Clausen, Hermann, Dunn On Their Way To Sydney
Tremendous Performances Despite Deplorable Conditions

Sacramento, Cal., February 13 (Thanks to Merle Smith, Al Heppner, and Bob Bowman)

Presenting the 2000 U.S. Olympic Team, 50 Km racewalk—Curt Clausen, Andrew Hermann, Philip Dunn. The conditions were deplorable, but the performances were superlative.

It would probably be a mistake to say these guys ignored the conditions. How could they. Or that they were unperturbed by the conditions. How could that be. But they certainly were not deterred from their Olympic mission. The three ARCO Training Center athletes overcame sub 50 degree temperatures, driving rain, and wind gusts up to 50 mph, as well as strong competition, to finish 1-2-3 in today's Olympic Trial race. They had to face the full force of that wind, which was steady at about 30 mph and was tearing limbs off trees along the course, for 500 meters on each of the 25 2 km laps.

In winning, The 32-year-old Clausen went under 4 hours for the fourth time in a year (since last February 14) with a 3:56:16, amazing time in the conditions. With one earlier race under 4 hours, he surpassed Marco Evoniuk and Allen James, who both had four trips under that mark and equalled Carl Schueler at five. We can certainly expect a sixth before the year is out.

Hermann matched Curt stride for stride through 45 kms and was rewarded with a personal best of 3:57:56. That's 30 seconds under his previous best, which he had done on a day much more suitable to racing, and is his third sub-4 hour performance. Dunn overcame leg cramps shortly after the 35 km mark that dropped him well back of Al Heppner for the third spot, but rallied strongly to move back in contention. When Heppner himself succumbed to the conditions, Dunn was home free for an Olympic berth. But, despite the horrendous conditions, nine of the thirteen starters finished the race, and the other four were disqualified.

The race shaped up from the beginning as an Olympic Training Center battle as the first three finishers and Heppner went out as a team. Jonathan Matthews joined them in the early race but found he could not match their 4 hour pace.

Using the team approach through almost 30 km, the foursome took turns setting the pace and blocking the wind for each other, before Clausen and Hermann broke from the other two. After the break, Dunn had to stop with his leg cramps. After some stretching and straining, he was back on course, but had lost about 2 minutes to Heppner. He was able to pick up the pace and was gaining ground back on Heppner, who still looked strong. But, then Heppner, too, found the conditions and the pace too much for his body and was barely moving when he had to call it a day. As it turned out, he had a third red card before he stopped, so he was officially listed as a DQ.

Dunn was well clear of Matthews by this point and came home a well-deserved third in 4:07:00. Phil already had the necessary qualifying time (sub 4:00) with his 3:59:53 from last year's World Cup, so the team was complete. A proud moment for Portland, Oregon. Both Dunn and Hermann attended Portland high schools, where Philip taught Andrew the rudiments of the sport.
Both now 28, they have come a long way since, and followed different paths to this point, but rejoice together. It was especially rewarding for Hermann, who was second in the 1996 Trials at the distance, but never met the Olympic A standard and didn't get to compete.

After the race, Clausen, now sporting a shaved head and a nice goatee, said that this would be his last 50 until the Olympics in September and then "I will let it go." He definitely has a medal as a goal. And, certainly, Mr. Hermann can't be taken lightly with his performance on a day made more for penguins.

Matthews, now 43 and forced by Montana's winter weather to train primarily on a treadmill, had a courageous performance of his own. And he fully appreciated what had been accomplished by the others. He says, "Knock at least 10 minutes off the lead trio's times for an approximation of what they might have walked in non-typoon conditions. And that is a very conservative adjustment; 15 minutes off might be more appropriate." Jonathan also noted that "the cruel 50 kilometer racewalk will never again get to torment me. Ah, the relative pleasure of a cruel 50 kilometer racewalk will never again get to torment me. Ah, the relative pleasure of a cruel 50 kilometer racewalk..."

A quick count tells me that Andrew and Philip become the 55th and 56th U.S. Olympic racewalkers, Curt, of course, was on the 1996 team at 20 km.

Results:

A Boost From the Top

A couple of days after the 50 Km Trials, USA Track & Field CEO, who was at the race along with USA Track President Pat Rico, released the following letter on Runnersworld Online. It would certainly seem that we have a champion for our cause at the top.

I'm mad as hell and we shouldn't take it any more. The famous words from the movie "Network" express my opinion upon reading the Monday newspapers following a great, even historic, weekend of running, track and field, and racewalking. In one weekend, three athletes qualified as the first members of our Olympic track and field team in the 50 km walk, two athletes distinguished themselves with precedent-setting performances at the National Cross-Country Championships, there were some great road races, and a new, purpose-built track arena debuted with spectacular success. The attention paid by the media outside of the cities where the events took place was dismal, pitiful, and barely existent.

Let me begin by admitting that much of this is our own doing. We as a sport have been dismal, pitiful, and barely existent vis-a-vis the sophisticated, well-funded marketing and public relations machines of the professional sports organizations. The fans of our sport sat by silently while a demonstrable decline in coverage of our sport has occurred. But enough is enough.

I had the privilege of witnessing the Olympic Trials for the 50 km racewalk in Sacramento when an exciting battle for the three Olympic spots unfolded in terrible weather. A driving rain and winds up to 30 mph made competing at the more than 30-mile distance extra difficult, but in the end Curt Clausen, Andrew Hermann, and Philip Dunn emerged as Olympians with Clausen establishing a new Trials record and Hermann recording a personal best. This race featured amazing stories of personal courage and the ability to overcome adversity.

The U.S. will send its best-ever 50 km racewalk team to Sydney. However, few people know it because the race went unreported except by the local media. About 70 million Americans call themselves "fitness walkers" and both the participation and performance levels of our racewalkers have improved dramatically in recent years. Even if the racewalk participation numbers weren't huge, there are far more racewalkers than lugers and bobsledders, sports that get heavy attention in Winter Olympic years despite years of modest performances at the Games.

(A brief discussion of the National CC meet and the Tyson Invitational track meet in Fayetteville, Arkansas follow.)

What should we do? First, USA Track and Field needs to improve the interaction with the media. We have firm plans to achieve this in the near future with both traditional and on-line media. Second, you shouldn't accept this treatment of the sport you follow and love (why else would you have made it this far in this column?) Instead of muttering under your breath about the situation, write a letter, make a call, or send an e-mail to USA Today, or ESPN SportsCenter, or Sports Illustrated, or your local paper asking or demanding more coverage. The sports editors or producers at these organizations tell me they don't cover our sport because "nobody cares." I care, you care, and if we make our wishes and voices heard, our athletes and their performances will get the attention they deserve.

Not to detract from the importance of Craig's stance, but, if you write Sports Illustrated, you can now congratulate them and encourage them to do more, because, as it turns out, they were covering the race. They gave almost a full page to the event, actually to Curt Clausen in their Feb. 21 issue, complete with a three-column photo. And they have come up with a human interest angle I wasn't aware of. The following is taken from the article entitled "No Stroll in the Park" by Brian Cazeneuve.

Clausen couldn't help but think of one person he hopes will chart his progress at the Sydney Games in September, if only from a distance. In 1998, Clausen's detective work turned up the identity of the woman who was 16 when she bore him and put him up for adoption in Trenton, N.J. He has written to her but is still waiting for a response. His adoptive mother, Virginia, who raised him in Stevens Point, Wis., was in Sacramento, one of eight dripping supporters in CURT CLAUSEN sweatshirts. "I look at my adoptive mother and see unconditional love," Clausen says, "but when people look at biological parents, they see themselves. I miss that."

In 1995, Clausen tracked down Lisa Carter, a half sister born a year before him to the same mother, and last fall he learned of a younger half sister through the Internet. He hasn't located his biological father. "I want to hear from my birth mother on her terms," Clausen says. "I wouldn't compromise her confidentiality, and I would tell her that I have a happy life. I'd thank her for bringing me here."

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In July 97, Clausen quit his job as an administrative analyst for the Solid Waste Management Department of Chapel Hill, N.C. and moved to the Olympic Training Center. Clausen, who has a master's in public administration from North Carolina State (he did his undergraduate work at Duke), lived on a USOC stipend and what he made shelving books part-time at the Chula Vista library. In November 1998, Enrique Pena, an 80 and 88 Olympian from Columbia, began coaching at Chula Vista. Within days, he had relaxed Clausen's arm carriage and increased his training intensity. "He made me believe anything was possible," Clausen says. Clausen wouldn't mind a monsoon in Sydney. "I relish bad conditions," he says. "Adversity takes people out of their game plans. I just deal with it.

And again, not to dispute the need for far better publicity, but there wasn't a complete dearth beyond Sports Illustrated. Amazingly, the local paper, the Columbus Dispatch, not known for love of track, let alone racewalking, devoted a third of a sports page, again with a nice photo behind me." Olympics. "A guy like Clausen is doing seven-minute miles for 31 miles. It's amazing." As part of will be held in July.

The top three finishers will make the U.S. team for Sydney. (The 20 km trials for men and women, which is 31 miles longer than a marathon. Last year, he finished fourth in the Olympics. He talked with me on the phone for at least 20 minutes, and also interviewed Elliott Denman, Ron Laird, and Curt himself. The article, which I repeat below, was reasonably well done. Unfortunately, the paper didn't carry even the results following the race.

Clausen, 32, holds the American racewalking record (3:48:04) for 50 km, which is 31 miles longer than a marathon. It's amazing. "It looks silly, kind of weird," said Ron Laird, a four-time Olympic walker for the U.S.

Racewalking rules require competitors to keep one foot in contact with the ground at all times, and the knee of their back leg must be straightened with each step. (Ed. Well, he didn't quite get that right.) "You have a very unique hip roll and turning movement, which allows for great leg speed and efficiency," Laird said. "Do it correctly and you easily feel the ground move underneath your feet."

Racewalkers perform the unique movements so quickly that they fool skeptics into believing they're breaking the rules. "They say, How can they do that? That can't be walking," Clausen said.

Clausen, who has walked a mile in 5:51.61, said racewalking is an extension of normal walking and feels natural, not awkward. But besides the exaggerated hip roll, racewalkers also pump their elbows furiously, which causes some to joke about and many to ignore racewalking. (Ed. Pumping the elbows sounds like an interesting thing to do, but probably not while walking.) "It doesn't look manly enough, I guess," said Jack Mortland of Columbus, who finished 17th in the 20 km walk at the '64 Olympics. "There is that perception. Running is more macho, and that applies to women, too. The feeling is that running is a lot harder, and it's beneath you to stoop to walking."

An estimated 33.2 million Americans walk recreationally or for exercise, but only about 5000 compete in racewalking. Enormous dedication is necessary to be world class. Clausen walks between 75 and 105 miles a week. He trains seven days a week (twice a day Monday through Friday) and lifts weights. "You've got to be totally single-minded," Denman said. "To be good at that distance, you have to shut out all (distracting) factors."

The United States never has won an Olympic gold medal in racewalking, which has been dominated by Europeans and Mexicans since it was introduced in the 1908 Olympic Games. Larry Young was the last U.S. walker to medal (a bronze in the 50 km in 1968 and 1972). "This is a huge country, so theoretically, we should have the talent to compete against the rest of the world," Clausen said. "But there are very few opportunities to try the sport and be exposed to it."

Very few high schools offer walking as part of track and field programs. It's not an NCAA event, although it is offered at NAIA schools. Denman said the U.S. wins more racewalking medals than any other nation at the masters level, over age 40. "But we urgently need more kids, younger people, coming up through the junior ranks," he said.

The Oregonian article by Abby Haight is full of drama about the race and the conditions. It provided some nice background on the two Portland qualifiers—Andrew Herrmann and Philip Dunn:

Wiggles elicit giggles, but racewalkers are serious by Todd Jones, Columbus Dispatch

They usually train and compete in obscurity. Those rare moments when they're noticed sometimes result in snickers, jokes, heckles, and outright laughter from strangers. Often, they hear critics howl that they're not "true athletes." Yet they push their bodies so hard that they take themselves right below the lactate threshold—lactic acid irritates the muscle nerve endings and causes soreness and fatigues. It sours a little more painful than what Manny Ramirez did in right field.

"What kind of pain can you tolerate?" Curt Clausen said. "What kind of envelope can you push?" By walking? Yes, walking. That's what Clausen does and he does it so well that he's America's best hope for a medal in the 50 km racewalking event at the Olympic Games this summer in Sydney, Australia.

"The average person," Clausen said, "hears the word walk and says, How hard can it be? It's a walking race." Well, try to match the pace Clausen and 12 competitors will set in the U.S. Olympic Trials 50 km racewalk Sunday on the campus of Sacramento (Calif.) State University. The top three finishers will make the U.S. team for Sydney. (The 20 km trials for men and women will be held in July.)

"It sounds easy, but it sure isn't," said Elliott Denman, a U.S. racewalker in the '56 Olympics. "A guy like Clausen is doing seven-minute miles for 31 miles. It's amazing." As part of his training, Clausen occasionally walks in marathons. He enjoys the reaction of runners he passes. "They go, Oh my goodness," he said. "I don't pass many, because 90 percent of them are behind me."

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Hennann overtrained, and his results suffered. Dunn injured his knee and underwent

surgery last August. "It's tough when you have to remind yourself why you're doing something,"

Dunn says. "It's easy when you just go out and say 'Yeah, I'm doing this for the Olympics.'"

Dunn turned to his twin brother, Malcolm, who coaches at Smith College, and his

longtime girlfriend, Liz Flynn, a linguist who specializes in Chinese. "He stayed pretty up," Flynn

says. "But it was hard for him to have to slow down for his rehabilitation."

Hennann talked to his parents, Allen and Dale, and his cousin, Mac Wilkins, an Olympic gold

medalist in the discus who lives in Portland. "Make the view broader, make it deeper,"

says. "But it was hard for him to have to slow down for his rehabilitation."

American Records for Kirk, Seaman

Sacramento, Feb. 12 (From Al Heppner) - Despite unusually windy conditions, Danielle

Kirk and Tim Seaman broke the American track records for 20 km this morning on Sacramento

State's track. After Susan Armenta led for much of the race, Kirk came on strong to win in

1:38:19, while Tim Seaman led from wire to wire in walking 1:24:25.4. Kirk's time bettered both

her own 1:39:27 set 3 weeks ago and Gretchen Eastler's 1:38:48 last summer, both pending

acceptance. Seaman broke Al James record of 1:24:27, dating from 1994. (Ed. Note: That these

are track records. On the men's side, Tim Lewis had a 1:21:48, plus five other races faster than

Seaman's record, and both Seaman (1:23:42) and Curt Clausen (1:23:34) have gone faster in the

road. Among women, several, including Kirk herself, have been faster on the road, led by Michelle

Rohl's 1:33:17.)

"This was a good season opener for me," Seaman said. "This performance tells me that the

'A' standard (1:23:00) will be accomplished." Seaman's biggest competition was history as he

nipped James record by less than 2 seconds. James was in attendance having competed in a 10 km

carrier in the morning.

Rain is common this time of year, but wind is not. Gusts of up to 30 miles per hour

prevented further damage to the record book. "Everyone easily would've been 45 seconds to 1

minute faster without the wind," said Seaman. (Ed. As you know from our lead story, it persisted

the next day.)
Mike Heymans (52) is devoted to his two small children. He has a best of 1:29:50. National Coach Jerly Hausleber.

Sarajane Cattermle finished 1:37:31 in the 15 Km, Melbourne, Feb. 13.

Ann Tu berg finished 26:38, and Bev La Yeck finished 26:49.

Francisco walked 20:00 as a youth at the Naumburg Grand Prix in 1995 and has a best 50 of 4:05:03.

The Pantoja brothers, Jose, 26, and Francisco, 23, are visiting in Denver for a while. They have been racing for the past 9 years under the guidance of Mexican coach Francisco Pantega.

A Few Starting Line Locations During the Next Couple of Months

**Sat. March 4**
- Half Marathon, Chico, Cal. (E)
- USATF National Indoor 3 Km, Atlanta
- 5 Km, Miami (Q)
- 7 Mile, Denver (maybe on Sunday) (H)

**Sun. March 5**
- International 20 Km, Vancouver, B.C. (C) or gdrag@direct.com
- 5 Km, Ft. Lauderdale, Fla., 7:45 am (Q)
- 5 Miles, Denver (H)

**Sat. March 11**
- 2.8 Miles, Seattle, 9 am (C)

**Sun. March 12**
- 5 Km, Middletown, Ohio (M)
- 5 Km, Cambridge, Mass., 9:30 am (G)
- 5 Km, Cooper City, Fla., 7:30 am (Q)
- 5 and 15 Km, Kenosha, Wis. (O)
- 7 Km, Denver, 10:15 am (H)

**Sat. March 18**
- Eastern Regional Masters Indoor 3 Km, New York City, 9 am (F)
- 50+ 5 Km, Palo Alto, Cal. (E)
- 5 Km, Littleton, Col., 9:30 am (H)
- Connecticut Indoor 1 Mile (G)
- 5 Km, New York City, 9 am (F)
- 20 KM, Huntington Beach, Cal. (B)
- 5 Km, Yellow Springs, Ohio (M)

**Sat. March 25**
- 3 Km, Women, 5 Km Men, Cedarville, Ohio (M)
- 20 Km, Evanston, Ill. (or April 1) (AA)

**Sun. March 26**
- USATF National Masters Indoor, Boston, 1 pm (N)
- 5 Km, Denver, 9:30 am (F)

**Sat. April 1**
- National Invitational 20 Km, Jr. 10 Km, Open 5 Km, Manassas, Virginia (J)
- 5 Km, Denver (H)

**Sat. April 8**
- 2.8 Miles, Seattle, 9 am (C)
- 10 Km, Long Island (F)
- 5 Km, Cupertino, Cal. (R)

**Sun. April 9**
- 5 Km, Cambridge, Mass., 9:30 am (G)

**Sat. April 15**
- 5 Km, Delray Beach, Fla., 7:30 am (Q)

**Sun. April 16**
- 10 Km, Kenosha, Wis. (O)

**National USATF 30 Km, Masters Women's 20 50+**
- 5 Km, Metropolitan 10 Km, New York City, 9 am (F)
- 3 Km, Alexandria, Vir. (J)
- 5 Km, Littleton, Col. (H)
- 5 Km, Auburn, Cal. (P)
- 10 Km, Sea gull, Ind. (H)
- 5 and 10 Km, Washington, D.C. (J)
The memory's the first thing to go. From Charlie Mansbach: "In case people remark that the article by Barbara Huebner in your latest issue looks familiar, the piece originally appeared on June 22, 1968 in the Health/Science section of the \textit{Boston Globe} (an August publication for which I happen to be page one editor). I then reprinted it in the July 1998 issue of the \textit{New England Walkers Newsletter} (an equally august publication for which I am clerk, editor, and mailer). Presumably impressed with this pedigreed work of journalism, you ran it in your August 1998 issue. The story was also distributed to clients of the New York Times Service, which is how it wound up in \textit{The Oregonian}. When it appeared there, I cannot say. It's nice to see that the article lives on. I'm sure people will still find it of value this latest time around." Unfortunately, it rang no bells for me only 18 months after I had first used it. But, I remember things I printed 30 years ago. Well, I hope you everyone enjoyed it both times around and will enjoy it again in a couple of years when I absentmindedly come across it, think it looks like a nice piece, and bring it to you again.

**Team Challenge.** From Bob Fine: "If any club (throughout the world) would like to compete in the 5 Km Team Challenge just send my your mailing address and I'll send info. There is no charge and no prizes. This is just a fun event to give a club an idea as to how they rate with other clubs." Bob's address is 3250 Lakeview Blvd., Delray Beach, FL, 33445, e-mail: BobFine@iol.net. On another note, Bob reports: "For those clubs in North America, the following North American Masters Championships are available: On the roads 5,8, and 20 km. On the track 3 km. TItle 10 km will be a part of the North American Track & Field Championships and the 15 km has already been assigned." **Official time/net time.** I had a question regarding these terms when I reported Disney Marathon and 1/2 Marathon results last month. This explanation from Robert Carver confirms what I was surmising. "Under USAT&F rules, the race is scored by gun time and the order of finish. The net time reflects what that individual ran or walked based on when he/she passed the start and finish lines. If the race was scored for a time trial, the 'net' time would reflect finish. A person can use the net time for personal references such as PRs or training times or to use the time for qualifying for other races." Just one of the disadvantages of huge fields. You can't start 15,000 people at the same time and how long it takes to reach the starting line after the gun fires can have a lot to do with who you do and don't beat. Personally, I always wondered why people want to get involved in these masses of humanity when one can find so many quiet, people race with a few friendly competitors. A like phenomenon is an annual winter hike in the Hocking Hills south of Columbus. It's a beautiful 6 mile trail, round trip. About 5000 people trail over each year. We love to hike the trail (it can be extended to about 11 miles), but have certainly never joined the throngs. One can go down at any other time and have the trail virtually to themselves, which is what we enjoy. Well, excuse the philosophical excursion away from the supposed subject of this newsletter. **Bedtime reading.** One of my female subscribers, who I won't embarrass by identifying, sent the following note with her renewal: "Thanks for the \textit{ORW}. It is a part of my bedtime readings and the more I read it, the more I learn to love the sport." And, my typically male mind thought, "Wow! The joys of being an editor--going to bed with lovely lady subscribers. Whoops! Another excursion from the subject at hand. **Back to the Century's best.** Last month we published Englishman Colin Young's picks as the top ten U.S. walkers of the 1900s. I mentioned that I might come up with a list of my own. Before I did that, I heard from one reader, past IAAF racewalk chairman and \&F News racewalk editor, Bob Bowman, with his picks. Bob listed his top five criteria as: 1. Honors won, especially internationally. 2. How they dominated their event and over a long period of time. He saw it this way: 1. Larry Young 2. Ron Laird 3. Curt Clausen 4. Henry Laskau 5. Ron Zinn. Bob also reported: "For those clubs in North America, the following North American Masters Championships are available: On the roads 5,8, and 20 km. On the track 3 km. TItle 10 km will be a part of the North American Track & Field Championships and the 15 km has already been assigned."
Looking Back

30 Years Ago (From the February 1970 ORW) - Dave Romansky topped Ron Laird in the National Indoor 1 Mile title race, 6:14 to 6:19.7. Ron Kulik was third in 6:20.5. Steve Hayden fourth in 6:22.5. Larry Walker fifth in 6:23.7, and Floyd Godwin sixth in 6:29, just 0.1 ahead of Ron Daniel. Laird and Godwin flew into Columbus the next morning and hooked up in a hot Indoor 3 Mile that afternoon at the OSU Invitational. Laird just won in an American record 20:48, a second ahead of Godwin. Your old editor, then a spry 35, managed 22:05, but couldn’t avoid being lapped on the 220 yard track. The next day, the traveling duo contested a 15 km race in Denver. I guess there was a craving to race in those days... Romansky also had a 6:16 mile in Baltimore and an American record 5:50.2 for 1500 meters in New York. Laird was named the recipient of the 1968 Ron Zinn Award as the outstanding walker in the U.S., the fifth time he had won it in its 9-year existence.

25 Years Ago (From the February 1975 ORW) - Ron Daniel walked off with National Indoor 2 Mile (which had replaced the 1 Mile and eventually stretched to today’s 5K) in 3:36.8, with Ron Laird and Larry Walker both less than a second behind in a blanket finish. Ron Kulik, Todd Seually, and Dave Romansky followed closely (13:43 for Romansky). The Women’s 1 Mile title went to Sue Brodock in 7:22.5, 3 seconds ahead of her sister Linda and Esther Marez. Bob Henderson captured the OSU Invitational 3 Mile in 21:52. In the 5-year interval, your editor had slowed to 23:17, but took second, although still lapped. Henderson also posted a 45:24 for 10 Km in Champaign, Illinois (indoors) the next afternoon after riding all night in the Mortland car and then went to Sue Brodock in 7:22.5, 3 seconds ahead of her sister Linda and Esther Marez. Bob Henderson captured the OSU Invitational 3 Mile in 21:52. In the 5-year interval, your editor had slowed to 23:17, but took second, although still lapped. 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20 Years Ago (From the February 1980 ORW)—Marcel Jobin of Canada won a 1 Mile race in the Houston Astrodome in a blazing 5:54.6, a North American best. Two weeks earlier, Jim Heiring had done 5:57.5 in L.A. In that same L.A. meet, Sue Brodock recorded a women's world best of 6:58.1. Jeff Ellis, U. of Wisconsin, Stevens Point, won the NAIA 2 Mile in 13:53.4, with Mel McGinnis second. Chris Hansen did 5 km indoors in 21:28 in Racine, Wis. The day after his fast mile, Jobin won a 50 km in 4:01:34, also in Houston.

15 Years Ago (From the February 1985 ORW)—U.S. indoor titles went to Jim Heiring at 2 miles in 12:07.5 and Teresa Vaill at 1 Mile in 6:58.6. Tim Lewis was nearly 20 seconds back of Heiring, with Gary Morgan third and Tom Edwards fourth. Maryanne Torrellas trailed Vaill by 5 seconds, with Ester Lopez on her heels. Carol Brown and Susan Liens were fourth and fifth. France's Gerard Lehevre won the World Indoor 5 km title in 19:06.22. Maurizio Damilano, Italy, was second in 19:11.41, Australia's Dave Smith third in 19:16.04, and Czechoslovakia's Roman Mazeck fourth in 19:39.73. Jim Heiring set an American record of 20:11.69 in sixth. Italy's Giuliana Sake won the women's 3 km World Title in 12:53.42 with Canada's Ann Peel third in 13:06.97. Tom Edwards won the TAC National Indoor 3 km in 11:47.7, beating Gary Morgan (11:55.9), Tim Lewis (11:56.7), and Ray Funkhouse (11:59.3).

10 Years Ago (From the February 1990 ORW)—Teresa Vaill won the Women's National Indoor 3 km for the second year in a row with a 12:53.17 effort. Ann Peel, Canada, was 17 seconds back in second, and Victoria Herazo (13:37.10) and Maryanne Torrellas (13:50.12) followed. In the Men's 5 km, Canada's Tim Berrett walked away from the field with a 19:42.90. Doug Fourney won the U.S. title in 20:08.40, seven seconds ahead of Gary Morgan. Dave McGovern took fourth in 20:40.90, just ahead of Allen James. Tim Lewis, only seventh in the National 5 km, had won the Millrose Games 1 Mile earlier in the month in 5:50.33 with Berrett trailing Steve Pecinovsky in third. A week later, he still had Berrett's number in a 1500 meter race in New York, winning in 3:51.01, 4 seconds ahead of Berrett. Vaill had a 6:06 to win the women's 1500 in that latter meet, 14 seconds ahead of Herazo. Maryanne Torrellas (6:48.63) won a sparkling mile race over Lynn Weik (6:50.65) and Herazo (6:56.01) in Fairfax, Virginia.

5 Years Ago (From the February 1994 ORW)—After a race-long battle with Victoria Herazo, Michelle Rohl won the World Cup Trial at 10 km. 45:12 to 45:26. Lyn Bruhaker was a distant third in 46:55.10 seconds ahead of Teresa Vaill. Debra VanOrden took the final spot on the team in 47:22. In the men's 20 km trial, Allen James led Dave McGovern by 12 seconds in 1:28:21. Andrew Hermann (1:28:47), Philip Dunn (1:29:19), and Rob Cole (1:29:21) filled out the top five. Will Van Axen (1:29:41) just missed the team. In an open 10 km in conjunction with the women's trial at Disney World, Rob Cole did 44:16.

1999 World Junior Men's 20 km List
1:19:36 Roman Rasskazov, Russia
1:22:49 Aleksandr Strokov, Russia
1:24:59 Aivars Kedaks, Latvia
1:25:02 Troy Sundstrom, Australia
1:26:00 Stepaniuk, Russia
1:26:16 Vladimir Potemkin, Russia
1:27:42 Biao Aiguo, China
1:28:02 Pei Chang, China
1:28:18 Viktor Burayev, Russia

1999 World Junior Women's 20 km List
1:27:35 Natalya Fedoskina, Russia
1:29:09 Olga Poloskova, Russia
1:30:12 Lyudmila Yefinkina, Russia
1:31:45 Larisa Safronova, Russia
1:35:24 Irina Klepikova, Russia
1:36:17 Lyudmila Bushmeleva, Russia
1:37:03 LiYutui, China
1:37:34 Gao Kelian, China
1:27:51 Ha Ming, China

(Hand times of 12:28.39 Zhu Hingjun, China; 1:24:29 Pei Chuang, China; and 1:26:23, Wang Shigang, China are shown on a separate list.)

Among the best of the century. As noted on page 12, Track and Field News picked John Mikaelsson, Sweden, and Harold Whitlock, Great Britain, as the best walkers of the second quarter of the century at 20 and 50 km, respectively. Here they are together during a 1937 race in London. Whitlock won the 50 at the 1936 Berlin Olympics in 4:30:42. Mikaelsson carried on after the war, and won the 10 km at the 1948 London Olympics in 45:13.2.