Seaman the Record Man

Following up on his impressive race in the National Invitational 20 Km, Tim Seaman has shown a great turn of speed to topple two American records in the past month. A week after the Virginia race, Tim was in Carlsbad, New Mexico where he cruised over a 5 Km road course in 19:47 to better his own U.S. road best of 1959 set in 1996. In the process, he beat Olympic champion Jefferson Perez, reportedly using the race only as a workout, and Al Heppner. Danielle Kirk was also impressive at Carlsbad, winning the lady's race in 22:48.

Four weeks later, Seaman buried Tim Lewis' 1985 track record for 10 Km as he blistered Philadelphia's Franklin Field track to win the Penn Relays in 39:43.85. The old record was 40:20.57. In winning, Tim left Curt Clausen more than a minute behind and Al Heppner more than two minutes back. After hitting the 5 Km mark in 19:54, Seaman was able to maintain his pace, and then some, needing just 19:49 for the second half. Clausen had splits of 20:20 and 20:30.

After the race, Seaman said: I wanted to give the American Record my best shot today. It's a great feeling after coming back from surgery." Tim still holds the US Junior record for 10, which he set at 43:03 in 1991.

Jill Zenner took the measure of Kirk, defending her lady's 5 Km title in 22:35.22. The two were close at the halfway point, but Zenner pulled away from there. Since this is the Ohio Racewalker, we probably should note two wins (Zenner and Dan Dalton in the Junior 10) and a third (Vince Peters in the masters 10) for the Miami Valley Track Club.

Results:


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. E-mail address: jmortlan@columbus.rr.com

Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

Maryanne Torrellas (44), Conn. 19:46.73 2. Lyn Rubbeler (42), Penn. 19:48.49 (both well under former world's best of 19:52.71 by Great Britain's Ann Lewis. Sandy DeNoon (43), Ill. 19:59


Vista Crew. The walkers in training at the ARCO Olympic Training Center in Chula Vista, Cal. pose with coach Enrique Pena. From left to right: Pena, Philip Dunn, Danielle Kirk, Curt Clausen, Margaret Ditchburn, Tim Seaman, Susan Armenta, and Al Heppner.

Other Results


Chula Vista Crew.

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Don't Wait, Come Test Your Gait

Thu. May 6 5 Km, Miami, 6:46 pm (Q) Sat. May 8 2.8 Miles, Seattle, 9 am (C) Sun. May 9 North Region 20 Km and Jack Mortland Walks, Yellow Springs, Ohio (M) 10 Km, Lake, Ontario (519-672-5105) 10 Km, New York City, 9 am (F) Sun. May 16 Metropolitan 20 Km, New York City, 8:30 am (F) Art Keay Memorial 10 Km, 11 am, Toronto (X) 1600 meters and 3 Km, Alexandria, (J) 5 and 15 Km, Riverside, Cal. (B) 5 Km, Denver, 8 am (H) Tue. May 14 1500 meters, Atlanta (D) (And all Tuesdays through June 22) Sat. May 22 Niagara 20 Km, Owen, NY, 8 am (AA) 5 Km, Denver, 8 am (H) Sun. May 23 National USAF and North Region 15 Km, Elk Grove, Ill. (S) 5 Km, Denver, 9 am (H) 10 and 10 Km, Palo Alto, Cal. (R) Fri. May 28 1 Mile, Houston (and each Friday through June 25) (Y) Sat. May 29 5 Km, Coral Gables, Fla., 7:30 am (Q) 5 Km, Ann Arbor, Mich. (O) 10 and 20 Km, Brookfield, Cal. (I) Sun. May 30 1600 meters and 3 Km, Alexandria, (J) Ohio USAF 5 Km, Columbus (M) 3, 5 and 10 Km, Houston (Y) Alonzi 5 Km, Kentfield, Cal., 9:30 am (P) Mon. May 31 5 Km, Decatur, Georgia (D) 5 Km, New Castle, Penn. (Z) 10 Km, Eisenhower Park, Long Island, 8 am (F) Sat. June 6 5 Km, Decatur, Georgia (D) 5 Km, New Castle, Penn. (Z) 10 Km, Eisenhower Park, Long Island, 8 am (F) Sun. June 7 3 and 10 Km, Kenosha, 6 pm (S) 10 Km, Yellow Springs, Ohio (M) 8 Km, Atlanta (D) Weinacker Cup (Ontario vs Michigan), Port Huron, Mich. 5 Km, Denver, 8:30 am (H) Sat. June 12 5 Km, Atlanta (D) 5 Km, Hebron, Ind. (S) 5 Km and 20 Km Relay, Denver (H)
From Heel to Toe

Penn Relays. An interesting addendum to the report on the walks at the Penn Relays: Lightning at the meet on Friday had forced postponement of some relay heats on Friday. In order to get back on schedule, meet directors wanted to combine the men's and women's walks at 7 am on Saturday morning, the scheduled time for the men. This would have allowed the postponed relays to be run at 8 and the rest of the meet to resume on schedule at 9. The 22 women entered, supported by Jeff Salvage who was managing the walks, refused to go along with this. The feeling was that with the different distances (10 km for men, 5 for women) the process would have been unmanageable.
Comparing Racewalking and Running

by Bob Carlson

Since racewalking uses more muscles than most other sports, walkers can get into the same excellent condition as runners who use primarily just the leg muscles in their sport. Their cardiovascular systems are comparable. However, runners do not get the same overall body capillarity enlargement that a racewalker does, the racewalker using many more muscles while walking. The most superbly trained marathoner in the world tried to compete successfully in racewalking without training for several months in the specific exercise, that person would find it an almost impossible task to avoid disqualification by judges unless walking slowly. Certainly, the runner would have the same or a bit better cardiovascular capacity and leg strength, but would lack the necessary capillarity enlargement in the hips, arms, and shoulders to allow the legal movements of racewalking for very long without extreme fatigue setting in. The runner might be star in illegal walking, but, if the rules were enforced, would be completely lost.

uselessly from the elbow or punches dangerously upwards. This 'uppercut' action looks exactly like a high jumper at take-off, a movement that does not express our judges' (Ed. The bit on the arms seems a little confusing, and it would seem to me would be particularly so to a beginning walker who has been instructed to lift the hands swinging to the center of the chest I guess we should emphasize the word 'basically' in the above reference to arm action. But, if you think of this as meaning the hands are going to be moving parallel to the direction of travel, you have it wrong. The important point is not to let the elbows stick out---known as chicken-winging—which makes the arm action practically perpendicular to the direction of travel, which is, of course, useless. So, did I clarify, or confuse further?) Clinics. A series of racewalking clinics is scheduled for Ann Arbor, Michigan in May. The first session on Sunday, May 16 will be taught by Cheryl Rellinger, a member of the National Team who holds an advanced degree in fitness and exercise science. Dr. Al Rice will teach the second session on Saturday, May 23. He holds a Level 1 Coaching certificate from USA & TF, and is both a racewalker and a certified USA & TF racewalk judge. Mary Jannausch, a national-level judge and long-time racewalker, will conduct the final session on Wednesday, May 26. Contact Mary at 3484 Burbank, Ann Arbor, MI 48105 for further information. You can call her at 734-663-0187 or e-mail her at mjanna@umich.edu. And here are a couple of chances to attend one of Dave McGovern's well-respected World Class Racewalking Clinics. Dave will be in Yellow Springs, Ohio on July 24 and 25. His two-day workshop will cover the psychological principles behind fast racewalking, racing strategy, putting together a periodized year-round training program, and injury prevention. He will also perform lactate threshold tests using Polar Heart Rate Monitors and conduct individual video-taped technique analyses. The clinic fee is $95. There is limited space available. Contact Vince Peters at 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424 for more information or to see if you can still get in. If not, maybe you would like to travel to Sacramento in September, or maybe that is more convenient anyway. Dave will be there for a similar clinic September 10-12 for the same fee. Contact the Sierra Race Walkers at P.O. Box 13202, Sacramento, CA 95813 for further information on this one. Nationals Qualifiers. Qualifiers for the National 20 Km races in Eugene in June, reported as of April 16 are (Qualifying Standard of 1:50:30 for women and 1:34:00 for men): Women—Susan Armenta, Lyn Brukaker, Margaret Ditchburn, Joanne Dow, Victoria Herazo, Deb Iden, Daniaire Krik, Molly Laveck, Debbi Lawrence, Cheryl Rellinger, Michelle Rohl, Lisa Sonntag, Teresa Vaill, and Jill Zenn. Men—Sean Albert, Curt Clausen, Victoria Herazo, Deb Iden, Danielle Kirk, Molly Laveck, Debbi Lawrence, Cheryl Rellinger, Michelle Rohl, Lisa Sonntag, Teresa Vaill, and Jill Zenn. Men—Sean Albert, Curt Clausen, Victoria Herazo, Deb Iden, Danielle Kirk, Molly Laveck, Debbi Lawrence, Cheryl Rellinger, Michelle Rohl, Lisa Sonntag, Teresa Vaill, and Jill Zenn.

Conversely, the world's leading racewalkers could, with a small amount of running training, compete fairly well in running because they would have the necessary capillarity build up in the legs and cardiovascular endurance similar to the top runners. Some world class racewalkers have run some decent times (in the 2:30s) and walked the distance in 3 hours. The top racewalkers try to make walking as close as possible to running, while still maintaining legal walking technique. Many elite racewalkers do incorporate running training into some of their workouts—especially the Europeans. Wouldn't it be fun if we could promote a dualathlon endurance event between elite athletes in each sport in which the combined times count in the scoring in which all the rules needed to be followed? The problem is that no elite runner would dare enter such an event. Perhaps a fairer event, from the runner's standpoint, would be an event using comparable world record times for the marathon distance, and use the ratio of times—about 0.7—as a factor to select the winners. Such an event would give us some favorable exposure. (Ed. I'm not sure about that last statement. The event would just demonstrate what the factor already tells us—that walkers take nearly half as long to cover the same distance. And we already have elite walkers competing in marathons occasionally, certainly impressing—or angering—the middle-markers who they beat, but maybe no one else in particular)

Interviews: Dow and McCaffrey

Two of the top North American women in the racewalking game are Joanne Dow and Janice McCaffrey. Both are mature women—35 and 39 years old, respectively. The interesting contrast though is that Dow is a relative newcomer to the sport, while McCaffrey has been at it since 1981. Following are interviews with the two. Dow was interviewed by Eileen Ward in January at the ARCO Olympic Training Center. Since then, she has broken her own American record at 20 Km with a 1:33:27 at the National Invitationals. She is coached by Mark Fenton. The McCaffrey interview, by Ray Sequin, appeared in the February/March 1999 issue of Athletics, Canada's track and field publication. First, Eileen's interview with Joanne Dow, which I have condensed some.

JD: You began walking in 1994 with a best of 54:08 for 10 Km. She learned fast and placed seventh in the World Cup Trials early in 1995 and then improved to 47:43 at the National Invitationals. She missed the rest of that year with injury and didn't really get back until the Alongi race in September 1996, when she matched that 47:43, after struggling to 10th in the Olympic Trials early in the year. From there it has been all improvement.

The last time we talked together, you were on the other side of a series of injuries that had sidelined you off and on for a year. You felt you had finally learned what to do and what not to do to stay injury free.

JD: I think Mark and I learned a lot from that year. We know how to combine different forms of training better. Since then, I have had almost two good years. It's been a long enough period of time to really go through true periodization in my training.

JD: Does your training include using weights?

JD: One of the things I hope to take home from here is a better weight lifting program. What I have been doing is mostly upper body. I have found that when I try to do my legs, it is almost an overload. It is hard for me to judge how much to do because I think I can do more than I should be doing. I have a hard time saying, "This is enough. This is all I need right here and right now."

What is Mark emphasizing in your training?

JD: He does not want me to change any of the conditioning stuff I have been doing. He said to me, "The only thing you are to change is your walking. Your walking needs to get more intense, but everything else should stay the same. If you are doing one set of lunges, do not add more. If
you are swimming 2000 yards on an easy day, don't try swimming 3000. Keep it at two because that is where you are right now.

After the Pan Am Cup, I took the rest of October and November off to give my body a good rest. During that time, I tried some swimming and yoga, things that I don't normally have time to do. I wanted to keep them up when I started training again. Now I use swimming as an easy day or second workout maybe once a week, possibly twice. I do swimming on a more regular basis. Why do you like yoga?

JD: I like yoga because it takes more strength than regular stretching. I have been using some very good tapes on my body. Even now, when I stretch, I use yoga moves. When you do a yoga pose, you need strength, flexibility, and balance. You don't necessarily get that with a static stretch. I just like the way I feel after I do yoga. It feels really good.

Can you give a couple of examples?

JD: Take a hip flexor, a typical lunge. In a yoga pose, you would have your front leg in a right angle and only the toes of the leg extended in back on the ground. In a regular lunge, you might rest your knee on the ground to get the stretch. By having your leg off the ground in back, it intensifies the stretch and requires more balance.

Another good one is a "Downward Dog." It's a calf stretch. Rather than just extending your leg in back to stretch the calf and hamstring muscles, you put your hands on the ground and make a V of your body. You can modify the intensity of this stretch by keeping your heels off the ground in the beginning of the stretch and gradually lowering them.

Would you do stretches that combine strength moves prior to racing?

JD: After racing. You pretty much need to go back stretching before. I'll use yoga as a substitute workout. Mark still has me doing one day of alternate activity. Of course, all this week is walking, but when I go home, I'll do an alternate day.

Are there other activities besides swimming and yoga that you do?

JD: Nordic Track is convenient because it is right in my home. It is nice to be able to go up in my spare bedroom and do my Nordic Track and my yoga particularly if there is a lot of snow on the ground. It really gives me a good workout. I did swimming in college, but someone pointed out to me that swimming was work for me. I was having a hard time enjoying swimming and so I really spent the off season this fall trying to get back into swimming so that I felt it was fun again. I feel as though I finally got there. Now I almost miss it and really wish there was pool close.

Swimming is so kind to your body. It is nice for recovery.

You mentioned that you have been training with a periodization plan. Are you planning to do anything different this year or just more of the same?

JD: I think one of the big things--and it is almost scary, but I have to trust my coach and I know it is probably what they are doing here, too--I have to train through some of the Trials races coming up and peak for them. Mark and I sat down in October and he said, "The World Cup and the World Games are the dates for racing. This is where we want you to be peaking." This means that we are not working for me to peak at the Women's World Cup Trials March 20. I will not be tapering for the race, but treating it as a 20 km workout.

In the very little time that I have been involved in racewalking, I think we Americans have worked hard for the Trials race to make the team, and then we haven't been able to break through at the main event. So it's bold and a little bit scary for me to think of the World Cup Trials as a workout, but I have to trust Mark. I think this is how we should all be doing it.

Will you be trying to hold a specific pace for the Trials?

JD: No, I'll be trying for a pace, racing to get into the top five even if it fifth place--that's okay.

The problem is that the ego perks up, and the ego wants to be in the front.

JD: That's right. Though I am thinking of the Trials as a workout, I have to be rested enough that I can do okay. I have to be ahead of a certain number of people. But I only have control over what I do. I have no control over how anyone else is training or what their circumstances are. They may be training to race full out at the Trials.

How do you feel about peaking twice this year?

JD: The World Cup and World Games are far enough apart to peak for both. And, of course, we also have the Pan Am Championships in July. I have to do well in our National Championships in June to qualify for those meets.

It is going to be a very challenging year.

JD: It is going to be an exciting year because prior to this year, I have never felt that I had a chance of being a big international race. My husband says to me, and I think in my head, too, "1998 is past. You are starting fresh with a clean slate." All of us women are in the same place right now. I was number one in '98, but that doesn't matter now. What is that saying, "You are only as good as your next race."

How fast do you think you can go?

JD: I hope I can do 1:33. A lot depends on the race conditions. That's a final factor.

Physiologically, I think that 1:33 is within me. I did 1:34:36 last year.

In any case, there are going to be enough 20 km's this year to let you discover more about your potential.

JD: I really like the 20 km distance. I like training for it. I like doing more mileage. I feel better when I do more mileage. There were so many people with so much race experience at 10 km. It is totally different with the 20. We are all figuring it out together. It will be exciting finding out where we can go as women.

I haven't noticed too many 20 km races going on in Europe. The very best times I have seen are in the lows 1:30s, perhaps one at 1:29 something. It would seem the American women are in a very good position.

JD: The 20 involves a different kind of training program. It is going to attract a different set of athletes. In the 10, you need quick speed; in the 20 you need greater strength and endurance as well as speed. As I am 34 going on 35 and will be 36 next year for the Olympics, the 20 has advantages for my age.

Let's say you did very well in the Olympics, would you want to make the 2004 team?

JD: No. I will stop because my kids are getting to the age where they need me more. They are eight and ten and I want to give them the same opportunities that my parents gave me. My daughter has a laundry list of all the things she wants me to do. Every day it is something different. But right now, the priority is my training and it's okay with everyone.

In a Boston Globe interview, the reporter asked if I wished I had found racewalking earlier, and I answered, "Absolutely not." Racewalking came at the right time in my life. This is the first year that both of my children are in school from 8 in the morning to 2 in the afternoon. It is the first time that I have a block of 6 hours when I can get things done.

With very young children, it is very hard because your sleep cycle and all that gets interrupted. When I first started racewalking, my children were two and four. They weren't even in preschool. I wouldn't have felt I could leave them with my husband to train in San Diego, for instance. But now that they are in school, he can handle things more easily. So the sport absolutely came at the right time in my life. I tell everyone that I truly believe it is God's plan that this happened at this time in my life...I am truly appreciative and thankful. I don't know too many women my age who are so happy and contented in their life. I thank God every day that I can be out training. I do not take any day for granted. (Conclusion of the interview next month.)

Our second interviewee, Janice McCabe, calls herself an average Olympian. She holds Canadian records at 10 and 20 km, and after two Olympics, four world championships, and three Commonwealth Games, the Calgary walker isn't slowing down and still goes out there for the love
of the sport. With a career, a family, and sights on Sydney in 2000, she still loves to compete and is anything but 'average', according to her interviewer. And here is how that interview went.

Start us off by giving me some background information on yourself.

Well, I was born in Etheloke and moved out to Alberta after grade 4, and the west has been my home ever since. I have two great children, Scott, 12, and Jamie, 10. And I've been married to Bill for 17 years. I've had the same coach since I was 16 years old, and that's Roger Burrows. He has been such a wonderful mentor and friend over the years and someone who's been able to help me stay focused through all sorts of turmoil and times of uncertainty.

What do you do for a living outside of racing?

I'm a psychologist and a workshop facilitator. That is, I have a masters degree in psychology and I give corporate seminars on how executives can use sports psychology to achieve greater things in business and even in their own personal health.

How did you first get involved in racewalking?

It was in 1981. That year, the Canada Games were being held in Thunder Bay and I wanted to compete there in a middle-distance event. When the scheduled came out 8 months before, I saw there was no way I could compete because my sister was getting married on the same day as my event. I asked my coach, Roger, what could be done. The only option was to do the 5 km racewalk. I didn't want to do it, but Roger thought I would be good at it somehow. The first time I tried in practice, I went about 100 meters and had to stop! But we worked at it and I went on to the Canada Games and won the bronze medal. And I never looked back.

Tell me, what is it like being an Olympic-level racewalker in Canada? To me, track and field is anything but 'average', according to her interviewer. And here is how that interview went.

Yes, we are definitely the most misunderstood group in all of track. I know that, we all know that. People stand there and say, "Why are you trying to go as fast as you can, with the most inefficient technique?" I don't think you can be a successful racer if you really care what people are saying and thinking. I certainly don't. To me, the racewalk is a lot like the butterfly stroke in swimming. The butterfly isn't nearly the most efficient technique, like racewalking, but it's still very hard and demands lots of discipline and training. But that's the mentality in Canada and North America.

I have been in Europe, out on a training walk, and as I go past people they say to me, "Hey, great technique!" That's because the Europeans are so much more educated on the sport and understand the training behind it and how hard it really is. Roger used to say, "Racewalking is a fast event, like the 800 meters, that goes on for a long, long time."

You say you describe yourself as a "middle-of-the-pack Olympian" to people who ask.

Yes, because I finished 25th at both Olympics—Barcelona and Atlanta. I know that's not as high as I wanted to place.

Even though someone like myself would give up their right arm, to go to two Olympics and finish 25th?

Yeah, I know. I know in looking at the big picture it's good. The funny thing is my time from Atlanta would have won in Barcelona.

How so? Was Barcelona a very tactical race?

Well, there was a huge hill in Barcelona, so there was that to deal with. But you would not have wanted to be around me in Barcelona after that race. I was beating myself up for that for days afterward. I hated feeling that I hadn't given my all, but I held back to save some energy for the hill because I thought it would help me near the end. Anyway, just goes to show that you can't let those things bother you. I've mellowed out over the years. Now, I really look forward to having my family present at big events, cheering me on. That has also made racing so much more fun over the years, having them there.

Looking Back

35 Years Ago (From the Spring 1964 issue of the Midwest Race Walker, published by Chris McCarthy)—In a stirring 1 Hour National, Ron Laird led three others beyond the national record, covering 8 miles 179 yards on Chicago's Rockne Stadium cinder track. Laird pulled away from Ron Zinn after 4 1/2 miles, with Zinn missing the 8 mile mark by just 28 yards. Art Mark, with 7 miles 1649 yards finished just 9 yards clear of your editor. Actually, the latter two probably missed Rudy Halusa's record of 7 miles 1614 as the finishing gun misfired. McCarthy's article says it was finally fired an estimated 8 seconds late, which would be worth at least 30 yards, but my
recollection says it may have been a bit more than that. I recall passing 7 3/4 miles in a second or
under 59 minutes. Finishing strongly after struggling mid-race, I had a 7:20 for my last mile
and was still walking strongly. So, I figured I would have 7 or 8 seconds left after another half-lap
at that pace. Perhaps get to 1570 yards. As I neared the end of the back straight, I knew some­
ting was amiss and actually backed off because Mark was at a crawl and I didn't want to take
away a place in what I knew was "overtime". I figured we had perhaps an extra 12 seconds.
Whatever, it was an outstanding race for that era with 9 walkers over 7 1/2 miles) . … McCarthy
himself won the Ohio 50 K in a few weeks earlier in 4:43:44, 3 minutes ahead of Jack Blackburn.
Phil MacDonald was another 2 minutes back. Mortland called it a day at 24 miles while leading
McCarthy by about 5 minutes. … Laird went on a record rampage in San Diego, doing a track 20 in
1:35:26, an American record at the time. He broke records at 8, 9, and 10 miles, and at 15 Km on
the way. (Records were recognized at about any distance one cared to contest in those days.) In
another race, he knocked down records at 4 (17:51.2) and 5 (22:14.4) km.
30 Years Ago (From the April 1969 ORW)–Mr. Laird won his fifth consecutive National 15 Km
title in the Columbus suburb of Worthington as he edged away from Dave Romansky in the final 5.
Ron finished in 1:06:45 with Dave just 12 seconds back. Tom Dooley, Goetz Klopfer, Ron
Daniel, and Gary Westerfield rounded out the top six, with Westerfield at 1:12:09 … In Point
Pleasant, N.J., Bob Kitchen did a track 50 km in 4:19:41. … Romansky beat Klopfer by 2 minutes
in a New Jersey 10 miler, finishing in 1:13:31. … On the West Coast, Laird set American records at
race, with Doug Fournier finally pulling away to capture second in 1:29:06, followed by Mark
Weik in the final 3 miles (20:51.8) and 5 Km (21:34.2). … Dooley beat Klopfer by about a half-minute in a quick 7
miler (50:32). … The ORW postal 10 Mile Relay (alternate quarters) went to Dooley (1:36:7
average) and Klopfer (1:37:72) in 64:49.8. Klopfer also teamed with Bill Ranney (obviously not
on the same day) to take second with a 67:07.2, followed by Gary Westerfield-Gerry Booco (69:07)
and Jack Blakeburn-Jack Mortland (69:33).
25 Years Ago (From the April 1974 ORW)–Within a 3-week period, Shaul Ladany won both the
National 75 and 100 Km titles. The 100 came in Des Moines, Iowa, where he had a 10:12:53
leaving Augie Hirt 38 minutes back. Jerry Brown and Bill Walker took the next two places. In the
75 at West Long Branch, N.J., Shaul had 7:25:09. Gary Westerfield trailed by nearly 25 minutes
in second, with Tom Knatt third and Alan Price fourth. … Jerry Brown beat Colorado TC teammate
Floyd Godwin in the National 1 Hour in Boulder's altitude, covering 7 miles 1671 yards, with
Godwin just 34 yards back. Bob Henderson and Augie Hirt followed.
20 Years Ago (From the April 1979 ORW)–Jim Heiring broke Larry Young's American 20 record
by 6 seconds with a 1:30:04 on the Groover's Pointe, Mich. track. Chris Hansen stayed with
him for 5 miles and then slowly drifted away to finish in 1:31:45. Martin Kraft had 1:32:35 and
Steve Pecinovsky 1:32:45. … Paul Hendricks took second in a 200 Km race in France with
Jose Llopart in a swift 3:50:03 ahead of France's Gerard Lelievre (3:56:49) … In England, Marion
Fawkes set a women's world 10 km record of 48:37.6.
15 Years Ago (From the April 1984 ORW)–Carl Schueler walked an impressive 4:07:23 in very
muggy conditions to win the National 50 Km in Cleveland. Vincent O'Sullivan had a 4:10:00 in
second and Tom Edwards 4:14:39 in third. … Teresa Vaill was an easy winner in the women's
National 20 Km in Seattle in 1:45:20. Owen Robertson was second in 1:51:46 and Carol Brown
third in 1:52:52. … At the same site, Tim Lewis pulled away from Jim Heiring in the last 10 to win
the National 25 Km in 1:49:36. Heiring had 1:50:49, Ed O'Rourke 1:54:57, Carl Schueler
10 Years Ago (From the April 1989 ORW)–In U.S. World Cup Trials, Debbi Lawrence prevailed
in the women's 10 Km and Tim Lewis in the men's 20. In Tampa, Lawrence got away from Lynn
Weik in the final 3 Km to win 47:46. Weik had 48:10 and Teresa Vaill 48:35 in third. Wendy
Sharp, Maryanne Torrellas, and Susan Liers rounded out the top six. In Washington, D.C., Lewis
dominated the race to win in 1:26:52. The next five spots were hotly contested throughout the
race, with Doug Fournier finally pulling away to capture second in 1:29:06, followed by Mark
Manning 1:29:22, Gary Morgan 1:29:25, Steve Pecinovsky 1:29:42, and Curtis Fisher 1:29:47. ...
Morgan won the Mortland Invitational 10 Km in Columbus with 44:57.
5 Years Ago (From the April 1994 ORW)—Tim Seaman prevailed in the Easter Bunny 20 Km in
Racine, Wis., in 1:29:47 ahead of Don Lawrence and Will Van Axen. … Gary Morgan won the
Mortland Invitational 20 in 1:36:24 and Lisa Sonntag the women's 10 in 51:41.