



# OHIO RACEWALKER

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## **Rest in peace Al.**

In the following article on the Olympic 50 Km Trial you will find that Al Heppner finished fifth. Three days later Al took his own life, jumping off a bridge. During his 29 years, Al brought much joy to many and lived a full, productive life, touching many both in our sport and beyond it. That he felt his performance in this race was cause to end that life is something none of us can fully comprehend. More on this tragic event on page 3.

*"We will all remember your talent, your drive and commitment to the sport. Those of us whose paths you have crossed will remember you fondly. Your tortured soul is now silent. May you rest in peace."* Stella Cashman.

*"Don't dwell on the last four days. Remember who he was when you saw him in his element, the man you knew for years."* Cheryl Rellinger

## **Clausen Wins Sixth 50 Km Title, Third Olympic Berth**

Chula Vista, Cal., Feb. 15--For the sixth time in the last seven years, Curt Clausen proved himself too strong for the rest of our country's best in the USATF National 50 Km Championship race. The goal for Olympic hopefuls in this race was a top three finish and a time under 4 hours, the Olympic "A" standard.

Going into the race, there were three competitors with a sub-4 hour performance in their history--Clausen, who had been there eight times with a best of 3:48:04 in the 1999 World Cup; Philip Dunn, with a best of 3:56 in the 2002 World Cup and four other trips under 4 hours; and Al Heppner, with a 3:58:45 dating from 1999. Two others, Tim Seaman, trained primarily for 20 Km, but with a 4:05:35 50 Km best, and Sean Albert, with a 4:09:58 in 2002. And these five established themselves at the front early on, making it strictly a race among them for any Olympic slots. But at the finish, only Clausen was able to pull it off on this day, his devastating final 10 km leaving the rest well in his wake to look for a better day. Curt finished in 3:58:24, nearly 10 minutes ahead of Seaman and 12 ahead of Dunn.

But the race wasn't without trauma for Clausen. He had to make two bathroom stops in the first half of the race due to a bad stomach. "The first half of the race, I was having some

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stomach problems," he said. "I have to admit that I didn't really eat anything last night because I wasn't feeling good when my dinner didn't arrive, so I was drinking carbo liquids and I felt the effects of that during the first half, so I figured I'd take care of the problems early and then worry about the second half." But, despite the stops, he managed to stay in contact and be in position to drop everyone in the final stages with his negative splits.

The race started under sunny skies with a temperature in the high 40s. The five favorites moved right to the front, and at 8 Km, Al Heppner made a break and moved to a 10 second lead at 10 Km, just 2 seconds off 4 hour pace with a 48:02. Albert, Seaman, and Dunn were together in 48:12, with Clausen another 8 seconds back. Dave Doherty led the rest of the distant field in 52:11.

Heppner, who was second to Kevin Eastler in the National 30 Km (2:16:52) five weeks earlier, a race in which he beat Clausen, continued to press the pace and hit 20 Km in 1:35:25, now 35 seconds ahead of 4-hour pace. The other four were staying just off that pace--Albert and Clausen in 1:36:19, Seaman in 1:36:20, and Dunn in 1:36:22. Well back, Dave McGovern had caught Doherty and they hit 20 Km in 1:44:41, 21 seconds ahead of Gary Morgan.

At 30 Km, Heppner, who had led for 35 km of the 2000 Trial only to be done in by the cold, wind and rain in Sacramento (and a DQ that came after he had faded out of contention), had moved even further ahead of the 4 hour schedule and continued to lengthen in his lead, as the others were dropping behind that schedule. Heppner went through in 2:23:04, with Albert and Seaman at 2:24:54, Clausen at 2:24:55, and Dunn unable to hold the pace at 2:25:43. McGovern was now alone in the sixth spot in 2:38:05.

Heppner seemed to hit the wall at about 32 Km. Seaman and Clausen, on the other hand, accelerated, and by 40 Km were well in the lead and were now just under the required pace with 3:11:58, covering that 10 km in just over 47 minutes. Heppner still held the third spot, but was well back in 3:15:41. Dunn had caught Albert and they went through together in 3:18:15. Ben Shorey was now sixth in 3:30:43, 4 minutes ahead of McGovern, who was entering that dreaded death-march finish of a 50.

It was no death march for Clausen, who accelerated further with a 46:26 for his final 10. Seaman found his 20 Km training not quite good enough for this distance as he needed nearly 56 minutes to get to the finish, allowing Dunn to close to within 2 1/2 minutes. Albert had to let Dunn go and needed a full hour for his final 10. Heppner was essentially reduced to strolling in, but held on to fifth. Ben Shorey, who walked his first 50 just 4 months earlier and still short of his 21st birthday, improved by 10 minutes over that October performance to finish sixth in 4:27:38.

While only Clausen made the Olympic standard, the others still have a shot. The two highest finishers in this race who can better 4 hours before August 9 will be on the Olympic team. The best shot at that will come at the World Cup in Naumburg, Germany on May 2. The first five in this race qualified for the World Cup team. However, before that is a qualifying meet for the World Cup 20 Km team, to be held in Overland Park, Kansas on April 4. Tim Seaman can be expected to qualify there and almost certainly will choose to walk 20 in Naumburg. Quite likely, the same will hold for Clausen, who might want to save further 50 km efforts for the Olympics. Ben Shorey is also a strong contender at 20 and would probably choose that event for the World Cup, since it is

very unlikely he could achieve the 4-hour Olympic standard just 2 1/2 months down the road. Sean Albert is also a contender at 20, but will probably choose the 50 and another shot at 4 hours. Al Heppner, unfortunately, is gone. So a likely World Cup 50 team is Dunn, Albert, McGovern, Theron Kissinger, and Gary Morgan. We will know following the May 4 20 Km Trial. Dunn would seem most likely to meet the 4-hour qualifier, knowing very well what it takes from having done it five times. He may still have been a little short on the training base needed since recovering from surgery, but should be there by May. If given decent conditions in Naumburg, his chances would seem to be excellent.

Following the race, Curt Clausen said, "What a relief and a whole lot of excitement. It's kind of a mix of both. There were a lot of times in that race when I thought it would be real easy to walk off the side here because this really hurts. Once I put my problems behind me, I just started getting more and more comfortable. My last 10 Km was probably my fastest. I really felt strong when I realized there was a good chance for me to get the job done today. If I didn't catch Al that would've been fine with me as long as I finished under 4 hours. The race didn't start until the last 15 to 10 km and I wasn't going to worry about him until we reached that point. It was great that my family was able to make it here and it was awesome. We had a huge crowd for a walk and I'm real happy to be at home and get the job done here. It's great to be on the Olympic team and represent my country in Athens."

Curt became the fifth U.S. male walker to make at least three Olympic teams (1996, 2000, and 2004). Ron Laird (1960, 1964, 1968, and 1976), Carl Schueler and Marco Evoniuk (both 1980, 1984, 1988, and 1992) were on four teams, and Bruce MacDonald (1956, 1960, and 1964) was on three. On the ladies' side, Michelle Rohl will be seeking her fourth Olympic berth later this year. No one can have more since this will be just the fourth with a women's racewalk. Debbi Lawrence also was on the first three teams, but she hasn't been competing for the last two years.

#### Results of the race:

1. Curt Clausen 3:58:24 2. Tim Seaman 4:08:06 3. Philip Dunn 4:10:37 4. Sean Albert 4:18:33 5. Al Heppner 4:23:52 6. Ben Shorey 4:27:38 7. Dave McGovern 4:37:30 8. Theron Kissinger 4:41:53 9. Gary Morgan 4:45:26 10. Steve Quirke 4:46:29 11. Dave Doherty 5:51:35 12. Nick Bdera 5:04:31 DQ--John Soucheck

## The Heppner Tragedy

The first report on Al Heppner's death was by the San Diego Tribune on the morning of Thursday, Feb. 23, four days after the 50 Km trial. It didn't name Al, however. It read:

"San Diego--A Chula Vista man despondent about not performing well at a recent U.S. Olympic speed walking (sic) qualification race jumped to his death from the Pine Valley bridge at Interstate 8, authorities said today.

California Highway Patrol officers, sheriff's deputies, and the man's teammates found the body of the 29-year-old man about 150 yards from the Pine Valley bridge under some bushes just after 3 am, said CHP Officer Brian Pennings. The man's name was not immediately released.

Officers spotted an abandoned white 2002 Ford SUV parked on the right shoulder of eastbound Interstate 8, just west of the bridge about 7:40 pm Wednesday, but could not find the driver of the vehicle, Pennings said.

Just before 1 am today, the CHP was notified by the San Diego County Sheriff's Department that the vehicle belonged to "someone who may have been very depressed and suicidal", Pennings said.

CHP officials contacted the man's mother and roommate and confirmed that the SUV belonged to him, Pennings said. Cold weather and fog delayed an early morning search for the man as sheriff's deputies and CHP officers returned to the site where the SUV was parked, Pennings said.



On hearing of his disappearance, some of the man's speed walking teammates assisted authorities in searching for him, Pennings said."

When this was first posted on the internet, it was obvious who was involved and that was soon confirmed. Before the day was over, both the U.S. Olympic Committee and the USATF had issued press releases concerning Al's death and paying tribute to his athletic accomplishments and his military service. Neither referred to the death as a suicide. But, of course, it was.

Al was born in Columbia, Maryland on April 24, 1974 and attended high school in Ellicott City, Maryland, graduating in 1992. He got into racewalking in 1989 when one of his high school track teammates bet him a dollar he wouldn't enter a walking race. Not one to pass up a buck or a challenge, Al went into the race and was hooked on the sport. He went on to the University of Wisconsin-Parkside, the collegiate mecca for racewalking in the U.S.

While at Parkside, Al won his first national title at 15 Km in Elk Grove, Illinois in 1995. Two years later, he repeated that title and also won the NAIA collegiate title at 5 Km. He won a third National 15 in 1999. In 2002, he won his final national title at 5 Km. He was also second in the National 20 Km in 2002 and earned second spot in the national rankings for that year. Probably his finest race was his second place in the 1999 National 50 km in 3:58:45, which also earned him a number two spot in the rankings. At the time, he was just the seventh American to go under 4 hours. Later that year, he was DQ'd in the World Cup race, a problem that had haunted his career.

However, in the 2000 Olympic Trial, he was leading at 35 Km and seemingly on his way to an Olympic berth, when he froze up in the cold, wind, and rain fading quickly out of contention and eventually being disqualified again. Al went through several months of depression following that race, and perhaps that should have been a warning this time around. However, he came out of that, and, with renewed vigor, enlisted in the U.S. Army, being placed in their elite athlete training program. This permitted him to train at the Olympic Training Center, and getting help with his style problems, he was back in action in 2001 and back among our top walkers in 2002. But, that apparently all came crashing down for him when he once again folded in the final stages of an Olympic Trial.

Al was an excellent writer as well as racewalker and hoped for a career in journalism. I met him in the spring of 1995 at a race in Cedarville, Ohio and we had a pleasant conversation. I believe it was the next fall that he wrote me wondering if he could write articles for the Ohio Racewalker, for which he could earn credit in a journalism course. I let him know the pay was poor, like zilch, but I would be glad to have his help. I believe the first story he did for the ORW was on that Elk Grove 15 Km at which he won his first national title. He did an excellent job and became a steady contributor to these pages. When he got back to the Olympic Training Center in his Army assignment, he took on the task of writing articles for the North American Racewalking Foundation and would always send me copies of his releases. The final two were a report on the Millrose Mile and a preview of the 50 Km Trial, done just a few days before the race.

Tributes to Al and expressions of sorrow and disbelief have poured into the racewalking list on the internet. Speculation on why this happened and what might have been done are rampant, but, of course, that is all useless now. Al had so much to live for and so many people in his corner, it is difficult to fathom the depths of depression that drove him to such a decision. But he made that decision and it is ours to live with. Anger is an emotion many expressed, but we need to forgive the way he left us and honor what he gave while he was with us.

There is not room to repeat the many things that have been written the past few days, many of which were lengthy. But, I can repeat some excerpts and some of the briefer messages--you have already seen two of them on the first page.

*The depths of heartache for such an unbelievable tragedy know no boundaries. Our loss is devastating. Al was an amazing athlete, an extraordinary friend, and had a beautiful, fun-loving spirit that was cherished. Knowing him enriched my life. It always will.* Heidi Hauch

*Al was a writer, a joker, a determined athlete, a friend, a flirt, a gentleman. Al was patient, spending time with the juniors during our time at the OTC. Al was encouraging, helping others and answering questions. Al was a rare good guy. Emma Carter*

*What does one say? How do you express the feelings you experience? I cried a lot last night, it's been tough today. It was just a couple of months ago that Al and I did a long walk together during convention. We had a great time walking and talking. Al was one of the easiest guys to relate to and get along with that I've ever had the pleasure to compete against. There is no question everyone loved Al. I know we have a long way to go, but it helps to know that so many people feel the same way. My prayers are with Al's family, the guys at the OTC, and our small walking family. Allen James*

*We grieve with the Heppner family and all who knew this wonderful young man. The sadness of the news is overwhelming. We commiserated with Al after the race and one and all urged him to "hang in there"... We knew he had what it takes to make the Olympic team, and he knew, and he said that, yes, he would. Sport is wonderful, but it is not the world and we are devastated that Al may have let the result of an athletic event overshadow the possibility of life's future joys. Al had so much to offer the world. He could have, he would have, he surely would. We know so. Sorrowed and saddened. Elliott Denman*

*I never had the pleasure and honor to have stood shoulder-to-shoulder with him on a starting line. On many occasions I stood across the starting line from him as a judge and never once did Al have a disparaging word. Al was always a gentleman. In this way, I'll always remember him. I'll remember his effervescent smile and his extraordinary drive. The quest to climb Mt. Olympus can be an overwhelming draw. It can be very demanding and very cruel. Many are called but few are chose. Rest in peace my friend. Ron Daniel*

*Several of us here are also on the Dead Runners Society e-mail list. When they have a loss, they run miles in memory of that person. I think I'd like to walk a mile for Al and I'm going to choose the prettiest one in a very pretty park with the river on one side and ducks and geese and big, old bald eagle that sits near the dam. Sherry Watts, Canada*

Perhaps we should all walk a mile or two for Al at some serene spot we know. Here is a way I will honor Al. He loved to write well and wrote well. He was witty and entertaining. I never had room to print all he sent, but had some things still on file. Here, in his memory, are a couple of his postings during a European trip with his OTC mates.

## Bridges and Buckingham

by Al Heppner  
April 17, 2002

Contrary to what you sang as a child, London Bridge is not falling down. John Nunn and I went there yesterday and it looked just fine, thank you. The only things that were falling down were John and I from the 8-hour time change. Fortunately, England has Red Bull everywhere. I had seven. Forget the wings, Red Bull turned me into Sonic the Hedgehog. John doesn't consume caffeine, so I drank another one, hoping he would catch some of the drink radiating from my pores.

Since I was wide awake, I dragged John down to the Wimbledon Championship Tennis Courts or so I thought. The home of the grand slam tennis tournament was not at the Wimbledon subway stop, nor was it at the Wimbledon Park stop. We should've known better than to get directions from Chinese tourists in England who speak English, "Very, very bad" as they put it. The courts were actually at the Southfield exit.

It turned out to be worth the effort after all. The Wimbledon Tennis Museum was awesome and I even took Anna Kournikova home with me. That poster will look great on my wall.

In the morning, we racewalked by Buckingham Place, where the queen lives, during the daily changing of the guard. As a result, there were thousands of people lining the streets to watch the guards march in. To avoid the crowd, we racewalked right down the middle of the street. At first, a couple of people started laughing, but then the crowd erupted into a roar of applause. Later, we walked by a girl who yelled out "Korzeniowski". Sometimes, I'm mistaken for the three-time Olympic Gold Medalist. Or maybe it was John.

Because the cars here drive on the wrong side of the road, crossing the street is very confusing. And it's even more dangerous when you're with John, because he just runs across the street regardless of whether cars are coming or not.

When Sean Albert pointed out to John that you're supposed to cross when the little green guy appears on the crosswalk signal, John replied, "But I like the red guy. He has courage. He just goes!"

Even though I'm way less confused then I'll be in my other stops (Spain, Germany, and Switzerland), because, well, they speak English here, it can be a little tricky if you don't know the lingo.

And since John was making fun of my dictionary.com word of the day e-mail I receive daily, I'm sending you the johnnunnwhatsacrosswalk?.com words of the day.

English word: hump American translation: seed bump

English word: mind the gap. American translation: watch your step.

I'll try to watch mine. Good thing it says "LOOK LEFT" or "LOOK RIGHT" in huge letters in the street or I would've been run over by now.

## Stick Shifts and Siestas

by Al Heppner  
May 1, 2002

I guess I should be careful what I wish for. I was starving in England, but the food gods answered me in Spain. Seems like they were mad that I bothered them too, because we get so much food here at the Spanish Olympic Training Center that my stomach grows two inches after every meal. No lie. When I got here I was a size 31. Now I'm like 40.

I can never understand parents who yell at their kids, "Finish your plate. Think about all those starving kids in Ethiopia." What?! OK, so how does stuffing myself like a turkey help those kids in Ethiopia? That's why I'm so full here all the time, because I always try to finish what I start. I hate dropping out of races or getting disqualified, so I bring that same determination to the dinner table. The empty plate is the finish line.

Not only have I been improving my Spanish, but I've also been improving my driving. Since there are no automatic cars in Spain, I had to learn stick shift on the fly. Yes, I know what you're probably saying, "How is Al going to drive a manual when he can't even stay on the road with an automatic?" But I did well driving to the bowling alley Monday. I was doing great. Didn't stall at all. . .until we were a block away and I stalled five times. Hey, it was a big hill. Meanwhile, let John Nunn drive the manual and he turns into Jeff Gordon. Coach just yells "Oh, my goodness" and "muy tonto" the entire ride. Anyway, I think the drive to the bowling alley took a lot out of me. Either that or my bowling game got lost in the translation. After Sean Albert and PFC Nunn kicked my butt, John proceeded to inform me that he beat me despite "not bringing his 'A' game."

And do people ever work here? Every time we try to go to the stores, they're all closed for the "siesta". They're on siesta all day and then they're closed at night too. Who wants bank hours now? I want Spanish/NCAA college basketball hours. Two twenty-minutes halves separated by an extended half-time siesta.

Coach and I must have caught the barber at two-minute warning. The place was called "Oh!". And I know why. Because after she finished cutting my hair, I thought, "Oh no! I just paid 11 Euros for a no hair cut." She didn't cut anything! I guess the money was for the shampoo and for letting me rest in her chair while she combed my hair.

*And now, I find myself asking again, "What happened to that zest for life on that fateful Wednesday evening?"*

## Memorial Fund

The North American Racewalking Institute has announced that it is establishing an Al Heppner Memorial Scholarship Fund. It will be awarded annually to an aspiring Olympian. Contributions to the Al Heppner Memorial Scholarship Fund can be sent to Curt Clausen and Elaine Ward, N.A.R.I., 1203 S. Orange Grove Boulevard, Pasadena, CA 91105-3345. Phone 626-441-5459. Email: narwf@aol.com.

A memorial service for Al was held on Manday, Feb. 23 at the Greenwood Memorial Park in San Diego. In lieu of flowers, the family has requested donations to the Al Heppner Memorial Scholarship Fund (See above).

Condolences can be sent to Al's mother, Evelyn Heppner at 5405 Graywing Court, Columbia, MD 21045 and to his father at Max and Shana Heppner, 1034 Farnham "O", Deerfield, FL 33442. The Olympic Center plans to conduct a memorial celebration of Al's life at some time in the coming weeks.

## Other race results

**Indoor 1 Mile, Hanover, N.H., Jan. 11--1.** Zach Pollinger 6:30.87 2. Patrick Collier 6:32.05 3. Troy Clark 7:01.91 4. Kyle Libby 7:52.8 5. Daniel Pendergast 8:05.1 6. Padric Gleason 8:09.3 5  
**Km, Lewiston, Maine, Jan. 31--1.** Troy Clark (17) 23:51 2. Kyle Libby (17) 26:09 3. Daniel Pendergast 26:24 (5 finishers) Women--1. Kate Dickinson (18) 26:54 2. Carly Lochala (17) 28:43 3. Helen Pottle (16) 28:40 4. Lauren Forgues (14) 28:43 1 **Mile, Boston, Feb. 8--1.** Maryanne Torrellas (44) 7:34.83 2. Kate Dickinson 7:38.7 3. Carly Lochala 7:42 4. Lauren Forgues 8:07 5. Heather Cyr 9:24 (7 finishers) Men--1. Adam Staier 7:01.37 2. Daniel Pendergast 7:23.58 3. Padric Gleason 7:45 4. Matthew Forgues 8:50 5. Christopher Stuart 8:57 3.8 **Miles, Brockton, Mass, Feb. 16 (unjudged)--1.** Bob Ullman (55+) 34:08 2. Steve Vaitones (48) 34:38 3. Paul Schell (66) 38:12 4. Charles Mansback (59) 38:24 5. Justin Kuo (49) 39:16 6. Tom Knatt (63) 39:52 7. Joanne Harriman (61) 40:22 8. Evelyn Bandlow (50) 40:34 9. Dick Ruquist (66) 40:55 **Heppner Memorial Walks, Lewiston Maine, Feb. 20 (Indoor):** 1 Mile--1. Mahala Stewart (18) 8:54 2. Matthew Forgues (11) 9:02 3 Km--1. Renee Fortin (16) 17:39 5 Km--1. Daniel Pendergast 25:23 2. Padric Gleason (16) 31:09 3. Helen Pottle (16) 31:29 4. Heather Cyr (15) 32:09 10 Km--1. Adam Staier 51:04 2. Troy Clark (17) 52:17 3. Kyle Libby (17) 55:42 4. Kate Dickinson (18) 58:33 **Indoor 1500 meters, New York City, Jan. 3--1.** Aach Pollinger 6:22.03 Girls--1. Rosalina Adams 7:21.13 2. Jemi CHillino 7:55 3. Raven Pilgrim 8:32 4. Amanda DelBalso 8:39 (19 finishers, 5 DQs) **Indoor 3Km, New York City, Jan. 11--1.** Greg Dawson 14:11.03 2. Tim Davidson (16) 15:13 3. Dana Vered (15) 16:11 4. Alex Davidson (48) 17:26 1500 **meters, same place--1.** Gary Null (59) 7:30.86 2. Bob Barrett (7) 7:58 3. Allison Snocowski (13) 8:00 4. Michael Kasmiercxak 8:06 **Indoor Race 1500 meters, Suffolk County, N.Y., Jan. 31--1.** Maria Michta 6:52.33 2. Kristin Schmitt 7:19 3. Keisha Pearson 7:36 4. Elizabeth Giorgio 7:53 5. Brittany O'Brian 7:54.94 **Millrose Games 1 Mile, Feb. 6--1.** John Nunn, US Army 6:03.37 2. Jim Heys, UW-Parkside 6:19 3. Mike Tarantino, UW-Parkside 6:28 4. Zach Pollinger, New Jersey H.S.



6:36 5. Pat Collier, Athletics East 6:38 6. Joe Trapani, Mansfield U. 6:41 7. Bill Vayo, Eastside Walkers 7:05 **Indoor 3 Km, Brentwood, N.Y., Feb. 7--1.** John Nunn 12:05.8 2. Dave McGovern, New Balance 12:39.2 3. Bill Vayo, Walk USA 13:11 4. Timothy Davidson, New York Starz 14:54 Women--1. Loretta Schuellein, Walk USA 14:08.5 2. Maria Michta, Walk USA 15:20 3. Keisha Perason, Walk USA 16:35 **3 Km, Bucknell College, Pa., Jan. 31--1.** Zach Pollinger 12:56.52 2. Joe Trapani 13:27 3. John Soucheck 13:48 4. Rich Correll 15:27 Women--1. Michelle Rohl 13:01.72 2. Sarah MacIntyre 17:52 3. Jenny Wood 18:03 **Indoor 3 Km, Findlay, Ohio, Jan. 30--1.** Bobbi Chapman, Worldclass Racewalking 14:36.50 2. Tina Peters (16), Miami Valley TC 16:59 3. Kristin Barnett, Rio Grande U. 17:40 4. Billie Robinson, Rio Grande 18:03 5. Danielle Doubt, Miami Valley TC (13) 18:25 6. Joyce Prohaska, Over The Hill TC (52) 18:41 7. Ashley Thomas, Malone Col. 18:51 8. Jana Marshall, Rio Grande 19:54 9. Roberta Snouffer, Steubenville Striders (53) 19:57 **Men--1.** Gary Morgan (44), NYAC 23:56 2. Vince Peters (48), Miami Valley TC 16:56.9 3. Jerry Goodwin (48), Steubenville Striders 17:49.1 4. Andy Peters (14), Miami Valley 18:50 **Ohio Indoor 3 Km, Ada, Feb. 21--1.** Tina Peters (16) 16:31.54 2. Kristen Barnett 17:20 3. Billie Robinson 17:26 4. Ashley Thomas 17:47 5. Joyce Prohaska (53) 18:36 6. Jana Marshall 19:07 7. Brittani Lyons 19:29 8. Urte Kurlich 19:39 Men--1. Matt Boyles 12:52.76 2. Ed Fitch (42) 16:34 3. Andy Peters (14) 18:50 4. Jim Laggar (63) 20:19 5. Jack Shuter (74) 20:26 **3 Km, Ada, Feb. 22--1.** Dana Vered (16) 15:49.35 2. Allison Snochowski (13) 16:50 3. Andy Peters (14) 17:31 **Indoor 5 Km, Oshkosh, Wis., Jan. 30--1.** Ben Shorey 21:07.3 2. Jih Heys 21:33.9 3. Mike Tarantino 21:37.9 4. Stephen Quirke 22:23.6 5. Mike Stanton 22:25.1 (all UW-Parkside) **Women's 3 Km, same place--1.** Sam Cohen, Parkside AC 13:56.0 2. Jolene Moore, PAC 14:06.1 3. Deb Huberty, New Balance 14:23.7 4. Anne Favolise, UW-Parkside 14:53.4 4. Ali Bahr, PAC 14:53.7 6. Amanda Bergeron, UWP 15:11.2 7. Jasmine Brooks, UWP 15:12.3 **1600 Meters, same place--1.** Pam Murkowski, UWP 8:09.6 2. Susie Potthast, UWP 8:47 **5 Km, Aurora, Cal., Jan. 10--1.** Mike Blanchard (42) 28:29 2. Marianne Martino (53) 29:26 3. Rita Sinkovec (64) 33:29 **5 Km, Denver, Jan. 18--1.** Daryl Meyers (61) 30:12 **5 Km, Denver, Jan. 25--1.** Daryl Meyers 29:38 **10 Km, Paramount, Cal., Jan. 10--1.** Pedro Santoni (46) 55:47 2. Alan Ede (64) 63:50 3. Mike Kroll 67:15 4. Carl Acosta (60+) 67:37 Women--1. Donna Cunningham (57) 60:51 2. Carol Bertino (56) 65:01 **Rose Bowl 10 Mile, Pasadena, Cal., Jan. 18--1.** Susan Armenta 1:30:33.96 2. Margaret Ditchburn 1:30:34.30 (9 finishers) Men--1. Al Heppner 1:13:42 2. Sean Albert 1:14:03 3. Dave Crabb (58) 1:33:31 4. Pedro Santoni (46) 1:33:25 5. Norm Frable (58) 1:33:37 6. Mario Lopez (46) 1:37:25 7. Paul Johnson (66) 1:38:37 8. Don Betowski (59) 1:39:28 9. John Backlund (63) 1:39:48 (16 finishers) **5 Km, Same place--1.** Donna Cunningham (57) 29:08 2. Mary Schoenbaum (48) 21:54 3. Janet Robinson (62) 32:02 5. Deborah Raymer (47) 32:16 6. Nancy Brinkley (63) 34:03 7. Ingrid Miller (43) 34:18 (14 finishers) Men--1. Mike Kroll (49) 30:52 2. Alan Ede (64) 31:03 3. Will Williams (63) 31:40 4. Carl Acosta (69) 33:04 (10 finishers) **5 Km, (Track), Pasadena, Cal., Jan. 24--1.** 21:40.51 2. Andreas Gustafson, Sweden 22:19 3. Pedro Santoni 26:33 4. Mario Lopez 28:15 **2.8 Miles (unjudged), Seattle, Jan. 10--1.** Bart Kale (47) 25:45 2. Bob Novak (54) 25:46 3. Stan Chraminski (56) 25:46 4. Ann Tuberg (44) 28:28 5. Jocelyn Slaughter (45) 28:47 6. Dick Zerbe (65) 28:28 7. Rachel Zajano 31:12 **Ontario Indoor 5 Km, Championships, Toronto, Feb. 8--1.** Gordon Mosher 24:23.41 2. Dan O'Brien, USA 24:55.57 3. Guy Paquin 27:13 4. Stuart Summerhayes 31:50 **Women's 3 Km, same place--1.** Chelsea Rodriguez 16:50.89 2. Kitty Cashman 16:11 3. Rachel Lavallee 17:00 4. Lily Whalen 17:40 **Indoor 3 Km, Belfast, Ireland, Feb. 21--1.** Robert Korzeniowski, Poland 18:38.79 (reported as world indoor record for 35 and older age group) 2. Robert Heffernan 19:05.60 3. Daniel, GB 20:24.04 **Women's Indoor 3 Km, Belfast, Feb. 21--1.** Gillian O'Sullivan 11:59.79 2. Olive Loughnane 12:39.19 **Indoor Races, Ancona, Italy, Feb. 7:** Jr. Men's 5 Km--1. Giorgia Rubino (born 1986) 21:13.40 2. Lorenzo Nevelli (1985) 21:34.80 3. Mikro Dolci (1985) 21:47.69 (11 finishers, 3 DQs) Men's 3 Km--1. Jean Jacques Nikouloukidi 20:41.35 2. Daniel Paris 21:23 Jr.

Women's 3 Km--1. Valentina Trapletti (1985) 14:04.88 2. Martina Gabrielli (1986) 14:19.10 3. Laura Colombo (1986) 14:44.34 Men's 40-59 3 Km--1. Fabio Ruzzier (1953) 13:25.26 2. Roberto Cervi (1952) 13:42 3. Luigi Giannuzzi 14:29 Men's 60 and over 3 Km--1. Gainfranco DeLucia (1943) 16:47 2. Eudelio Guerra (1936) 17:03 3. Mario Scarletti (1934) 17:25 Women 40-59 3 Km--1. Paola Bettucci (1964) 15:29.64 2. Angela Minnella (1956) 15:36 3. Natalia Marcenco (1954) 15:39 **20 Km, Adler, Russia, Feb. 8--1.** Vladimir Stankin 1:17:23 (19:00, 38:18, 57:35) 2. Parvatkin 1:18:17 3. Roman Rasskazov 1:18:35 (This meet, the Russian Winter Championships, is notorious for very fast times and the course measurement has been questioned in the past.) **35 Km, same place--1.** Vladimir Kanajkin (6 weeks short of his 20th birthday) 2:23:17 (41:22, 1:22:00, 2:02:41--the 30 Km split better the world road best, set by Andrei Perlov, by 14 seconds. He was also 4 seconds ahead of Perlov's world best at 25 km with a 1:42:10) no further results on this race. **Portuguese Women's 20 Km Championship, Beja, Feb. 21--1.** Susana Feitor 1:29:32 2. Maribel Goncalves 1:33:09 3. Ines Henriques 1:34:50 4. Kristina Saltanovic, Lithuania 1:35:20 6. Vera Santos 1:37:26 ... 11. Marina Crivello, Canada 1:46:55 **Portuguese Men's 50 Km Championsip, Beja, Feb. 21--1.** Joao Vieira 3:52:00 2. Jorge Costa 4:02:29 3. Antonio Pereira 4:09:52 4. Luis Gil 4:11:09 5. Jose Magalhaes 4:34:11 DQ--Denis Trautman, Germany **Women's 20 Km, Canberra, Australia, Jan. 31--1.** Jane Saville 1:32:53 2. Natalie Saville 1:36:18 3. Woods 1:39:18 **Men's 20 Km, same place--1.** Luke Adams 1:23:45 2. Liam Murphy 1:27:25 3. Jared Tallent 1:28:10 4. Tim Berrett, Canada 1:29:28 5. Duane Cousins 1:20:58 6. Frank Bertei 1:32:35 **Jr. Women's 10 Km, same place--1.** Lisa Grant 49:29 2. Fiona Alldis 49:34 3. Jessica Heazelwood 51:23 4. Beki Lee 51:46 **Jr. Men's 10 Km, same place--1.** Adam Rutter 42:58

## For those of a competitive bent, these sites offer thrill-packed racing at its finest

Fri. March 5	Mason Dixon Games 3 Km, Louisville, Ken. (L) 10 Km, Clermont, Fla., 8 am (U)
Sat. March 7	5 Km, New York City, 9 am (G)
Sat. March 6	1/2 Marathon, Chico, Cal.(E) 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) 5 Km, Casselberry, Fla., 8 am (U)
March ?	Indoor races at U. of South Dakota, for dates and times contact (N)
Sat. March 13	2.8 Miles, Seattle, 9 am (C) 10 Km, Orlando, Fla., 8 am (U) Nike Indoor H.S. Championships 1 Mile, Landover, Md. Indoor Race, Idaho (C)
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) 7 Km, Denver, 10:15 am (H)
Sat. March 20	5 Km, Ft. Bragg, Cal. (P)
Sat. March 27	10 Km, Clermont, Fla., 9 am (U)
Sun. March 28	<b>USATF Masters Indoor 3 Km, Boston (X)</b> Florida State 10 Km, Orlando, 8 am (U) 5 Km, Denver, 9:30 am (H) 3 KM, Kentfield, Cal. (P)
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)  
 Sat. April 10 10 Km and USATF South Region 1 Hour, Clermont, Fla. (U)  
 Sun. April 11 5 Km, Cambridge, Mass, 1:30 pm (AA)  
 5 Km, Cambridge, Mass., 10 am(AA)  
 Sun. April 18 5 Km, Fair Oaks, Cal., 8:30 am (P)  
 5 Km, Denver, 8 am (H)  
 Sat. April 24 10 Km (Track), West Seattle, (C)  
 Sun. April 25 5 Mile, Denver, 9 am (H)  
 8 Km, Westerly, RI (AA)  
 Sat. May 1 5 Km, Howard Wood Relays, Sioux Falls, S. Dak., 6:30 am (N)  
 Sun. May 2 5 Km, Littleton, Col., 8 am (H)  
 5 Km, Kentfield, Cal., 8 am (P)  
 Sun. May 9 South Region 20 Km and Southeast Masters 10 and 20 Km, Raleigh, NC (B)  
 North Region 20 Km, Mortland 5,10, and 20, Yellow Springs, Ohio (M)  
 10 Km, Ft. Collins, Col., 8 am (H)

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 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

## Walking Firewoman Aiming At Olympic Success

by Elliott Denman

(Since retiring from the sports desk of the Asbury Park Press, 1956 Olympic racewalker Elliott Denman has continued his career as a freelance writer. During his career, he has twice been named Track and Field writer of the year. His long-time involvement in all aspects of racewalking is legendary. This article appeared in the most recent issue of the *IAAF Magazine*, the official publication of the International Association of Athletics Federations, the ruling body of track and field.)

Forth-seven years have flown by. Vast segments of the world's maps have undergone massive changes. An array of political leaders has come and gone in every corner of this planet. Scientific and technological advances have brought astounding changes in the way ordinary men and women lead their lives.

But the Republic of Ireland's list of gold medal winners in athletics--certainly then and just as surely now the flagship sport of the Olympic Games--hasn't moved forward at all. Not since the first day of December 1956 has a track and field athlete representing Ireland struck Olympic gold. And it took a huge upset for that to happen, at the historic Melbourne Games, the first Olympics ever held in the Southern Hemisphere.

Ronnie Delaney, just 21-years old and a junior at Pennsylvania's Villanova University, sprinted from tenth to first in the final 300 meters--passing such illustrious rivals at Klaus Richtzenhan, John Landy, Laszlo Tabori, Stanislaw Jungwirth, Brian Hewson, and Murray Halberg--to win the 1500 meters in the Olympic record time of 3:41.2. Moments after crossing the finish line with arms outstretched in joy, he dropped to his knees in prayer, a powerful, poignant, and still unforgettable moment.

Ronnie Delaney, still a most active presence on the Irish athletics scene, has seen a parade of Irish competitors trek off to Olympic Games at sites near and far in the ensuing years, but all of them to inevitably fall short of his golden standard. Now, Ireland can dream golden new dreams of Olympic glory, of an Eire athlete leading home the world on sports' greatest stage, of a packed stadium saluting an epic feat by a determined athlete kitted out in kelly green.

Veteran distance runner Sonia O'Sullivan remains a potent force, but the athlete who will carry Ireland's greatest hopes to Athens is 27-year-old Gillian O'Sullivan (no relation).

The women's 20 Km racewalk will mark its second appearance on the Olympic Games program and Gillian O'Sullivan must be rated as a leading contender. The athlete nicknamed "The Firewoman"--for her flaming red hair--will head to Athens with impressive credentials.

A competitor since the age of 11, she has been improving at a steady rate and truly came of age in the 2003 season with two first places (in Tijuana and Sesto San Giovanni) and the overall title in the first IAAF Racewalking Challenge, followed by a strong silver medal performance in the World Championships in Paris. All this came on top of World record clockings for the 3000 meters indoors (11:35.34 in Belfast) and the 5 km outdoors (20:02.60 in Dublin).

Coached by Michael Lane and a member of the Farranfore Maine Valley Athletic Club, she is reaching peak form in precision fashion. "I have done a lot of competitions and have got a lot of experience," she said at the post-race conference at Stade de France, citing the ingredients she will put to even greater use in the build-up to Athens.

"My dream has come true," confessed Paris champion Yelena Nikoloyeva of Russia, perhaps the greatest women's racewalker the discipline has ever seen. But calendars do not lie and Nikolayeva, who was, at 37, the oldest champion ever crowned in the World Championships, cannot erase the decade-plus of age she must concede to O'Sullivan.

Perhaps the only safe speculation on the Athens 20 Km result is that the existing Olympic record of 1:29:05 by Wang Liping of China set at the 2000 Sydney Games will be obliterated.



Nikolayeva walked a Championships' record 1:26:52 in Paris, to O'Sullivan's 1:27:34 and Valentina Tsybulsakya's 1:28:10 for bronze.

Of course, it's never-ever safe to predict an Olympic result so long in advance, and such notables as World record holder Olimpiada Ivanova of Russia, Elisabetta Perrone of Italy, Athanasia Tsoumeleka of Greece, Claudi Stef of Romania, Hongjuan Sang of China, Melanie Seger of Germany, Susana Feitor of Portugal, Carolina Jimenez Munoz of Spain, and Kjersti Platzer of Norway are among the many others posing mighty threats.

Still no one in women's racewalking is coming along faster than O'Sullivan. The modern-era sport of racewalking was created and codified in 19th-century Great Britain, but it is neighbor Ireland making some of the biggest news on the World racewalking scene these days.

"We've had racewalking in Ireland for a long, long time, but it's only in recent years that we've made this kind of progress," said Pierce O'Callaghan, press officer for Athletics Ireland, the national federation, and a former top-rank racewalker himself. "The big thing is that racewalking is totally integral to the sport here. Young athletes have the same opportunity, as well as the coaching and the encouragement, to compete in racewalking. So what Gillian has been doing, and quite a few others (the likes of Jamie Costin, Robert Heffernan, and Olive Loughnane) have been doing is certainly no accident."

Raised in the town of Farrafore, County Kerry, O'Sullivan was attracted to racewalking as a schoolgirl and gained her first real notice with a victory as a 13-year-old in the 600 meter walk at the Ireland-wide Community Games. "The whole idea of the Community Games is wonderful," said O'Callaghan. "Youngsters are brought along from local to county to national competition; racewalking is a big part of it, and the emphasis is always on developing speed as well as excellent technique; the races are fully judged, just as any others, and the youngsters get that important kind of experience, as well."

By 1994, at age 17, O'Sullivan was ready to raise her sights. She made her international debut in the World Junior Championships and finished a far-from-noteworthy 22nd at 5 Km. But more importantly, the seeds of subsequent successes were sown; a year later, she placed ninth in the European Juniors 5 Km. In March of 1999, she won the British Racewalking Association's 20 Km.

She'd won her first Irish National Championship over 10 Km in 1996. When the distance doubled to 20 Km in the Irish Nationals of 1999, she won that, too. Her streak of Irish 20 Km titles reached five with her 1:29:22 triumph in Dublin's Phoenix Park in July 2003. "I'm delighted with the performance," she said.

"Her training sessions are legendary," O'Callaghan marvels. "She's so strong; she never breaks down." By the morning of August 24 in Paris, O'Sullivan was prepared to take on the world.

The Kerrywoman was in the thick of the hunt from the start, but conceded a 20 second advantage to Nikolayeva by the midway point. Still, she distanced herself from Tsybulsakya and all the rest, and blazed home, waving her arms in delight, for just the third medal ever won by Ireland at the World Championships of track and field. "The hardest part was around 13 to 17 kilometers," she said, after crossing the finish line. "There were constant changes behind me and I had to push all I could. It's fantastic. I'm absolutely delighted for myself, my coach, my family and friends, because I had so much support out there, it was unbelievable."

In May, the IAAF World Cup of Racewalking in Naumburg, Germany will constitute a major stepping stone to Athens for O'Sullivan and the rest of the world's speediest pedestrians. Another major pre-Games test for O'Sullivan may be the Greek National Championship 20 Km, over the Olympic course, next June. This will be her second Olympic appearance; her 2000 Sydney trip produced a 10th-place 1:33:10.

That initial women's Olympic 20 Km also produced its share of dismay with the late disqualification of Australian leader Jane Saville. But the Sydney situation also prodded IAAF

officials into instituting state-of-the-art communications systems that have alleviated any shred of difficulty or controversy at each of the major racewalk championships stages since then. Saville has since fine-tuned her own technique and came through with an honorable 11th-place finish in Paris.

O'Sullivan is an honors graduate of University College Cork, and a history teacher by profession. That career, however, has been kept on hold the last 4 years as she trains full-time in search of her golden goals. The pair of \$30,000 checks she earned at the Race Walking Challenge and in Paris will keep plenty of sustenance on the O'Sullivan table.

The late Frank O'Reilly (1960) and John Kelly (1968) were Ireland's first Olympic racewalkers and are recognized as the "grandfathers of Irish walking." Kelly, who now lives in Prescott, Arizona, continues to take a keen interest in racewalking and was in Paris, cheering for O'Sullivan. "Gillian should be a national hero," said Kelly. "Frank and I gave it our best shot, but, really, Ireland has never had anyone to match what she is doing now. She's a marvelous athlete."

Kelly was quite a marvel in his own right, moving from Ireland to Australia to New Zealand and the U.S., and from sport to sport as a successful rugby player, light-heavyweight boxer, hammer thrower, marathon runner, and, finally, a racewalker.

After France, he and wife Katie (also a racewalker—*Ed. and a high school classmate of mine the three of us reminisced about high school and racewalking at last summer's 50th reunion*) spent two weeks in Ireland where he was honored by the good folks of Loughmoor, his old hometown, and a commemorative plaque was placed in his former school building. But, it couldn't possibly compare to the greeting O'Sullivan earned on her return from Paris.

A huge turnout was there for a Homecoming Celebration parade through the streets of Killarney Town, and over 80,000 on hand at the All-Ireland Hurling Final at Croke Park, Dublin, roared their approval of her Paris performance. Now, it's back to the serious business of preparing for Athens. O'Sullivan has been around the world and back pursuing her vision.

She's trained with Sydney 20 Km/50 Km double champion Robert Korzeniowski of Poland in France and Mexico, keeping close to his pace in interval sessions. She knows that she'll be answering the most important starting gun of her life in very short order; Ireland knows that its favorite racewalking lass will be ready and able.

*(Coincidence. About an hour after I had typed this, who should I encounter on answering my phone but Katie Kelly. She then put on the phone a mystery guest at their home, who I easily identified as Elliott Denman, stopping by on his way home from LA, where he was doing research on the racewalking history he and I are collaborating on. Next on the phone was the Irish walking legend John Kelly, and finally Olive Loughnane, mentioned above, who is spending some time at the Kellys as she prepares to compete in Mexican Walk Week.)*

## FROM HEEL TO TOE

**Michta moves on.** We noted last month that New York high schooler and elite junior racewalker, Maria Michta, had been named a semi-finalist in the 2004 Science Talent Search. Well, now she is a proud finalist, one of 40 to receive this designation. The finalists will be in Washington, D.C., all expenses paid, from March 11 to 16 to compete for \$530,000 in scholarships, with at least a \$5,000 scholarship going to all 40 (\$100,000 tops). To reach this level, Maria designed a three-element Yagi antenna (a sharply directional antenna array optimized for gain, frequency, and selectivity), attached it to a VHF radio receiver, and designed a data reduction algorithm to run on her microcomputer. Using her homemade device, Maria was able to detect meteor ionization trails as reflected off radio waves, even in poor weather conditions. By comparing her data to International Meteor Organization data, she believes she validated her novel detection method,

which could be used to ensure the quality of artificial satellites in space. . . **Ohio's racewalking elite.** According to Vince Peters, Matt Boyles (1:30:26 best in 2002) has taken a red-shirt year from his crosscountry and track teams at Rio Grande to concentrate totally on racewalking in preparation for the Olympic Trials. Jim Robinson, 1:34:48 last year, also at Rio Grande, is student teaching this spring, but, apparently, still training hard. Jill (Zenner) Cobb, who last raced in 2002, is occupied with her son, born last summer, and may be gone from the sport. . . **Flying Nunn.** Under the headline, "Millrose has flying Nunn", Filip Bondy started off his N.Y. Daily News article on the Millrose Games as follows: "John Nunn is racewalking away from the war in Iraq. He would never put it that way, but the Army sergeant has thus far avoided being sent for active overseas duty in part because he has maintained his status in the military's World Class Athletics program. "If I fail at my benchmarks, I could be sent to an infantry unit," Nunn said. "We are soldiers first, and the job I trained for first was the infantry. I'd be ready to go." Nunn walked a little farther away from Iraq last night, easily winning the men's one-mile racewalk at the Millrose Games at the Garden with a time of 6:03.77. He is one of America's few elite racewalkers, in a sport he terms "the red-headed stepchild" of track and field. At this rate, he should safely remain in Chula Vista, Cal., training for Athens. "The object of the program is to have soldiers make the Olympic team," he said. "So as we get closer to Athens, it's less likely we'll be sent overseas. I'm pretty safe right now." Nunn takes his share of ribbing about his duck-like event. "Malcolm in the Middle", the Fox sitcom, produced an entire episode on the subject, and Nunn was invited to participate. He was busy. While the show was a more respectful takeoff than the one "Saturday Night Live" once created about synchronized swimming, the episode already haunts the Wisconsin product. "People ask me all the time if I saw the "Malcolm in the Middle" and they make a lot of fun of it," Nunn said. But once people realize you can walk under a 6-minute mile, they take it more seriously." The mile racewalk kicked off the elite races last night at the Millrose Games, a rejuvenated meet that would climax with Marion Jones' comeback race at 60 meters. . . **More Lees.** Last month, we repeated a July 1972 article about John Lees walk across the U.S. In a footnote, we suggested that perhaps Colin Young would fill us in on where John is today. Colin came through, as follows: "Regarding your piece on John Lees' epic cross-America record breaking trek: John has been for many years a broadcaster on Radio Sussex (his home county), specializing in sports news, particularly featuring the highly regarded Sussex Cricket Club. (*Ed. Lees moved from one sport ripe for parody to another.*) During his racewalking heyday, John was a tax advisor to a well-known estate in Kent. For well over a decade, John featured prominently at a range of distances, but particularly so at the distance races, such as the London-to-Brighton, Hastings-to-Brighton, etc. His best 50 Km (4:23:32) was achieved when placing fourth in the Spanish Championship with the future European Champion of that year, Jorge Llopart, winning with another all-time great, Jose Marin, finishing third. Just three weeks later, John finished second in a French 6 Hour race, behind Mexico's Enrique Vera (a world-class 50 Km walker), after a race-long battle with yours truly. Another highlight of John's career was his third place (51 miles/1353 yards) in a track 8 Hour race won by the record breaking Ray Middleton (1964 Olympian at 50 Km) in London, September 1978. John is British Centurion No. 488 and clocked 18:15:14 for the Leicester-to-Skegness 100. He led most of the way, but was passed by clubmate Dave Bozall in the later stages--but remember, he had warmed up with his John O'Groats-to-Land's End and his cross-America treks!!! He loved racing and particularly in Europe, where we had some terrific duels over races involving 6 and 8 hours against the likes of Gerard Lelievre, etc. . . **Obscure fact.** Curt Calusen and Suzy Favor Hamilton (U.S. international 1500 meter runner) were cross country and track and field teammates at their Wisconsin High School. (According to Vince Peters.)

## LOOKING BACK

**35 Years Ago** (From the Jan. 1969 ORW)--Dave Romansky was crowned ORW National Postal 20 Km Champion with his 1:33:58. . . Dan Totheroh did a 6:36.6 mile in Los Angeles, just beating Ron Laird, Larry Young, and Larry Walker, who finished right together. . . Tom Dooley won a San Francisco 30 Km in 2:31:02.

**30 Years Ago** (From the Jan. 1974 ORW)--National Indoor titles went to Larry Walker (2 Mile) in 13:24 and Sue Brodock (1 Mile) in 7:28.6. Todd Scully was a very close second to Walker. . . Dave Romansky won the Olympic Invitational Indoor 1 Mile in 6:05.4.

**25 Years Ago** (From the Jan. 1979 ORW)--Chris Shea became the first woman to break 7 minutes for 1 Mile, winning the National Title in 6:58.4. The Men's 2 Mile title went to Todd Scully in 12:40, 10 seconds ahead of Jim Heiring. . . Marcel Jobin beat Scully in a Montreal Indoor 3 Km, 11:37 to 11:40.4. . . Scully won the Millrose Mile in a world best of 5:55.8.

**20 Years Ago** (From the Jan. 1984 ORW)--Jim Heiring was an easy winner of the National Indoor 2 Mile in 12:11.21 and Teresa Vaill won the Women's 1 Mile in 7:12.85. . . In the Millrose Mile, Ray Sharp edged Heiring in 5:52.29.

**15 Years Ago** (From the Jan. 1989 ORW)--Would you believe--about 8 pages under the title: "Judging, Contact and Related Issues: The Great Rehash." I must note that the great rehash has occurred before and continues to occur, as seen in several issues last year. Early in that 1989 discussion we said: "Those who are new to these pages and new to the sport may think they have just stumbled on to something new. They haven't. Long-time subscribers know that about every 5 years or so, we go through a few months of commentary back and forth on this continuing controversy and little really changes." The imminent demise of the sport was seen at that time, too. And several other times in the past. The article was a capsule review of the rise and swell of commentary over the previous 20 years.

**10 Years Ago** (From the Jan. 1994 ORW)--Debbie Lawrence won two 1500 meter races in Canada in 6:14.84 and 6:14.0. . . Allen James won the Commonwealth Games 3 Km in Boston in 11:27.14, nearly 3 seconds ahead of Jonathan Matthews. . . Allen also captured the Millrose Mile in 5:48.82, beating Doug Fournier (5:51.84) and Tim Seaman (5:57.35). . . And, there were about 8 pages devoted to "Alarming shoes, flying walkers, and all that. . ." The second month of commentary on a potential judging device, the "run alarm", and associated issues of contact and judging. Yes, it was time for another rehash.

**5 Years Ago** (From the Jan. 1999 ORW)--Curt Clausen defended his National 50 Km Title in Sacramento, breaking the U.S. road record in the process, as he finished in 3:54:38, covering the second half in 1:55:48. Al Heppner led through 35 Km, and although he succumbed to Clausen's blazing finish, turned in a superb 3:58:45 for second. Andrew Hermann was third in 4:02:30 and Philip Dunn fourth in 4:04:44. There were nine under 4:30 (including Ireland's Jeff Cassin) and 40-year-old Marco Evoniuk missed that mark by just 35 seconds. . . Allen James dipped under the 6-minute mark by just .36 seconds to win the Millrose Games 1 Mile, with Gary Morgan 7 seconds back. . . Steve Pecinovsky, at age 44, walked an impressive Indoor 3 Km in Arlington, Virginia, winning in 12:27. . . Jill Zenner had a 13:12 to win an Indoor 3 Km in Carbondale, Ill. . . Dion Russell was impressive with a 3:47:34 to win the Australian 50 Km title.