Matthews, James trade wins

In the longest and shortest races of the championships year, just a week apart, the country's two premier walkers, Jonathan Matthews and Allen James, traded wins. But, surprisingly, it was Matthews in front at the Indoor 5 Km race in Atlanta, now James homebase, and James scoring the win on Matthews turf in Palo Alto in his first attempt at 50 Km. Not only did Allen win in his debut, he bettered Marco Ercoli's long-standing U.S. record for the distance in the process. Regardless of where the races were contested, most of the experts would have predicted opposite outcomes.

In the women's Indoor 3 Km title race, Debbi Lawrence cruised to a win, though nearly a minute off her own American record. Victoria Herazo was close behind, but Debbi seemed in control throughout. No women contested the 50, which is not on the schedule of national title races for women.

Earlier, James and Herazo were easy winners in the National 15 Km title races held in New Orleans. And late in the month, Teresa Vaill and Canada's Martin St. Pierre were winners in the National Invitational Walks in Washington, D.C. Reports on all four races follow.

Herazo, James dominate National 15 Km races

New Orleans, Feb. 19 (From a New Orleans newspaper)--Allen James felt so good after winning Saturday's USA TF 15 Km racewalk that he continued for another 5 kilometers. A resident of LaGrange, Georgia who represents Athletes In Action, James won the national championship race in 1:06:03 over a 1250-meter course. He was followed by Salt Lake City's Paul Wick in 1:09:20.

In the women's division, Las Vegas' Victoria Herazo won in 1:11:40. She was followed by Lynda Brubaker, Lancaster, Pennsylvania, in 1:14:32.

James and Wick took control from the start, jockeying for the lead for the first four laps. Just past 5 km, Wick fell back, and James was on his own. "I was great coming back to New Orleans and winning," said James, 29, who won the 1992 20 Km Olympic Trials over the same City Park course. "This was a good workout for me (he finished 20 Km in 1:29:28), because I came here at the last minute. I had no time goal coming in. I just wanted to win. I just concentrated on walking easy at a consistent pace. That's pretty much what happened, although I slowed up a little near the end of the race. The last 5 km was pretty much a warmdown for me."
The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is $10.00 per year ($12.00 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, Ohio 43202.

Blisters slowed Wick late in the race as he held off last-closing Ian Whatley, who finished third in 1:09:20. “I’ll take second, but it felt like work out there,” said Wick. “It felt tight the entire race, and Allen was moving along so smooth. I held on for the first couple of surges, but eventually he dropped me.”

Herazo missed her national record by 22 seconds. “I’m a little disappointed I missed breaking my record,” she said. “I thought I had a chance at it until 10 kilometers, but then I slowed up a little. Of course, I’m pleased with the victory, because I haven’t trained for this distance.”


Matthews, Lawrence take undercover titles in Georgia

Atlanta, March 5 (from Steve Vaitones)—Indoor track has been moving from 10 or 11 lap wood tracks to 200 meter ovals in recent years in the quest for faster and fairer competition. Only a few traditionalists, though, lamented the move from the spruce and splinters of New York’s Madison Square Garden to the spacious Mondo oval recently brought to Atlanta’s Georgia Dome that will host the championships for the next decade.

And again, while some purists prefer an arena setting with a track hard against the walls and the elbow-to-elbow battles on a narrow four lane highway to nowhere, the 200 meters and six wide lanes with a gentler sloped bank and firm structural base reduced laps by a quarter, gave more room in the crowded laps, and prevented a walker from slipping off the infield. All seats in the bright and wide open dome afforded good views of all events, and the nearly 20,000 that attended the Saturday afternoon session saw a good show of indoor athletes.

Seventeen men booted the starting line, with the initial pace by Jonathan Matthews showing splits of 47.1, 1:34, 2:23, and 4:00. The group quickly broke into three packs, with the lead consisting of Matthews, Doug Fournie, Allen James, Tim Seaman, Al Heppner, Chad Eder, Vance Godfrey, and Don DeNoon. Going even quicker the next kilometer, the field reached 2 km in 7:58 with Matthews, James, Godfrey, and Seaman in front and the rest spread out over a half lap.

The lapping began at 3 km (12:04) as the quartet remained tight and in the same order. Two laps later, Wisconsin-Parkside’s Seaman met with the judges’ disfavor, and it was down to three; they had 100 meters on a lonesome led by Rob Cole.

Though the fourth km slowed to a 15:12 split, Matthews and James had put 10 meters on Godfrey. It was time to really work and roll over the last two laps, and the pair both got a view of the loss-of-contact paddle. In the end, Matthews rebuffed several James surges and held on by a stride to break the tape in 20:01.50 and become the third fastest U.S. performer of all time behind Tim Lewis (American record holder at 19:18.40, set at the World Indoor championships in Indianapolis in 1987) and Gary Morgan. James improved to number four spot with his 20:01.88, as all but Godfrey and Cole were lapped.

This was the first indoor title for Californian Matthews, who, as the defending 50 Km titlist, showed his wide range of ability. “Actually, I thought I’d get second today. Allen challenged me at 3/4 to go. This time I said to myself, ‘It’s stupid not to respond’. So I responded and he faded. It’s exactly what happened, but in reverse, at the Boston Commonwealth Games.”

The 24-year-old Godfrey, in his first year out of George Fox University, was the surprise of the race. After a disappointing showing at the 1993 U.S. 20 km, he disappeared from the scene until the new year and the qualified for the meet at the Oregon Invitational. His 20:17.12 moved him among the top times ever. The top U.S. junior, Will Van Axen, back in training only 5 weeks since a December appendix operation, was the only other disqualification.

The only problem transported down from New York seemed to be the recurring one of discounted laps as orbiting took place. The field was the largest ever at any indoor championship; 17 was a few too many, even on the larger track. As most athletes qualified for a 3 Km time, expect a tightening of that standard for 1995.

The women’s 3 km immediately followed the men’s race. It had been a quiet season for women’s walking, as the combination of there being no U.S. team spots coming out of the meet and changes in the Grand Prix, which effectively eliminated any possibility of a walker scoring high in the overall standings.

After an opening lap that saw the only real surprise of the race—Cheryl Rellinger leading all including Victoria Herazo, the race at the front was quite predictable. After a 50 second opener, Debbi Lawrence took command on lap two and simply maintained a 50 to 10 meter lead over Herazo for the remaining 13 circuits. A kilometer split of 4:14 and mile of 6:51 were well off U.S. record pace, and the 8:41 at 2 km proved the goal was won and not a time. Her third consecutive championship came at 13:13.20, with Herazo two seconds back.
More excitement could be found in the pursuit pack, which broke to Susan Armenta, Gretchen Eastler, Debbie Iden, and Rellinger for the first kilometer. They were followed, but not very closely, by the remainder of the field. Iden was the first to fall out of contention, and then Rellinger slipped just off the pace, but maintained a solid fifth, as the two intermediates went head-to-head for the bronze medal. Armenta proved the stronger with a 2 second margin over Eastler, as they, along with Rellinger, all achieved personal bests at under 14:00. Moving up to sixth in a fine performance was long-time walker Chris Sakelarios, who made her first International Learn 10 years ago as a 14-year old. Only one athlete fell victim to the red paddle, with Gayle Johnson leaving the track just before 2 Km.

Afterwards, Lawrence commented about being alone in front for so much of the race. "It's harder that way. To be the best in the world, you have to race the best. But that also means you have to push yourself. The European leaders in the sport have a little advantage. Mentally, they have a different outlook on the sport. They're at a different confidence level."

The winning time was the slowest since the race moved from a mile to 3 Km in 1987, though a field of a dozen and overall depth was the event's best. And while the indoor race usually attracts an older field, this year found half under age 23.


James surprises Matthews at 50

Palo Alto, Cal, March 13 (from Paul Smith)--America's racewalking legends could only watch, as 1993 50 Km champion, Jonathan Matthews, and a field of 16 was bruised, battered, and beaten by Allen James, who raced to an American 50 Km record of 3:55:39 at the 1994 National Championship.

San Francisco's Marco Evonuk, who set the former record of 3:56:55 at the Seoul Olympics, and Colorado's Carl Schueler, the only other U.S. athlete under 4 hours for the distance, failed to finish the encounter.


Other results


RACE SPONSORS WILL BE DELIGHTED TO SEE YOU TURN OUT FOR THESE EVENTS

Sat. April 9
5 Km, New Orleans, 8 am (M)
5 Km, Atlanta (D)
5 Km, Naples, Florida (Q)
5 Km, Darlington, S.C., 8 am (EE)
5 Km, Seattle (C)

Sun. April 10
3 Mile, New Orleans, 7:45 am (A)
5 Miler, Ronald Zinn Memorial 10 Mile, Ashbury Park, N.J., 11 am (A)
Metro. 15 Km Championship, New York City, 9 am (C)
Mt. SAC Relays 5 and 10 Km, Walnut, Cal., 7 am (B)
Julie Partridge 10 Km, San Francisco (G)
Invitational 3 Km, Walnut, Cal. (B)

Sat. April 16
5 Km, Brookings, S.D., 8:40 am (BB)
5 Km, Naples, Florida (Q)
3 Mile, New Orleans, 7:45 am (A)
5 Km, Darlington, S.C., 8 am (EE)
5 Km, Seattle (C)

Sun. April 17
Capt. Ronald Zinn Memorial 10 Mile, Ashbury Park, N.J., 11 am (A)
Metro. 15 Km Championship, New York City, 9 am (C)
Mt. SAC Relays 5 and 10 Km, Walnut, Cal., 7 am (B)
Julie Partridge 10 Km, San Francisco (G)
Invitational 3 Km, Walnut, Cal. (B)

Sat. April 23
North Region 3 Km, St. Louis (AA)
3 Km and 1500 meters, Boca Raton, Florida (Q)

Sun. April 24
3 and 5 Km, Detroit (Z)
10 Km, Orlando, Florida, 8 am (S)
5 and 10 Km, Marlin, Cal., 9 am (P)
5 Km, Shingle Springs, Cal., 9:10 am (R)
Western Region 10 Km, Seattle, 9 am (C)

Fri. May 29
Penn Relays 10 Km Men, 5 Km Women, Philadelphia (Y)
USATF South Region 3 Km, Columbia, S.C. (F)
5 Km, Denver (H)
Penn Relays Men's 10 Km, Women's 5 Km (Y)

Sun. May 1
3 Mile, New Orleans, 8 am (M)
5 Km, Providence, R.I., 10 am (CG)
5 Km, San Francisco (G)
5 Km, Denver (H)
5 Km, Studio City, Cal., 8 am (B)
10 Km, Toronto, Can., 10 am (CC)

Sat. May 7
5 Km, Detroit (Z)
5 Km, Gainesville, Florida (Q)
5 Km, Davenport, Iowa (CC)
5 Km, Sioux Falls, S.D., 8 am (DD)
5 Km Denver (H)

Sun. May 8
10 and 20 Km, New York City, 9 am (K)
5 Km, Kenosha, Wis. (W)
5 and 10 Km, Dearborn, Mich., 10 am (E)

Sat. May 14
8 Km, New Orleans, 8 am (M)
5 Km, Detroit (Z)
5 Km, Sacramento, Cal., 8 am (R)
5 Km, Denver (H)

Sun. May 15
10, 20, 50 Km, Wall Twp. N.J. (Tentative) (A)
North Region 5 Km, Yellow Springs, Ohio, 10 am (DD)
5 Km, Needham, Mass. (L)

5 Km, Coconut Creek, Florida, 8 am (Q)
5 Km, Boulder, Colorado (i)
5 Mile, Point Pleasant, N.J. (A)
National USATF Championships: Jr. Women 10 Km, Sr. and Masters Women, Jr. Men 20 Km; Sr. and Masters Men 25 Km, Albany, N.Y. (N)
Women's 5 Km, Men's 10 Km, Port Huron, Mich. (Z)
5 Km, New Orleans, 9 am (M)
5 and 15 Km, Riverside, Cal., 7:30 am (B)
Women's 10 Km, Men's 20 Km, Palo Alto, Cal. (G)
5 Km, New Orleans, 6:30 pm (M)
5 Km, Chicago (T)
9 Mile, Lakewood, N.J., 9 am (A)
Metropolitan and Eastern Regional Masters 20 Km, New York City, 8:30 am (O)
5 Km, Denver (H)

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M--NOTC, P.O. Box 52003, New Orleans, LA 70152
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planning to contact him. He wrote back on December 22, saying that he was looking forward to their visit, and added the following: Mary and I celebrated our "50th" in early summer with a week in Sequoia National Park with our three children and five or our eight grandchildren. Then in September, I went to Cedar City, Utah, to fulfill a lifelong dream of becoming a college professor, where I taught an upper-division course in U.S. History (The Westward Movement) during the fall quarter at Southern Utah University. Gordon went on to say that he'd been unable to racewalk since August 1992 due to vertebral compression fractures, but that he was "getting by". I know we will keenly miss his presence with us, but I'm so grateful to have this wonderful note describing his satisfying life. That's the way I am going to remember him... The IAAF Walking Working Group is designing a new communications system to better inform athletes of disqualification. A race Walking Grand Prix Series will be formed, along the lines of the IAAF Cross Country Challenge... The IAAF medical commission will recommend to the IAAF Council that the Atlanta Olympic marathons and walks start in the morning. The committee advises 8 am or earlier starts for the 20 Km walk and marathons and 7 am or earlier for the 50 Km. Opposition to the recommendations is likely to come from those who prefer the tradition of the men's marathon as part of the evening closing ceremony... The morning starts, however, would play well to Asian and European TV audiences... So we didn't announce this a month ago, but we didn't know about it then. So those of you who don't need to plan very far ahead might consider a racewalking clinic in Bowling Green, Kentucky on April 9 and 10. Former national coach, racewalk instructional video producer, and author Martin Rudow will be on the Western Kentucky campus for sessions targeted at beginning racewalkers on the first day and personal coaching sessions on the second. Cost for the first day is $15. Individual, 1/2-hour sessions on the second are $25. For more information call Elizabeth Longton at 615-358-2227 (home) or 502-755-6178 (office)... The Racewalking Committee has produced several hundred judges paddles that are available as follows: USATF Association Racewalk Chairmen and walking dub's can obtain one set of four warning paddles and one red DQ paddle for $3.00, the cost of postage. (One set per association or club at this time.) Individual judges can obtain one or two warning paddles (no DQ) for $2.25 for two (cost of postage). Send requests to Steve Valtones, USATF-New England, P.O. Box 1905, Brookline, MA 02146. Offer good until supply runs out. Also, college coaches can write or call Steve (617-556-7600 days) for copies of the Advanced Racewalking book and video (Martin Rudow's, I presume) at no charge. Indicate name of college with request... Because we are running out of space for this month with all the important results, and don't want to turn the ORW Into a single-issue newsletter, we are reserving further comment on contact, judging, shoes, etc. until next month, although we have some important and interesting responses on hand. We trust no one will be offended by this delay. In the meantime, a reader has suggested that the following editorial comment, which we offered in the January 1975 Issue, is still rather timely today and might bear repeating--so repeat it we will. In those dark ages, nearly 20 years ago, your editor commented: "I would like to lay out a couple of problems in our sport that I guess would be regarded in the realm of growth pains. These were brought out in a letter I received a couple of months ago from a high school walker... We have all been encouraged by the recent growth of walking in age-group meets, on the high-school level in some areas, and in some of the colleges. These are the areas in which we must develop strong programs if the sport is to really grow. However, two problems quickly arise, closely related, and both brought out in the letter I mention. This boy, a fine
Colds and influenza are jointly referred to as upper respiratory tract infections (URTIs). Studies have shown a "J" shaped relationship between exercise intensity and the risk of URTI, as shown here:

### Risk of URTI

<table>
<thead>
<tr>
<th>Amount and Intensity of Exercise</th>
<th>Sedentary</th>
<th>Moderate</th>
<th>Very high</th>
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</thead>
<tbody>
<tr>
<td>Above average</td>
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<tr>
<td>Average</td>
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<tr>
<td>Below Average</td>
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</table>

URTIs decrease both training and racing capacity. There is an annual 90 percent infection rate with URTI, thus actions to decrease infection risk will almost certainly enhance performance of elite racewalkers. There is a slight reduction in the number of URTIs if training is increased from 1 to 3 hours a week but there is a progressive increase in URTIs as the training load moves above 4 1/2 hours a week.
they will keep on pushing and take their chances. If backing off to just "health" walking would lead to a sense of hopelessness and/or a poorer mental outlook, that would not be good. To each his own.

1993 Top 10 U.S. Juniors—Track—Performances and Performers
(Compiled by Steve Vaitones. Note that the lists compiled by Paul Cajka and published a couple of months ago included both road and track performances)

Men's 10 Km

<table>
<thead>
<tr>
<th>Time</th>
<th>Name</th>
<th>School/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>44:25.95</td>
<td>Will Van Axen</td>
<td>Oakdale, NY HS</td>
</tr>
<tr>
<td>45:34.0</td>
<td>Kevin Eastler</td>
<td>Farmington, Maine HS</td>
</tr>
<tr>
<td>45:52.94</td>
<td>Van Axen</td>
<td>Temecula, CA HS</td>
</tr>
<tr>
<td>46:59.86</td>
<td>Justin Marrujo</td>
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<tr>
<td>47:15.66</td>
<td>Adam Mendonca</td>
<td>Riverside, CA HS</td>
</tr>
<tr>
<td>48:24</td>
<td>William Leggett</td>
<td>Woodbridge, VA HS</td>
</tr>
<tr>
<td>49:31</td>
<td>Mike Hersey</td>
<td>Farmington, Maine HS</td>
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<tr>
<td>49:53</td>
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<tr>
<td>50:31</td>
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<tr>
<td>50:51</td>
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Women's 5 Km

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<th>Name</th>
<th>School/Location</th>
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<tbody>
<tr>
<td>24:04.42</td>
<td>Debbie Iden</td>
<td>Bayport, NY HS</td>
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<tr>
<td>24:19.58</td>
<td>Lisa Chumbley</td>
<td>Houston, TX HS</td>
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<tr>
<td>24:29.18</td>
<td>Melissa Baker</td>
<td>Shoreham, NY HS</td>
</tr>
<tr>
<td>25:00:26</td>
<td>Lisa Chumbley</td>
<td>Houston, TX HS</td>
</tr>
<tr>
<td>25:09.06</td>
<td>Danielle Kirk</td>
<td>Riverside, CA HS</td>
</tr>
<tr>
<td>25:29.0</td>
<td>Danielle Kirk</td>
<td>Riverside, CA HS</td>
</tr>
<tr>
<td>25:49.15</td>
<td>Debbie Scott</td>
<td>Rye, NY HS</td>
</tr>
<tr>
<td>25:55.34</td>
<td>Roselle Safran</td>
<td>Brentwood, NY HS</td>
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<tr>
<td>26:01.81</td>
<td>Debbie Scott</td>
<td>Rye, NY HS</td>
</tr>
<tr>
<td>26:34.27</td>
<td>Roselle Safran</td>
<td>Brentwood, NY HS</td>
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10 Performances

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<th>School/Location</th>
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<tbody>
<tr>
<td>26:45.49</td>
<td>Anne Lankowicz</td>
<td>NY HS</td>
</tr>
<tr>
<td>27:07.0</td>
<td>Tara Shea</td>
<td>Bayport, NY HS</td>
</tr>
<tr>
<td>27:15.0</td>
<td>Almea Parson</td>
<td>Roswell, NM HS</td>
</tr>
<tr>
<td>27:34.29</td>
<td>Margaret Ditchburn</td>
<td>UW Parkside</td>
</tr>
</tbody>
</table>

LOOKING BACK

25 Years Ago (From the March 1969 ORW)—In the National indoor meet in Philadelphia, local hero Dave Romansky zipped by Ron Laird on the final half lap to win in 6:21.9. Laird finished in 6:24.4, with Italy's 1964 Olympic 50 Km gold medalist, Abdon Palamik, third in 6:28.8. Following were Ron Kulik, Dan Tothoroh, and Jim Hanley. Bob Kitchen won the IC4A mile in 4:41.1 with Greg Diebold also under 7 minutes. Panich won a mile in Albany over Ron Daniels and Kulik in 6:32.9. Out west, Goetz Klopfer edged Tom Dooley in a quick 10 km with a 45:40 performance.

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

15 Years Ago (From the March 1979 ORW)—The US-USSR Indoor 3 Mile walk went to Yevgenly Yevyukov in 19:03.3. Todd Scully was second in 20:02.2 with Jim Heiring third in 20:36.4. The Soviets put just one man in the race. Neal Pyke won the Pacific AAU 20 mile in 2:35:53, with Bill Ranney less than a minute behind. Pyke also set an American record for 5 km with 20:41.6 and turned on a 1:28:06 20 km. The National Master's 2 Mile went to Ron Kulik in an American record 14:13.7.

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

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