

## U.S. World Cup Team Selected

Overland Park, Kansas, April 4--In a full day of racing, the U.S. team for the World Cup competition in Naumburg, Germany, May 1 and 2 emerged. The day's racing included men's and women's events at 20 Km and junior men's and women's events at 10 Km. Joining the team will be the men selected at an earlier 50 Km trial. The team includes five men and women at 20, five men at 50, and three juniors at 10 for both men and women..

Today, Tim Seaman and Joanne Dow were easy winners in the two 20 Km races held on a 2 Km lap course. The women's race was dominated by veteran walkers with vast international experience. Joanne Dow, a couple of weeks past her 40th birthday and a member of three Woorld Cup and two World Championship teams in the past, took command early in the race, dropping Teresa Vaill by 5 km and holding a 42 second lead as she passed 10 km in 46:21. Content with the win, she didn't push for time and finished in 1:34:44, more than two minutes ahead of Vaill.

Vaill, 41, has been on six World Cup teams, dating back to 1985. She struggled over the second half of the race, but was still well clear of Michelle Rohl, the baby of the vets at 38, at the finish. Vaill sent through the first 10 in 47:03 and then needed a 49:46 to get home in 1:36:49. Rohl walked the most controlled race with splits of 48:34 and 49:15 for her 1:37:37. Jolene Moore in fourth never challenged the front three, but finished in 1:39:56, just six seconds off her personal best set last year. She was able to pull well clear of Sam Cohen the second half of the race as Cohen finished fifth in 1:42:35.

As it turns out, Moore and Cohen will lead the U.S. squad in the World Cup. Dow, Vaill, and Rohl all passed up the trip to Germany as they concentrate their training efforts toward Olympic qualification and the Olympic race itself. Joining Moore and Cohen on the team will be Susan Armenta, Deborah Huberty, and Margaret Ditchburn, who finished sixth, seventh, and eighth today. Just missing out was another master's walker, Florida's Carolyn Kealty, who finished 34 seconds behind Ditchburn.

Tim Seaman was a clear winner in the men's race in 1:26:09. It was no surprise that Curt Clausen and Kevin Eastler grabbed the next two spots, though they couldn't challenge Seaman on this day. John Nunn and Philip Dunn, who finished fifth and sixth behind guest competitor Norway's Erik Tysse, round out the U.S. World Cup team. Seaman, Clausen, and Dunn had already qualified at 50, but opted for the shorter distance at the World Cup--Seaman because that is his best distance and Clausen and Dunn because they want to save their 50 Km energies for Athens. Dunn walked a good race just two weeks after his Tijuana 50 Km in which he reached the Olympic A standard. Ben Shorey and Matt Boyles were well back of Dunn in seventh and eighth.

In the Junior men's 10 Km, Zachary Pollinger was challenged by Canada's Pierre-Luc Menard, a guest competitor, for the first 4 km, but pulled steadily away over the rest of the race, recording an excellent 45:52. Troy Clark came from more than a minute behind Menard in the

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final 2 km, but fell 11 seconds short of catching him. Joe Trapani took the third spot on the World Cup team when Christopher Diaz, who had been walking step for step with him, was DQ'd in the final kilometer.

In the junior women's race, Canada's Megan Huzzey overhauled Maria Michta in the final 2 Km to win a well-contested four-woman race. Michta opened a lead early, and at 4 Km (19:56) had 14 seconds on Erica Adams, with Katy Hayes (20:12), and Huzzey (20:16) already well clear of the rest of the field. At 4 Km, the three U.S. girls were right together, with their spots on the team secure, barring any DQs. Huzzey was 11 seconds back. But the Canadian girl proved too strong from there and came home in 50:23. Michta beat Hayes by a second in 50:46 and Adams finished fourth in 51:01. Jasmine Brooks led the rest of the field, but was well back in 53:43.

The men's 50 Km team was originally announced as Sean Albert, Ben Shorey, Dave McGovern, Theron Kissinger, and Gary Morgan off their finishes in the February 50 Km trial (behind Clausen, Seaman, Dunn, and (with the exception of Albert) the late Al Heppner. However, Shorey later dropped off the team and his UWP teammate Stephen Quirke who finished behind him at the 50 Trial also turned down a berth. At this writing that space had not been filled, though Dave Doherty is next in line.

Here are the results:

**Junior Women's 10 Km** 1. Megan Huzzey, British Columbia 50:23 2. Maria Michta, New York 50:46 3. Katy Hayes, Wisconsin 50:47 4. Erica Adams, South Carolina 51:01 5. Jasmine Brooks, Wisconsin 53:43 6. Jennifer Reekie, Missouri 54:37 7. Susan Potthast, Wisconsin 55:31 8. Dana Vered, New Jersey 55:48 9. Carly Rose Lochala, Maine 56:30 10. Tina Peters, Ohio 57:14 11. Kate Dickenson, Maine 57:26

**Junior Men's 10 Km:** 1. Zachary Pollinger, New Jersey 45:52 2. Pierre-Luc Menard, Quebec 48:14 3. Troy Clark, Maine 48:25 4. Joe Trapani, New York 48:43 5. Dominic Byrd, Texas 68:12 DNF--Andy Peters, Ohio DQ--Christopher Diaz, Texas

**Women's 20 Km** 1. Joanne Dow, New Hampshire 1:34:44 2. Teresa Vaill, Florida 1:36:49 3. Michelle Rohl, Penn. 1:37:37 4. Jolene Moore, Illinois 1:39:56 5. Sam Cohen, Wisconsin 1:42:35 6. Susan Armenta, California 1:44:39 7. Deborah Huberty, Wisconsin 1:45:17 8. Margaret Ditchburn, Cal. 1:46:37 9. Carolyn Kealty, Florida 1:47:11 10. Marina Crivello, Quebec 1:48:45 11. Ali Bahr, Wis. 1:49:40 12. Christine Tafliar, New York 1:50:14 13. Janna Miller, Alaska 1:51:55 14. Amanda Bergeron, Wix. 1:53:43 15. Heidi Hauch, Arizona 1:55:46 16. Lee Chase, Conn. 2:04:19 17. Julie Anselme-Sout, Idaho 2:11:33 DNF--Lisa Sonntag, Amber Antonia (49:26 at 10), and Loretta Schulellein. DQ--Gayle Johnson and Nicole Goldman.

**Men's 20 Km:** 1. Tim Seaman 1:26:09 2. Curt Clausen 1:27:30 3. Kevin Eastler 1:28:42 4. Erik Tysse, Norway 1:28:54 5. John Nunn 1:29:39 6. Philip Dunn 1:30:41 7. Benjamin Shorey 1:33:43 8. Matt Boyles 1:33:59 9. Mike Tarantino 1:35:14 10. Michael Stanton 1:36:03 11. Mark Green 1:37:28 12. Stephen Quirke 1:38:44 13. Dave Doherty 1:40:36 14. Bill Vayo 1:42:29 15. Adam Staier 1:50:06 16. Gary Morgan 1:53:37 17. Dave Crabb 2:00:37 DNF--Dave McGovern and Ed Parrot. DQ--Alberto Medina

## Two Under American 10 Km Record

Bergen, Norway, April 20--In the Storetveitmarsjen Cup 10 Km race today, Erik Tysse broke the Norwegian national record and pulled Tim Seaman and Kevin Eastler well under Tim's American road record for the distance. In the traditional race (held for more than 25 years), Tysse forced the pace from the gun, pushing hard on the hilly course. However, his early attempt to break the Americans failed and Tim and Kevin were able to move ahead, pushing each other through the first 5 Km in 19:33. But, they couldn't drop Tysse who forged back into the lead. Kevin was unable to hold the pace at that point, but Tim had another surge to retake the lead. With just a few hundred meters to go, Tysse made a final surge to edge ahead and stay there to the finish as he won in 39:22 with Seaman just a second back. Eastler did not lose much and finished in 39:32, still well under Seaman's American record of 39:59, set last September in Germany.

## Rigaud Scores Second Challenge Win

Rio Major, Portugal, April 4--The second leg of the IAAF Racewalking Challenge saw Italy's Elisa Rigaud repeat her win in Tijuana two weeks earlier as she finished the Women's 20 Km in 1:29:58. In the men's race, her countryman Alessandro Gandellini, only eighth in Tijuana, moved well clear of the field over the second half of the race to win in 1:22:49.

In the women's race, Rigaud was accompanied by Norica Cimpean, Jane Saville, Maria Vasco, and Daniela Cirlan through the first 10 Km, with splits of 22:46 and 45:17. Rigaud quickened the pace and by 15 Km, was four seconds clear of Cimpean as she went through in 1:07:46. Vasco was 10 seconds back, followed closely by Saville. Rigaud was able to make her final 5 her fastest of the race as she widened her lead to 34 seconds at the finish. Saville passed Vasco for third, but was another 35 seconds back at the finish. Vasco struggled home, nearly a minute behind Saville.

Gandellini forged the pace in the men's race and by 10 Km (41:30) had dropped most of the field. Jose Dominguez, Ivan Trotskiy, Denis Langlois, Hatem Ghoul, and Andrei Makarau comprised the rest of the lead group. But when Gandellini stepped up the pace, he dropped the others, passing 15 Km in 1:02:06 with an 11 second lead on Dominguez. That lead grew to 35 seconds at the finish, with Dominguez just holding off Trotskiy for second. The results:

**Women:** 1. Elisa Rigaud, Italy 1:29:57 2. Norica Cimean, Romania 1:30:32 3. Jane Saville, Australia 1:31:07 4. Maria Vasco, Spain 1:32:02 5. Maribel Goncalves, Portugal 1:32:35 6. Kristina Saltanovic, Lithuania 1:32:55 7. Elisabetta Perrone, Italy 1:33:12 8. Ines Henriques, Port. 1:33:24 9. Natalie Saville, Aust. 1:34:27 10. Daniela Cirlan, Rom. 1:34:58 11. Teresa Linares, Spain 12. Eva Perez, Spain 1:35:28 13. Cheryl Webb, Aust. 1:38:04 14. Carolina Jimenez, Spain 1:38:47 15. Vera Santos, Port. 1:40:16 (19 finishers, 1 DQ--Nadezhda Ryashkina, Russia)

**Men--**1. Alessandro Gandellini, Italy 1:22:49 2. Jose Dominguez, Spain 1:23:24 3. Ivan Trotskiy, Belarus 1:23:27 4. Mike Odriozola, Spain 1:23:52 5. Jose Diaz, Spain 1:24:11 6. Hatem Ghoul, Tunisia 1:24:42 7. Denis Langlois, France 1:24:53 8. Valeriy Borissov, Kazakhstan 1:25:07 9. Eddy Riva, France 1:25:43 10. Augusto Cardoso, Portugal 1:26:34 11. Francisco Aller, Spain 1:27:37 12. Ruben Mauryoral, Spain 1:27:51 13. Pedro Martins, Port. 1:28:34 14. Jorge Costa, Port. 1:28:45 15. Andi Drake, Great Britain 1:29:11 16. Andrei Makarov, Belarus 1:29:39 17. Daniel Garzon, Spain 1:29:51



**Other Results**

**Penn Relays, Philadelphia, April 24: Women's 5 Km**--1. Amber Antonia, NYAC 23:14.66 2. Susan Armenta, Team New Balance 23:49:48 3. Margaret Ditchburn, un. 24:36.70 4. Alessandra Vavas, Northwestern 25:59 5. Laura Feller, Port Washington, N.Y. 26:26 6. Elizabeth Paxton, un. 27:13 7. Billie Robinson, Rio Grande U. 27:47 8. Kristen Barnett, Rio Grande 29:40 **Master's Women's 10 Km**--1. Carolyn Kealty, Florida AC 25:12 (Walked with the others, finishing fourth) **Men's 10 Km**--1. Matt Boyles, un. 43:48.88 2. Eziequiel Nazario, Puerto Rico 45:39.68 3. Theron Kissinger, un. 47:12.92 4. Daniel Pendergast, Mainr RW 50:59.11 5. Adam Staier, Maine RW 53:51 DQ--Nick Harding, Walk USA **Master's Men's 10 Km**--1. Allen James, Niagara Walkers 44:20.75 2. Ray Sharp, Port Washington, Mich. 46:02.69 3. Keith Luoma, Atlanta TC 48:39.84 (Actually, the men all walked together, and Sharp, coming back from a long retirement--his first race in 13 years--led through the first 1600 meters in 7:04. Boyles opened up at 5 Km when he dropped to 1:45 laps and then to 1:43s. James could not hang with that pace, but was able to move well clear of Nazario and Sharp, who said "I just didn't have the stuff to stay with that young guy." Ray is 44, Boyles 21, and James just 10 days past 40.) Sharp figured it was his slowest 10 since 1978, but enjoyed the return to racing **Junior Women's 5 Km**--1. Rachel Lavalley, Canada 25:15.43 2. Laura Richenderfer, Penfield, N.J. 25:25.05 3. Tina Peters, Miami Valley TC 26:12.95 4. Carly Lochala, Maine RW 26:50 5. Rosalind Adams 26:56 6. Allison Snochowski, Walk USA 27:18 7. Rachael Gill, East Meadow HS 27:25 8. Lauren Forgues, Maine RW 27:39 9. Kristen Casey, Arlington 27:50 10. Ann Whalen, Arlington 27:51 11. Shani Brown, New Rochelle, N.Y. 27:57 12. Alice Garland, Carmel 28:05 13. Keisha Pearson, Walk USA 28:39 14. Helen Pottle, Maine RW 29:07 15. Chelsea Clark, RWI 29:37 16. Deborah William, New Rochelle 29:56 17. Raven Pilgrim, Park RW 30:01 18. Jessie Smith, Maine RW 30:34 19. Jana Marashall, Rio Grande 31:05 **Junior Men's 10 Km**--1. Daniel Campbell, Maine RW 52:34.45 2. Michael Kazmierczak, Holy Trinity 56:32 3. Paddric Gleason, Maine RW 57:07

**Metropolitan 10 Km, New York City, April 4**--1. Paul Schwartzburg 49:33 2. Vlado Haluska (51) 52:52 3. Vyacheslav Troshkin (55) 55:21 4. Shawn Frederick (50) 55:12 5. Alexis Davidson (48) 57:31 6. Bruce Logan 60:39 7. Erin Taylor (1st female) 60:39 8. Bob Barrett (70) 62:17 9. Jennifer Marlborough 65:40 10. Louanne Pennesi (49) 66:37 (17 finishers, 4 DQs) **5 Km, same place**--1. Shani Brown (15) 29:19 2. Ann Whalen (18) 30:49 3. Raven Pilgrim (16) 31:05 4. William Devborah (17) 31:26 **South Region 10 Km, Orlando, Fla., April 4**--1. Juan Yanes (50+) 58:41 2. Paul Alvord (60+) 69:48 **5 Km, same place**--1. Gene Opheim (55-59) 28:19 2. John Fredericks (55-59) 28:54 3. Helge Heinrich 29:56 4. Tom Furman (55-59) 30:28 5. Bob Fine (70-74) 32:49 6. Peter Bayer (65-59) 32:55 (13 finishers) **3 Km, Cedarville, Ohio, April 16 (track)**--1. Alessandra Vavas 15:21.46 2. Tina Peters (16) 15:49.84 3. Billie Robinson 16:48 4. Ashely Thomas 17:06 5. Kristin Barnett 17:20 6. Melissa Walker 17:57 7. Brittany Lyons 18:35 8. Danielle Doubt (13) 18:48 9. Jana Marashall 19:00 Men--1. Jim Robinson 15:03.48 2. Ed Fitch (42) 15:49.97 3. Andy Peters (14) 18:04 4. Branden Imboden 18:07 5. Nate Hughes 19:22 **5 Km, Oak Park, Ill., April 4**--1. Pablo Gomez 23:01 2. Paul Regul (16) 24:06 3. Richard McGuire (56) 26:29 4. Kyle Regul (12) 27:09 5. David Lingo (59) 27:14 6. Klaus Thiedmann (49) 27:52 7. Mark Sekelsky (46) 28:53 8. Alfred DuBois (72) 29:19 9. Michael Rose (42) 30:59 10. Peter Holman (55) 32:32 11. Ray Glend (56) 34:09 12. Rick Daitehman (53) 34:16 Women--1. Lynn Tracy (51) 27:22 2. Judy Myers (48) 29:24 3. Irais Villa (11) 29:40 4. Amani Salinas (11) 30:25 5. Donna Green (51) 30:40 6. Doris McGuire (55) 32:58 7. Rebecca Gilman (63) 33:00 8. Stephanie Martinez (12) 33:46 9. Amber Martinez (10) 35:07 10. Kelly Kindel 35:13 11. Kate Marrs (75) 35:19 (14 finishers, 3 DQs) **7 Km, Denver, March 14**--1. Mike Blanchard (42) 40:37 2. Daryl Meyers (61) 43:25 **5 Km, Denver, March 28**--1. Mike Blanchard 28:04 2. Marianne Martino (53) 29:04 3. Daryl Meyers 30:04 4. Jerry Davis (41) 32:46 5. Chris SDtanley (41) 33:05 6. Rita Sinkovec (54) 33:37 **Mt. SAC Relays, Walnut, Cal., April 17: Women's 1 Mile**--1.

Susan Armenta 7:09.13 2. Margaret Ditchburn 7:22.84 3. Kate Brooker 7:37 4. Yoko Eichel 8:56 **Men's 1 Mile**--1. Curt Clausen 5:53.66 2. John Nunn 5:54.76 3. Sean Albert 6:18.95 4. Philip Dunn 6:25.07 5. Dave Doherty 6:35 **3 Km, Kentfield, Cal., March 28**--1. Kevin Killingsworth 15:57.84 2. S. Desmond Canning 18:40 3. Stu Kinney 18:52 4. Ed Lane 18:54 5. Doris Cassels 19:14 6. Bonnie Houchen 19:28 (17 finishers) **5 Km, Fair Oaks, Cal., April, 18**--1. Kevin Killingsworth (48) 27:11 2. Joe Berendt (48) 27:53 3. Jack Bray (72) 28:35 4. Stewart Canning (45) 31:17 5. Jim Beckett (65) 31:50 6. Stu Kinney (64) 32:37 7. Marak Quilantang (16) 33:06 8. Garland Murphy (56) 33:49 (14 finishers) Women--1. Nicki Goldman (45) 28:01 2. Doris Cassels (64) 32:37 3. Karen Stoyanowski (49) 33:35 (9 finishers) **1 Mile, Banks, Oregon, April 4**--1. Pat Detloff (51) 7:57 2. George Opsahl (62) 8:50 3. Doug VerMeer (50) 9:15 **Idaho Indoor Masers 3 Km, Nampa, March 14**--1. Julie Anselme 17:45.44 2. Bev LaVeck (67) 19:23 Men--1. Bob Novak (54) 16:20.49 2. Barton Kale (47) 18:30 **Pacific Northwest 10 Km, West Seattle, Wash., April 24**--1. Bob Novak (54) 57:36.4 2. George Opsahl (62) 59:25 3. Dour Ermini (46) 60:26 4. John Backlund (64) 60:27 (8 finishers) Women--1. Joslyn Slaughter (45) 63:57.7 2. Bev LaVeck (68--this was two days after her birthday) 66:44 3. Carol Wilkinson (54) 67:16 4. Coco Beuchet (56) 68:01

**20 Km, Cape Coast, Ghana, April 17**--1. Ahmed Tijani Sanni 1:38:12 2. Atta Bright 1:41:02 3. Benjamin Annan 1:42:14 **10 Km, Patra, Greece, April 17**--1. Athanassia Tzoumeleka 44:10.02 (Greek women's record) **10 Km, Athens, April 16**--1. Spyridon Kastanis 41:09.47 Women--1. Christina Kokotou 44:58.2 **Indoor 3 Km, Genova, Italy, Feb. 21**--1. Elisa Rigauda 11:57.0 2. Cristiana Pellino 12:39.68 3. Emanuela Perilli 12:46.75 4. Giselle Orsini 12:58 5. Annarita Fidanza 13:14 6. Marta Marcolini 13:41 **Men's 5 Km, same place**--1. Alessandro Gandellini 18:34.15 2. Ivano Brugnetti 18:42.80 3. Lorenzo Civallo 19:39.04 4. Pasquale Sabino 19:39.87 5. Vittoria Mucci 19:42.10 6. Andrea Manfredini 19:44.19 7. Michele Didoni 19:54.18 8. Dario Privitera 19:54.77 9. GFian Luca Trombetti 19:59.93 10. Gian Piero Palumbo 20:11.27 **20 Km, Molfetta, Italy, April 4**--Gisella Orsini 1:33:25 2. Cristiana Pellino 1:36:55 3. Emanuela Perilli 1:38:58 4. Annarita Fidanza 1:39:37 (29 finishers) Men--1. Marco Giungi 1:23:52 2. Ivano Brugnetti 1:25:04 3. Lorenzo Civallo 1:26:20 4. Giovanni Di Benedictis 1:26:27 5. Alfio Corsaro 1:26:41 6. Diego Cafagna 1:26:56 7. Enrico Lang 1:27:04 8. Bianluca Trombetti 1:28:08 9. Marco DeLuca 1:28:14 10. Pasquale Sabino 1:28:59 11. Dario Privitera 1:29:27 12. Pasquale Aragona 1:29:37 13. Jean Jaques Nkouloukidi 1:30:00 14. Vittorino Mucci 1:30:51 15. Daniele Paris 1:30:54 (28 finishers, 4 DNF, 1 DQ) **Master's 10 Km, same place**--1. Fabio Ruzzier (51) 47:55 **Balkan Cup, Resita, Romania, April 3: Junior Women's 10 Km**--1. Oana Maxim, Romania 48:04 2. Narain Sagiam, Turkey 48:38 3. Andreea Arsine, Romania 49:35 **Junior Men's 10 Km**--1. Doru Ursu, Romania 42:33 2. Vladimir Savanovic, SCG 43:30 (Not sure what SCG is. Perhaps it should be SMG, which is Serbia and Montenegro) 3. Dragos Neacsu, Romania 44:26 4. Hristov Tihomir, Bulgaria 45:19 **Women's 20 Km**--1. Athina Papayianni, Greece 1:28:58 2. Ana Maria Groza, Romania 1:29:31 3. Evangelia Xynou, Greece 1:32:54 4. Veronica Budileanu, Romania 1:34:17 5. Yeliz Ay, Turkey 1:35:22 **Men's 20 Km**--1. Costica Balan, Roman 1:21:51 2. Predrag Filipovic, SCG 1:25:07 3. Daniel Andrei, Romania 1:25:46 4. Nenad Filipovic, SCG 1:26:22 (Non-scoring competitors) Ciprian Deac, Roman 1:26:35 and Recep Cilik, Turkey 1:30:24 5. Nikos Katsilas, Greece 1:31:12 **Open Slovakian and Hungarian Championships, Dudence, Slovakia, March 27: Men's 20 Km**--1. Matej Toth, Hung. 1:23:18 2. Levente Kaperi, Hungary 1:27:50 **Men's 50 Km**--1. Peter Korcok, Slovakia 3:51:09 2. Milos Batovsky, Slovakia 3:54:08 3. Aleksander Rakovic, Serbia and Montenegro 3:55:40 4. Zoltan Czukov, Hungary 3:57:08 5. Sergei Melentiev, Russia 3:57:52 6. Modris Piepens, Latvia 3:58:03 7. Sergei Jerohin, Russia 3:58:33 8. Daugvinas Zujos, Lithuania 3:58:46 9. Jani Lehtinen, Finland 3:59:31 (42 competitors) **Women's 20 Km**--1. Zuzana Malikova, Slovakia 1:33:02 **Junior 10 Km**--1. Inguns Janevics, Latvia 42:41 2. Vladimir Savanovic, Serbia and Montenegro 42:59 3. Vilis Mikelionis, Lithuania 43:36 **World Non-stadia Masters Meet 50**

**Km, Auckland, N.Z., April 23**--Women 45--1. Yuk Ling Fung, Hong Kong 6:15:57 Women 35--1. Lisa Wilson, Australia 5:23:08 Men 70--1. Eric Howill, GB 6:44:40 Men 60--1. Herman Strieder, Austria 5:18:33 2. Ed Shillabeer, GB 5:29:19 3. Zdenek Gonsiorovsky, Czech Rep. 5:44:22 4. Bill Purves, Nong Kong (former U.S.--long-time readers will remember Bill) 6:03:41 Men 55--1. David Kates, GB 5:30:29 2. peter Baillie, N.Z. 5:36:49 Men 50--1. Roberto Cervi, Italy 4:53:09 2. peter Ryan, GB 5:11:12 3. Vlado Haluska, US 5:34:22 Men 45--1. Mikhail Kisselev, Russia 4:47:57 2. Vladimir Barabash, Russia 4:59:21 Men 40--1. Stephan Woegerbauer, Austria 4:41:53

### Get on your racing shoes and walk to lose your blues

Sat. May 8 Colorado 10 Km, Broomfield, 8 am (H)  
Florida and Regional 3 Km, Jacksonville (Q)  
Youth 1 Mile, McAllen, Tex. (T)

Fri. May 9 Southeast Masters 5 Km, Raleigh, NC (B)  
20 Km (plus 3, 5, and 10 Km), Racine, Wis., 7:45 am (F)  
5 Km, Denver, 9 am (H)

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) (Z)  
3 Km, Langley, Va. (O)  
5 Km, Littleton, Col., 8 am (H)  
Youth 1 Mile, Brownsville, Tex., (T)

Sat. May 22 5 Km, Thornton, Col., 8 am (H)  
3 Km, Clermont, Fla., 9 am (U)  
Youth 1 Mile, Mission, Tex. (T)

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)**

Fri. May 28 NAIA Collegiate Championships, Louisville

Sat. May 29 5 Km (Track), Birmingham, Alabama, 8 am (L)

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)**  
Art Keay and Ontario Championship 10 Km, Toronto, 11 am (V)

Sat. June 5 Senior Games 5 Km, Los Angeles (Y)  
Masters 3 Km, Seattle (C)  
10 Km, Royal Oak, Mich. (W)

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)  
2.8 Miles, Seattle, 9 am (C)  
Ohio 8 Km Championship, Yellow Springs, 8:30 am (M)  
10 Km, Kenosha, Wis. (F)

Sun. June 13 **National USASTF 15 Km, Lincoln, R.I. (X)**  
3 Km, Langley, Va. (O)

5 and 10 Km, Royal Oak, Mich. (W)  
Metropolitan 15 Km, New York City, 9 am (G)  
1 Hour, Kentfield, Cal., 7:30 am (P)

Mon. June 14 5 Km, Long Branch, N.J., 6:50 pm (A)

Wed. June 16 Summer Solstice 5 Km, Denver, 6:30 pm (H)

Sat. June 19 5 Km, Aurora, Col., 8 am (H)

Sun. June 20 5 and 10 Km, Pasadena, Cal. (Y)  
5 Km, Denver, 8 am (H)  
New England 3 Km, Cambridge, Mass. (AA)  
New England 3 Km (X)  
5 Km, Portland, Ore. (C)

Mon. June 21 5 Km, Long Branch, N.J., 6:50 pm (A)

Sat. June 26 5 Km, Eugene, Oregon (C)  
**USATF National Junior 10 Km, Men and Women, Buffalo, N.Y.**  
USATF Eastern Region 5 Km, New Jersey (A)  
Southeast Masters 5 Km, Clermont, Fla. (U)  
10 Km, Kenosha, Wis. (F)

Sun. June 27 10 Km, Sacramento, Cal. (E)  
3 Km, Langley, Vir. (O)

Mon. June 28 5 Km, Long Branch, N.J., 6:50 pm (A)

Sun. July 4 5 Km, Evergreen, Col., 8 am (H)  
8 Km, Washington, D.C. (O)  
5 Miles, Sacramento, Cal., 7:30 am (E)  
5 Km, Dedham, Mass. (AA)

Mon. July 5 5 Km, Long Branch, N.J., 6:50 pm (A)

Sat. July 10 2.8 Miles, Seattle, 9 am (C)  
3 Km, Langley, Vir. (O)

Mon. July 11 5 Km, Long Branch, N.J., 6:50 pm (A)  
5 Km, Cambridge, Mass., 10 am (AA)  
Metropolitan 5 Km, New York City, 9 am (G)

Mon. July 12 Bay State Games 3 Km, Cambridge, Mass., 9 am (X)

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F--Mike DeWitt, uwpcoach@yahoo.com  
G--Stella Cashman, 320 East 83rd St., New York, NY 10028  
H--Bob Carlson, 2261 Glencoe St., Denver CO 80207  
I--Gus Davis, 789 Donna Drive, Orange, CT 06477  
J--Wayne Armbrust, 3604 Grant Court, Columbia, MO 65203  
K--Keith Luoma, 3741 Tailboard Way, Martinez, GA 30907  
L--Jim Richey, jrichy35209@bellsouth.net  
M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424  
N--Glen Peterson, 1906 South Hawthorne Avenue, Sioux Falls, SD 57105  
O--Sal Corrallo, 72 Creek Drive, Millsboro, DE 19966  
P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914  
Q--Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066

R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086  
 S--Cheryl Sunman, 7060 North Woodnotes, Fairland, IN 46126  
 T--A.C. Jaime, 621 N. 10th St, Spt. C, McAllen, TX 78501  
 U--Robert Carver, 1002 Catalpa Lane, Orlando, FL 32806  
 V--Ontario Racewalkers, 676 Balliol Street, Toronto, ON MRS1E7, Canada  
 W--Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073  
 X--Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)  
 Y--Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201  
 Z--Dan O'Brien, 810-984-4965  
 AA--Justin Kuo, 30 Oakland Road, Brookline, MA 02146  
 BB--New Mexico Walker, PO Box 16102, Albuquerque, NM 87191  
 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

## FROM HEEL TO TOE

**Clinic.** The Buckeye Striders are hosting a racewalking clinic with Bonnie Stein on June 5 and 6 in Columbus. The program includes a Saturday session from 9 am to 4 pm and a Sunday 9 am to noon session. Both sessions will comprise a seminar and racewalking on the track, with a noon break for lunch on Saturday. Bonnie will conduct private sessions on Sunday afternoon for those interested. The clinic will take place at the Ohio State School for the Blind. The cost for both sessions is from \$95 to \$125, depending on when you register--the earlier, the cheaper. Cost of a private session is \$50 for an hour or \$30 for a half-hour. Contact Maryann Holevas at 603 D Olde Towne Avenue, Columbus, OH 43214, 614-459-8174 or visit [www.AceWalker.com](http://www.AceWalker.com). . . **Wonders of walking.** The inaugural Willamette Valley Relay, hosted by Wonders of Walking in Portland, Oregon, is scheduled for July 16-17. The approximate 140 mile event will involve relay teams of 8 to 12 members. You can enter a team or enter individually and be matched up with a team. Rest stops and water are provided along the way, as well as activities, games, and a few surprises. Course contests will offer teams, including participants in the vans, opportunities to win awards. The course is safe, well-organized, and planned for you to get the most enjoyment from this experience. For more information, contact Wonders of Walking, 610 SW Broadway, Suite 602, Portland, OR 97205. . . **Perez branches out.** An article on the financial page of the April 5 *New Yorker* magazine discusses how punctuality can affect national economies. The article focuses on Ecuador's efforts to improve punctuality in order to increase productivity. The group in charge of the effort "enlisted the country's only Olympic gold medalist, the racewalker Jefferson Perez, as a spokesman". . . **Another Northwest event.** The 9th Annual Northwest Regional Racewalk Retreat will be held May 14-16 at Tualatin Hills Park and Recreation Center in Beaverton, Oregon. Back by popular demand is guest coach Philip Dunn, who is eager to share the knowledge he picks up through his training at the Olympic Training Center and his international competition. Other guest speakers include chiropractor Ted Forcum, who has treated a number of Portland-area racewalkers, and Dr. Ray McClanahan, a sports podiatrist. Dr. McClanahan's focus is on what we can do take care of our feet. Portland Running and Walking Company's Dave Harkin will educate attendees about shoes. The retreat is geared to racewalkers of all experience levels. The coaching staff also includes Judy Heller, John Hanan II, and Kelly Murphey-Glenn. Contact Judy Heller at 503-282-1677 for more information.

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A collection of walking quotes, put together by *Walking Magazine*:

"If humans were meant to walk, they'd stand upright, have two legs, and opposable thumbs."  
*Mark Fenton, Walking Magazine's Editor-at-Large.*

"There are some good things about walking today. Walking takes longer, for example, than any other known form of locomotion except crawling. Thus, it stretches time and prolongs life. Life is already too short to waste on speed." *Edward Abbey* (Interesting, but there is a false premise. Even I, decrepit as I am, can still walk faster than the world's fastest swimmers.)

"Walking is a human habit into which dogs readily fall, but it is a distasteful form of exercise to a cat unless he has a purpose in view." *Carl Van Vechten*

"Walkers are a still more ancient and honorable class." *Henry David Thoreau*

"Of all exercises, walking is the best." *Thomas Jefferson*

It seems quite impossible to walk in America." *Roger Bannister*

"If I could not walk far and fast, I think I should just explode and perish." *Charles Dickens*

"Life's but a walking shadow." *William Shakespeare*

"A woman is known by her walking and her drinking." *Old proverb*

"Whata doth the Lord require of thee but to do justly, and to love mercy, and to walk humbly with thy God?:" *Micah 6:8*

## The Walk

This event is the least athletic of any on the intercollegiate or interscholastic schedules, and will doubtless be dispensed with entirely in a year or two. There are few exercises for the general run of men any better than walking--walking across country, at a natural gait, head up, chest out, toes turned out, and arms swinging easily at the sides. Such walking is natural and healthful. "Athletic" or heel-and-toe" walking--exaggerated stride, heel pounding, toeing in, and all that--is artificial, and of no particular benefit. It is not harmful, of course, because it is exercise, and all normal exercise is beneficial.

The muscles that require the greatest development for walking are the abdominal and the fore-thigh muscles. Training should be begun as soon as the snow is off the ground by taking walks across country. Begin, of course, by taking short walks, in order to inaugurate a general hardening process, and each day when you come to a good stretch of road, try two or three hundred yards of strict heel-and toe walking, giving especial attention to the free and rolling motion of the hips.

To become a successful walker, it is absolutely necessary to be loose and supple about the hips. The novice will notice pains about the abdomen at first, but he need not feel in any way alarmed. He has not caught cold. He has merely set some muscles to work that are not usually called upon to exert themselves under ordinary circumstances, and for a week or two, they will feel sore and lame.

After a week of general unlimbering, the walks should be extended and distances between five and ten miles should be covered. In all this walking, the athlete must train himself to set his foot down straight, for walkers may not toe out. At the end of two or three weeks, begin the



alternate work as told of in the foregoing chapters for running events. That is, one day take a two-mile walk at an easy gait, and the next a three-mile walk as fast as you can travel, and keep this up until you are ready to go on the track. But always rest on Sunday. One day's rest out of seven is imperative.

When work on the track begins, form is the principal thing to devote your attention to. Take long, slow walks around the cinder-path, putting the feet down straight and firmly, and devote all your energy to acquiring an easy stride, and, as far as possible, a long swinging one. Work at the hip motion until you are master of it, and train yourself in the swinging of the arms until these become a means of assistance rather than an annoyance.

The only way to acquire speed in walking is to "sprint" (not a running sprint, but a walking sprint) from 100 to 200 yards. Here again, alternate work should be done—that is, walk a half or three-quarters of a mile, and rest, then walk a half a mile, one day; and on the alternate days do short sprints several times with rests in between. Don't try to go a mile at speed until you have been at work several months.

After the first couple of weeks, it may be well to take a trial half or quarter on time, but this should never be done oftener than once in a week or ten days. When you have gotten into condition at the end of four or five months, try a mile on time, but thereafter, never attempt to go the full distance at speed more frequently than once in ten days or two weeks.

The costume for walking is the same as for running, except that the shoes have no spikes. The heels, too, are somewhat different being built with a slight projection of the sole at the back, so as to make the constant pounding on the heel less severe.

It seems almost needless to say here that walking differs from running in that one of the athlete's feet must be constantly on the ground, he must not lift the rear toe until the forward heel has struck, and the rear knee must lock. By speaking of the knee as "locked" is meant that the joint is closed.

In a race, it is always well to take the lead, if possible, and walk your own mile. Before going into a contest, the athlete ought to know pretty well how fast he can cover his distances, and he should disregard his competitors as much as circumstances will allow.

Walking has fallen somewhat into disrepute of late because unscrupulous athletes, proficient in the heel-and-toe method, can frequently run without apparently altering their form, and when the Judge of Walking is not at their very heels they travel rapidly, but unfairly, over the course. But this is not sport.

*Well! Indeed not! The very thought of it. In case you are wondering where your editor got his ideas on training, let me tell you that the foregoing is a chapter from the book Track Athletics In Detail published in 1896. Interesting perspective on the sport and interesting approach to training, wouldn't you say. Well, don't take it too seriously, though you should be sure to have the right "costume". The illustrations are interesting, as well, but would probably lose what little definition they have in the copy I have were I to try to reproduce them.*

Now, if that's not enough instruction, Steve Vaitones has sent me the following brief item. Steve says, "The 1920 Olympic 100 meter champion and world's record holder, Charlie Paddock, wrote a book in 1933, *Track and Field*, that covered all the events. "The Walking Events" were covered in a short section, but under the general section of Indoor Events." Here is what the great sprinter had to say about our event.

## The Walking Events

A special chapter has not been devoted to walking, since it seldom forms part of an outdoor school or college track program. It is still a standard event indoors and throughout Europe

enjoys a tremendous popularity. Walking is one of the few events which develops all parts of the body.

In order to comply with the rules which govern this sport, a heel and toe action must be used, with one foot always on the ground. The real tests of a fair walker are to be found in the carriage of the head, body, and legs, and the way in which the knees are locked at the end of the stride and the grounded leg kept still and taut as the other leg swings loosely forward for the next stride, in which the heel is the first part of the foot to make contact with the track.

Naturally, there must be good arm action, the clenched fist swinging up and across the chest in front of the opposite shoulder with a powerful drive. The arms are held bent at the elbow, and as each fist reaches its highest point, the other should drop back in rear of the hip.

When done properly, walking is a peculiar performance, and it is often ludicrous to the layman. Nevertheless, it is a splendid exercise and an excellent all-around developer. The greatest walker of modern times is Ugo Frigerio, of Italy, Olympic champion in 1920 and 1924. G.E. Larner and E.J. Webb, of Great Britain, and George Goulding, of Canada, are generally considered as the best all-time exponents of this sport. They were in their prime before the World War. Outstanding American indoor performers have been R.F. Remer, F.H. Kaiser, Bill Plant, and Harry Hinkel.

*Steve notes that this section was accompanied by a picture of Frigerio and a picture of the start of the 1931 Olympic 50 Km, "this long-winded heel-and-toe affair".*

## Commentary

I received the following note from long-time subscriber and racewalking enthusiast Andrew Crane in Florida.

"Thinking about the tragic, untimely death of Al Heppner and how it can benefit the young athletes of the world, in particular Olympic hopefuls at the University of Wisconsin - Parkside.

Winning should not be the ultimate goal. The joy of daily training and the journey is what we should look forward to—to do our best, to be our best.

In *Racewalking to Fitness*, Howard Jacobson defines a true athlete. He said "an athlete is not someone who can racewalk fast; an athlete is anyone who loves the training and the sport he/she participates in". It's the mind that determines who is an athlete, not the speed.

When I think about a young man like Al Heppner, his total focus was on winning—such high expectations—and when he didn't qualify for the Olympics, the let-down was so overwhelming that he couldn't go on!

It would be a wonderful thing for coaches worldwide to be aware of this tragic event and to coach their athletes about having such incredibly high expectations (which can only disappoint) and encourage a real love of the sport, to train and compete wholeheartedly and not be so concerned with the outcome. Then something good can come from this and Al's death will not be in vain. Keep the joy in the journey."

Thanks Andrew. That leads me to repeat an excerpt from a talk I gave in 1996 (which I published in these pages at that time). I had been asked to talk about what participation in the Olympics taught me about life. From that talk, the following echoes what Andrew is suggesting:

"... The real rewards... come along the way, in the striving, in the continuing sense of accomplishment. These rewards include:

- o Appreciation of the gifts we have been given and in taking these gifts and using them in the best way we can.
- o The nurture—from family, mentors, friends—that we receive along the way.

- o Achievement of self-discipline through our efforts
- o Gaining greater self-assurance and confidence
- o Finding the joy of competition, camaraderie, and community
- o Discovering the joy of training and developing a healthier mind and body. Hard work with a purpose is not drudgery.

These are all lessons of life as well as sport that can be learned in whatever we strive for. And the greatest lesson to be carried from all of this is just that--this is all just a part of life. If we don't recognize this, the pursuit of excellence and the obsession with a single goal--a gold medal--becomes another form of idolatry. That, not losing, is the tragedy and the waste. When I hear some athlete say they will have wasted four years of training if they don't get the gold--or don't make the team--I feel sorry for them not because they don't win the gold, but because their obsession blinds them to the real worth of their efforts."

I would add that you must have high expectations to achieve, but that the danger is in complete obsession with those expectations.

## LOOKING BACK

**40 Years Ago** (From the Spring 1964 issue of the Midwest Race Walker, published by Chris McCarthy in Chicago)--In a stirring 1 Hour National, Ron Laird led three others beyond the national record, covering 8 miles 179 yards on Chicago's Rockne Stadium cinder track. Laird pulled away from Ron Zinn after 4 1/2 miles, with Zinn missing the 8 mile mark by just 28 yards. Art Mark, with 7 miles 1649 yards finished just 9 yards ahead of your editor. Actually, the latter two probably missed Rudy Haluza's record of 7 miles 1614 yards as the finishing gun misfired. McCarthy's article says it was finally fired an estimated 8 seconds late, which would be worth at least 30 yards, but my recollection says it must have been a bit more than that. I recall passing 7 3/4 miles in just under 59 minutes. Finishing strongly after struggling mid-race, I had a 7:20 for my last mile (from 6 3/4 to 7 3/4, and was still carrying that pace. So, I expected I would have 7 or 8 seconds left after another half-lap and perhaps get to 1570 yards. As I neared the end of the back straight, I knew something was amiss and actually backed off because Art Mark was at a crawl and I didn't want to take away a place in what I knew was "overtime". I figured we had perhaps an extra 12 seconds. Whatever, it was an outstanding race for that era, with nine walkers going beyond 7 1/2 miles. . . McCarthy himself won the Ohio 50 Km a few weeks earlier in 4:43:44, 3 minutes ahead of Jack Blackburn. Phil MacDonald was another 2 minutes back. Mortland called it a day at 24 miles while leading McCarthy by about 5 minutes. . . Laird went on a record rampage in San Diego, doing a track 20 Km in 1:35:26, an American record at the time. He broke records at 8, 9, and 10 miles, and at 15 Km on the way. (Records were recognized at about any distance one cared to contest in those days. In another race, he knocked down records at 4 (17:51.2) and 5 (22:14.4) Km.

**35 Years Ago** (From the April 1969 ORW)--Mr. Laird won his fifth consecutive National 15 Km title in the Columbus suburb of Worthington as he edged away from Dave Romansky in the final 5. Ron finished in 1:06:45 with Dave just 12 seconds back. Tom Dooley, Goetz Klopfer, Ron Daniel, and Gary Westerfield rounded out the top six, with Westerfield at 1:12:09. leaving aging race director Mortland one place out of the top six. . . In Point Pleasant, N.J., Bob Kitchen did a track 50 Km in 4:19:41. . . Romansky beat Kitchen by 2 minutes in a New Jersey 10 miler, finishing in 1:13:31. . . On the West Coast, Laird set American records at 3 miles (20:51.8) and 5 Km (21:34.2). . . Dooley beat Klopfer by about a half-minute in a quick 7 miles (50:32). . . The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36.7 average) and Klopfer (1:37.72) in 64:49.8. Klopfer also teamed with Bill Ranney (obviously not on the same day) to

take second with a 67:07.2, followed by Gary Westerfield-Gerry Bocci (69:07) and Jack Blackburn-Jack Mortland (69:33).

**30 Years Ago** (From the April 1974 ORW)--Within a 3-week period, Shaul Ladany won both the National 75 and 100 Km titles. The 100 came in Des Moines, Iowa, where he had a 10:12.53, leaving Augie Hirt 38 minutes back. Jerry Brown and Bill Walker took the next two places. In the 75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes in second, with Tom Knatt third and Alan Price fourth. . . Jerry Brown beat Colorado TC teammate Floyd Godwin in the National 1 Hour in Boulder's altitude, covering 7 miles 1671 yards, with Godwin just 34 yards back. Bob Henderson and Augie Hirt followed.

**25 Years Ago** (From the April 1979 ORW)--Jim Heiring broke Larry Young's American 20 Km record by 6 seconds with a 1:30:04 on the Grosse Pointe, Mich. track. Chris Hansen stayed with him for 5 miles and then slowly drifted away to finish in 1:31:45. Martin Kraft had 1:32:35 and Steve Pecinovsky 1:32:45. . . Paul Hendricks took second in a 200 Km race in France with 23:08:18. Luxembourg's Josey Simon won in 22:55:48 (5:42 per 50 Km). . . The Spanish 50 Km went to Jorge Llopert in a swift 3:50:03 ahead of France's Gerard Lelievre (3:56:49). . . In England, Marian Fawkes set a women's world 10 Km record of 48:37.6.

**20 Years Ago** (From the April 1984 ORW)--Carl Schueler walked an impressive 4:07:23 in very muggy conditions to win the National 50 Km in Cleveland. Vincent O'Sullivan had a 4:10:00 in second and Tom Edwards 4:14:39 in third. . . Teresa Vaill was an easy winner in the women's National 20 Km in Seattle with 1:45:20. Gwen Robertson was second in 1:51:46 and Carol Brown third in 1:52:52. . . At the same site, Tim Lewis pulled away from Jim Heiring in the last 10 to win the National 25 Km in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:54:57, Carl Schueler 1:55:40, Dave Cummings 1:58:38, and Tom Edwards 1:59:01.

**15 Years Ago** (From the April 1989 ORW)--In the U.S. World Cup Trials, Debby Lawrence prevailed in the women's 10 and Tim Lewis in the men's 20. In Tampa, Lawrence got away from Lynn Weik in the final 3 Km to win in 47:46. Weik had 48:10 and Teresa Vaill 48:35 in third. Wendy Sharp, Maryanne Torrellas, and Susan Liers rounded out the top six. In Washington, D.C., Lewis dominated the race to win in 1:26:52. The next five spots were hotly contested throughout the race, with Doug Fournier finally pulling away to capture second in 1:29:06, followed by Mark Manning 1:29:22, Gary Morgan 1:29:45, Steve Pecinovsky 1:29:42, and Curtis Fisher 1:29:47. . . Morgan won the Mortland Invitational 10 Km in Columbus with a 44:57.

**10 Years Ago** (From the April 1994 ORW)--Tim Seaman prevailed in the Easter Bunny 20 Km in Racine, Wis. in 1:29:47 ahead of Don Lawrence and Will Van Axen. . . Gary Morgan won the Mortland Invitational 20 in 1:36:24 and Lisa Sonntag the women's 10 Km in 51:41.

**5 Years Ago** (From the April 1999 ORW)--A good month for Tim Seaman as he set an American road record while winning a 10 Km in Carlsbad, N.M. in 19:47 and then won the Penn Relays 10 Km with an American record 39:43.85. He beat Jefferson Perez by nearly a minute in the 5 and Curt Clausen by just over a minute in the 10. . . In Italian 20 Km races, Giovanni DeBenedictis' 1:22:34 put him 17 seconds ahead of Massimo Fizialetti and Erica Alfridi finished 36 seconds ahead of Elisabetta Perrone in 1:31:52.





Golubnichiy Smaga Haluza Jones Sperling  
Remann Frenkel  
at about 5 Km

**1968 Olympic 20 Km at about 5 Km into the race.** From the left we see many greats: Vladimir Golubnichiy, USSR, the winner in 1:33:58.4 (also 1960 gold medalist, 1964 bronze medalist, and 1972 silver medalist); Nikolai Smaga, USSR, third in 1:34:03.4 (also fifth in 1972); Rudy Haluza, USA, fourth in 1:35:00.2; Hans-Georg Reimann, East Germany, seventh in 1:36:31.4 (also 12th in 1964, third in 1972, and second in 1976); Arthur Jones, Great Britain, eleventh in 1:37:32; Gerhard Sperling, East Germany, fifth in 1:35:37.2 (also ninth in 1964 and fourth in 1972--the world's greatest ever hearing-impaired walker); and Peter Frenkel, East Germany, 10th in 1:37:20.8 (also first in 1972 and third in 1976). (Thanks to Rudy Haluza for sending me this picture.)



**1968 Olympic 20 Km.** Silver medalist Jose Pedraza (1:34:00), about 200 meters from the finish and gaining on Golubnichiy. He had flown past Smaga entering the Stadium in Mexico City with his countrymen cheering him on. But Golubnichiy still had another gear when he sensed the Mexican coming and withstood the challenge. No, Pedraza was not DQ'd and I know we now have "as seen by the human eye" in the rules, but this picture certainly depicts what I thought I was seeing on my TV screen at the time with my human eyes as I said to my wife something like, "Well, he's out." (Thanks again to Rudy.)