September saw USATF National Championship racewalks at both 40 Km and 5 Km, with Philip Dunn and Cheryl Rellinger winning at 40 and Curt Clausen and Victoria Herazo at 5.

Dunn and Rellinger won at Fort Monmouth, N.J. on September 9 on a day on which the temperature rose from the low 70s to the low 80s during the race. Dunn led from the start in winning the 63rd edition of this race, first won by John Rabkonen of New York's Finnish-American AC in 1939 with a time of 3:55:58. The 29-year-old Dunn followed up his 14th place finish in the recent World Championships with a pleasant, uncontested Sunday stroll in 3:24:08 (we say stroll, since he was more than 15 minutes faster on his way to 50 Km in Edmonton). The leisurely effort still left him 23 minutes ahead of second-place John Soucheck, who successfully defended his spot from last year. The championship record is 3:13:57 set by Carl Schueler in 1984.

Walking on a 2 Km loop, Dunn had lapped the field by 24 Km (even with a bathroom break) and went on to lap everyone again by the finish. In a well-paced effort, he reeled off 10 km splits of 51:18, 50:40, 51:41 (including that break), and 50:29.

The Shore A.C.'s Soucheck was all alone in second the whole way and finished 12:45 ahead of the rest of the field. Bill Vayo and defending champion Dave McGovern walked together in third through 22 km, after which Dave pulled ahead to develop a lead of 2 minutes and 10 seconds by 28 km. One lap later, Dave was 3:23 behind Bill and headed for the sidelines. By this point, he had also lost fourth position to 46-year-old Ohioan Chris Knotts, who beat out 56-year-old rival Leon Jasioniowski for the master's title. Last year Knotts was third, Jasioniowski fourth, and Vayo sixth.

In the women's race, Cheryl Rellinger quickly moved ahead of Loretta Schuellein, building her lead to more that 9 minutes at 16 Km. She went on to become the first official women's 40 Km titlist (the women's championships and record distances were made identical to the men's at the last national convention), although Loretta whittled away at that big lead and fell just 33 seconds short of Rellinger's 4:26:31 at the finish. The results:


Clausen needed to race fast because he had a plane to catch. He arrived in Kingsport at 3 am after driving from a hall of fame banquet at his alma mater, Duke. Operating on 5 hours of sleep, he said, "I actually felt quite good, because that’s more than I slept on the red-eye flight the night before. It if would have been a longer race, I probably would have felt the effects of the travel."

Clausen walked with Al Heppner for 3 km as they reeled off kilometers of 4:05, 4:12, and 4:08 on the challenging course. On the downhill part of the fourth kilometer, Clausen opened up a slight gap on his training partner and was able to pull away over the final 2 km. Clausen covered the last 2 km in 4:07 and 4:09, while Heppner slowed to 4:16 and 4:15.

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It was Clausen’s third National title of the year (20 and 30 earlier) and 16th of his career. Both he and Heppner bettered the course record of 21:21 set by Mike Rohl last year.

Behind these two, Dave McGovern was in third at 3.5 km when he reinjured a hamstring. Potomac Valley’s 42-year-old Ian Whatley was there to take advantage, picking off McGovern at 4 km and pulling away to a bronze medal in 22:15. McGovern hung tough for fourth ahead of Keith Luoma.

In the women’s race, Cheryl Rellinger went for the win from the gun, opening a 20 meter lead on the field. However, usual front-runner Herazo was undaunted and caught Rellinger by the first kilometer mark, which she hit in 4:39 to Rellinger’s 4:41. Herazo never looked back. Although she slowed throughout the race, she was able to pull away and break her own course record by 15 seconds with her 24:47. New Mexico’s Teresa Aragon edged super-vet Gayle Johnson for third.

The race used to be held in conjunction with the once-popular Eastman 10 Km run. But when a new Eastman race director took over, she decided to shun the racewalk because it was grabbing too many headlines. Holding the racewalk championship in conjunction with a road running race helps bring exposure and sponsorships to the event, according to racewalk director Bobby Baker. “I’m hoping to attach the race to another big running road race, such as the Pigeon Forge 5 Km for next year,” Baker added.

Results:


Based on reports from Ray Somers (40) and Al Heppner (5).

Goodwill Games

Ivanova blasts record; Deakes, Korzeniowski upend Russian trio

Brisbane, Australia—Toeing the starting line for the Goodwill Games 20 Km racewalk on September 6, Russia’s Olimpiada Ivanova had already firmly established herself as the best in the world for 2001. Early in the year, she walked an all-time road best of 1:24:50. She followed that with a solid 1:26:48 win in the Euro Cup race and a dominating performance in winning the World Championships (1:27:48) a month ago. Not content with these accomplishments, she proceeded to circle the Brisbane track 50 times to win the Goodwill Games in a world record 1:26:52.3, shattering the a:29:36.4 put up by Portugal’s Susanne Feitor on July 21. Ivanova’s teammate Yelena Nikolayeva, her only challenger in the World Championship race until disqualified, also got well under the old mark with a 1:27:49.30 in second. Spain’s Eva Perez and Edmonton silver medalist Valentina Tyubulkaya were well back in third and fourth.

Two days earlier in the men’s race, Australia’s Nathan Deakes got a measure of revenge on the three Russians who shut him out of the medals in Edmonton and also beat Olympic double gold medalist Robert Korzeniowski in the process. After a race long duel, Deakes manage to escape his Polish rival over the final 400 meters to win by 4 seconds in 1:19:48. Of the Russian trio who swept the medals in Edmonton, only gold medalist Roman Rasskazov was able to challenge at all and he dropped away with 10 laps to go, finishing third in 1:21:09.
Ivanova left the track $120,000 richer—$20,000 for the win and $100,000 for the record. "Yesterday I was poor and today I became a little richer," Ivanova, who has an 11-year-old daughter, said. She did not know what she would do with the money, except to help her parents who live poorly more than 70 kilometers from Moscow. "It's difficult to switch from little money to big money," she said.

Australia's Kerry Saxby-Junna, who set 32 world best times during her long and illustrious career and who was fifth today, was amazed by Ivanova's performance. "She was awesome. She's taken walking into a new level," said Saxby-Junna, who, at 40, also said this was her final competitive race.

Ivanova's father was a top amateur wrestler and her mother a gymnast and physical education teacher. "My parents were involved in sport when I was born, so that is why they gave me this name," she said. "Probably they were expecting something special from their daughter."

Deakes had the race of his life as he broke Commonwealth, Australian, Australian All-Comers records. His best accomplishments previously were a bronze medal in the 1996 World Junior 10 km and his fourth in the World Championships a month ago. While he found his win over the Russian trio to be "sweet revenge", he was more pleased to beat Korzeniowski, who had taken walking into a new level," said Saxby-Junna, who, at 40, also said this was her final

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Other Results


Cunningham 28:54


Joanne Fields 31:33


Sandberg, Nor. 47:10 5. Pekka Vuori, Fin 47:17 Jr. Women's 3


Final 25-29. Sweden 63-34 2. (8 finishers, 2 DNF, 2 DQ)

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Final 25-29. Sweden 63-34 2. (8 finishers, 2 DNF, 2 DQ)
Grab your shoes, Pay your dues, Enter a race, and you'll never lose

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Sat. Oct. 6 1 Hour, Plantation, Fla. (Q)
Sat. Oct. 13 2.8 Miles, Seattle, 9 am (C)
Sacramento 1/2 Marathon (E)
1 Hour, Denver (H)
5 Km, Newport, Cal. (Y)
Sun. Oct. 14 1 Hour, Alexandria, Va., 9 am (O)
Detroit Free Press Marathon (S)
Coney Island 5 and 10 Miles, New York (K)
5 Km, Providence, R.I. (X)
Sat. Oct. 20 Eastern Regional and Metropolitan 30 Km, 8 am, New York City (G)
5 Km, La Cienega, Cal. (Y)
Sun. Oct. 21 5 Km, Auburn, Cal. (P)
Bob Fine International 15 Km, Coconut Creek, Fla. (Q)
Sat. Oct. 27 Giulio de Petra 10 Km, Seaside, Cal., 9 am (V)
National 100 Km and Ohio 50 Km, Yellow Springs, Ohio (M)
5 Km, Aurora, Col., 9 am (H)
5 Km, Studio City, Cal., 10 am (Y)
Sun. Oct. 28 10 Km, New London, Conn. (X)
1 Mile, Kentfield, Cal. (P)
5 Km, Denver, 9:30 am (H)
5 Km, Rio Rancho, N.M. (I)
5 Km, Los Angeles, 8 am (Y)
Wed. Oct. 31 Halloween Hustle 5 Km, Denver, 6:30 pm (H)
Sun. Nov. 4 National Masters 20 Km, Coconut Creek, Florida, 7:15 am (L)
1 Hour, Alexandria, Vir., 9 am (O)
10 Miles, Thonon, Col., 9 am (H)
5 Km, Albuquerque (I)
5 Km, Clarksburg, Cal. (E)
5 Km, Pasadena, Cal., 9 am (Y)
Sat. Nov. 10 12 and 24 Hour Races (track), El Cajon, Cal. (D)
2.8 Miles, Seattle, 9 am (C)
Sun. Nov. 11 1 Hour, Kentfield, Cal., 9 am (P)

From Heel To Toe

National Chairman. Elliott Denman remembers another former National Racewalk Chairman who hasn't been mentioned in the quest to identify those in the past. Elliott writes: "Another famed National Chairman was Mr. Sebastian Linehan of Cincinnati. He directed the 40 km and other nationals for many years, when Cincinnati was a major walking center. (Ed. This National 30 was held in Cincinnati every year from 1934 to 1949 and again in 1951.) The 1956 National 40 Km in Cincinnati was my first big out-of-town trip. The course went from Coney Island amusement park into Cincinnati. When I placed sixth, it was a huge encouragement."
In discussing the Enrique Pena situation in last month's issue (Ed. A bit of an exaggeration), we reported that the athlete was disqualified after her team's protest during the 2000 Olympic Games in Sydney. The incident took place during the 20 Kilometer event, where Pena was leading the race before she was caught by the Australian athlete who eventually won the gold medal. The Australian athlete had maintained a steady pace throughout the race, and Pena, despite her initial lead, was unable to keep up with her pace. As she approached the finish line, Pena began to slow down, eventually dropping to a walk, which led to her disqualification. The Australian athlete, who was the first to cross the finish line, was announced as the winner of the event.

After the protest, Pena was seen walking away from the stadium, her head hanging low with disappointment. The Australian athlete, who had won the gold medal, remained composed as she accepted her award, while her team members expressed their excitement.

The incident has sparked a debate about the fairness of the rules and the application of technicality in racewalking. Some critics have suggested that the rules are too complex and difficult to apply, leading to inconsistencies in the decision-making process. Others have argued that the rules are necessary to ensure that only the most skilled athletes can compete at the highest levels.

Despite the controversy, Pena has remained focused on her training, hoping to qualify for the 2004 Olympics in Athens. She has continued to work with her coach, Mr. Linehan, to improve her technique and strategy, and she is determined to come back stronger than ever. As for the Australian athlete, she has remained humble and gracious, expressing her gratitude to the sport and the fans who supported her during the event.

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**McGovern Racewalking Weekend**

Dave McGovern will hold another of his very worthwhile racewalking weekends in San Francisco from Jan 25-27. The clinic will include individual video taped technique analysis group lectures, use of Polar Heart Rate Monitors, and informative handouts, plus, of course Dave's wit and expertise. A competitive walk for 19 years, with international experience, Dave has been coaching for 14 years. He is a certified USA TF and LSA coach, the author of two books, *Precision Walking*, the Complete Guide to Racewalking Technique and Training and *The Complete Guide to Walk* a Marathon. He has also been a contributing editor to *Walking Magazine* and Active.com. The cost for 1 1/2 days is $125. Contact Kim Frohsin at 415-397-8840 (w), 415-392-2772 (h) kimfrohsin@yahoo.com, or visit Dave's World Class Racewalking Institute website at www.racewalking.org.

Note cards still available. The Golden Gate Racewalkers continue to offer note cards with a great shot of the start of a race on the front at $12 for set of 10, plus $1.49 postage. Contact Jon Borset, 1340 Pine Street, San Francisco, CA 94109.

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**John Naber**

John Naber, president of the U.S. Olympians Alumni organization, wrote a column about the Olympics in the most recent issue of *Walking Magazine*. He mentioned that he had met Mr. Linehan in the spring of that year. On a whim, after hearing of the National 40 Km walk to be contested in Cincinnati, they had taken up the sport and after a couple of months, Mr. Linehan had met Mr. Linehan in the spring of that year. On a whim, after hearing of the National 40 Km walk to be contested in Cincinnati, they had taken up the sport and after a couple of months, Mr. Linehan had directed and Cincinnati faded into oblivion in the racewalking world. But, there are signs of life. Unfortunately, there was no one to carry on the great programs that Mr. Linehan had so ably directed. In the oben described situation, John Naber is pleased to report that the following morning, the local papers did not even mention the incident, much less criticize the judge. The incident has been handled with great dignity, and the focus has been on the sport itself, rather than the individual athlete. It is a testament to the sport's values that the incident did not receive the attention it deserved.

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**Racewalking Clinic**

R.W.I. is also partnering with the Southern California Walking Club in conducting a youth racewalking clinic and festival in Pharr, Texas Dec. 7-9. Ray Kuhles, OTC T&F Coordinator, assisted by Tim Seaman and Sean Albert, will conduct clinics each day. Same contact as the above.
youth and adult racewalking camps. Mansfield is in the mountains of north central Pennsylvania at an elevation of about 2200 feet. Not far from Wellsboro, where we have stayed a few times, near the Grand Canyon of Pennsylvania.

With the status of Enrique Pena as coach of elite racewalkers at the ARCO Olympic Training Center apparently in limbo after his resignation to/release by RWI, who had contracted for his services for 4 years, the North American Racewalking Institute is seeking ways to retain his services. Following are excerpts from an article Elaine Ward wrote in her U.S. Racewalking Journal. We'll call it:

The ARCO Olympic Training Center Story

A brief history. In August of 1997, an athlete at the ARCO Olympic Training Center in Chula Vista contacted the North American Racewalking Institute to help solve a problem. At this time, I wrote in the U.S. Racewalking Journal "After years of wishing, we finally have a group of dedicated, intelligent, talented young people training to put America into the upper echelons of international competition. They do not imagine this will be easy, but they feel confident that they have the stuff to fulfill their goals. However, none imagine that they can do it alone. They fully appreciate the necessity of an equally dedicated coach to guide them."

The article went on to explain that their hopes were threatened because USATF was not in a position to pay a coaching salary. The athlete asked if there was anything NARI could do, but it was you who did it. You answered the Institute's appeal so generously that NARI became the major source of the racewalking coach's salary at the ARCO OTC through the 2000 Sydney Olympics.

Flash forward: At the end of July 2001, an athlete from the OTC again contacted NARI to help solve a problem.

(Ed. The problem was of course, the need to retain the coach. Elaine outlined events regarding the situation and then, in paragraphs titled "We've Come A Long Way" outlined the accomplishments of Curt Clausen and Phillip Dunn over the 4 years, leading to their 7th and 14th place finishes in Edmonton.)

But We've Got A Ways To Go. The 4-year-old program at the ARCO OTC has developed from a small group of fine, but unproven athletes internationally. The program has not had a large pool of developing recruits as it is no secret that racewalking in America has not been a popular sport among the up-coming track and field youth. To have two walkers at the OTC reach world class and their teammates steadily improving speaks very well of the OTC racewalking program and its coach.

Thanks to Tom Eastler, Gary Westerfield, Vince Peters, and many others, the number of talented high school walkers has been growing. Some very promising athletes are entering University of Wisconsin-Parkside to be part of Coach Mike DeWitt's highly successful collegiate program. A few may graduate with Olympic dreams and be seeking the type of unique training opportunity offered by the ARCO OTC program.

The bottom line is: The personal efforts of dedicated individuals working with the young people in their home areas are paying off. Youth, high school, college, and post college centers of racewalking excellence are becoming a reality. These centers are a grass roots development; they are also "work in progress".

This is no time to allow the disintegration of any part of what has been accomplished. With many hands joining together, the racewalking program at the Olympic Training Center can be saved. It can continue to offer a unique training opportunity for athletes focused on bringing

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home Olympic Gold. (Donations can be sent to NARI, P.O. Box 50312, Pasadena, CA 91115-0312.

Even before Elaine wrote those words, Philip Dunn wrote the following open letter, dated August 24, and signed by Philip, Curt Clausen, Al Heppner, John Nunn, and Sean Albert.

To the U.S. Racewalk Community:

In light of recent discussions, I felt I should write and express the opinions of the athletes living and training here at the ARCO OTC in Chula Vista. I am writing on behalf of myself and the athletes listed below. We would like the U.S. racewalking community to know how we feel.

Since the fall of 1998, we have been guided by the coaching excellence of Enrique Pena. Four of the six athletes in training today were here when Coach Pena arrived and began transforming U.S. racewalking into an internationally competitive team: Philip Dunn, Tim Seaman, Curt Clausen, and Al Heppner. Sean Albert and John Nunn have since joined our ranks. Four members of that original team left for a variety of personal reasons: Susan Armenta, Danielle Kirk, Kevin Easter, and Andrew Herrmann.

In the past three years, Coach Pena has raised our level of performance and our personal expectations. He has created not just a team of internationally competitive athletes, he has created a family. We have our differences, of course, but we care about each other and our development as athletes and as people. In order for us to continue achieving excellence in the U.S. and abroad, we need the guidance of Coach Pena.

As several others have noted, Coach Pena's status as coach at the OTC is determined by an endorsement from USATF, not RWI or any other individual organization. So long as his athletes support him, Coach Pena will maintain the endorsement of USATF.

Coach Pena wishes to continue coaching us. We wish to continue having him as our coach. We commit to working with Coach Pena to find financial support for him and his family. We pledge to support him in his goal to continue improving the performance of U.S. racewalkers.

Since the residence program began here in 1997, Elaine Ward of the NARI, John MacLachlan of RWI, and countless individuals, clubs, and organizations have given their time, resources, and support to our program.

We wish to thank those who have generously supported us and welcome your continued solidarity. We will be working with various organizations over the next few months to stabilize the financial crisis that we face in raising enough money for Coach Pena's salary. We encourage you to contribute your ideas and resources as you see fit.

Please feel free to contact us directly if you should like more information or further insight. If you have questions that we are capable of answering, we will be happy to share them with you and the U.S. racewalking community at large.

(You can contact any of the athletes named above at USOTC, 2800 Olympic Parkway, Chula Vista, CA 91915. Philip's e-mail address is dunnphilip@yahoo.com.)

Last month Bob Minn threatened to send us an article on water. His treat was not idle. Here it is. Bob, a 1960 Olympian at 20 Km, has continued to excel in Masters races at all distances up to his present age of 76. Along the way, he has set numerous age group records and won a slew of National and World masters titles. I would guess he has walked more competitive miles than anyone in the country, but I have no statistics to back up that assumption. Anyway, here are Bob thoughts on water and the walker.
In the Eye of the Beholder, or Here Comes the Judge

by Carl Acosta

Brisbane marked the sixth WAVA games in which I participated. My events were the 5 and 20 km racewalks.

I began racewalking 20 years ago and the sport has changed my life. I love competing. In fact, I love racewalking so much that I am no longer intimidated by the judges' disqualifications. I challenge the straight-knee rule on impact every time I compete. Despite the fact that I know I can walk legally, I still manage to end each season with two or three DQs. What intimidates me more is my own inflexibility—that's the challenge I face the rest of my life, not the judges! They're doing their job, some with more enthusiasm than others.

Upon my return from Brisbane, I mentioned to a colleague that I had not received so much as "boo" from any of the international judges, either in the 5 or the 20. His comment was: "Apparently, the foreign walkers must have the same ugly, knobby, protruded, bulbous knees as yours, so there's nothing to compare—you don't stand out!" I found his comment quite amusing, but not for long. My first week back, I competed in a master's track meet that included a 1600 meter racewalk, and received three warnings for a bent knee in the first lap. I kid you not.

Could it be that our judges have become too overzealous with their scrutiny of the "straight-leg" issue? Some good master racewalkers have stopped competing due to being discouraged and embarrassed for having been disqualified during a race. This is compounded by the fact that racewalking is one of the few sports that does not allow DQ'd athletes to finish the competition.

Our sport not only has lost competitors, but sadly and more importantly, these same good athletes have perhaps even lost the motivation to maintain a regular fitness regimen at a time in their lives when it is vital to stay healthy and active.

Thanks to masters track and field, we have the opportunity to continue competing until 80 or 90. Let's encourage, not discourage.

Looking Back

35 Years Ago (From the September 1966 ORW)—Ron Laird won the National 25 km title in 2:05:16 in Seattle. On a very hot day, Tom Dooley was nearly 12 minutes back in second. ... In the European Championships, East Germany's Dieter Linde walked 20 km in 1:29:25 to beat Soviet aces Vladimir Golubtchik and Nikolai Smaga. Italy's Abdon Pianchi won the 50 in 4:18:32 over another Soviets pair—Gennady Agapov and Tcherberma... Alex Oakley captured the Canadian 50 in 4:44:52, 12 minutes ahead of Israel's Shaul Ladany. Another Canadian, Felix Cappella, won the annual Mackinac Bridge 4 1/2 mile race in Michigan in 34:36.

30 Years Ago (From the September 1971 ORW)—The headline said that Young, Laird, Ladany dominate. Larry Young won the National 30 km in Seattle and bettered the American record for 100 miles in Columbus, Missouri. In the 20, he pulled clear of Ron Laird in the final 10 km to win in 2:25:40. Laird had 2:28:10, ahead of Bill Ramney, Goetz Kloepfer, Bob Bowman, and Steve Tyer. The 100-miler was held on a 200-meter indoor track because of monsoon-like weather that had flooded the outdoor oval. Larry took it easy for 96 miles and then accelerated to finish in 18:07:12 with miles of 9:40, 9:21, 7:59, and 7:50! ... Laird took the National 25 km on Long Island in 2:01:49 after a good tussle with Hohn Knifiton (2:03:34). Bob Kitchen (2:04:13), Canadian Marcel Jobin (2:05:28), Gary Westerfield (2:06:36), Ron Kulik (2:07:38) ... Ladany prevailed in the prestigious London-to-Brighton 52 mile in 7:57:17 (37 1/2 minutes ahead of second) just a few weeks after he had won the Hastings-to-Brighton 38 miler in 5:33:36. ... In a 10
25 Years Ago (From the September 1976 ORW) - The National 30, held in Des Moines, Iowa, went to Larry Young in 2:27:26. Floyd Godwin stayed close most of the way, but finished better than 3 minutes back. Augie Hirt was a distant third, followed by the aging Ron Laird. Hirt took the National 100 miler in Columbia, Mo. in 19:55:16, with Chuck Hunter finished the race for the fourth straight year, only 10:34 behind. There were seven finishers, with our own Jack Blackburn joining Hirt as a first-time Centurion. Jack was fourth in 21:57:11. The World 50 Km Championship, held because the 50 was dropped from the Montreal Olympics, went to Soviet Veniamin Soldatenko in 3:54:50. He was followed by Enrique Vera, Mexico in 3:58:14 and Reima Salonen, Finland in 3:58:53. Two-time Olympic bronze medalist, Larry Young, was the first U.S. competitor in 21st with 4:16:47, as he needed over 58 minutes for the final, dropping 8 places. Augie Hirt had 4:28:35. Steve Pecinovsky just beat Martin Kraft for the National B 15 km title at Mackinac Island, Mich., as both walkers were given a time of 1:12:12. In the bridge walk the next day, Ron Laird won in 34:07, with Pecinovsky and Bill Walker tying for second about 2 minutes back.

20 Years Ago (From the September 1981 ORW) - Todd Scully beat Canada's Glenn Sweeney to win the National 25 in Lewiston, Maine. Todd had 2:02:02, better than a minute-and-a-half ahead of his Canadian rival. Alan Price passed a fading Randy Mimm to take third. Jack Boitano won the Master's title in 2:13:55. Uwe Dunkel was an upset winner of the East German 50, beating Hartwig Gauder 3:45:52 to 3:46:57. Dietmar Meisch and Ronald Weigel were also under 3:50. In the 20, Ralf Kowalsky zipped through in 1:21:39 to beat Roland Weiser, who had 1:22:12.

15 Years Ago (From the September 1986 ORW) - Tim Lewis had an American best 1:23:35 to win the Rockport Series 20 Km in Seattle. Carl Schueler was just over 2 minutes back in second with Ray Sharp another 2 minutes behind and Paul Weck also under 1:30 in fourth. Teresa Vaill (49:30) won the 10 Km over Debbi Lawrence at the same site. Hartwig Gauder won the European 50 in 3:40:55, a minute ahead of Vyacheslav Ivanenko, USSR.


Above: America's most successful distance duo at the World T&F Championships. Curt Clausen, seventh, and Philip Dunn, fourteenth, did far better than any pair of U.S. distance runners. (Elliott Denman photo.)

Below: Paying the price. Ireland's Jamie Costin and Curt Clausen on intravenous drips following their 50 km efforts in Edmonton. (Pierce O'Callaghan photo. Pierce also sent a photo of Philip Dunn in like posture.)