

Seaman Easy Winner at 40 Km

Ocean Township, N.J., Sept. 12 (From Elliott Denman)--Tim Seaman and Curt Clausen, America's top two racewalkers at the Athens Olympic Games, put their talents on display in the 66th Annual USA T&F National 40 Km and came through with a one-two finish.

In their first competitive start since the Athens Games--where Seaman led all US walkers in the 20 Km event and Clausen was first US finisher at 50 Km--Seaman topped Clausen at Joe Palaia Park with a winning performance of 3:20:14. Clausen came home in 3:32:45. Both were representing the New York Athletic Club.

The battle for the concurrent USATF women's national 40 Km title was much closer, with Erin Taylor of New York City holding off Marie Woodland of Philadelphia's Phast Club and Jennifer Marlborough of East Rockaway, N.Y. Taylor finished in 4:42:22, nearly 3 minutes ahead of Woodland with Marlborough another minute back.

The race was hosted by Shore AC of New Jersey, sponsored by Oxford Health Plans, and staged in cooperation with Ocean Township Recreation and USATF of New Jersey.

Shore AC's John Soucek of Little Silver, N.J. surged past Theron Kessinger of Waterbury, Conn. on the 20th and final 2-Km loop to snare third place in 3:40:25.

"My only goal was to win, and I was happy to achieve that," said Seaman, 32. The Long Island product is a University of Wisconsin-Parkside graduate. The two-time Olympian lives and trains in Chula Vista, California. "I took a little break after Athens, now I have to figure out my future plans," he said. Seaman regained the title he had won in 2002 with a course record 3:06:17. "I'm at a crossroad in my life right now. I want to stay in the sport another four years, but I have to figure out a way to do it."

Today's race was the 19th career national walk title for Seaman, who holds nine American records at assorted distances.

Three-time Olympian Clausen, 36, suffered through bouts of digestive tract distress this time, forcing at least four pit stops, and settled for a distant second place. The Stevens Point, Wisconsin grad was a 50 Km bronze medalist at the 1999 World Championships, finished seventh at the 2001 World Championships, and has the fastest 50 ever by a US athlete, his 3:48:04 at the 1999 World Cup. The winner of three national 40 km titles (1988, 1997, and 2003) is also at a crossroad. He's making the transition from full-time athlete to full-time student at the University of Wisconsin Law School.

In a concurrent 20 Km walk, Deb Huberty of Greendale, Wisconsin turned in a 2005 national qualifying time of 1:37:44, fourth fastest by a US woman this year. The results:
Women: 1. Erin Taylor, un. 4:42:22 2. Marie Woodland, Phast Club 4:45:12 3. Jennifer Marlborough, un. 4:46:12 4. Colleen Glass, Shore AC 4:57:37 5. Denise Rogers, Adirondack 5:06:19 6. Maria Paul, Shore AC 5:09:40 7. Janine Stuart, New England Walkers 5:13:12 (1st 40-44) 8. Bernadette McNulty, Phast Club 5:23:45

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$12.00 per year (\$15.00 outside the U.S.) Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, OH 43202. E-mail address: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so material received by then may get in.

Men: 1. Tim Seaman, NYAC 3:20:19 2. Curt Clausen, NYAC 3:32:25 3. John Soucheck, Shore 3:40:25 4. Theron Kessinger, New Balance 3:41:08 5. Bill Vayo, Walk USA 3:58:01 6. Rod Craig, Pegasus AC 4:05:29 (1st 45-49) 7. Nick Bdera, East Side RW 4:07:08 (1st 55-59) 8. Max Walker, Indiana RW 4:08:13 (2nd 55-59) 9. Leon Jasionowski, Pegasus AC 4:09:13 (3rd 55-59) 10. Bob Keating, New England Walkers 4:13:26 (4th 55-59) 11. Vlado Haluska, un. 4:14:40 (1st 50-54) 12. Alexis Davidson, East Side RW 4:23:03 (2nd 45-49) 13. Ken Lampar, Pegasus AC 4:34:20 (3rd 45-49) 14. Tom Quattrocchi, Shore AC 4:39:53 (2nd 50-54) 15. William Mayh, Phast Club 4:41:52 (1st 70-74) 16. Lon Wilson, East Side RW 4:42:18 (5th 55-59) 17. Jack Lach, Shore AC 4:46:07 (1st 60-64) 18. Art Glass, Shore AC 4:59:20 (6th 55-59) 19. Randy Miller, Essex Running Club 4:59:39 (2nd 40-44) 20. Jack Starr, Phast Club 5:08:21 (1st 75-79) 21. Dave Romansky, Shore AC 5:20:40 (1st 65-59) 22. Eliot Collins, Shore AC 5:40:08 (3rd 50-54) 23. Gordy Hawkins, West Florida Y Acewalkers 5:52:19 (7th 55-59) Teams: 1. Pegasus AC 12:49:02 2. Shore AC 13:06:25

Women's 20 Km: 1. Deb Huberty 1:37:44 2. Jolene Moore 1:43:20

U.S. Juniors Top Canadians

Edmonton, Aug. 29 In a U.S. vs Canada Junior match, the Canadians took individual honors, but the U.S. won the team battles. Canada rejoiced as Rachell Lavallee raced to a decisive win in the women's 5 Km and Luc Menard edged Zachary Pollinger in the men's 10. Lavallee walked 24:57 to beat Maria Michta by 40 seconds. Menard's sparkling 45:36 found him 8 seconds clear of Pollinger at the finish.

In the women's race, Michta was joined by Katy Hayes in third and Dana Vered in fifth, as the U.S. edged Canada by 10 to 11 in the cross-country style scoring based on the first three finishers for each side. With Jared Swehosky and Troy Clark capturing third and fourth places, the U.S. men won by 9 to 16 count. This was the 15th edition of this annual series of meets.

The women's victory was hard won with close, race-long battles for the third and fifth spots deciding the outcome. At the finish, Katy Hayes was 11 seconds clear of Canada's Chelsea for third and Dana Vered just 5 seconds ahead of Mariyln Desmarais in fifth. Lavallee scored her win with a personal best. The results:

Women's 5 Km--1. Rachel Lavallee, Canada 24:57 2. Maria Michta, US 25:37 3. Katy Hayes, US 26:01 4. Chelsea Rodriguez, Can. 26:12 5. Dana Vered, US 26:49 6. Marilyn Desmarais, Can. 26:54 7. Tina Peters, US 27:15 8. Rosalind Adams, US 27:19 9. Rachel Vanderzwet, Canada 28:01 10. Katie Samoil, Can. 29:02

Men--1. Luc Menard, Canada 45:36 2. Achary Pollinger, US 45:44 3. Jared Swehosky, US 47:59 4. Troy Clark, US 48:54 5. Roberto Vergara, US 52:10 6. Steve Hould, Can. 53:54 7. Ricardo Vergara, US 53:59 8. Daniel Campbell, US 56:09 9. Sidney Kitchen, Can. 57:04 (Son of Rev. Bob Kitchen, one-time US record holder at 50 Km and former National Racewalk Chairman, now residing in Canada. Bob was one of the judges for the women's race.)

Shore AC 2003 Postal 1 Hour Results: Boys 11-14--1. Paul Regul, Chicago 10,099 meters 2. Aaron Whitten, Mt. Blue, Maine 9734 3. Matthew Forgues, Wiscasset Rec. 8731 Boys 15-19--1.

Mike Tarantino, UW Parkside 12,090 2. Eric Pasko, UWP 10,900 3. Daniel Campbell, Caribou, Maine; Troy Clark, Lisbon, Maine; Rich Correll, Mansfield U.; Zachary Pollinger, NJ Striders; Adam Staier, Mansfield U.; Jared Swehosky, Salem TC; and Tom Ulrich, Walk USA all 10,000
Men's Open--1. Kevin Eastler, US Air Force 13,600 2. Curt Clausen, NYAC 13,523 3. Tim Seaman, NYAC 13,500 4. John Nunn, US Army 13,400 5. Philip Dunn, New Balance 13,200 6. Al Heppner, US Army 12,875 7. Ben Shorey, UWP 12,700 8. Gary Morgan, NYAC 12,406 9. Dave McGovern, New Balance 12,400 10. Steve Quirke, UWP 12,300 11. Theron Kessinger, New Balance 12,200 12. Dan O'Brien, Pegasus 12,139 13. Ed Parrot, PRO 12,121 14. Allen James, Park Walkers 12,112 15. Jim Heys, UWP 12,100 16. Mike Tarantino, UWP 10,900 17. Keith Luoma, Carolina RW 12,044 18. Jim Robinson, Miami Valley 12,000 19. Mike Stanton, UWP 12,000 20. John Soucheck, Shore AC 11,779 21. Matt DeWitt, Parkside AC 11,700 22. Dave Doherty, San Diego TC 11,641 23. Bill Vayo, Walk USA 11,600 24. Leon Jasionowski, Pegasus 11,343 25. Steve Pecinovsky, US Air Force 11,200 26. Ivo Majetic, Front Range RW 11,198 27. Bill Reed, Pegasus 11,161 28. Albert Leibold, Front Range 11,156 29. Pat Detloff, RW Northwest 11,010 30. Kevin Killingsworth, Marin 10,930 31. Cliff Mimm, Shore AC 10,917 32. Eric Pasko, UWP 10,900 33. Mike Blanchard, Front Range 10,756 34. Shoja Torabian, Marin 10,754 35. Ray Funkhouser, Shore AC 10,726 36. Nick Bdera, Eastside RW 10,700 37. T.C. DeWitt, UWP 10,700 38. Paul Johnson, FACW 10,677 39. Joe Berendt, Sierra RW 10,530 40. Gary Null, Natural Living 10,519 41. Israel Soto-Surpey, un. 10,514 42. Jack Lach, Shore AC 10,508 43. Ed Fitch, Miami Valley 10,500 44. Alex Major, Potomac Valley 10,500 45. Rod Frank, RW Northwest 10,431 46. Pedro Santoni, SC Walkers 10,392 47. Norm Frable, FACW 10,391 48. Mario Lopez, SC 10,322 49. Bill Penner, PRO 10,319 50. Patrick Collier, Athletics East 10,310 (76 finishers) **Men 40-44--1. Morgan 2. Luoma 3. Pecinovsky 4. Leibold 5. Blanchard 6. Fitch 7. Randy Davis, un. 10,214 8. Curtis Gourley, Carolina RW 10,200 (13 finishers) Men 45-49--1. Killingsworth 2. Mimm 3. Berendt 4. Santoni 5. Lopez 6. Dave Coutts, RWCSL 10,142 7. Klaus Thiedmann, un. 10,000 8. Mike Lindsey, un. 9,317 (11 finishers) Men 50-55--1. Reed 2. Detloff 3. torabian 4. Funkhouser 5. Bdera 6. Frank 7. Steve Hubbard, Carolina RW 9969 8. Frederick MacElwain, FACW 9834 9. Robert Ullman, NE Walkers 9718 10. Tom Quattrocchi, Shore AC 9620 (14 finishers) Men 55-59--1. Jasionowski 2. Richard McGuire, Chicago 10,889 3. Null 4. Lach 5. Frable 6. Penner 7. Joe Light, NE Walkers 10,000 8. John Fredericks, Shore AC 9979 9. James Carmines, Potomac Balley 9700 10. Marcus Kantz, Shore AC 9488 11. Alan Price, PVT 9392 12. Daniel Koch, FACW 9229 13. Charles Mansbach, NE Walkers 9200 14. David Kreimer, un. 9195 (22 fubusers) **Men 60-64--1. George Opsahl, RW Northwest 10,198 2. Heinrich Looser, Carolina RW 9684 3. Alan Ede, SC 9461 4. Larry Seymour, Carolina RW 9283 5. Manny Eisner, Shore AC 9257 6. Victor Litwinski, PVT 9155 7. Ron Kulik, Shore AC 9090 8. Carl Kane, Shore AC 8907 (17 finishers) Men 65-59--1. Johnson 2. Bob Barrett, Park Walkers 10,000 3. James Beckel, Marin 9825 4. Bob Cella, FACW 9379 5. Ben Ottmer, Shore AC 9275 6. Dick Ruquist, NE Walkers 9200 7. Bob Nymann, SC 9178 8. Carl Acosta, SC 9059 9. Ray Franks, Front Range 8906 10. Ed Lane, Marin 8898 (16 finishers) Men 70-74--1. Jack Bray, Marin 10,263 2. Max Green, Pegasus 10,218 3. Dick Petruzzini, PRO 9260 4. Robert Fine, FACW 8857 5. Ron MacPike, RWNW 8819 6. Mike Michel, Carolina RW 8816 7. Jack Shuter, Buckeye Striders 8612 8. Bill McCann, NEW Walkers 8462 (14 finishers) Men 75-79--1. William Moremen, SC 8979 2. Bob Mimm, Shore AC 8722 3. Alex Muster, Chicago 8238 4. Clint Edwards, Carolina RW 8155 5. Klaus Timmerhaus, Front Range 8145 6. Masashi Noritake, SC 8008 7. Danny DeMauro, FACW 7846 **Men 80-84--1. Dr. Daniel Marzano, Shore AC 7513 2. John Levinson, Marin 7490 3. Jorge Newberry, SC 7167 (5 finishers) Men 85-59--1. Ernie Lucken, Golden Gate 5698 2. Abe Ulanoff, FACW 3200 Men 90-94--1. Harry Drazin, Shore AC 5728 Men 100-104--Waldo McBurney, Kansas 4750 Girls 11-14--1. Lean Houg, RWCSL 8169 Girls 15-19--1. Maria Michta, Walk USA 10,755 2. Jasmine Brooks, un; Kathy Lochala, Maine RW; Lauren Olivieri,******

Mansfield U.; Tina Peters, Miami Valley; Jennifer Reekie, un.; and Christine Tagliaferri, UWParkside all 10,000 8. Keisha Perason, Walk USA 9500 (11 finishers) **Womens Open--1.** Michelle Rohl, Moving Comfort 12,504 2. Teresa Vaill, Walk USA 12,244 3. Joane Dow, adidas and Jolene Moore, Parkside AC 12,000 5. Bobbi Jo Chapman, World Class RW 11,870 6. Amber Antonia, NYAC 11,802 7. Sam Cohen, Parkside AC 11,600 8. Anne Favolise, UW Parkside 11,200 9. Susan Armenta, New Balance 11,100 10. Cheryl Rellinger, Walk USA 11,048 11. Lisa Sonntag, FACW 10,871 12. Michta 13. Laura Feller, un. 10,630 14. Amanda Bergeron, UWP 10,600 15. Deb Topham, Pegasus 10,400 16. Erin Taylor, Park Walkers 10,400 17. Heidi Hauch, World Class RW 10,300 18. Lee Chase, CT RW 10,193 19. Donna Cunningham, SC 10,145 20. Yoko Eichel, SC 10,144 21. Carmen Jacinsky, RW Northwest 10,099 22. Monetta Roberts, World Class RW; Brooks, Lochala, Olivieri, Peters, Reekie, and Tagliaferri 10,000 **Women 40-44--1.** Vaill 2. Hauch 3. Jacinsky 4. Roberts 5. Nicolle Goldman, Sierra RW 9958 6. Mary Franklin, Pegasus 9437 7. Joan O'Brien-Hakim, Marin 9321 (12 finishers) **Women 45-49--1.** Chase 2. Lynette Heinlein, Pegasus 9800 3. Judy Myers, Parkside AC 9700 4. Donna Cope, Carolina RW 9241 5. Sandy DeNoon, FACW 8892 6. Katherine Fincher, Carolina RW 8818 (12 finishers) **Women 50-54--1.** Topham 2. Lynn Tracy, Parkside AC 9400 3. Panse Geer, Shore AC 9360 4. Jeanine Allsuf, RWCSL 9158 5. Sherry Brosnahan, Shore AC 8958 6. Cathy Mayfield, un. 8836 7. Doris McGuire, Chicago 8802 (17 finishers) **Women 55-59--1.** Cunningham 2. Eichel 3. Carol Bertino, SC 9239 4. Linda Stein, FACW 9112 5. Coco Bouchet, Marin 9101 6. Donna Cetrulo, Shore AC 9031 7. Trish Caldwell, Sierra RW 8898 8. Ingrid Birkeland, Carolina RW 8707 9. Kathy Frable, FACW 8655 10. Fran Emanuel, Ocean RC 8591 11. Gwen Thomas, un. 8589 (19 finishers) **Women 60-64--1.** Jolene Steigerwalt, SC 9430 2. Walda Tichy, Pegasus 9168 3. Hansi Rigney, Monterey 9147 4. Lois Dicker, PVTC 8928 5. Doris Cassels, Marin 8924 6. Joanne Harriman, NE Walkers 8750 7. Marge Garner, Monterey 9526 8. Janet Higbie, un. 8463 9. Dottie James, Marin 8308 10. Phyllis Abbate, Marin 8278 11. Roberta Harfield, SC 8226 (19 finishers) **Women 65-69--1.** Joanne Elliott, FACW 8628 2. Linda Burnett, Marin 8296 (4 finishers) **Women 70-74--1.** Shirley Dockstader, Marin 8906 2. Ruth Eberle, RWCSL 8690 3. Bonnie Vaughn, Silver Striders 7600 (7 finishers) **Women 75-79--1.** Lois Landreth, Silver Striders 5650 **Women 80-84--1.** Thelma Rubin, Marin 6809 **Women 85-89--1.** Mary Lathram, PVTC 6489

Team Scores: Women's Open--1. Walk USA 34,047 2. Parkside A 33,300 3. World Class RW 32,170 4. Souther Cal. 31,800 (24 teams) **Men's Open--1.** New York AC 39,429 2. New Blaance 37,900 3. UW Parkside A 37,100 4. UW Parkside B 34,990 5. Pegasus 34,643 (34 teams)

In all, 274 participants covered 2,548,593 meters. The New York AC team of Curt Clausen, Tim Seaman, and Gary Morgan established a new team record. There is still time to enter the 2004 race. For information on conducting a local race and submitting your results contact Elliott Denman, 28 North Locust Avenue, West Long Branch, NJ 07764, 732-222-9080.

Other Results

Long Island 5 Km Championship, Sept. 19--1. Chris Stuart (13), New England Walkers 28:58 2. Pat Mothswiller (47) 29:26 3. Jim McGrath (67) 30:43 4. Angie Aguilar (17) 31:23 5. Maria Ferraro (46) 32:50 6. Susan Feustal (51) 32:53 (18 finishers) **5 Km, Orlando, Fla., Aug. 29--1.** Tom Foiman 31:11 2. Helge Heinrich 31:28 3. Ray Jenkins 33:28 4. Steve Christlieb (50+) 33:37 (8 finishers) **Women--1.** Sandra DeNoon 31:12 2. Edna Ramsay 32:50 (13 finishers) **Nebraska State Games 5 Km, Kearney, Aug. 12--1.** Marianne Martino (54) 29:36 2. Bob Gaston 30:57 3. Sherrie Gossert (50) 31:48 4. Rita Sinkovec (64) 32:27 5. William Graham 32:40 (Martino, Gossert, and Sinkovec from Colorado's Front Range Walkers) **1500 meters, same place--1.** Martino 8:08 2. Gaston 8:25 3. Graham 8:51 4. Gossert 8:54 5. Frank Brown 8:59 6. Sinkovec 9:09 7. Robert Herrick 9:31 8. Richard Weaver 9:35 **5 Km, Denver, Aug. 14--1.** Dan

Pierce (47) 26:48 2. Sherrie Gossert 31:52 **5 Km, Loveland, Col., Aug. 20--1.** Dan Pierce 27:18 2. Rick Roberts (36) 31:08 **Doc Tripp 10 Km, Broomfield, Col., Aug. 21--1.** Patrick Collier 52:38 2. Ivo Majetic 55:42 3. Mike Blanchard (43) 56:44 **5 Km, Denver, Aug. 22--1.** Daryl Meyers (61) 30:20 **1 Mile, DeAnza, Cal., Aug. 14--1.** Laura Cribbins 9:38 **1500 meters, San Francisco, Aug. 28--1.** Leslie Sokol (46) 8:07 2. Laura Cribbins (47) 8:45 **1 Hour, Portland, Oregon, Sept. 12--1.** Pat Detloff (52) 10,980 meters 2. Stan Chraminski (56) 10,614 3. Bob Novak (55) 10,454 4. Rob Frank (52) 10,400 5. Doug Ermini (47) 10,234 6. George Opsahl (62) 10,129 7. John Backlund (64) 9925 8. Ron MacPike (72) 8863 (11 finishers) **Women--1.** Coco Beuchet (56) 9065 2. Bev LaVeck (68) 9033 3. Donna Lafayette (62) 8967 4. Darlene Backlund (59) 8412 **2.8 Miles, Seattle, Aug. 14--1.** Stan Chraminski 24:51 2. Doug Ermini 25:30 3. Kathy Henley (44) 25:36 4. Corina Beuchet 26:41 5. Jocelyn Slaughter (45) 27:21 6. Richard Zerbe (65) 28:07 7. Ann Tuberg (44) 28:20

Sweden-Finland Dual, Gothenburg, Sweden, Sept. 4-- Men's 10 Km--1. Antti Kempas, Fin. 43:39.43 2. Bengt Bengtsson, Swed. 44:01 **Women's 5 Km--1.** Monica Svensson, Swed. 23:20.91 2. Maija Sippola, Fin. 23:54 3. Outi Sillanpaa, Fin. 24:20 4. Ileana Salvador, Swed. 24:37 (former Italian international with eight medals in European and World Championship) **Teams: Sweden 20 Finland 20** (Finland's men won 11-9 and Sweden's women won by same score.) **Nordic Countries Championships, Stockholm, Sept. 11-12: Men's 20 Km--1.** Bengt Bengtsson, Swed. 1:34:40.2 2. Christopher Svensson, Sweden 1:37:05 3. Erling Andersen, Norway 1:38:33 (Age 43, ranked third in the world at 50 Km in 1985 and ninth at 20 in 1984. Apparently making a good comeback) Dq--Trond Nymark, Norway. Finland did not participate as there top walkers were training for National 50 the following weekend.) **Women's 10 km--Outi Silanpaa, Fin. 50:27.2 DQ--Monica Svensson, Swed.; Kjersti Platser, Nor; and Ileana Salvador, Swed--that's a wholesale sweep of the favorites. Finnish National 50 Km, Hyryla, Sept. 18** (The race they were training for when they missed the Nordic meet)--1. Antti Kempas 4:02:15--A personal best for the 23-year-old Kempas. However, he plans to focus on the 20 through next year's World Championships and then move seriously to the 50) 2. Timo Viljanen 4:40:22 (four finishers, four DQs) **Finnish Women's National 20 Km, same place--Guest competitor** (not scored) Orsolya Gruber, Hungary 1:41:46 1. Outi Sillanpaa 1:42:17 (Sixth straight title.) 2. Tiina Muinonen 1:49:06 **Finnish Junior (age 19) 20 Km, same place--1.** Nillo Halonen (17) 1:39:49 (his first 20) 2. Janne Havukainen 1:42:34 **Finnish Jr. Women's (Age 17) 10 Km--1.** Maija Sippola 50:02 **10 Km, Druskininkai, Lithuania, Sept. 4--1.** Aigars Fadejevs, Latvia 40:43 2. Zujus Daugvinas, Lith. 42:17 **16 and under 5 Km, same place--1.** Tautvydas Zukas 22:39 2. Zilvinas Imbrasas 22:53 3. Arnis Rumbenieks, Lat. 22:56 **19 and under 10 Km--1.** Tadas Suskevicius 42:19 2. Ingus Janevics, Lat. 42:21 **Women's 5 Km, same place--1.** Jelena Ginko, Belarus 21:10 2. Sonata Milusauskaite 22:32 3. Kristina Saltanovic 22:32 **16 and under 5 Km--1.** Brigita Virbalyte 23:16 **International Marathon, Vilnius, Lith., Sept. 11--1.** Kristina Saltanovic 2:59:10 (Lithuania's top female racewalker turns to running with some success.) **Indian National 20 Km, Mumbai, Sept. 12--1.** Vijaykumar Gehlot 1:33:00 2. Sitaram Mangilai 1:33:14 3. Sree Ram 1:35:37 **Women--1.** Y. Bala Devi 1:51:15 2. L. Deepmala Devi 1:54:33 **100 miles, Colchester, England, Aug. Aug. 28--1.** Sandra Brown 19:17.28 2. Ian Statter 20:10.31 **European Veterans Championships, Denmark: Men's 20 Km: Age 40--1.** Erling Andersen, Norway 1:39:29 2. James Gibbons, Ireland 1:41:12 **Age 45--Gabriele Calderelli, Italy 1:44:29 2. Mirosław Luniewski, Poland 1:46:56 Age 50--1.** Fabio Ruzzier, Slovenia 1:40:31 2. Oleksandr Korsun, Ukraine 1:40:48 3. Frantisek Parys, Czech Rep. 1:41:36 **Age 55--1.** Hans Kehner, Germany 1:51:00 2. Bernard Binggeli, Switz. 1:52:39 **Age 60--1.** Karl Degener, Germany 1:49:21 2. Dieter Azchiesche, Germany 1:50:49. 4. Ed Shillabeer, Great Britain 1:55:33 (ORW subscriber) **Age 65--1.** Minivali Sinagulaov, Russia 1:56:22 2. Jan Bialous, Poland 1:59:50. 9. Colin Young, Great Britain (Former 24-hour world record holder, long-time

recipient of ORW and oft-times contributor to its pages) Age 70--1. Gerhard Weidner, Germany 1:59:06 (Ranked in top World's top ten at 50 Km for five years in early to mid '70s--fourth in 1973 and 1975 when he was 40 and 42 years old.) 2. Mieczyslaw (Matt) Rutyna, Poland 2:09:52 (Polish Olympian in 1964 and 1968; Chicago resident since late 1950s) Age 75--1. Vratislav Dubjak, Czech Rep. 2:14:07 Age 80--1. Len Creo, Great Britain 2:28:49 Women's 10 Km: Age 40--1. Janina Luniewska, Poland 56:26 Age 45--1. Natalia Marcenco, Italy 53:53 2. Sigrun Sangvik, Norway 54:55 Age 50--1. Maria Fernandes, Portugal 54:20 Age 55--1. Annelore Werner, Germany 47:46 Age 60--1. Heidi Maeder, Switz. 57:35 Age 65--1. Josette Sommier, France 63:25

Exercise Your Heel and Toe Proclivity at These Events

- Sat. Oct. 2 New Hampshire Marathon and 5 Km Racewalk, Bristol, NH ((Z))
 Sun. Oct. 3 Sacramento Half-Marathon, Sacramento, Cal. (E)
 Detroit Marathon (W)
 West Region 1 Hour, Aurora, Col.(H)
 Sat. Oct. 9 **USATF National 5 Km, Kingsport, Tenn. (J)**
 Sun. Oct. 10 Eastern Regional and Metropolitan 30 Km, New York City (G)
 Sat. Oct. 16 5 Km, Columbia, Missouri (K)
 Sun. Oct. 17 East Regional 1 Hour, Waltham, Mass. (X)
 1 Hour, Washington D.C. area (O)
 Midwest Regional 10 Km, Dearborn, Mich. (W)
 5.2 Miles, Interlaken, N.J., 12 noon (A)
 North American Masters and Florida 15 Km, Coconut Creek, FL (Q)
 Western Regional 1 Hour, Denver, 9 am (H)
 Fri. Oct. 22 5 Km, Denver, 6 pm (H)
 Sun. Oct. 24 1 Mile, Kentfield, Cal. (P)
 94th Annual Coney Island 10 Mile Handicap, Brooklyn, NY. 9 am (B)
 Marathon, Albuquerque (N)
 Sat. Oct. 30 5 Km, Denver, 9:30 am (H)
 Sun. Oct. 31 10 Km, Seaside, Cal.(R)
National USATF Masters and Womens 50 Km, Hauppauge, NY (BB))
 5 Km, Denver, 9 am (H)
 Sat. Nov. 6 10 Km, Roswell, N.M. (N)
 Sun. Nov. 7 5 Km, Kentfield, Cal. (P)
 5 Km, Clarksburg, Cal., 9:30 am (E)
 Sun. Nov. 14 National Masters 20 Km, Clermont, FL. (Q)
 Ann. Grand Prix #1, New York City (G)
 Sun. Nov. 28 Ann. Grand Prix #2, New York City (G)
 Sat. Dec. 4 10 Km, Roswell, N.M. (N)
 Sun. Dec. 5 Ann. Grand Prix \$5, New York City (G)
 Sat. Dec. 11 South Region 5 Km, Pharr, Texas (T)
 Sun. Dec. 26 Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Lon Wilson, 1020 Grand Concourse 15X, Bronx, NY 10451
 C--Bev LaVeck, 511 Lost River Road, Mazama, WA 98833
 D--Bill Reed, 8242 Greenfield Shores, Scotts, MI 49088
 E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628

F--Mike DeWitt, uwpccoach@yahoo. com
 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 J--Bobby Baker, rbaker@charternet
 K--Columbia Track Club, PO Box 1872, Columbia, MO 65205
 L--Roman Olszewski, 45 Wellandvale Drive, Wetland, ON L3C 7C4, Canada
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
 N--Mew Mexico Racewalkers, PO Box 16102, Albuquerque, NM 87191
 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, 3250 Lakeview Blvd., Delray Beach, FL 33445
 R--Art Klein, 3055 Arlington Drive, Aptos, CA 95003
 S--Floyd Ormsby, 801-277-9042
 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--Linda 603-744-2724, marlinda@worldpath.net
 AA--Justin Kuo, 30 Oakland Road, Brookline, MA 02146
 BB--Gary Westerfield, garyw@optionline.net
 CC--Laura Cribbins, 2937 El Sobrante Street, Santa Clara, CA 95051

FROM HEEL TO TOE

Facts aren't always facts. Canada's racewalking guru, Roger Burrows, sent me the following immediately after reading our August issue (well, a day after it arrived in his mail box) regarding my closing filler piece "Some Interesting Facts", which I had lifted from *Front Range Race Walker News*. Roger says: "Now I am as big at meaningless trivia as anyone. I am also a trusting soul, and will usually read lists like Bob Carlson's on the last page of the August ORW, somehow remember the stuff, and find myself regurgitating it at parties. (No, it's true; I read it in ORW!) Nor do I make it a habit to check it all (32 muscles in a cat's ear? Here, kitty, kitty, kitty)". But on **a Canadian two-dollar bill, the flag flying over the Parliament Building is American.**" No way, eh? First, we haven't had a two-dollar bill for some time. The last ones were issued in 1986, after which they were replaced by a natty bi-metallic coin. Second, however, I dug out my souvenir survivor to take a look. The engraving of the Parliament Building on the bill is pretty tiny. I had to get a magnifying glass to check the flag on the Peace Tower (less than a kilometer from where I write this now). The flag is most definitely the Maple Leaf. I can't find a reference to an American flag on the Peace Tower in any previous edition of the bill. I can't even find a reference to one of those rare printing mistakes that occasionally make a bill or a stamp so valuable. So maybe a harmless little "urban myth". Or, maybe because of a mis-association with the genuine American reference on the bill. The bird on the back is an American robin. As is customary here, most official writing is in two languages. On the bill, the English label just says "robin", as we all call it. But the full name is given in French: "merle d'Amerique". Thanks Roger. We Americans are too trusting. I imagine Bob pulled the list from some web source and accepted it as gospel, and I pulled it from Bob and accepted it as gospel. Gosh, having spent about 10 days in Ontario two summers ago handling Canadian money, I should have questioned the existence of a two-dollar bill. And having refreshed my acquaintance with their coinage during two days at the Stratford Festival a week after putting together that August issue, I should have said to myself, "What was

that I published about the Canadian two dollar bill? There aint one." And, besides, when one thinks about it, though strange things happen, how in the world would an American flag have gotten on the bill in the first place? . . . **I'm in a race.** My computer keeps telling me to run ScanDisc, finding trouble spots, and telling me the hard drive is on its last legs. I'm hoping to finish this before failure occurs and then I'll have a few weeks to address the problem. Apparently that will be through inheriting son Derek's computer, which is only about a year old. He is moving to Morgantown, W.V. on a new job, which includes his own lap-top. He says Dad can have his PC, with scads more memory, amuch more recent Windows, and a lot of nearly up-to-date stuff, compared to my nine-year-old relic. If it fails before I finish this, I can always take my disc to his house and see how well WordPerfect translates to Word. In the meantime, I am running a hard copy of all that I have input to date, and will continue to do that as I add, so I will at least be able to re-input if need be. Time is on my side since I am running about a week ahead of my usual production schedule. . . **Athens videos.** Two-time U.S. Olympian (20 Km 1968 and 1972) Tom Dooley seeks videos of the Athens walks. If you can help, contact Tom at 2817 San Simeon Way, San Carlos, CA 94070. He would like to find videos of the 1989 Olympic walks in Moscow. . . **Out of the Darnkess.** In July 2005, men and women will journey to Chicago from all over the country to walk 20 miles through the dusk until dawn. It's called the Out of the darkness Overnight and it's designed to help shed light on the issue of suicide. It will bring together friends, family memers, and loved ones whose lives have been touched by suicide or derpression giving them a voice to issues that have previously been kept in silence. Each walker commits to raising \$1000 for the American Foundation for Suicide Prevention. Net procedds will help fund research and education on depression and suicide. This presents an opportunity for those so moved to honor the memory of Al Heppner. Information at theovernight.org. Along this line, an item that got shuffled to the bottome of the stack when I intended to include it several months ago: With her renewal in April, subscriber Satya Miller appended a note: "On the weekend of March 13-14, I participated in a Relay for Life for the American Cancer Society and walked the entire 18 hours--dedicated to the memory of Al Heppner." Finally, a few days ago, I received a phone call from a person in Oakville, Ontario interested in subscribing to the ORW. (I have her name here somewhere, but can't find it now--but, I have sent her a sample copy.) In the course of our conversation, she mentioned that she had read the article about a Al Heppner in *Sports Illustrated*, but neither she, nor her husband, could decide what actually had happened. She said the article ended saying that his feet left the bridge. They had been hoping that this didn't mean he had jumped from the bridge, but it wasn't at all clear, at least to them. Of course, when I read the article, I knew the full story, and it never occurred to me that the fact of his suicide was not explicit, but only implied. Is this true? I didn't keep the article, so I can't go back to check it myself. .

. **Olympic 20.** In our coverage of the Athens 20 Km, we noted that the Tim Seaman and Kevin Eastler had the two fastest times in U.S. Olympic history. With John Nunn not far back, it was easily the best team performance ever. Of course, raw times aren't always a fair comparison between walkers of different eras--times in all events continue to improve with time, due to many faactors, not all including the ability of the athletes. Another way of comparing athletes through the years is by looking at the margin of defeat--how far an individual finishes behind the winner. (To be really fair, as Ray Somers has suggested to me, this index should be on a percentage, not a raw time, basis, but a simple subtraction is much simpler and in most cases, the rankings would probably not differ.) Anyway, using this index, Seaman, Eastler, and Nunn rank fourth, fifth, and thirteenth among the 30 U.S. performances in the Olympic 20 (23 athletes, with several on two or more teams). No other year has two as high in the rankings and no other year has more than two in the top 15. Plaudits to the 2004 20 Km team. The top 10 performers, according to the the Mortland index--1. Rudy Haluza, 1968--1:01 behind the winner 1. Marco Evoniuk, '84--2:06 3. Ron Zinn, '64--3:09 4. Tim Seaman, '04--5:37 5. Kevin Eastler, '04--5:40 6. Tom Dooley, '68--6:09: 7. Larry Young, '72--6:10 8. Jim Heiring, '84--6:44 9. Jack Mortland, '64--7:01 (As you

see, this was all just a ruse to show that I have made a top 10 list) 10. Henry Laskau, '56--7:20--Let's go for 15--11. Gary Morgan, '88--7:29 12. Jim Heiring, '88 7:33 13. John Nunn, '04--7:58 14. Ron Zinn, '60--8:40 15.. Ron Laird, '76--8:47. . . **Rogge gives racewaling a boost.** Elliott Denman was told (but he wasn't there to hear it) that at his closing press conference in Athens, International Olympic Committee President Dr. Rogge, who had seen at least something of each of the 28 Olympic sports, was asked which athlete of all he had seen hand "moved him the most". As paraphrased by Elliott, Dr. Rogge replied that it was Robert Korzeniowski of Poland for, among other things, winning a fourth gold medal and a third in the very long and difficult 50 Km racewalk, for devoting years of his life to preparation for this devent, for doing it all in an event that started at 7 in the morning and then finishing nearly 4 hours later in a stadium empty of spectators! Elliott staates, "This is a wonderful statement and must always be remembered should the subject of racewalking's continued presence on the Olympic program ever be questioned!!!Which I sure hope it isn't. Critical, too, here is the fact that Dr. Rogge is from Belgium, which, unlike many of its neighbors, does not have a strong and historic walking program" Elliott urges us "to remember that the three Olympic racewalks in Athens went extremely well, without any trace of the difficulties encountered at Sydney in 2000, and gained good marks from IOC observers. Please be happy that this was achieved and continue all your efforts worldwide to promote our great event!!!" In a further note, Elliott says: "As to the subject of why there were no spectators in the stands for the finish of the 50, that's another matter. Basically, since this was a non-ticketed event, stadium gate-guarders were told that no one was to be admitted!! (without specific media or other credentials, that is)" At least, that is what he was told. (For the information of the few who might not know who Elliott is, he competed in the 50 Km walk at the 1956 Olympics, is a long-time contributor to the sport in myriad ways, spent many years as a sportswriter for the Asbury Park (N.J.) Press, and since retirement has been well occupied as a free-lance sports writer, which keeps getting him back to Olympic Games. As, a matter of fact, some of what Elliott is up to follows; an article on Curt Clausen's effort in Athens, as Curt perhaps concludes a brilliant career that spanned nearly 20 years among elite walkers (he won the Junior National 10 Km in 1986 with a 47:38.44 effort.)

Curt Clausen 50 Km

by Elliott Denman
Gannett News Service
Published in Stevens Point (Wis.) Journal

It was Curt Clausen's third--and possibly last--Olympic Games and he had a finish he won't call memorable. The Trenton, N.J.-born graduate of Stevens Point H.S. and Duke University, 36, has been America's best racewalker for most the last decade and had hoped to break into the top 10 of Friday morning's Olympic 50 Km racewalk with a time well under four hours.

Family and friends from Wisconsin and around the nation had come to Greece to cheer him on--but it wasn't to be. In a field of 53 walkers gathered from 28 nations and 5 continents, Clausen wound up 32nd in 4:11:31.

The 50 Km event--longest and toughest footrace on the Olympic Games program--proved absolutely brutal to Clausen and all but a few others. With temperatures moving gradually into the low 90s, the race, which began at 7 am, became downright hellish.

Even Spirodon Kastais, the lone walker from Hellas--Greece, that is--couldn't get past the 35 Km mark, one more victim of typical Athenian summer conditions.

It was one of the very few recent times in Clausen's brilliant career--topped by his third place at the 1999 World Championships and seventh at the 2001 World Championships--that he finished 50 Km in over four hours. His five-year-old American record stands at 3:48:04.

"There was a lot of pain," Clausen said. "In the 50, that's just something you have to be willing to cope with. Three or four years ago, I'd have been able to be up there with the leaders, and stay there. I know what it would have taken to be up there, years upon years with no major injuries to do the training you'd need."

Thanks to an assortment of injuries and some surgeries, though, he'd missed some vital time in previous years and was unable to recoup the lost ground. "The mental part was tough, too," he said. "When I got those two red cards early (for technique violations, before he reached the 20 Km mark), I had to back off. That was hard. But you know there's no place I'd rather be than right here. Competing in the Olympic Games for your country, there's nothing greater than that."

Clausen had placed 22nd in the 2000 Sydney Games 50 Km and 50th at the 1996 Atlanta Games 20 Km, but the 2008 Beijing Games may be a long shot. "It's time for me to go from being a full-time athlete to being a full-time law school student (at University of Wisconsin-Madison)", he said.

Just as expected, Robert Korzeniowski of Poland--the man they call "king of the roads"--was at the front of the pack virtually from start to finish. The 36-year-old icon of the walking sport covered his 24 loops of the outside 2 Km course, plus the remaining distance in and out of Olympic Stadium in a scintillating 3:38:46.

It was his third consecutive victory in the Olympic 50 Km and he finished just 17 seconds off the Olympic record of 3:38:28 set by Vyacheslav Ivanenko of the Soviet Union in 1988. More importantly, he became the first four-time gold medalist in Olympic racewalking history, which dates back to 1908. "Dr. K" had also won the 20 Km walk at the 2000 Sydney Games to complete an unprecedented double.

The four-gold total also made him the most successful track and field athlete in Poland's history. In racewalking, Ugo Frigerio of Italy had taken three walking golds, in the 1920 and 1924 Games, plus a bronze in 1932. (*Ed. And the Soviet Union's Vladimir Golubnichiy had two golds, a silver, and a bronze over four Olympic Games--1960-1972.*)

Philip Dunn, Clausen's workout partner at the U.S. Olympic Training Center in Chula Vista, California and the other U.S. representative here, had moved up dramatically to pass Clausen in the final 10 Km. But Clausen, who had been as far back as 45th place at the 30 Km mark, fought back to pass Dunn and many others. Dunn wound up 32nd in 4:12:49.

Ronald Weigel Speaks

Ronald Weigel was one of two dominant East German walkers in the period from 1980 to 1992. He won silver medals in both Olympic walks in 1988 and a bronze in the 50 at the 1992 Games. He was World Champion at 50 in 1983 and World Cup winner at 50 in 1987. At 50, he was ranked number one in the world in 1983 and 1984, number two in 1987 and 1988, and number 3 in 1992. At 20, he was ranked second in both 1984 and 1988. His best times were 1:19:18 (track) and 3:38:17. For several years he was national coach in Australia. Now back in Germany, he was the German Team Leader for the World Cup racewalks earlier this year. Steve Vaitones has provided the transcript of an interview with Ron, conducted by a writer for the DLV (Deutschland Leichtathletik Verbund) following the World Cup. As translated by Steve's brother, here are excerpts from that interview. (Incidentally, this is the second interview with Weigel published in the ORW. Several years ago, he and teammate Hartwig Gauder, who was equally, if not more successful at 50 during the same period, were in New York City for the Marathon. I

believe it was Stella Cashman who arranged for them to speak with me on the telephone. Weigel, who had better command of English, did most of the talking.)

DLV: Ronald Weigel, in your position as team leader, how do you view the results that the German walkers demonstrated.

RW: There were mixed results, in the one sense that all athletes who were good in the past year fulfilled their expectations. My praise goes to the Juniors who achieved excellent results. I'm very pleased with the new German record of Melanie Seeger and with Sabine Zimmer who went under 1:30. And likewise with Andre Hohne, who proved himself by attaining the standard for the Olympic Games. It was sad that Andreas Erm wasn't in Naumburg because of an infection.

DLV: Andreas Erm, as already mentioned, had to withdraw on short notice because of an infection. What is his overall condition?

RW: He has trained better than last year, and would have finished near the front in Naumburg (*ed. And in Athens, had the judges not decided he didn't deserve to finish.*) That is why it is so unfortunate that he couldn't start. However, the main race is the Olympic Games. From that perspective, I have no worries about him.

DLV: Melanie Seeger was the most impressive German athlete in Naumburg with her new German record.

RW: Melanie proved that she belongs to the best in the world. With some other tactics she might have been even better, but it is also a learning experience. The competition in Naumburg gave her a lot of self confidence and she can be successful in Athens, too. (*Ed. Ninth at the World Cup, she improved to fifth in Athens.*)

DLV: What could Melanie have done better tactically? What are her chances now for her next effort?

RW: She has trained well, better than last year. That also results in a higher level of expectation. She wanted to try out something in order to see where she stood at the moment. Now she knows. If one is clever, then one can use the positives in the next international competition. So, we can build on her performance in Naumburg.

DLV: To conclude, a look at the Games in Athens. Which goals do you have?

RW: Naumburg has not changed our goals. We will compete for a medal, which means in the range of third to sixth, and also look for two further placings in the top eight. We are holding to these goals. Athens is not Naumburg. Completely different conditions rule there. We have four more months time to prepare. A lot can happen in that span. I tell myself: everything is possible.

As performance-enhancing drugs continue to command a good deal of the space the media are willing to devote to track and field athletics, racewalking has had very little involvement. The article below relates a recent incident that did involve a racewalker--unfortunately, one of those incidents where one wishes common sense could prevail. The article appeared in the *Houston Chronicle* this past summer as part of an Olympics Notebook series by David Barron.

Byrd Likely Won't Outrun Amphetamine Ban

In the larger scope of cases facing the U.S. Anti-Doping Agency, Dornic Byrd is a footnote, albeit one that merits explanation. As it does in each case that results in penalties or sanctions, USADA issued a brief release this month reporting that Byrd, 18, of Houston had tested positive for amphetamines.

He is serving a provisional suspension while it is determined if he should face sanctions for the positive test, which took place April 4 in Overland Park, Kansas, at the U.S. trials for the IAAF World Race Walking Cup.

Byrd and his mother, Elizabeth Bazan, would like it known that the positive test resulted not from an illegal substance, but prescription medication that Byrd takes to treat attention deficit hyperactive disorder.

"It's a medication that was prescribed to me that I've been taking for years," Byrd, who recently graduated from Hastings High School, said Saturday. "It helps me focus and achieve my goals."

Bazan said her son, a member of the Lightning Track Club in Houston, took a 20 milligram dose of the drug on April 2, a Friday, as he does every school day. He raced two days later, finishing fifth in the junior men's 10 Km racewalk, and was selected for post-race drug testing. Even though the violation was inadvertent, and Bazan said her son told race officials before he was tested that he had taken the drug for treatment of ADHD, she is not optimistic that the potential two-year suspension can be overturned.

"They tell me that the international people don't believe in ADD. They think it's and 'American disease'," Bazan said. Byrd doesn't disagree with USADA's mandate to police the rules against use of performance-enhancing drugs. But he thinks the fact that he did not take the substance to improve his performance should be taken into consideration.

"I can understand if it was something I took for the race, but the amount was small, and I took it two days before the race because of school," he said. "I know that I'm innocent and shouldn't be suspended."

Bazan, meanwhile, said she wants to let other parents know to be vigilant when dealing with young athletes taking similar medication. "People need to be aware of the fact that there are serious ramifications and that you may be tested if you're at the elite level," she said.

* * * *

And while on the subject of drugs and sport, Bob Steadman in Australia sent me a copy of the following article—one observer's solution to the problem. Bob, who lived and race in both the Canada and the U.S. for many years, will be remembered by long-time subscribers for the series of letters he supplied to the ORW over a period of several years, purportedly recieved from a racewalker in Outer Mongolia--T.S. Gumbojab. (I'm relying on a fading memory for that name; if I have it wrong, some reader with a sharper mind, perhaps Bob himself, will let me know. All of which has nothing to do with the subject at hand. Bob describes the article below as "the most enlightened I have read."

To Win Drugs War, Let Side Effects Sort Out the Losers

Louise Evans

The Australian, July 20 2004

Instead of spending million of dollars doing all that testing to deter athletes from taking performance-enhancing drugs, why not let them use whatever they want--providing it's legal.

When was the last time you were banned from the golf club for using an asthma spray or cut from playing doubles and labelled a cheat for using insulin or a painkiller?

Many banned drugs in sport have a legitimate medical application and are used by the wider community without incurring sanctions or eternal shame. Random testing is the big, scary stick that is supposed to stop athletes using banned drugs. But the threat of a knock at the door by the wee collectors in the wee hours doesn't scare anyone who can sleep through the night with the light off. Bans don't work either.

Death—now that's a deterrent—caused by collapsed liver, heart disease, renal failure or toxic shock from the banned chemicals athletes are so desperate to stick up their veins. If they weren't banned, would the athletes be so desperate?

So, if Aussie bicyclists want to inject horse hormones, believing it will give them an edge over the peddlers from Europe who win the big races—go for it. It sounds like that old party trick of snorting bi-carb soda and pretending to be stoned, because there's no evidence to show horse hormones work on humans.

But if parts of biker boy's anatomy start growing to equine proportions, he'll stop injecting soon enough. Being unable to sit in the saddle let alone the couch because your elongated bits scrape the floor will act as a greater deterrent than random testing.

If distance athletes want to take a drug called EPO to increase their oxygen-carrying abilities—let them have it. If their blood becomes so thick from the drug it turns to treacle and clogs their heart, they'll have to ease back. And their training mates will think twice about shooting up.

Steroids actually aid recovery from injury. But if athletes can no longer get their thighs in their shorts and they can't get on to the playing field because they keep getting stuck in the locker-room door, they're going to knock off the juice—you'd hope.

Should human growth hormone turn an athlete's face into a character from *Planet of the Apes*, complete with distended forehead and splayed teeth, they're going to dump the drugs for fear it'll kill their next sponsorship contract. We can't have the nation's heroes scaring the kiddies.

Ever wondered why so many athletes suddenly start wearing braces on their teeth—aged thirty something? That'll be the human growth hormone. Ever wondered why so many athletes go to the other end of the earth to train? They cross the equator to hide away so they can train in some foreign sunshine and suck up some foreign banned substances.

There are some sports in which performance-enhancing drugs should not just be allowed but mandatory. No Tour de France cyclist should be expected to climb those killer mountains without EPO boosting their blood system. There's no way anyone would step into the boxing ring without a layer of steroid-laced muscle protecting their bones and a tube of HGH to make them bigger than the other guy. They'd then have to hit the diuretics to make weight, but what goes in has to come out.

The crime in the sporting world is, of course, getting caught. Anyone who does test positive immediately hires a manager and a lawyer and does the rounds of talk shows and current affairs programs endlessly proclaiming their innocence.

After allegations were made against her, triple Olympic Champion Marion Jones went so far as to do a privately administered lie-detector test to "prove" she'd never taken performance-enhancing drugs.

There are enough denials out there to start an *athleteslies.com* website. It was in the meat, the toothpaste, the vitamin supplements, the water bottle. They were mum's pills. I'm innocent. Honest.

Sporting officials stand around looking suitably shocked. Administrators and politicians call for more policing, more bans, more money, more deterrents. Throw them in jail, says HErb Elliott. That'll fix it.

Notorious Italian doctor Michele Ferrari, formerly team doctor to the Gewiss-Ballan cycling team, infamously claimed that EPO, if used properly, was no more harmful than orange juice. Add some champagne and you'd have a drug cocktail. Ban it and everyone will want some.

Disclaimer: In the preparation of this column, I took two shots of caffeine, a vitamin C tablet, several glasses of merlot, an unknown amount of nicotine (from passive smoking), two capsules of paracetamol and one beroca tablet. That's all. Honest.

LOOKING BACK

35 Years Ago (From the September 1969 ORW)--With altitude a definite factor, Bryan Overton won the National 50 Km title at Lake Tahoe in 4:56:07. In a very small field with few elite walkers present, Bob Kuchar, in only his fifth walking race, took second. After finishing in 5:06:29, Bob reportedly donned his backpack, strolled off into the woods, and, perhaps, has not been seen since around walking races. Bill Ranney was third in 5:12:28. Ron Laird was an easy winner of the National 25 Km at Kings point, N.Y.. Ron finished in 2:02:32, followed by John Knifton (2:05:05), Canaiain Marcel Jobin (2:07:17), Gary Westerfield, Steve Hayden, and Ron Daniel. Great Britain's Paul Nihill won the European 20 Km title in 1:30:41, with Caraiiofoglou of Romania surprising Soviet ace Nikolai Smaga to capture the silver in 1:31:06. East Germany's Christoph Hohne won the 50 as expected in 4:13:32 with his teammate Peter Selzer second. Colin Young covered 129 miles 1155 yards in an English 24-hour race and Nihill won the 20 Km in a match with France and Czechoslovakia, finishing in 1:28:18.

30 Years Ago (From the September 1974 ORW)--Two-time Olympic gold medalist, 38-year-old Vladimir Golubnichiy, won the European Championship at 20, upsetting West Germany's Bernd Kennenbereg by 8 seconds in 1:29:30. Hohne won again at 50, this time in 3:59:07, 3 1/2 minutes ahead of Otto Bartsch of the Soviet Union. Selzer, and Italy's Vittori Visini were close behind. Mexico's Raul Gonzales made his big splash in the sport with a 1:27:53 20 Km in a dual with Canada. Daniel Bautista, the Olympic champion two years later, was left more than 4 minutes back. In London, Roger Mills bettered the world best for 1 Mile (6:10.4 by Dave Romansky) with a 6:09, beating France's Gerard LeLievre by 2 seconds. East Germany's Peter Frenkel recorded a stunning 23:30 for 20 Km in a Czech race. Sue Brodock won the women's International 5 Km in Stockholm, leading the U.S. to a second-place team finish.

25 Years Ago (From the September 1979 ORW)--Mexico defended its World Cup title in Munich despite the absence of one of its top competitors, Domingo Colin, and a subpar performance by Raul Gonzales. Daniel Bautista left the 20 Km field at the starting gun and proceeded to record solo splits of 19:21, 39:05, and 58:52. Slowing only slightly, he finished in 1:18:49, 57 seconds ahead of second place Boris Yakovlyev of the Soviet Union. The Soviets also captured the next three places (with Mexico's Ernest Canto sixth) and led Mexico by three points after the race. Jim Heiring led the U.S. effort with a 1:28:31 in 31st. Trying to repeat his teammate's tactics, Gonzales overdid it in the 50. With 10 Km splits of 42:47, 1:25:03, and 2:07:29 (a 3:32:30 pace), he left the field well back, but only succeeded in killing himself. But teammates Martin Bermudez and Enrique Vera came to the fore, finishing one-two in 3:43:36 and 3:43:59. Viktor Dobrovski was third for the Soviets and Gonzales hung on for fourth in 3:46:26. Mexico finished 5 points ahead for the two races. East Germany was third, Italy fourth, and the U.S. 13th. Vincent O'Sullivan (4:12:15) and Marco Evoniuk were 34th and 35th for the U.S. Britain's Marian Fawkes won the women's 5 Km in 22:51 to lead her nation to victory over Sweden. Susan Liers came 10th in 24:02 to lead the U.S. to fourth place. Marco Evoniuk won the U.S. 50 Km title in 4:15:07, followed by Dan O'Connor, Carl Schueler, and O'Sullivan. The European Junior 10 Km title went to Czech Josef Pribilinec.

20 Years Ago (From the September 1984 ORW)--With no chance of Olympic glory (boycott), East Germany's walkers took out their frustrations with a 50 Km race in Berlin. Ronald Weigel finished in a startling 3:38:31, better than 2 1/2 minutes under Gonzales' world best. Hartwig Gauder was less than 3 minutes back, just missing the Mexican's mark. A week later, Weigel did 20 Km in 1:19:56, leaving Gauder far back this time. Mexico's Carlos Mercenario, World Cup Champion 3 years later, won the Pan-Am Junior title at 10 Km in 48:52, with Troy Englehardt of the U.S. second in 50:49. In England, Brian Adams covered 100 miles in 17:29:28, with John Cannell also under 18 Hours. There were 11 under 20 hours in the race. Sarah Brown won the women's race in a superb 18:36:29.

10 Years Ago (From the September 1994 ORW)--Russia's Valeriy Spitsyn was an easy winner in the European 50 Km Championship. His 3:41:07 effort left Grance's Thierry Toutain nearly 3 minutes back (3:43:52). Giovanni Perricelli, Italy, was another 63 seconds behind. Early leader, Jesus Garcia of Spain, the 1993 World Champion, faded to fourth in 3:45:25. Irina Stankina, Russia, and Jorge Segura, Mexico, emerged as World Junior Champions. Stankina won the women's 5 Km in 21:05:41, 6 seconds ahead of Susanne Feitor, Portugal. Segura (40:26.93) had the same margin over Russia's Evgeniy Shmaluk in the men's 10 Km. Kerry Saxby, Australia, won the Commonwealth Games 10 Km in 44:25, with Anne Manning, Australia (44:37) and Janice McCaffrey, Canada (44:54) following. The Goodwill Games 20 Km St. Petersburg, Russia went to Mexico's Bernardo Segura in 1:23:29. Allen James came seventh for the U.S. in 1:27:48. Olimpiada Ivanova of Russia won the women's 10 in 42:30:31 with Yelena Saiko, Russia, and Sari Essayah, Finland, also under 43 minutes. Michelle Rohl was ninth in 44:42.

5 Years Ago (From the September 1999 ORW)--The National 40 Km, contested in Ft. Monmouth N.J., went to Steve Pecinovsky in 3:29:15. John Soucheck (3:44:53) was well back in second and Ian Froman (3:57:14) captured third. No one else bettered the 5 hour mark. England's Sandra Brown walked 19:14:36 for 100 miles in Australia, beating second place Herber Neubacher, Germany, by nearly 2 hours. Brown went through the first 50 in 9:06:04. Led by Michele Dldon's 39:03.2, four Italians went under 40 minutes in a 10 Km race in castelnovo Monti. Elisabetta Perrone won the women's race in 43:03.7, 12 seconds ahead of Erica Alfridi.

