Just Rohling Along

Eugene, Oregon, June 26 (Adapted from a report from Al Heppner)–Staking her claim as the best female walker in U.S. history, Michelle Rohl cruised to a new American Record at the U.S. Track and Field Championships this morning. In the process, she beat defending champion and national record holder Joanne Dow and also bettered Dow's record by 11 seconds with her 1:33:16. Joanne finished in 1:35:01. Susan Armenta was third in a personal record 1:37:03 to fill out the U.S. squad for the World Championships in August.

It was Rohl's second win over Dow since Dow beat her at the National Invitational in March, putting Michelle back on top of the national scene, at least until they meet again.

I thought I was ready for the record, Rohl said. Rohl was more than ready. The Hixton, Wis. resident pulled away from Dow at 10 Km and never looked back. She was actually on much faster pace, going through 15 Km in a U.S. record 1:09:07. But red cards plagued the two-time Olympian. A second card at 16 Km forced Michelle to walk conservatively the rest of the way. She avoided a third.

I'm looking forward to walking under 1:32. That would put me up where I belong, Rohl said.

Dow was hindered by abdominal cramps that slowed her in the second half. "I wanted to go slower and come back strong," she said.

The third place finish by Armenta is a huge breakthrough for the 25-year-old. Hampered all year by numerous ailments, the talented walker turned her season around by qualifying for the World Championships. "That's the best I've ever felt," Armenta said. She was better than 3 minutes under her personal best.

Earlier in the season Rohl said that she had lost some of her competitiveness. But today, she had so much that it rolled over into the drug test after the race. "I usually takes me forever to get out of drug testing, but today I was first," Rohl added. Next year, she'll be looking to become the first female walker to make three U.S. Olympic teams.

Danielle Kirk, Jill Zenner, and Sara Standley filled out the top six, all in the 1:39 range. The veteran Standley dropped her personal record by better than 2 minutes, but couldn't quite match the two youngsters, who were both better than two minutes slower than earlier this season.

Interesting to note that Track & Field News, which apparently doesn't consult with their racewalking correspondent Bob Bowman on this, had pegged Rohl for eighth in their meet predictions. Maybe someone slipped them some bad insider information. In any case, Michelle not only won the race decisively, but was named the "Female Athlete of the Day", an award presented by Xerox. Here are the results:

Clausen Finish Too Much For Seaman

Eugene, Ore., June 27 (Adapted from a report from Al Heppner)--After a seesaw battle with defending champ Tim Seaman, Curt Clausen blazed a final kilometer in 1:04:00 to regain the U.S. 20 Km racewalking title he had won in 1996 and 1997. Curt's 1:23:34 bettered Tim Lewis' 1987 meet record by 38 seconds, but beat the determined Seaman by only 8. However, Lewis still has the four fastest times ever by a U.S. athlete and his 1:21:48 from 1986 still leaves this pair something to shoot for.

And who was in third but the amazing 43-year-old Jonathan Matthews who was also under his personal record (1:24:56 back in 1993) with a 1:24:50. As a matter of fact, the first six finishers had personal bests in a very high-level competition.

Clausen tried to drop Seaman early, hammering out a punishing 4:02 for the second kilometer. He built a 7 second cushion at that point, but Seaman caught him by 8 km and they worked together through 16. Then Seaman put on a surge of his own to open up an 8-second gap.

"At that point, I tried not to give up," Clausen said. "I still had a little room on my heart rate (to go faster)."

With 2 km to go, Clausen surged back to overtake Seaman, before punishing the last kilometer to win his third title in four years. "I didn't want to take any extra risks with the judges today," Seaman said. "But I also realized we had another one lap too early."

Meanwhile, a second pack formed right from the gun, including Matthews, Andrew Hermann, Kevin Eastler, and Sean Albert. At 10 km, Matthews made a move and along the way set new American standards of 4 hours. (For a country to enter more than one athlete in the Worlds, they must all have met the A standard.) If Curt chooses to walk 50, which I think he regards as his best distance so far, this will leave him with a 5/9 for his 6th consecutive 20 km title and for the first time in four years his same race.

The race will leave Clausen with the choice of walking 20, 50, or both at the World Championships in August. If he chooses to walk 20, the U.S. will still be represented by three walkers at 50, Al Heppner, Andrew Hermann, and Phil Dunn who have all bettered the A standard of 4 hours. (For a country to enter more than one athlete in the Worlds, they must all have met the A standard.) If Curt chooses to walk 50, which I think he regards as his best distance at this time, Dunn would be left off since he was fourth in the Nationals (and also has the fourth best time). As to the 20, no one has met the A standard of 1:23. So, if Curt decides to walk the 20, he will be it for the U.S. as things now stand. Seaman can go if Clausen opts out of the 20.

Finally, lest I be accused of singing the same song about lack of depth in our program, let me quote Olympian Allen James. Allen very capably filled the gap between Tim Lewis and Curt

Other results

NAIA Championships, May 24: Women's 3 Km--1. Jaimie Roberts, Univ. of Wis. Parkside 15:02. 2. Sara Stevenson, Olivet Nazarene, Ill. 16:03. 3. Laurie Starr, Hastings, Neb. 16:15


**Ontario Masters 5 Km, Toronto, June 12**

**Overseas: Hermann Under 4 hours**


Ohio Walk Week. Vince Peters announces that the Youth Road Racewalk Nationals will be the featured event of Ohio Walk Week in July in Yellow Springs. The Nationals include a 3 km for Bantam and Midgets and a 5 km for Youth, Intermediate, and Young Men and Women's divisions. Dave McGovern will host a free clinic on Friday, July 23. Mike Rohl and Jill Zenner have planned Bantam and Midgets and a 5 km for Youth, Intermediate, and Young Men and Women's divisions. Qualifying standards for the 2000 Olympics in Sydney are: Men's 20--A: 1:23:00, B: 1:25:00; Wed. Aug. 25, 11:25 am; Women's 20--Fri., Aug. 27, 6:50 pm ... Qualifying standards.

Qualifying standards for the 2000 Olympics in Sydney are: Men's 20--A: 1:23:00, B: 1:25:00; Women's 20--A: 1:36:00, B: 1:40:00; Men's 50--A: 4:00:00, B: 4:10:00. All performances must be achieved during the period Jan. 1, 1999 to Sept. 11, 2000. So the U.S. now has four men under the 50 km A standard and two women under the 20 km A standard, but no men under the 20 km A standard. The A standard must be met in order for more than one athlete from a country to compete; the B standard must be met by a single athlete wishing to compete. adidas. Noted in the Walking Club of Georgia newsletter: "One of the first things I learned was that the word 'adidas' is not capitalized—really!" Well, that's not big news, but some may be surprised to know that the word has been constantly mispronounced for so long that at some point the company gave up the battle. This came to mind because Ron Laird had been discussing the history of shoes, including the adidas name, just a few days before I saw the above reference. And, when I met the company's athlete's representative Dick Bank (who I had already known through the mail as a fellow Track and Field News "Track Nut"—I still have my official card.) Dick was insistent that everyone he came in contact with knew how to properly pronounce the name. And, certainly, when I visited the company factory in Germany in 1965 while in Europe with a U.S. national team, they were using the "proper" pronunciation. But his campaign never succeeded, as we can see here in the company's TV commercials today. One other note: when Adi Dassler turned the company over to his two sons, they soon find themselves in violent disagreement and one of them left, opening a new factory on the other side of the small village housing adidas. That was the Puma factory and until Nike, Asics, etc. etc came along these were the two world giants in sports shoes... Ulrawalks. If you want a different experience, add to your schedule the 250 mile group walk scheduled for Fort Collins, Colorado Sept. 21-24, 2000. This is not a race, but an effort to get the whole group through. Likewise, on Sept. 18 of this year there is a half-marathon/marathon/50 mile group walk in Fort Collins. If you are interested, contact Ulrich and Traudi Kamm, P.O. Box 433, Golden, CO 80402, 303-216-0541; email: ulwalker@aol.com.

Dow Interview Completed

(In the April issue we ran the first part of an Ellen Ward interview with Joanne Dow conducted in January at the ARCO Olympic Training Center. We ran out of room to complete in last month as promised, so here it is belatedly.)

Seville (site of World Championships) will be hot in August. How do you train for heat in New Hampshire?

JD: I will do what I did for New Orleans. I will wear extra clothes during my workouts keeping my body as hot as I can. Before New Orleans, I would go out in a warmup suit on a 90 degree day. Even when I wasn't training, I was wearing hot clothes. I would have pants and a long sleeved shirt on and sit in my car with the windows rolled up—so it was all the time. Everyone else would be in shorts and short sleeved shirts (Ed. Reminds me of Gwen Klopfer, Tom Dooley, Bill Ranney, and Jim Lopes stopping by here on a summer walking trip in the late '60s, which was to include a race on the saline East Coast. San Francisco doesn't prepare you for races in this part of the country. So they had come across country wearing their sweats and with the heater in the car turned up. I don't recall now how much good it did them.)

I started wearing a hat, too, to keep my head warmer. I was never a hat person, but found that that was supposed to be in shorts and short sleeved shirts. When I went into the race in New Orleans, I felt that I was in the best shape that I had ever been in. I thought, "I have done all I can do in New Hampshire to get ready for a race in New Orleans. If I am supposed to have a good one, it will happen." Do you think anyone can acclimate to the heat by putting on extra clothes?

JD: It worked for me. I was not a hot weather person until I did this sort of acclimating, and then it took me a while to come back to being used to the cold. I was very, very cold this fall because my body was used to heat and being hot. Ed. Superior fitness is the biggest factor. High temperature and humidity is going to slow one down regardless, but the hotter the level of fitness, the less effect the heat is going to have, even without acclimatization. At least that is my observation having walked for 40 years in a place where summer temperatures in the 80s and 90s are often nearly matched by the relative humidity numbers.)

Let's go back a bit. How did you start training after two months off?
JD: I started walking three days the first week for 30 minutes doing alternate workouts on the non-walking days. The next week was four days at 30 minutes with one at 40 minutes. After that, I went up to five days between 30 and 45 minutes, maybe getting up to five miles. I still did an alternate activity on the non-walking days. By my fifth week, I had my days in and was beginning to lengthen the workouts and increase the intensity. Before coming here, I had walked 8 miles, but this week I am hoping to do 18 Km on Saturday morning here.

None of the miles I do now are at a 9 minute pace. Mark says, "Okay, do 5 miles, 6 miles, 7 miles, and then 8 miles, but you are to stay at an 8:30 to 8:40 pace, no slower than that. As long as you can hold that pace with good technique, you can up your mileage." We learned this pacing when we went to the camp in Colorado and Mark keeps reminding me of it. The exercise physiologist there spoke of the muscle memory. It does no good if you are walking too slow. The runner's theory is that you go 1 1/2 minutes to 2 minutes slower in the long slow run. But I don't think running is as technique oriented as we are in racewalking. If I do not hold this pace, I am not using the muscles that I really use when I am racing.

When will you add speed workouts?

JD: I have been doing some economy stuff. An economy workout is where you are reminding your muscles of fast technique. It's short fast 600s, 400s, and 200s. 600 meters is as high as you get. And you are going full speed. I like economy workouts. They are short, fast, and fun.

One of my days, I do a mile warmup. Then I alternate a 400 with a series of drills, do another 400 and another of drills and another 400. The drills are for flexibility and strength. A couple of them are quite ballistic and they keep the heart rate up. I have two sets of drills. Each set has seven or eight drills that I rotate doing each drill for 30 seconds. Thata way, I am getting a little bit of speed in, but still getting the drills in.

A lot of masters are afraid of speed work?

JD: They get intimidated by the track. I just love the track. I love threshold stuff—the 2 and 3 km distances. I love nothing more than having Mark standing on the track screaming at me to push myself to my limit. I also love timing myself and knowing that last month when I did the same workout, I was going this much slower. I like to see the progress. When you are on the road, you have a car coming, you have to hop up on the curb, or there is a dog that's running after you. On a track, there aren't those variables.

When you are up to max, do you do two or three speed workouts a week?

JD: I do two—one track workout and one fartlek on the road.

Do you usually train alone?

JD: One day a week I go out with my running partner. Sometimes I train with the running club, but that's in the summer mostly. The club has a coach and if the track workout he sets is within what I can do for that day, I will walk with a group of runners. There are maybe four of us together with a group ahead of us and a group behind us. We are all doing the same workout, and I like the camaraderie. But it is more fun down here at ARCO because here I can workout with racewalkers doing the same thing.

What is the testing you are doing here?

JD: Blood lactate. I think the testing will reinforce what Mark knows. Mark actually developed the protocol in Colorado that they still use. So he knows what he is doing, but this is just to confirm things.

What do you think of heart rate monitors?

JD: I think they are valuable. I don't train with them right now, but I think that is something I want to start again. Mark told me to come home with all sort of ideas. He said, "Don't try anything that you haven't done and don't get hurt. Come back and we will go over everything and we will find out what we think will work into your program" So I am going to go back and say, "Let's try the heart rate thing."

I notice how they are using them here. It makes so much sense because if I am on an icy road and my heart rate is 160, I am working just as hard as I am here at 160. I am not going as fast on the ice as I would here, but I am working just as hard. So I think using a heart rate monitor would be a valuable tool to use again. It will help me validate what I am doing. I will be able to say, "Hey, I had a good workout today even though I was only able to do 8:45 because of road conditions. I'm still working."

How do you feel about monitoring yourself by perceived exertion?

JD: Perceived exertion is one of the tests you do here. They give you a scale beginning at 7 or 8 that goes all the way up to 20. Eight would be very light; 20 would be extremely hard. After I have done a certain distance and my heart rate is checked, the tester holds the cart up and asks, "Where are you?"

I'm usually pretty close. That comes from knowing your body and knowing what it feels like at various efforts. I'll say, "It felt harder this time than last time," and give a higher number. Even when I work personal training clients, I will tell them, "You are not getting anything unless you feel that you are working somewhat hard."

With all this training, I bet you are getting anxious to start racing again.

JD: I am chomping at the bit. I have always been very competitive. I love to race. I love the competition.

(Curt Clausen has certainly set the U.S. racewalking world on its ear lately with his record-shattering 50 at the World Cup and his swift finish and meet record at the National 20. Here is a little behind the scenes report on his bumpy ride to fame—a relative term in the world of racewalking.)
Clausen Shatters U.S. Record, Expectations
by Al Heppner

Just 2 weeks before his World Cup 50 km race on May 2, Curt Clausen was not ready to race. His training had not gone well since the World Cup Trials in March, he couldn't really breathe through his nose, and he was running out of time. “More Than anything, I was frustrated,” said the 31-year-old ARCO Olympic Training Center resident. “I was trying so hard, but I was having a difficult time. Training with our group simply magnified how horrid some of my training days were.”

A look at his training log tells the story. Between the National 50 on February 14 and the World Cup, Clausen completed only one workout of at least 30 km. Normally, he would have done five or six. His coach, Enrique Pena, consistently reduced his training sessions until he was doing less mileage that his teammates who were training for 20. A lowered sense of confidence had Clausen doubting whether he could compete at a decent level or even finish the grueling 50 km distance.

“In January or February, I really believed I could walk around 3:45 for 50. In April, I couldn't even walk 15 km at that pace, so I definitely had my doubts,” Clausen said. He searched for help and got it from Bernie Finch, a racewalking chiropractor from Clausen’s native state of Wisconsin. Finch analyzed Clausen’s blood work and provided a vitamin supplement plan to correct some noted deficiencies.

Initially, Clausen’s struggles appeared to be over. He put together a decent week of training in the second week of April, including a 25 km workout in an impressive sub-1:54. Unfortunately for Clausen, his training success was short lived. After that week, he struggled in every single workout until he left for the World Cup on April 22. Desperate for answers, he contacted the ARCO OTC’s sports scientist, Mike Shannon. Shannon told him to do nothing. Nothing for training, that is. So Clausen took three days off just over a week before the spring season's biggest race.

Apparently, all Clausen needed was some rest and relaxation. While standing is his sister's kitchen before a workout, he noticed his heart rate read a staggeringly low 37 beats per minute. “I hadn't seen anything lower than 50 for months. I felt relaxed and at that point I knew that taking the days off was a smart move,” Clausen said.

Heading into the World Cup race in Mezidon, France, Clausen's confidence had returned. Still, no race brings out training gaps and weaknesses like the grueling 50 km.

Clausen broke all the rules and the American record. Stunning himself, his teammates, and the rest of the U.S. racewalking community, he destroyed the national record that he had set just 3 months earlier by more than 6 minutes. He finished 11th in 3:48:04, which was the highest contact by the ARCO OTC's sports scientist, Mike Shannon. Shannon told him to do nothing. Unfortunately for Clausen, his training success was short lived. After that week, he struggled in every single workout until he left for the World Cup on April 22. Desperate for answers, he contacted the ARCO OTC's sports scientist, Mike Shannon. Shannon told him to do nothing.

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In the same race, Philip Dunn came up with the best performance of his life, placing 45th and squeaking in under the magical 4-hour barrier in 3:59:53. A day earlier, Tim Seaman led the U.S. 20 km team with his 35th place finish (1:27:20). This was the best by a U.S. 20 km walker since 1987.

But Clausen's performance raised the bar for U.S. racewalking. And for the first time in many years, the U.S. truly has an Olympic medal hopeful. Clausen, who finished 35th in the 1996 Olympics, is now setting his sights much higher.

“My goal when I entered full-time training in 1997 was to be competitive in Sydney. I wanted to be able to walk with the lead pack,” Clausen explained. “But now, I think a medal is possible. Believing is the first step and prior to this season, I did not see the possibility of a medal.”

And about that breathing problem. Finch also informed Clausen that 90 percent of the airway in his nose was blocked. As a result, just two weeks after the World Cup, Clausen had surgery on his nose. That's an intriguing occurrence when you take an American record holder and suddenly give him the ability to breathe.

Looking Back

25 Years Ago (From the Early Summer 1974 issue of the Midwest Race Walker, published by Chris McCarthy)--Ron Zinn snatched Ron Laird's National championship winning streak at four straight and extended his own winning streak in the National 10 to the same number. With reckless disdain for the blazing sun and temperature in the low 90s, Zinn covered the first lap of the Stagg Field track in 1:41 and went through the first mile in 7:01. Laird was at 7:16 with Jack Mortland also ahead of him. McCarthy reported Mortland came into the race expecting to finish second to Laird (Mortland’s memory doesn't recall if that is correct) and moved up behind Zinn for a repeat of their 1961 race at the Schenley Oval track in Pittsburgh. Mortland continuously challenged but Zinn would always accelerate, refusing to be passed, while the overall pace faded in the heat. Final result: Zinn 48:08.6, Mortland 48:20, Laird 49:49, Don DeNoo 50:39, Jack Blackburn 50:42. Mortland and Blackburn led the Ohio TC to the team title. A week earlier, Zinn won a “20 Km” in Taunton, Mass. in 1:33:21, on a course well known to be short (something less than 12 miles). Rahmo Ahile was second in 1:36:27. Also a week earlier, Mortland beat Blackburn in a Columbus 5 mile, 37:54 to 39:07. Alex Oakley won the Canadian 50 Km in 4:45, 10 minutes ahead of Felix Cappella. Two weeks after the 10 Km, Zinn scored another win over Laird in the National 2 Mile with his 13:46.6 leaving Laird 15 seconds back. The British 50 went to Paul Nihill in 4:17:10 with Ray Middleton 4 minutes back and 1960 Olympic gold medalist Don Thompson less than a minute further back. Bob Bowman journeyed to England for this one and finished 15th in 4:44:39.

20 Years Ago (From the June 1979 ORW)--The Colorado Track Club duo of Jerry Brown and Floyd Godwin took one-two in the National 20 Km on Long Island. Brown's 1:33:44 left him 24 seconds ahead of Dave Romansky at the finish, but Dave had been DQd before 15 km, though never properly notified. Godwin finished in 1:35:01, followed by John Knifton, Ron Daniel, and Bob Henderson. Three weeks later, Knifton won the 5 Km title in Los Angeles, finishing 8 seconds ahead of Larry Walker in 22:23. Bill Ranney, Tom Dooley, Daniel, and Ed Boulton followed, under 23 minutes. Carl Swift won the NAIA 10 Km in 49:18.6 from Paul Ide and Jim Bean. The National Junior 10 Km went to Steve Heppner in 49:08 with Jim McVeigh second. In Italy, Karl-Freund Stadtmoller, of East Germany, walked 1:20:58 for 20, but the course turned out to be only 19,164 meters in length. East Germany's Winfried Skolnick won the supposed 50 Km (47.91 Km) during this botched international meet in 3:52:12.

20 Years Ago (From the June 1979 ORW)--In trials for the Pan Am Games, Marco Evonik won the 50 Km and Neal Pyke the 20. Evonik's 4:10:33 was nearly 10 minutes ahead of Vincent OSullivan, with Karl Johansen third. Pyke took command at the start and led all the way to win the 20 in 1:27:11, but Todd Scully was only 44 seconds back at the finish. Chris Hansen also
bettered 1:30. Larry Walker was fourth, and Evoniuk, with only one day off after the 50, beat Jim Heiring for fifth. The races were held in Walnut, Cal. Sue Brodock won both the 5 and 10 Km races at the Women's Nationals, doing 24:07 on Friday and 50:33 on Sunday, both American records. Paula Kash, Chris Saklarious, and Sue Liers followed in the 5, and Liers, Saklarious, and Esther Lopez in the 10. In Norway's annual Grand Prix, records fell to Mexicans in both the 20 and 50. Domingo Colin did 1:20:59 in the 20, leaving former world record holder Daniel Bautista some 80 seconds back. Anatoliy Solomin, Boris Yaklov, and Felix Gomez also broke the old record of 1:23:32. (A 1:22:30 by France's Gerard Lebievre was pending approval.) Raul Gonzalez did 3:41:39 in the 50, leaving Lelievre better than 16 minutes behind in second. Colin also had a fast 50, 3:47:18, as Mexico won an international meet from West Germany, Sweden, Hungary, and Spain. Bautista won the 20 in 1:22:15.

15 Years Ago (From the June 1984 ORW) Walking races a week apart, Marco Evoniuk won the U.S. Olympic Trials at both 20 and 50 in Los Angeles. The 20 came first, and Marco did 1:26:17, leaving Jim Heiring a minute behind. Dan O'Connor captured third in 1:29:12, with Sam Shick fourth in 1:30:25. Evoniuk completely dominated the 50, winning in 4:02:25, nearly 12 minutes ahead of Vincent O'Sullivan. Carl Schueler was another minute back, but 1 1/2 minutes ahead of Tom Edwards. Randy Mimm and Troy Engle followed. The National 20, held just a week ahead of the Trials didn't attract a very strong field, but Ray Funkhouser turned in a good performance to win in 1:31:48, 2 minutes ahead of Gary Morgan. They were 7th and 16th the next week when the big guns showed up. Debbi Lawrence won the women's 10 Km national in 51:01, beating Esther Lopez by 15 seconds. Susan Liers was third. Lopez did a 50:42 a couple of weeks later ahead of Teresa Vaill.

10 Years Ago (From the June 1989 ORW) Soviet walkers were dominant in the World Cup held in Barcelona, winning both men's and women's team titles decisively. China and Italy followed in the women's race, with the U.S. 9th, and Italy and France were second and third in the men's race with the U.S. in 12th. The 10 Km winner was East Germany's Beatie Anders in 43:08 with Australia's Kerry Saxby second and Italy's Ileana Salvador third. But the Soviets came fourth, sixth, and ninth to take the title. Lynn Weik and Teresa Vaill finished 21st and 23rd for the U.S., Lynn with a 46:38. The USSR was 1-2-3 in the men's 20, with Frantz Kosnykevitch first in 1:20:21. Tim Lewis was 45th for the U.S. Australia's Simon Baker won the 50 in 3:43:13, but with 2nd, 3rd, and 5th, the Soviets sewed up the team title. Paul Wick led the U.S. with a 4:12:24 in 24th. ... Tim Lewis won his fifth straight U.S. 20 km title in 1:27:19, 47 seconds ahead of Gary Morgan. Mark Manning was third. In the women's 10, Lynn Weik set a national record on the track with her 46:44.1, leaving Teresa Vaill nearly 40 seconds back. Maryanne Torrellas beat Debbi Lawrence for third.

5 Years Ago (From the June 1994 ORW) In Norway, Mexico's Bernardo Segura walked a startling world record of 1:17:25.5 in the 20. Finishing fourth in the race, Allen James nailed the American record (track) with a 1:24:26.9. . James also won the U.S. title overcoming the Knoxville heat and Jonathan Matthews to prevail in 1:28:36. Jonathins was just 26 seconds back, with Andrez Chylinski third in 1:30:05. Philip Dunn (1:31:05), Andrew Herman, Dave McGovern, Tim Seaman, Gary Morgan, Herm Nelson, and Rob Cole (1:32:05) rounded out the top 10 in a very deep field. Lia Sonntag won the Women's National 20 Km in 1:48:15 with Canada's Micheline Daneau second in 1:49:34. At the same site, Albany, N.Y., Philip Dunn beat Ian Whatley for the men's 25 Km title, 1:58:05 to 2:00:39. Marc Varsano, Andrew Hermann, and Mike Roh followed.