

## Herazo, Rohl Top 5 Km Fields

Kingsport, Tenn., Oct. 14—On a cool morning, Mike Rohl (21:22) and Victoria Herazo (25:02) dominated the fields to pull off wins in National 5 Km Racewalks. The races turned out to be primarily for the older gentry. In the men's race, Rohl and second-place Dave McGovern were the youngsters at age 35. There were a couple of women younger than that, but the first two finishers were over 40, and the next two over 50. Gayle Johnson walked a masterful race in third to shatter her age group record with a 26:21. In the most impressive performance of the day, 56-year-old Rich Friedlander won the Men's Master's title in 24:25. Just 4 years and 13 seconds behind him was Bruce Booth. The results:

**Women:** 1. Victoria Herazo (41), Nev. 25:02 2. Donna Chamberlain (43), Penn. 26:10 3. Gayle Johnson (51), Missouri 26:21 4. Jackie Reitz (52), Ind. 28:34 5. Regan Holmgren (24), Ind. 28:51 6. Sarah Perry (30), Fla. 29:08 7. Linda Swonder (39), Ind. 30:19 8. Janet Higbie (59), Ind. 30:37 9. Rita Sinkovec (61), Col. 30:41 10. Barb Stayton (46), Ind. 30:41 11. Jolene Steigerwalt (56), Cal. 31:01 12. Judy Witt (51), Vir. 31:27 13. Elizabeth Main (49), Ken. 31:49 14. Cathy Mayfield (49), Ind. 32:12 15. Ruby Tolbert (58), Penn. 32:53 16. Helen Amazen (67), Ala. 34:35 17. Judy Justis (42), Tenn. 34:39 18. Barbara Mangum (53), Ala. 35:35 20. Katherine Fincer (42), N.C. 40:15 (3 DQs)

**Men:** 1. Mike Rohl (35), N.M. 21:22 2. Dave McGovern (35), Ala. 21:50 3. Keith Luoma (38), Ga. 22:59 4. Drew Swonder (36), Ind. 24:13 5. Rich Friedlander (56), Missouri 24:25 6. Bruce Booth (52), Vir. 24:38 7. Rod Craig (42), Mich. 24:46 8. Leon Jasionowski (56), Mich. 25:03 9. Max Walker (54), Ind. 25:34 10. Jim Carmines (57), Penn. 25:39 11. Will Walden (45), Tenn. 25:56 12. Phil Gura (41), Ga. 27:09 13. Robert Head (45), Ind. 27:25 14. Paul Johnson (63), Fla. 27:26 15. Paul Hammer (58), Ohio 28:04 16. Allen Albert (57), Ind. 28:09 17. Randy Stiles (55), Ill. 28:29 18. Bruce Cooper (47), Kan. 28:58 19. Peter Armstrong (55), N.M. 29:28 20. Jack Starr (72), Del. 29:57 21. Ross Barranaco (51), Mich. 30:47 22. Bob Stewart (67), Ind. 31:31 23. Charles Mullins (58), Tenn. 31:37 24. Mike Michel (70), N.C. 32:01 25. Gary Kidd (53), Ken. 32:39 26. Bob Christmas (70), Ind. 33:22 27. Daryl Simpson (53), Ken. 33:25 28. James Yeager (49), Ind. 34:06 29. Michael Manis (41), Tenn. 34:44 30. George Solice (69), Cal. 35:05 31. John Pollman (54), Ind. 35:11 32. Paul Geyer (81), Minn. 39:55 33. Frank DeGruy (76), Ala. 43:05 (6 DQs)

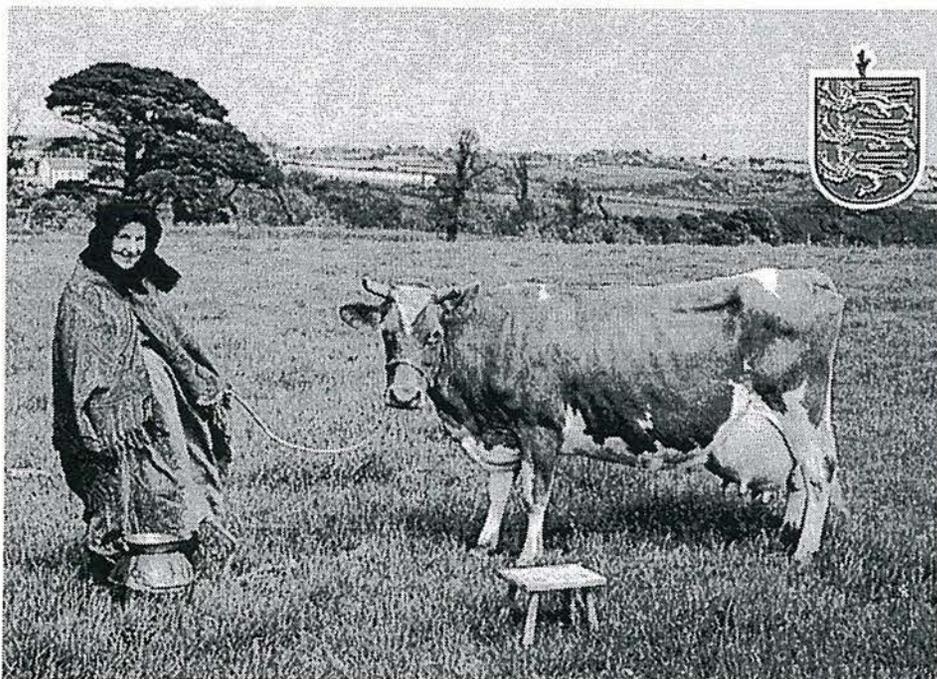
## Herazo 1 Hour Queen; McGovern 2 Hour King

Worcester, Mass., Oct. 1—Returning for the first time since her last title in 1996, Victoria Herazo walked off with her sixth National 1 Hour title, covering 11,728 meters. She had also won in 1990, 1991, 1994, 1995, and 1996. In the Men's 2 Hour title race, Dave McGovern was an easy winner, going 24,432 meters. Maine's junior walkers were very impressive. While he didn't make our headline, 18-year-old Daniel Pendergast was very impressive as he won the men's 1 Hour with 12,201 meters. And 17-year-old Caitlin Bonney was a strong second in the women's

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race, her 11,150 meters improving on her 1999 performance by 562 meters. The results:

**Women's 1 Hour**—1. Victoria Herazo (41), Nev. 11,728 2. Caitlin Bonney (17), Maine 11,150 3. Donna Chamberlain (43), Penn. 10,825 4. Marcia Gutsche (39), Mass. 10,825 5. Jackie Reitz (52), Ind. 10,316 6. Lee Chase (46), Conn. 10,241 7. Jean Tenan (37), Conn. 10,194 8. Ann Faviolise (17), Maine 9923 9. Ann Percival (42), Conn. 9917 10. Loretta Schuelein (23), N.Y. 9639 11. Elton Richardson (61) 9482 12. Ginger Amrstrong (37), Conn. 9463 13. Holly Wenninger (36), Mass. 9227 14. Mary Flanagan (41), Mass. 9204 15. Stephanie Lyness, Conn. 9087 (23 finishers, 3 DQs)



**Aid station, 1930s style.** England's Ed Shillabeer sent me a picture postcard regarding his participation in the 19.4 mile Church-to-Church Walk in Guernsey, an event started in the '30s (he accomplished an age 60-64 best of 3:17:38 for the very hilly course). Referring to the picture on the card, he said: "Here is a picture of a roadside refreshment station of that era."

**Men's 2 Hour**—1. Dave McGovern (35), Ala. 24,432 meters 2. John Soucheck (36), N.J. 22,375 3. William Vayo (36), N.Y. 21,506 4. Andrew Cable (35), Conn. 18,971

**Men's 1 Hour**—1. Daniel Pendergast (18), Maine 12,201 2. Reynaldo Carrazana (42), N.Y. 11,787 3. Leon Jasonowski (55), Mich. 11,466 4. Max Walker (54), Ind. 11,117 5. James Carmines (57), Penn. 11,036 6. Brian Davis (16), Ohio 10,993 7. Bob Keating (53), N.H. 10,882 8. Nick Manuzzi (40), Conn. 10,829 9. Richard McElvery (43) 10,813 10. Joe Light (53), R.I. 10,752 11. Adam Staier (16) Maine 10,642 12. John Chasse (17), Maine 10,464 13. David Baldwin (57), Maine 10,414 14. Shawn Frederick (47), N.Y. 10,144 15. Tom Knatt (60) 10,016 16. BobBarrett (66), 10,000 17. Stanley Sosnowski (50) R.I. 9910 18. John Costello (45), Mass. 9902 29. Robert Ullman (51), 9872 20. Jack Starr (72), Del. 9767 21. Mark Dennet (15), Maine 9298 22. Charles Mansback (56), Mass. 9133 23. Yuri Kuo (15, Mass. 8686. . . 26. Tim Dyas (80), N.J. 7673 (29 Finishers)

**World Junior Championships: Men's 10 Km, Oct. 19**—1. David Berdeja, Mex. 40:56:47 2. Yevgeniy Demkov, Russia 40:56:53 3. Viktor Burayev, Russia 40:56:57 4. Takeaki Agatsuma, Japan 42:39:08 5. Chuang Pei, China 42:41:01 6. Patrick Ennemoser, Italy 42:50:73 7. Jose Bagio, Brazil 43:18:95 8. Aliaksandr Kuzmin, Belarus 43:20:96 9. Troy Sundstrom, Australia 43:32:79 11. Cristian Munoz, Chile 43:45:22 12. Aivars Kadaks, Latvia 44:08:44 13. Benjamin Kucinski, Poland 44:12:06 14. Iustin Tataru, Romania 44:26:88 15. Marco Taype, Peru 44:41:95 16. Jan Albrecht, Germany 44:48:08 17. Ciro Gonzales, Cuba 44:55:90 18. Theodoros Koupidis, Greece 45:00:97 19. John Garcia, Col. 45:12:0 20. Yuki Yamazaki, Japan 45:19:21 21. Andreas Gustafsson, Sweden 45:21:06 22. Victor Marin, Peru 46:06:90 23. Colin Griffin, Ireland 46:17:00 24. Andres Leon, Ecuador 46:17:66 25. Florian Jourda, France 47:00:74 26. Andre Katzinski, Ger. 47:15:74 27. Juan Mesquita, Uruguay 49:15:25 (3 DNF, 2 DQ) (No U.S. walker had met the qualifying standard)

Sundstrom led the first 2 Km with splits of 4:17.47 and 8:27.11. Berdeja then led until the 9 km mark with splits of 12:42.92, 16:48.14, 20:54.18, 25:01.72, 29:08.71, and 33:14.22. Burayev then accelerated the pace significantly and led at 9 km in 37:05.61 (a 3:51 km), but Berdeja edged in front at the finish and Demkov nosed out Burayev as they did another 3:51. This has to be the closest finish ever in a major racewalk (maybe any racewalk) with just a tenth of a second between the first three.

**Women's 10 Km, Oct. 21**—1. Lyudmila Yefimkina, Russia 44:07.74 2. Tatyane Kozlava, Russia 44:24.53 3. Sabine Zimmer, Germany 46:49.97 4. Athanasia Tsoumeleka, Greece 47:10.96 5. Vera Santos, Portugal 47:11.18 6. Beatriz Pascual, Spain 47:14.79 7. Melissa Rodriguez, France 47:57.88 8. Zuzana Malikova, Slovakia 48:00.84 9. Francesca Balloni, Italy 48:48.46 10. Laura Johnson, Australia 49:06.47 11. Stephanie Panzig, Germany 49:06.91 12. Natalia Garcia, Mexico 50:00.86 13. Anicka Barzut, Yugoslavia 50:25.00 14. Edina Fusti, Hungary 51:30.27 15. Tiina Muinonen, Finland 52:01.94 16. Robyn Stevens, USA 52:03.24 17. Ariana Quino, Bolivia 52:04.46 18. Toshie Kasatsu, Japan 52:09.56 19. Alina Olaru, Romania 52:27.20 20. Cristina Lopez, El Salvador 53:12.90 21. Lizbeth Zuniga, Peru 55:05.05 (2 DNF, 4 DQ)—Strictly a two-woman race, with those two trading the lead. Yefimkina led at 1 km in 4:29.25, Kozlova at 2 in 8:54.80, Yefimkina at 3 in 13:12.91, and Kozlova at 4 in 17:38.60. Yefimkina took over for the next 3 Km (22:04.35, 26:35.74, and 31:03.66). Kozlova was back in front at 8 (35:36.45), but from there, Yefimkina was able to accelerate sharply to pull away, passing 9 km in 39:53.54 and covering the final kilometer in 4:14.

## Other Results

**10 Km, New London, Conn., Oct. 8**—1. Adam Steir (16) 52:52 2. Andy Cable 55:50 3. Dave Baldwin (57) 56:52 4. Marsha Gutsche 56:53 5. Lee Chase (46) 57:43 6. Jean Tenan 58:10 7. Anne Favolise (17) 59:07 8. Ann Percival (42) 60:18 9. Stan Sosnowski (50) 61:56 10. Ginger Armstrong 63:30 (13 finishers) **WAVA 5 Km, Providence, R.I., Oct. 15**—1. Brian Savilonis (50) 26:41 2. Joe Light (53) 27:02 3. David Baldwin (57) 27:09 4. Marcia Gutsche 27:23 5. Tom Knatt (60) 28:20 6. Bob Barrett (66) 28:25 7. Stan Sosnowski (50) 29:04 8. Ken Mattsson 29:39 9. Charles Mansbach (56) 31:44 11. Holly Wenninger 32:11 12. Bob Beaudet (67) 32:32 (31 finishers, 6 DQs) **5 Miles, Freehold, N.J., Oct. 22**—1. John Soucheck 39:54 2. Nick Bdera (52) 42:15 3. Zachary Pollinger (15) 42:24 4. Jack Lach (56) 45:59 5. Dave Romansky (62) 45:59 6. Dick VanBenthuyzen (52) 48:11 7. Tom Quattrocchi (49) 48:15 8. Manny Eisner (60) 50:48 9. Sherry Brosnahan (48) 50:49 10. Ben Ottmer (66) 51:22 . . . 14. Bob Mimm (76) 55:13 (Gee. I never knew how old Bob really is. He's always been 10 years older than me, but I still have 3 months before 66) (21 finishers, 1 DQ) **3 Km, Alexandria, Va., Sept. 2**—1. Donna Chamberlain (43) 15:34.63 Men—1. Jim Carmines (57) 15:36 2. Alan Price (53) 17:29 3. Victor Litwinski (56) 18:44 **5 km, same place**—1. Bruce Booth (52) 25:35 2. Alan Price 29:44 Women: 1. Judy Witt (51) 30:08 **15 Km, same place, Sept. 3**—1. Donna chamberlain 1:24:18 2. Kora Boufflet 1:28:05 3. Alison Zabrenski 1:30:19 Men—1. Jim Carmines 1:25:01 2. Alan Price 1:38:12 3. Jim Goldstein (51) 1:38:14 4. Jack Starr (72) 1:38:59 **1600 meters, Alexandria, Aug. 6**—1. Vanessa Ryan 8:28 Men: 1. Bob Ryan 8:55.30 **3 Km, same place**—1. Lois Dicker (60) 17:49 Men—1. William-Jess Leggett 14:55.40 **3 Km, Alexandria, Aug. 20**—1. Lois Dicker 17:52 Men—1. Victor Litwinski 18:35 **1 Hour, Royal Oak, Mich., Sept. 24**—1. Dan O'Brien 12,257 meters 2. Leon Jasionowski (55) 11,713 3. Ken Lampar (42) 10,447 4. Jack Elwarner (61) 10,405 Women—1. Walda Tichy (60) 9,443 2. Pat Gibbs (61) 8,624 **Detroit Free Press Marathon, Oct. 15**—1. Rod Craig (42) 4:09:36 2. Cheryl Rellinger 4:30:07 3. Ken Lampar (43) 4:41:21 4. Kathryn Gurin (46) 4:53:00 5. Ann Batchelor (45) 4:58:04 6. Victor Sipes (57) 5:01:19 7. Ross Barranco (51) 5:01:19 (38 finishers) **1 Hour, Kalamazoo, Mich.**—1. Bill Reed (48) 10,252 2. Dave Dunn 10,250 **10 Km, Denver, Sept. 17**—1. Mike Blanchard 55:54 **5 Km, Same place**—1. Daryl Meyers (57) 29:27 2. Lori Rupoli (49) 31:00 **5 Km, Denver, Sept. 24**—1. Daryl Meyers 28:50 2. Loir Rupoli 30:20 **100 miles, Golden, Colo., Sept. 24**—1. Richard Brown, England (53) 20:29.45 2. Sandra Brown (51), Eng. 21:50:57 3. Ludo Schaerlakens (40), Belgium 22:20:36 4. Bhatti Parminder (45), Eng. 23:05:10 5. Jill Green (58), Eng. 23:35:07 6. Herbert Neubacher (47), Germany 23:36:38 7. Eric Poulsen (49), Cal. 23:48:10 (I believe that makes Eric the 48th U.S. Centurion) 8. Christina Elsenga, Netherlands 23:49:30 9. Geoff Tranter (52), Eng. 23:49:52 (Klaus Thiedmann (46) of Chicago just missed Centurion status, going 98,438 miles within the 24 hour limit. James Gawle (49), Mass. did 96,985; Dorit Attias (38), N.J. 94,340; and Nico Solomos (62) of Denver 92,738. Among others was Chuck Newell (60) of Newcomerstown, Ohio, one time Ohio TC teammate of your editor. Chuck, who had done one 50 in his earlier career and then taken nearly 30 years off, got through a 100 km race in Yellow Springs a couple of years ago. He went a little further this time—64.896 miles—but took a lot longer to do it. He reports: "I planned for every conceivable event except weather!!!!!! It rained from the moment I got off the plane until dark Saturday night when the temperature dropped and it turned to snow. Most miserable night! Richard Brown completed his 99th 100 miler with this race. He said it was the worst weather he had ever competed in. Roger Le Moine of England was taken to the hospital after I came across him hanging on a chain link fence. Hyperthermia and a fall took him out of the race. (Ed. He had gone about 26 1/2 miles). About three laps later, I

stopped for a cup of hot tea and leaned against the director of the race, and leaned, and leaned. They took me in and got someone from the fire department to check me out. I at least knew my name and where I was. After changing to dry clothes and taking a long, hot shower, I took to the course again to thunderous applause from the six volunteers. Jack Blackburn, walking guru of Springfield (Ed. And five-time Centurion) told me that these things were a real spiritual happening. As you probably already know from years of personal knowledge, J.B. is 3 miles short of 5 kilometers. Spiritual experience my Aunt Fanny! With periodic rests, I was able to keep going for the 24-hour thing-a-mabob (now there's scientific racewalking lingo). Funny story—darling wife Peggy made me swear on a BIBLE before I went that this was the last one!!! (Ed. Note that Chuck is a minister in the Church of Christ.) That night, after the race, when I was back in the motel she told me on the phone, "The next time, I am going with you." So, yes to your question (Ed. I had queried him about his experience), if my osteoarthritic knee will allow me, I will try it again. Unfortunately, may have to travel some to find one, unless I can talk the "spiritual-minded one" into holding one in Ohio. All in all it was a great experience. Right up there with root canal and open heart surgery. (Ed. From my experience, root canals are highly overrated, but I can't comment on open heart thing-a-mabobs.) On a positive side, it was a real treat to meet walkers from Europe, Bermuda, and from all over the U.S. The encouragement given by all of them to me and to each other certainly helped through one most miserable night. The later stages of the race found me unable to walk upright, I kept leaning sideways, which proved to be quite a pain. The Kamms did a tremendous job of planning this race and putting it on. They were there throughout the race. I don't know how many times he helped me inside. Plus all the volunteers that were counting laps and taking care of the aid tables. I was in much better shape for this one than the 100 km in Yellow Springs in '98. No blisters, lost toe nails, and I even was able to drive myself to the airport the next day. If it hadn't been for the weather. . . Ah well, "if" never walked a mile and it didn't prevent nine walkers from going the distance." Ah, a strange breed these ultra-distance dudes and dudesses. Well, back to the more mundane results. **Western Regional 1 Hour, Broomfield, Col., Oct. 8**—1. Alan Yap (58) 10,090 meters 2. Barbara Amador (52) 9878 **Really High 3 Km, Cloudcroft, N.M., Oct. 22** (Well, this isn't exactly mundane either. A Mike Rohl production at 9000 ft. altitude)—1. Michelle Rohl 17:45 (So, altitude does make a difference for the endurance athlete. Also see Bob Mimm's article in the From Heel To Toe section of this issue.) 2. Marjorie Largarite 21:19 3. Cliff Elkins 21:23 (9 finishers) **10 Km, Kentfield, Cal., Sept. 4**—1. Shoja Torabian (50-54) 54:42 2. Joe Berendt (40-44) 55:22 3. Jack Bray (65-59) 55:53 4. Brenda Usher-Carpino (50-54) 61:31 5. Lida Smith (45-49) 62:45 6. Peter Corona (70-74) 64:40 (35 finishers) **1 Hour, Kentfield, Cal., Sept. 10**—1. Victoria Herazo 11,785 meters 2. Eric Poulsen (45-49) 11,593 3. Shoja Torabian 10,589 4. Jack Bray 10,439 5. Brenda Usher-Carpino 9571 6. Doris Cassels (60-64) 9280 7. Ann Lee (50-54) 9234 8. Marge Garner (55-59) 9225 (24 finishers) **4 Miles, Larkspur, Cal., Sept. 16**—1. Jack Bray 35:44 2. Peter Corona (70-79) 41:18 3. Doris Cassels 42:11 (23 finishers) **1500 meters, San Rafael, Cal., Sept. 19**—1. Jack Bray 7:55.47 2. Bob Rose 9:22 3. Virginia Fong 9:25 **Sacramento 1/2 Marathon, Oct. 1**—1. Eric Poulsen 1;56:34 2. Joe Berendt (40-44) 2:02:45 3. Jack Bray 2:09:46 4. Karen Stoyanowski (40-44) 2:17:51 11. Jim Currier (50-54) 2:20:11 (36 finishers) **2.8 Miles, Seattle, Sept. 9**—1. Stan Chraminski 24:08 2. Bob Novak 24:16 3. Ann Tuberg 26:16 4. Josalyn Slaughter 26:16 **15 Km, Italy, Aug. 26 (track)**—1. Alessandro Gandellini 60:01.2 (20:16, 40:16) 2. Michele Didoni 60:19.9 (20:44, 40:54) 3. Marco Liungi 60:35 4. Enrico Lang 62:16 5. Giovanni Perricelli 63:12 6. Lorenzo Civallo 63:53 7. Ivano Brugnetti 64:26 8. Francesco Galdenzi 64:55 (28 finishers) Women—1. Elisabetta Perrone 65:18.3 2. Erica Alfridi 65:18.3 3. Anna Rita Sidoti 67:06.8 **Women's 10 Km, same place**—1. Cristiana Pellino 43:49.5 2. Perrone 44:14.6 3. Alfridi 44:19.9 4. Sidoti 44:35.5 (these three finished 15 km, as shown above) 5. Gisella Orsini 45:12 6. Emanuela Perilli 46:15 7. Annarita Fianza 46:35 8. Elke Ennemoser 47:39

3 Km, Denmark, Aug. 13--1. Jakob Sorensen 11:58.47 2. Arturo Orosco 11:58.89 3. Claus Jargensen 12:23 4. Klaus David Jensen 12:48

### Come To These, and Walk With the Breeze

(Breeze not guaranteed; hopefully, no gale-force winds)

- Sun. Nov. 5 5 Km, Kentfield, Cal. (P)  
1 Hour, Alexandria, Vir. (J)  
5 and 10 Km, Coconut Creek, Florida (Q)  
10 Km, West Concord, Mass. (N)  
2 Miles, Albuquerque, N.M. (I)
- Sat. Nov. 11 2.8 Miles, Seattle, 9 am (C)
- Sun. Nov. 12 1 Hour, Kentfield, Cal. (P)  
10 Mile, Denver, 10 am (H)  
Coney Island 10 Mile Handicap and 5 Mile, Brooklyn, N.Y., 9 am (F) (Originally scheduled for Oct. 22; hope you didn't show up then)
- Sat. Nov. 18 South Region 1 Hour, Myrtle Beach, S.C. (Z)
- Sat. Nov. 19 1 Hour, Monterey, Cal. (S)  
5 Km, New York City, 8:30 am (G)  
5 Km, Albuquerque (I)
- Thur. Nov. 23 4 Mile, Denver, 10 am (H)  
5 Km, Las Cruces, N.M. (I)
- Sat. Nov. 25 5 Km, Aurora, Col., 9 am (H)  
1/2 Marathon to 50 Km, Seattle (C)  
5 Km, Kentfield, Cal. (P)
- Sun. Nov. 26 1 Hour, Fort Monmouth, N.J., 10 am (A)  
5 Km, New York City, 9 am (G)
- Sun. Dec. 3 5 Km, New York City, 9 am (G)
- Sat. Dec. 9 1 Hour, Ft. Monmouth, N.J., 10 am (A)
- Sat. Dec. 16 1 Hour, Ft. Monmouth, N.J., 10 am (A)
- Sat. Dec. 23 5 and 10 Km, Washington, D.C. (J)
- Sun. Dec. 31 Polar Bear 10 Mile, Asbury Park, N.J., 10 am (A)
- 2001
- Mon. Jan. 1 2 Miles, Albuquerque (I)
- Sat. Jan. 13 5 Km, Ocean Township, N.J., 10 am (A)

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## From Heel to Toe

**Paris to Colmar.** In the August issue, we had an article on the annual Paris to Colmar race, which, though varying from year to year, is always more than 500 km. The first race was held in 1926 and in 1988, a women's race of more than 250 km was added. We noted in the article that the race is continuous but for two or three mandatory stops, the details of which we were uncertain. Our French subscriber and correspondent, Kora Boufflet, now living in Washington with her husband Eric, who is attached to the French embassy, has supplied those details. Kora knows them well, having won the women's race in 1995. There are two medical stops. The first one is for 3 hours at the 247 km mark and the second for 1 hour at 439 km. The women have a 2 hour stop at 117 km and 1 hour at 292. This year's men's winner as reported in our August article was Russia's Alexii Rodionov. This 43 year old holds the world record for 100 km at 8:54:35 and has done 50 in 3:53:47 and 20 in 1:22:26. I guess, those being rather boring times in Russia, he gravitated to the longer distances where he could excel. Kora also tells me that you need to enter two qualifying races (200 km or 24 hours) and complete at least 195 km in each (160 Km for the women). According to Kora, the 2001 edition will be from May 31 to June 3. She suggests that as a good time for enthusiasts to visit France and support these great endurance athletes; you can assist them in walking a few miles with them. And, she says, you can sample some of the greatest champagnes and Alsatian wines (delicious white wines) all along the road as you pass through 175 French towns and seven different counties. Want more info--connect with <http://PARIS.COLMAR.FREE.FR>. In French, of course, but much of this sort of stuff is always decipherable regardless of familiarity with the language. . . **International stuff.** The next World Cup of Racewalking is set of October 12-13, 2002 in Turin, Italy. The 2001 World Championships will be in Edmonton from Aug 3 to 12. And, next summer's World youth Games will be held in Debrecen, Hungary from July 12 through 15. The meet is for athletes who will not turn 18 during 2001 and who meet qualifying standards of 49:00 (10 Km) for men and 25:25 (5 Km) for women. The standards must be met between Jan. 1 and June 27, 2001. . . **National coach, RWI, NARL.** Enrique Pena will continue as coach to American racewalkers for the next 4 years. He signed a contract with Racewalking International (RWI) while in Australia at the Olympics. He will continue to wrk with walkers at the ARCO Olympic Training Center and will be involved in preparing U.S. walkers for the July WAVA (masters) Games in Brisbane, the IAAF World Championships in August, and the 2004 Athens Olympics. He is also excited about plans to expand the country's youth development program. When signed, Pena said, "I know there must be at least a dozen like Jefferson Perez in a country the size of America. We just have to find and train them to become Olympic Games contenders. To find out more about RWI and how you can support racewalking, contact chairman John MacLachlan at 745 Kelly Drive, Incline Village, NV 89451, 775-833-2121. MacLachlan has also announced that RWI has concluded negotiations

with the US Army that will enhance the ARCO OTC program now and in the future. The Army becomes RWI's first institutional partner and will help fund Coach Pena's activities. OTC walkers will now have the opportunity to travel with Coach Pena for altitude training using the facilities of Fort Carson, Colorado 50 miles south of Colorado Springs. For those wondering what has become of the North American Racewalking Institute (NARI) in all of this, it is still alive and well, but has transferred responsibility for the ARCO Training Center to RWI. NARI will continue to place a top priority on developing racewalking in America. One plan is to provide funding for a special collegiate meet that Mike DeWitt will be organizing next spring. A fund for that is already established from money raised to send Coach DeWitt to Sydney with his athletes Michelle Rohl and Debbi Lawrence. Mike's obligations to his family and to his teaching and coaching at U.W. Parkside did not allow him to attend. The meet will be first step in developing and nurturing collegiate walkers. The NARI Board welcomes suggestions from those interested in the further development of our sport. Donations will go to programs that assist up-and-coming racewalkers and seek to expand our pool of potential Olympians. For more information contact Elaine Ward, NARI, PO Box 50313, Pasadena, CA 91115, 626-441-5459, [NARWF@aol.com](mailto:NARWF@aol.com). . **Olympic video.** 1968 and 1972 Olympian Tom Dooley, and probably others, is looking for a copy of a video of the Sydney Olympic walking races. He will pay! If you can help, contact Tom at 2817 San Simeon Way, San Carlos, CA 94070. Also, let the ORW know so I can pass the word on to subscribers. . **And speaking of Mike DeWitt.** The initial NARI collegiate effort is in fine hands. The coaching record of University of Wisconsin-Parkside and Parkside AC coach Mike DeWitt is legend. Besides Michelle Rohl and Debbi Lawrence, Olympians Jim Heiring, Andy Kaestner, and Tim Seaman went through his program, as did many other internationals, including Ray Sharp, Chris Hansen, Mike Stauch, Mike Rohl, and Doug Fournier. I'm sure I have missed some and someone will bring me up to date. And he has worked with others who haven't been a part of his program. The bottom line is that in his quiet and unassuming way, Mike has been an integral part of whatever success we have had internationally over the past 20 years. Here is a fine tribute to the program developed by former coach Bob Lawson and Mike, in the words of former IAAF Racewalk Chairman Bob Bowman: "The atmosphere of Parkside/Kenosha is the best in the world of racewalking. If you are ever in the Chicago area, it is worth a trip 30 miles north to this storied location. It is a blue collar town except for the University, which is just a few miles outside of downtown Kenosha. It sits among rolling hills, outlined in meadows and woods. The whole town and the school love racewalking. It is clearly Racewalking USA. My favorite story about Parkside is my first trip there almost 20 years ago, in 1981. It was spring and I was in Chicago on business and the Parkside people (Head Coach Bob Lawson, who originally built the program at Parside with DeWitt being his first walker) invited me up to officiate at a track meet that weekend in which a 5000 meter track walk was included. I was staying at the Holiday Inn. My first night there (Friday), I was met at the hotel by Don Kopriva, the Sports Info Director at Parkside. Before we went to dinner, we stopped at the local neighborhood bar (Chet's, or something like that), which was strategically located near the local automotive plant. The bar was frequented by the auto workers (pretty tough crowd) and Parkside students. It was a typical midwest sport's bar and everyone seemed to know each other. As I entered the bar, I immediately noticed there were many pictures and photos of all the local professional sports heroes from the Chicago and Milwaukee teams. There was also some pictures of college athletes. To my amazement, right over the middle of the long bar, between life-size pictures of Carlton Fish, hall of fame catcher, and Kareem Abdul Jabbar was a life-size picture of Olympic and Parkside Hall of Fame Racewalker Jim Heiring. As I stood there with my mouth open, a big guy with sleeves rolled up and wearing a hard hat, turned to me and asked what I was staring at. I said, "That picture" and pointed at it. He said, "Don't you know that's Jim Heiring, out Olympic walker?" It was the most unbelievable thing I had ever seen in all my years in the sport. Don Kopriva started laughing and then told me he had brought me there because he knew I would never believe it otherwise. My whole weekend was incredible.

This whole community worships racewalking. In the large athletic field house there is also large laques honoring all Parkside's All-Americans. They have many in basketball (NAIA and NCAA Division II) and in track (mostly racewalkers.)" . . . **Get in line for hornet juice.** Sydney marathon winner Naoko Takahashi, has credited her success in part to hornet juice. She consumed the stomach juices of giant, killer hornets that fly 60 miles a day at up to 20 mph during training and in the race itself. Japanese scientists claim that it has astonishing powers to boost human stamina. The scientists at the Institute of Physical and Chemical Research near Tokyo began investigating the bitter juice of the species of large hornets to find out what gave them the energy to fly the equivalent of more than two marathons in search of food for their young. The hornets feed their grubs by killing other insects, chewing the meat into a ball, and carrying up to half their own body weight back for the grubs, waiting in underground nests. When the grub has eaten it passes a few drops of clear liquid back to the adult, which is totally dependent on this juice because their tiny digestive tracts do not allow them to eat solid foods. The task of finding and removing hornets' nests, which contain about 4,000 grubs, was hazardous for the scientists, even with heavy-duty protective clothing and hard hats. But, the eventually managed to remove some 80 nests and, in the lab, extracted the juice from the grubs using pipettes. A series of tests on swimming mice and then on students on exercise bikes, showed that those who had taken the juice performed almost twice as well as those who did not. Working with the Meiji company, the scientists turned the juice into a drink acceptable to humans and it was taken up by many Japanese endurance athletes. Takahashi says it was a crucial factor in helping her win the gold. Well, if endurance athletes throughout the world turn to this elixir, the hornet and grub population might drop precipitously, and everyone will right back where they started in relation to each other. . **Altitude stuff.** Our mention of Curt Clausen's altitude simulating tent brought this commentary from Bob Mimm, 1960 Olympian and masters walker *par excellence*. "I was much interested in your altitude tent article on Curt Clausen. When I trained for the Olympic team, I couldn't afford a pup tent, let alone an altitude tent. How times change. Oddly, I just recently wrote an article on altitude for the Easy Striders. It shows the latest thinking on altitude, according to my research." And here is Bob's article: "If you dropped someone on the summit of Mt. Everest without oxygen, that person would not remain alive very long. Humans are not made to live in the thin air of such extreme heights. Yes, there are those who have been successful in their attempts to climb Mt. Everest. There are even a few who have done it without the use of supplemental oxygen. But, to do it, they had to move slowly to give their bodies time to adjust. The usual procedure is to climb to a designated height, return to a camp site, and repeat the procedure until the summit is reached or the body gives up. Some individuals are able to tolerate altitude better than others. Physical fitness does not seem to be a factor. Couch potatoes are often able to tolerate its effects better than trained athletes. We do not know why. We do know, however, that altitude can be life threatening. It must be respected. If you like the challenge of altitude, you should know about the Tibet Skymarathon held at an altitude of 4300 meters (better than 14,000 feet). In 1998, Matt Carpenter, of Pike Peaks fame, won it in 2:53. The fact that Matt can go under 2:20 at sea level certainly shows the effect of altitude. A question that might interest those who are competitively active is whether or not training at altitude will make you faster. This has been the thinking of most coaches and trainers. This concept may be changing somewhat with research. If you train at altitude, you will certainly run faster at altitude. But, will you run faster at sea level? The latest thinking is that you will not. This is because you run slower at altitude so you will not get the speed work you need. Many authorities now tell us that the ultimate training philosophy is to live at altitude and train at sea level. Those of you who believe in the benefits of altitude training might be interested in learning there is a way to get such training without going up a mountain. You can buy a Wallace Altitude Tent. It is a nylon dome that fits over your bed and pumps air to you with one-third less oxygen. Please be aware that it costs more than \$5,000. For me, I would rather go up a mountain." (Ed. One small point. It seems to me that the tent does not simulate training at

altitude, as Bob would seem to suggest, but rather simulates living at altitude, which he points out as the way current thinking says to go.) . . . **RWI Seminar.** Racewalking International, with adidas as host, held a seminar in Sydney regarding "The State of International Racewalking". More than 200 spectators heard Jose Marin, Spanish National Racewalking coach; Dr. Hans Joachin Pathus, renowned leader and coach of Germany's international racewalkers; Simon Baker, former Australian racewalking coach at the Australian Institute of Sport; Andy Drake, United Kingdom National Potential Coach; and Ronald Weigel, racewalking coach at the Australian Institute of Sport. All five are former international racewalkers of note, Baker, Marin, and Weigel with World Cup or World Championship golds to show for it. Dr. Pathus presented his views on what a former dominant country (Germany, actually East Germany) is now doing to again place its walkers among the top in the world. Baker spoke about countries that have not had a strong racewalking past and are now making progress. Marin's speech addressed countries that continuously have been strong and how they continue to attract young racewalkers to achieve international success. Special translator for Marin was Andrew Hermann, who has trained with Marin. Drake presented a multi-media slide demonstration regarding physiological aspects of elite racewalking performance. Drake is conducting the research for his Ph.D. at Coventry University. Ronald Weigel's topic was not reported. Many Olympic walkers, coaches, trainers, and managers of international teams were present. RWI is planning to present a second seminar at the Edmonton World Games next August. . . **Lactation?** Apparently referring to Australian commentators, Australian subscriber Bob Steadman asks: "When competitors, especially swimmers, are accumulating lactic acid in their muscles, do U.S. commentators also refer to them as "lactating?" Only the women competitors, Bob. Bob, who once competed for Canada in a dual meet with a U.S. team that included your editor., also noted: "The star was of course Korzeniowski, whose efficient style is a model for young walkers. His head moves in only one direction—straight ahead."

## Commentary on Judging

The jury is still out on whether the Olympic walks have done any harm to the sport because of the disqualifications. Certainly, they resulted in a lot of adverse publicity, mostly by sports writers with no understanding of the sport who substituted words such as "cheating" and "running" for disqualification. They were ready to brand the sport as a farce when three leaders in the women's 10 Km were picked off successively by the judges. Of course, we know that the judges were protecting the integrity of the sport; the farce would have been letting these ladies continue to capture the three medals. Another negative note on these DQs was Elisabetta Perrone not leaving the course when she was DQd. Actually, she did stop initially, then came back on the course, ran to catch up to Jane Saville and proceeded to start walking with her again. Saville was perplexed until they finally got Perrone off the course. Whether Perrone's challenging her again had any bearing on Saville's disqualification, we don't know, but it was certainly something for the detractors to jump on. Mexicans were up in arms for a day or two after Segura's DQ in the 20, claiming their country was being picked on, and that was something else some detractors picked up on. The legitimate complaint that the Segura and Mexico had was that he was not made aware of the DQ until 12 or 14 minutes after the race was over as Mexican television was interviewing him as the gold medalist. Certainly, that is not an acceptable situation. The positive note on all of it, besides the judges doing their job properly, was Jane Saville's humble acceptance of her disqualification. Without taking up a lot of space repeating all the negative press, here are some of the positive responses we have come across.

Ian Whatley wrote a nice commentary on the general subject, which he titled "Putting Our House In Order". He said:

As the dust settles on the Sydney Games, it is important to see if our house is in order. Perhaps some of those commentaries that we have so roundly rejected are based on a grain of truth that needs to be addressed. Here are some problems I feel should be examined.

- Is it OK to DQ someone 14 minutes after they finish a race, take a lap of honor and receive a congratulatory call from their country's president? If they had three red cards, they should be disqualified from the race regardless of when the cards are counted or where they finished **but** it can be a public relations nightmare. There are very few racewalking events where this type of problem would even be noticed. It is hardly likely to occur at the local race level. One solution could be for the highest level races to have two Chief Judges. Neither would judge the race, but both would be empowered to pull athletes out with the little red paddle of doom. Careful placement of these two officials should minimize the time lapse from issuance of a third red card to the communication of a DQ to the athlete. It sounds easy, but secure and accurate communication would be essential. As wireless and hand held communications technology evolves, this may become a viable option.
- The rules state that when disqualified, athletes should leave the course and remove their numbers at once. What happens if they do not comply? Someone has already pointed out Perrone's breaking of this rule was embarrassing. I spoke with an expert viewer of the BBC coverage in the UK (alright, so it was actually my mum). Her perception was that Perrone slowed markedly when shown the red paddle and then ran to catch Saville who was visibly very upset to suddenly see Perrone again. . . . We need a clause in the rules to give a consequence for failing to stop for a red paddle. This is tough, after all the person has already been disqualified. Some suggestions include a one year suspension, having a red card issued prior to every race they take part in for the next 2 years or issuing the chief judge a canister of mace. . . . Ok, come up with a better idea and I'll gladly listen. (Ed. Have Gary Westerfield on the judges panel. This same thing happened at the 1991 World Cup in San Jose when Andrei Perlov continued on after being shown the red flag with about 600 meters to go in the 50. Gary chased him in a golf cart, hopped out as he neared the finish, sprinted after him, and just managed to steer him off the course before he broke the tape.)
- Do we have a semantics problem? One of the more annoying recurring errors by reporters has been their use of the words "running" and "cheating"—perhaps confused by the term "disqualified". When you lift, your flight time between strides has become visible to the unaided human eye. That occurs when you spend more than about 30 thousandths of a second off the ground between foot contacts. This is consistently the threshold for observing lifting for trained observers, which should be every judge, if we are training them correctly. At approximately 200 strides a minute, that gives 9 percent flight time versus 91 percent foot to ground contact time as the borderline for picking up a red card. When an athlete crosses this line, they are not "running"—runners have a flight phase of about 50 percent depending on their speed. Are walkers who lift cheating? I don't believe they are unless they make a flagrant form change that involves conscious lifting and creeping. It might be better to alter our terminology for DQs. How about "Fouled out for three technical infractions"? Using our present terminology, you could say that Dragilla won the women's pole vault after all the other jumpers were disqualified!

Ian also suggests some thoughts on how to handle ourselves in view of attacks on the

sport:

- Keep calm, don't make your responses into personal attacks, even on the most bone-headed of our detractors.

□ Give them facts and easily understood analogies, e.g.  
 - Racewalking is a competition to get from A to B as fast as possible while abiding by two rules of form. This is the same situation as in butterfly, backstroke, or backstroke swimming. These strokes contrast with freestyle swimming in the same way as racewalking contrasts with running.

-Judging is by the naked eye. That gives a very consistent and level playing field since trained judges almost all start to see lifting errors at the same time. (See above.)

-Given a stride length of about 1 meter, 3 form breaks in 20 Km is an error rate of 0.016 percent. That is an extremely high standard. (Ed. I don't quite agree with Ian on the idea of "three form breaks". It isn't as if the competitor has three breaks in form during the race that cause disqualification. Rather, at least three judges decide that the athlete is not walking within the two rules and is probably proceeding in this manner continuously. The other sounds like a walker takes three illegal steps sometime during the race and that's enough for disqualification. A walker who is disqualified is probably moving in an illegal manner for a good while. It's a question of when three judges decide that is the case.

-Racewalking at top speed has about the same energy cost as running at top speed. The 20 Km walk is about equivalent in physiological difficulty to running 18 miles while the 50 km is similar to the physiological challenge of running 43 miles.

-Modern track and field can trace its origins back to walking races in England 300 years ago. Thus, racewalking is not merely an event group in athletics, it was the first event group in modern athletics. In fact, I was inspired to start racewalking after seeing Captain Barclay pass through my home village of Birmingham as he raced along the post road to York—now I'm giving away how old I am. (Ed. Regarding Captain Barclay, see p.13.)

This from 50 Km winner, Robert Korzeniowski about judges:

The best solution is to select them very carefully. It is the only way until there is some electronic solution that will check for loss of contact. (Ed. But then, what about bent knees?) Often in racewalking some of the judges judging the competition have not seen a race for a year, something that would be impossible in a sport like football, for example. (Ed. Soccer for us.) This was not the case here, but it is often a real war between the judges and the athletes. But we must not be afraid of the judges. We must strive for perfection. After all, we are competing at the highest level and perfection is the name of the game. Of course, the same applies to the judges, too!"

Some have suggested that elite walkers might play the judges, pushing for a caution that will tell them they are walking brilliantly since they haven't yet actually broken the rules but have reached their limit. Another thought, is that since the rules now allow a slight phase (the human eye bit) walkers should strive for it if they are to achieve their best. Some replies to this type of thinking:

From Bob Bowman:

This is 100 percent wrong. If correct, why would Jefferson Perez, for example, never get cautions, let alone a warning. He regularly walks close to the world best time. I recently judged him walking 1:20 for 20 km on the track. He was the most legal looking walker I've ever seen. The reason is, fast walking is consistent with legal walking, not the reverse. Of course, you have to

have the proper technique and be a conditioned athlete. You can't just go out and walk fast. Some walkers will look bad at any speed. Elite racewalkers often look worse at slower speeds, especially at the 20 km distance where fatigue is not a factor. They become too relaxed and start to float. This occurs often in the early stages of the race before they get down to serious racing. The strategy of walking to the judges cautions is foolish and self-defeating.

From Dave McGovern (as to whether a deliberate flight phase would be cheating):

Cheating is basically in the heart of the cheater. In legal terms there must be specific or willful intent. The intent is to walk fast, and the rules as currently written, interpreted, and judged allow a flight phase of up to 30 milliseconds—40 if you're really smooth. Should a walker strive to "come off" a bit to take advantage of the gap between the way the rule is written and how it is actually judged. The answer is an unqualified "maybe." A flight phase does lengthen your effective stride, but it also slows down your cadence rate and keeps you from taking that next propulsive step. There may be small benefit, but it's slim. A walker like Jefferson Perez or Mike Roho (or me) can go pretty fast without much flight phase. But whether there's a small flight phase or not, the athlete doesn't start to feel it until beyond about the same 30 to 40 millisecond threshold that enables a judge to see it. So if you feel like you're coming off, and you continue doing it, you probably are cheating, but that would be dumb, because the judges can see it. In reality, the judges may not be covering every single step of the course, but there are always other walkers, and, yes, spectators scattered throughout the course. And I'm actually more worried about the reputation of our sport, and my own reputation, than I am about getting thrown out of a race. So I try to look my best at all times. Consequently, I don't ever get a DQ, but would be more concerned that another athlete or even a spectator thought I was cheating. I believe that 99 percent of all walkers, faast, slow, elite, or neophyte feel the same way. (Ed. Amen to those final thoughts.)

## Captain Barclay

Not room for much, but since Ian mentioned Captain Barclay, I thought I better let those not steeped in the history of the sport know who he was. This Scotsman was born in 1779 and in his teens began undertaking wagers for feats of walking, the first recorded being 100 guineas to walk 6 miles in an hour "fair heel and toe." He accomplished this in August 1796. Two years later, he won a 70 mile match race in 14 hours.

Stretching out, in June 1801 he covered 300 miles in five days in torrid weather. Other feats through the years include 64 miles in 10 hours and 100 miles in 19 hours, which was over the "worst road in the country". Excluding time for refreshment, his walking time was actually 17 1/2 hours.

The event for which he is most remembered came in June 1809 when he contracted to do 1000 miles in 1000 hours—one mile each and every hour. There were thousands of spectators on hand for the closing stages on July 12 as Barclay was then one of the best known figures in the country. (Source: *The Sport of Race Walking*, published by the British Race Walking Association in 1962.)

## Looking Back

**35 Years Ago** (From the October 1965 ORW)—An easy winner of the National 15 Km in Atlantic City was Ron Laird, with the editor of the fledgling Ohio Racewalker edging Ron Daniel for second. . . The World Record for 50 Km fell to Christoph Hohne. Walking on a track in Dresden, E.G., he finished in 4:10:52. . . In separate 1 Hour races, Henri Delarue of France went 8 miles 636 yards and Dieter Lindner Of East Germany covered 8 miles 286 yards. . . And, the East Germans

(GDR) started a string of four straight wins in the World Cup (then Lugano Cup) as Lindner (20 Km) and Hohne (50 Km) won individual titles.

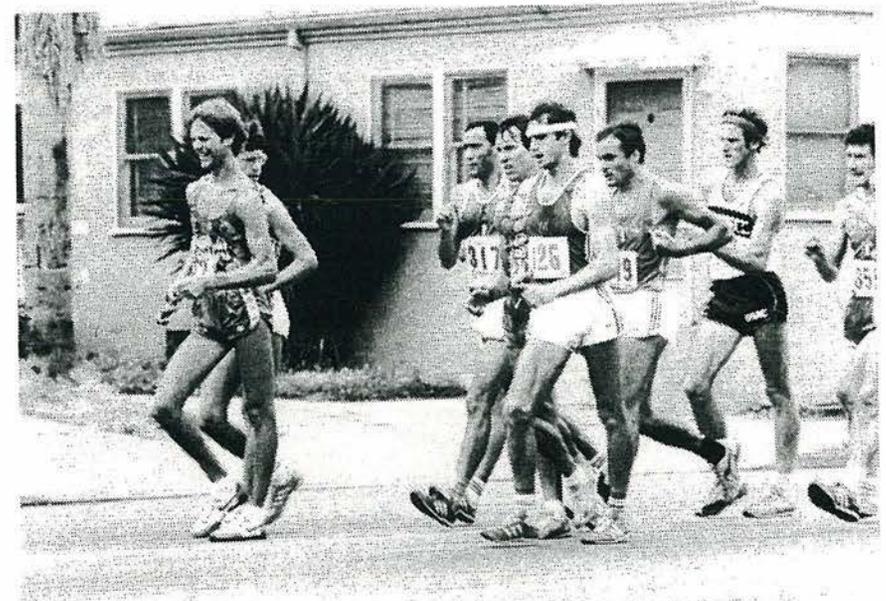
**25 Years Ago** (From the October 1975 ORW)—The GDR led the World Cup by 7 points after the first day's 20 Km, but came unglued in the 50 and lost to the Soviet Union. Kearn-Heinz Stadtmuller won the 20 in 1:26:12 from Bernd Kannenberg of West Germany. Yevgeniy Lyungin won the 50 for the Soviets in 4:03:42, with West Germany's Gerhard Weidner in second. The East Germans lost one man on a DQ about half way through the race and had another hit the wall at that point. But suddenly, Veniamin Soldatenko was pulled by the judges at 40 Km and the GDR was back in it, only to have Ralf Knutter pulled by the judges at 45 Km. West Germany was a close third in the team race. The U.S. had a bad time of it with two DQs in the 20 and finished last of the nine teams. . . In an accompanying women's 5 Km (not an official World Cup event yet at that time) Sweden's Margareta Simu won in 23:41, nearly a minute ahead of Siv Gustavsson. Brit Holmguist completed a Swedish secep. Sue Brodock was fifth in 25:12 and the U.S. team finished sixth of eight. . . Mexicans Daniel Bautista and Domingo Colin took 1-2 in the Pan-American Games 20 Km, with Lary Young third in 1:37:53. . . Chuck Hunter won the Columbia, Missouri 100 miler in 20:26.9, 55 minutes ahead of Rob Spier. Augie Hirt won the National 100 Km, held at the same time, in 11:16:19. . . In England, Dave Boxall won a 100 miler in 17:56.06, as nine competitors finished under 20 hours. . . The National 30 Km went to Larry Young in 2:25:56, 13 minutes ahead of Paul Ide.

**20 Years Ago** (From the October 1980 ORW)—Ray Sharp walked 100 Km in 10:59 in Longmont, Colorado to win the National title over Alan Price. Alan's time was 11:15. . . That was 2 weeks after Price had won his third straight 100 miler in Columbia, Missouri, this time in 19:28:16. Bob Chapin pulled clear of Len Busen in the final 10 miles to take second in 20:22:07. . . Norway's Erling Andersen blitzed a 1:20:57 for 20 Km to win the Marcel Jobin race in Canada by nearly a minute and a half over Felix Gomez of Mexico. Jobin was third in 1:24:17. Gomez went 14,652 meters in an hour 4 days earlier and did a 40:34.6 for 10 Km 4 days later in other races that made up a week-long festival. . . Carlo Mattioli came from Italy to win the Alongi Memorial 20 Km in Dearborn. He led countrymen Sandro Bellucci and Paolo Gregucci with a 1:28:27. Steve Pecinovskiy took fourth in 1:32:49

**15 Years Ago** (From the October 1985 ORW)—Alan Price won this sixth 100 mile title in 20:37:20. . . And Carl Schueler won his third consecutive National 40 Km in Monmouth, N.J., covering the distance in 3:15:04, just 1:07 off his own course record. Dan O'Connor was better than 11 minutes back. Eugene Kitts (3:29:26) and John Slavonic (3:30:18) finished third and fourth. . . The Alongi International 20 Km went to Canada's Guillaume Leblanc in 1:25:22. Mexicans Mauricio Villegas (1:26:36) and Marcellino Colin (1:26:33) followed.

**10 Years Ago** (From the October 1990 ORW)—In a great Alongi International race, Poland's Zbigniew Sadlej won easily in 1:23:40, leaving Canada's Guillaume Leblanc 74 seconds back. Tim Lewis was third in 1:26:52 and five other U.S. walkers bettered 1:30. In the women's 10 Km, Debbi Lawrence won in 45:34, beating Lynn Weik (45:56), Cxanada's Janice McCaffrey (46:26), and Victoria Herazo (46:50). . . In a U.S.-Canada Junior Meet, Martin St. Pierre blitzed a 43:54 to beat Tim Seaman (44:25) and Philip Dunn (44:45). . . Tim Lewis covered the first 20 km in 1:30:53 and then eased off to win the National 2 Hour by covering 25,676 meters. Mark Fenton was 1600 meters back in second. Victoria Herazo was also an easy winner, covering 12,346 meters to take the National 1 Hour ahead of Susan Liers.

**5 Years Ago** (From the October 1995 ORW)—Rob Cole was an impressive winner in the National 40 Km at Fort Monmouth, N.J., his 3:28:45 leaving Dr. Eugene Kitts 9 minutes back in second. John Soucheck was third. . . Just as this year, the National 1 Hour in Cambridge, Mass. went to Victoria Herazo, who covered 12,3256 meters, nearly 600 meters further than this year. Maryanne Torrellas (11,425) was second, and Gloria Rawls (11,002) third. And, just as this year, the Men's 2 hour went to Dave McGovern (23,606), almost 3600 meters ahead of second place Justin Kuo. Bob Keating won the Master's 1 Hour, going 11,877 meters. Jim Carmines was second with 11,308. . . Anya Ruoss (24:32 for 5 Km) and Justin Marrujo (45:00 for 10) were U.S. winners in the U.S.-Canada Junior meet. Davis Rose (47:01) was third and Brandon Perry (47:16) fourth for the U.S. . . Canada's Arturo Huerta won the Alongi International 20 Km in Dearborn, Mich. in 1:27:58, with Curt Clausen second in 1:29:43 and Ioan Froman third 9n 1:29:59. Debby Van Orden won the women's 10 in 47:57. . . Mexico's daniel Garcia won the World University Games 20 Km in 1:24:11, 8 seconds ahead of Italy's Giovanni Perricelli. Curt Clausen was 13th in 1:30:39



**This 1983 L.A. Times 20 Km race was probably the best International race ever held in the U.S. outside of the Olympics.** At the 5 Km mark, Jim Heiring (7th in 1:28:12) is a stride ahead of the GDR's 1980 Olympic 50 Km gold medalist, Hartwig Gauder (2nd in 1:26:16). The next three, from left are Maurizio Damilano, Italy's 1980 Olympic 20 km gold medalist (1st in 1:25:53), Marco Evoniuk (4th in 1:27:07), and the GDR's Ronald Weigel, 1987 World Cup 50 Km winner (3rd in 1:26:16). Following them are Italy's Carlo Mattioli (DQd), Dan O'Connor (6th in 1:27:49), and Italy's Giorgia Damilano (DNF). Italy's Sandro Bellucci finished fifth in 1:27:42