Canadians lead way at Niagara Falls

Niagara Falls, July 11 (From Dave Lawrence)–With near ideal weather conditions for July (62°F at the start), the USATF National 10 Km championships saw domination by Canadians.

At the front, the races were not very competitive as Arturo Huerta and Joni Bender led from gun to finish to win the men's and women's divisions. Huerta, walking very smoothly, treated the spectators to an excellent performance, breaking the meet record with his 40:48. Australia's David Smith had walked 40:56 in 1984 when the his country's Olympic Team came early for the Los Angeles Olympics. Huerta, however, was 20 seconds short of the course record set by Poland's Robert Korzeniowski at the World University Games. Tim Seaman broke away from the other U.S. walkers on the first 32 Km loop. But with the Goodwill Games just 9 days away, he slowed while staying comfortably in the lead to take the U.S. Championship in 46:59.

Joni Bender was also unchallenged in the women's race as she won in 48:31. Cheryl Rellinger and Lyn Brubaker battled for second, but Cheryl, coming off a fine performance in New Orleans, pulled away over the final two laps to prevail in 49:58. Lyn set the master's course record with 50:29 in third.

The race featured many other excellent master's performances with Jim Cannons (65-69), Dave Romansky (60-64), Max Green (65-69), and Margaret Walker (75-79) bettering American bests.

This was the final year for this event in Niagara Falls. It’s been held here since 1978. I’ve been involved with the event from the start and served as Meet Director the past 13 years. Lack of sponsorship and uncertainty about the future of other aspects of the race have led to this decision. It’s been harder and harder over the past few years to keep the quality of the race intact. I wanted it to end while it was still a quality event. I’d like to thank all who have supported the race over the years and those involved with the presentations at the awards ceremony. I was overwhelmed and, believe me, it was a total surprise. I will miss seeing everyone in Niagara Falls each July, but sincerely hope that everyone support the race in its new location next year.

Results:


Junior Women: 1. Christine Finn 58:58 2. Elizabeth Paxton 60:50

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Men 75-79: 1. Paul Geyer
Women 75-79: 1. Margaret Walker 74:19
Men 80-84-1. Richard Fargo 74:15 2. Bill Tallmadge 79:10 (102 finishers in total; 5 DQs
Judge: Stella Cashman (Chief), Bruce MacDonald, Bob Stowe, Lillian Snaden, Glen Shupe, Doug Strood, Roman Olzowski, and Frank Fina.

And at Goodwill, It's the Russians

New York City, July 20-21—At the Goodwill Games, the Russians swept the titles. As at the Nationals in New Orleans, heat was a factor, but it wasn't quite as bad. In the men's 20K on Monday night, Ilya Markov overcame Mexico's Daniel Garcia in the final 5K to record a 1:23:29.7 victory on the track. Garcia finished nearly 2 1/2 minutes back, but was well clear of Ecuadorian Jefferson Perez, who couldn't handle the conditions. The Olympic champion, so impressive in Europe in the spring, rejected several times on his final lap and just held off Mikhail Schenkin for third. Schenkin was also well off his best, also suffering in the heat. Some people handle heat and humidity better than others for whatever reasons. (I was one who did, which was always to my advantage in many of the nationals held in steamy, midwest summers.

Training in the same conditions didn't hurt. Anyway, Markov is quite competitive with Garcia, and generally loses out to them. Here he had no trouble at all with them and was only 3 to 4 minutes off his usual time. Everyone else in the race, except Garcia, was losing 10 minutes and more.

Veteran Gary Morgan, who also handles the heat better than most, led the U.S. contingent, improving slightly on his New Orleans time. He was more than a minute ahead of Curt Clausen, who beat Jonathan Matthews by 18 seconds, both well off their New Orleans times, where the heat was more stifling. Tim Seaman was DQ'd along with Mexico's Bernardo Segura.

In the women's 10K on Tuesday evening, Yelena Nikolayeva and Nadezhda Ryashkina were an easy one-two, as expected. But, though she couldn't quite match the Russians, Joanne Dow continued to improve. She had set a personal best in winning the Nationals despite the heat, and overcame steamy conditions once again to lower that best by another 11 1/2 minutes. And, she was just 1:35 behind the winner. Perhaps the best race ever by a U.S. woman? Michelle Rohl also improved considerably on her New Orleans performance, but was still about the same distance behind Dow and 2 1/2 minutes off her recent American record. (So, maybe that was the greatest performance ever, but not from a competitive standpoint.)

And the results:


Other results:


**Overseas**


**Be there when the gun goes off**

Sun. Aug. 9 3 Km, Alexandria, V.a., 8:30 am (J) Metropolitan 3 Km, New York City, 8 am (F)
Mon. Aug. 10 5 Km, Long Branch, N.J., 6:35 pm (A)
Sun. Aug. 16 5 Km, Long Branch, N.J., 6:35 pm (A) **USATF National Youth Road Championships, Houston (Y)** 20 Km, Palo Alto, Cal. (R)
Mon. Aug. 17 5 Km, Long Branch, N.J., 6:35 pm (A)
Fri. Aug. 21 2 Mile, Loveland, Col., 7 pm (H)
Sat. Aug. 22 2 Mile, San Mateo, Cal. (R)
Sun. Aug. 23 5 Km, Denver, 8 am (H) 1 Hour, Kentfield, Cal. (P)

**USATF 5 Km Championships, Wilkes-Barre, Penn., 9:45 am (AA)**

Mon. Aug. 24 5 Km, Long Branch, N.J., 6:35 pm (A)
Sat. Aug. 29 Canadian National Men's 30 Km and Women's 20 Km (X)
Sun. Aug. 30 5 Km, Denver, 8:30 am (H) New England 10 Km (N) 10 Km, Carson City, Nevada (P) Regional 5 and 15 Km, Albuquerque, N.M. (W)
Sun. Sept. 5 5.2 Mile, Interlaken, N.J. (A)
From Heel To Toe

National 10 and 20. More on these two national races reported last month. First, the results originally issued, which is all we had for our report, showed Gretchen (Eastler-Fishman sixth and Cheryl Rellinger seventh. This was wrong. Their order was reversed, Rellinger sixth in 51:19.60 and Eastler-Fishman seventh in 52:44.10. The temperature at the start of the women's race was 96°F with high humidity. Tim Seaman and Curtis Clausen moved away from the rest early in the race and were 14 seconds ahead by 2 1/2 Km. They were together at 5 in 23:23 followed by Gary Morgan (23:51, Phil Dunn 23:53, Andrew Hermann 23:58, and Jonathan Matthews 24:08. Clausen started to drop away after 7 1/2 Km. Seaman motored on by himself, slowing a bit on each 5km (46:55, 1:10:42, 1:35:08). Clausen gained a little on him the final 5, but never threatened the lead, cutting the lead from 47 to 34 seconds on the track. Following the race, Seaman said: "I felt great all the way through the race. I have finally won a national title after being so close so many times. In the women's race, Sara Stanley was listed as not starting, but she did, finishing third. Joanne Dow's post-race comments: "I felt great. I stayed with the lead pace for the beginning of the race, and I felt so comfortable that I just surged ahead."... High school walking. From Tom Eastler. I'm very pleased to announce that yesterday (June 22) the Maine Principals' Association T&F Sub-Committee voted unanimously to continue the 1600 meter racewalk for men and women in the high school outdoor track and field schedule as a scoring event on a permanent basis. Maine now becomes the second state in the U.S. to have racewalking as a scoring track and field event, and the only state to have both men and women contesting the racewalking statewide. Where there was one, now there are two! Only 48 more to go. Many thanks to the USATF&F National Racewalking Committee, and to all those who contributed both time and money to helping Maine's high school racewalking future become a reality... An internet discussion. Well, I still have never hooked up the modem on my computer, so obviously I'm not a surfer nor can you send me E-mail. However, Chuck Newell (see below) is now sending me hard copies of all sorts of stuff off the net and I see exactly why I am not involved. Because I don't want to spend all that time tied to a screen and keyboard. Particular case in point is a huge stack of material, mostly from one day of bunter back and forth among those on the RW list. The discussion centered about more judicious scheduling of national races, primarily to better serve the elite walkers. I don't have space to go into all that was said... many of you probably saw it anyway. However, one point of discussion regarded scheduling of 20 and 50 km trials for international competitions. If an athlete misses out in the 20 but then manages to qualify in the 50 off his 20 Km training, will he be ready to compete in a second 50 a month or two later, or will he be just a loss to the team in that competition? And other variations on that theme. And stuff about buildup and tapering in training. And travel was a concern. Has anyone ever heard of such athletes as Raul Gonzales, Jose Marin, Ronald Weigel, and more recently Robert Koneuwski. These guys seemed to be ready to compete at either distance against the world's elite at any time. Gonzalez won gold at 50 and silver at 20 in the L.A. Olympics and, without looking it up, I believe Marin won gold and silver at the same European Championships. But mostly, I thought of our own Larry Young. He competed quite effectively in both races at the Munich Olympics just four days apart, primarily because the 20 provided the perfect depletion workout in his carbo-loading diet. Less than 2 months earlier, he had done the same double in our Trials, but then just 3 days apart. And it all led to an Olympic bronze medal (his second) in personal record time. In looking back, I see there was a lot of racing those events, an amazing odyssey, really. Here is what I find for his competitive schedule from March on, which is necessarily complete (note the frequency, variety, and quality of races, and the amount of travel, leading to a most positive end result): March 4-30 Km run in Columbia, Missouri (where he lived)
Dinner. The race starts at 8:30 Sunday morning and will follow a fast, 2 Km loop on the look iii the record books and see one Price King making the 1952 Olympic team at 10 way to compare perfonnances between eras. Would Paavo Nurmi at his best really fmish nearly a good fortune, and certainly cannot ever be remotely compared to the great perfonnru1ces being are now seeuig a rash of writing and publicity relating to the East Gennan--and E astem Bloc -- era a few years ago--of Gene Cll.ichura , Ii.is famed former teanl!llate on the Polish Falcons Club of to be treated . You cru1 call Elliott at 732-222-9080 or 732-222-1348 . . . Man y news bulletin s and remiil.iscing at the Monmouth U . football game on Saturday, followed by the traditional Pasta don a number can come and cheer their friends. Special events before the race include a gathering past participru1ts completu1g 10 and 20 Km of the race. Those not really wish ing to suit up and hiking have received strong endorsement by the Surgeon General's Report on Physical Act ivity and and hikers. The study has been reported in more than 200 magazines and newsp aper s n a tionwide , including Health, Walking magazine, the LA Times , and the Washington Post. Walking and hiking have received strong endorsement by the Surgeon General's Report on Physical Activity and warrants further study. The study will be continuing through at least 2010. The Survey will test how much walking is beneficial, whether walking faster or further is better, and injury rates. Walkers and hikers who enter their data will receive an automatic on-the-spot analysis of their diet, physical activity, and weight. There is no obligation to join the survey to take advantage of the features the web site has to offer. Dr. Paul Williams, the director, is especially interested in any feedback on the survey. His E-mail address in health@ibl.gov and his phone number is 510-486-5630. The survey web site is http://www.walkersurvey.org . . . 60th Anniversary. Those toeing the starting line at the National 40 Km in Ft. Monmouth, N.J. on September 13 will be part of a 60th anniversary celebration. This will be the 60th edition of the National 40 and host Shore AC and its many active walkers will commemorate the event in style. The Shore AC hasn't hosted them all, but they have must have done more than half of them. The race has been in New Jersey since sometime in the early to mid '60s. Race Director Elliott Deuman is inviting all past National 40 Km participants to come back. For those not ready to go the full distance, he is offering awards to past participants completing 10 and 20 Km of the race. Those not really wishing to suit up and don a number can come and cheer their friends. Special events before the race include a gathering and reminiscing at the Monmouth U. football game on Saturday, followed by the traditional Pasta Dinner. The race starts at 8:30 Sunday morning and will follow a fast, 2 Km loop on the grounds of Ft. Monmouth with aid and lap times provided each time around. In addition to the usual array of prizes there is a $1,000 cash purse in effect for the race and a post-race random drawing for two tickets to any Delta Airlines destination in the contiguous U.S. Elliott wants at least 100 walkers on the starting line and will have the organization to treat them all as they want to be treated. You can call Elliott at 732-222-9080 or 732-222-1348. . . Many news bulletins from Mr. Deuman. News Bulletin #1. Seen on the roads this winter, after a competitive absence of more than two decades, was former National AAU champion John Humcke (Ed. With a quick count, I see five titles—one at 1 mile indoors, two at 2 miles, and two at 15 Km.) who now resides in Marlboro, N.J. John hopes to get back into the swing of things. Also, he also reports the death—a few years ago—of Gene Chichura, his famed former teammate on the Polish Falcons Club of Elizabeth, N.J. and later the NYAC. Chichura, too, was a National AAU champion. . . NB #2. We are now seeing a rash of writing and publicity relating to the East German—Eastern Bloc—era of dominance in all areas of Olympic sport and their suspected use of performance enhancing drugs. Several of these items take the line that "I should had a medal" or even "I shoulda had a better medal." Personal opinion: Let the history books remain as they are. Did not the East Germans, et al, pass all the drug testing procedures in place at the time of their success? And that's all we can ask of anyone. And weren't Americans, and everyone else, subject to the same brand of testing? And, beyond all that, do we not have some kind of statute of limitations? . . . NB #3. To Mr. Mortland: Earlier this year, you kindly mentioned my being fortunate enough to have won the National 3 Km and 50 Km within a two-week stretch of the 1959 season. Believe me, it was good fortune, and certainly cannot ever be remotely compared to the great performances being turned in by the walkers of 1998. (Ed. Probably true. But, on the other hand, there is really no way to compare performances between eras. Would Paavo Nurmi at his best really finish nearly a mile behind today's 10 Km runners, or would Emil Zatopek be lapped nearly three times? I doubt it. Anyone who excels among their peers has a deserved place in the annals of sport and so be it with the modest Elliott Deuman. I remember when I first started to do well at this sport I would look in the record books and see one Price King making the 1952 Olympic team at 10 Km with a time around 52 minutes. Then after a bad workout, I would tell myself that at least I did well enough to make the 1952 Olympic team. With some perspective, I soon learned how unfair that was. I'm sure athletes today play the same sort of games looking back at performances from the era that Elliott and I represent.) . . . NB #4. I'd also like to report—sadly—the death of my Mom, Theresa Deuman, at 90, earlier this year. Mom was my biggest fan and earliest coach. She was a true fan of our sport and attended so many of the events. Many was the time she opened the portals of the Deuman abode to the walking clan, who were happy to have a good feed of Ma's particular specialties. And many was the time that clan camped out at the Deumans! . . . NB #5. The Takanassee Lake races in Long Branche are going strong, now in their 35th year. They really should be a model for other events throughout the land. The concept is so straightforward: A race walk throughout the summer, at the same site, same day (every Monday, June to August, same time (6:45 pm), same format, 5 Km run at 6:45, 5 Km racewalk at 6:47, easy entry fees (a few bucks), nice medals. And most importantly, no advance entry requirements. . . . NB #6. In place now at Lake Takanassee in Long Branche is the Don Johnson Memorial Bench, put there by the many friends and admirers. Don did it all in our sport—great walker, modest champion, supreme stylist, and marvelous ambassador of his sport, his club, and essential good stuff in walking, to all the rest of the world. Don walked in every edition of the World Masters Championships until he could no longer. And Masters walkers the world over grew to know and admire this marvelous citizen of Little Silver and the world. The Don Johnson Memorial Bench, by the way, is adjacent to the Dr. George Sheehan Memorial. Doc Sheehan the famed "Running Doc" and guru to distance athletes of all kinds the world over, wrote many kind things on the values of walking in his many books and articles. . . . NB #7. Dr. Shaul Ladany's biography (see mention in RW about a year ago) has now been translated into English from the original Hebrew and is shock full of the greatest distance walker's many adventures around the planet. Shaul would like to write a book all he published in the U.S. and asks if anyone has a publisher who'd like to do it, to please get in touch with him. His Address is Prof. Shaul Ladany, P.O. Box 112, Omer 84965, Israel. . . . NB #8. The annual Louis is Drazin Memorial Race will be held on Sunday, Sept. 6, as our annual tribute to both Louis Drazin and his terrific and beloved brother, Harry Drazin. Harry will mark his 85th birthday on Aug. 15 and will be the official host of the race, which will be 5.2 miles (4 laps of a 1.3 mile course) in Interlaken,N.J. Handicap start, giving all walkers an equal opportunity to win it all. Harry, too, wants to see at least 100 walkers on the starting line. . . More T-shirts. Finally, this from Elliott, who, without being asked, has filled much of this issue. Captain Ronal Zim Memorial Races, Asbury Park Commemorative t-shirts are now on sale by mail order. Price is $8.00, which includes postage and handling. Send orders to: Elliott Demnan, 28 North Locust Avenue, West Long Branch, N.J. 07764. Available in XL, L, and Med. sizes. . . 10 Km record. Michelle Kohls 43.30.4 for 10 Km on the track in Kenosha, Wis. reported last month apparently is not being submitted for American record consideration because of conditions under which the race was conducted. Not sure what the conditions were, however. And I don't think this detracts from the significance of her performance.

View From the Back

by Chuck Newell

(Charles "Chuck", "Charlie" Newell was a venerable racewalker for the Ohio Track Club in the mid '60s. Glancing back, I see a 1:44 20 Km in Sharon, Pa., a 1:20:41 for 15 Km in the 1967 National, a 5:08 for 50, and a 7:23 mile among his accomplishments. Good solid performances for those days and a good third man for our team. At that time, he was Ashland,
Ohio's racewalking mailman. Too bad he didn't have the opportunity to journey to England and get in their official mailman's 15 km, an annual event back then and perhaps still going (contestants had to carry their mail bag), dominated by Olympian Ray Middleton. Anyway, Chuck left the competitive scene in 1968, I believe, and has just returned. Here is his report on that return.

Feeling somewhat like the end who deserted his wife and wandered in 30 years later with a "Hi, honey, I'm home. Hey, what did you do with my favorite chair?", I ventured back to the racewalking scene with a trip to Niagara Falls for the National 10 km. To say that things have changed would be an understatement. With 117 entries, it is evident that a great number of people have discovered the valued hidden in this sport.

It is not that I have been totally inactive for the past 30 years. I have kept fairly busy with jogging (even a race or two along the way), officiating high school baseball, softball, basketball, and riding a few centuries and double centuries on my bike. But, the interest in racewalking has remained with me.

Indeed, I have continued to watch for reports of the events during the Olympics, many times to no avail (Ed. but did not continue to keep up his ORW subscription, we say in a huff). When they did decide to give attention to the sport, it was with the usual juvenile and simplistic approach that "this isn't really a sport folks, they are out there just trying to look goofy." With that attitude so prevalent in the media, those within the walking fraternity still had high hopes that racewalking would someday be received at the level of the other track events. I remember well the tirades leveled at the esteemed editor for a realistic approach to the sport when racewalking would someday be received at the level of the other track events. I remember the attitude so prevalent in the media, those within the walking fraternity still had high hopes that racewalking would someday be received at the level of the other track events.

Two things have impressed me since I have resumed walking and receiving the ORW after so many years. One: the extremely fast times being achieved by the world class walkers. It is hard to imagine the times since it was once expressed that one mile close to 6:30 was probably illegal, let alone six put together in a 10 km. Two: The rise of women in racewalking, both in numbers and performance. They have certainly made their presence known and deservedly so. My wife and I were great impressed by the women at the 10 km national, especially Maureen Hendler. I wish that one writer in the American Race Walker a number of years ago could have been there. He wrote, "I love to see women racewalk; I like to watch them waddle down the road."

One very noticeable aspect was a difference in judging since my last race 30 years ago. I hardly ever saw a judge back then, but at Niagara Falls, every time I got going pretty well, I was impressed with the clean style by almost every walker. The one walker that I had serious questions about (and who shall remain nameless, lest he pound the tar out of me) would have received the OFDQ back when. I was told by one judge, who again shall remain nameless, that they did give a warning, but that was the only warning given. But, cue sera, sera, it was still a great day.

The Niagar Walker are to be commended for a first class race. I was saddened to hear that this probably be the last time they would host the race. Everyone concerned, especially the ladies handing out the packets, was very helpful, even to shouting words of encouragement to me during the race.

Will there be other races in my future? I can only hope so. Of course after turning to the ministry and preaching for the church of Christ, it is kind of difficult getting Sundays off to take a stroll. I will continue to scour the countryside for Saturday dates and perhaps keep going with the training bit. And, if there is anyone who would like to step off in Newcomerstown, Ohio, I have a hill that I would be glad to show you up close and personal.

LOOKING BACK

30 Years Ago (From the July 1968 ORW) - Ron Laird captured the National 20 km title in 1:33:00, with Larry Young, Don DeNune, and Tom Dooley taking the next three spots. Dooley, in fourth, was only 39 seconds behind Laird in a tight finish. The 50 wasn't so close as Young won easily in 4:12:12 (the course was found to be about a half-mile short). There were only eight under 4:30, with Goetz Klopf, Bob Bowman, and Dave Reinsenky following Larry. Young covered 7 mi 1368 yards in an hour to beat Martin Rudow for the National title in Montana.

25 Years Ago (From the July 1973 ORW) - The National 25 km was contested in Taunton, Mass., and John Knutson came away with the title in 2:05:50, nearly 2 minutes ahead of Ron Laird. Gary Westerfield was a distant third. Knutson was slowed by a dog attack during training 2 weeks earlier that had resulted in 28 stitches and 5 days in the hospital. To add to his woes, he left his gear at home and had to walk in borrowed things, including a half-size-too-large pair of bowling shoes. He survived without a blister. Interestingly, bowling shoes were not unusual footwear in races when I came into the sport in the late '50s. Sue Broduck won the National 5 km, the first time the women had competed at this distance at the National Meet (previously 1 Mile). Her 27:40 led Ellen Minkow and Ester Marquez. On the local scene, your then 38-year-old editor blasted a 3:16:41 for 4 miles, only a bit more than 2 minutes over what he might have done in glory years, and immediately announced that he was about to start challenging those near the "bottom of the top". A hollow challenge as it turned out. Jim Heiring won the mile in the Wisconsin Junior Olympics in 7:59:4 and this turned out to be the start of a much more serious challenge to those at the "top of the top". Jerry Brown and Bill Ramsey competed in Europe with the U.S. track team and, despite some good times (walking that is, not boisterous revelry), didn't come off too well competitively. In Germany, Jerry had 44:56 and Bill 45:36 for 10 km, but Bernd K bemann did 43:48 and Gerhard Weidner was second. In Italy, they had 45:46 and 46:06, respectively, but Vanni and Zambalde were well ahead. In Minsk, they gave the Soviets a good battle, but were still third and fourth. Yevgeny Ivenchenko won in 1:35:14, and this time, Bill beat Jerry with 1:36:37 to 1:37:41.

20 Years Ago (From the July 1978 ORW) - Todd Scully led from the gun to win the National 10 Km in Niagara Falls in 46:16. Ron Daniel was 32 seconds behind and Peter Doyle and Martin Kraff followed him. The Junior 10 went to Ray Sharp in 50:55 with Mike Morris second. Scully took second in the US-USSR dual where Vinichenko was disqualified after finishing in 1:31:16. Polozov won in 1:30:04 as Todd did 1:32:13 and Larry Walker 1:34:15. In two Junior duals against the Soviets, Sharp did 48:40 and 47:20, but finished third both times. Morris had 48:43 in the second dual. Mexico's Raul Gonzalez zipped a 3:41:26 for 50 km in the Prague-to-Strasbourg race. Paul Handrick became the first American to compete in the Paris-To-Strasbourg race (see April '88 issue) and covered 214 km in 31 1/2 hours before dropping out. Josey Simon of Luxembourg won the race in 66:10:47 (for 500 plus Km).

15 Years Ago (From the July 1983 ORW) - Italy's Marzio Damiliano won an international 20 Km in Los Angeles in 1:25:53. Marco Evangelisti captured fourth in 1:27:07, behind the GDR duo of Hartwig Gauder and Ronald Weigel. Dan O'Connor (1:27:49) was sixth and Jim Heiring (1:28:12) seventh. A month later, Heiring bettered the national record for 10 km with 41:07.91
on the track in Stockholm, finishing behind Sweden's Bo Gustavsson and Finland's Reima Salonen. Evoniuk was fourth in 41:27.63. ... Todd Scully won the National 10 at Niagara Falls again, this time doing 44:50, but finished behind Canadian guest Marcel Jobin. Steve Pecinovsky was just 22 seconds behind Scully and only 1 second ahead of Tom Edwards. ... Heiring won the National 5 Km in Racine, Wis. with 20:33:3, better than 1 minute ahead of Mike Morris. ... At the National Sports Festival, Scully won a very hot 20 km in 1:39:14 and Randy Minn walked away with the 50 in a very impressive 4:20:20. ... James Mann won the Junior National 10 Km in 47:25.

10 Years Ago (From the July 1988 ORW)--Conditions for the Olympic Trails in Indianapolis were much like this year's Nationals in New Orleans. At the 9 am start, the temperature had already risen above 90 F and the humidity was high. Gary Morgan took command of the race just after 5 Km and walked unchallenged (other than by the conditions) the rest of the way to win in 1:34:12. Tim Lewis caught Paul Schwartzburg in the final 200 meters to take second in 1:36:31. Carl Schueler also caught Schwartzburg, but already on the team at 50, he paused before the finish to give the third place to Paul. Unfortunately, it turned out Paul had gotten a third red card just before entering the stadium, so Jim Heiring (1:37:09 in fourth) moved onto his third Olympic team. In the conditions, Morgan was 6:41 off his qualifying time, but that was closer than anyone else in the race and that is why he won. ... There was also a women's 10 Km at the Trials, but it was essentially an exhibition since the race wasn't added to the Olympic agenda until 1992. This race was postponed from 4:55 pm until 9:45 to get the heat-humidity down to acceptable levels. Debbi Lawrence walked masterfully in the steamy conditions to win by more than a minute in 47:52. Teresa Vaill was second in 48:57 and Sarah Standley third in 50:05. ... In the National 10 at Niagara Falls Dave McGovern won in 44:04, a minute ahead of Mel McGinnis. Curt Chumley was third in 45:41. ... Junior National Titles went to John Marter (47:43) and Deirdre Collier (25:30).

5 Years Ago (From the July 1993 ORW)--Another Canadian year at the National 10 in Niagara Falls as Tim Berrett (42:19) and Arturo Huerta (43:15) finished one-three in the men's race and Janice McCaffrey and Alison Baker one-two in the women's. In the men's race, Andrzej Czykinski (42:41) and Gary Morgan (43:57) led the U.S. walkers. In the women's race, it was Michelle Rehl (50:01) and Lyn Brubaker (51:04). ... Wil Van Axen (47:14) and Lisa Chumley (25:01) won Junior National titles in Spokane. ... In the Pan-Am Junior meet, Ecuador's Jefferson Perez flashed the brilliance that led to Olympic gold in Atlanta with a 39:50.73 win. Van Axen was second in 44:26. ... Australia's Nick A'Hern did 1:20:13 for 20 Km on the track in Bergen, Norway.