Rohl, Seaman Dominate Indoors

Atlanta, March 4 (From Al Heppner)--At the Indoor National Championships in the Georgia Dome, Tim Seaman threw strategy out the window as he breezed to victory in 19:32.11, the second fastest 5 Km in U.S. history. It was Seaman's third title in a row and he has gone faster each time--19:54.86 in 1998 and 19:45.04 in 1999. In the women's 3 Km, Michelle Rohl took her fourth indoor title in the last six years, winning easily in 12:51.7.

Seaman decided to shoot for one of the toughest American racewalk records, the 19:18.40 set by Tim Lewis in 1987. Seaman, who trains at the ARCO Training Center in Chula Vista, Cal., was on pace at 3 kilometers with splits of 3:51, 3:48, and 3:51 (11:50). Training partner Curt Clausen, winner of the SO Km Olympic Trials three weeks ago, couldn't match the pace after the first kilometer. "I tried to take it out from the first kilometer instead of sitting and kicking," Seaman said. "But I didn't expect to go out that hard."

Walking all alone, Seaman "slowed" the last 2 km (3:58 and 4:02), but it was more than enough to earn that third straight title. "My plan was to sit behind Tim and wait for him to make a mistake, but he didn't," Clausen said. "The 50 km trial race didn't affect me. The problem was we haven't done any speed work. For Clausen it was his third straight runner-up finish to Seaman.

Rohl continued her dominance on the women's side. The two-time Olympian steadily pulled away from upcoming Jill Zenner and veteran Debbi Lawrence. Lawrence, also a four-time winner ('92, '93, '94, '97), holds the meet (12:35.79) and U.S. (12:20.79) records.

"It was a pretty easy race. I wanted to go out early and break from the pack," Rohl said. I slowed down a little more than I wanted, but I'm happy." Rohl might be happy, but she is certainly not content. She has her sights set on loftier goals. "My goal is to break all the American records this year that I don't have. Actually, this year and next. It's a two-year plan."

Notable was the performance of the NAIA Indoor Champion Sara Stevenson, who walked a personal best time of 13:40.47. The 20-year-old collegian has walked less than a year.

Results:

Hermann Pushes Olympic Champ in S.A. Championships

Lima, Peru, March 18-19 (From Al Heppner)--Andrew Hermann came within a blink of an eye of upsetting 1996 Olympic Gold Medalist Jefferson Perez of Ecuador in the 20 Km racewalk at the South American Championships. Perez needed a final surge in the last 100 meters
## Harriman 29:39 Conn. Indoor 1 Mile Championsh ip, March 19:

<table>
<thead>
<tr>
<th>Women</th>
<th>Time</th>
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<tbody>
<tr>
<td>Maryanne Stanton, Wis.-Parkside</td>
<td>15:02.73</td>
</tr>
<tr>
<td>Jeremy Ey, McKendree</td>
<td>15:30.96</td>
</tr>
<tr>
<td>Ryan Vitatoe, Lindsey Parkside</td>
<td>16:01.90</td>
</tr>
<tr>
<td>Mike Sandelin, Taylor</td>
<td>16:45.68</td>
</tr>
<tr>
<td>Norbert Typek, Mary</td>
<td>17:01.58</td>
</tr>
<tr>
<td>Mike DeWitt, Wis.-Parkside</td>
<td>17:19.60</td>
</tr>
<tr>
<td>Steve Quirke, Wis.-Parkside</td>
<td>18:02.85</td>
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<tr>
<td>Jim Heys, Wis.-Cole</td>
<td>18:13.20</td>
</tr>
<tr>
<td>Kimmy Morris, Concordia</td>
<td>18:26.51</td>
</tr>
<tr>
<td>Allison Manne, Wis.-Parkside</td>
<td>19:18.01</td>
</tr>
<tr>
<td>Kristin Parkside</td>
<td>19:20.10</td>
</tr>
<tr>
<td><em>Height and Time</em></td>
<td></td>
</tr>
</tbody>
</table>

## Other Results

- **Other Results**

  - **Clausen**
    - 1:14:55
  - **Rademaker**
    - 1:15:04
  - **Jefferson**
    - 1:15:22
  - **Stein**
    - 1:15:32
  - **Vitatoe**
    - 1:15:42

- **Sanchez** DQd to the dismay of thousands of cheering fans. At that point, Hermann surged to open a 5-second gap on the quick-footed Clausen. With 1/2 lap to go, Hermann surged again, which was enough to leave Clausen, but not Perez. The pair roared down the final straightaway, with Perez pulling ahead by 1/2 step at the finish. "This gives me confidence that I could stay with Perez the entire race."

- **Lloyd**
  - 1:15:25
- **Davis**
  - 1:15:32
- **Starr**
  - 1:15:40

## March 2000

<table>
<thead>
<tr>
<th>Race</th>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
<th>Time</th>
</tr>
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</table>

Sat. April 8
2.8 Miles, Seattle, 9 am (C)
10 Km, Long Island (F)
5 Km, Cupertino, Cal. (P)
Sun. April 9
5 Km, Cambridge, Mass. 9:30 am (C)
10 Km, Delray Beach, Fla., 7:30 am (Q)
Sun. April 16
10 Km, Kenosha, Wis. (O)
National USA TF 30 Km, Masters Women's 20 Km, Flushing, Mich. (I)
Metropolitan 10 Km, New York City, 9 am (F)
35th Annual Capt. Ronald Zinn Memorial 10 Km, Wall, N.J., 11 am (A)
3 Km, Alexandria, Vir. (J)
5 Km, Littleton, Colo. (F)
5 Km, Auburn, Cal. (P)
Sat. April 22
10 Km, Seattle, 10 am (C)
15 Km, Long Island, 9 am (F)
5 and 10 Km, Washington, D.C. (J)
Pean Relays 5 and 10 Km, Philadelphia
Sun. April 23
5 Km, Denver, 9 am (H)
From Heel to Toe

Junior Nationals and beyond. The 2000 Junior Nationals are scheduled for June 23-24 at the University of North Texas, Denton Texas. The women's 10 km will go off at 7 am on the 23rd and the men's at 8 am on the same day. Qualifying standards for women are 16:00 for 3 km, 26:20 for 5, or 55:45 for 10. For men the standards are 15:00, 25:28, or 55:15. The top two finishers in each race will qualify for a pair of junior matches in Montreal July 17-23. Top finishers will also be considered for the 1st NACAC (North American, Central American, Caribbean) meet for athletes under 25 in Monterey, Mexico in early August. The World Junior Championships are in Santiago, Chile October 17-22. Their is a 44:30 qualifying standard for the men, but no standard for women. Whether two women will be sent, regardless of time, is another question. The meet will involve a preliminary round for both men and women. The men will walk the preliminary race on Tuesday, Oct 17 at 8 am and the final on Thursday, Oct 19 at 4:55 pm. The women go on Wednesday, Oct 18 at 8 am and Friday, Oct 20 at 5:45 pm. Pan Am Cup teams. U.S. teams for the Pan American Cup in Poza Rica, Mexico in April have been named. For the women's 20 km we will send Michelle Rohl, Susan Armenta, Danielle Kirk, Jill Zenner, and Sara Standley. The men's teams will be Curt Clausen, Tim Seaman, Jonathan Mathews, Andrew Hermann, and Kevin Eastler at 20 km, and Gary Morgan, Mark Green, Will Leggett, Andrej Chlifiski, and Theron Kissinger at 50. There will also be a 20 km "B" team of Philip Dunn, Al Hepper, Sean Albert, and Dave McGovern. A woman's "B" team was also picked, composed of Gretchen Kastler, Margaret Ditcho, Sara Standley, and Cheryl Rellinger, but Gretchen, Margaret, and Cheryl decided not to go, and Sara was moved up to the "A" team to replace the injured Joanna Dow (who is reportedly back training). The women's race is at 8 am on Saturday April 8, followed by the men's 20 at 9 am. The men's 50...? I seem to have lost the second page of the correspondence that would give us this vital piece of information. Sorry fans. But that's the type of service you get from 10 bucks a year. Where were the boys? We asked that question in reporting the results of the two national scholastic meet earlier in this issue. Daniel Gurick, who won the New York race against just one other competitor (who was disqualified), noted: "Nobody wants to walk in the winter. But it is there, but we need to get more guys interested in competing." Incidentally, another newspaper report on the races (in Newday, a Long Island paper), described the races as follows: "Long Island runners (including mine) accounted for only two victories, and both were in the racewalk. Yesterday, Colleen Schmidt of Wantagh grabbed a gold, running away with him victory in 7:32.16." I assume no editorial comment on the mode of progression was intended... Weinacker Cup. This year's Weinacker Cup competition (an annual Ontario vs. Michigan affair with a men's 10 km and women's 5 km, will be held in Toronto, Sunday, July 9. The organizers are inviting participation of teams from states or provinces as well. New York, Ohio, Quebec, Pennsylvania are logical candidates, but they might consider others. If interested, contact Roman Oliszewski at the Ontario T&F Association, 45 Welland North Drive, Welland, ON L3C 1C4, Canada. Phone 905-732-9955 or e-mail olis@jaw.on.ca Customized shoes. Bart Hersey in Maine makes customized shoes that many masters walkers are wearing by. Hersey builds a custom shoe for each foot, and every foot on every athlete is different. And his shoes are ultra-light and can be resoled three to four times, bringing the cost down to less than most racing shoes on the market. If interested you can call Bart at 107-778-3130... A nice story. Look back at the results of the NAIA Indoor 3 km on page 2 and you will see 7. Mike Stanton, Wis. Parkside 15:02.73. A bit more about Mr. Stanton, as told by Michael Rohl: "Mike was an outstanding small school wrestler (3rd in Class C Wisconsin). He was also 12-foot pole vaulter and the star running back on the field team. But as fate would have it, he hurt a knee and then had his appendix ruptured the summer before his senior year. I met Mike when I was studying in the school. After talking to me about his injuries, he said he would come out for the team once he was a little more fit. Three weeks later, this young man, who had never run distance showed up ready to run. He was not in great shape, but good enough to start. He lived on every word I said and eventually improved to 19:00 in just 3 weeks. (Ed. Presumably for 5 km cross country.) He was a good all around athlete and I suggested he might try the walk. I took him to Parkside with another boy to see the campus on a day when I was doing a 5 km workout in 21:10. I told him then that some day he would be as fast. For family reasons, Mike could not go to school this fall and I was not sure if he would. I ran with one day and reminded him that Coach DeWitt's scholarship offer was still there. Much to my happiness, he arrived this January. He has been walking just 6 weeks. I never taught him-Mike did that. (Ed. That's Mike DeWitt. This story is just full of Mike's. Mike takes Mike to Mike and all these Mikes are happy.) But because Mike took a chance on a kid that I sent his way, this quiet and serious young man is now racewalking and more importantly he is going to college-which he may not have been able to do without the scholarship. This my friends is what athletics is all about... . World Class camp. I have seen many positive comments on Dave McGovern's World Class clinics and camps and never anything negative, so obviously, Dave is doing a lot of things right. Well, here is another chance for you to get some of Dave's tips for improvement, delivered with his ready wit. He will be in Helena, Montana, known as The Queen City of the Rockies, for a 5-day camp from July 26 to 31. The camp will be at Carroll College, where Professor Jonathan Mathews holds forth. So, you might get a little help form Jonathan, as well. At 4100 feet in the Northern Rockies, Helena's July days include only about 6 hours of darkness, so Dave whips you from dawn to dusk, you will really be whipped. Actually, Dave may give you a little time to enjoy the mountain sunsets and lingering twilights that take hours to end. Contact Dave by e-mail at EBay@weecker@aol.com, or Jonathan at 1635 Flowerree Street, Helena, MT 59601. More walkers of the century. Richard Harper in Brooklyn was inspired by our on-going commentary on the best walkers of the century to do an in-depth analysis on the international level. His detailed conclusions are too extensive for these pages, at least at this analysis, but he has a summary of his conclusions. First he broke the century seven time periods, based on evolution of the sport. He then listed nominees for each period, with their credentials, and from these selected semifinalists and then a single finalist for each period, with supporting supporting reasons for his selections. So in summary, his picks for each period were: 1904-16:-Nominees-George Goulding, Canada; George Larner, Great Britain; and Ernest Webb, Great Britain. Semifinalist-George Larner. Finalist-George Larner. 1920-29—Just one nominee, who was, of course, the finalist—Ugo Frigerio, Italy. 1932-40. Just one nominee, Harold Whitlock, Great Britain, but he was not picked as either a semifinalist or finalist. 1946-54 (He did not include the war years in his analysis because of the hiatus in significant competition.)—Nominees—Josef Dobuzkal, Czechoslovakia; John Ljunggren, Sweden; John Mikes-Mikes, Sweden. Semifinalist and Finalist—John Ljunggren. 1956-75—Nominees—Ken Matthews, Great Britain; Vladimir Golubnichy, USSR; Christoph Hofhe, East Germany; Abden Pamiech, Italy, Bernd Kammensch, West Germany. Semifinalists—
Golubnichiy, Hohne, Kannenberg. Finalist—Golubnichiy 1975-1988. Nominees—Daniel Bautista, Mexico; Maurizio Damiano, Italy; Hartwig Gauder, East Germany; Raul Gonzalez, Mexico; Jose Marin, Spain; Ronald Weigel, East Germany; Sur Orr Cook, Australia; Margareta Simu, Sweden. Semifinalists—Bautista, Gonzalez, Weigel, Simu. Finalist Golubnichiy. 1987-1999. Nominees—Mikhail Schehnrik, Russia; Jesus Garcia, Spain; Andrei Perlov, Russia; Robert Korzeniowski, Poland; Carlos Mercenario, Mexico; Yelena Nikolayeva, Russia; Kerry Saxby-Junna, Australia. Semifinalists—Schehnrikov, Perlov, Mercenario, Saxby. Finalists—Schehnrikov, Saxby. And Richard Harper’s ultimate winners are: Gold—Vladimir Golubnichiy. Silver—Raul Gonzalez. Of course, many will reach different all the way down the line, but Richard has done a great job of delving into the history of the sport and putting us in touch with past and present heroes... Even more great walkers. As I was typing the above, the day’s mail arrived. And in it was some comment from Elliott Denman on our discussion of the greatest U.S. walkers. Usually, such things arrive the day that I have taken an issue to the printer. But not this time. (Some of the Italian results above also arrived in today’s mail, just in time. A red letter day. Not that I wouldn’t have filled the issue, but the fresher, the better.) Anyway, Elliott says: “In the whole matter of “Greatest USA Walkers ever”, some magnificent performers in their own right have never even been mentioned. Well, I’ll mention some right here and now: Joe Pearson, whose silver medal in the 1920 10 km is still the best-ever USA Olympic finish. Richard Remer, who earned a bronze in the 1920 Olympic 3 km. The great Willie Plant!! And Eddie Renzi!! And how about, of later vintage, the magnificent Ernie Crosbie, three times an Olympic 50 km walker and many-time National champion (as well as one of the very small handful of athletes to span the World War II years and return to the Games in 1948. Also, Adolph Weinacker, like Crosbie a Michigan State man and many-time champion, as well as three-time 50 km Olympian. His seventh place in 1956 was the highest-ever USA 50 km finish (topping Crosbie’s eight in ’32) and still fourth best ever behind Larry Young’s two thirds and Carl Schuler’s sixth in ’84. Men who deserve more applause than they got, too, were four-time Olympians Schuler and Marco Evoniuk, who did so many great things for so many years. Not enough praise was heaped on Todd Seely and Dave Romansky, either. Who could ever forget Todd’s classic 5:55 Millrose Games mile walk, making him the “Roger Bannister of racewalking.” And Dave, for all his great deeds, championships, US and world records, and international honors, from the sprints to the 50. Take note that Dave place second in the National 2 Hour last October. Has a sexagenarian (note to all: the word merely reflects age, not proclivities) ever placed that high in an Open National Championship walk?"

Commentary

Danger Signals

by Elliott Denman

(Also in the mail received from Elliott Denman, always a keen and astute observer of our sport, was his take on the present status of that sport. With even more to follow by and about Elliott, and at the risk of making this an Elliott Denman issue—which isn’t bad—we publish the following observations from one of the great contributors to and boosters of the sport.)

MARCH 2000

There are obvious danger signals out there, and, if not addressed immediately, the sport we’ve all worked so long and hard for may be in for some major blows to its status and recognition within the greater USA track and field community.

Consider:

Just five male walkers competed at the USATF Indoor National Championships in Atlanta (four of them representing one club).

Just six female walkers competed in Atlanta.

Unlike the situations in past years, when walkers outnumbered the athletes in some other events, no other events had as few entries as the walks.

Just five walkers (I believe) competed in the prestigious Millrose Games at Madison Square Garden.

The March 10-12 weekend saw both the National Scholastic Classic in New York City and Nike Scholastic Classic at Indiana University. Just two male walkers entered the NYC meet and just four competed in Indiana. (Ed. We have already commented on this.)

My feeling: we’d better develop some good, fast young walkers to compete at a high level soon or we’ll soon hear it from the powers-that-be asking why these walking events are included in their meets in the first place. And that would be truly horrible; a vast, horrendous step backward!!!!

While a small team of athletes based in Chula Vista is doing incredible things and making major progress, there is too little being done around the rest of the country to encourage and nurture our good, fast, younger walkers, and bring them to the level where they’ll be competing in the biggest races in the land.

And, even while some great times are being turned in, in some cases there are ongoing problems in monitoring style, technique, and ‘legality’. Let us not forget that while a single USA walker did magnificently at the 1999 World Championships, that three of the other six USA walkers entered would up on the DQ list. Let’s not forget the many USA DQs, too, at the last World University Games. Please, also, let’s not say that is a result of some form of judges’ bias. It’s always the athletes’ responsibility to deal with these situations, not the other way around.

While all this is happening, masters racewalking is undergoing a huge boom and there’s a vast number of athletes supporting this phase of our sport. The USA masters walkers lead the world in many divisions!!

But, even here, there are danger signals as many masters walkers are upset that the ‘old rules’, which served our sport so well and for so long, have been replaced by the ‘new rules’, which were primarily designed to deal with situations on the international, elite level. (And, which continue to focus on the more obvious ‘crime’ involved in the straightening phase, while failing to be more vigilant in judging the harder-to-detect contact phase.)

Bottom line as I see it:

Let us all get to work and keep on developing the good, fast young ones, finding ways to get them into the big races, and keeping them in our sport as they grow. All the while working on all our great local clubs around America so that the ‘base’ is always there. Without a base, of course, we’re sunk.

* * * * * * * * * * *

Continuing with the “Elliott Issue” we have to include the following article, since four readers saw fit to send us a copy hoping we could use it. The article, entitled “Olympian, One Step At A time” appeared in Newsday under the byline of John Jeansonne. And following that, is a nostalgic, review and preview article that Elliott wrote as the Olympics return to Australia, where he competed in 1956. Elliott, since retiring from the Ashbury Park Press last year, has caught on to a job as correspondent for NBCOlympics.com, which will carry him back to Australia in the fall.
Racewalking obscure but entirely Olympic

by Elliott Denman, NBCOlympics.com correspondent

"Come on Texas, come on Texas," so many citizens of Melbourne, Australia, seemed to be saying. The visitor to whom the Aussies' cheers were directed 43 years ago was a 22-year-old kid just out of New York University. He had trained for the Olympic 50-kilometer racewalk, not in the Lone Star State, but on the sidewalks of New York City.

To the people of Melbourne, Texas and New York represented the entire U.S.A.--huge and heady. To the kid, the 1956 Olympic 50 km racewalk was an experience of a lifetime. For both, the transcontinental encounter was a summation of the Olympic spirit.

Leading up to the Melbourne Games, the kid had been in racewalking for just 3 years. But he had been fortunate to meet such men as Henry Laskau and Bruce MacDonald, racewalk veterans who were kind enough to take him under their wing.

Listening and learning, the kid became inspired to walk himself into exhaustion. Time after time, Big Apple mile after Big Apple mile, training for the 50-kilometer Olympic Trials became his passion. Making the Olympic Team was the dream.

And so, 43 years ago, after making the grade in the 50 km Olympic Trials held in Baltimore, Elliott Denman, was Down Under with teammates Adolfo Weinaker of Detroit and Leo Sjogren of Brooklyn. (Long Islanders Laskau and MacDonald would walk the 20 km race along with Buffalo's Jim Hewson.) My passionate dream had become a reality.

In 1956, similar to it is now, the 50 km was underappreciated. It is the longest footrace on the Olympic program (at 31 miles 120 yards, it is nearly 5 miles longer than the 26.2 mile marathon), but few outside walking's inner circle ever recognize that fact. And the manner in which the race is conducted adds to that feeling of obscurity. After a lap or two on the stadium track, walkers are shown out of the stadium and instructed to return several hours later. So, as other events rage on inside the stadium, the men in the 50 are waging their own battle--a battle relatively few ever notice.

Later, sometimes after the rest of the day's program has concluded, the 50 km men return to the stadium to finish their quest for an Olympic medal, and to etch their names into the ever-growing Olympic archives. Those who do not make the medal podium can take solace in the fact that we at least toughed out the longest of all Olympic tests.

The 50 entails style, technique, and a gamersmanship that a sprinter would never know and a shot putter would never experience. Yet, it is not just strength and stamina. "Going the distance" is just part of it. If the 50 km athlete's style is even slightly faulty--and hours on the road will do strange things to any athlete's technique--there is the matter of the IAAF rulebook.

IAAF judges will be lining the Olympic course, noting any transgression of the two basic racewalking rules. First, walkers must maintain constant contact with the ground--no hopping, skipping, jumping, or outright jogging. Second, walkers, with each stride, must maintain a straight leg on initial contact with the road.

The Melbourne Games were staged later in the year than any other Olympics--November 22 to December 8. A marvelous man named Norm Read--a transplant from Steyning, England--captured the 50 km gold medal for New Zealand, walking the Soviet Union's Yevgeniy Medvedev from the Dandenong Road tarmac in the second half of the race. Weinacker led the U.S. delegation, finishing second. Younghusband was 11th and Sjogren was 12th. Such notables as Don Thompson of Britain and Georgi Klimov of the Soviet Union never even reached the finish line, done in by brutal 90-degree heat. Thompson's great day would come four years later at the Rome Games. After heat training for four years in his home-built steam chamber, Thompson walked off with the 50 km gold in 1960. There have been 10 Olympic Games since Melbourne, and America's 50 km men will again be walking off to Australia in 2000.
Not since Larry Young's second consecutive bronze in 1972 has the U.S. won an Olympic 50 km medal, and he's the best we've ever had--no American has ever won the event. After a fourth place at the 1999 World Championships in Seville, Spain, Curt Clausen, New Jersey born, Wisconsin reared, North Carolina schooled, and California trained, is considered a definite medal contender in Sydney in September. Gold is even a possibility.

Fifty-three years later, the Olympic 50 km walk is so much different. The racing (out of the stadium) is over a short loop course--flat and fast, with no out-and-back tours of the city, no hills, and no traffic. The walkers are faster and fitter. Perhaps Norman Read--and all who pursued--would be left in the Dust Under dust.

Then again, things never change. 50 km is 50 km is 50 km. And although the U.S. team will be a non-Texas squad this time around, the exultant Aussies good on 'em, probably won't even notice. For it is the Olympic spirit that endures, not the individual.

Looking Back

35 Years Ago (From the March 1965 ORW--Vol. I, No. 1)--Dr. John Blackburn was reported as the winner of the New Year's Eve 6 Mile Handicap, which became the First Annual race the following year when we conducted the second. With a 5-minute start, Doe finished a full minute ahead of son Jack in 49:32. Jack's 50:32 was the first time on the rather treacherous course (including a mudrun) at the Indian Village Day Camp where Jack lived at the time. Nearly 30 seconds behind him came a hobbling Jack Mortland. Later, however, Mortland won the first-ever indoor walking race in Columbus, a 2 miler, in 14:49, beating Jack B. by 0.1 second. Blackburn came back a month later to beat the Mort outdoors, 14:21 to 14:24. In between, Mortland captured a 10 miler in 1:20:48. As you can see, all we had in that first issue was local stuff, but that quickly changed.

30 Years Ago (From the March 1970 ORW)--There were two American records to report. Larry Walker did 13:20.2 for 2 Miles (outdoors) and Dave Romansky covered 20 Km on the track in 1:30:12. In that race, Steve Hayden was second in 1:32:06 and John Knifton third in 1:35:53. Romansky covered his final mile in 6:55. Greg Diebold won the IC4A indoor 1 Mile in 6:41, beating Clarence Bushart by 1 second. Bob Kuchar won the National Junior 50 Km in 5:18:57.

25 Years Ago (From the March 1975 ORW)--Paul Steward won the IC4A indoor mile title in 7:10.8. TIIis collegiate race is no longer contested. Karl-Heinz Studtmuller stormed around an indoor track in East Germany to complete 10 Km in 41:37, a world's indoor best. We published a brief capsule of the ORW history, noting that we started out charging $1.20 per year for what was then a 5-page newsletter reproduced by the ditto process (which may mean nothing to our younger readers.)

20 Years Ago (From the March 1980 ORW)--Todd Seuly won the first ever National Athletics Congress walking title (they were previously National AAU titles) as he capturred the Indoor 2 Mile in 12:35.1, just 3 seconds off the world's best. Jim Heiring, who went on to win a few titles of his own, was second in 12:43.3, with Bruce Harland third in 13:07 and everyone else way back. The women's 1 Mile went to Sue Brodock in 7:06.9, ahead of Sue Lies in 7:11.3 and Esther Lopez in 7:21.8. (No one called me on this at the time, but the chances are Brodock won that first TAC title as the women's race generally went off first. Can anyone who was there provide the definitive answer to this provocative question so we can give proper credit.) Seuly also won the Olympic Invitational 1500 meter in 5:41 and the IC4A title went to Jerry Katz in 6:30.6, ahead of Mike Morris, Gerald Pollet, and Troy Engle, all under 6:45. Heiring had a quick 43:53.4 for 10 Km in California, with Dan O'Connor recording the same time. Carlo Mattioli had an 18:59.2 Indoor 5 Km in Italy, and a lot of Russians went under 40 minutes for 10 Km indoors, led by Viktor Semenov's 39:21.

15 Years Ago (From the March 1985 ORW)--Marco Evoniuk was an easy winner int the TAC 20 Km team race with a 1:28:40 in Monterey, Cal. Sam Stier led by more than 6 minutes, with Steve DiBernardo right on his heels. Lori Maynard won the women's race in 1:58:07, just over a minute ahead of Jelene Stegerwalt. Mary Barbour was third in 2:00:27. Tom Edwards broke the American indoor 5 Km record in winning the Intercollegiate at Princeton in 20:17.55. Ed O'Rourke was second in 21:22. Ray Feinkoushner covered 20 Km in 1:30:07 in Long Branch, N.J.

10 Years Ago (From the March 1990 ORW)--Mikhail Schennikov (19:45:28--rather pedestrian for him) and Igor Plotnikov (19:48:71) finished one two in the 5 Km at the USA-Great Britain-USSR Indoor 5 Km in Cosford, England. Britain's Andy Drake was third in 19:57.72 and Dave McGovern fourth in 20:57.68. Gretchen Eastler (7:23:84) and Paul Tavares (6:30.39) won National Scholastic 1 Mile titles in Syracuse. Tim Seuman was fourth in the boy's race.

5 Years Ago (From the March 1995 ORW)--Michelle Rohl and Allen James won US Indoor titles in Atlanta. Michelle's 13:04.99 left Victoria Herazo 7 seconds back in the women's 3 Km, with Joanne Dow third. James took the 5 Km in 20:16.47, 13 seconds ahead of Jonathan Matthews with Rob Cole another 7 seconds back. Chad Eder and Gary Morgan were also under 21 in fourth and fifth. Mexico's Graciela Mendosa beat Rohl to win the Pan American Games 10 Km in Argentina with a 46:31.93. Michelle had 46:46.52. James won the Millrose Games Indoor 1 Mile in 5:52.75 with Mathews just 3 seconds back. Wojciech and Lukasz Szela were third and fourth ahead of Gary Morgan and Sean Albert, all between 6:03 and 6:10. (And what has become of the Szela boys?) Kevin Eastler did a 6:11:98 to win the National Scholastic Mile in Syracuse. Lisa Kutzing won the girls' race in 7:24.67. Mikhail Schennikov set a World's 5 Km Indoor record with an 18:07.08 in Moscow. Kerry Sexby and Nick Altemir won Australian titles in 43:53 and 1:22:35.