Manassas, Vir., March 31—Conquering the rain and three-time defending champion Curt Clausen, Philip Dunn scored a solid win in National 50 Km at Bull Run Regional Park today. Dunn finished in 3:57:33, and by the finish was nearly 9 minutes ahead of Clausen, who, it turns out, had a pretty good excuse for his below par performance. Dunn's time was a personal record and puts him fifth on the all-time U.S. list behind Clausen, Allen James, Marco Evoniuk, and Carl Schueler.

Equally impressive was Susan Armenta who won the inaugural U.S. Women's 50 in her own at the event. She finished in 4:49:42, easily an American record, and was more than 17 minutes ahead of second-place Kora Bouffiert from France. Kora walked a 4:41:57 in 1995, which was then a world's best. She led early in today's race, but was no match for the strong, steady Armenta on day.

Armenta, who has a 20 km best of 1:34:44, apparently had no designs on the longer distance until she heard they were opening the event to women this year. "That was the only reason I did it actually," She said. "When I heard they were opening it to women, I figured I might as well support the women's movement." But obviously, the 27-year-old Armenta, who trains at the Olympic Training Center in Chula Vista, Cal., had prepared herself well. Susan also noted, "I felt surprisingly good. I've done a couple marathons, and I felt worse then than I did today. It's all a matter of technique."

Bouffiert had a 5:07:02 in second. Well known in Europe for her exploits in ultradistance races, she has been in Washington for a few years with her husband, who is attached to the French embassy. In third was Sherry Brosnan in a sparkling 5:19:34. Back in November of '99, Sherry just managed to break 6 hours in a track race in Springfield, Ohio, setting a U.S. 45-49 record in the process. Now on the outer reaches of that age group, who is 49, she certainly shattered that record today.

In the men's race, Clausen was the early leader, with Dunn, Tim Seaman, and Al Heppner trailing him, but easily pulling away from the rest of the field. However, Clausen was having intestinal problems and had to pull off for a pit stop before 20 Km. Dunn and Seaman, who left Heppner about after about 15 km closed the gap and overtaken Clausen after he made a second pit stop about half way through (three more would follow).

Early in the second half of the race, Seaman opened up about 20 seconds on Dunn, but he started to fade at about 38 km and Dunn swept past and was unchallenged from there to the finish. Seaman really hit the wall then and had to stroll the final 10 km and Clausen, despite his many sojourns off the course, was able to catch him and open a large gap by the finish. Clausen finished in 4:06:14 and Seaman in 4:14:12. Heppner, meantime, had to rally at the end to hold off Theron Kissinger, who had trimmed an 8 minute deficit to just over a minute. Heppner finished in 4:22:03, done in by the cold, rainy conditions, though not as badly as in last year's Olympic Trial. Kissinger finished in 4:23:24, more than 3 minutes under his 1999 personal best.
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Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th of later before we go to the printer, so later material will probably get in.

While the times, except for Dunn, were a bit disappointing, there were 20 starters in the race, which is encouraging, and 12 finishers. Three of the last four years have seen fewer than 10 finishers.

"My goal was to walk under four hours and improve on my personal best," said Dunn, who did that by nearly 2 1/2 minutes. "I attribute most of that (the time) to being steady, being consistent, having a lot of patience, and just enduring. The 50 is not about speed. It's about having a strong head and being able to hold it together for four hours. Curt had some problems about halfway through, and when Tim and I picked it up a little bit, I think maybe he picked it up a bit too much. That's where I had to be patient and stay in control."

The sub-4-hour performance qualified Dunn for the World Championships in Edmonton August 11. Clausen already had a qualifying time. "This will be my first World Championships, and I'm very excited about it," said Dunn. "Edmonton may not be the most exotic place, but it will be fun." Philip finished 28th in the Sydney Olympics last year. Dunn's performance also won him USA Track & Field's Athlete of the Week award, which doesn't often go to a racewalker.

Enrique Pena, who coaches the first four finishers, noted, "Philip's training has been going very well and very consistent since November. I'm not surprised that he won today. He has overcome less than ideal conditions to achieve his goals. It earned the first-half of the race, and mud and water saturated parts of the course. Although the rain stopped, the temperature never got to 50 F. Both Clausen and Heppner were in ambulances after the race, suffering from exhaustion and mild hypothermia. As Heppner noted, Seaman "wasn't exactly dancing around the course either." But they also survived to race another day.

The results:


Vaill Moves To Second All-Time

Manassas, Vir., April 1-The day following the 50 saw the annual National Invitational 20 Km race, along with many other races. While the fields for the 20 Km races were not as stellar as in most years, the day was marked by an outstanding performance by Teresa Vaill. Winning for the second year in a row, the 38-year-old veteran of many U.S. national teams, crossed the line in 1:33:23, moving her to second on the all-time U.S. list, behind only Michelle Rohl (1:31:51 best).

She won the race by more than 11 minutes from Canada's Marina Crivello.

In the men's race, Sean Albert, now training at the Olympic Training Center along with many other races. While the fields for the 20 Km races were not as stellar as in most years, the day was marked by an outstanding performance by Teresa Vaill. Winning for the second year in a row, the 38-year-old veteran of many U.S. national teams, crossed the line in 1:33:23, moving her to second on the all-time U.S. list, behind only Michelle Rohl (1:31:51 best).

She won the race by more than 11 minutes from Canada's Marina Crivello.

We Got Results


Sat. May 5 National Christian College Championships 3 Km, Cedarville, Ohio (M)
Howard Wood Dakota Relays 5 Km (track), Sioux Falls, N.D., 7 am (BB)
Sat. May 6 Jack Mortland 5, 10, and 20 Km (Ohio and North Region Championship, Yellow Springs, Ohio (M)
15 and 30 Km, Foster, R.I. (A)
Long Island Half-Marathon, 8 am (F)
10 and 20 Km, Palo Alto, Cal. (Z)
Mon. May 7 5 and 10 Km, Glendale, Cal. (Y)
Sat. May 12 2.8 Miles, Seattle, 9 am (C)
Collegiate and Masters 20 Km, Kenosha, Wis. (B)
5 Km, Long Island 9 am (F)
5 and 10 Km (Track), Royal Oak, Mich. (S)
5 Mile, Westminster, Col., 9 am (H)
Sun. May 13 5, 10, and 20 Km, Vancouver (C)
3 Km, Alexandria, 8:30 am (O)
5 Km, Cambridge, Mass., 9:30 am (AA)
5, 10, and 20 Km (Walk), Houston (J)
5 Km, London, Ontario (U)
Sat. May 19 5 Km, Denver, 8 am (H)
Sun. May 20 1500 meters and 3 Km, Westerville, Ohio (M)
5 Km, Needham, Mass., 8:30 am (AA)
5, 10, and 20 Km, Point Pleasant, N.J., 8:30 am (A)
5 Km, Littleton, Colo., 8:30 am (H)
Fri. May 25 1 Mile, Houston (J)
Sat. May 26 USATF Youth Road Walks, Salt Lake City (T)
5 Km, Ann Arbor, Mich. (S)
5 Km (Track), Kissimmee, Fla. (Q)
Sun. May 27 5 Km, Marin, Cal., 10 am (P)
3 Km, Alexandria, Vir., 8:30 am (O)
9 Mile, Lakewood, N.J., 9 am (A)
1500 meters and 3 Km, Columbus, Ohio (M)
10 Km, Toronto (N)
Mon. May 28 10 Km, Boulder, Colo., 7:30 am (H)
Fri. June 1 1 Mile, Houston (J)
Sat. June 2 3 Km, Seattle (C)
Sun. June 3 National USATF 15 Km, Newburgh, Indiana (K)
5 Km, Berkeley, Cal. (P)
Fri. June 8 1 Mile, Houston (J)
Sat. June 9 2.8 Miles, Seattle, 9 am (C)
Eastern Regional 20 Km, Long Island, 8 am (F)
Sun. June 10 Ohio 10 Km, site to be determined (M)
3 Km, Alexandria, Vir., 8:30 am (O)
1 Hour, Marin, Cal. (P)
5 Km, Cambridge, Mass., 9:30 am (AA)
Mon. June 11 5 Km, Long Branch, N.J., 6:35 pm (AA)
Wed. June 13 1 Mile, Holmdel, N.J. (A)
Fri. June 15 1 Mile, Houston (J)
Sat. June 16 5 and 10 Km, Royal Oak, Mich. (S)
5 Km, Long Island, 9 am (F)
National USATF Junior Championships, Richmond, Va.
10 Km, Denver, 8:30 am (H)
Pac. Assn. 5 Km, San Francisco (R)
Sun. June 17 5 Km, Denver, 9 am (H)
5 Km, Pasadena (Y)
Mon. June 18 5 Km, Long Branch, N.J., 6:35 pm (A)
10 Km, Long Island (F)
Thu. June 21 5 Km, Denver, Col., 6:30 pm (H)
Fri. June 22 1 Mile, Houston (J)
Sat. June 23 5 Km, Denver, 8:30 am (H)
Sun. June 24 Michigan 8 Km Championship, Kalamazoo (X)
3 Km, Alexandria, Vir., 8:30 am (O)
Metropolitan 15 Km, New York City, 9 am (G)
5 Km, Tinton Falls, N.J. (A)
5 Km, Denver, 8 am (H)
5 Km, Marin, Cal. (P)
National USATF 20 Km, Men and Women, Eugene, Ore. (Qualifying standards of 1:36 and 1:48)
Mon. June 25 5 Km, Long Branch, N.J., 6:35 pm (A)
Wed. June 27 1 Mile, Ocean Twp., N.J., 6:15 pm (A)
Thu. June 28 1500 meters, Yellow Springs, Ohio (M)
Moving Ahead

Accident helped steer motorcycle racer back onto musical road

by Joe Blundo

When he finally got his hour on the small stage at the Thirsty Ear Tavern, Derek Mortland didn't waste time with chatter. He introduced his second song, Gateway, by simply saying, "It's about the accident that put me in this wheelchair." Then he let his acoustic guitar do the talking.

He had worked for a year to get a show at the tavern, and the music eased out of him as if it had been building up inside for a long time. Mortland is soft-spoken, but his compositions are intense, full-sounding and fast-moving. Many feature exotic touches, moments of dissonance, quick stops, and starts. They're a journey with twists, like Mortland's life.

He's 32, a Columbus Alternative H.S. graduate who likes music, working outside, and racing. He started his own landscaping company after high school, played in rock bands, and started racing motorcycles semi-professionally. After moving to Illinois to be with his girlfriend, he became a log-home builder and continued racing. "Racing just always appealed to me since I was real young," Mortland said. His song, Gateway, is named for the St. Louis area racetrack where he came hard into a turn during a motorcycle race on June 14, 1997. He doesn't remember the accident, but his teammates told him the footpeg of his Suzuki hit the track as he leaned into a turn at 120 mph. He was thrown clear, crashing into a concrete wall, with the Suzuki then crashing into him. He suffered three broken vertebrae and a head injury. (Not to mention some broken ribs, a punctured lung, and a lot of contusions and abrasions.)

Mortland awoke in a hospital, paralyzed from roughly the waist down. He was not particularly surprised. "I accepted it right away," he said. "What I was doing at the time that I had my accident, I was totally prepared for the consequences. Motorcycle racing is highly dangerous. I knew there was risk of serious injury. I'd seen a couple of my friends killed racing. So I was like, 'Oh, it finally happened to me.'"

Mortland's parents, Jack and Marty Mortland of Clintonville, brought him home to Columbus where he went to Dodd Hall at Ohio State University Hospitals for rehabilitation. There, he met Tony Cooper, a physical therapy aide and guitarist whom Mortland credits with helping him learn to play the guitar again.

Cooper would strap Mortland into his wheelchair to prevent him from toppling over while they searched for a way to position his guitar and his body so that he could play. It took Mortland a year to find the right technique and develop the necessary stamina.

"He has a sheer grit and determination to do things," Cooper said. "He would get disgusted at times, but he has a type of drive. He's just steady."

Mortland moved forward to other facets of life as well. He went to work, first for the Columbus Recreation and Parks Department in adaptive recreation, then ADA-Ohio, an agency that provides training and information on the Americans With Disabilities Act. He played wheelchair sports. He skied. He even took up martial arts. "They adapted some things for me," he said. "I wasn't as strong as able-bodied people."

Music, however, took on an increasing importance. About a year ago, he started performing at Wednesday open-stage nights at the Thirsty Ear, a tidy place tucked into the middle of a strip shopping center and decorated with imported-beer signs and Beatles memorabilia.

Owner Jerry Flaherty said Mortland stood out, both for his playing and his perseverance. "He shined and he nudged me at the same time," Flaherty said. He agreed to give Mortland a show
of his own, opening for another guitarist. (Ed. Actually it was his second show at the club; he had opened for a singer a few months earlier. And he has had other gigs around town.)

The show a week ago, came in the middle of a tough week. Mortland had two trips to a hospital emergency room for infections. He also was having an allergic reaction to antibiotics. But his music sounded vigorous and bold.

He switched between six-string and twelve-string guitars, briskly moving form one composition to the next: Preparing for the Changes, Gypsy Moon, Dance, Dance of the Spirits, Happy Song.

Jack Mortland, Cooper, and other family members, friends, and fans were in the audience. At the end of an hour Flaherty suggested an encore. Then another. The crowd loved it.

Afterward, Derek Mortland was planning his next move. He said he sees the show as the first step on a ladder. He wants a recording career. Perhaps it started last week, in a tavern in a strip shopping center. "I've never been a person to sit," Mortland said. "Although I'm sitting, I'm not sitting still."

Derek holds forth at the Thirsty Ear

From Heel to Toe

Junior Nationals. The National Junior T & F Meet is in Richmond, Virginia with both the men's and women's 10 Km walk on Sunday, June 17. The men start at 7 am and the women at 8 am. The meet will select athletes for a US-Canada meet at a place and time to be finalized. A possible Junior Nationals.

Chinese walker out two years. China's Liu Yungfeng, one of the favorites in the women's 20 km at the Sydney Olympics until her country removed her from the team after a drug test, is now out for 2 years. Chinese officials are in the midst of a multi-year anti-doping crackdown, in an attempt to restore the country's battered reputation after a series of drug scandals. Two distance runners received the same sentence. Chinese sports officials refused to say for what drug the athletes had tested positive.

Rimas lives. Who out there remembers Rimas Vaicaitis? A Lithuanian immigrant to Chicago, he burst onto the racewalking scene in 1960, I believe, while still a teen and competed very capably for the next 4 years. Then he disappeared from the scene. Elliott Demman has uncovered Rimas, who is now Chairman of the Civil Engineering and Engineering Mechanics Department at Columbia University in New York City. Ivy League, no less. Elliott Demman met one of Rimas' secretaries, who is a distance runner, at some function in New York. When she learned of Elliot's racewalking background, she gave him Rimas' e-mail address, and the rest is history, as they say. Rimas gave up our sport in 1964 and devoted his energies to his studies, receiving a Ph.D. in Aeronautical Engineering from the U. of Illinois in 1970. He took a position at Columbia the same year and has advanced to his present position. He says his sports activities are confined to alpine skiing, gardening, and leisure walks. Sometimes, I will have to repeat the story once run about the trip Jack Blackburn and I made to the Drake Relays in 1961, where they had a 1 Mile Walk for the first and last time. They had also invited Rimas and Matt Rutyna, also from Chicago, for a field of four. Rimas and Matt rode back to Chicago with Jack and I (they could then refund their plane tickets for the return trip) for a 25 Km race the next day. We got them home at 2 or 3 in the morning and then had to find a motel to get some rest for a 9 or 10 am

Championships in October. Brian Savilonis also announces that there will be no national training camp for juniors this year, but work is underway to set up two or more regional camps this summer, each to accommodate 12 to 24 athletes. For more info on junior activities contact Steve at P.O. Box 1905 Brockline, MA 02446, Phone 617-566-7600, usatfx@ix.netcom.com. Late report. China seems to be a little slow in reporting results sometimes and at times they seem to have a little trouble with proper birthdates. But, since all we do is report, and these late results from 1999 have apparently just come through to the Western world, take them for whatever they might be worth. In a 50 Km on May 7, 1999 Pei Chuang, born Dec. 5, 1981, still not 18, did a 3:56:20, a World Junior best. In the same race, Chang Wei, born July 5, 1983 did a 4:08:29, a World cadet best. On June 3, Zhang Defu, born June 5, 1984--just 15--did 4:12:46. Fantastic times if legitimate. Of course, one might question having 15 and 16 year olds doing the training necessary to attain such times. Nonetheless, we might watch for these guys in the future.

Masters records. Steve Vaitones notes that the following 3000 meter records were set at the USATF National Indoor meet (results in last month's issue): Miriam Gordon set a US and World record for Women 75 with her 21:24.58; Bob Minn set a US 75 record at 19:12.96; and Bill Patterson a US 85 record with 24:29.58. Steve adds: "These are performances better than the existing, approved records from December; those approved marks may have been better since, but have yet to be approved. Given the total number of performances to review, there may be omissions or errors. . . Friends don't always agree. Ignoring Bob Bowman's conclusions that shoe alarms are simply not practical, four-time Olympian Ron Laird offers the following opinion: "About that shoe alarm from the Canadian doctor/inventor. I think they should make up about 100 of them and send them out to the top racewalkers of the world to try. They would use it as a training aid to tell them if and when they were breaking contact during their fast workouts. Then, if enough of them liked it and think it was reliable, let them test the device out in some low-key races. After a 2- to 3-year period of use in training and racing, the athletes would vote on giving the alarm the go ahead or rejection for some big international competitions. Let the athletes have the final say on this. After they have worked with it, they will be the one who would best know if they want to use it in their most important races. Let the athletes decide--let the officials go pound sand." Well, Ronald Owen Laird, that's a strong conclusion. . .
How to Choose the Right Shoes for Walking

by Dave McGovern

Used to be there was pretty much one shoe choice for running, walking, skipping, jumping, tiddly-winking, etc... Converse Chuck Taylor All-Stars. They weren't flashy, but they were cheap and they could handle anything a 12-year-old kid could throw at them.

Times have changed. Today, there's a mind-numbing variety of shoes for every possible activity. But why? Do walkers, for example, need different shoes for strolling vs. racewalking vs. hiking? Does it really matter?

Well, in a word, yes. All walkers were not created equal. Just as Cinderella's slipper fits only her foot, your shoes may fit only one fitness activity. Different ways of walking require different shoe designs and materials. The lightness and flexibility of a racewalking shoe would spell disaster on a tough hike over rough terrain. (Ed. I can't resist an insert here. These practical answers to the question above—But why?—are correct. But, of course, the main reason there are so many, many, many varieties of shoes for every conceivable niche is sales!!! Many of those varieties just suck people into buying a highly specialized, but not necessary shoe, at an inflated price. But, you know that. On with Dave's story of why you need to be selective.)

Here's a rundown, er, walkdown, of the things you should look for in your shoes:

**Casual walking**

For casual fitness walking, anything goes. Almost. Fitness walkers, as opposed to racers, who aren't planning to cover more than three to five miles at a time are safe using anything from lightweight running shoes to cross-trainers to real racewalking shoes.

Walkers generally impact the ground with less than half the force of runners, so they don't need excessive cushioning. In fact, too much fluff in the heel can lead to shin pain and other problems. A good rule of thumb is that any comfortable running, walking, or racewalking shoe that doesn't give you blisters is probably okay for casual walking.

**Racewalking**

An increasingly popular fitness and competitive activity, racewalking is not just fast walking. Olympic-style racewalking uses a lot more muscles (and relies on the feet) much more than fitness walking does. Consequently, the right shoes are critical.

Racewalking shoes need to be very flexible to allow the feet to roll from heel to toe, and they should have a low heel to reduce leverage that can cause the feet to slap the ground after heel contact. Real racewalking shoes or running racing flats or a trainer-racer are your best bets.

**Marathon walking**

Walking marathons or even three-day ultra-marathons is another form of athletic challenge that is growing in popularity. How you walk one of these events will dictate what you should wear.

Most marathon walkers use everyday fitness walking technique, so walking shoes or lightweight running shoes are appropriate. But a growing number of marathons (Los Angeles, Disney, Honolulu, Portland, and Mardi Gras, to name a few) include competitive racewalking categories. If you plan on racewalking a marathon, you'll need a good racewalking shoe, or a stable runner's racing flat, as mentioned above.
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Picking the right kind of shoe is important, but the fit of the shoe is the most critical factor when you're on your feet for many hours. Shoes that are too tight (or too loose) can cause painful blisters or black toenails. (Ed. As can socks that are too big and bunch up in places.)

Hiking

Hiking shoes and boots are all about disaster avoidance. (Step in an algae-covered rock in a fast-running mountain stream and you'll know exactly what I'm talking about.) For most hikes, anything with a treaded, high-grip outsole will do. I often wear a pair of Tevas or New Balance sandals for easy hikes, but for more rugged terrain, you want to invest in something more substantial to prevent ankle sprains. A high-cut hiking boot is a must when hiking on rocky trails.

So there you have it. Maybe you could do something in your Chuck T's as a 50-pound bundle of energy, but nowadays, unless you want to contribute to your podiatrist's new Mercedes, get the right shoe for the job.

Fitness walking shoes and hiking boots are available in most athletic shoe stores, but racing flats and racewalking shoes can be more difficult to find. New Balance is the only major company selling a racewalking shoe in the U.S. (the New Balance 100—ed. now an improved model, the 110, I believe). They can be found at Sports & More (1-800-397-5480) and at several Web retailers. (Ed. And a word of advice. When you find the shoe that is perfect for your needs—not an easy task from among all that is out there—you might want to hustle back and get another pair or two—or more. By the time you wear your new ones out and go back that model will have disappeared. Perhaps replaced by something else, which may or may not be identifiable, in the rapidly changing marketplace. Along that line, kudos to New Balance. Although the 100 didn't prove to be the right shoe for me, it has been a great shoe for many, and they kept it around for quite a while and then responded to customer comments to update and improve it while keeping essentially the same shoe.)

Looking Back

35 Years Ago (From the April 1966 ORW)—Toughest of the tough. That's what we called Shaul Ladany after he set an American record for 50 miles in a Point Pleasant, N.J. race. He warmed himself up with an 8:45 for the first mile and passed 50 Km in 5:50:43. John Kelly was a strong second, about 12 minutes behind, with Elliott Denman and Bruce McDonald following. Ron Laird did his own record setting in San Diego—35 Km in 3:06:37, 40 Km in 3:38:26, and 15 miles in 3:39:37. Jack Blackburn won a track 40 Km in Worthington, Ohio with a 3:58 as your editor's "assault" on Laird's record fizzled out after 15 miles, where he dropped behind the necessary pace.

20 Years Ago (From the April 1981 ORW)—Jim Heiring set an American record for 5 Km (20:41) at the Dogwood Relays in Knoxville, Tenn. Todd Scully was second in 21:17. Tim Lewis, a student at East Tennessee, was third in 22:05. Australia's Sue Cook had two world's bests: 22:53.2 for a track 5 Km in Adelaide and 6:47.9 for 1 Mile in Canberra.

15 Years Ago (From the April 1986 ORW)—Tim Lewis and Lynn Weik scored double victories in the Rockport Regional held in the nation's capital. Lewis won the 5 Km on Saturday in a quick 19:54 and came back on Sunday to walk 20 in 1:25:43. Weik won a 5 and a 10 in 23:36 and 48:20. Carl Schueler followed Lewis on both days in 21:09 and 1:28:43. Teresa Valli also had two seconds in 23:47 and 49:01. In Mexico's Race Walking Week, Czechoslovakia's Josef Priblinec won the 20 in 1:23:34, with Ernesto Canto second in 1:23:48. Canto took a 1 Hour race with 14,339 meters in torrential rains, with Czech Pavol Blazek second some 47 meters back. The 50 went to Feliz Gomez in 3:56:25, with Martin Bermudez and Sweden's Bo Gustavsson also under 4 hours.

10 Years Ago (From the April 1991 ORW)—In U.S. World Cup Trials, held in San Jose, Debbi Lawrence and Tim Lewis turned in impressive performances. Lawrence took the 10 km race in 45:32, 24 seconds ahead of Lynn Weik and Teresa Valli, who were in a near dead heat for second. Victoria Herazo was 9 seconds behind them in fourth and Wendy Sharp captured the final spot in 48:28. Lewis was unchallenged in the 20, walking 1:26:52 to beat Doug Fourney by 45 seconds. Allen James was third in 1:27:47, with Curtis Fisher (1:28:12) and Don Lawrence (1:28:53) filling out the top 3. Fourney and Weik had won races at the National Invitation in Washington, D.C. Fourney's 1:32:31 for 20 put him nearly 2 1/2 minutes ahead of Mare Varano. Weik had 48:48 to finish 2 minutes ahead of Maryanne Torrellas. World Indoor titles went to Germany's Beate Andres (3 km in 11:50:90) and Russia's Mikhail Schennikov (5 Km in 18:23:55). Kerry Saxby (Australia) and Ilean Salvador (Italy) followed Andres. Italy's Giovanni DiBenedictis and Russia's Kostyukyevich were 2-3 in the men's race.

5 Years Ago (From the April 1996 ORW)—Allen James covered his final 10 km in 46:44 to win the U.S. Olympic Trail at 50 km with a 3:58.39. Andrew Hermann withstood a challenge by Andrej Chylinski to take second in 4:07:52. Chylinski caught and passed Hermann during the final 10, but faded away at the finish. He won a spot on the team having bettered the 4 hour qualifying standard earlier. Hermann was left to try for that standard later. Veteran Marco Eroniuk was a close fourth in 4:10:45, with Ian Whatley fifth in 4:14:48, Dave Marchese sixth in 4:15:31, Rob Cole seventh in 4:16:42, Herr Nelson eighth in 4:17:51, and Mark Green ninth in 4:19:19. At the National Invitational, Teresa Valli moved away from Canada's Janice McCaffrey early and went on to win the 10 Km in 45:20.4. McCaffrey had 46:06.2 with Sara Standley third in 46:52. Canada's Arturo Huerta put his stamp on the 20, winning easily in 1:22:51.9. Following were Curt Clausen (1:25:41), Dave McGovern 1:26:29, Ian Whatley (1:27:18), Philip Dunn (1:29:08), and Dave Marchese 1:29:14. Kerry Saxby-Junna won the Australian Women's 10 Km title in a swift 42:49.