

And Yet Again--Indoor Titles To Dow and Seaman

Boston, Feb. 28-29--This story will get old before long. It's the USATF National Indoor Championships. On Saturday, Tim Seaman wins his seventh consecutive title in the Men's 5 Km walk. On Sunday, Joanne Dow wins her third consecutive title in the Women's 3 Km.

In winning the men's race, the 31-year-old Seaman had his third fastest time in the string of seven as he crossed the line in 19:30.59. Last year was his best as he challenged the American record (19:18.40, Tim Lewis, 1987) with his 19:21.56. In 2001, he had 19:29.96. He has never failed to break 20 minutes since starting his string with a 19:54.56 in 1998.

In the race here, John Nunn and Kevin Eastler were on his heels through 4 Km, but they had no answer when Tim made a strong move to open up at least 50 meters on Nunn. John closed slightly by the finish, but Seaman came home comfortably 5 seconds ahead. Eastler, just hoping to break 20 minutes, did so with ease, finishing in 19:50.36. Curt Clausen, on pace with the other three in the early stages, took fourth in 20:35.51.

Dow, just 19 days short of her 40th birthday, seems to be getting better with age. After finishing in just over 13 minutes the past two years, she blitzed a 12:36.76 today, leaving five-time winner Michelle Rohl 34 seconds back. Amber Antonia finished third. Dow's effort gave her the third fastest time in the 18-year history of the event (the women raced at 1 Mile from 1973 to 1986) behind Rohl's 12:28.32 in 2001 and Debbi Lawrence's 12:35.79 in 1993. Lawrence holds the American record at 12:20.79, set in Toronto in 1993.

The results:

Men's 5 Km: 1. Tim Seaman 19:30.59 2. John Nunn 19:35.58 3. Kevin Eastler 19:50.36 4. Curt Clausen 20:35.51 5. Patrick Collier 22:34.12 DNF--Dave McGovern

Women's 3 Km: 1. Joanne Dow, adidas 12:36.76 2. Michelle Rohl, Moving Comfort 13:10.79 3. Amber Antonia, NYAC 13:26.38 4. Jolene Moore, Parkside AC 13:32.46 5. Sam Cohen, Parkside AC 13:40.15 6. Deborah Huberty, New Balance 14:53.74 7. Bobbi Jo Chapman, un. 14:00.89 8. Loretta Schuellein, Walk USA 14:58.06 DQ--Marcia Gusche Rutledge, Nedw England Walkers

Racewalking Challenge Off To Fast Start In Tijuana

The 2004 IAAF Racewalking Challenge made its first stop in Tijuana, Mexico on March 20-21 with three fast, highly competitive races. The men's 20 Km on Saturday produced a stirring dual between the world's two premier walkers, with Jefferson Perez prevailing over Robert Korzeniowski in 1:19:32.70. In the women's 20, Italy's Elisa Rigaud won in 1:28.50. On Sunday, Mexico's German Sanchez scored a popular win in 3:48:11.27. In that race, Philip Dunn finished ninth, but more importantly bettered the Olympic A standard with his 3:59:11.55 to join Curt Clausen on the US Olympic team.

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The men's 20 started at a relatively leisure pace, with Mexico's Omar Segura leading at 5 Km in 20:11. Korzeniowski was right behind him and just ahead of three more Mexicans--Alejandro Lopez, Rodrigo Flores, and Gabriel Ortiz. Perez was biding his time in sixth at 20:17, accompanied by Ireland's Robert Heffernan.

When the pace quickened, any pretenders dropped away and at 10 Km Lopez led in 39:56 with Perez, Korzeniowski, and Flores right behind. The rest of the field was dropping away. As the pace moved up another notch, Flores had to let go, but Italy's Ivano Brugnetti was moving into the picture, covering his third 5 km in 19:43. At 15 Km it was Korzeniowski and Lopez in front with 59:37. Perez a second behind, but looking very dangerous, and Brugnetti fourth in 59:54.

Perez made his move at 17 km and had an 8-second advantage on Korzeniowski and Lopez as they entered the final 2 km lap. That decided the race as Perez made that advantage hold up to the finish. Lopez was spent and gave up the bronze medal to Brugnetti, who nearly caught Korzeniowski and even gained 2 seconds on Perez over the second half of the race. Lopez snuck under 1:20 in fourth and was 2:10 ahead of Flores, who finished fifth.

Perez, last year's World champion and number one ranked 20 Km walker, will be seeking his second Olympic gold this summer (he won in 1996). Korzeniowski has ruled the 50 Km for the last 8 years and is defending Olympic titlist at both 20 and 50.

The U.S. was represented by Tim Seaman and Curt Clausen, who finished 25th and 26th in 1:28:41 and 1:29:04, as well as John Nunn (1:32:04) and Dave Doherty (1:41:36).

In winning the women's race, Rigauda bettered her personal best by more than a minute and had the fastest time ever on Mexican soil. She led three other women under 1:30 in this race.

In a conservative start, a group of 10 women went through the first 5 Km together in 22:25. Ireland's Gillian O'Sullivan took over and the pack began to shrink. O'Sullivan passed the 10 Km mark in 44:46, accompanied by her teammate Olive Loughnane and Portugal's Susana Feitor, with Rigauda, Norway's Kjersti Platzer, and Spain's Mario Vasco a few meters behind. By 11 Km, Rigauda and Vasco had joined O'Sullivan and Feitor in the lead.

As the pace quickened, these four moved away from the rest of the field and went through 15 Km in 1:06:55 with a 30 second advantage. At 16 Km, O'Sullivan began to drop away and it became a three woman race. Rigauda proved quickest, building a slim 2 second margin with two laps to go and increasing that to 10 seconds after another lap and finally to 16 seconds by the finish. Vasco managed to edge away from Feitor to take the silver by 6 seconds and O'Sullivan finished strongly enough to finish under 1:30, with Loughnane a solid fifth.

Following the race, Rigauda said, "I felt very good during the race as I came here after fulfilling a high-altitude training camp in Albuquerque. I believe many of the rivals I faced today have great chances of reaching the Olympic podium in Athens." Rigauda was 10th in last year's World Championships and this is certainly the highlight of her career to date.

In the 50, Sanchez, who has been a strong walker for Mexico for many years but never good enough for a world ranking, had a breakthrough performance. He confidently walked his own race in the middle of a large field that stayed together for the first half of the race. His teammates, Mario Flores and Rogelio Sanchez boke that field up with a strong move at 27 km. Then Rogelio Sanchez made his own break and eventually increased his lead to 51 seconds at the 38 Km mark.

German Sanchez, meanwhile, was still out of the top eight at 35 Km and with 10 Km to go, was only in sixth. As Rogelio Sanchez faded, Flores took the lead at the 43 Km mark, but coming after him was Spain's great veteran Jesus Garcia and German Sanchez. They passed him with four km to go and the smart money must have been on Garcia with his long history of top international finishes. But, Sanchez would have none of it and powered away to win by 14 seconds. Flores, who was reportedly making his 50 Km debut, was nearly a minute back in third and Miguel Rodriguez secured the third spot on Mexico's Olympic team, as he snuck under 3:50, beating Canada's Tim Berret for fourth. And what about Mexico's Claudio Vargas and Rogelio Sanchez, both under 3:52, but not good enough for the Mexican Olympic team. But, I would say it looks like a strong World Cup team if they hold this form.

Sanchez said, "The start was a bit slow as the weather was humid. I just followed my strategy to attack at the right time. I am happy and want to dedicate this win to my daughter and my wife, who accompanied me here, as well as those people close to me and my working group, including my coach Jerzy Hausleber." Hausleber came to Mexico from Poland in the middle 1960s and quickly built a dominant national team that has stayed at or near the top since the early '70s.

Dunn was pretty much by himself by the end of the race, but with a well-judged effort was able to get under the Olympic A standard with a bit to spare. Now, provided he can finish in the top five at the World Cup 20 Km trial, will he choose to bypass the 50 at the World Cup and save his energies for Athens. I can imagine that Theron Kissinger, Gary Morgan, Steve Quirke, and Dave Doherty are hopefully awaiting good performances by Tim Seaman, Curt Clausen, Dunn, Ben Shorey, and Dave McGovern in the 20 and consequent decisions to go 20 rather than 50 at the World Cup.

Here are the results of the three races:

Women's 20 Km: 1. Elisa Rigauda, Italy 1:28:50 2. Maria Vasco, Spain 1:29:06 3. Susana Feitor, Portugal 1:29:12 4. Gillian O'Sullivan, Ireland 1:29:54 5. Olive Loughnane, Ireland 1:30:46 6. Jane Saville, Australia 1:31:51 7. Victoria Palacios, Mexico 1:32:04 8. Kjersti Platzer, Norway 1:32:11 9. Elisabetta Perrone, Italy 1:42:58 10. Vera Santos, Portugal 1:32:59 11. Erika Alfridi, Italy 1:33:18 12. Antonina Pertrova, Russia 1:34:05 13. Tatiana Korotkova, Russia 1:34:15 14. Rosario Sanchez, Mexico 1:34:24 15. Teresita Collado, Guatemala 1:36:28 16. Pinto Irusta, Bolivia 1:36:51 17. Natalie Saville, Australia 1:37:02 18. Evelyn Nunez, Guatemala 1:37:18 19. Sandra Zapata, Colombia 1:37:25 20. Graciela Mendoza, Mexico 1:37:28 29. Susan Armenta, USA 1:47:46 30. Margaret Ditchburn, USA 1:50:58 (34 finishers, 3 DNF, 2 DQ)

Men's 20 Km: 1. Jefferson Perez, Ecuador 1:19:32.70 2. Robert Korzeniowski, Poland 1:19:41 3. Ivano Brugnetti, Italy 1:19:43 4. Alejandro Lopez, Mexico 1:19:56 5. Rodrigo Flores, Mexico 1:22:06 6. Robert Heffernan, Ireland 1:22:11 7. Joao Vieira, Portugal 1:22:36 8. Alessandro Gandellini, Italy 1:22:51 9. Horacio Nava, Mex. 1:22:53 10. Omar Segura, Mex. 1:23:06 11. Benjamin Kugunski, Poland 1:23:20 12. Gabriel Ortiz, Mex. 1:24:19 13. Christian Berdeja, Mex. 1:24:25 14. Fewnando Lopez, Colombia 1:24:28 15. Xavier Moreno, Colombia 1:24:53 16. Denis Langlois, France 1:25:03 17. Freddy Hernandez, Colombia 1:25:04 18. Grzegorz Sudol, Poland 1:25:24 19. Noe Hernandez, Mex. 1:25:45 20. Rolando Saquipay, Ecuador 1:26:39 25. Tim Seaman, USA 1:28:41 (21:08, 43:15, 1:05:42) 26. Curt Clausen, USA 1:29:04 (22:11, 44:11, 1:06:41) 31. John Nunn, USA 1:32:04 (21:07, 43:33) 38. Dave Doherty, USA 1:41:49 (24:33, 49:54, 1:15:45) (41 finishers of 55 starters, 19 countries represented in the two men's races)

Men's 50 Km: 1. German Sanchez, Mexico 3:48:11.27 2. Jesus Garcia, Spain 3:48:26 3. Mario Flores, Mexico 3:49:08 4. Miguel Rodriguez, Mexico 4:49:54 5. Tim Berret, Canada 3:50:21 6. Claudio Vargas, Mexico 3:51:35 7. Rogelio Sanchez 3:51:41 8. Nikolay Matyukhin, Russia 3:55:28 9. Philip Dunn, US 3:59:12 10. Edgar Hernandez, Mexico 4:01:48

Further Results

National USATF Indoor Masters Championships, Boston, March 28 Women 40--1. Marcia Gutsche-Rutledge 15:15.46 Women 45--1. Maryanne Torrellas 14:37.86 (World and US Record) 2. Nanci Sweazy, Canada 15:33 3. Luanne Pennesi 17:26 Women 50--1. Heidi Duskey 19:19.66 Women 60--1. Jolene Steigerwalt 18:58.44 2. Joanne Harriman 19:22 Women 70--1. Mary Alice Stookey 15:50 Women 75--1. Kate Marrs 20:50.01 Women 85--Fan Benno-Caris 27:11.02 (World and US record) Men 45--1. Stephen McCullough 18:59 Men 45--1. Rod Craig 14:28.12 Men 55--1. Bob Keating 14:10.18 2. Joe Light 15:44 3. Gary Null 15:53 4. Robert Ullman 16:07 5. Charles Mansbach 18:30 Men 60--1. Don DeNoon 14:22.33 (World and US Record) 2. John Elwarner 16:53 3. Tom Knatt 17:56 Men 65--1. Paul Johnson 16:09.69 2. Parrish Spencer 20:32.32 3. Gus Davis 20:35 Men 70--1. Bob Barrett 16:22.70 2. Max Green 16:45 3. Alfred DuBois 17:18 (2 DQs) Men 75--1. Jack Starr 17:52.74 (World and US Record) 2. Ed Gawinski 18:59 Men 80--1. Charles Boyle 21:04.36 (US Record) **New England Indoor 3 Km, Boston, Feb. 22**--1. Joanne Dow 12:53.95 2. Marcia Gutsche-Rutledge 14:27.95 3. Kate Dickinson 14:55 4. Maryanne Torrellas 15:25 5. Lauren Forgues (15) 16:36 6. Heather Cyr 17:53 7. Joanne Harriman (61) 19:14 8. Pat Godfrey 19:56 Men--1. Patrick Collier 12:37.61 2. Zachary Pollinger (17) 12:45 3. Troy Clark (17) 13:54 4. Adam Staier 13:59 5. Bob Keating (56) 14:27 6. Kyle Libby (18) 14:48 7. Padrig Gleason (17) 14:55 8. Mark Dennett 16:14 9. Alexander Price 17:01 10. Tom Knatt (63) 18:23 11. Stephen McCullough (42) 18:43 12. Charles Mansbach (59) 18:47 13. El Hassan Kouchaou (46) 19:14 (1 DQ) **Maine 3 Km, March 20**--1. Kate Dickinson (18) 15:37.62 2. Lauren Forgues (15) 16:11 3. Jessie Smith (17) 17:53 Men--1. Daniel Pendergast 14:35.95 2. Daniel Campbell (18) 14:58 3. Padric Gleason (16) 16:17 **Indoor 1 Mile, New York City, Jan. 30**--1. Bill Vayo 7:00.91 Women--1. Dana Vered 7:53.43 2. Allison Snochowski 8:14 3. Indiana Ripoli 8:47 Boys 15-18--1. Tim Davidson 7:09.23 2. Michael Kazmierczak 8:09 **Youth Girls 1500 Meters, New York City, Feb. 1**--1. Allison Snochowski 7:25.38 **Young Women 1500 meters, same place**--1. Rosalind Adams 7:12.59 2. Elizabeth Montreuil 7:49 **USATF Eastern Zone Indoor Junior Olympics, New York City, Feb. 29**--Girls: 1. Allison Snochowski (14) 7:46.56 2. Ashley Ramsay (14) 8:09 3. Safiya Linley (13) 8:42 **St. Patrick's Day 5 Km, New York City, March 7**--1. Paul Schwartzberg 24:39 (A name from the past--best 20 Km of 1:26:39 in 1988--with a good return performance at age 37) 2. Nicholas Bdera (55) 24:47 3. Bill Vayo 25:02 4. Greg Dawson 25:42 5. Vlado Haluska (51) 26:24 6. Jose Perez 27:27 7. Vyacheslav Troshkin (55) 28:02 9. Alexis Davidson (48) 28:10 10. Dana Vered (15) 18:11 11. Mikael Kazmierczak (12) 28:16 12. David Wolf (44) 28:44 13. Bob Barrett (70) 19:03 14. Shani Brown (15) 29:05 15. Leila Sterman (18) 29:32 16. Erin Taylor 29:54 17. Irie Monte (14) 29:59 18. Julia Sterman (18) 30:24 19. Jennifer Marlborough 20:27 20. Marc Varsano 30:59 21. Luanne Pennesi (48) 31:07 22. Aimee Dawson 31:18 23. Deborah William (17) 31:19 24. David Lee (49) 31:30 25. Pat Motschwiller (46) 31:34 26. Sherwin Wilk (65) 32:03 (48 finishers, 1 DNF, 1 DQ) **New York State HS 1500 meters Championship, March 6**--1. Maria Michta 6:48.61 2. Laura Richenderfer 6:50.26 3. Tara Simonelli 7:11 4. Rosalin Adams 7:17 5. Erin O'Flaherty 7:20 6. Kate Cannon 7:28 7. Sarah Yap 7:36 8. Sarah Hull 7:38 9. Lauren McDonough 7:40 10. Jennifer Tinnelley 7:41 (20 finishers, 3 DQs) **Metropolitan Indoor Championships, New York City, March 6: 3 Km**--1. Maryanne Torrellas 15:20.2 2. Bruce Logan 16:18 **1500 meters**--1. Gary Null (55) 7:27.3 2. Allison Snochowski (13) 7:29.9 3. Michael Kazmierczak (17) 7:36 4. Steve Trosjkin (55) 7:50 5. Bob Barrett (70) 8:03 6. Charles Boyle (80+) 10:01 **Nike Indoor H.S. Championships, 1 Mile Landover, Maryland, March 13**--1. Katy Hayes, Oconomowoc, Wis. 7:00.94 (.04 off National high school record by Lisa Kutzing in 1998) 2. Erica Adams, Spartanburg, S.C. 7:19.21 3. Carly Lochala, Farmington, Maine 7:44.17 4. Tina Peters, Yellow Springs, Ohio 7:44.62 5. Brittany O'Brian, Bay Shore, NY 7:47 6. Laurie Forgues, Boothbay Harbor, Maine 7:53 7. Helen Pottle,

Eastport Maine 8:01 8. Jessie Smith, Farmington, Maine 8:32 9. Amanda Johnson, Morganfield, Ken. 8:33 10. Renee Fortin, Yarmouth Maine 8:35 11. Corina Ortiz, McAllen, Tex. 8:48 12. Kristine Ewald, Oconomowoc, Wis. 8:48 14. Jeannette Avitia, McAllen, Tex. 9:00 (18 finishers, 1 DQ) Boys--1. Zachary Pollinger, Allendale, N.J. 6:21.34 2. Christopher Diaz, McAllen, Tex. 6:23 3. Troy Clark, Farmington, Maine 6:47 4. Kyle Libby, Turner, Maine 7:09 5. Robert Vergara, McAllen, Tex. 7:16 6. Ricardo Vergara, McAllen 7:21 7. Padric Gleason, Farmingdale, Maine 7:23 8. Ernesto Vergara, McAllen 7:50 9. Adrian Jaime 7:57 10. Andy Peters, Yellow Springs, Ohio 8:16 (1 DQ) **National Scholastic 1 Mile, New York City, March 14**--1. Zach Pollinger 6:21.66 2. Christopher Diaz 6:31.70 3. Troy Clark 6:42 3. Timothy Davidson 6:58 5. Kyle Libby 6:58 6. Roberto Vergara 7:10 7. Ricardo Bergara 7:18 8. Ernesto Vergara 7:34 9. Adrian Jaime 7:53 10. Michael Kazmierczak, New York 8:12 11. Aaron Whitten, Maine 8:51 (1 DQ) Girls--1. Tara Simonelli 7:24.90 2. Rosalind Adams, N.Y. 7:36 3. Dana Vered, N.J. 7:37 4. Carly Lochala, Maine 7:45 5. Sarah Johnston, N.Y. 7:48 6. Erin O'Flaherty, N.Y. 7:51 7. Helen Pottle 7:52 8. Lauren Forgues, Maine 7:53 9. Rachael Gill, N.Y. 7:54 10. Sarah Hull, N.Y. 7:56 11. Ann Whalen 8:00 12. Allison Snochowski, N.J. (an eighth grader) 13. Kristen Casey 8:14 14. Leila Sterman, N.Y. 8:15 15. Jessie Smith, Maine 8:19 16. Shani Brown, N.Y. 8:20 17. Lauren McDonough, N.Y. 8:20 18. Keisha Pearson, N.Y. 8:24 (38 finishers, 2 DQs) **NAIA Indoor 3 Km Championships, Johnson City, Tenn., March 6**--1. Kate Brooker, Simon Fraser (Can.) 16:28.24 2. Emma Carter, Baker U. 17:19 3. Billie Robinson, Rio Grande U. 17:32 4. Beth Lewis, Central Methodist U. 17:55 5. Kristin Baarnett, Rio Grande 18:16 6. Ashley Thomas, Malone Col. 18:31 7. Jennie Day, Dakota Wesleyan 19:25 8. Britteny Williams, Mount Mary 19:37 9. Brittani Lyons, Malone 19:46 10. Brooke Cooper, Central Methodist Men--1. Caio Soares, Berry Col. 14:37.30 2. Patarick Stroupe, Central Methodist 14:56 3. Matt Hein, Dakota Wesleyan 16:04 4. Nick Bartlett, Concordia 16:19 5. Tim Thurber, Concordia 18:38 6. Jon Ripke, Concordia 18:45 **5 Km, Augusta, Ga., March 6**--1. Grazina Narvilene 24:40 2. Donna Cope (46) 32:32 3. Katherine Fincher (45) 34:12 4. Ingrid Birkeland (56) 35:06 (6 finishers) Men--1. Keith Luoma (42) 24:15 2. Larry Seymour (62) 32:04 **20 Km, same place**--1. Carolyn Kealty (45) 1:47:51 2. Lisa Sonntag (40) 1:56:55 3. Janna Miller 1:58:50 (all the way from Fairbanks, Alaska) Men--1. Curtis Gourley (41) 2:02:07 2. Steve Hubbard (52) 2:16:12 **12 Km, Orlando, Florida, March 21**--1. Tom Furman 1:18:47 (6 finishers) Women--1. Sandra DeNoon 1:25:13 (9 finishers) **Florida State 10 Km, Coconut Creek, Feb. 22**--1. Juan Yanes 54:42 2. John Fredericks (55+) 60:57 3. Paul Johnson (65+) 61:19 4. Gary Null (55+) 61:39 5. Peter Bayer (65+) 67:55 6. Dan Koch (60+) 68:29 7. Bob Fine (70+) 69:05 (10 finishers) Women--1. Karolyn Kealty (40+) 53:31 2. Lisa Sonntag (40+) 53:57 3. Linda Stein (55+) 66:47 4. June-Marie Provost (70+) 68:26 (7 finishers) Non-championship race--1. Philip Moss (45+) 59:26 2. John Backlund (64+) 64:12 **5 Km, same place**--1. Gerry Gomes 32:41 2. Gordy Hawkins 33:01 **10 Km, Orlando, Fla., March 13**--1. Don DeNoon 52:34 2. Tom Furman 62:11 3. Karl Baisich 66:20 (10 finishers) Women--1. Lisa Sonntag 52:21 2. Rachel Lavalee 57:34 3. Edna Ramsay 64:06 4. Sandra DeNoon 64:20 5. Beverly Burijon 66:23 Ray Jenkins 66:35 (11 finishers) **10 Km, Mobile, Ala., March 27**--1. Dave McGovern 45:35 2. Matt DeWitt 49:33 3. Steve Attaya (55) 63:19 4. Nick Burrows (54) 66:46 5. John Vignes (55) 66:50 (12 finishers) Women--1. Carolyn Kealty (41) 55:18 2. Monetta Roberts (344) 57:50 3. Emily Schoenberg (40) 69:40 (19 finishers) **Indoor 3 Km, Haverford, Penn., March 13**--1. James Carmines (60) 17:41.9 2. William May (70) 17:47 3. Jack Starr (75) 18:02 4. Karen Charles (46) 19:31 5. Edward Gawinski (77) 19:44 (10 finishers, 1 DQ) **Mason Dixon Games 1500 meters, Louisville, Ken., March 6**--1. Tina Peters (16) 7:15.90 2. Evan Croudus (14) 7:43.3 3. Andy Peters (14) 7:52.1 4. Amanda Johnson (15) 8:04.6 5. Kellin Johnson (17) 8:17.8 6. Caroline Johnson (11) 10:27.5 **3 Km, same place**--1. Doug Johnson (43) 14:39.62 2. Drew Swonder (40) 14:43.24 3. Ed Fitch (42) 15:54.5 4. Vince Peters (50) 17:03.45 5. Randy Stiles (58) 18:34 6. Elizabeth Mann (53) 18:36 (9 finishers) **Northern AAU Indoor Championships, Merrillville, Ind., Feb. 22**: Girls Midget 1500

meters--1. Irais Villa, Ill. 8:21 2. Amana Salinas, Ill. 8:29 (7 finishers) Girls Youth 3 Km--1. Allison Snochowski, N.J. 15:57.71 2. Mercedes Mancha, Ill. 17:43 3. Aahley Ramsay, N.Y. 17:53 4. Kara Steel, Conn. 18:08 (9 finishers) Boys Midget 1500--1. Ricardo Mancha, Ill. 8:28 Boys Youth 3 Km--1. Kyle Regul, Ill. 16:56 Boys Intermediate 3 Km--1. Paul Regul, Ill. 14:29.87 Young Men 3 Km--1. Timothy Davidson, N.Y. 14:22.94 2. Liam Carrol, Mich. 17:49 **Wisconsin Indoor 3 Km Championship, Feb. 22**--1. Lynn Tracy (51) 15:54.63 Men--1. John Miller (55) 17:32.38 2. Ron Winkler (53) 18:33.79 (actually Winkler is listed before Miller, but with a slower time, so either one time is incorrect, or the order is incorrect) Jr.--1. Le'Erin Voss (15) 17:31.51 **Midwest Regional Indoor 3 Km, Kenosha, Wis., March 7**--1. Lynn Tracy 15:57.57 2. Kristine Ewald (18) 17:49.19 Men--1. George Opsahl (62) 17:23.15 2. Michael Rose (42) 17:44 3. Ron Winkler 18:25 **Great Lakes Valley Conference 3 Km, Feb. 29**--1. Amanda Bergeron, UW Parkside 14:41.96 2. Jasmine Brooks, UWP 14:46 3. Christine Tagliaferri, UWP 15:57 4. LaToya Henry, UWP 16:11 5. Susie Potthast, UWP 16:17 6. Lauren Davis, UWP 17:45 Men--1. Ben Shorey, UWP 12:26.01 2. Mike Tarantino, UWP 12:32.09 3. Joh Chasse, UWP 13:54 4. Josh Marshall, Indianapolis 15:16 **UWP Invitational, Kenosha, Wis., Feb. 13**: Women's 3 Km--1. Jolene Moore 13:41.3 2. Sam Cohen 13:41.4 3. Deb Huberty 13:47 4. Ali Bahr 14:37.2 5. Jasmine Brooks 14:39.1 6. Amanda Bergeron 14:49.7 7. Anne Favolise 15:04.2 8. Pam Murkowski 15:11.8 9. Christine Tagliaferri 15:55.5 10. Latoya Henry 16:26.2 11. Susie Potthast 17:09.4 Open 5 Km--1. Jim Heys 21:10.1 2. Mike Tarantino 21:18.1 3. Pablo Gomez 24:04.2 (Mike Stanton DQd) Open 3 Km--1. Lynn Tracy 16:05.9 Men--1. Jon Chasse 13:48.7 2. T.C. DeWitt 13:54.6 3. Eric Pasko 16:32.3 4. Ron Winkler (53) 17:57.6 **Heart of America Conference 1 Mile, Graceland College, Feb. 21**--1. Beth Lewis, Central Methodist 8:34.71 2. Emma Carter, Baker U. 9:02 3. Brooke Cooper, Central Methodist 9:35 (6 finishers, 1 DQ) Men--1. Patrick Stroupe, Central Methodist 8:21.79 2. Paul Van Sickle, Mid American Nazarene 8:41 3. Mike Aitken, Linderwood U. 9L02 4. Kevin Conrey, Missouri Valley 9:20 (7 finishers, 3 DQs) **Indoor 3 Km, Columbia, Mo., Feb. 21**--1. Doug Johnson 15:14.1 Masters--1. Gayle Johnson 16:22.41 H.S. Division--1. Jennifer Reekie 15:45.62 2. Amanda Johnson 17:27 3. Amanda Huff 17:28 4. Kelli Johnson 18:00 (Gayle is not related to the other Johnsons, who are from Kentucky) **1 Mile, Alamo, Texas, Feb. 22**--1. Roberto Vergara (13) 7:23 2. Ricardo Vergara (13) 7:41 3. Ernesto Vergara (16) 8:01 4. Adrian Jaime (17) 8:08 5. Claudia Ortiz (11) 8:39 6. Jeanetter Avitia (13) 8:40 7. Corina Ortiz (13) 8:43 8. Samantha Olivarez (12) 8:59 **5 Km, Aurora, Col., 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 **5 Km, Denver, Feb. 22**--1. Daryl Meyers 30:23 2. Marlene Graff (43) 33:35 **Mid-America Indoor 5 Km, Colorado Springs, Feb. 29**--1. Al Lerbold (46) 15:50 2. Mike Blanchard (42) 16:42 3. Marianne Martino (53) 17:33 4. Jeff Hayes (49) 18:20 **10 Km, LaVerne, Cal., Feb. 22**--1. Pedro Santoni (46) 55:59 **5 Km, same place**--1. Mario Lopez (46) 29:15 2. Mike Kroll (49) 30:58 3. Bob Weeks (62) 31:34 4. Rick Campbell (58) 31:48 Women--1. Mary Schoenbaum (48) 32:19 2. Janet Robinson (62) 32:27 **3 Km, Kentfield, Cal., Feb. 28**--1. Jack Bray 16:34 2. Bonnie Houchen 19:33.12 3. Doris Cassels 19:33.41 (7 finishers) **5 Km, same place**--1. Kevin Killingsworth 27:03 2. Ed Lane 32:06 3. Peter Corona 33:20 4. Ann Lee 33:35 (9 finishers) **1/2 Marathon, Chico, Cal., March 6**--1. Nicolle Goldman (45) 2:05:04 2. Joe Berendt (48) 2:06:02 3. Ed Flint (56) 2:11:46 4. Cathy Rodgers (48) 2:21:22 (55 finishers) **5 Km, Portland, Ore., March 20**--1. Carmen Jacinsky (40) 16:52 Men--1. Pat Detloff (51) 15:25 2. George Mercure (55) 18:24 3. Ron MacPike (71) 19:35 **Quebec Indoor Championships, Sherbrooke, March 7**: Women's 3 Km--1. Kate Dickinson (18), Maine 15:16.84 2. Carly Lochala, (16) Maine 15:28.08 3. Marilyn Desmaria 15:29.08 4. Laurie Forgues (15), Maine 16:08 Men's 5 Km--1. Pierre-Luc Menard 23:33.62 3. Adam Staier (19) Maine 24:05 3. Daniel Pendergast, Maine 25:10 4. Kyle Libby (17), Maine 15:12

10 Km, Hamilton, N.Z., March 7--Men 60 and over--1. Gary Little (62) 49:01 **New Zealand Championships, Wellington, March 12-14**: Men's 3 Km--1. Craig Barrett 11:58.07 2. Graeme Jones 12:35 3. Glenn Burrell 12:49 Men's 20 Km--1. Craig Barrett 1:27:43 2. Graeme Jones 1:35:46 Women's 3 Km--1. Gabrielle Gorst 13:27.12 Women's 20 Km--1. Gabrielle Gorst 1:38:34 **Australian Women's Under 16 3 Km Championship, Canberra, March 26**--1. Jessica Rothwell 14:57 Men under 16--1. Brendan Reading 19:19 Women Under 18 3 Km--1. Jillian Hosking 14:04 Men Under 18 3 Km--1. Matt Harris 13:53 **Australian Nationals, Sydney, Feb. 28**: Men's 20 Km--1. Nathan Deakes 1:23:11 2. Luke Adams 1:25:31 3. Liam Murphy 1:26:50 4. James Tallant 1:27:34 5. Darren Brown 1:29:29 6. Craig Barrett, N.Z. 1:30:41 7. Duane Cousins 1:31:54 Women's 20 Km--1. Jane Saville 1:32:06 2. Cheryl Webb 1:34:36 3. Natalie Saville 1:36:33 4. Simone Wolowiec 1:38:21 5. Claire Woods 1:38:27 Men's Under 20 10 Km--1. Michael McCagh 45:41 Women's Under 20 10 Km--1. Lisa Grant 48:59 3. Fiona Alldis 52:02 **Finnish Indoor Nationals, Helsinki, Feb. 21**: Men's 5 Km--1. Jani Lehtinen 20:27.21 2. Jero Turpeinen 21:57 Women's 3 Km--1. Marja Penttinen 14:12.80 2. Mia Hovi 14:22 3. Paivi Huhtanen 15:08 **Finnish Junior Indoor Nationals, Helsinki, Feb. 28**: Men's Under 22 5 Km--1. Janne Merilainen 22:46 Men's Under 19 5 Km--1. Nillo Halonen 2:49 Men's Under 17 3 Km--1. Samuli Alapietila 14:31 2. Tuomo Salonen 14:56 Women's Under 22 3 Km--1. Marja Penttinen 14:02.35 Women's Under 19 3 Km--1. Johanna Valiniem 15:37 Women's Under 17 3 Km--1. Mia Hovi 14:33.43 2. Krolina Kaasalainen 15:15

Some Tests For Your Racewalking Skills and Endurance

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) Florida 10 Km and South Region 1 Hour, Clermont, 9 am (U)
Sun. April 11	5 Km, Cambridge, Mass, 10 am (AA)
Sat. April 17	3 Km, Boynton Beach, Fla. (Q)
Sun. April 18	5 Km, Fair Oaks, Cal., 8:30 am (P) 5 Km, Denver, 8 am (H)
Sat. April 24	Masters 10 Km (Track), West Seattle. (C) 5 Km, Kalamazoo, Mich. (D)
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) 3 Km, Langley, Va. (O)
Sat. May 8	Colorado 10 Km, Broomfield, 8 am (H)
Fri. May 9	Southeast Masters 5 Km, Raleigh, NC (B)
Sun. May 9	South Region 20 Km and Southeast Masters 10 and 20 Km, Raleigh, NC (B) 5 Km, Cambridge, Mass., 10 am (AA) North Region 20 Km, Mortland 5, 10, and 20, Yellow Springs, Ohio (M) 10 Km, Ft. Collins, Col., 8 am (H) West Regional 20 Km, Travis AFB, Cal. (R)
Sat. May 15	Colorado Masters 5 and 10 Km, Littleton, 9 am (H)
Sun. May 16	Weinacker Cup 5 and 10 Km (Michigan vs. Ontario)

- 3 Km, Langley, Va. (O)
 5 Km, Denver, 8 am (H)
 Sat. May 22 5 Km, Thornton, Col., 8 am (H)
 3 Km, Clermont, Fla., 9 am (U)
 Sun. May 23 5 and 15 Km, Riverside, Cal. (Y)
 Metropolitan 20 Km, New York City 8:30 am (G)
USATF 1 and 2 Hour, Kenosha, Wis (F)
 Sun. May 30 Alongi 5 Km, Kentfield, Cal. (P)
 3 Km, Langley, Va. (O)
National Youth Road Walks (1500, 3000, 5000 meters), Pharr, Tex. (T)
 Sat. June 5 Senior Games 5 Km, Los Angeles (Y)
 Masters 3 Km, Seattle (C)
 Sun. June 6 5 Km, Cambridge, Mass., 10 am (AA)
 Pacific 5 Km, Sacramento, 8:30 am (R)
 Sat. June 12 Colorado Masters 10 Km, Waterton Canyon, 8 am (H)
 Sun. June 13 **National USASTF 15 Km, Lincoln, R.I. (X)**
 3 Km, Langley, Va. (O)
 Metropolitan 15 Km, New York City, 9 am (G)
 1 Hour, Kentfield, Cal., 7:30 am (P)
 Wed. June 16 Summer Solstice 5 Km, Denver, 6:30 pm (H)
 Sun. June 20 5 and 10 Km, Pasadena, Cal. (Y)
 5 Km, Denver, 8 am (H)
 New England 3 Km (X)

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In the aftermath of Al Heppner's tragic decision to take his earthly life, his spirit certainly lives on in the stories and tributes people continue to tell. Let me share some additional items with you.

Another Perspective

by Lance Tibbles

(Lance Tibbles is a long-time track and field fan who took up racewalking several years ago as a recreational and fitness pursuit. I met Lance even before that as a colleague of my sister on the Law School Faculty at Capital University here in Columbus and quickly learned of his interests in track. Track, of course, is always a topic of conversation when I see him. Along the line, I even provided a little instruction on our branch of the sport from time to time. He provides an interesting perspective on Al Heppner.)

In the 1870s, Henry Heppner ran mule freight teams in Eastern Oregon. On July 4, 1872, he made camp in a valley at the confluence of three creeks. That site later became a town named for him--Heppner, Oregon.

In 1999, on the same week of the year, 127 years later, Al Heppner visited the town named for his great, great grand uncle. Al had met Jenny Krein, an intern at the Olympic Training Center, who was from Heppner, Oregon. Jenny arranged for Al to visit Heppner after the 1999 US Track and Field Championships in Eugene. Al's father, Max, had visited Heppner shortly before Al was born.

My brother and I grew up in Heppner. Our mother still lives there. We both visit regularly. Heppner is small, rural town in the high desert of Eastern Oregon where the economy is still based on cattle, sheep, timber, and wheat. The folks in Heppner do not know much about racewalking, but they know good people when they meet them. To the surprise of no one who knew Al, Al was received in Heppner as he was received everywhere he traveled--as an immediate member of the family. Al was a stranger to Heppner and its people only until he arrived there. The people were as delighted to include this new Heppner in their community as Al was to join them.

My brother and I traveled to Eugene (from different directions) to watch those 1999 Nationals. We both graduated from the University of Oregon and over the years have spent many hours watching track meets at Hayward Field. In fact, I still own a house a few blocks from that storied track. Vic Peters, Jill Zenner Cobb, and Jill's dad have stayed there the last two times the Nationals were held in Eugene.

I had seen Al race in Indianapolis in 1996(?), but I was not able to talk with him then. At the time of the 1999 meet in Eugene, we did not know whether Al was related to Henry Heppner, so we decided to try to talk with him to see if he knew. The day before the race, we found the walkers beginning a workout. We saw Curt and Tim and asked if Al was with them. They pulled Al over to meet us. Curt and Tim were probably first surprised that there was a Heppner, Oregon and second, that there were people who actually admitted to being from Heppner. In any event, Al not only told us of his relationship to Henry Heppner, but also that after the meet he would be visiting Heppner for the first time.

My brother and I visited with Al that day and after the 20 Km race the next day. It was no surprise when we later found that his visit to Heppner was a roaring success. We both began to read the articles that Al was writing. Al's stories, with his self-deprecating sense of humor (stuck in the snow in the mountains, lost in the streets of a foreign city) were always a good read. We also visited with Al the next time the T&F Championships were held in Eugene. Al remembered us and our connection with the town that bears his name. I don't need to tell you how friendly and delightful he was to us.

A practice in Heppner, as in many other places, is that when a friend and companion dies others remember him or her by recalling stories about the persons' life. And in Heppner, some of the stories are actually true. They cry, they tell a story, they laugh, then they cry some more. Although many of you know a great many more stories about Al than I do, it is in that spirit that I tell this story.

At the 2001 Nationals in Eugene, I was near the starting line as the starter was lining up the male walkers. "Hip #1, start here. Hip #2--right here. Hip #3...#4...#5...#6. Number 6, where is #6? Why is there no #6? OK #7...#8...#9. Why are there two walkers with #9?"

To everyone's delight, it was discovered that Al had put on his hip #6 upside down. Now this is the National 20 Km Championship and the walkers are tensely lined up on the starting line awaiting the gun. But for the next 10 seconds, as he pulled off his number and replaced it right-side-up, this group of amazing athletes laughed and joked with Al about his plight. "It looks like a 6 when he looks down at it." "Hey Al, are you going to walk the race on your hands?" "Apparently you do not have to be able to count to six to join the Army." It was a magic moment.

But in a way, Al was right--6 was not his number. Al, to the people of Heppner, Oregon, you will always be #1.

On Ice After Indoors

by Dave McGovern

For me it was just an interesting morning, but for those who may be more spiritual, maybe there's something more to it. There was a memorial for Al Heppner in Boston yesterday morning at 10 am at the meet headquarters for the USATF Indoor Championships. I took Sherry Watts' suggestion to heart instead (*Ed. Sherry had suggested on the internet taking a walk in your favorite spot in Al's memory*), and opted for a long workout on the Charles River bike trail, starting just before 10 to coincide with the memorial service. Normally, I would have waited to workout until later after it had warmed up, but I wanted to be out there while the service was going on inside. To the extent that I have one, my God is "out there", under the sun, in the trees, the grass, the water. (At Sunday School and church, I was always the distracted one, scolded for trying to look through the stained glass to see what was going on outside.) And on this day, it was sunny and warm out there (warm for Boston in February, anyway.)

It was an easy workout and there are no decipherable mileage on the trail, so I kept occupied by watching people running, dogs playing, squirrels doing whatever the hell it is that squirrels do, etc. I stayed on the Boston/Brookline side and took the trail all the way to its westernmost end. Just before getting to the Northeastern U. boathouse about 1/2 mile before the turnaround, I was entertained by a woman trying to control her two shelties (kind of like the Minnie Me version of collies) as they chased squirrels, ducks, and each other all over the park.

When I was about 100 meters away, the smaller of the dogs went tearing off onto the frozen river to chase a pair of ducks that were in the water just past the edge of the ice. Predictably, it found the brakes to be inadequate as it got toward the edge of the ice sheet and it slid into the water. As Little Lassie bobbed around trying to get itself out, the other dog, a bit larger and

possibly older and wiser, tip-toed very gingerly towards the edge as it barked encouragement. That didn't last long, as it too wound up in the drink.

By this time, from about 50 meters out, I said to myself, "Oh crap, here it comes..." as the woman walked quickly out towards the edge of the ice to save her pets, seemingly oblivious to the law of physics that says if a 10-pound dog will break through a sheet of ice, so too will a 125-pound woman. Since I did in fact labor through several semesters of physics, I was already veering off the path towards the river as the inevitable happened. So there she was, flailing around in the river as the dogs tried to claw their way over her to get themselves out. (There's a reason they call them **man's** best friend...)

I didn't notice the 25-foot, retractable leash that she dropped on the way to the dogs--it would have come in handy--but I did find a 5-foot long board on the shore that seemed like the best thing available in a pinch. I told her to calm down as I belied my way out to her, pushing the board ahead of me. By this time, she was clinging to the ice, but ice being one of the world's only truly "frictionless surfaces" that physics professors posit to make equation-solving more manageable, she was making no progress whatsoever in getting herself anywhere beyond her armpits in her effort to get out of the water. Laying in 4-inches of water on top of sheet of ice, I wasn't getting much of a grip either, but the board did offer her enough to get herself up to mid-chest level. That's as far as she got, but it was enough for me to reach out and grab the hood of her down vest. I was able to pull her out up to waist level, but then she became stuck. No amount of pulling could get her further up onto the ice.

By this point, she was a babbling incoherent amalgam of teeth-chattering, crying and moaning, not able to communicate that she was being held by her fanny pack that was lodged under the ice. "Try to relax, we'll get you out," I said, wondering who the "we" was that I heard myself talking about. I asked again and again what was holding her under until she finally chattered "f-f-fanny pack." I told her to remove it, and when she couldn't, told her to roll onto her side. That did the trick. As soon as she rolled, her hips levered her legs closer to the surface, the pack was freed, and she popped right out onto the ice. With a few more tugs on her hood, she was safely away from the edge.

I wanted to go after the dogs, but I wasn't going any closer to the water until she got her weight off the ice, and it took a lot of convincing to get her to move. All the while, I'm belly down in 4-inches of 32-degree water. When she was a safe distance away, I turned to the dogs, but only saw the larger one bobbing slowly eastward. I belied my way downstream a few feet and was able to get a finger on its collar. The ice was making funny noises, so I didn't immediately yank the bugger out. As I lay there waiting for the whole sheet to collapse, the other dog, who must have crawled over the woman while I was trying to get her out, started yapping in my ear, running over my back, spinning in tight circles near the edge. It was enough to distract me from thoughts of the ice imploding, so I got another finger on the bigger dog's collar and was able to pop him out. I backed away from the edge, got up to my feet soaking wet and cold, and helped the woman off the ice and onto a park bench.

Before long, an elderly couple came along. I asked them to stay with the woman, who seemed to be in her mid-50s and was by now a bit more coherent than she had been moments before while chest-deep in the Charles. As I was about to walk the 500 meters or so back to where I had seen a green Parks Department vehicle, she thanked me and said, "I don't even know your name." I muttered, "um...Dave", and headed off to get here someone warmer and drier to finish the job of helping her to her car, taking her to the emergency room, or whatever the next step is for someone who just spent 5 minutes floating fully clothed in the Charles River in February.

I got the parks people on the case, gave them my name and cell phone number for whatever reason they wanted them, and headed back for the 55-minute cold, wet journey back to my hotel.

As an ardent agnostic and cynic, I was surprised on the walk back that I was thinking about the possibility of Al nudging me to be out there at that time, but I was. Deep down, I don't believe I was "sent there", but there's something healing to think that somehow maybe three lives were saved because of Al. *(Aha! A slight chink in the agnostic armor. But even as a firm believer in a greater power, that I certainly can't fully define or comprehend with my finite mind, I can't say that Dave was "sent there". How do you draw a line between mere coincidence, serendipity, if you will, and some sort of divine, or spiritual, intervention. But, it's sure nice for the woman and her dogs that a caring, and competent soul appeared on the trail at that moment in time.)*

Finally, Elaine Ward, in an editorial in her N.A.R.F Racewalking Bulletin, offered the following analysis of Al's passing.

I have mixed emotions in writing this editorial. I was in the east during the time of the 50 Km Olympic Trials in Chula Vista and Al's subsequent suicide. I am just one of many who have been coping with the question, "Why?" After weeks, I feel I may have pieced together a possible answer. I am not saying the only answer, but an answer to increase future awareness.

Many pieces contribute to this answer:

1. My past intensive study of legal and illegal drugs for a book I was writing.
2. Al had a history of depression and of erratic workouts where he would have months of excellent training interspersed with inexplicable periods of being down on his training.
3. He was single focused, almost hyperfocused, on his goal of making the Olympic Team. By the time of the Trials, he was in lean, excellent condition.
4. When he came to Pasadena to do a special 5 Km qualifying race for the Indoor Nationals, he finished saying he just "raced to meet the qualifying time." I was a bit puzzled that he held back, but accepted his controlled effort within the context of his plan to give his all at the Olympic Trials in three weeks. *(Al's and my personal communication stopped at this point as I went east. So the next points are from others.)*

5. After finishing the Trials, Al lay in an unaware, uncommunicative, zoned-out state with a completely "flat affect". His condition was way beyond that of exhaustion from a strenuous effort. It took the official responsible for taking him to drug testing 3 hours before he could get Al to respond and accompany him.

6. In the next couple of days, Al seemed to recognize that he had other opportunities to make the Olympic Team, but he was uncertain where to go in spite of everyone's encouragement and his effort to plan.

7. Allen James posted an article on the Internet about Derrick Adkins, and what happened after he won the gold medal in the 400 meter hurdles at the 1996 Atlanta Olympics. In Adkins' words, "Everything just crashed. It was a nightmare." He had stopped his antidepressant medication in order to train for the Olympics. Without the high of the stimulation of his gold medal quest, he mentally and emotionally wiped out.

8. I learned that Al had taken himself off the antidepressant he was taking in order to optimize his training for the 2000 Olympics.

9. Within my family, we know of four other young people ages 17-30 whose suicides can be related to antidepressants.

During my drug studies, I found myself getting extremely angry at the drug companies and doctors who prescribe antidepressants without warning and rewarning of the serious consequences that can be associated with stopping without supervision. The danger of relapsing into a black, suicidal depression--far worse than the original complaint--needs to be widely understood.

If you have had exposure to someone who has stopped or tried to stop antidepressants and suffered depression, please contact me. *(Elaine also included excerpts from an Associated Press article dated March 22, 2004 regarding this danger.)* Contact Elaine at the North American Racewalking Foundation, PO Box 50312, Pasadena, CA 91115, 626-441-5459.

FROM HEEL TO TOE

Dunn honored. Philip Dunn's Olympic qualifying performance in Tijuana won for him USATF Athlete of the Week honors. That makes two such awards for racewalkers in the first 3 months of the year. Curt Clausen was honored the week of Feb. 17 for his win at the 50 Km Olympic Trials.

Seminars. The Marin Racewalkers will present their annual Alongi in Marin weekend May 29-31. Besides the Alongi in Marin 5 Km race on Sunday, the activities include seminars and semi-private sessions with well-known coach Frank Alongi on Saturday and Monday and a round table with Frank following Sunday's race. In addition, two members of the Italian national team--Elisa Barbieri an intermediate competitor and Daniele Paris, a junior competitor--will be on hand. The events are in Kentfield, Cal. For further information contact Jack Bray at PO Box 21, Kentfield, CA 94914, 415-461-6843, marinrw@earthlink.net. **Weinacker Cup.** The Weinacker Cup, an annual competition pitting teams of Michigan and Ontario walkers against each other, will be hosted by Dan O'Brien in Marysville, Michigan on May 16. The competition is at 5 Km for women and 10 Km for men. Other competitors are welcome, although they will not figure in the team scoring. (But, I think teams, say from Ohio, New York, Indiana would be welcomed into the team competition.) Anyway, contact Dan at 810-984-4965 for further information. **National Invitational.** The National Invitational walks, held annually in the D.C. area since 1986, were cancelled this year. The host Potomac Valley Track Club simply felt they didn't have the available man(andwoman)power to do justice to the event this year. They hope to be back on the schedule next year. Meanwhile, the Jack Mortland Walks, which John White started in Columbus in 1988 and Vince Peters took to Yellow Springs several years ago, will go on as usual with a May 9 date.

The event encompasses the North Region 10 Km Championship. **Omission.** A bad oversight on my part--last month, I listed US racewalkers who had been on at least three Olympic teams and omitted Track and Field Hall of Famer Henry Laskau who was on the 1948, 1952, and 1956 teams. Interesting that the only one to point out this omission to me is Israeli Olympian Shaul Ladany. **Zach piles up honors.** Zachary Pollinger has been prominent in these pages for the past 3 years with his outstanding results in high school and junior competitions. Most recently, his wins in the Nike Invitational and National Scholastic meets on successive nights, are reported earlier in this issue. The New Jersey high school senior, still just 17 holds freshman and junior class high school records at 1 Mile. He has won five Junior Olympic Nationals and holds the Intermediate Boys 5 Km record. He has been on three National teams, two junior and one Youth, and was eleventh at the 2003 World Youth Championships. And, of course, he won the Millrose Mile last year as a high school junior. He still has two years of Junior eligibility remaining. A National Merit finalist, he has been awarded early admission to Harvard. Also, on the academic side, he was first overall in the New Jersey DECA competition, a national marketing competition, two years in a row and was a National Finalist in 2003. His future in racewalking and in life is certainly promising. **Racewalking camp.** California University of Pennsylvania will be hosting its annual racewalk camp July 4-8. The camp, directed by Ray Kuhles, will be held in conjunction with the Cal U distance camp. The cost will be \$225 for resident campers or \$175 for commuters and is for boys and girls ages 10-18. For more information, call 724-938-5828. **World Cup.** The US World Cup Team, which will be finalized following the 20 Km Trial on April 4 in Overland Park, Kansas, will be coached by four-time Olympian Carl Schueler and managed by former Racewalk Committee Chairman Rich Torrellas. **Heppner Scholarship Rund.** Elaine

Ward has announced that the North American Racewalking Institute is establishing an Al Heppner Scholarship Fund with the intent of awarding a scholarship annually to an aspiring, talented young potential Olympian. To date, 34 donors have contributed \$3600. The committee responsible for establishing the protocol for the Fund is Curt Clausen, Vince Peters, Jeff Salvage, Diane Graham-Henry, Dave Doherty, and Elaine. The protocol will establish the qualifications, standards, and procedures for awarding money. For more information, or to make donations, contact NARI at 1203 S. Orange Grove Boulevard, Pasadena, CA 91105 or call 800-898-5117.

LOOKING BACK

(Please note that the items in this feature last month were from February issues, not January issues as the text indicated. Just another of those little irritations you must put up with if you are going to continue to invest in my humble offerings, with leanings toward errata.)

35 Years Ago (From the March 1969 ORW)—In the National Indoor meet in Philadelphia, local hero Dave Romansky zipped by Ron Laird during the final half lap to win in 6:21.9. Laird finished in 6:24.4, with Italy's 1954 Olympic gold medalist, Abdon Pamich, third in 6:28.8. Following were Ron Kulik, Dan Tothoroh, and Jim Hanley. . . Bob Kitchen won the IC4A mile in 6:41.1, with Greg Diebold also under 7 minutes. . . Pamich won a mile in Albany, N.Y. over Ron Daniel and Kulik in 6:32.9. . . Out west, Goetz Klopfer edged Tom Dooley in a quick 10 Km with a 45:10 performance.

30 Years Ago (From the March 1974 ORW)—The IC4A indoor mile title went to Ellen Minkow in 7:36.1, probably making her the first woman to win a title in a major intercollegiate track event for men (primarily). Bill Hamlin actually finished about 15 yards ahead of Ellen, but was DQd and Howie Palamarchuk left the track with a commanding lead when he mistakenly thought he had been DQd. . . Floyd Godwin beat a strong field to win the National 35 Km title in Huntington Beach, Cal. in 2:55:29. He left pursuer John Kinston after 20 Km and won by more than 4 minutes. Bill Ranney, Carl Swift, Jerry Brown, and Bryan Snazelle took spots three through six. . . Todd Scully put up a good performance in the US-USSR indoor dual in Moscow, finishing third, but only 20 seconds back, with a 21:04 for 5 Km.

25 Years Ago (From the March 1979 ORW)—The US-USSR Indoor 3 Mile walk (part of the annual track meet) went to Yevgeniy Yesyukov in 19:03.3. Todd Scully was second in 20:02.2 with Jim Heiring third in 20:35.4. The Soviets put just one man in the race. . . Neal Pyke won the Pacific AAU 20 Mile in 2:35:53, with Bill Ranney less than a minute behind. Pyke also set an American record for 5 Km with 20:41.6 and turned in a 1:28:06 for 20 Km. . . The National Masters Indoor 2 Mile went to Ron Kulik in an American record 14:13.7

20 Years Ago (From the March 1984 ORW)—Carl Schueler, edging away after the first 10 Km, held on to beat Jim Heiring for the National 35 Km title in 2:41:26. Heiring, 48 seconds back at 30 Km, cut the margin to 20 seconds at the finish. . . Dan O'Connor walked his second fast 20 Km race of the young year with a 1:25:56 in Long Beach. Vincent O'Sullivan (1:31:34) was second and Larry Walker (1:33:52) third. . . Ray Sharp and Tom Edwards both went under 1:30 in New York, with Sharp winning in 1:29:20.

15 Years Ago (From the March 1989 ORW)—In the National 50 Km in Atlanta, Paul Wick led Herm Nelson from the 10 Km mark on, but never by much, and took the title in 4:17:07, just 19 seconds ahead of Nelson. Dan O'Connor was third in 4:24:00, with Mike DeWitt just 42 seconds behind him. Eugene Kitts, Paul Malek, Dan Pierce, and Mark Green also bettered the 4:30 mark. . . National Indoor titles went to Tim Lewis at 5 Km in 20:00.46 and Teresa Vaill at 3 Km in 13:12.34. Gary Morgan was just 9 seconds in back of Lewis, with Ray Sharp third in 20:30. Lynn Weik and Susan Liers followed Vaill.

10 Years Ago (From the March 1994 ORW)—Allen James won the National 15 in New Orleans on Feb. 19, finishing in 1:06:03, better than 3 minutes ahead of Paul Wick (1:09:20) and Ian Whatley (1:09:51). The women's title went to Victoria Harazo in 1:11:40 with Lyn Brubaker second in 1:14:32. . . Two weeks later, Jonathan Matthews upset James, this time undercover, winning the National Indoor 5 Km in 20:01.30. Allen was just 0.58 seconds behind, with Vance Godfrey (20:17.2) third and Rob Cole (20:48.97) fourth. The women's Indoor 3 Km went to Debbi Lawrence in 13:13.20, 2 1/2 seconds ahead of Victoria Harazo. Susan Armenta (13:49.86) was third, two seconds ahead of Gretchen Eastler, who just edged Cheryl Rellinger. . . Another week later, there was a gathering in Palo Alto for 50 Km, and James turned the tables in his debut at the distance. What a debut! An American record of 3:55:39, leaving the favored Matthews 7:20 back. Herm Nelson (4:04:23), Andrzej Chylinski (4:07:40), Paul Wick (4:08:15), and Rob Cole (4:14:15) followed. . . At the National Invitational Walks, Canada's Martin St. Pierre won the men's 20 Km in 1:29:51 and Teresa Vaill captured the women's 10 in 45:14. Philip Dunn (1:30:37), Dave Marchese (1:30:49), and Dave McGovern (1:32:05) followed St. Pierre, and Lyn Brubaker (48:15), Dana Yarbrough (49:10), and Cheryl Rellinger (50:06) took the next three women's spots.

5 Years Ago (From the March 1999 ORW)—In a great National Invitational Women's 20 Km, Joanne Dow bettered her own American road best to win in 1:33:27. Also capturing spots on the US World Cup team were Michelle Rohl (1:36:27), Danielle Kirk (1:37:16), Jill Zenner (1:37:19), and Margaret Ditchburn (1:37:35). Teresa Vaill was just 3 seconds behind Ditchburn, after going through 10 km in a solid second place. Canada's Janice McCaffrey (1:36:53) actually finished second in the race. The men's race saw solid performances by Ecuador's Olympic Champion Jefferson Perez (1:22:02) and Tim Seaman (1:23:50). Curt Clausen was third in 1:24:49, ahead of Jonathan Matthews (1:25:27), Andrew Hermann (1:26:50), Kevin Eastler (1:27:17), Al Heppner (1:29:02), Philip Dunn (1:29:13), and Michael Rohl (1:29:49). Five others (Sean Albert, Dave McGovern, Gary Morgan, Mark Green, and Warrick Yeager) finished between 1:31:30 and 1:34:36. . . Dow and Seaman captured Indoor titles at 5 and 3 Km, respectively. Seaman won in 19:45.04 with Curt Clausen just 9 seconds back and Kevin Eastler in third. Dow did 12:44.90, 5 seconds ahead of Jill Zenner, with Margaret Ditchburn third. . . In Chula Vista, Cal., Seaman set an American 3 Km record 11:19.2, and Curt Clausen an American 5 Km record with 19:35.20. (It was a 5 Km race, so Seaman had to finish the 5, which he did in 24:11, as he did an easy cool-down over the final 2 Km.) Al Heppner, the former 5 Km record holder at 20:07, finished second in 20:41.07 ahead of Philip Dunn and Sean Albert. . . Dion Russell won the Australian 20 Km title in 1:20:49, 29 seconds ahead of Nick AHern.

Let us remember Al like this, with a big smile for the world. Photo of Al Heppner from the Potomac Valley Track Club newsletter.

