
10. You'd have to press the "Start" button to turn the engine off.

LOOKING BACK

35 Years Ago (From the Jan. 1969 ORW)—We boldly predicted that some time before the year 2000, racewalking would get more play during actual sports programming time than in the commercials. I guess that has happened a time or two. During 1968, we had seen a lot more walking with the Winter Olympics (on various commercials) than we did during coverage of the Summer Olympics, where Larry Young copped a bronze medal and Rudy Haluza missed the bronze by one spot. . . Young won an indoor 1 Mile in Los Angeles with a 6:41. Jim Hanley took a San Francisco race in 6:53 and Dave Romansky turned in times of 6:31 and 6:28 in separate East Coast mile races.

30 Years Ago (From the Jan. 1974 ORW)—John Knifton edged Ron Daniel with a 13:59.6 in the Met AAU 2 Mile and Ron Kulik won a 1 Mile race over Dan O'Connor in 6:46.

25 Years Ago (From the Jan. 1979 ORW)—The National 1 Hour Postal Race was won by Neal Pyke with an American record performance of 8 miles 1021 yards. Todd Scully wasn't far back, covering 8 miles 807. Larry Walker went beyond 8 1/4 miles in third, and Wayne Glusker, Tom Dooley, John Knifton, Dave Romansky, Dan O'Connor, and Bob Henderson also exceeded 8 miles in the hour. . . Scully broke the American record at 1500 meters while winning the Olympic Invitational in New York with 5:40, the third year in a row he had bettered the record at this meet.

20 Years Ago (From the Jan. 1984 ORW)—Canada's Guillaume Leblanc, ranked number 10 in the world in 1983, got the new year off to a fast start with a 1:26:12 for 20 Km in Santa Monica, Cal. Dan O'Connor was just a second behind at the finish, and Mraco Evoniuk did 1:26:59. Vincent O'Sullivan was fourth in 1:31:43

10 Years Ago (From the Jan. 1994 ORW)—The Annual ORW World Rankings saw Finland's Sari Essayah on top at 10 Km, Spain's Valentin Massana at 20, and Spain's Jesus Garcia at 50. At 10, Ileana Salvador, Italy, and Yan Wang, China, were second and third; at 20 it was Daniel Garcia Mexico and Giovanni deBenedictis, Italy following Massana; and at 50 Valentin Kononen, Finland, and Carlos Mercenario, Mexico, were second and third. . . The U.S. rankings were as follows: 10 Km—Teresa Vaill, Debbi Lawrence, and Debbie Van Orden; 20 Km—Allen James, Jonathan Matthews, and Doug Fournier; 50 Km—Jonathan Matthews, Herman Nelson, and Andrzej Chylinksi. . . Indoor 3 Km races in New York City went to Curtis Fisher in 12:16.58, with

Sean Albert less that 2 seconds behind, and Tim Seaman in 12:02, followed by Al Heppner in 12:21.2

5 Years Ago (From the Jan. 1999 ORW)—Gary Morgan was the first racewalker to cross the finish in the Disney Marathon in Orlando with a 3:45:35. Cheryl Rellinger won the women's division in 4:12:44. . . Morgan also turned in a 12:20.29 indoor 3 Km effort in Chicago. . . Curt Clausen won an Indoor 3 Km in San Diego with a quick 11:22.4, followed by Tim Seaman in 11:33.7, Al Heppner in 11:37.9, and Philip Dunn in 12:05.6. Margaret Ditchburn won the women's race in 13:15.6. . . Nathan Deakes had a 1:20:15 for 20 Km in Australia, beating Nick A'Hern by 44 seconds.

