

## National 5 Km

### Seaman Beats Clausen; Moves Ahead In Process

Kingsport, Tenn., Oct. 1—In a battle of veteran Olympians, Tim Seaman easily beat Curt Clausen today to take the USATF National 5 Km Racewalking title in 21:39. In the process, Seaman moved ahead of Clausen into sole possession of third place in the number of National Senior titles won. Both had 29 going into the race. At age 34 and contemplating retirement, Seaman is most unlikely to move high on the list. Likewise, the 38-year-old Clausen, who is already in what seems to be semi-retirement. Topping the list is Ron Laird with 65. Henry Laskau had 42. Seaman won his fourth title at the 5 Km distance, again moving one ahead of Clausen. Defending champion, 46-year-old Ray Sharp, gave it a good go, and finished in third, just 11 seconds behind Clausen. The rest of the field was conducting a masters race as Seaman and Clausen were the only ones in the race under the age of 40.

In the women's race, the 40-year-old Jolene Moore successfully defended her title, winning in 24:32, more than a minute-and-a-half ahead of Deborah Huberty. A rapidly improving 32-year-old from Beavercreek, Ohio, Susan Randall was not far back in third.

The races drew largelarge, if not elite, fields from far and wide with 55 athletes from 23 states on hand. Results of the races:

**Men:** 1. Tim Seaman 21:39 2. Curt Clausen 22:07 3. Ray Sharp (46) 22:18 4. Doug Johnson (46) 25:23 5. Klaus Thiedmann (52) 25:35 6. Leon Jasionowski (62) 25:41 7. Rod Craig (48) 26:07 8. Max Walker (60) 26:09 9. Norm Frable (61) 26:14 10. Damon Clements (49) 27:03 11. Bill Reed (54) 27:15 12. James Carmine (63) 27:20 13. Steven Shapiro (52) 28:03 14. Tony Hackney (50) 28:20 15. John Fredericks (58) 28:32 16. Paul Johnson (69) 28:46 17. Larry Windes (48) 29:30 18. Don Knight (60) 29:31 19. Andrew Smith (57) 31:46 20. Marshall Sanders (65) 32:14 21. Jack Starr (78) 32:24 22. Bernie Finch (66) 33:34 23. Bob Fine (75) 33:46 24. David Mills (57) 35:35 15. Richard Pagel (63) 36:24 26. Bob Mimm (81) 38:40

**Women:** 1, Jolene Moore (40) 24:32 2. Deb Huberty 26:10 (Guest: Alexandra Lo, Hong Kong (and Bristol, Va.) 26:24) 3. Susan Randall 26:32 4. Lynn Tracy (54) 27:29 5. Theresa Amerman 27:40 6. Amanda Johnson (18) 27:49 7. Marianne Martino (56) 28:01 8. Debbie Topham (53) 28:36 9. Raven Pilgrim (19) 29:58 10. Lynette Heinlein (50) 30:19 11. Melissa Moeller (16) 30:31 12. Gloria Foley (50) 30:48 13. Joyce Prohaska (56) 30:50 14. Cathy Mayfield (55) 31:04 15. Kathy Frable (61) 31:20 16. Jolene Steigerwalt (62) 31:23 17. Rebecca Garson (42) 32:13 18. Bev McCall (70) 32:33 19. Rita Sinkovec (67) 32:39 20. Janet Higbie (65) 32:46 21. Walda Tichy (66) 33:02 22. Elizabeth Main (55) 33:40 23. Sandy Hulst (64) 33:43 24. Kathy Finch (51) 43:32 25. Katherine Fincher (48) 34:35 26. Barbara Amerman (54) 35:17 27. Keara Lenard (11) 36:51 28. Lauren Hill 37:17 29. Barbara Taylor (59) 37:28 30. Joyce Curtis (68) 38:00 31. Ruth Ketron (76) 38:34 32. Millie Prihoda (74) 39:19 33. Sandra Vance (42) 47:30

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## Vaill and Eastler Win 1 Hour Titles

Waltham, Mass., Oct. 15—Olympians Kevin Eastler and Teresa Vaill scored decisive wins in the National 1 Hour Racewalk Championships today. For the 43-year-old Vaill it was her 26th Senior title, won over a 22-year span. That's three more than anyone else. (Sue Brodock won 23.) She covered 12,698 meters, the third best winning distance in the 22-year history of the event. Victoria Herazo went 12,771 meters in 1991 and Joanne Dow 12,891 in 2001. Needless to say, neither was 43 years old when they did it. Teresa beat Jolene Moore by more than 800 meters, with Maria Michta another 240 meters back in third.

In the men's race, Eastler covered a rather modest, for him, 13,584 meters, but still beat Curt Clausen, now 39 (he added a year in a two-week period) by nearly 2 laps of the track. Junior walker Michael Kazmierczak was impressive with his third place distance of 12,204 meters. Another junior, Mike Boucher, was fifth. Otherwise, it was another race of primarily masters walkers.

The results:

**Women:** 1. Teresa Vaill (43), Walk USA 12,698 meters 2. Jolene Moore, NYAC 11,828 3. Maria Michta, NYAC 11,587 4. Solomina Login, Philadelphia 10,849 5. Jenna Monahan (17), Walk USA 10,672 6. Pamela Alva (17), Philadelphia 10,662 7. Donna Rado (18), Poland and Phil. 8. Laufren Forgues (18), Maine 10,429 9. Dorit Attias (44), Walk USA 9829 10. Ginger Armstrong (44), Conn. RW 9292 11. Lee Chase (52), Conn. RW 9290 12. Holly Wenninger (42), CSU 9206 13. Fionna McMahon (19), Maine RW 8821 14. Pat Godfrey (60), CSU 8632 15. Joanne Harriman (64), New England Walkers 8262 (1 DQ)

**Men:** 1. Kevin Eastler, US Air Force 13,854 2. Curt Clausen, NYAC 12,850 3. Mike Kazmierczak (19), U. Of Rhode Island 12,204 4. John Soucheck (41), Shore AC 11,865 5. Mike Boucher (19), Maine RW 11,682 6. Leon Jasionowski (62), Pegasus AC 11,376 7. Rod Craig (48), Pegasus 11,142 9. Matthew Forgues (14), Maine RW 10,691 10. Bob Ullman (57), NEW 10,271 11. John Fredericks (58), Shore AC 10,176 12. Dave Burns (41), Maine RW 10,117 13. Tom Quattrocchi (55) 10,111 14. Jack Starr (78), Newark, Del. 1997 15. Tom Knatt (62), NEW 8963 16. Michael Kazmierczak (45), Walk USA 8757 17. Bill McCann (77), NEW 8176 (2 DQ) Teams: 1. Maine Racewalkers 32,490 2. Shore AC 32,152 3. New England Walkers 30,275

## Other Results

**Half-Marathon, Hartford, Conn., Oct. 14**—1. Curt Clausen 1:39:50 2. Theron Kissinger 1:41:02 3. James Miner (58) 2:12:05 4. Lee Chase (52) 2:16:43 5. Robert Watkins (58) 2:22:50 6. Maryanne Daniel (48) 2:25:14 7. Ginger Armstrong (44) 2:25:46 8. Beth Katcher (52) 2:26:59 9. Bill Hariman (59) 2:29:12 10. Rebecca Garson (42) 2:29:46 (14 finishers)

**Bruce MacDonald Cup 20 Km, Hauppauge, N.Y., Oct. 22**—1. Teresa Vaill (43) 1:37:20 2. Maria Michta 1:50:38 3. Jenna Monahan (17) 1:59:11 4. Lori Sheinwald (40) 2:06:51 DNF—Dave McGovern (41) 54:46 at 10 Km

**1 Mile, McClean, Vir., July 8**—1. Steve

Pecinovsky (51) 7:38.0 2. John Gersh (58) 9:37 (6 finishers) **3 Km, same place**—1. Steve Pecinovsky 14:58.5 2. Jim Wass (53) 18:22.8 3. John Gersh 18:19.6 4. Lois Dicker (66) 19:00.6 5. Cathy Van Brocklin (59) 19:10 5. Michael Schwed (65) 19:16 7. Carl Kane (66) 19:18

**1 Mile McClean, July 22**—1. John Gersh 9:45 2. Peter Blank (51) 10:10 3. Gerald Brock (58) 10:14 **3 Km, same place**—1. John Gersh 18:55.8 2. Cathy Van Brocklin 19:16 3. Michael Schwed 19:19 4. Gerald Brock 19:48

**1 Mile, McClean, Aug. 5**—1. John Gersh 9:37 2. Frank Bain (60) 9:42 3. Peter Blank 9:42 4. Victor Litwinski (62) 10:09 **3 Km, same place**—1. Frank Bain 18:09.4 2. John Gersh 18:17 3. Victor Litwinski 19:46 (5 finishers) **1 Mile, McClean, Aug. 19**—1. Frank Bain 10:04.4 2. Peter Blank 10:11.4 3. Victor Litwinski 10:11.4 **3 Km, same place**—1. Frank Bain 18:28.2 2. John Gersh 18:30.7 3. Victor Litwinski 18:47 4. Peter Blank 19:28 5. Michael Schwed 19:30 6. Lois Dicker 19:40 (10 finishers) **5 Km, Casselberry, Fla., Sept. 30**—1. Jim Carmines 26:53 2. Juan Moscoso 27:14 3. Tom Furman 29:43 4. Ray Jenkins 32:02 (8 finishers) **Women**—1. Cheryl Rellinger 30:10 2. Wendy Ley 32:15 3. Sandra DeNoon 33:14 (10 finishers) **Florida State Championships, Plantation, Oct. 22**: **3 Km**—1. Gary Null (61) 17:04 2. Bob Fine (75) 20:33. . . 4. Miriam Gordon (81) 24:03 (6 finishers) **1500 meters**—1. Gary Null 8:18 2. Bob Fine 9:29. . . 4. Miriam Gordon 12:05 (6 finishers) **North Regional 10 Km, Dearborn, Mich., Oct. 15**—1. Dan O'Brien 52:47 2. Bill Reed (50+) 56:10 3. Don Knight 61:38 4. Marshall Sanders 64:49 (5 finishers) **Women**—1. Debbie Topham (50+) 57:56 2. Gloria Foley 62:38 3. Walda Tichy 69:49 (4 finishers) **1 Hour, Kenosha, Wis., Oct. 1**—1. Lynn Tracy (54) 10,046 meters 2. Dave Owens (47) 9632 3. Ron Winkler (56) 8438 (5 finishers) **50 Km, Minneapolis, Oct. 14**—1. Doug Johnson (45+) 5:15:58 2. Dave Daubert (60+) 6:56:41 **5 Km, Fort Collins, Col., Aug. 5**—1. Dan Pierce (43) 28:47 2. Sherrie Gossert 30:25 (7 finishers) **5 Km, Loveland, Col., Aug. 18**—1. Dan Pierce 28:27 2. Barbara Amador (57) 30:54 **5 Km, Aurora, Col., Aug. 20**—1. Jerry Davis (42) 31:15 **5 Km, Denver, Aug. 27**—1. Mike Blanchard (43) 27:33 2. Daryl Meyers (63) 31:49 3. Jane Day Lecore (45) 32:25 4. Darla Young 32:56 **3 Km, Ft. Collins, Col., Sept. 2**—1. Mike Blanchard 15:27 2. Marianne Martino (56) 17:08 3. Barbara Amador 17:46 4. Sherrie Gossert 18:08 5. Darla Young 18:44 (9 finishers) **5 Km, Denver, Sept. 10**—1. Jerry Davis 30:49 **Doc Tripp Memorial Races, Broomfield, Col., Sept. 24**: **10 Km**—1. Mike Blanchard 56:16 2. Patty Gehrke (42) 64:41 (4 finishers) **5 Km**—1. Darla Young 32:23 2. Rita Sinkovec (66) 43:32 (9 finishers) **Pacific Association 20 Km, Sept. 10**—1. Mark Green (50) 1:43:23 2. Kevin Killingsworth (50) 1:52:56 3. Shoja Torabian (57) 2:00:34 4. Leslie Sokol (48) 2:12:15 5. Nicolle Goldman (48) 2:13:16 6. Louise Walter (66) 2:17:11 7. William Penner (60) 2:18:24 8. Alex Price 2:23:36 9. Susan Mears (51) 2:23:59 10. Karen Stoyanowski (51) 2:24:29 (14 finishers, 2 DQ) (Robyn Stevens, now 23, did not compete officially, but did 10 Km in 57:05. Robyn was U.S. Junior Champion at 10 Km in 2001 and 2002 (50:29:32 in the latter) and walked a 1:46:29 for 20 Km in 2003. She hasn't competed since, but if this heralds a comeback it would be welcomed.) **5 Mile, Portland, Oregon, Oct. 1**—1. Rob Frank (54) 44:56 2. George Opsahl (64) 46:57 3. Doug Vermeer (52) 50:00 4. Charles Robeson (59) 50:34 (8 finishers) **Women**—1. Julie Lucas 50:04 2. Carmen Jacinsky (43) 50:23 3. Donna Lafayette (64) 54:00 (6 finishers. 3D—both races.) **Portland Marathon, Oct. 1**—1. Stephanie Casey 4:35:25 2. Eileen McManus (50) 5:04:44 3. Kelly Grogan 5:14:07 4. Kathryn Grimes (42) 5:16:34 (10 finishers) **Men**—1. Randy Sajovic (53) 5:09:29 (4 finishers, 3 DQ—both races) **1 Hour, Banks, Oregon, Oct. 15**—1. Rob Frank 10,620 meters 2. Bob Novak (57) 10,452 3. Stan Chraminski (58) 10,085 4. Dennis Robeson 9564 5. Doub VerMeer 9103 6. Les Shields (53) 8616 7. Ron MacPike (74) 8593 8. Dick Vaughn (75) 8361 **Women**—1. Dora Choi (40) 8728

**James continues to impress in his occasional outings.**

**20 Km, Welland, Ontario, Oct. 1**—1. Marina Crivello 1:42:01 2. Kitty Cahsman (46) 1:59:59 3. Joanne Lamont 2:03:20 (1 DNF) Men—1. Allen James (42), USA 1:33:43 (22:56, 45:51, 1:08:53—the old man slowed the final 5 km when his minimal training caught up with him. And he is slowing down with age—1 second since his last year when he was fifth on the U.S. list with 1:33:42. But, since we have been giving a lot of space to the exploits of Ray Sharp and his mid-40s comeback after 12 or 13 years away, it's about time to sing the praises of Allen, who, on his low-key training of less than 30 miles a week, has continued to walk very competitive times since his semi-retirement 10 years ago. And he did beat Ray by more than 2 minutes in the National 10 Km this year. During his serious career, Allen won 15 U.S. titles, was on two Olympic teams and three World Cup teams. He is sixth on the U.S. All-Time List at 20 Km (1:24:27 on the track in Norway in 1994 and second on the All-Time 50 Km List with is 3:55:39 in Palo Alto, also in 1994.) 2. Nil Lavallee (50) 1:40:11

**South American Championships, Tunja, Col., Sept. 30-Oct. 1:** Women's 20 Km—1. Yadir Guaman, Ecuador 1:46:07 2. Luz Leydi Villamarin, Col. 1:45:41 3. Magaly Andrade, Ecuador 1:46:42 Men's 20 Km—1. Gustavo Restrepo, Col. 1:28:12 2. Xamiver Moreno, Ecuador 1:29:51 3. Patricio Ortega, Ecuador 1:35:30 **20 Km, Sao Paulo, Brazil, Sept. 23**—1. Mario dos Santos 1:29:00.6 2. Sergio Galdino 1:32:04 3. Rafael Duarte 1:33:03 Women (Sept. 22)—1. Cislane Dutra 1:48:12 2. Elianay Pereira 1:51:02 3. Erica da Silva 1:51:46 (The report on this race included the following: Jefferson Perez is resting and hasn't competed since his second place in the World Racewalking Cup in May. The Ecuadorian finished that race with an injury and later dedicated his time to finish a Master's degree in Business Administration. It is still not clear if he will return to competition at all.)

**30 Km, Maranello, Italy, Oct. 8**—1. Alex Schwarzer 2:16:29 2. Ivano Brugnetti 2:16:41 3. Diego Cafagna 2:18:02 4. Dario Privitera 2:18:09 **Women's 20 Km, same place**—1. Gisella Orsini 1:35:32 2. Emanuele Perilli 1:37:10 3. Martina Gabrielli 1:38:13 4. Valentina Trapletti 1:39:29 5. Francesca Balloni 1:39:55 **Jr. (17 and under) 10 Km, same place**—1. Federico Tontodonati 45:04.71 2. Riccardo Macchia 46:03 3. Andrea Adragna 46:24 4. Vito DiBari 46:45 **3 Km, Lithuania, Sept. 16**—1. Tadas Suskevicius 11:38 2. Marius Ziukas 11:42 Women—1. Brigita Virbalyte 13:16 Juniors (born 87-90)—1. Tautvydas Zekas 11:58 2. Ricardas Rekst 12:09 3. Valenijus Grinko 12:23

**Venues For Testing Your Heel and Toe Aptitude**

Sun. Nov. 5	5 Km, Kentfield, Cal. (P) 5 Km, Littleton, Col., 9 am (H) 1 Hour, Pasadena, Cal., 6:45 am (Y)
Sun. Nov. 12	<b>USATF National 20 Km, Clermont, Florida (B)</b> 1 Hour, Kentfield, Cal., 8 am (P) 5 Km, Boulder, Col., 9:30 am (H) Coney Island 10 Mile Handicap, Brooklyn, 9 am (Z)
Sat. Nov. 18	1 Hour, Pharr, Texas, 8 am (O) 5 and 10 Km, St. Louis Park, Minn. (I) 5 Km, Brighton, Col., 8:30 am (H)
Sat. Nov. 18	5 and 10 Km, Washington, D.C. (S)
Sun. Nov. 19	1 Hour, Red Bank, N.J., 10 am (A)
Thur. Nov. 23	4 Miles, Denver, 10 am (H)
Sat. Nov. 25	5 Km, Aurora, Col., 9 am (H)

Sun. Dec. 10	1 Hour, Pasadena, Cal., 6:45 am (Y)
Sun. Nov. 26	1 Hour, Red Bank, N.J., 10 am (A) 5 Km, New York City, 8:30 am ((G)
Sun. Dec. 3	5 Km, New York City, 8:30 am (G)
Sat. Dec. 9	4 Mile, Denver, 9 am (H)
Sun. Dec. 10	5 Km, Denver, 10 am (H)
Sat. Dec. 16	5 and 10 Km, Washington, D.C. (S)
Sun. Dec. 17	5 Km, New York City, 9 am (G) 5 Km, Denver, 9 am (H)
Fri. Dec. 29	1 Mile, Pharr, Texas, 5 pm (O)
Sat. Dec. 30	Polar Bear 10 Mile, Asbury Park, N.J. (A) 5 Km, Pharr, Texas, 8 am (O)
Sun. Dec. 31	5 Km, Denver, 10 am (H)
Sun. Jan. 14	Marathon, Mobile, Ala., 7:30 am (K)

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**Passings**

From-time-to-time we have to report on deaths in the racewalking family. Sadly, they piled up this month with three to report.

**John W. Allen, Olympic walker.** John Allen, a racewalking champion who competed in the Olympics in 1960, died Sept. 16 in San Bernardino, California, where he has lived since 1980. He was 80. The Buffalo native was a top American racewalker during the 1950s and early '60s and competed in the 50 Km in the 1960 Olympics in Rome after missing the 1956 Olympic Team at 20 Km when he finished fourth in the Trials. He won National titles at 50 Km in 1961 and at 15 and 40 Km in 1962. John retired after finishing sixth in the 1963 National 20 Km. In 1962, he finished second in the 20 and competed in the US-USSR dual meet that year.

John made a brief comeback in the late '70s and was named AAU Masters Walker of the Year in 1978 when he finished second in the World Masters 20 Km. Although he was then 52, he competed well in National Championships races that year, finishing eleventh in the 10 Km with 50:21, fourteenth in the 50 with 4:55:02, and eleventh at 25 Km in 2:11:01. Following a disqualification in the 1979 National 50 he retired again.

John was inducted into the Niagara Track and Field Hall of Fame in 1998. He was a graduate of Kenisngton High School, where he competed in the pole vault. He served in the Navy during World War II as a radio operator on a minesweeper in the Pacific. He worked as a salesman for Alling & Cory Paper CO. And for Buffalo Linen Supply. He is survived by a brother and two sister.

John became involved in sports photography at about the time he made his comeback and provided many photos included in these pages. He was always paranoid about style and sent me many pictures of top walkers off the ground, most of which were not published.

In 1960, John came out to Worthington for our annual Ohio Track Club Distance Carnival, which always three or four racewalk events over two days. In the three mile race, I tried to stick with Jack Blackburn, still very much my master, for the first mile, which we did in about 7:10, as I recall. Jack then left me, and I managed to walk just under 8 minute miles to the finish, as John Allen closed on me but never quite caught me. After the race, I told John that if he had stayed closer in the earlier stages he would probably have beaten me. Not know for diplomacy, John replied, "If you had walked I would have beaten you!" But, I never heard anything from John in later years regarding my style and we got along well and had some good races together.

Sometime later, in one of the 20 or 25 Km Nationals held in Chicago, several of us were together in the early stages of the race, including Rimas Vacaitis, a young walker who was very competitive and who retired too early. But as we moved along, John loudly announced, "Rimas, you're off the ground, I can hear you." Well, that was John.

Sometime around the time of his comeback, John spent two or three days with us researching the voluminous ORW files on the sport, for what purpose I don't remember. But, we had good conversation reminiscing. And he was a good correspondent, beyond his photos, through the years, if I ignored some of his more acerbic comments on people and events he took exception with.

I found the photo you see on the next page along with a note from John dated June 1984. In that note, he said: "Enclosing five SPORTSFOTOS (his copyright on his photos) and one self-SPORTSFOTO. The former are those of the 1984 U.S. Olympic 20 Km Trials. The latter is of yours truly done in a hurry for a profile article in *Master Runner* magazine (my tie was askew). Anyhow, hold onto it, maybe someday you'll find a use." Here is that use, unfortunately too late for John to appreciate. But I'm sure John would be pleased. In closing his note, John, who wasn't too free with compliments, and referring to something else of his I had published, said: "In parting, appreciate it much if you do the same for Larry Walker, an outstanding, uprighteous individual. An exception in our gathering." Well, it took me a while to honor that request, but it was a sincere compliment to a good man. Since Larry

doesn't subscribe to this newsletter, maybe someone would be so kind as to pass this on to him.



**Don Thompson.** Thompson, the diminutive British racewalker dubbed Il Topolino by the Italian hosts after he won the 1950 Olympic 50 Km gold medal in Rome, has died. He was 73.

Born in Hillingdon, England in 1933, Thompson, 5'5" tall, insurance clerk, had competed at the 1956 Olympics, but collapsed three miles from the Melbourne Cricket Ground when in fifth place and failed to finish. When he struck Olympic gold in 1960, Thompson was only the second man to win a post-war athletics gold medal for Britain. But his victory came in an era of great tradition and success for walkers from Britain: British-born walkers had won the Olympic 50 Km gold medal on three of the previous five occasions, while also in 1960, Stanley Vickers won the bronze medal in the 20 Km event, and four years later, Ken Matthews would win the 20 Km gold and Paul Nihill the 50 Km silver at the Tokyo Olympics. Thompson finished tenth in the Tokyo 50.

Thompson was voted Sportsman of the Year in 1960 by the then Sports Writers' Association as a result of his Olympic success, and he remains the only racewalker ever to

have won the award.

Thompson's preparations for the steamy heat of Rome have gone down in sporting legend. Determined to be properly prepared, Thompson trained for the race by exercising in temperatures of 100 F in his bathroom in Kent, which he "converted" into a steam room, using heaters and kettles of boiled water. "There was an electric heater attached to the wall and I thought, 'well, that won't provide enough heat'," Thompson said in an interview last year. "I had to boost the humidity, too, so I got a Valor stove and put that in the bath. Half an hour was more than enough; I was feeling dizzy by then. It wasn't until several years later that I realized I wasn't feeling dizzy because of the heat; it was carbon monoxide from the stove."

In Rome, it paid off, as the race was staged in 87-degree heat and Thompson found himself in the lead by the halfway stage. Three miles from the finish, his only challenger was the 40-year-old Swede John Ljunggren, the gold medalist in this event at the 1948 London Games. But as Ljunggren wilted, Thompson strode to victory.

Thompson's long-time friend and rival, Nihill, recalled him as being "clean-living and dedicated". He was, Nihill recalled, "a great athlete who defined what a top sportsman is. If asked to do a couple of press-ups, he couldn't."

Elliott Denman added to this eulogy: "Don Thompson was a truly wonderful gentleman and athlete deeply respected by his racewalking colleagues around the world. His death is a great shock because I knew he was still taking part in long races until quite recently. He was always super fit. The 50 was not his best distance, either, and many of his greatest victories came in such races as London-to-Brighton (52.5 miles). I had the honor of competing in several of the races he did, always trailing Don at a considerable distance—all but the 1956 Melbourne 50 in which I labored home eleventh and Don fell victim to the intense heat. On our honeymoon trip to London in 1962, it was a huge thrill to see him standing in Madame Tussaud's with all the great figures, athletic and otherwise, of the day. Au revoir, dear sir."

Your editor was privileged to spend some time with Don and other British walkers in Tokyo in 1964. Two memories of conversations: He was adamantly against the growing use of lightweight flats in racewalking. Don wore heavy black shoes with a very distinct separate heel and felt that any shoe weighing less than 14 ounces should be banned—the heavier shoe would hold the walker to the ground. But with his peculiar shuffling style, Don could not have left the ground with no shoes.

Don also told the story of an embarrassing race at the White City Stadium in London following the Rome Olympics. This invitational brought together some of the world's great athletes and included a 5 mile racewalk. The aforementioned Matthews and Vickers were among the speedsters invited. Don related how he was introduced with much ballyhoo as the Olympic gold medalist. He cringed as the announcer went on, as he knew what lay in store. Speed was not his forte. Giving it all he had, Don walked somewhere in the 37-minute range. He was lapped by nearly the entire field, and Matthews almost caught him a second time. But, he had shown the courage to show up when invited and told the story with humor.

And finally, from one who knew Don well as a competitor, Shaul Ladany writes: "Don Thompson's record for the London-to-Brighton race is not as famous as his Rome Olympic gold medal, but it is at least as good. Out of several Olympic gold medalists who won that race, Abdon Pamich's winning time was the second best, several minutes behind Don's record. I am proud that my best winning time (out of three wins in six participations) was beaten only by Don and Abdon, though Don has had several such superior races. In 1970, when I was 34 years old and Don 36 or 37, we competed together for the first time in that race, and then I was considerably faster.



The late Don Thompson (No. 2), shown here with another British distance great, Tom Misson, during a 50 Km race in the late '50s

**Rose Kash**, one of the first master women racewalkers over 50, passed away on June 18, 2006 at age 84. She both walked the walk and encouraged others (Collie Greene, Joanne Beer . . .). Racing highlights include participation at the 1981 World Master's Championships in Christchurch, N.Z., where she earned the bronze medal behind Swedish women pioneers and the 1987 Games in Melbourne. Coached by John Kelly and a competitor with California Walkers for more than 20 years, she received several open and masters team titles at 1 Hour, 15 Km, and 20 Km teaming up with Jolene Steigerwalt, Tori Herazo, Shiela Smith, and Janine Burke, among others. She competed at many National and Regional racewalks where she received age group medals including 5 and 10 tiltes for women 70-74 at Eugene in 1994. Her age 70 15 Km American record was broken recently by Bev McCloud. She still holds the age 70-74 1 Hour record. She also entered local running races and found that her racewalking speed often bested women runners in her age group. She was a track and field usher at the 1984 Los Angeles Olympic Games. Assigned to the athletes section, she made friends from all over the world. In the early '90s, she was a popular guest speaker

at the Oaks of Ojai during "walking week" where she introduced others to racewalking. She received her B.S. in physical education from UCLA. We will miss her leadership by example, inspiration, and especially her camaraderie. Lovingly remembered and admired by her daughter Paula Kash Mendell.

## From Heel To Toe

**Vergara ID.** In a photo of the U.S. Junior team in last month's issue we could not identify which of the Vergara twins was Roberto and which Ricardo. Their Coach A.C. Jaime writes: "The twins mom had to take a second and third look and she finally determined that Roberto is the twin wearing #99. Robert's left ear lobe mole is a bit lighter than Ricardo's, but it's hard to see the difference from a distance." When I passed this intelligence on to Vince Peters, who had given me the photo, he replied that the key to the problem is in numbering them properly. In this case Ricardo should be given the lower number (ri before Ro). Vicne says: "That's what I do with the twins on my cross country team—I know them by their jersey numbers—Brock is 33 and ake 37. Heaven help me if they ever switched. Then I have to get close enough to see if one has a little mole on the back of his neck—the other doesn't." .

**Clausen a Champion.** Three-time Olympic racewalker Curt Clausen spoke to students at Jefferson Elementary School in Kingsport, Tenn. The day before the National 5 Km as part of USATF's "Be A Champion" program. He spoke on healthy lifestyles, keeping active, and living with integrity. After answering questions, he led th students in reciting the "Be A Champion" pledge. A major initiative by USA Track and Field and the American College of Sports Medicine, the program facilitates direct interaction between Olympians and middle-school aged children around the country in order to positively impact their lifestyles and decision-making. . **Where have all the walkers gone?** This has been a continuing theme in these pages for several years as the number of elite walkers in our program continues to dwindle. Shaul Ladany writes from Israel: "In the September issue of the ORW, I enjoud very much the write-ups about Elliott Denman's 40 Km Championship races. I loved that event. I believe that the decline in the attendance and depth in that event is due to lack of long-distance events in the U.S. You have just to look at the calendar of the racewalking events, and very seldom you see events longer than 5 or 10 Km. On the other hand, look, for example, on the Belgian calendar of walking events. Most of them are not competitions, but popular marches, though many walkers unofficially compete against each other or just use them for training. In such a small country, smaller than the State of Ohio, in a year there are about 100 events of 50 Km or longer, including about 30 events of 75 Km or longer." (Ed. I refer to something I have brought forth before. Probalby the peak for participation was in 1979, when there were 11 50 Km races across the U.S., most with fairly sizeable fields and all but one won in 4:51 or less. During that year, 32 U.S. walkers did 4:56 or better, with 20 under 4:40. Now, if we get two 50s in a year, it's practically a flood and if even a dozen walkers finish a 50, regardless of time, it's a good year. . .

## The Right Way To Train for the 50 Kilometer Walk

by Elliott Denman (Member 1956 U.S. Olympic Team)

*This ancient article appeared in the September 1961 issue of the Midwest Walker, a newsletter edited and published by Chris McCarthy, who was destined to represent the U.S. at 50 Km in the 1964 Olympics. I'm sure Elliott will be thrilled to see it revived for today's*

*hungry audience of avid 50 km racewalkers.)*

The *Midwest Walker* has had some brilliant contributions, but I must take exception to the Soviet training methods allegedly exposed in the August issue. I maintain the whole thing is baloney and that no Russian walker trains like that; the whole thing is merely to let such information filter out to the unsuspecting rest of the world in an attempt to make us forget the Berlin crisis.

As a truly scientific pedestrian, I would like to hereby submit my own tried and true training methods for walking races of all distances...**from 220 yards to London-To-Brighton and back and back again once more.** This is the method that carried me to the very top of the walking world in a brilliant two weeks of 1959, but also swiftly brought me down to some slower races afterward..

Briefly then, this is the method which I'm sure will revolutionize the sport. It involves no special tracks, special athletic costs, time, special shoes, diets, rubdowns, goodluck charms, etc., with which certain pedestrians of mh; acquaintance unduly occupy their minds. The method merely requires clothing of the sort that's suitable for an ordinary day's activities in any field of endeavor (grey flannel suit, overalls, blue jeans, whatever). Shoes are optional. (In fact, many of my followers look upon shoes as an unnecessary expenditure—after all, look at Abebe Bikila, or those Tunisian walkers.)

There is only one thing that's really basic. The method must be used in a large, teeming metropolis, preferably at rush hours. (Country boys will have to come to the big city to get anywhere.) Once in the city, the hopeful pedestrian meets a delightful sight. People are walking and walking all over the place. Each one is to be considered a rival. Our man (Ed. *We must excuse Elliott's noninclusive, or, if you prefer, sexist, language as women in racewalking were, unfortunately, exceptionally rare in that era*) merely proceeds to race anybody he sees fit. He may, for instance, spy a tall, longl-egged fellow walking fairly rapidly and thus just spot him one-quarter of a block (to the corner, a bar, anywhere). If he happens to see a grandmother strolling along, naturally our man will allow her to get 3/4 of the way down the block before breaking out in his heel and toe stride in a desperate effort to beat her. Or, it may be a mother with a baby carriage (stroller in the modern era), in which case the Denman system calls for a handicap of 5/8 block.

This city street method develops all the requisites for a champion in the sport of racewalking. The dodging is great for the elbows and helps the walker when he's racing in a pack. The dirty city air develops lungs strong enough to take a one-mile sprint at the Garden during the indoor season or a stroll past the steel mills in Pittsburgh. The competition with mothers and grandmothers develops that unmercifulness that the walker needs in order to concede nothing to anyone. The odd looks one gets from amazed ordinary people are good training for the real laughs one gets at track meets. The presence of city policemen develops excellently one's sense of hiding from the judges. The greasy frankfurters you can buy along the way help develop a stomach strong as nails. And, waiting for the lights to change is along the lines of the highly recommended Fartlek system of training. Oh, yes, don't forget those street lights that say "Walk" Don't walk" on them. These are perfect for practicing your starts. The idea is to get all set as the "Don't walk" begins to change and then blaze across the street when it reads "walk". Every 50 kilometer walker must have this type of training.

I've let my secret out of the bag now, deciding to be unselfish for the good of the U.S.A. in 1964. So, O.K. you potential and would be Olympians, go to the big cities and start chasing those grandmothers!

*As an addendum, the following message from George Shilling was published in the October 1961 issue.)*

Elliott Denman outlined his training schedule for city dwellers. At one point in this treatise, I detected a serious flaw, which I now hasten to correct. Denman stated that the 50 Km walker should practice his starts by waiting for the light to flash from "Don't walk" to "Walk". But I say that the order must be reversed. You should wait for the "Don't walk" to flash and then dart across the street before the autos can accelerate. Needless to say under my system, the slower walkers are eliminated and only the better walkers remain. In this way we raise the entire level of our walkers so that in no time we will only have walkers on international caliber.

Another flaw in the Denman system (and a serious one) is omission of stair climbing. All serious contenders at 50 should be skilled in stair climbing. Most ideal of course is the Empire State Building. (I have myself dashed up to the 87th floor in about 20 minutes before passing out from lack of oxygen—and a peek out the window.) Out of towners can always find a good flight of stairs in any large city, such as those at the Washington Monument or those ascending the Golden Gate Bridge. The best I ever heard of though is on a television tower in Texas (or maybe it's Oklahoma) with a ladder 1400-feet high.

## Diniz's Talent Continues To Bubble

*(Yohan Diniz was the surprise winner of the recent European 50 Km championship. Here's a little bit about him as written by Michael Butcher on the European Athletics website.)*

The easy attractions of football (soccer to us in America) are often believed to be robbing athletics of some of its top talent but France's Yohan Diniz took the opposite route. Diniz was encouraged by a football-playing father to follow in his footsteps, but at the age of 23 he switched to racewalking, took to it immediately, and, five years further down the road, he is now a European champion, the first Frenchman to achieve a walking gold medal. *(So much for the need to start at an early age, which I never bought anyway.)* Diniz achieved his feat in the French record time of 3:41:39 (see August ORW).

The occasion for the switch of sports came when Diniz took time off to study for a diploma in oenology, which, for the uninitiated, is the art of wine making. The fact that he also hails from Epemay, deep in the Champagne producing fields of France, has not been lost on headline writers around the world.

Adopting and adapting to walking was not completely a bolt from the blue. He had been exposed to it at a young age, at least from a spectator's point of view. "When I was little, I used to watch the walkers go past and I started to dream."

Nevertheless, no one, and least of all Diniz, expected what happened in Gothenburg. "I was sixth fastest going into the race, so I was hoping to finish amongst the top five," he said. "The main aim was to finish." This conservative aspiration was not an unenterprising as it sounds when one considers his past record prior to Gothenburg.

In his attempt to qualify for the 2004 Olympic Games, he was disqualified and then at last year's World Championships in Helsinki, he suffered a similar fate at 45 km. The double-dismissal led him to embark on the difficult process of changing his style "to suit international walking".

There were plenty of other obstacles as well before he could approach Gothenburg with any confidence. "In the month of December, I picked up an injury to my hip and buttocks as well as bursitis and all sorts of other problems. I would train for two days and then have to take two weeks off because of the pain. It took a good three to four months to get over this."

Time off at such a crucial part of the year would normally be regarded as disastrous for an athlete's chances in the summer, but for Diniz it was perversely a positive thing. "It did me a lot of good and at the same time my partner gave vierth and it was as though everything relaxed. The injury went." In total, he'd had four months off but then he set to work. Two sessions a day, the main one in the morning meant he was covering between 180 and 200 km a week and was ready for the challenge in Sweden.

Diniz had been coached by Denis Langlois since 2003. Langlois remains highly competitive despite his coaching duties and finished tenth in the 20 Km in Gothenburg. *(Ed. Note that in June, Diniz won a 20 Km in Leamington England in 1:23:19, nearly 2 minutes ahead of his mentor who was third.)* Although the two regularly train together, Diniz finds himself on his own on his long sessions. "I use that time to organize my life," he added. "At one and the same time, I can be thinking of my next competition or the shopping list for the supermarket in the evening."

The low profile of international racewalking means that Diniz knows he will never be as rich as some of his fellow European champions from the summer. At the moment, he is employed by his club in Reims as a coach on a youth program as well as receiving 5000 Euros a year from Reims City Council. "That might not seem much, but it's a lot for me," Diniz ruefully admits. But he is working on other possible sponsorship packages and his gold medal exploits will not have done the negotiations any harm.

Considered young at the age of 28 for the 50 Km event, Diniz sees himself continuing for many years at the forefront of his sport. "I am a new walker, someone who is far from having reached his limits and still capable of progressing. The European title is a stage en route to the Beijing Olympics in 2008 and then London 2012. After that, I'll retire. Next year I am aiming for gold (at the World Championships), but it will be a different experience there," reflected Diniz.

Nevertheless, with European walkers having won all but two of 16 Olympic 50 Km walk titles since the event was introduced in 1932, and even more silver and bronze medals, the continental heritage in the event means that Diniz can still remain optimistic of a glass or two being raised in his honor in the Chinese capital, if not before.

## LOOKING BACK

**40 Years Ago** (From the October 1961 Midwest Walker, published in Chicago by Chris McCarthy)—Ron Zinn won the National 15 Km in Atlantic City, beating Ron Laird by 27 seconds in 1:15:03. Rimas Vaicaitis, Bob Mimm, Jack Blackburn, and Ron Daniel took the next four spots. Temperature in the 90s did not help the athletes. . . Three weeks earlier, Laird beat Zinn in a 15 Km race in New York with a 1:12:54. Zinn had 1:14:31, just 15 seconds ahead of third place Bob Mimm. . . In yet another 15 Km race in Chicago, this one on a wet cinder track with muddy patches that forced the walkers into the third and fourth lanes, Jack Mortland won in 1:17:48. Rimas Vaicaitis won an accompanying 5 miler in 40:02.5. . . Alex Oakley won the Canadian 50 Km in 4:35:51. . . Elliott Denman won the Maccabiah Games 3 Km in 15:03 ahead of three Israelis.

**40 Years Ago** (From the October 1966 ORW)—Larry Young won the first of his eight National 50 Km titles in Chicago. Pulling away from Canada's Alex Oakley in the final 5 Km, Larry recorded the second best ever by a U.S. walker (to that time) with a 4:38:25. Oakley folded completely and finished nearly 5 minutes back in 4:43:06, less than a minute ahead of fast-closing Shaul Ladany. Ron Daniel, Pat Farrelly (Canada), Jim Clinton, and Karl

Merschenz (Canada) were also under 5 hours. Your editor, in one of his failed attempts at this distance, dropped out at 24 miles in third place. . . Earlier in the month, Ron Laird won the National 15 Km in Atlantic City with 1:11:28. Ron Daniel just edged Bob Kitchen for second a couple of minutes back, and Bill Kaiser took fourth. . . In East Germany, Christoph Hohne did a 2:20:36 for 30 Km on the track, with a world's best of 1:50:07 for 15 miles on the way. . . Gennadiy Agapov covered the 30 Km distance on the road in 2:12:56 in the Soviet Union. . . Another Soviet walker, Nikolai Smaga, won the Little Olympics in Mexico City with 1:31:04. Italy's Vittori Visini was a minute back. . . Leading 47 finishers, K. Abolins won the Leicester-to-Skegness 100 mile race in England in 18:10:46.

**35 Years Ago** (From the October 1971 ORW)—The Mexicans, starting a racewalk revolution under new National Coach Jerzy Hausleber, from Poland, came north and dominated the National 15 Km in Des Moines, Iowa. Jose Oliveros won in 1:06:24, 10 seconds ahead of Ron Laird. Following Mexicans Hernandez and Sanchos, Larry Young took fifth in 67:53, with Floyd Godwin sixth, ahead of three more Mexicans, including future world beater, Raul Gonzales. Rudy Haluza beat Todd Scully for the fourth U.S. spot. Bob Henderson in 24th did 1:14:38. Today, we could invite six Mexicans and our top women and still not be able to match that depth. On the other hand, though most thought the course was accurate, your editor was surprised with his 1:12:09 at a point in his career (at age 36 and training in a more leisurely fashion) when he would have been satisfied with Henderson's time. On the other, other hand, finishing less than six minutes behind walkers of international class suggests I might have been more fit than I thought. . . The U.S. won a dual meet from Canada in Lake Placid with Laird taking the 20 Km in 1:38:25 over Bill Ranney and Marcel Jobin and Larry Young scoring an easy win at 40 Km in 4:28:58. . . Bill Weigle destined to make the Olympic a year later, started to look like a threat with a 44:48 for 6 miles and 3:41:45 for 40 Km in Denver's altitude. . . East Germany won a dual meet from the USSR, with Gerhard Sperling taking the 20 in 1:28:23 and Veniamin Soldatenko the 50 in 3:59:18 (just 3 seconds ahead of Peter Selzer). Karl-Heinz Stadtmuller won the Junior 10 in 43:49..

**30 Years Ago** (From the October 1976 ORW)—The Leicester-to-Skegness 100 went to Derek Harrison in a swift 17:15:50, some 42 minutes ahead of Dutchman J. Vos. Eight competitors finished under 20 hours and 38 beat the 24-hour limit. . . England's Olly Flynn won the 20 Km in a dual meet with Italy in 1:27:35, as Maricio Damilano prepped for his 1980 Olympic Gold with a win in the Junior 10 Km in 42:33.

**25 Years Ago** (From the October 1981 ORW)—A well-balanced Italian team emerged as the winner in the Lugano Cup, racewalking's World Championship. Italy trailed the Soviet Union by 3 points after the 20, but picked those points up in the 50 and won the title on the basis of the first individual finisher in the 50. Defending titlist Mexico was third, just 6 points back, with East Germany fourth. The U.S. was seventh of 15 teams. Mexico took the individual titles—Ernesto Canto doing 1:23:32 and Raul Gonzales 3:48:30. East Germany's Roland Weisser and Italy's Alessandro Pezzatini followed at 20. Medals went to the same two countries in the 50 in the persons of Hartwig Gauder and Sandro Bellucci. For the U.S., Todd Scully was 21st (1:30:22) and Jim Heiring 22nd in the 20. Marco Evoniuk took 13th in the 50 with 4:07:44, with Dan O'Connor 21st. . . The USSR won the women's title at 5 Km over Sweden, with Siv Gustavsson winning in 22:57. The U.S. was also seventh here, led by Sue Liers 24:16 effort in ninth.

**20 Years Ago** (From the October 1986 ORW)—The second Pan-Am Cup walks held in

Quebec featured an outstanding 20 race in which Tim Lewis walked what is still the fastest ever 20 Km by a U.S. athlete. Canada's Guillaume Leblanc won the race in 1:21:13. Lewis was with Leblanc at 10 Km in 40:32 and 5 seconds back at 15, but couldn't match the Canadian's pace from there. He also fell to Mexican junior Carlos Mercenario (World Cup winner at 20 the following year and at 50 four years after that) who finished in 1:21:33 to Tim's 1:21:48. Ray Sharp and Carl Schueler also had outstanding 20s for the U.S., finishing eighth and ninth in 1:24:48 and 1:25:04. Mexican's Martin Bermudez won the 50 in 3:56:21, 9 1/2 minutes ahead of Marco Evoniuk. Dan O'Connor was fifth in 4:18:46. Graciela Mendoza of Mexico edged Canada's Ann Peel in the women's 10, 45:23 to 45:26, with Teresa Vaill fourth for the U.S. in 46:47. . . Leblanc also won the Alongi 20 in Dearborn, Michigan, beating Bermudez. Leblanc's 1:25:45 put him 66 seconds ahead of the Mexican. Gary Morgan was fourth. . . Doug Fournier won the 5 Km in the U.S.-Romania junior meet in 21:54.68. Curt Clausen was third in 22:29.58.

**15 Years Ago** (From the October 1991 ORW)—Allen James was no match for Mexico's Bernardo Segura in the Alongi International, but turned in an excellent 1:26:33 to take second. Segura walked away in 1:22:01. Gary Morgan was third in 1:27:52. Teresa Vaill prevailed in the women's 10 in 45:51. Eva Marchuca of Mexico was second in 46:44 with Debra Van Orden third in 47:11. . . Morgan and Victoria Herazo were winners in the National 5 Km in North Carolina. Herazo had no problem, winning in 22:43 with Cheryl Rellinger a distant second in 25:01. Morgan beat Curt Clausen by 10 seconds in 20:33. Dave McGovern was third in 20:56. . . Morgan could not cope with Dough Fournier 2 weeks earlier, however, Fournier won a 5 Km in Connecticut in 20:14, beating Andrzej Chylinski (20:26) and Morgan (20:39). Debbi Lawrence beat Herazo at the same site 22:15 to 22:40. Teresa Vaill had 22:51. . . In Arlington, Virginia, Dave McGovern bettered the national 1 hour record, covering 8 miles 1147 yds. That was 27 yards beyond Neal Pyke's record, set in 1978. . . Herazo was also tough for an hour, breaking her own national record in the National Championship race in Cambridge, Mass. Victoria covered 12,777 meters. She also bettered the world's best by 177 meters.

**10 Years Ago** (From the October 1996 ORW)—Mexico scored an easy win in the Pan Am Cup in Brazil, sweeping the 50 Km medals; taking 1,3,5 at 20; and 1,4,5 in the women's 10. The U.S. took second place ahead of Guatemala, Columbia, and Canada. Brazil, Bolivia, Puerto Rico, and Argentina had partial teams. Winners were Daniel Garcia (1:27:19), Graciela Mendoza (48:24), and German Sanchez (4:12:43). For the U.S., Allen James was sixth at 20, Michelle Rohl second at 10, and Andrzej Chylinski fifth at 50. . . Victoria Herazo again won the Women's National 1 Hour, covering 12,215 meters at Cambridge, Mass. Joanne Dow was 193 meters back in second. Dave McGovern (1:07:32) and Danielle Kirk (1:21:50) won National 15 Km titles in Elk Grove, Ill. Al Heppner and Kelly Watson were second in the two races.

**5 Years Ago** (From the October 2001 ORW)—Joanne Dow was an easy winner in the Women's National 1 Hour in Cambridge, Mass as she covered 12,891 meters, more than 3 laps ahead of second place Cheryl Rellinger (11,528), who edged Victoria Herazo by 51 meters. In the men's 2 Hour, Sean Albert left Curt Clausen more than 600 meters back, winning with 27,031 meters. Al Heppner and John Nunn followed. . . Robert Korzeniowski walked 1:20:31 to win the Polish 20 Km Championship, more than 2 minutes ahead of Tomasz Lipiec.